NOTE: Please read all instructions carefully before using this product

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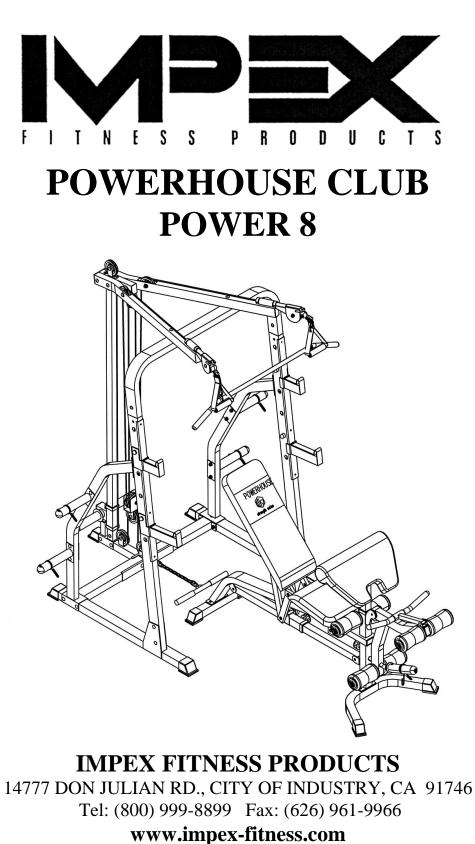
Ordering Parts

Model PWR 8

Retain This Manual for Reference

07-31-03

OWNER'S MANUAL



info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the Powerhouse Power 8 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number 1-800-999-8899 Mon. - Fri. 9 a.m. - 5 p.m. PST www.impex-fitness.com info@impex-fitness.com

IMPORTANT SAFETY NOTICE

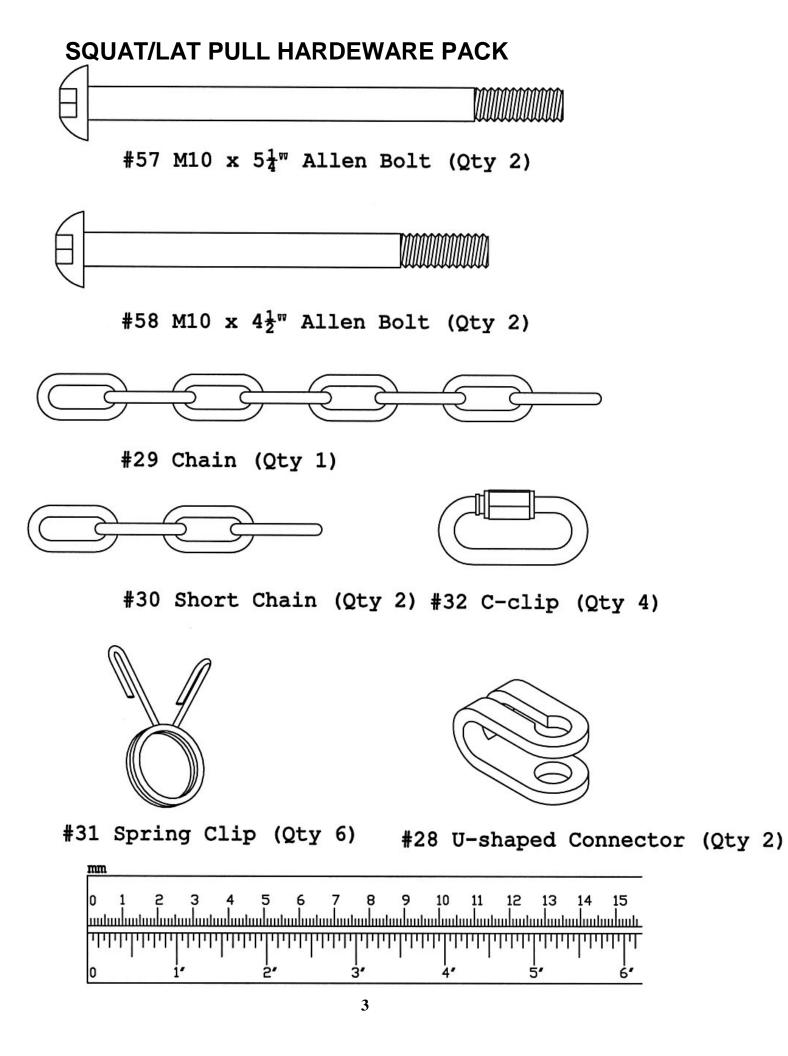
PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

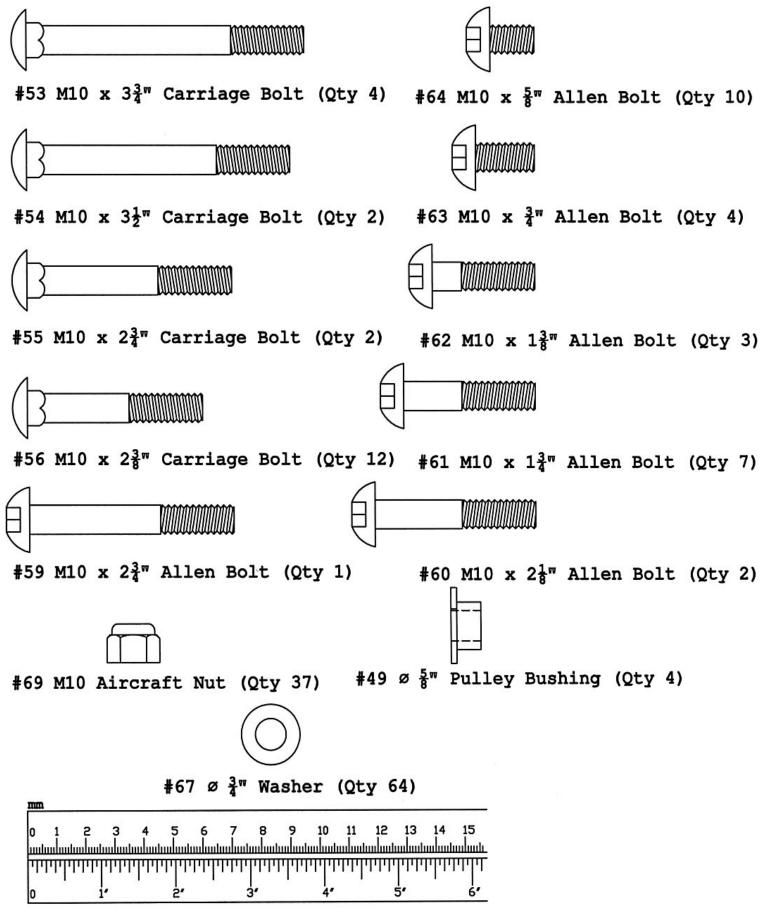
- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- 2. Only one person at a time should use the machine.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
- 5. Keep hands away from all moving parts.
- 6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- 7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- 8. Do not place any sharp object around the machine.
- 9. Disabled person should not use the machine without a qualified person or physician in attendance.
- 10. Before using the machine to exercise, always do stretching exercises to properly warm up.
- 11. Never operate the machine if the machine is not functioning properly.
- 12. A spotter is recommended during exercise.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.



SQUAT/LAT PULL HARDEWARE PACK

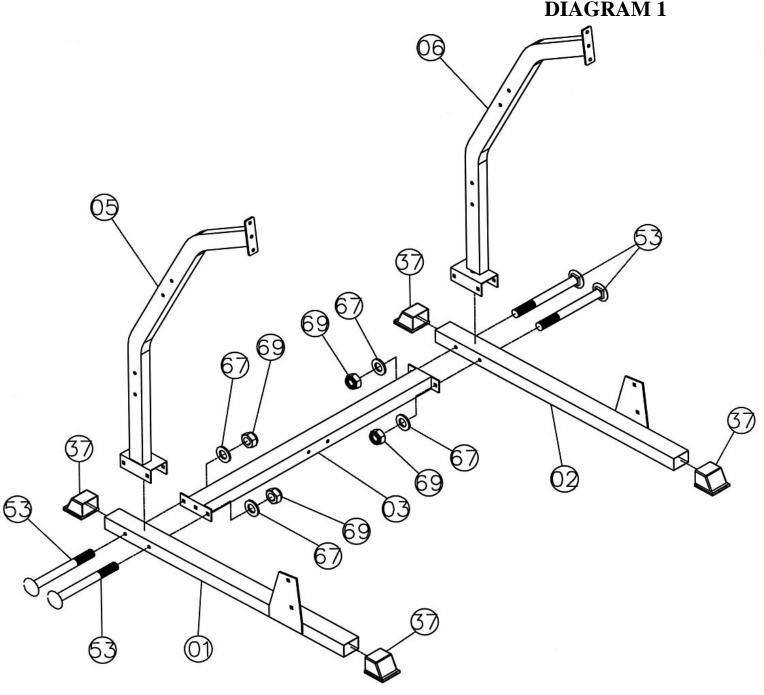


SQUAT/LAT PULL MACHINE ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

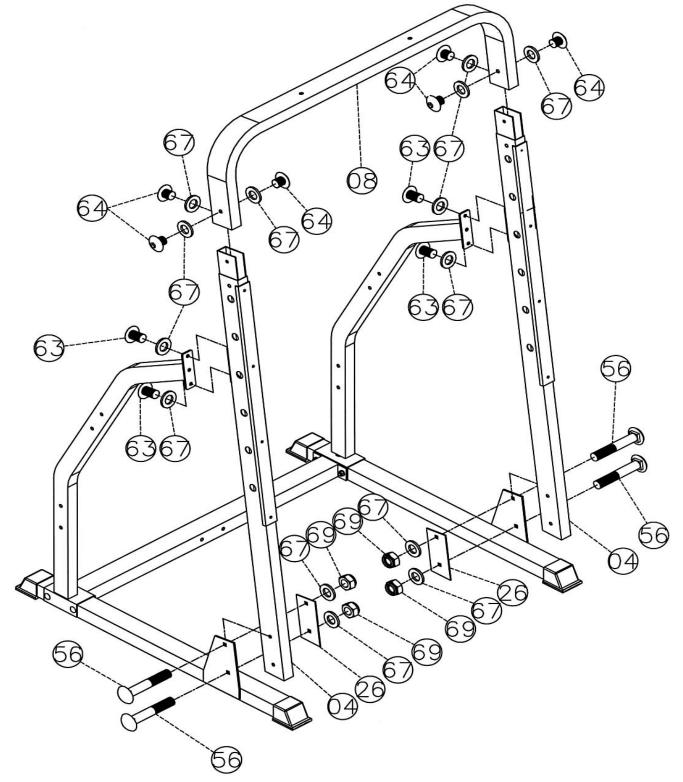
STEP 1 (See Diagram 1)

- A.) Attach the Right Support (#5) to the Right Stabilizer (#1). Attach the Cross Brace (#3) to the Right Support. Align the holes and secure them with two M10 x 3 ³/₄" Carriage Bolts (#53), two Ø ³/₄" Washers (#67), and two M10 Aircraft Nuts (#69). Repeat the same step to install the Left Support (#6) on the other side. NOTE: DO NOT tighten the Nuts and Bolts yet.
- B.) Cover the end of the Stabilizers with four 2" x 2 ³/₄" Stabilizer End Caps (#37).



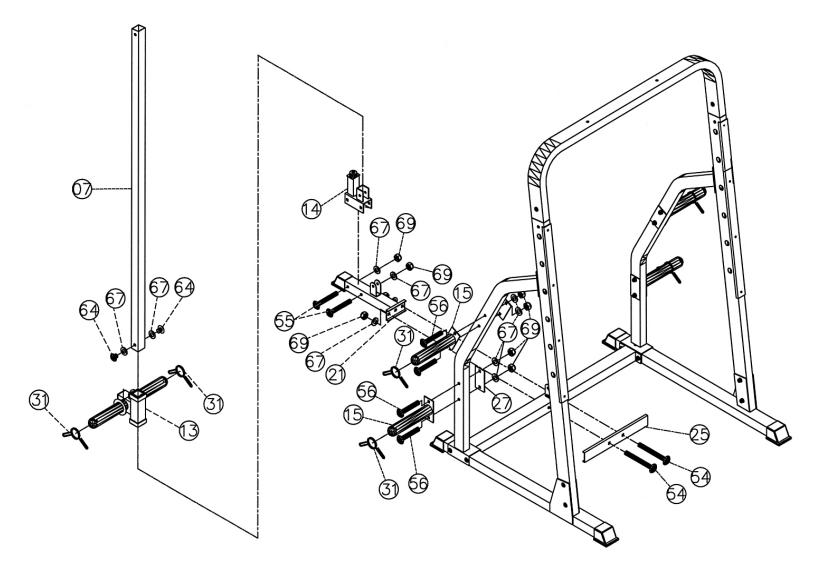
STEP 2 (See Diagram 2)

- A.) Attach an Upright Beam (#4) to the Right Stabilizer (#1) and the Right Support (#5). Secure the Upright Beam to the Right Stabilizer with two M10 x 2 3/8" Carriage Bolts (#56), one 7" x 3 1/8" Bracket (#26), two Ø ¾" Washers (#67), and two M10 Aircraft Nuts (#69).
- B.) Secure the Upright Beam to the Right Support with two M10 x ¾" Allen Bolts (#63) and two Ø ¾" Washers (#67).
- C.) Repeat Steps A and B above to install the other side.
- D.) Place the Upper Frame (#8) onto the two Upright Beams. Secure each end of the Upper Frame with three M10 x 5/8" Allen Bolts (#64) and Ø ³/₄" Washers (#67).
- E.) Securely tighten all the Nuts and Bolts previously installed.



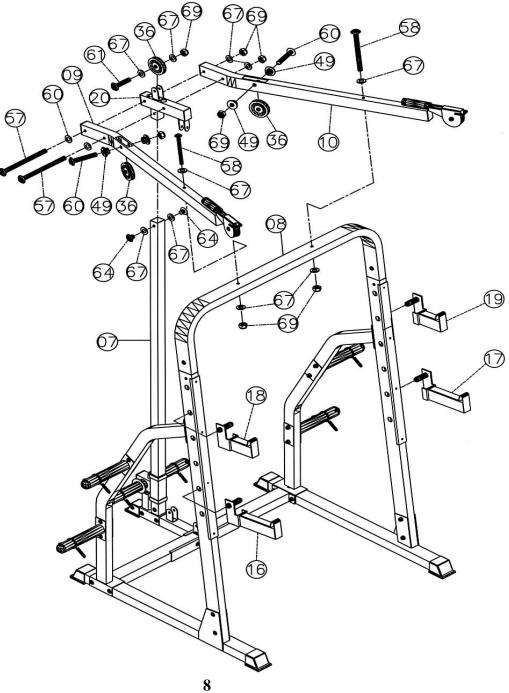
STEP 3 (See Diagram 3)

- A.) Attach the Rear Stabilizer (#21) and the Chromed Foot Support (#25) to the Cross Brace (#3). Secure them with two M10 x 3 ½" Carriage Bolts (#54), Ø ¾" Washers (#67) and M10 Aircraft Nuts (#69).
- B.) Attach the Support Bracket (#14) to the Rear Stabilizer. Secure it with two M10 x 2 ³/₄" Carriage Bolts (#55), Ø ³/₄" Washers (#67) and M10 Aircraft Nuts (#69).
- C.) Slide the Sliding Weight Post (#13) onto the Rear Vertical Frame (#7). Attach the Vertical Frame to the Support Bracket (#14). Secure it with two M10 x 5/8" Allen Bolts (#64) and Ø ¾" Washers (#67). Attach two Spring Clips (#31) to the posts.
- D.) Attach four Olympic Weight Posts (#15) to the Right & Left Supports (#5 & 6). Secure each Post with two M10 x 2 3/8" Carriage Bolts (#56), one 4 ³/₄" x 2 3/8" Bracket (#27), two Ø ³/₄" Washers (#67), and two M10 Aircraft Nuts (#69). Attach a Spring Clip to each Post.

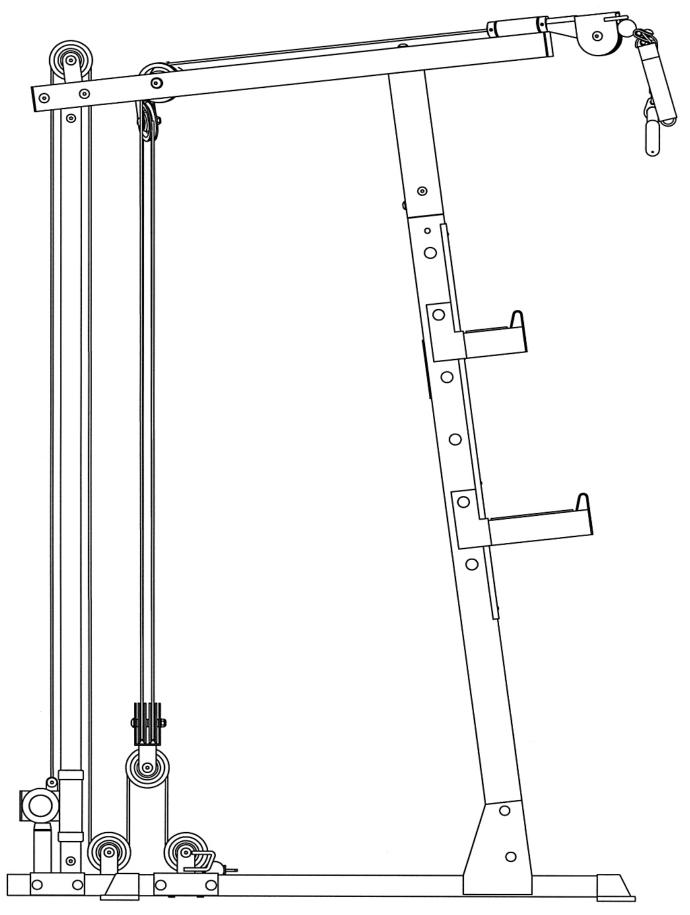


STEP 4 (See Diagram 4)

- A.) Attach the Lat Bar Frame Bracket (#20) to the top of the Rear Vertical Frame (#7). Secure it with two M10 x 5/8" Allen Bolts (#64) and Ø ¾" Washers (#67).
- B.) Attach the Left & Right Lat Bar Frames (#10 & 9) to the Lat Bar Frame Bracket (#20). Secure them with two M10 x 5 ¼" Allen Bolts (#57), four Ø ¾" Washers (#67), and two M10 Aircraft Nuts (#69).
- C.) Secure each Lat Bar Frame to the Upper Frame (#8) with one M10 x 4 ½" Allen Bolt (#58), two Ø ¾" Washers (#67) and one M10 Aircraft Nut (#69).
- D.) Securely tighten all Bolts and Nuts previously installed.
- E.) Attach a Pulley (#36) to the open slot on the Left Lat Bar Frame (#10). Secure it with one M10 x 2 1/8" Allen Bolt (#60), two Ø5/8" Pulley Bushings (#49), and one M10 Aircraft Nut (#69). Repeat the same procedure to install the other side.
- F.) Attach a Pulley to the Lat Bar Frame Bracket (#20). Secure it with one M10 x 1 ¾" Allen Bolt (#61), two Ø ¾" Washers (#67), and one M10 Aircraft Nut (#69).
- G.) Insert the Right & Left Bar Catches (#18 & 19), Right & Left Safety Catches (#16 & 17) into the selected holes on the Upright Beams to obtain the desired position.

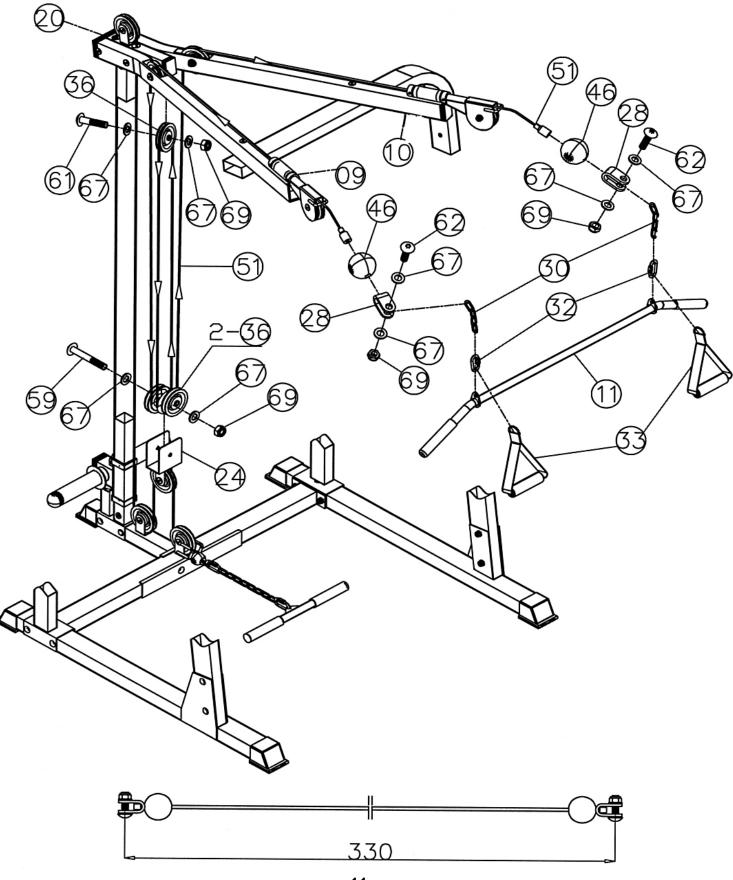


CABLE LOOP DIAGRAM



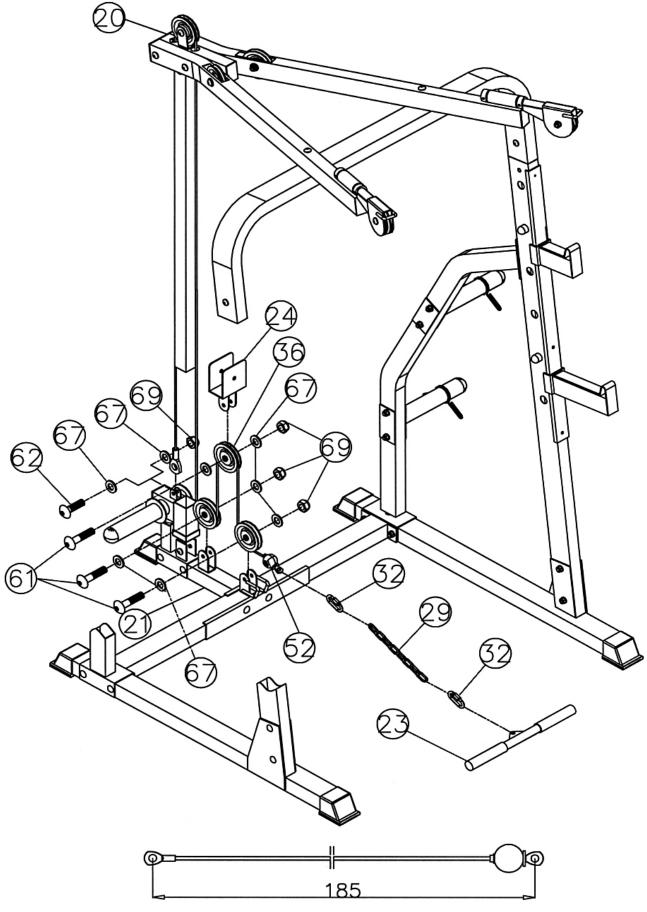
STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 330" Upper Cable (#51) to the swivel pulley pre-installed in the front of the Right Lat Bar Frame (#9). Install a Ball Stopper (#46) onto the end of the Cable. Attach the U-shaped Connector (#28) to the end of the Cable.
- B.) Attach a Short Chain (#30) in between the openings on the Connector and secure it with a M10 x 1 3/8" Allen Bolt (#62), two Ø3/4" Washers (#67), and one M10 Aircraft Nut (#69).
- C.) Draw the Cable over the Pulley and pull through the Cable sleeve on the Right Lat Bar Frame. Draw the Cable along the Frame towards the back of the machine to the Pulley previously installed. Draw the Cable around the Pulley then downward to the Double Floating Pulley Bracket (#24).
- D.) Attach two Pulleys (#36) to the Bracket. Secure them with a M10 x 2 ³/₄" Allen Bolt (#59), two Ø ³/₄" Washers (#67), and one M10 Aircraft Nut (#69).
- E.) Draw the Cable around the back Pulley then upward to the open bracket on the bottom of the Lat Bar Frame Bracket (#20). Install another Pulley.
- F.) Draw the Cable around the Pulley then back down to the Double Floating Pulley Bracket (#24) again. Let the Bracket hanging for now.
- G.) Draw the Cable around the front Pulley then upward towards the Pulley on the Left Lat Bar Frame (#10).
- H.) Draw the Cable over the Pulley then along the Left Lat Bar Frame (#10) towards the front of the machine. Insert the Cable through the Cable sleeve and over the pre-installed Pulley on the front of the Left Lat Bar Frame.
- I.) Install a Ball Stopper (#46) at the end of the Cable and attach a U-shaped Connector (#28) to the end. Attach a Short Chain (#30) in between the openings on the Connector and secure it with a M10 x 1 3/8" Allen Bolt (#62), two \emptyset 3/4" Washers (#67), and one M10 Aircraft Nut (#69).
- J.) Connect the Lat Bar (#11) or Single Handles (#33) to the Short Chains using Cclips (#32).

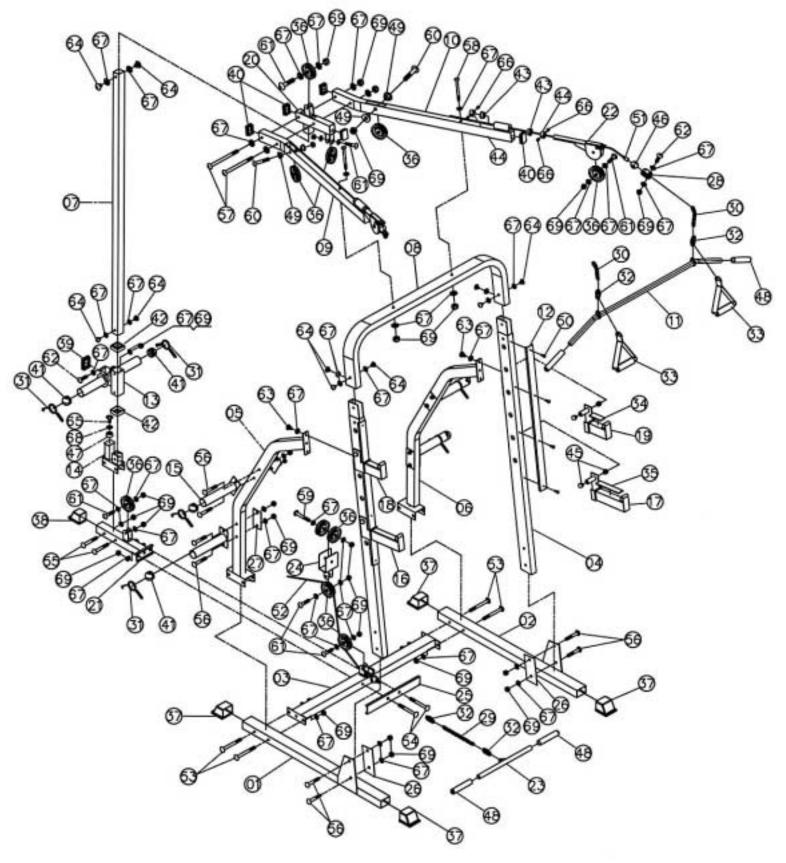


STEP 6 (See Diagram 6 & Cable Loop)

- A.) Attach the Ball end of the 185" Lower Cable (#52) to a Pulley (#36).
- B.) Attach the Pulley to the open bracket on the Cross Brace (#3). Secure it with one M10 x 1 ¾" Allen Bolt (#61), two Ø ¾" Washers (#67), and one M10 Aircraft Nut (#69).
- C.) Draw the Cable underneath the Pulley then upward to the hanging Double Floating Pulley Bracket (#24). Install another Pulley.
- D.) Draw the Cable downward to the open bracket on the Rear Stabilizer (#21). Install another Pulley.
- E.) Pull the Cable around the Pulley and upward to the Pulley previously installed on the top of the Lat Bar Support Bracket (#20).
- F.) Draw the Cable around the Pulley then downward to the bracket on the Sliding Weight Post (#13). Secure the end of Cable to the bract with one M10 x 1 3/8" Allen Bolt (#62), two Ø ³/₄" Washers (#67), and one M10 Aircraft Nut (#69).
- G.) Attach the Long Chain (#29) to the end of the Cable using a C-clip (#32). Attach the Shiver Bar (#23) to the Chain using another C-clip.



EXPLODED DIAGRAM



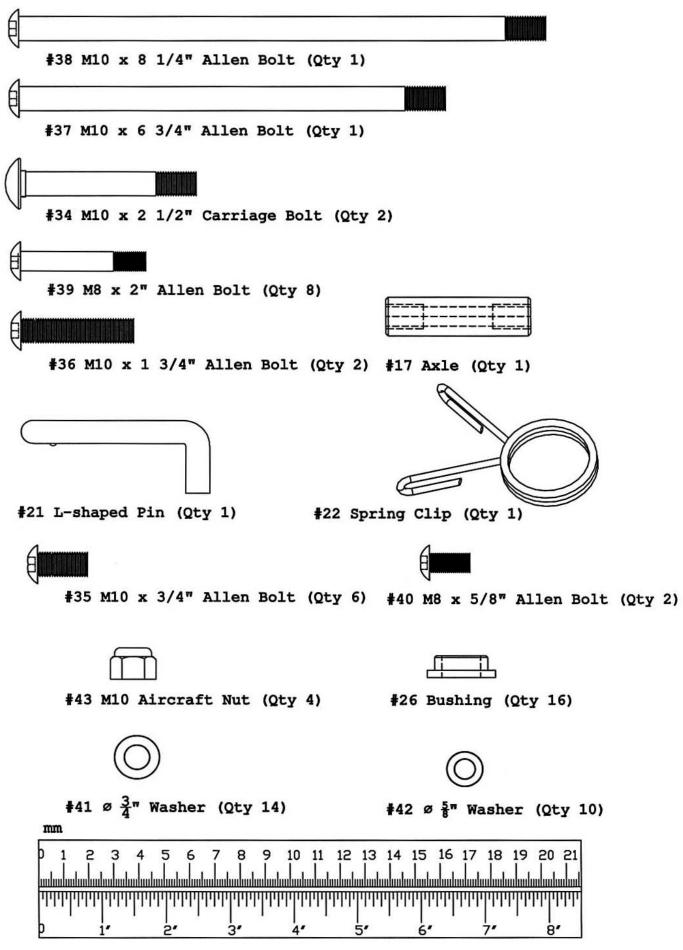
SQUAT/LAT PULL MACHINE

| KEY NO. | | DESCRIPTION | Q'ty |
|---------|------------|-------------|------|
| | | | |
| 1 | Right Stal | hilizer | 1 |

| 1 | Right Stabilizer | 1 |
|----|--------------------------------|--------|
| 2 | Left Stabilizer | 1 |
| 3 | Cross Brace | 1 |
| 4 | Upright Beam | 2 |
| 5 | Right Support | 1 |
| 6 | Left Support | 1 |
| 7 | Rear Vertical Frame | 1 |
| 8 | Upper Frame | 1 |
| 9 | Right Lat Bar Frame | 1 |
| 10 | | 1 |
| 11 | | 1 |
| 12 | Chrome Panel | 2 |
| 13 | | 1 |
| 14 | | 1 |
| 15 | | 4 |
| 16 | , i 0 | 1 |
| 17 | | 1 |
| 18 | Right Bar Catch | 1 |
| | Left Bar Catch | 1 |
| | Lat Bar Frame Bracket | 1 |
| | Rear Stabilizer | 1 |
| 21 | Swivel Pulley Bracket | 2 |
| 23 | | 1 |
| | Double Floating Pulley Bracket | 1 |
| | Chrome Foot Plate | 1 |
| | 7" x 3 1/8" Bracket | 2 |
| 20 | 4 ¾" x 2 3/8" Bracket | 2 4 |
| | | 4 |
| 28 | • | 2 1 |
| | Long Chain | 2 |
| 30 | | 2 6 |
| 31 | | 6 4 |
| | C-Clip | |
| 33 | 0 | 2 |
| 34 | • | 2 |
| 35 | • | 2 |
| | | 11 |
| | 2" x 2 ¾" Stabilizer End Cap | 4 |
| | 2" End Cap | 1 |
| | 2" x 2 ¾" End Cap | 1 |
| | 1 5/8" x 2 3/8" End Cap | 6 |
| 41 | | 6 |
| 42 | | 2 |
| 43 | | 4 |
| | Ring Cap | 4 |
| 45 | | 8 |
| | Ball Stopper | 2 |
| 47 | | 1 |
| | Handle Grip | 4 |
| | Ø 5/8" Pulley Bushing | 4 |
| 50 | Chrome Panel Screw | 8 |
| | | |

| 51 | 330" Upper Cable | 1 |
|----|----------------------------|----|
| 52 | 185" Lower Cable | 1 |
| 53 | M10 x 3 ¾" Carriage Bolt | 4 |
| 54 | M10 x 3 1⁄2" Carriage Bolt | 2 |
| 55 | M10 x 2 ¾" Carriage Bolt | 2 |
| 56 | M10 x 2 3/8" Carriage Bolt | 12 |
| 57 | M10 x 5 ¼" Allen Bolt | 2 |
| 58 | M10 x 4 1⁄2" Allen Bolt | 2 |
| 59 | M10 x 2 ¾" Allen Bolt | 1 |
| 60 | M10 x 2 1/8" Allen Bolt | 2 |
| 61 | M10 x 1 ¾" Allen Bolt | 7 |
| 62 | M10 x 1 3/8" Allen Bolt | 3 |
| 63 | M10 x ¾" Allen Bolt | 4 |
| 64 | M10 x 5/8" Allen Bolt | 10 |
| 65 | M6 x 5/8" Screw | 1 |
| 66 | M6 x ¼" Allen Screw | 8 |
| 67 | Ø ¾" Washer | 64 |
| 68 | Ø ½" Washer | 1 |
| 69 | M10 Aircraft Nut | 37 |

MULTI-PURPOSE BENCH HARDWARE PACK

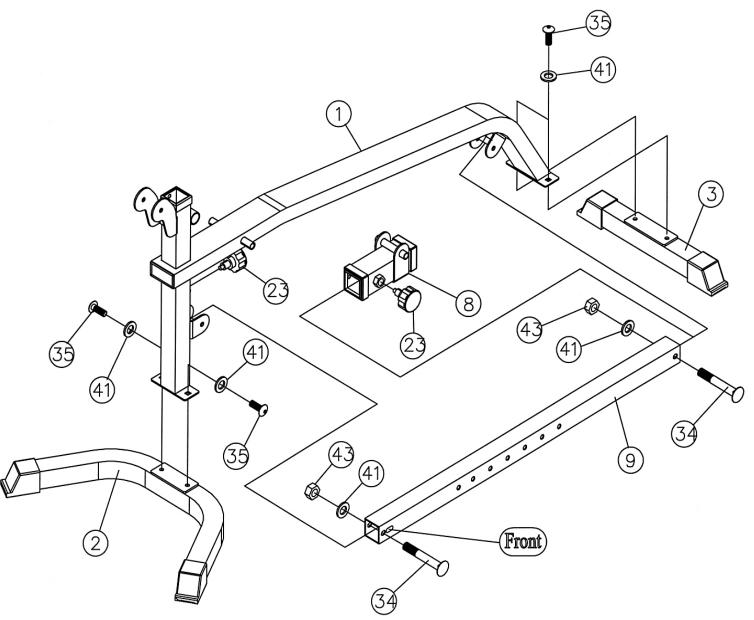


MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

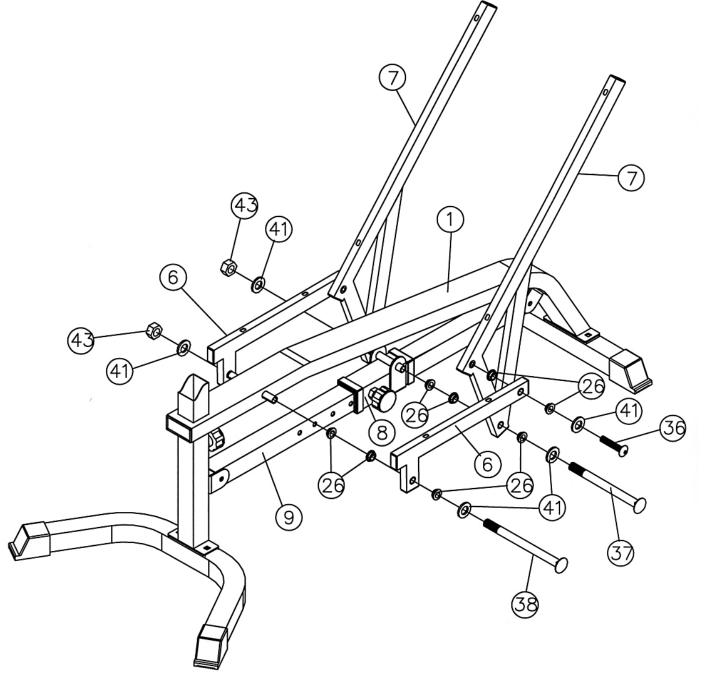
STEP 1 (See Diagram 1)

- A.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x ¾" Allen Bolts (#35) and Ø ¾" Washers (#41). Attach a Lock Knob (#23) to the hole underneath the Main Frame.
- B.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Lock Knob (#23) to hold the Sliding Block in position.
- C.) Attach the Incline Adjustment Bar (#9) to the brackets on the Main Frame. Secure each end with one M10 x 2 ½" Carriage Bolt (#34), Ø ¾" Washer (#41), and M10 Aircraft Nut (#43).



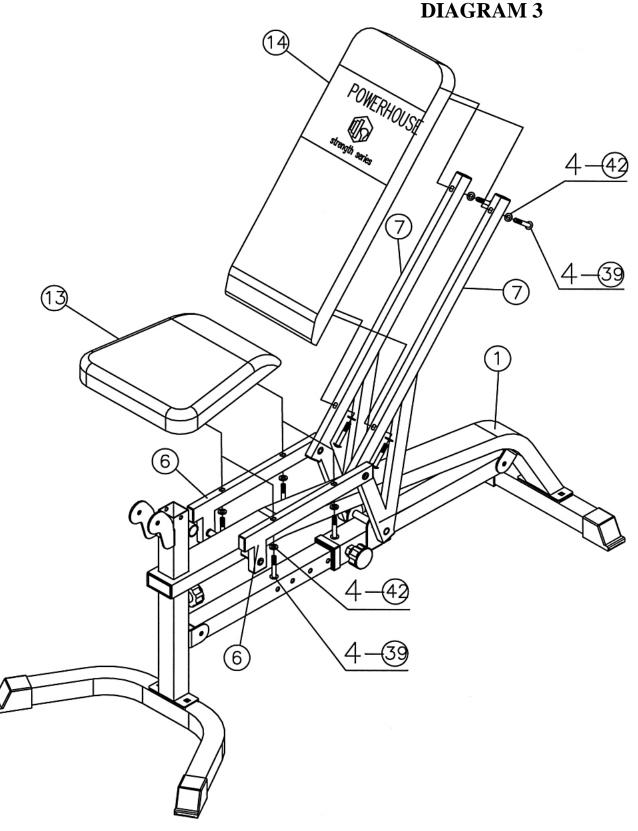
STEP 2 (See Diagram 2)

- A.) Attach four Bushings (#26) to a Seat Support Frame (#6).
- B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 ¾" Allen Bolt (#36) and Ø ¾" Washer (#41). Repeat the same procedure to install the other side.
- C.) Attach two Bushings (#26) to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 ¾" Allen Bolt (#37), two Ø ¾" Washers (#41), and one M10 Aircraft Nut (#43). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 ¼" Allen Bolt (#38), two Ø ¾" Washers (#41), and one M10 Aircraft Nut (#43).
- E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.



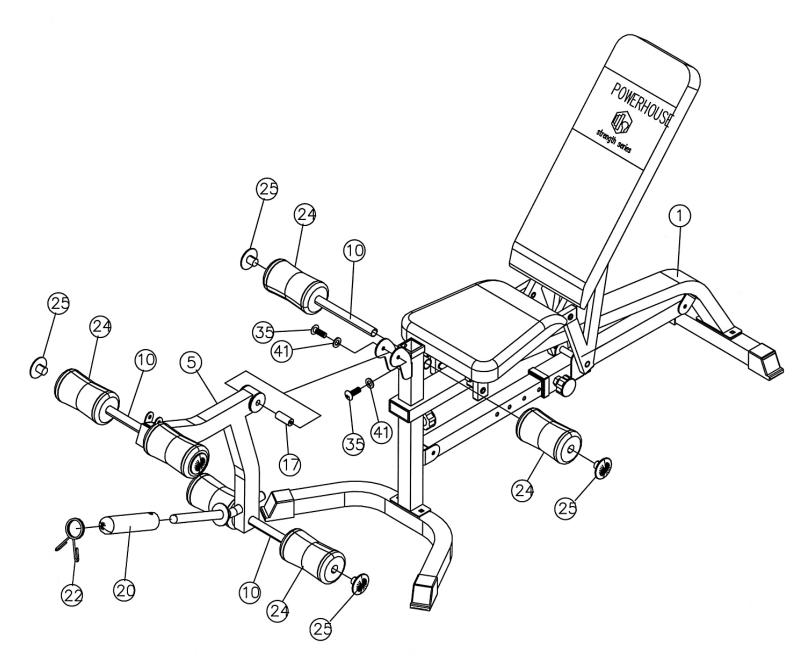
STEP 3 (See Diagram 3)

- A.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#39) and Ø 5/8" Washers (#42).
- B.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#39) and Ø 5/8" Washers (#42).



STEP 4 (See Diagram 4)

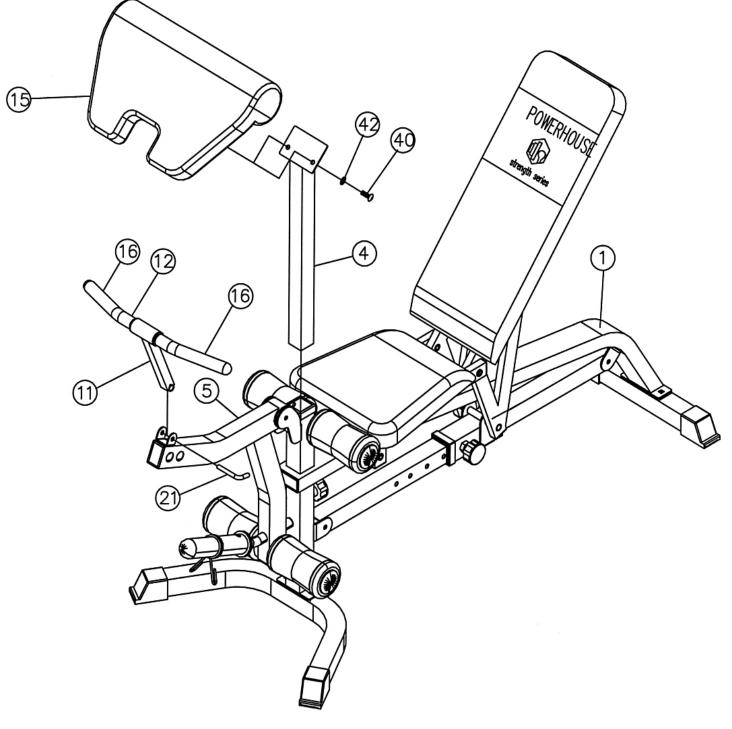
- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x ¾" Allen Bolts (#35), and two Ø ¾" Washers (#41).
- B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the ends.
- C.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.



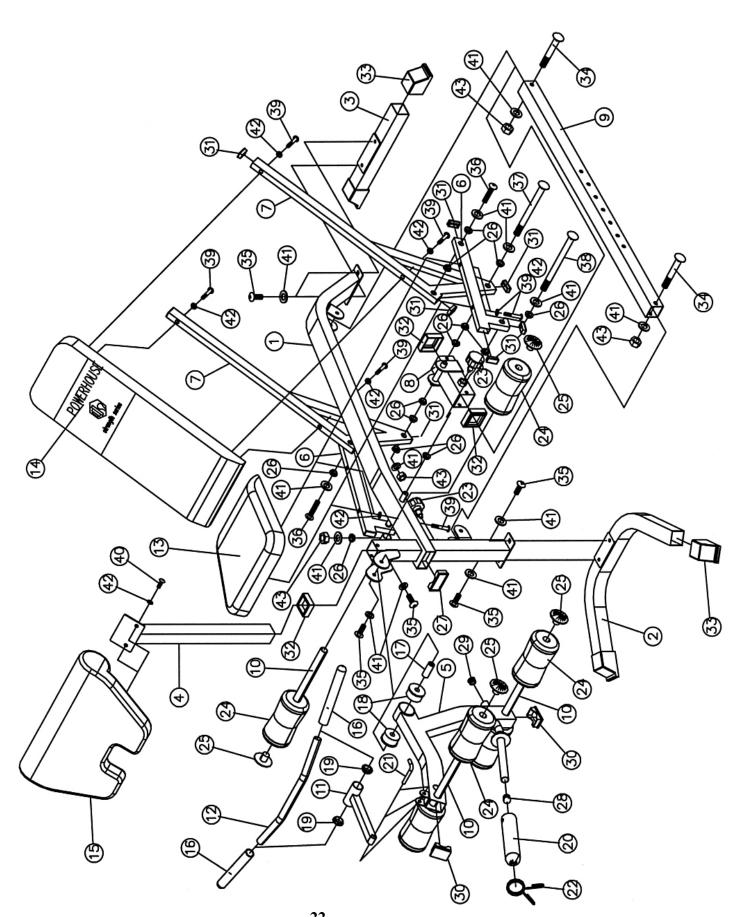
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#40) and two \emptyset 5/8" Washers (#42). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
- B.) Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Lock it with a L-shaped Pin (#21).
- C.) Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.

DIAGRAM 5



EXPLODED DIAGRAM



MULTI-PURPOSE BENCH PARTS LIST

| KEY NO. | DESCRIPTION | Q'ty |
|----------|--|---------|
| 1 | Main Frame | 1 |
| 2 | Front Stabilizer | 1 |
| 3 | Rear Stabilizer | 1 |
| 4 | Arm Curl Stand | 1 |
| 5 | Leg Developer | 1 |
| 6 | Seat Support Frame | 2 |
| 7 | Backrest Support | 2 |
| 8 | Sliding Block | 1 |
| 9 | Incline Adjustment Bar | 1 |
| 10 | Foam Tube | 3 |
| 11 | Curl Bar Support Frame | 1 |
| 12 | Curl Bar Handle | 1 |
| 13 | Seat Pad | 1 |
| 14 | Backrest Board | 1 |
| 15 | Arm Curl Pad | 1 |
| 16 | Curl Bar Handle Grip | 2 |
| 17 | Axle | 1 |
| 18 | Ø 2 3/8" Bushing | 2 |
| 19 | Ø 1 3/8" Bushing | 2 |
| 20 | Olympic Sleeve | 1 |
| 21 | L-shaped Pin | 1 |
| 22 | Spring Clip | 1 |
| 23 | Lock Knob | 2 6 |
| 24 | Foam Roll | 6 6 |
| 25 26 | Foam Roll End Cap | o 16 |
| 20 27 | Bushing 3 1/8" x 1 5/8" End Cap | 10 |
| 28 | Ø 1" Cone-shaped End Cap | 1 |
| 29 | Ø 1" End Cap | 1 |
| 30 | 1 5/8" x 2 3/8" End Cap | 2 |
| 31 | $1.5/8^{\circ} \times \frac{3}{4}^{\circ}$ End Cap | 12 |
| 32 | 2" Sliding Block Sleeve | 3 |
| 33 | Stabilizer End Cap | 4 |
| 34 | M10 x 2 ½" Carriage Bolt | 2 |
| 35 | M10 x ¾" Allen Bolt | 6 |
| 36 | M10 x 1 ¾" Allen Bolt | 2 |
| 37 | M10 x 6 ¾" Allen Bolt | 1 |
| 38 | M10 x 8 ¼" Allen Bolt | 1 |
| 39 | M8 x 2" Allen Bolt | 8 |
| 40 | M8 x 5/8" Allen Bolt | 2 |
| 41 | Ø ¾" Washer | 14 |
| 42 | Ø 5/8" Washer | 10 |
| 43 | M10 Aircraft Nut | 4 |
| | | |

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at www.impex-fitness.com

IMPEX INC. 14777 Don Julian City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time. **info@impex-fitness.com**

When ordering replacement parts, always give the following information.

Model
Description of Parts
Part Number
Date of Purchase