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The machine has a set of 3 cables to allow various exercises. I have changed the

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cables several times and the only negative I have regarding the 925 is the cables wear quickly. Today I went to order some more cables and was told that they are obsolete, thus rendering my machine useless.

1 of 3 York 925 Multi Gym Reviews |
Guest's Review ...

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The York Perform Multi Gym has a separate press and pec arms; this enables you to perform any strength exercise without leaving your seat, as there is no need for any mechanism changes. The chest press will allow you to target the pectoralis major muscle , which is the broad muscle that covers your chest area.

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York Perform Multi Gym Review | Multi Gym

If you need to pack a lot of different exercises into a little bit of space, then the York Fitness 925 Multi Gym has everything you need. This economic, space saving unit provides for a variety of

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[How to Assemble a York 2001 Multi Gym](#)
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