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York Fitness Australia - Weights | Treadmills | Bikes ...

The separate press and pec arms mean you can perform each exercise without leaving your seat - no need for fiddly mechanism changes! The translucent weight stack shroud, whilst looking great, also provides an additional safety feature and the Perform Multigym also features York's unique Y-frame design for increased support and stability.

York Perform Multigym - Sale on Fitness, Gym and Exercise ...

Overall, this multi gym will allow you to work every important muscle group and offers plenty of weight capacity for strength training. It wasn't made for professional lifters, but it has everything that a beginner or intermediate exercise enthusiast needs. Check Marcy Home Gym Price. 2. York Perform Home Multi Gym. Best Compact Home Gym. Features. 100kg weight stack; Dimensions: 196cm (H) x ...

5 Best Home Multi Gyms 2020 - UK Buyer's Guide

Product description The York Perform multi gym is a quality mid-range machine with 100kg (220lbs) weight stack, designed to offer you a safe and versatile workout. It offers a maximum resistance of 100kg (220lbs) on all its workout stations among which you can find chest press, peck deck, leg extension, arm curl, low rowing position and lat pull.

York Perform Multi Gym: Amazon.co.uk: Sports & Outdoors

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