

WARNING

WARNING: Before beginning any exercise program, consult your physician. If you have any medical condition or are pregnant, consult your physician before beginning any exercise program. If you experience any pain or discomfort during or after an exercise session, stop immediately and consult your physician.

YORK

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1-6 MACHINES



1 Wide grip upright rowing
Ramer en position debout avec poignée large



2 Seated press behind neck
Flexions derrière la tête -
position assise



3 Wide grip shoulder shrug
Haussement des épaules avec
poignée large



4 45° wide grip upright rowing
Ramer à 45° en position debout -
prise large



5 Bench press
Développé couché

7-18 MACHINE WITH CROSSBAR EXERCISES
EXERCICES AU GUIDON AVEC BARRE TRANSVERSALE

6 Standing wide grip curls
Flexions en position debout
avec poignée large



7 Medium grip upright rowing
Ramer avec prise moyenne en
position debout



8 Seated regular grip press
Développé main avec prise
normale



9 Upright rowing
Ramer en position debout



10 Medium grip bench press
Développé couché -
prise moyenne



11 Standing reverse curls
Flexions debout - paumes
vers le bas



12 Standing curls
Flexions debout - paumes
vers le haut



13 Lying triceps extension
Extension des triceps en
position couchée



14 Tricep extension behind neck
(seated)
Extension des triceps derrière
la nuque (position assise)



15 Alternate knee/chest leg raise
Élevation des jambes -
genoux/poitrine-variante

Analysis Number	Series	Exercise Name	Repetitions	Weight	Speed									
1	1	Medium Grip Upright Rowing	12-15	1										
2	2	Seated Press Behind Neck	12-15	1										
3	3	45° Wide Grip Upright Rowing	12-15	1										
4	4	Wide Grip Shoulder Shrugs	12-15	1										
5	5	Push Press	12-15	1										
6	6	Seated Regular Grip Press	12-15	1										
7	7	Shoulder Curls	12-15	1										
8	8	Standing Reverse Curls	12-15	1										
9	9	Standing Curls	12-15	1										
10	10	Lying Triceps Extension	12-15	1										
11	11	Tricep Extension Behind Neck (seated)	12-15	1										
12	12	Alternate Knee/Chest Leg Raise	12-15	1										
13	13	Upper Cable W/L Calf Raise	12-15	1										
14	14	Medium Grip Upright Rowing	12-15	1										
15	15	Push Down	12-15	1										
16	16	Seated Reverse Curls	12-15	1										
17	17	Leg Scissor Exercise	12-15	1										
18	18	Alternate Leg Raises	12-15	1										



16 Knee/chest leg raise
Élevation des jambes -
genoux/poitrine



17 Leg scissor exercise
Mouvement en ciseaux pour
les jambes



18 Alternate leg raises
Élevation des jambes -
vanante