

York Barbell USA Featuring a World of Products



Where it all began...



To Order:

Call 800.358.9675 Fax 717.764.0044 3300 Board Rd. York, PA 17402
www.yorkbarbell.com

Welcome to York Barbell USA

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.

Nearly 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 70s, 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 globe barbell designs to today's precision-milled plates, innovative grip plates, finely crafted bars, and residential and commercial free weight equipment, York Barbell has consistently set the standard in product styling, performance and value.



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YORK® Plastic Case Sets



30 lb. York Standard Chrome Adjustable Spin-lock Dumbbell Set

Product number: 12100

Set includes: 8 x 2 ½ lb., 4 x 1 ¼ lb. York Standard Chrome Plates, 2 x 14" Chrome Spin-lock Dumbbell Handles, 4 x Spin-lock Collars. Packed in a convenient storage/carrying case.



40 lb. York Standard Chrome Adjustable Spin-lock Dumbbell Set

Product number: 12102

Set includes: 4 x 2 ½ lb., 4 x 5 lb. York Standard Chrome Plates, 2 x 14" Chrome Spin-lock Dumbbell Handles, 4 x Spin-lock Collars. Packed in a convenient storage/carrying case.



50 lb. York Standard Chrome Weight Pack

Product number: 12103

Set includes: 2 x 25 lb. York Standard Chrome Plates Packed in a convenient storage/carrying case.



55 lb. York Standard Chrome Weight Pack

Product number: 12104

Set includes: 2 x 2 ½ lb., 2 x 5 lb., 4 x 10 lb. York Standard Chrome Plates Packed in a convenient storage/carrying case.



110 lb. York Standard Chrome Adjustable Barbell/Dumbbell Set

Product number: 144114

Set includes:

- 6 x 2 ½ lb. York Standard Chrome Plates
- 6 x 5 lb. York Standard Chrome Plates
- 4 x 10 lb. York Standard Chrome Plates
- 1 x (2 pc) 72" Chrome Spin-lock Bar
- 2 x 14" Chrome Spin-lock Dumbbell Handles
- 6 x Chrome Spin-lock Collars
- Packed in a convenient storage/carrying case.



40 lb. York Standard Black Cast Iron Adjustable Spin-lock Dumbbell Set

Product number: 12110

Set includes: 4 x 2 1/2 lb., 4 x 5 lb. York Standard Black Cast Iron Plates, 2 x 14" Chrome Spin-lock Dumbbell Handles, 4 x Spin-lock Collars. Packed in a convenient storage/carrying case.



40 lb. York Standard G1 Black Cast Iron Adjustable Spin-lock Dumbbell Set (single grip plates)

Product number: 12101

Set includes: 4 x 2 1/2 lb., 4 x 5 lb. York Standard G1 Black Cast Iron Plates, 2 x 14" Chrome Spin-lock Dumbbell Handles, 4 x Spin-lock Collars. Packed in a convenient storage/carrying case.



50 lb. York Standard Black Cast Iron Weight Pack

Product number: 12210

Set includes: 2 x 25 lb. York Standard Black Cast Iron Plates. Packed in a convenient storage/carrying case.



55 lb. York Standard Black Cast Iron Weight Pack

Product number: 12212

Set includes: 2 x 2 1/2 lb., 2 x 5 lb., 4 x 10 lb. York Standard Black Cast Iron Plates. Packed in a convenient storage/carrying case.



100 lb. York Standard G1 Black Cast Iron Spin-lock Barbell Set

Product number: 144101

Set includes:

- 4 x 2 1/2 lb. York Standard G1 Black Cast Iron Plates
- 6 x 5 lb. York Standard G1 Black Cast Iron Plates
- 4 x 10 lb. York Standard G1 Black Cast Iron Plates
- 1 x (2 pc) 72" Chrome Spin-lock Bar
- 2 x Chrome Spin-lock Collars
- Packed in a convenient storage/carrying case.

YORK® Plastic Case Sets



20 lb. York Vinyl Fitbell Set

Product number: 15020

York Fitbells are solid cast-iron dumbbells coated with thick vinyl for maximum comfort, safety, and style. The vinyl is durable and easy to clean. These brightly colored dumbbells are perfect for aerobics, jogging, powerwalking, and general exercise. Set includes one pair of 2 lb., 3 lb., and 5 lb. Fitbells. Packed in a convenient storage/carrying case.



20 lb. York Neoprene Fitbell Set

Product number: 443120

York Neoprene Fitbells are solid cast iron dumbbells coated with thick neoprene for maximum comfort, safety, and style. Set includes one pair of 2 lb., 3 lb., and 5 lb. Fitbells. Packed in a convenient storage/carrying case.



York Vinyl Fitbell Pairs

Sold in plastic storage case in pairs.

<u>Weight</u>	<u>Colors</u>	<u>Product number</u>
3 lb.	Purple	15015
4 lb.	Yellow	15016
5 lb.	Steel Blue	15017
8 lb.	Red	15018
10 lb.	Royal Blue	15019



Core Strength Kit With 26" Exercise Ball & Pump

Product number: 761507

The Core Strength Kit is designed to safely tone and strengthen your body. Exercising with the Core Strength Kit can improve performance in your favorite sport or make it easier to accomplish everyday chores.

Kit contains: Core Stability Ball, 3 resistance tubes, two 2 lb. Vinyl Fitbells, 2 Fitbell coupler handles, door anchor, foot pump and Core Workout Chart.



Core Strength Kit without 26" exercise ball (60100)



Maternity Smart Kit

Product Number: 761518 (Black carrying case)
761513 (Gray carrying case)

Workout before, during and after pregnancy to safely tone and strengthen your body. Step-by-step instructional program, written by a professional physical therapist using medical guidelines to specifically help moms and moms-to-be!

The kit is designed to:

- Help moms experience easier labor and delivery,
- Recover faster after childbirth, develop exercise, nutrition and stress-reducing strategies,
- Allows you to vary the workout according to fitness and energy levels.

Kit contains: Exercise program, two 2 lb. York Fitbells, two Fitbell band couplers, three high-elasticity bands of three different resistance levels, one door anchor, and one 26" exercise ball.



Osteo Smart Kit

Product Number: 761517 (Black carrying case)
761511 (Gray carrying case)

Osteo Smart is a safe, therapist-designed program to help reduce the effects of Osteoporosis. The program can help:

- Reduce age-related bone loss,
- Lessen the risk of fractures,
- Improve balance, muscular strength and agility to make falls less likely.

Kit contains: Exercise program, two 2 lb. York Fitbells, two patented Fitbell band couplers, three high-elasticity bands of three different resistance levels, one door anchor, and one 26" exercise ball.

Osteo Smart Kit is also available with an instruction video.

Product number: 76159

Osteo Smart Kit is also available without the 26" exercise ball.

Product number: 761500

YORK[®] Barbell Sets and Plates

York 1" Vinyl Aerobic Set



40 lb. Aerobic Weight Set

Product number: 10164

Set includes:

- 2 x 10 lb. plates
- 2 x 5 lb. plates
- 2 x 2 ½ lb. plates
- 54" Hollow Black Bar
- 1 pair of Quick-lock Collars

York 1" Chrome Barbell/Dumbbell Sets

110 lb. York Standard Chrome Spin-lock Barbell Set

Product number: 12010

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 5' Chrome Spin-lock Bar w/Spin-lock Collars



Also available:

160 lb. York Standard Chrome Spin-lock Barbell Set

Product number: 12011

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 1 x 50 lb. Standard Chrome Weight Pack
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 6' Chrome Spin-lock Bar w/Spin-lock Collars

210 lb. York Standard Chrome Spin-lock Barbell Set

Product number: 12012

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 2 x 50 lb. Standard Chrome Weight Pack
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 6' Chrome Spin-lock Bar w/Spin-lock Collars

110 lb. York Standard Chrome Deluxe Barbell Set

Product number: 12013

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 5' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars



Also available:

160 lb. York Standard Chrome Deluxe Barbell Set

Product number: 12014

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 1 x 50 lb. Standard Chrome Weight Pack
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 6' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars

210 lb. York Standard Chrome Deluxe Barbell Set

Product number: 12015

Set includes:

- 1 x 40 lb. Standard Chrome Adjustable Spin-lock Dumbbell Set
- 2 x 50 lb. Standard Chrome Weight Pack
- 1 x 55 lb. Standard Chrome Weight Pack
- 1 x 6' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars



York 1" Cast Iron Barbell/Dumbbell Sets

110 lb. York Standard Black Cast Iron Spin-lock Barbell Set

Product number: 12024

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Spin-lock Dumbbell Set
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 5' Chrome Spin-lock Bar w/Spin-lock Collars



Also available:

160 lb. York Standard Black Cast Iron Spin-lock Barbell Set

Product number: 12025

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Spin-lock Dumbbell Set
- 1 x 50 lb. Standard Iron Weight Pack
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 6' Chrome Spin-lock Bar w/Spin-lock Collars

210 lb. York Standard Black Cast Iron Spin-lock Barbell Set

Product number: 12026

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Spin-lock Dumbbell Set
- 2 x 50 lb. Standard Iron Weight Pack
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 6' Chrome Spin-lock Bar w/Spin-lock Collars

110 lb. York Standard Black Cast Iron Deluxe Barbell Set

Product number: 12027

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Dumbbell Set
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 5' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars



Also available:

160 lb. York Standard Black Cast Iron Deluxe Barbell Set

Product number: 12028

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Spin-lock Dumbbell Set
- 1 x 50 lb. Standard Iron Weight Pack
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 6' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars

210 lb. York Standard Black Cast Iron Deluxe Barbell Set

Product number: 12029

Set includes:

- 1 x 40 lb. Standard Iron Adjustable Spin-lock Dumbbell Set
- 2 x 50 lb. Standard Iron Weight Pack
- 1 x 55 lb. Standard Iron Weight Pack
- 1 x 6' Chrome Bar w/Fixed Inner Collars
- 2 x 1" Chrome Barbell Collars

YORK[®] Barbell Sets and Plates

York 1" Barbell Plates



York Standard Flat Pro Black Cast Iron Plates (Pound)
For use with York Barbell 1" Bars

<u>Weight</u>	<u>Product number</u>
2 ½ lbs.	12220
5 lbs.	12221
7 ½ lbs.	12222
10 lbs.	12223
25 lbs.	12224
50 lbs.	12225



York Standard Contour Black Cast Iron Plates (Pound)
For use with York Barbell 1" Bars

<u>Weight</u>	<u>Product number</u>
2 ½ lbs.	12230
5 lbs.	12231
10 lbs.	12232
25 lbs.	12233
50 lbs.	12235



York Standard Chrome Plates (Pound)
For use with York Barbell 1" Bars

<u>Weight</u>	<u>Product number</u>
1 ¼ lbs.	12240
2 ½ lbs.	12241
5 lbs.	12242
10 lbs.	12243
25 lbs.	12244



York 2" Olympic Barbell Sets



For home use only

300 lb. York International Olympic Set **slight variation in color is possible**

Product number: 145300

· Rough Cast, wide flange plate.

Set includes:

- 2 x 45 lb. York International Olympic Plates
- 2 x 35 lb. York International Olympic Plates
- 2 x 25 lb. York International Olympic Plates
- 2 x 10 lb. York International Olympic Plates
- 4 x 5 lb. York International Olympic Plates
- 2 x 2 ½ lb. York International Olympic Plates
- 1 x 7' York International Chrome Bar – 700 lb. Test
- 1 pair Olympic Spring Collars



For home use only

300 lb. York "Quad Grip" International Olympic Set

Product number: 29006 (7', 700 lb. test bar)/29007 (7', 1000 lb. test bar)

· Dual wide flange makes this plate very maneuverable.

Set includes:

- 2 x 45 lb. York Quad Grip Plates
- 2 x 35 lb. York Quad Grip Plates
- 2 x 25 lb. York Quad Grip Plates
- 2 x 10 lb. York Quad Grip Plates
- 4 x 5 lb. York Quad Grip Plates
- 2 x 2 ½ lb. York Quad Grip Plates
- 1 x 7' York International Chrome Bar
- 1 pair Olympic Spring Collars



Four Finger Slot Design For Easy Pick up.



available in iron and rubber

300 lb. York "ISO-Grip" International Olympic Set

Product number: 29017 (iron) / 29026 (rubber)

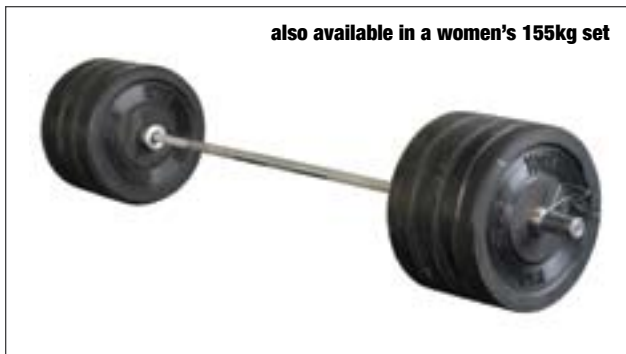
· York's premier 3-grip plate with 360° easy-pick-up.

Set includes:

- 2 x 45 lb. York ISO-Grip Plates
- 2 x 35 lb. York ISO-Grip Plates
- 2 x 25 lb. York ISO-Grip Plates
- 2 x 10 lb. York ISO-Grip Plates
- 4 x 5 lb. York ISO-Grip Plates
- 2 x 2 ½ lb. York ISO-Grip Plates
- 1 x 7' York International Hard Chrome Bar w/Split Sleeves (1000 lb. test bar)
- 1 pair Olympic Spring Collars



Pinch-Guard Engineering



also available in a women's 155kg set

160 kg. York Solid Rubber Training Set (available in kilograms only)

Product number: 28054 (160 kg set) / 28055 (155 kg set)

· Quality manufactured for maximum durability. Excellent choice for Olympic-style lifting.

Set includes:

- 2 x 25 kg. York Solid Rubber Training Bumpers
- 2 x 20 kg. York Solid Rubber Training Bumpers
- 2 x 15 kg. York Solid Rubber Training Bumpers
- 2 x 10 kg. York Solid Rubber Training Bumpers
- 1 x 7' York Men's Olympic Training Bar (160 kg set)
- 1 x 7' York Women's Olympic Training Bar (155 kg set)
- 1 pair Olympic Spring Collars

YORK[®] Barbell Sets and Plates

York 2" Olympic Plates - Iron



York International Olympic Plates **slight variation in color is possible**

- For use with York 2" Olympic Bars
- Rough cast, wide flange Olympic Plate.

Weight	Product number
2 ½ lb.	380002
5 lb.	380005
10 lb.	380010
25 lb.	380025
35 lb.	380035
45 lb.	380045



York "Quad Grip" Dual Flange, Cast Iron Olympic Plates (Grey)

- For use with York 2" Olympic Bars
- Four-finger slots in the dual-sided flange improve maneuverability of this pick-up plate.

Weight	Product number
2 ½ lb.	29000
5 lb.	29001
10 lb.	29002
25 lb.	29003
35 lb.	29004
45 lb.	29005

Four Finger Slot Design For Easy Pick up.



York "ISO-Grip" Steel Composite Olympic Grip Plates with Pinch-Guard Engineering (Black)

- For use with York 2" Olympic Bars
- 360° of easy-pick-up and anti-pinch feature. Achieved by casting the hub thicker than the rim of the 3-hole grip plate.

Weight	Product number
2 ½ lb.	29010
5 lb.	29011
10 lb.	29012
25 lb.	29013
35 lb.	29014
45 lb.	29015
100 lb.	29016 (picture not shown)

Pinch-Guard Engineering



York "Legacy" Precision Milled Olympic Standard Plates (Black)

- For use with York 2" Olympic Bars
- York's precision plate milled to within 2% of indicated weight.

Weight	Product number
2 ½ lb.	29030
5 lb.	29031
10 lb.	29032
25 lb.	29033
35 lb.	29034
45 lb.	29035
100 lb.	29036 (picture not shown)



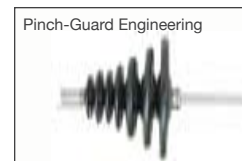
York 2" Olympic Plates - Rubber



York "ISO-Grip" Rubber Encased Steel Composite Olympic Grip Plate with Pinch-Guard Engineering (Black)

- For use with York 2" Olympic Bars
- 360-degree easy-pick-up grip plate achieved by casting the hub thicker than the rim. The 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.

<u>Weight</u>	<u>Product number</u>
2.5 lb.	29020
5 lb.	29021
10 lb.	29022
25 lb.	29023
35 lb.	29024
45 lb.	29025



York "Solid Rubber" Training Bumper Plates (Black)

- For use with York 2" Olympic Bars
- These Solid Rubber Training Bumper Plates provide flooring protection, have a reinforced 2-inch bronze center sleeve, and can be used with any York Olympic bar. Quality manufactured for maximum durability. Excellent choice for Olympic-style lifting.

<u>Weight</u>	<u>Product number</u>	<u>Weight</u>	<u>Product number</u>
10 lb.	29050	10 kg.	28050
25 lb.	29051	15 kg.	28051
35 lb.	29052	20 kg.	28052
45 lb.	29053	25 kg.	28053



York "Bumper Grip" Plates

- For use with York 2" Olympic Bars
- The new "Bumper Grip" plate embraces the maneuverability of the "ISO-Grip" plate's three-grip design. The steel composite hub fortifies the structural integrity of the plate. The rim of the plate is surrounded by high quality rubber ensuring the functionality and floor protection expected from a bumper plate. Cast aluminum training plates are available in 5 lb. and 10 lb. increments measuring the same standard diameter as the 25, 35 and 45 lb. plates. Excellent choice for Olympic-style lifting.

<u>Weight</u>	<u>Product number</u>
5 lb.	29055 Cast Aluminum Milled Training Plate (Black)
10 lb.	29056 Cast Aluminum Milled Training Plate (Green)
25 lb.	29057 Cast Steel Composite Milled Plate (Yellow)
35 lb.	29058 Cast Steel Composite Milled Plate (Blue)
45 lb.	29059 Cast Steel Composite Milled Plate (Red)

* All plates complete with rubber bumpers

YORK® Fixed Dumbbells



York Iron Hex Dumbbells (Each) **slight variation in color is possible**

· 25 mm handle. Cast iron dumbbells, standard style.

Weight	Product number	Weight	Product number	Weight	Product number
5 lb.	410005	35 lb.	410035	75 lb.	410075
8 lb.	410008	40 lb.	410040	80 lb.	410080
10 lb.	410010	45 lb.	410045	85 lb.	410085
12 lb.	410012	50 lb.	410050	90 lb.	410090
15 lb.	410015	55 lb.	410055	95 lb.	410095
20 lb.	410020	60 lb.	410060	100 lb.	410100
25 lb.	410025	65 lb.	410065		
30 lb.	410030	70 lb.	410070		



York Pro-Hex Dumbbells w/ Cast Ergo Handles (Cast Iron, Each, Grey)

· Softened edges of the dumbbell improve paint durability and adhesion. Contoured knurled handles fit comfortably into the palm. 35 mm solid steel shaft at head joint improves structure integrity.

Weight	Product number	Weight	Product number	Weight	Product number
3 lb.	34002	30 lb.	34010	70 lb.	34018
5 lb.	34003	35 lb.	34011	75 lb.	34019
8 lb.	34004	40 lb.	34012	80 lb.	34020
10 lb.	34005	45 lb.	34013	85 lb.	34021
12 lb.	34006	50 lb.	34014	90 lb.	34022
15 lb.	34007	55 lb.	34015	95 lb.	34023
20 lb.	34008	60 lb.	34016	100 lb.	34024
25 lb.	34009	65 lb.	34017		

* Lifetime warranty against head detachment



York Rubber Hex Dumbbells w/ Chrome Ergo Handles (Rubber Coated, Each)

· Contoured knurled handles w/ rubber covered heads for safety and comfort, durability, and equipment protection.

Weight	Product number	Weight	Product number	Weight	Product number
2 ½ lb.	34050	40 lb.	34063	105 lb.	34076
5 lb.	34051	45 lb.	34064	110 lb.	34077
7 ½ lb.	34052	50 lb.	34065	115 lb.	34078
10 lb.	34053	55 lb.	34066	120 lb.	34079
12 ½ lb.	34054	60 lb.	34067	125 lb.	34080
15 lb.	34055	65 lb.	34068		
17 ½ lb.	34056	70 lb.	34069		
20 lb.	34057	75 lb.	34070		
22 ½ lb.	34058	80 lb.	34071		
25 lb.	34059	85 lb.	34072		
27 ½ lb.	34060	90 lb.	34073		
30 lb.	34061	95 lb.	34074		
35 lb.	34062	100 lb.	34075		

* Lifetime warranty against head detachment

Rubber Hex Dumbbell Stock Sets without Racks

5 – 50 lbs. in 5 lb. increments
(10 pairs) - Product Number 34090
55 – 100 lbs. in 5 lb. increments
(10 pairs) - Product Number 34091
105 – 125 lbs. in 5 lb. increments
(5 pairs) - Product Number 34092



York "Legacy" Solid Round Professional Dumbbell (Cast Iron, Each, Black)

· Solid cast iron head, fully knurled solid steel 33 mm handles w/ shortened grip for less hand travel on the bar resulting in bio-mechanically correct movements.

Weight	Product number	Weight	Product number	Legacy Dumbbell Stock Sets without Racks
1 lb.	16000	45 lb.	16017	5 – 50 lbs. in 5 lb. increments
2 lb.	16001	50 lb.	16018	Product Number 16039
3 lb.	16002	55 lb.	16019	55 – 100 lbs. in 5 lb. increments
4 lb.	16003	60 lb.	16020	Product Number 16040
5 lb.	16004	65 lb.	16021	105 – 125 lbs. in 5 lb. increments
6 lb.	16005	70 lb.	16022	Product Number 16041
7 lb.	16006	75 lb.	16023	Product Number 16042
8 lb.	16007	80 lb.	16024	
9 lb.	16008	85 lb.	16025	
10 lb.	16009	90 lb.	16026	
12 lb.	16010	95 lb.	16027	
15 lb.	16011	100 lb.	16028	
20 lb.	16012			
25 lb.	16013			
30 lb.	16014			
35 lb.	16015			
40 lb.	16016			

* Lifetime warranty against head detachment

*Larger sizes available in bulk lots only



York Professional Chrome Dumbbells w/Ergo Grip Handles

· Solid steel heads ensure maximum adhesion of the bright chrome finish. Contoured knurled handle.

Weight	Product number	Weight	Product number	Weight	Product number
2 ½ lb.	33020	17 ½ lb.	33026	35 lb.	33032
5 lb.	33021	20 lb.	33027	40 lb.	33033
7 ½ lb.	33022	22 ½ lb.	33028	45 lb.	33034
10 lb.	33023	25 lb.	33029	50 lb.	33035
12 ½ lb.	33024	27 ½ lb.	33030		
15 lb.	33025	30 lb.	33031		



York Vinyl Fitbells (Sold in singles)

· Iron dumbbells coated with a thick vinyl coating. Durable and easy to clean.

Weight	Product number	Weight	Product number
1 lb. (Pink)	15000	6 lb. (Orange)	15005
2 lb. (Lime)	15001	7 lb. (Forest Green)	15006
3 lb. (Purple)	15002	8 lb. (Red)	15007
4 lb. (Yellow)	15003	9 lb. (Black)	15008
5 lb. (Steel Blue)	15004	10 lb. (Royal Blue)	15009



York Neoprene Fitbells (Sold in singles)

· Iron dumbbells coated with a thick neoprene coating.

Weight	Product number	Weight	Product number
1 lb. (Blue)	443101	6 lb. (Magenta)	443106
2 lb. (Red)	443102	7 lb. (Pumpkin)	443107
3 lb. (Teal)	443103	8 lb. (Green)	443108
4 lb. (Yellow)	443104	9 lb. (Coral)	443109
5 lb. (Purple)	443105	10 lb. (Royal Blue)	443110



York NEO-HEX Neoprene Hex Fitbells w/Cast Ergo Handles (Sold in Singles, black)

· Hexagonal dumbbells are coated with thick neoprene coating. Hex shape keeps the dumbbells from rolling away.

Weight	Product number	Weight	Product number	Weight	Product number
1 lb.	15601	5 lb.	15605	9 lb.	15609
2 lb.	15602	6 lb.	15606	10 lb.	15610
3 lb.	15603	7 lb.	15607		
4 lb.	15604	8 lb.	15608		



NEO-HEX Club Pack

Product number: 15612

set includes:

- 10 x 1 lbs.
- 10 x 2 lbs.
- 9 x 3 lbs.
- 9 x 4 lbs.
- 8 x 5 lbs.
- 8 x 6 lbs.
- 7 x 7 lbs.
- 7 x 8 lbs.
- 7 x 9 lbs.
- 7 x 10 lbs.
- Neo Hex Rack



Vinyl Round Club Pack (Multi color)

Product number: 15011

548 lb. includes:

- 18 x 1 lbs.
- 18 x 2 lbs.
- 18 x 3 lbs.
- 12 x 4 lbs.
- 12 x 5 lbs.
- Vinyl Fitbell Rack
- 10 x 6 lbs.
- 8 x 7 lbs.
- 8 x 8 lbs.
- 8 x 9 lbs.
- 8 x 10 lbs.

NEO-HEX Rack included (Also available separately -#69031)

Vinyl Fitbell Rack included (Also available separately -#69032)

YORK® Bars/Collars/Gym Accessories

York 1" Standard Specialty Bars



York Standard Chrome 14" Spin-lock Dumbbell Handles w/Spin-lock Collars (each) - #06393



York Standard Chrome 14" Dumbbell Handles w/Cast Iron Collars (Single) - #06113



York Standard Chrome Curl Bar w/Fixed Inner Collars - #06006



York Standard Chrome Super Curl Bar w/Fixed Inner Collars - #06003



York Standard Chrome Spin-lock Curl Bar w/Spin-lock Collars - #06004



York Standard Chrome Spin-lock Super Curl Bar w/Spin-lock Collars - #06007



York Standard Chrome Tubular Tricep Bar w/Fixed Inner Collars - #06410

York 1" Standard Straight Bars



5' York Standard Chrome Deluxe Bar w/Fixed Inner Collars - #06026



6' York Standard Chrome Bar w/Fixed Inner Collars - #06035



7' York Standard Chrome Deluxe Bar w/Fixed Inner Collars - #06037



5' York Standard Chrome Spin-lock Bar w/Spin-lock Collars - #06025



6' York Standard Chrome Spin-lock Bar w/Spin-lock Collars - #06038

York 1" Collars



1" Spring Collars w/Rubber Grips (pair) - #06135



1" Spin-lock Collars (each) - #06088



1" Chrome Outer Barbell Collars (each) - #06388



York 2" Olympic Economy Specialty Bars



4' York International Chrome Super Curl Bar
Product number 32041



4' York International Chrome Curl Bar
Product number 32042



3' York International Chrome Triceps Bar
Product number 32043

York 2" Hard Chrome Olympic Bars



7' York International Hard Chrome Bar w/Split Sleeves - 32 mm diameter, 1500# test bar (Product number: 32012)



7' York International Hard Chrome Bar w/Split Sleeves - 30 mm diameter 1000# test bar (Product number: 32013)



6' York International Hard Chrome Bar w/Split Sleeves - 30 mm diameter (Product number: 32014)



5' York International Hard Chrome Bar w/Split Sleeves - 30 mm diameter (Product number: 32015)

York 2" International Needle-bearing Olympic Training Bars



York Men's International Needle-bearing Olympic Training Bar w/Split Sleeves - 2186 mm, 28 mm, 185,000 PSI (Product number: 32010)



York Women's International Needle-bearing Olympic Training Bar - 2010 mm, 25 mm, 150,000 PSI (Product number: 32011)

York 2" Black Oxide International Bars w/Hard Chrome Split Sleeves



7' York International Black Oxide Bar w/Split Sleeves - 32 mm diameter, 1500# test bar (Product number: 32020)



7' York International Black Oxide Bar w/Split Sleeves - 30 mm diameter 1000# test bar (Product number: 32021)



6' York International Black Oxide Bar w/Split Sleeves - 30 mm diameter (Product number: 32022)



5' York International Black Oxide Bar w/Split Sleeves - 30 mm diameter (Product number: 32023)

York 2" Olympic Specialty Bars



York International Curl Bar w/Rubber Grips
Product number: 32030
30 mm grip with signature Split Sleeves

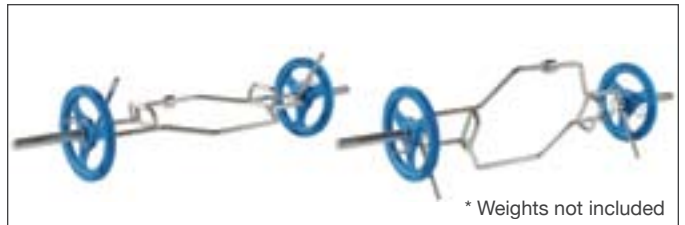


York International Bi-Tri-Trap Bar w/Rubber Grips
Product number: 32031
30 mm grip with signature Split Sleeves



York International "Ultra-Lite" 6' Aluminum Bar
Product number: 32032
28 mm, 150 # Test. Excellent bar for technique training.

*Recommended plate for use with the Ultra-Lite Bar are the "Bumper Grip" Plates in 5 and/or 10 lb. increments.



York International "Multi-Hex" Dead Lift/Shrug Bar w/Hi-Lo Handles and Rock & Rack
Product number: 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 2" Collars



Spring Collars with Rubber Handles (pair)
Product number: 36040



Olympic Speed Collars (pair)
Product number: 36042



Olympic Spin-lock Collars (pair)
Product number: 36043



Muscle Clamp Collars (pair)
Product number: 36044



York Machine Attachment Bars

Each bar features a hard chrome coating and a 35 mm urethane grip ergonomically designed for extreme comfort and control. These quality attachments undergo an injection mold process that impregnates the metal shaft with urethane creating a solid adhesion.

Product Number	Description
1. 36160	48" Lat Bar
2. 36159	36" Lat Bar
3. 36156	28" Curl Bar
4. 36155	20" Straight Bar
5. 36157	24" Pro Style Lat Bar
6. 36158	34" Pro Style Lat Bar
7. 36161	Multi-Exercise Bar
8. 36165	Triceps Pressdown Bar
9. 36163	Seated Row/Chinning Bar
10. 36166	Deluxe Stirrup Handle (1 only)
11. 36164	Multi-Purpose 'V' Bar
12. 36168	Triceps Pressdown Rope - Double Grip
13. 36167	Triceps "Hammer" Rope - Single Grip
14. 36162	Triceps Full Extension Bar



Vertical Machine Bar Rack
 Product number: 69033
 (Depth: 18" Width: 17" Height: 48")

Attachment bars are sold separately or by the set that includes all 15 pieces (including 2 x 36166) and a space-efficient, vertical racking system that keeps all the bars in order.

Machine Bar Club Pack
 (15 piece set w/out Rack, Includes 2 x #36166)
 Product number: 36169

Machine Bar Club Pack
 (15 piece set w/Rack, Includes 2 x #36166)
 Product number: 36170



York Exergear



Exergear Slimmer Shorts - One Size Fits All
Product number: 751310



Exergear 1 lb. Ring Weights (pair)
Product number: 761307



Exergear 2 lb. Ring Weights (pair)
Product number: 761308



Exergear Cotton Jump Rope
Product number: 761110



Exergear 2 ½ lb. Ankle/Wrist Weights (pair)
Product number: 761320

York Athletic Supports

Lumbar Support
Product number: 06615

Knee Support
Product number: 06625

Stabilized Knee Support
Product number: 06629



Wrist Support
Product number: 06604

Ankle Support
Product number: 06608

Elbow Support
Product number: 06611

York Floor Exercising Mats

Floor Guard is made of high-density, interlocking foam matting. Its innovative closed-cell foam is perfect for any fitness room, work area or playroom. Each interlocking mat is 2' x 2' in size, and is available in packs of 4 or 6 pieces. Use multiple packs for easy wall-to-wall installation in any room of any size.



76006



76005

76007

2' x 2' Floorguard

Product number: 76006

No edging, shrink wrapped pack of 4, black, 12 mm thick.

2' x 2' Floorguard

Product number: 76007

With edging, zip poly bag, pack of 4, black, 12 mm thick.

2' x 2' Floorguard

Product number: 76005

With edging, shrink wrap pack of 6, black, 20 mm thick.

2' x 2' Floorguard

Product number: 76008

With edging, 14 packs of 6 pieces in display case, 20 mm thick.

York Floor Exercising Mats

High-density foam mats fold down for convenient transport and storage.

- Extra thick foam for a safe, comfortable workout.
- Heavy-duty vinyl makes cleaning and sanitizing easy.
- Thick nylon handles make it easy to transport.
- Great for stretching and abdominal work.
- Perfect for any type of floor exercises.
- Reduces pressure on the back during exercise.
- Excellent for physical therapy applications.



76004

76003

76002

76000

76001

2' x 6' Roll-up Exercise Mat

Product number: 76000

This Roll-up Mat is compact and easily stored. Thick nylon handles make it easy to transport.

2' x 6' Gym Mat

Product number: 76001

3' x 6' Gym Mat

Product number: 76002

4' x 8' Gym Mat

Product number: 76003

5' x 10' Gym Mat

Product number: 76004

YORK® FTS Weight Benches and Racks



Flat-to-Incline Exercise Bench w/Fitbell Storage

Product number: 48000

(Length 45½" Width 21½" Height 17¾")

For information about Fitbells, see page 15

- Adjustable back pad moves from flat to incline to full upright positions.
- Attractive duo-tone grey upholstery over high density foam for comfort.
- Convenient fitbell storage for 3 pairs of Fitbells.

Fitness Training Series (FTS)

- Features 11 gauge, 2" x 2" structural steel tubing.
- Rubber floor contacts.
- Frames are mig. welded and carry a lifetime guarantee. All component parts are fixture welded.
- All frame components easily bolt together with drill and tap design.
- Heavy-duty pop-pins (T-handle) with 3/8" lock-down knob, 4200 lb. tensile strength aircraft quality cable.
- All frames white, upholstery black.



FTS Flat-to-Incline Utility Bench

Product number: 48003

(Length 47" Width 24" Height 19")

- Adjustable back pad moves from flat to incline to full upright positions.
- Lower seat pad adjusts upward for incline positions.



FTS Flex Bench w/Foot Hold-down

Product number: 48004

(Length 65" Width 25" Height 19")

- Handle and wheels for easy moving.
- Heavy-duty construction and wide footprint provide stability during exercise.
- Adjustable seat and back pads allow for correct body position for a variety of exercises-from decline to full upright.
- Comes with Foot Hold-down.
- Accepts Leg Developer Attachment (48009) and Preacher Curl Attachment (48008).



FTS Flat Bench

Product number: 48002

(Length 48" Width 22" Height 19")

- Heavy-duty all-purpose bench.
- Wide base ensures stability.

YORK® FTS Weight Benches and Racks



FTS Adjustable Sit-up Board

Product number: 48001

(Length 66" Width 25" Height 38")

- Full length pad.
- Thick foam rollers for maximum comfort.
- Multiple incline adjustments.



FTS Olympic Combo Bench w/Leg Developer

Product number: 48005

(Length 58" Width 48" Height 20")

- Adjusts from decline, flat, incline, to 90 degrees.
- Telescoping uprights extend from 33 1/2" to 49".
- Comes standard with Leg Developer (48009).
- Accepts Preacher Curl attachment (48008).
- Optional 2" Olympic Adapter Sleeve (48010).
(for use with York 2" Olympic plates)



FTS Olympic Fixed Flat Bench

Product number: 48006

(Length 56" Width 48" Height 18")

- Sturdy 2"x3" bent steel tubing.
- Telescoping uprights extend from 33" to 46" in 2 1/2" increments.
- Wide base ensures stability.

Bench/Rack Attachments (Black)



FTS Leg Hold-down Attachment
Product number: 48007



FTS Preacher Curl Attachment
Product number: 48008



FTS Leg Developer Attachment
Product number: 48009



FTS 2" Olympic Adapter Sleeve
Product number 48010



FTS Upper/Lower Body Equipment



FTS Lat Machine
Product number: 48051
(Length 63" Width 48" Height 83")

- Hi-low pulley system permits versatile use.
- 1" diameter loading bar accepts both Standard and Olympic plates.
- Optional 200 lb. weight stack kit (48056).
- Optional 2" Olympic Adapter Sleeve available for use with Olympic Plates (48010).

(Weights sold separately)



FTS Preacher Curl Bench
Product number: 48050
(Length 36" Width 29" Height 38")

- Adjustable 3" thick upper pad.



FTS Press Squat Stands
Product number: 48052
(Length 35" Width 49" Height 41")

- Versatile heavy-duty 2" x 3" stands for squats and bench work.
- Telescoping uprights for the squat function extend from 41 1/2" to 61 1/2" in 2" increments.
- Telescoping uprights for the bench press function extend from 29 1/2" to 49 1/2" in 2" increments.
- Rear mounted 12" pegs for convenient plate storage.



FTS Power Cage
Product number: 48053
(Length 55" Width 50" Height 80" Depth 30")

- Multiple bar hooks provide flexible use of benches for flat, incline, and 90 degree positions.
- Standard with a Chin-up bar.
- Addition of Hi-low Pulley option (48054) creates multi-functional work station (shown).
- 200 lb. weight stack (48056) available to replace standard weight carriage on Hi-Low Pulley option (shown).
- Increase the height of the power cage from 80" to 83" with the FT Power Rack Height Extension (product number: 541907). For use with the FT Power Cage only.

(Weights sold separately)



Plate Storage Attachment
Product number: 48055

- Used with Power Cage unit only.
- Plate Storage attaches to both sides of the Power Cage.
- Accommodates Standard or Olympic size plates.
- Optional 2" Olympic Adapter Sleeve (48010) available for use with Olympic Plates.

York Treadmills



T-780 York USA Treadmill

Product number: 8711

(L x W x H) 77" x 35" x 53" – folded height 75"

- Space-saving fold-up model
- 7 programs – 2 preset, 3 heart rate control, target time, target distance.
- Speed - 0.5 – 11 mph.
- Incline - 0 – 12 degrees.
- Motor - 3 HP Continuous/4 HP Peak.
- Running area: L 55" x W 20".
- Feedback – time, speed, distance, calories, pulse, and elevation.
- 110 V.



T-781 York USA Treadmill

Product number: 8712

(L x W x H) 77" x 35" x 53" – folded height 75"

- Space-saving fold-up model.
- 10 programs – 2 preset, 3 heart rate control, 4 custom, Fitness Test.
- Speed - 0.5 – 11 mph.
- Incline - 0 – 12 degrees.
- Motor - 3 HP Continuous/4 HP Peak.
- Running area: L 55" x W 20".
- Feedback – time, speed, distance, calories, pulse, and elevation.
- 110 V.



T-782 York USA Treadmill

Product number: 8713

(L x W x H) 77" x 35" x 53" – folded height 75"

- Space-saving fold-up model.
- 10 programs - speed interval, aerobic, weight loss, hill climb, heart rate speed, heart rate elevation, target time, target distance, target calories, fitness test.
- Speed - 0.5 – 11 mph.
- Incline - 0 – 12 degrees.
- Motor - 3 HP Continuous/4 HP Peak.
- Running area: L 55" x W 20".
- Feedback – time, speed, distance, calories, pulse, and elevation).
- 110 V.



York Bikes and Elliptical Crosstrainer



C-750 York USA Upright Bike

Product number: 53002

(L x W x H) 46" x 20" x 52"

- 16 levels of electromagnetic resistance.
- 15 programs total including fat burn, target heart rate, hills/valleys, random.
- Feedback includes: time, speed, distance, calories, pulse, fitness test, watts, target heart rate, RPM, resistance level, BMI.
- Large gel seat for superior comfort.
- Adjustable handlebars and seat.
- Racing style pedals with toe straps.
- Contact Pulse Sensors
- 110 V.



C-760 York USA Recumbent Bike

Product number: 53001

(L x W x H) 55" – 69" x 27" x 37"

- 16 levels of electromagnetic resistance
- 12 preset programs
- Feedback includes: time, speed, distance, calories, pulse, fitness test, watts, target heart rate, RPM, resistance level.
- Seat adjusts up and down, and forward and backward to accommodate any size user.
- Front positioned transport wheels for easy movement.
- Contact pulse sensors.
- 110 V.



X-730 York USA Elliptical Crosstrainer

Product number: 52001

(L x W x H) 59" x 25" x 62"

Get a total body workout that's easy on the knees, easy on the back, and easy on the wallet. The X-730 uses an elliptical stride motion for safe and effective exercise that works all of the major muscle groups.

- 16 levels of electromagnetic resistance.
- 15 programs total including fat burn, target heart rate, hills/valleys, random programs.
- Feedback includes: time, speed, distance, calories, pulse, fitness test, watts, target heart rate, RPM, resistance level, BMI.
- 110 V.

Plate/Bar Storage Racks

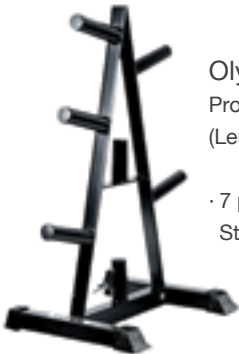


Standard A-Frame Plate Tree (Black)

Product number: 69035

(Length: 29" Width: 20" Height: 36")

- 7 pegs for weight storage for 1" York Standard Plates.



Olympic A-Frame Plate Tree (Black)

Product number: 69036

(Length: 29" Width: 20" Height: 36")

- 7 pegs for weight storage for 2" York Standard Plates.



Olympic Plate Tree (Black)

Product number: 69139

(Length 23" Width 22" Height 42 1/2")

- Stores Olympic plates from 2 1/2 lbs. up to 45 lbs.
- York 2" Olympic Bar storage for 2 bars.
- Products featured on rack sold separately.



Products featured on rack sold separately

Horizontal Plate Tree

The Mobile Horizontal Plate Rack is custom made to fit Elite Competition Bumper Plates, Rubber Training Bumpers, and desired increments of iron plates. Available in Full or Half Set.

Horizontal Plate Rack Half Set - Black (69040)

(Length: 45" Width: 14 1/2" Height: 12 1/2")

Holds Bumper or Rubber Training Disc increments (KG):

1 x 25 kg., 1 x 20 kg., 1 x 15 kg., 1 x 10 kg., 1 x 5 kg.,
2 x 5 kg. iron plates, 2 x 2 1/2 kg. iron plates, 2 x 1 1/4 kg. iron plates.

Holds Bumper or Rubber Training Disc increments (LB):

2 x 45 lb., 1 x 35 lb., 1 x 25 lb., 1 x 10 lb.,
2 x 10 lb. iron plates, 2 x 5 lb. iron plates, 2 x 2 1/2 lb. iron plates.

Horizontal Plate Rack Full Set - Black (69041)

(Length: 62" Width: 14 1/2" Height: 12 1/2")

Holds Bumper or Rubber Training Disc increments (KG):

2 x 25 kg., 2 x 20 kg., 2 x 15 kg., 2 x 10 kg., 2 x 5 kg.,
2 x 5 kg. iron plates, 2 x 2 1/2 kg. iron plates, and 2 x 1 1/4 kg. iron plates.

Holds Bumper or Rubber Training Disc increments (LB):

4 x 45 lb., 2 x 35 lb., 2 x 25 lb., 2 x 10 lb.,
2 x 10 lb. iron plates, 2 x 5 lb. iron plates, and 2 x 2 1/2 lb. iron plates.



Dumbbell Storage Racks



2-Sided A-Frame Dumbbell Rack (Black Only)

Product number: 69002
(Depth: 16 1/2" Width: 27" Height: 44 1/2")

This convenient rack accommodates six pairs of Hex or Chrome Dumbbells in increments from 2.5 lbs. to 30 lbs. The Rack features all-steel construction with a sturdy bolt-together design. Dumbbell rests are covered with durable plastic wear guards to prevent scratches on dumbbell handles.



2-Sided Vertical Dumbbell Rack (Black)

Product number: 69001
(Depth: 18" Width: 16" Height: 42")

This attractive black vertical dumbbell rack offers an excellent racking option for Rubber Hex and Chrome Dumbbells. The rack accommodates for any 8 pairs of dumbbells sizes 2.5 – 50 lbs. The rack features an all-steel construction with a sturdy bolt-together design. Dumbbell rests are covered with durable nylon wear guards to prevent scratches on dumbbell handles. Anti-pinch design. Dumbbells sold separately.



2-Tier Pro-Hex Dumbbell Rack (Black)

Product number: 69126
(Length: 56" Width: 23" Height: 29")

- Heavy-duty, two-tier rack holds iron or rubber coated Hex Dumbbells.
- Holds 10 pairs of dumbbells.
- Dumbbells sold separately.
- Recommended for home use only.



3-Tier Pro Hex Dumbbell Rack (Black)

Product number: 69127
(Length 65" Width 23" Height 39")

- Heavy-duty, three-tier rack holds iron or rubber coated Hex Dumbbells.
- Holds 15 pairs of dumbbells.
- Dumbbells sold separately.
- Recommended for home use only.

YORK[®] Home Gym

G-560 York USA Home Gym

Product number: 8770

Dimensions:

Length: 60"

Width: 46 ½" (with leg press option 69 ½")

Height 82 ¾"

- 200 lb. weight stack
- Free motion press/fly/row arms
- Ergonomic rotating handles
- Hi-Low Pulley (1:2 ratio)
- Height adjustable seat base
- Forward and back adjustable rear seat
- Integral rear seat lumbar support
- Adjustable knee pads
- Full length weight shroud
- Leg Extension/Standing Leg Curl
- Lat Pull-down
- Leg Press option (#8765) **Sold Separately**



**Shown with Leg Press Option (#8765)
Sold Separately**



G-570 York USA Home Gym

Product number: 8780

Dimensions:

Length: 100 ¼": (folded 47 ½")
Width: 37 ¾" (with leg press option 63")
Height 83 ½"

- Free motion fly arms
- Adjustable fly arm stops
- High/Low Pulley (1:2 ratio)
- Adjustable Press Arm
- Folding bench for storage
- Adjustable Incline/Decline Bench with forward and backward movement
- Compact adjustable Leg Curl/Extension
- Full length weight shroud
- Lat Pull-down
- Leg Press option (#8765) **Sold Separately**



**Shown with Leg Press Option (#8765)
Sold Separately**



Call 800.358.9675 Fax 717.764.0044 3300 Board Rd. York, PA 17402
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