



YORK Australia FTS Light Commercial Strength Range 2014

YORK FTS Light Commercial Range

YORK[®]
FITNESS

The FTS (Fitness Training Series) is a range developed for the Light Commercial market, Studios, Personal trainers, Grassroots Sports Clubs, Hotels, Apartments, Schools etc who need a heavier duty product that is a level above domestic, without the commercial pricetag.

The high quality level of product allows the user to push themselves freely with a greater range of motion utilising free weight exercises with the safety of a light commercial heavy duty frame.

One colour scheme has been used to unite the whole range.



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YORK FTS Flat Bench

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- Heavy-duty all-purpose bench.
- Wide base ensures stability.
- Highly durable, electrostatic powder coat paint (Baked)
- 2" x 3" formed bent steel tubing
- 50mm High Density EVA Foam upholstery fixed to 15mm plywood backing
- Dimensions: (L) 48" x (W) 22" x (H) 19"

- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK Code: 48502

YORK FTS Flex Bench with Foot Hold Down

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- 6 Position 0-90 Degree Adjustable Flat, Incline Decline Dumbbell Bench
- Heavy-duty construction with wide footprint and foot hold down provide stability during full ROM (Decline-Incline)
- Adjustable seat and back pads allow for correct body position
- Extra wide Seat base pad has a fully contoured edge behind knee joint offering max support
- Front mounted grab handle and rear wheels allow for easy transportation
- Accepts leg developer attachment (#48009) and preacher curl attachment (#48008). (Not included as standard)
- Dimensions: (L) 65" x (W) 25" x (H) 19"
- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Olympic Fixed Flat Bench

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- Fixed Flat Bench Press
- Sturdy 2" x 3" formed bent steel tubing.
- Telescoping uprights extend from 82cm to 115cm in 6.2cm increments.
- Wide triangle footprint ensures stability.
- Large 1 piece 50mm chamfered pad is set at a height of 46cm allowing for a firm foot planting when lifting
- High Density 50mm EVA foam pad
- Highly durable, electrostatic powder coat paint (Baked)
- Bar rests finished in crinkle black paint for durability
- Twist and pull pin design for fast easy adjustment
- Dimensions: (L) 56" x (W) 48" x (H) 18"

- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Olympic Combo Bench w/ leg developer

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FITNESS

- Fully adjustable Decline-Incline Bench and Shoulder Press
- 2" x 3" formed bent steel tubing
- Highly durable, electrostatic powder coat paint (Baked)
- Telescoping uprights extend from 83cm to 123cm at 6.2cm increments.
- Extra wide Seat base pad has a fully contoured edge behind knee joint offering max support
- 50mm High Density EVA foam Back Pad/Seat
- Twist and Pull pin adjustments (Fast and Easy)
- Comes standard with Leg Developer (#48009).
- Accepts Preacher Curl Attachment (#48008).
- Dimensions: (L) 58" x (W) 48" x (H) 20"

- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Adjustable Sit-up Board

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- Full Length Adjustable Sit up Board
- Allows user to vary angle from 20 degrees to 45 degrees
- Full length pad for different body sizes
- Thick foam rollers for maximum comfort.
- Two sets of foam rollers for max comfort and stability when supporting lower leg
- Twist and Pull pop pin adjustment
- Dimensions: (L) 66" x (W) 25" x (H) 39"
- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Preacher Curl Bench

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- Seated Preacher Curl Bench
- Adjustable 75mm contoured thick upper pad for ultimate comfort
- Wide spotter supports
- Crinkle black paint used for spot bar for extra durability
- Highly durable, electrostatic powder coat paint (Baked)
- Wide base ensures complete stability
- Low positioned seat for ergonomic position with bicep curl
- Dimensions: (L) 36" x (W) 29" x (H) 38"
- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Lat Machine

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- Plate Loaded 2 in 1 heavy duty Lat/low row machine
- Hi-low pulley system permits versatile use.
- Height adjustable foam padded leg hold down bar
- Highly durable, electrostatic powder coat paint (Baked)
- 50mm High Density EVA Foam seat pad
- 1" diameter loading bar accepts both standard and Olympic plates.
- Dimensions: (L) 63" x (W) 48" x (H) 83"
- Note International colour pictured(White). Aus stock will feature grey frame.



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YORK FTS Power Cage

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- Heavy Duty Power Cage
- Sturdy 2" x 3" formed steel tubing
- Highly durable, electrostatic powder coat paint (Baked)
- 25 position adjustable bar holders in 5cm increments
- Dual Safety Spot Bars use same 25 position adjustments
- Double Bar holders on the front uprights allows a secondary athlete to train in front of cage
- Crinkle black paint used for spot bars and bar holders for extra durability
- Standard with a Chin-up bar.
- Bar Holders on all 4 uprights
- Dimensions: (L) 55" x (W) 50" x (H) 80" x (D) 30"
- Note International colour pictured(White). Aus stock will feature grey frame.



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