

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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**Model**  
**IGS 6201**

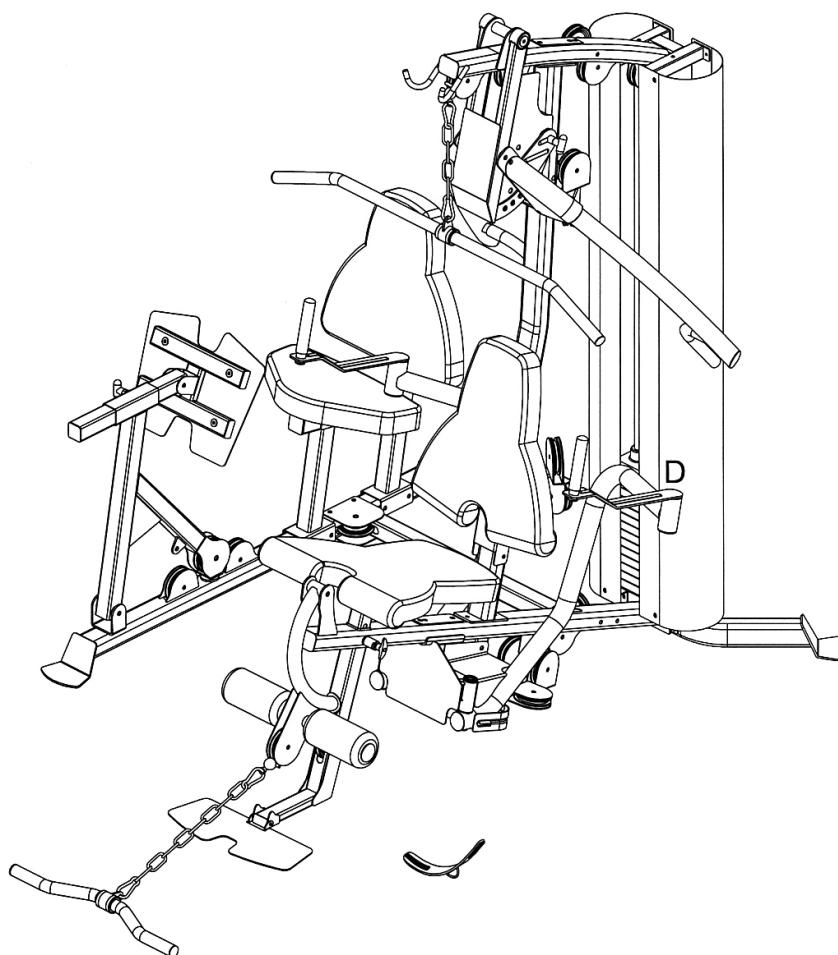
**Retain This**  
**Manual for**  
**Reference**

**01-04-08**

**OWNER'S**  
**MANUAL**



# **IRON GRIP STRENGTH DUAL STATION HOME GYM IGS-6201**



**IMPEX® FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-6201 HOME GYM by IMPEX<sup>®</sup> 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.

<p><b>Toll-Free Customer Service Number</b> <b>1-800-999-8899</b> <b>Mon. – Fri. 9 a.m. – 5 p.m. PST</b> <b><a href="http://www.impex-fitness.com">www.impex-fitness.com</a></b> <b><a href="mailto:info@impex-fitness.com">info@impex-fitness.com</a></b></p>
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# **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.
13. Maximum user weight is 300 lbs.

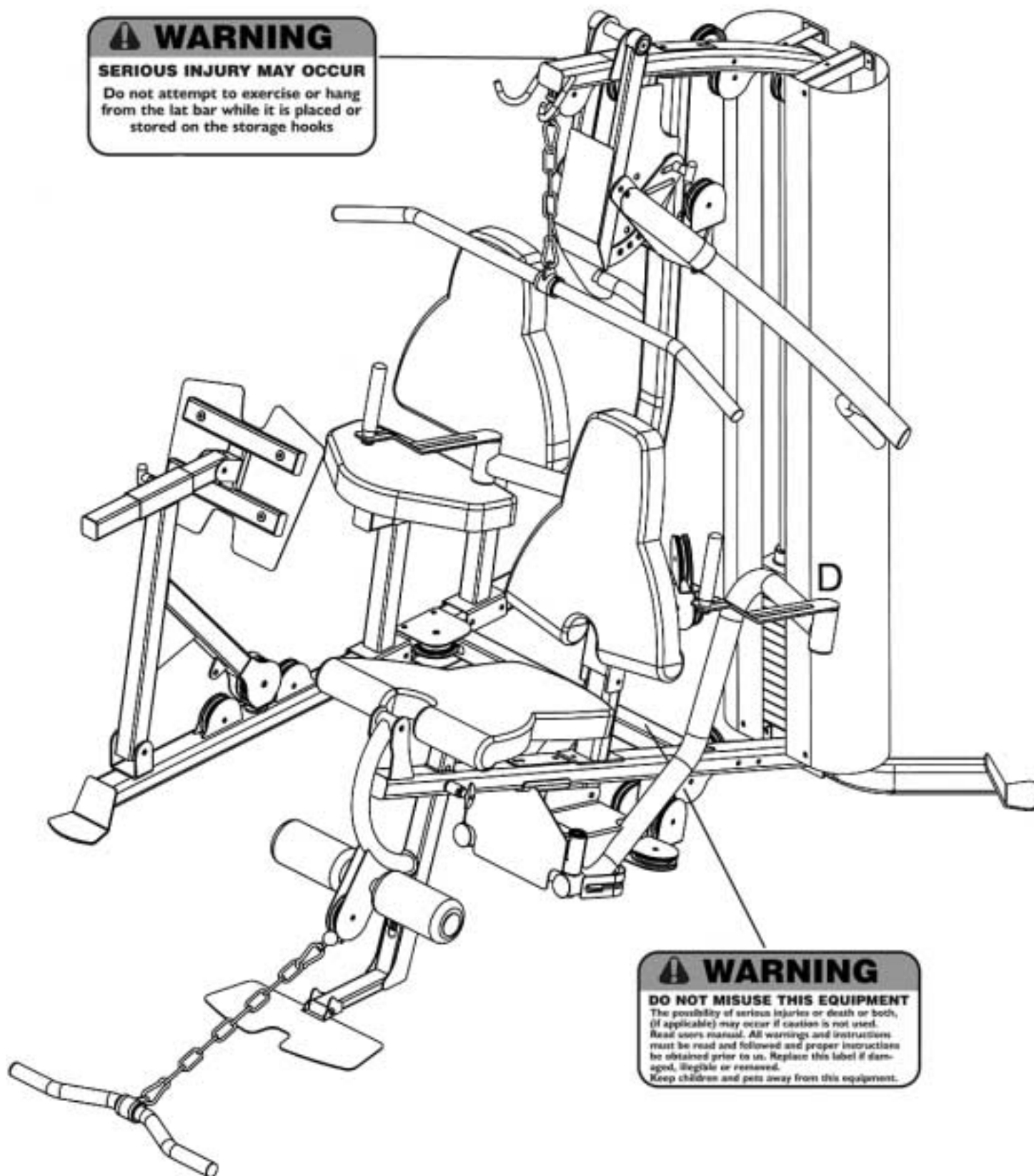
## **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents

**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.**

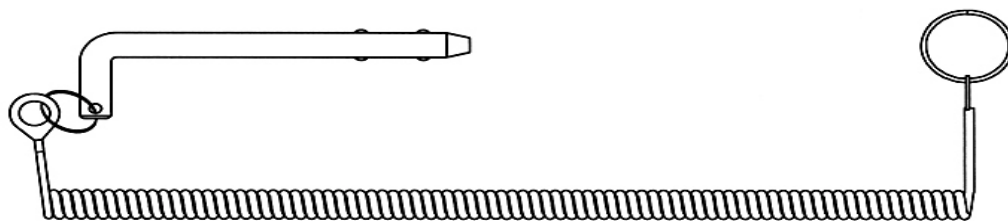
## WARNING LABEL PLACEMENT



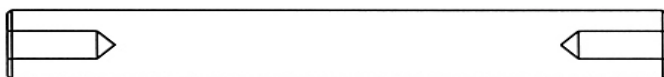
The warning labels have been placed on the unit in location shown. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

# HARDWARE PACK

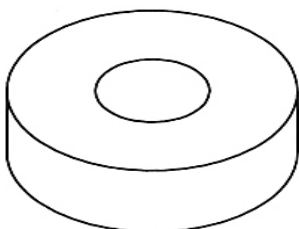
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#82 Weight Selector Pin (Qty 1)



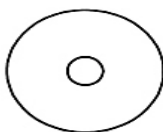
#81 5  $\frac{7}{8}$ " Front Press Axle (Qty 1)



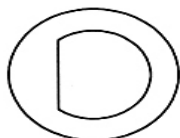
#55 Rubber Bumper (Qty 2)



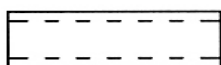
#43  $\varnothing$  5  $\frac{5}{8}$ " Large Washer (Qty 12)



#42  $\varnothing$  1  $\frac{1}{8}$ " Washer (Qty 4)



#29 D-shaped Washer (Qty 4)

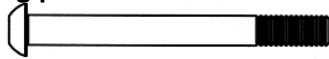


#21 1  $\frac{7}{8}$ " Spacer (Qty 4)

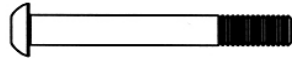


# HARDWARE PACK

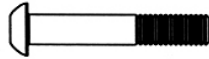
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#93 M8 x 3" Allen Bolt (Qty 1)



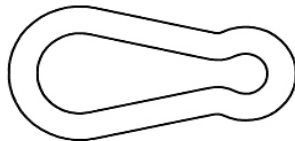
#92 M8 x 2 1/2" Allen Bolt (Qty 2)



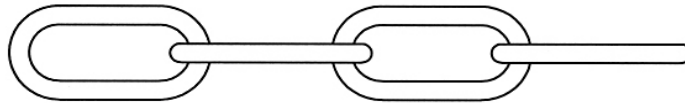
#91 M8 x 1 3/4" Allen Bolt (Qty 4)



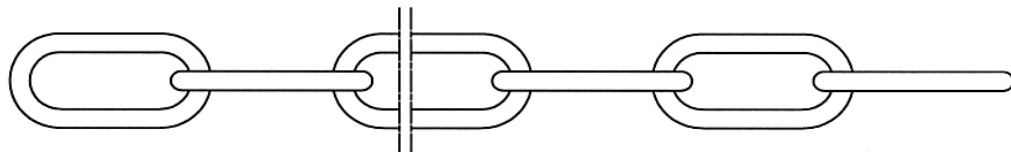
#90 M8 x 3/4" Allen Bolt (Qty 24)



#89 Hook (Qty 6)



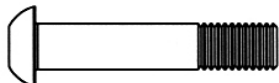
#88 Short Chain (Qty 2)



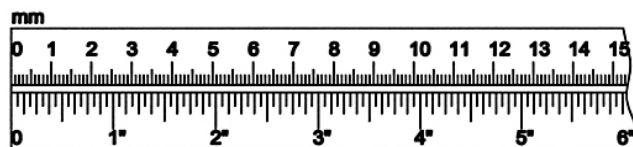
#87 Long Chain (Qty 1)



#84 3 1/4" Leg Press Axle (Qty 1)

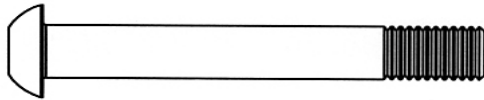


#83 M12 x 2 3/8" Allen Bolt (Qty 1)

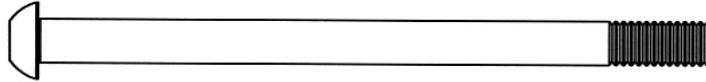


## HARDWARE PACK

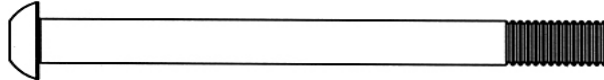
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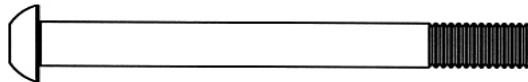
#104 M12 x 3  $\frac{3}{8}$ " Allen Bolt (Qty 1)



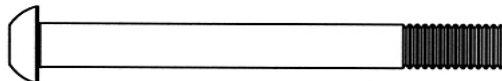
#103 M10 x 5  $\frac{1}{8}$ " Allen Bolt (Qty 2)



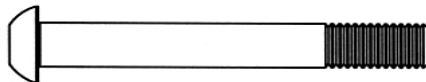
#102 M10 x 4  $\frac{3}{8}$ " Allen Bolt (Qty 1)



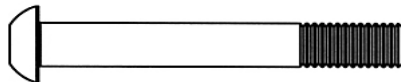
#101 M10 x 3  $\frac{3}{4}$ " Allen Bolt (Qty 1)



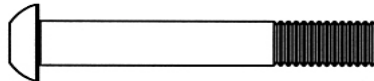
#100 M10 x 3  $\frac{1}{2}$ " Allen Bolt (Qty 6)



#98 M10 x 3" Allen Bolt (Qty 8)



#97 M10 x 2  $\frac{3}{4}$ " Allen Bolt (Qty 9)



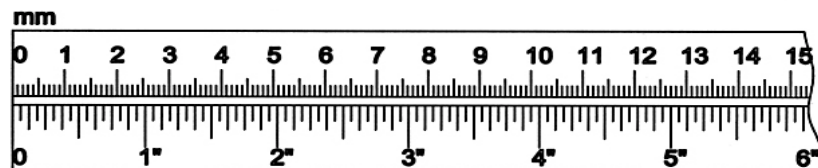
#96 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 2)



#95 M10 x 1  $\frac{3}{4}$ " Allen Bolt (Qty 15)



#94 M10 x  $\frac{3}{4}$ " Allen Bolt (Qty 6)



## HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#111 M12 Aircraft Nut  
(Qty 3)



#110 M10 Aircraft Nut  
(Qty 43)



#108 Ø 1" Washer  
(Qty 4)



#109 M8 Aircraft Nut  
(Qty 5)



#124 Ø  $\frac{5}{8}$ " Lock Washer  
(Qty 16)



#125 Ø  $\frac{1}{2}$ " Washer  
(Qty 3)



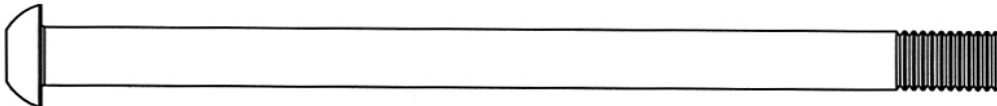
#107 Ø  $\frac{3}{4}$ " Washer  
(Qty 88)



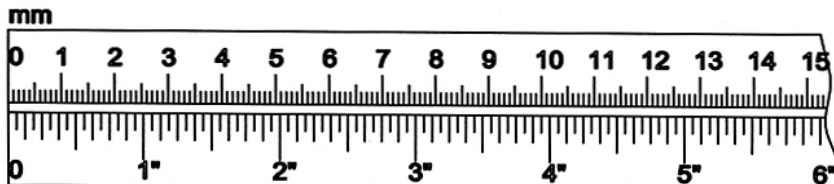
#106 Ø  $\frac{5}{8}$ " Washer  
(Qty 24)



#120 M5 x  $\frac{1}{2}$ " Philips Screw (Qty 3)

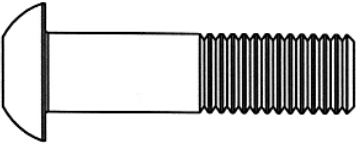


#105 M12 x 7  $\frac{1}{8}$ " Allen Bolt (Qty 1)



## HARDWARE PACK

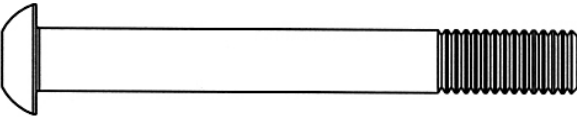
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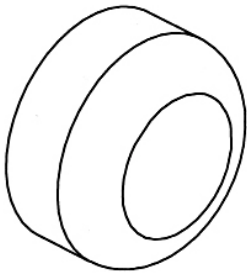
#132 M10 x 1  $\frac{5}{8}$ " Allen Bolt (Qty 2)



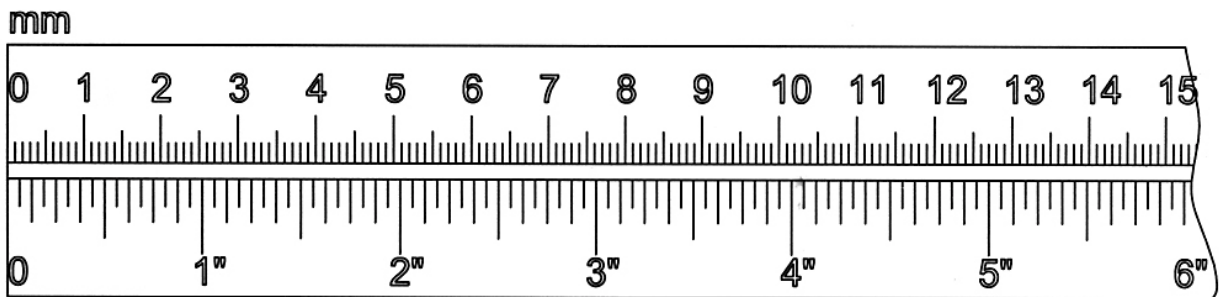
#131 M10 x 1" Allen Bolt (Qty 1)



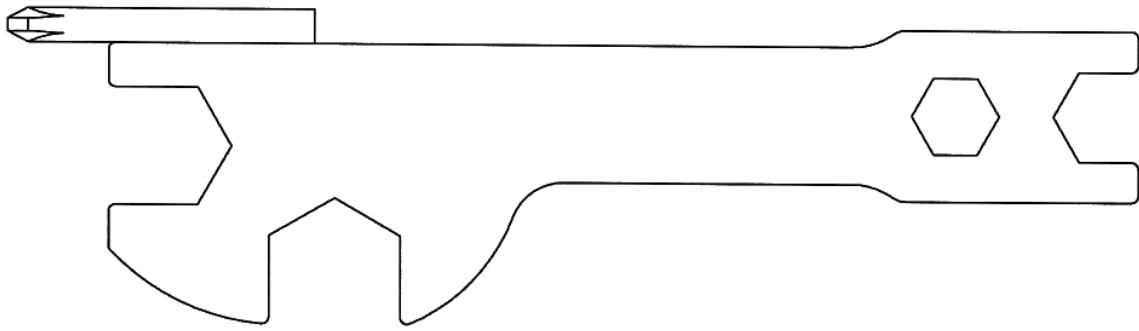
#128 M8 x 2  $\frac{3}{4}$ " Allen Bolt (Qty 4)



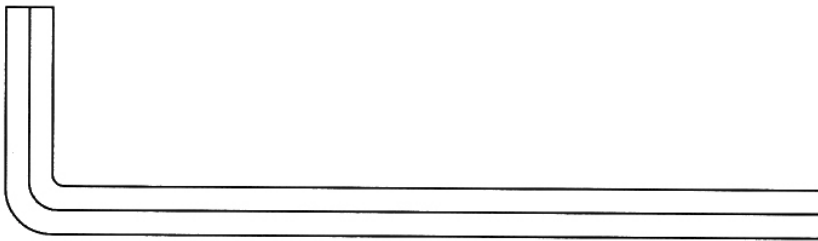
#127 Cover Cap (Qty 4)



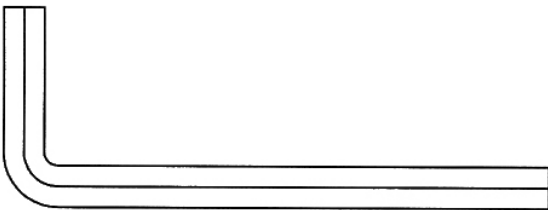
## HARDWARE PACK



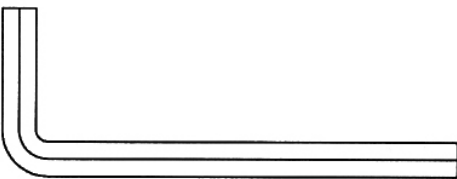
#134 Cross Wrench/Screw Driver (Qty 1)



#135 #8 Allen Wrench (Qty 1)



#136 #6 allen Wrench (Qty 1)



#137 #5 Allen Wrench (Qty 2)

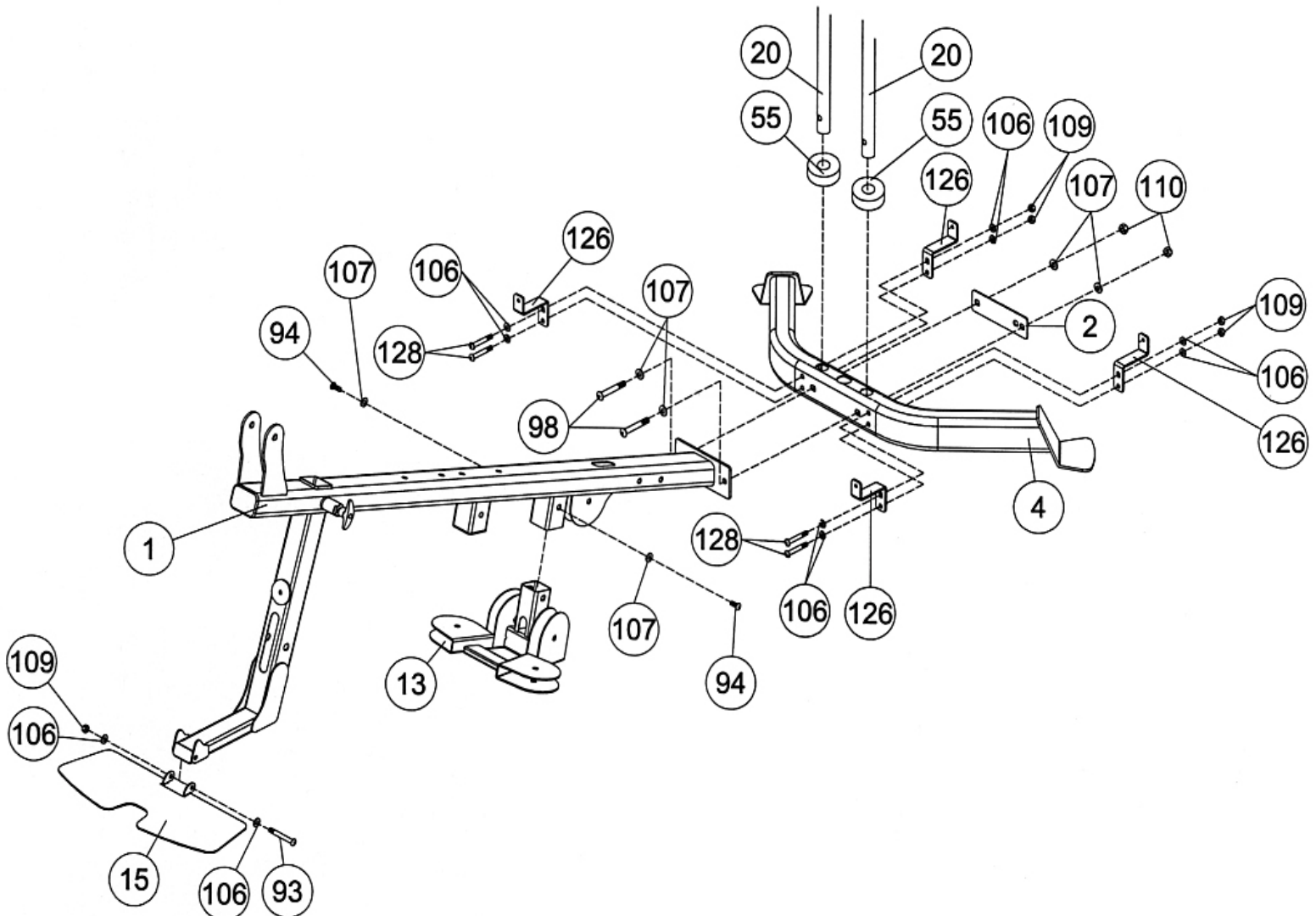
## ASSEMBLY INSTRUCTION

**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 Butterfly Pulley Bracket (#13) to the Main Support Frame (#1) from the bottom. Secure it with two M10 x  $\frac{3}{4}$ " Allen Bolts (#94) and two  $\varnothing \frac{3}{4}$ " Washers (#107).
- B.) Place the two Rubber Bumpers (#55) onto the holes on the Rear Base Frame (#4). Insert the two Guide Rods (#20) through the Rubber Bumpers into the holes on the Rear Base Frame.
- C.) Attach the Main Support Frame (#1) to the Rear Base Frame. Secure it with two M10 x 3" Allen Bolts (#98), one Bracket (#2), four  $\varnothing \frac{3}{4}$ " Washers (#107), and two M10 Aircraft Nuts (#110). Rotate the Guide Rods to align the holes so the bolts can go through.
- D.) Install four Weight Stack Cover Brackets (#126) to the Rear Base Frame. Secure the Brackets with four M8 x  $2 \frac{3}{4}$ " Allen Bolts (#128), eight  $\varnothing \frac{5}{8}$ " Washers (#106), and eight M8 Aircraft Nuts (#109).
- E.) Attach the Foot Plate (#15) to the front base on the Main Support Frame. Align the holes and secure it with one M8 x 3" Allen Bolt (#93), two  $\varnothing \frac{5}{8}$ " Washers (#106), and one M8 Aircraft Nut (#109).

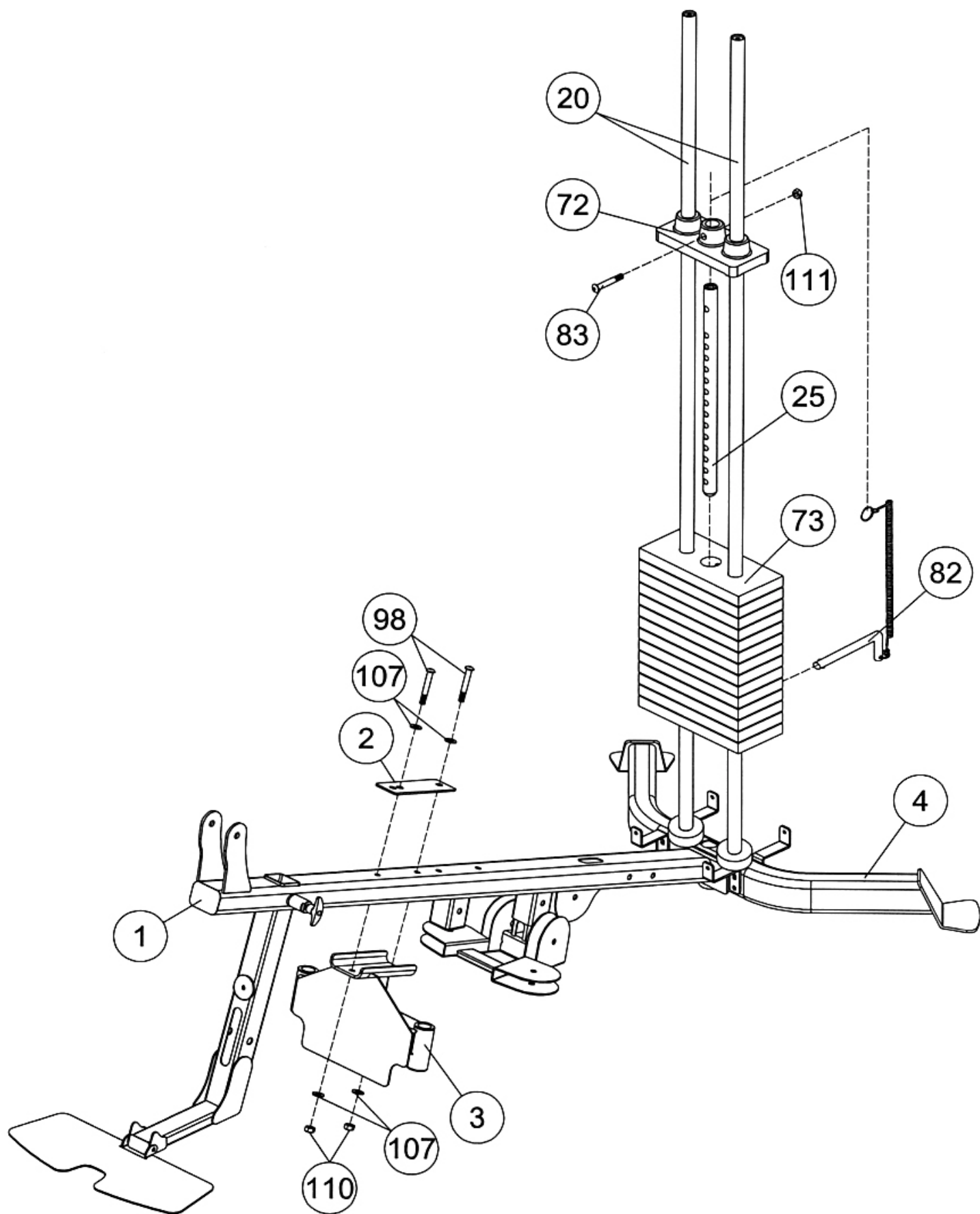
**DIAGRAM 1**



## **STEP 2 (See Diagram 2)**

- A.) Attach the Butterfly Base Frame (#3) to the Main Support Frame (#1) from the bottom. Secure it with two M10 x 3" Allen Bolts (#98), one Bracket (#2), four Ø ¾" Washers (#107), and two M10 Aircraft Nuts (#110).
- B.) Slide fourteen Weight Plates (#73) onto the two Guide Rods (#20). Make sure all the holes on the Weight Plates are facing the back of the machine and the grooves are all on the bottom. Each Plate weights approximately 10 lbs.
- C.) Insert the Selector Rod (#25) into the center of the stack.
- D.) Slide the Selector Stem (#72) onto the Guide Rods. Secure the Selector Stem to the Selector Rod with one M12 x 2 3/8" Allen Bolt (#83) and one M12 Aircraft Nut (#111).
- E.) Attach the ring on the Weight Selector Pin (#82) onto the Selector Rod. Insert the Weight Selector Pin into the selected hole to select the numbers of Weight Plates for exercise. Please refer to the Weight Resistance Chart in page 43.

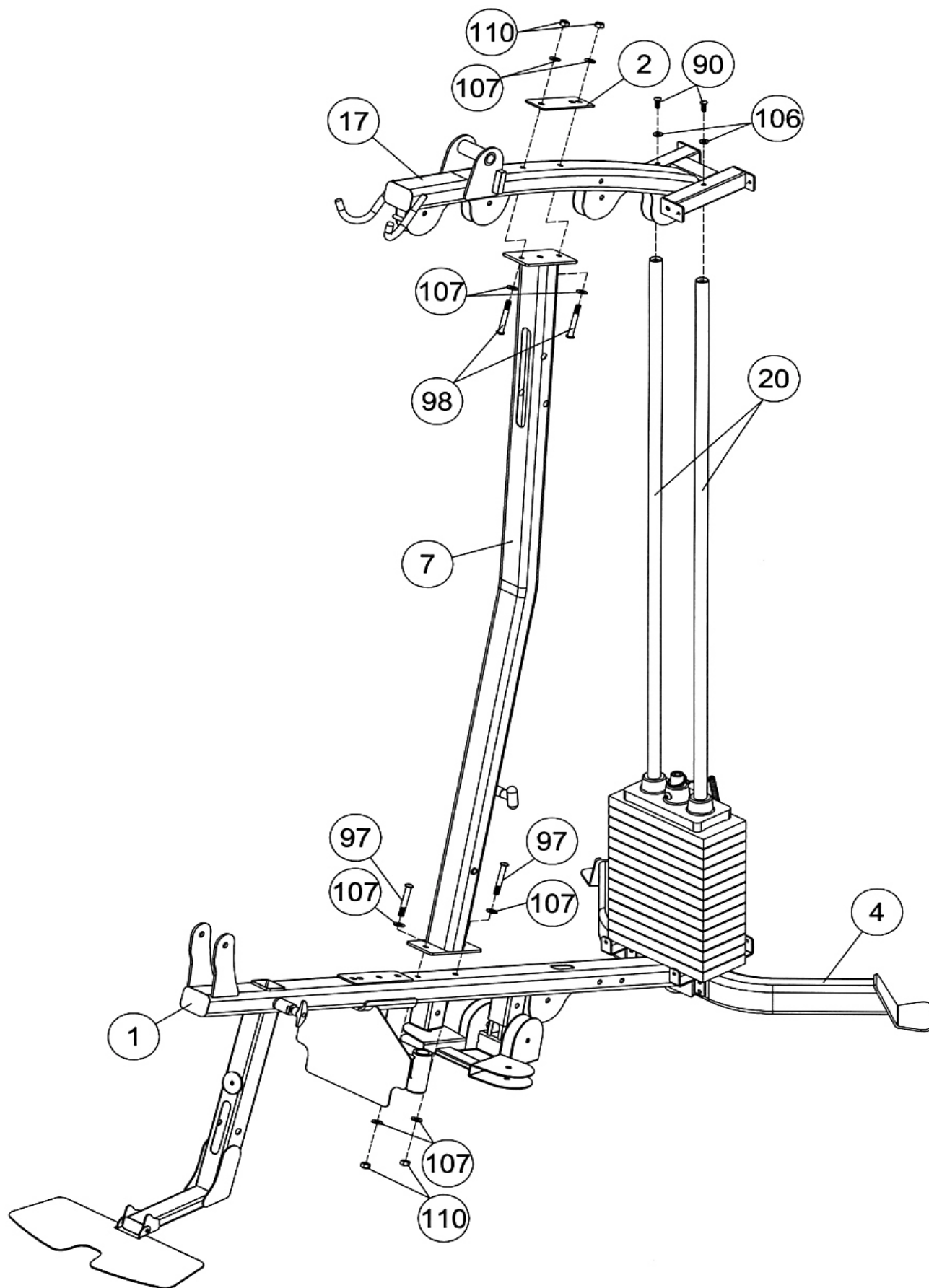
DIAGRAM 2



### **STEP 3 (See Diagram 3)**

- A.) Attach the Vertical Frame (#7) onto the Main Support Frame (#1). Secure it with two M10 x 2 ¾" Allen Bolts (#97), four Ø ¾" Washers (#107), and two M10 Aircraft Nuts (#110). Do not tighten the Nuts and Bolts yet.
- B.) Attach the Upper Frame (#17) onto the two Guide Rods (#20) and the Vertical Frame.
- C.) Secure the Upper Frame to the two Guide Rods with two M8 x ¾" Allen Bolts (#90) and two Ø 5/8" Washers (#106). Do not tighten the Bolts yet.
- D.) Secure the Upper Frame to the Vertical Frame with two M10 x 3" Allen Bolts (#98), one Bracket (#2), four Ø ¾" Washers (#107), and two M10 Aircraft Nuts (#110).
- E.) Securely tighten all Nuts and Bolts.

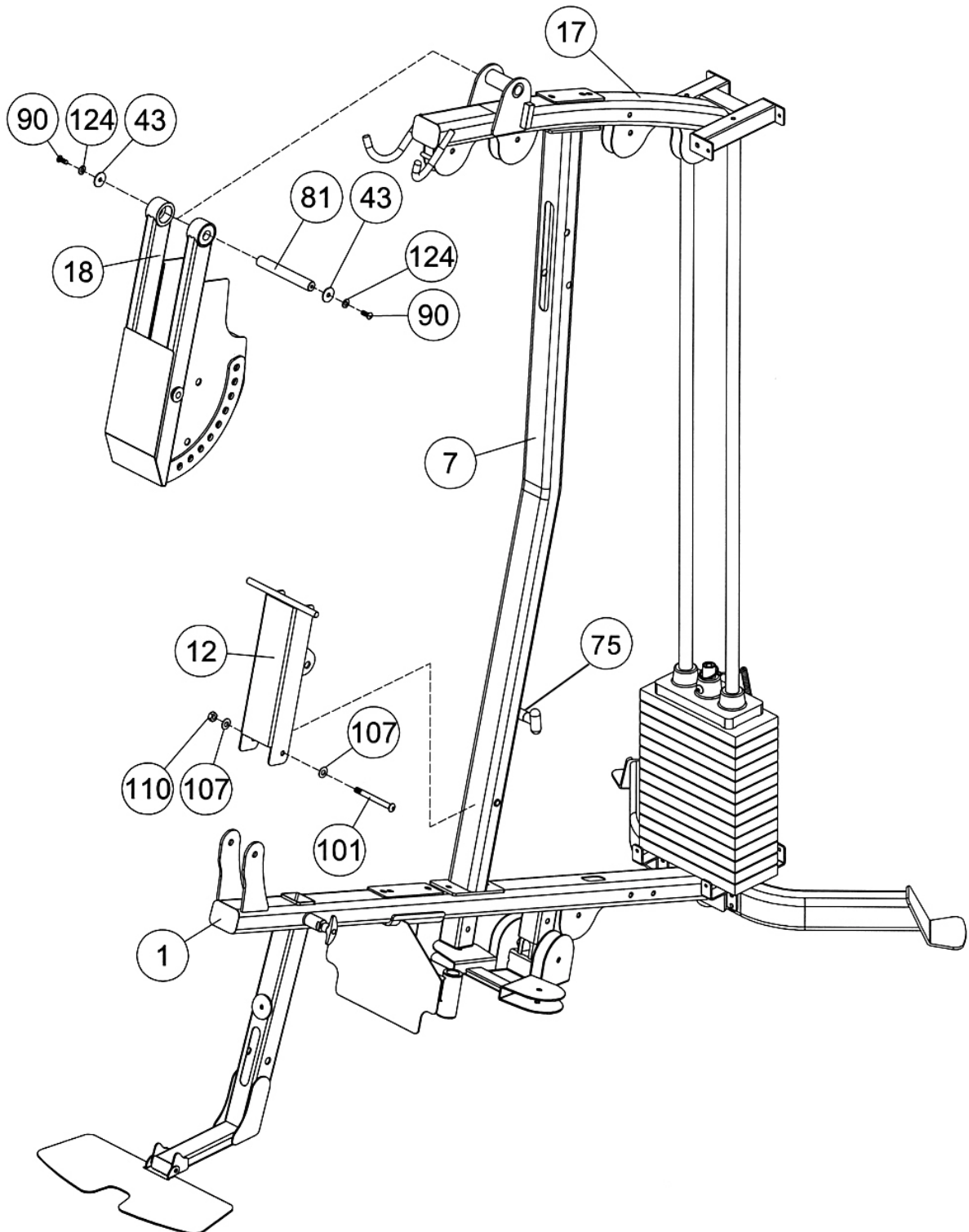
DIAGRAM 3



#### STEP 4 (See Diagram 4)

- A.) Attach the Front Press Base (#18) to the Upper Frame (#17). Align the holes and insert the 5 7/8" Front Press Axle (#81) through the holes. Secure the Axle with one M8 x 3/4" Allen Bolt (#90), Ø 5/8" Lock Washer (#124), and Ø 5/8" Large Washer (#43) on each end of the Axle.
- B.) Attach the Backrest Support Frame (#12) to the Vertical Frame (#7). Secure it with one M10 x 3 3/4" Allen Bolt (#101), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110). Use the Backrest Support Lock Pin (#75) on the Vertical Frame to secure the Backrest Support in Position.

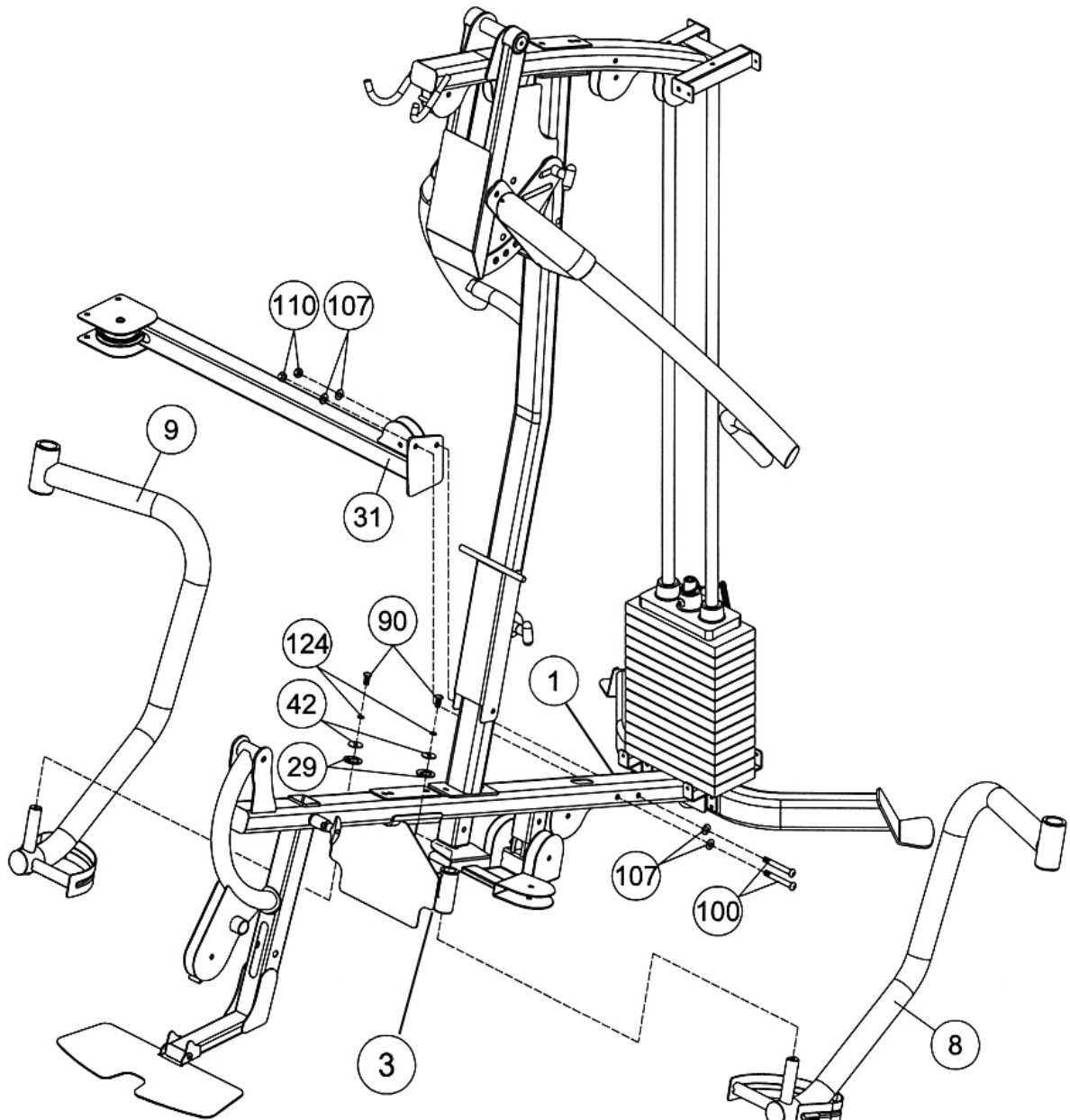
**DIAGRAM 4**



### STEP 5 (See Diagram 5)

- A.) Insert the axle on the Left Butterfly (#8) into the left pivot on the Butterfly Base (#3) from the bottom. Secure it with one M8 x 3/4" Allen Bolt (#90), Ø 5/8" Lock Washer (#124), Ø 1 1/8" Washer (#42), and D-shaped Washer (#29). Repeat the procedure to install the Right Butterfly (#9).
- B.) Attach the Leg Press Rear Base Frame (#31) to the Main Support Frame (#1). Secure it with two M10 x 3 1/2" Allen Bolt (#100), four Ø 3/4" Washers (#107), and two M10 Aircraft Nuts (#110). Do not tighten the Nuts and Bolts yet.

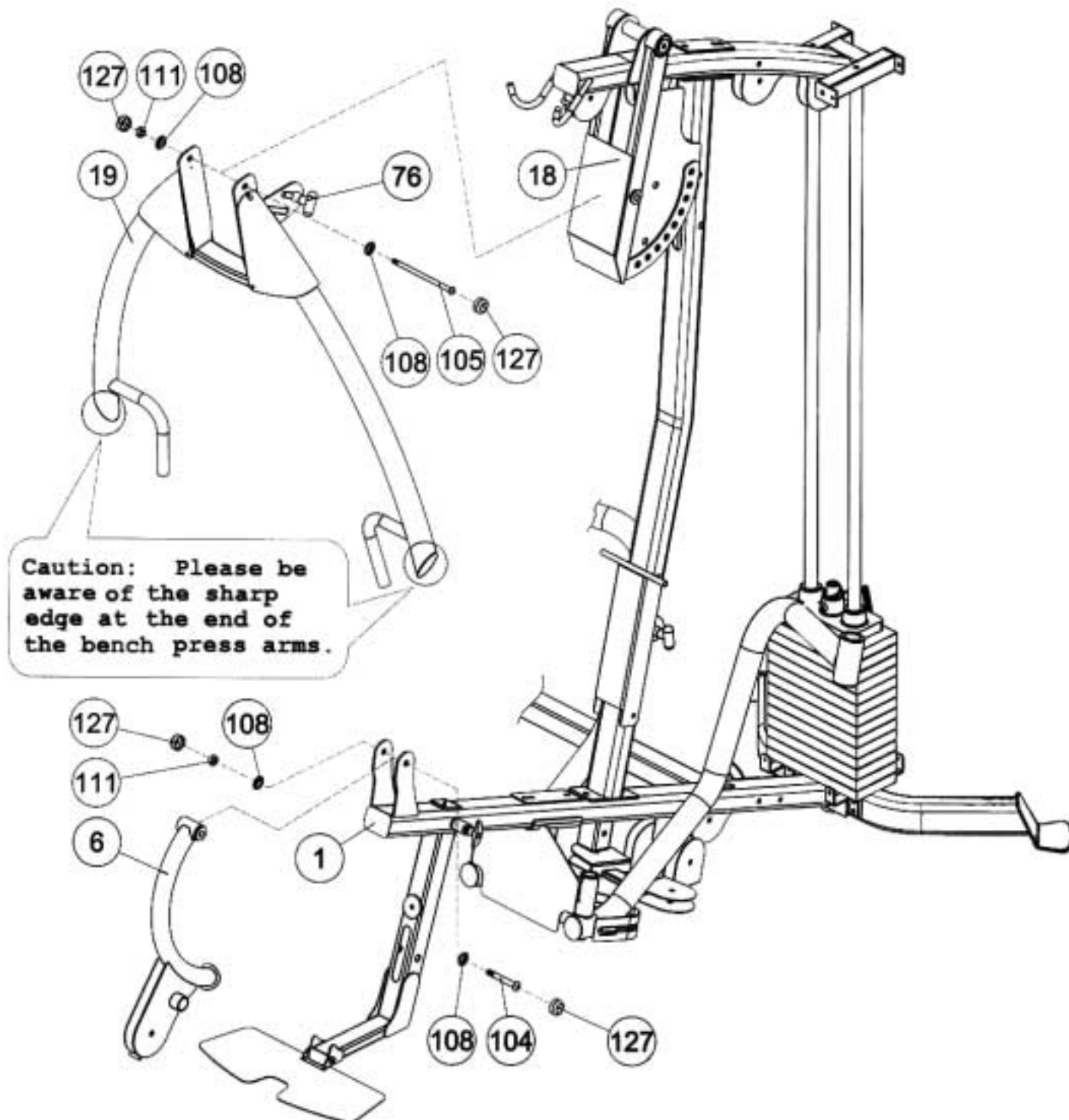
**DIAGRAM 5**



## STEP 6 (See Diagram 6)

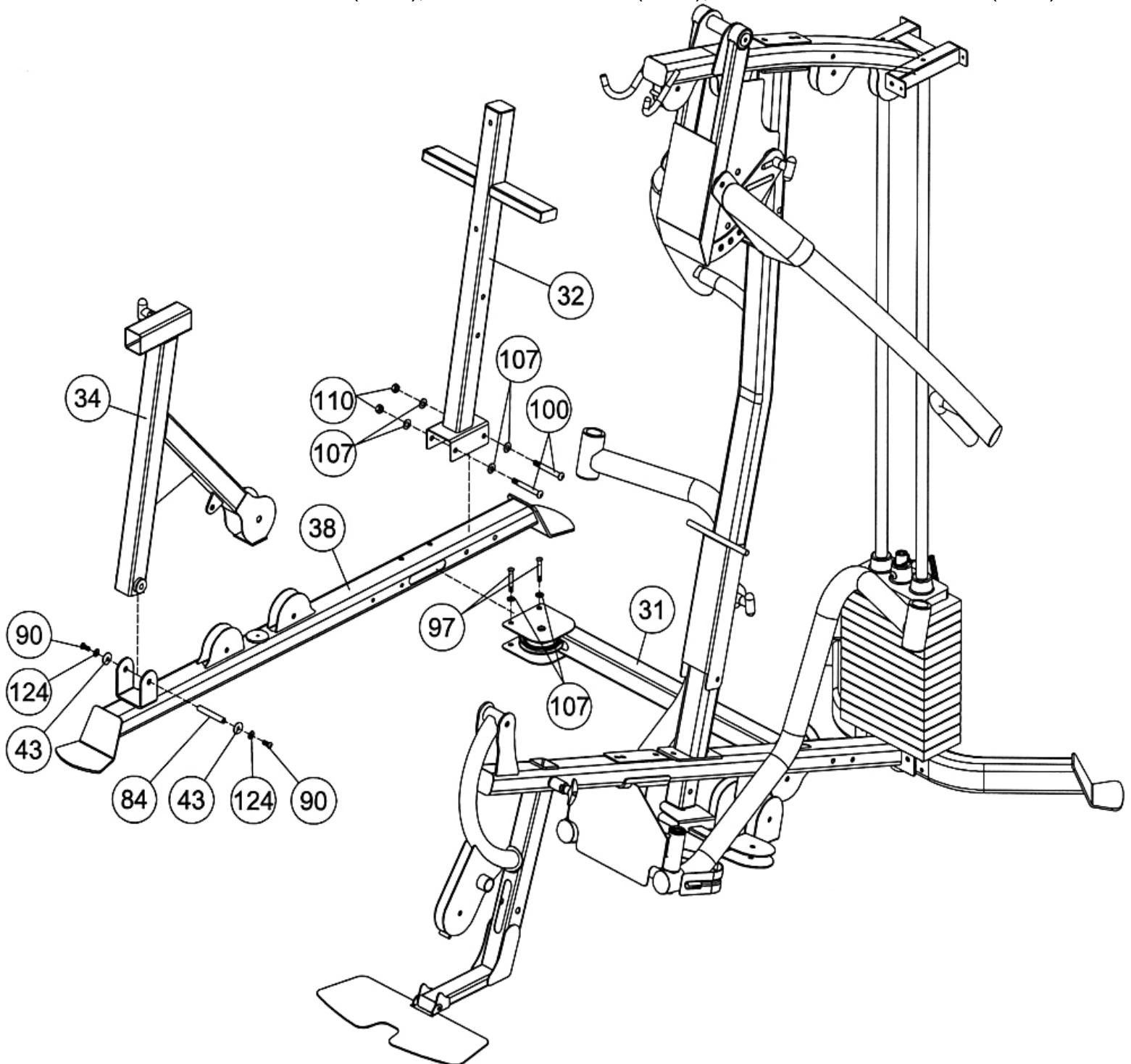
- A.) Attach the Front Press (#19) to the Front Press Base (#18). Align the holes. Secure it with one M12 x 7 1/8" Allen Bolt (#105), two Ø 1" Washers (#108), and one M12 Aircraft Nut (#111). Cover the Bolt and Nut with two Cover Caps (#127). Use the Front Press Lock Pin (#76) on the Front Press to lock the Front Press in desired position.
- B.) Attach the Leg Developer (#6) to the open bracket on the Main Support Frame (#1). Secure it with one M12 x 3 3/8" Allen Bolt (#104), two Ø 1" Washers (#108), and one M12 Aircraft Nut (#111). Cover the Bolt and Nut with two Cover Caps (#127).

**DIAGRAM 6**



### STEP 7 (See Diagram 7)

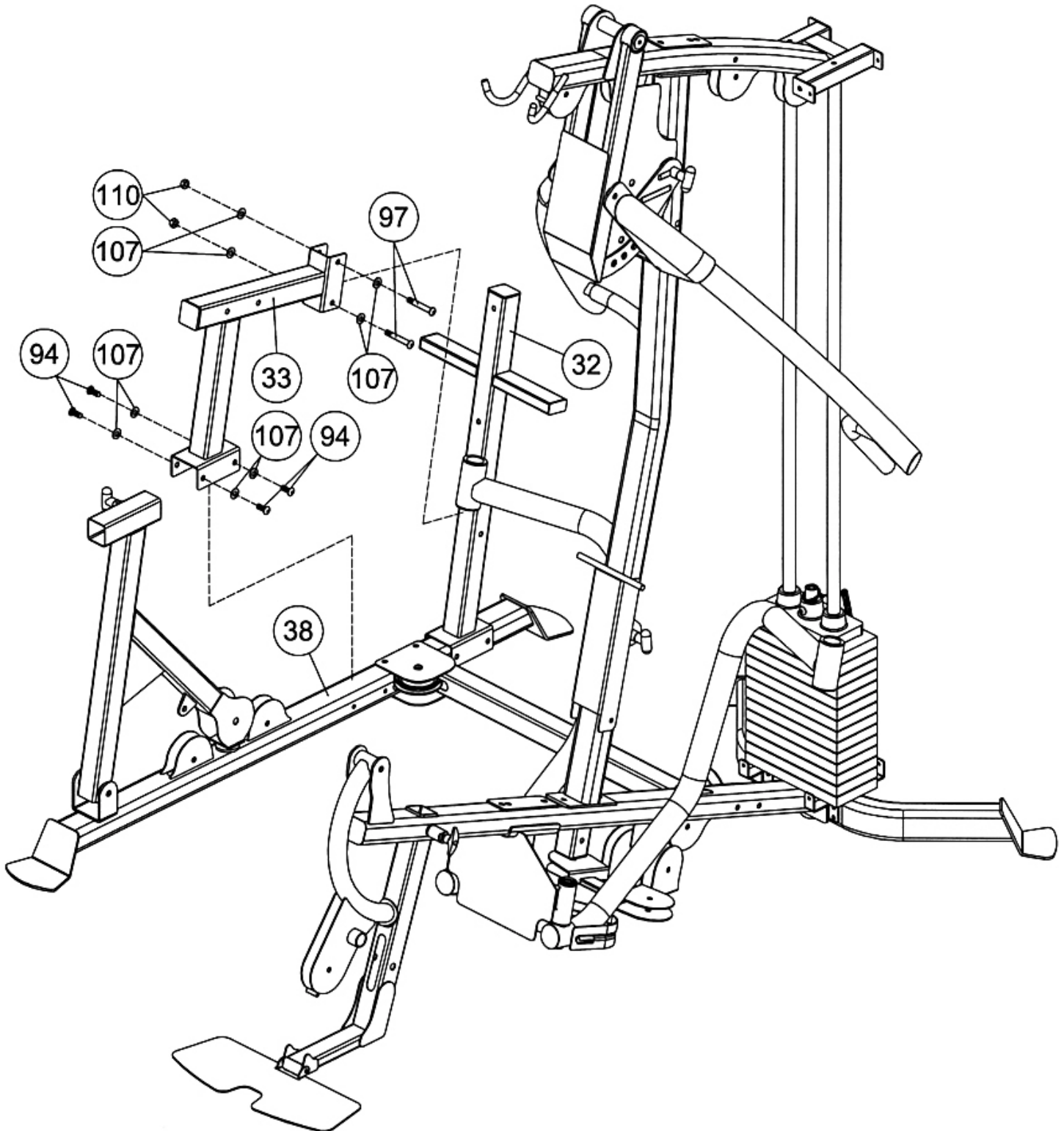
- A.) Attach the Leg Press Base Frame (#38) to the bracket on the Leg Press Rear Base Frame (#31). Secure it with two M10 x 2  $\frac{3}{4}$ " Allen Bolts (#97), and two  $\varnothing \frac{3}{4}$ " Washers (#107). Securely tighten the Nuts and Bolts previously installed in Step-6, Procedure C.
- B.) Attach the Leg Press Post (#34) to the open bracket on the Leg Press Base Frame. Insert the 3  $\frac{1}{4}$ " Leg Press Axle (#84) through the pivot. Secure each end of the Axle with one M8 x  $\frac{3}{4}$ " Allen Bolt (#90),  $\varnothing \frac{5}{8}$ " Lock Washer (#124), and  $\varnothing \frac{5}{8}$ " Large Washer (#43).
- C.) Attach the Leg Press Backrest Support (#32) to the Leg Press Base Frame. Secure it with two M10 x 3  $\frac{1}{2}$ " Allen Bolts (#100), four  $\varnothing \frac{3}{4}$ " Washers (#107), and two M10 Aircraft Nuts (#110).



## STEP 8 (See Diagram 8)

- A.) Attach the Leg Press Seat Support (#33) to the Leg Press Base Frame (#38). Secure it with four M10 x  $\frac{3}{4}$ " Allen Bolts (#94) and  $\varnothing \frac{3}{4}$ " Washers (#107). Do not tighten the Bolts yet.
- B.) Attach the Leg Press Seat Support to the Leg Press Backrest Support (#32). Secure it with two M10 x 2  $\frac{3}{4}$ " Allen Bolts (#97), four  $\varnothing \frac{3}{4}$ " Washers (#107), and two M10 Aircraft Nuts (#110).
- C.) Securely tighten the Nuts and Bolts installed in Procedure A.

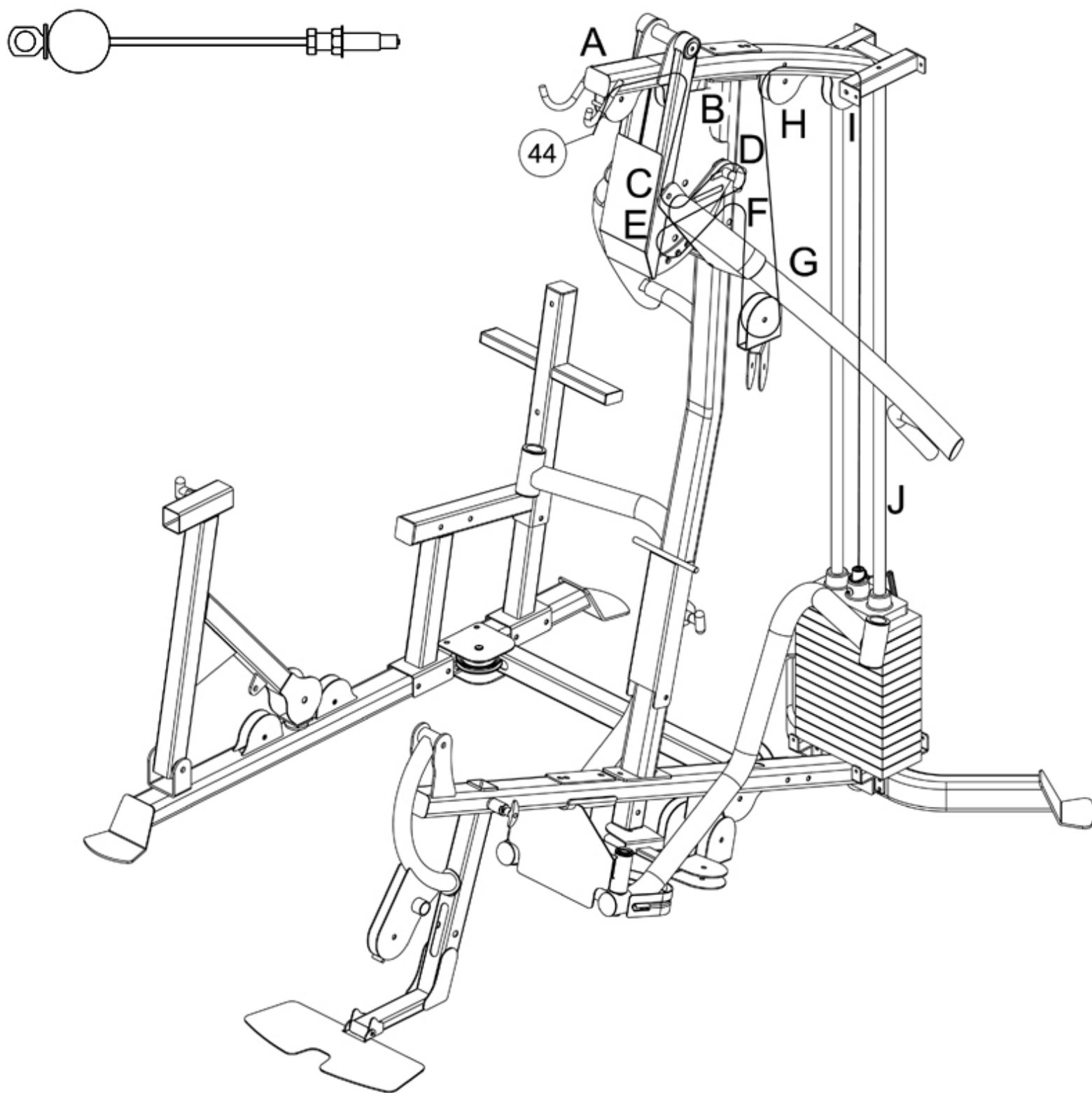
**DIAGRAM 8**



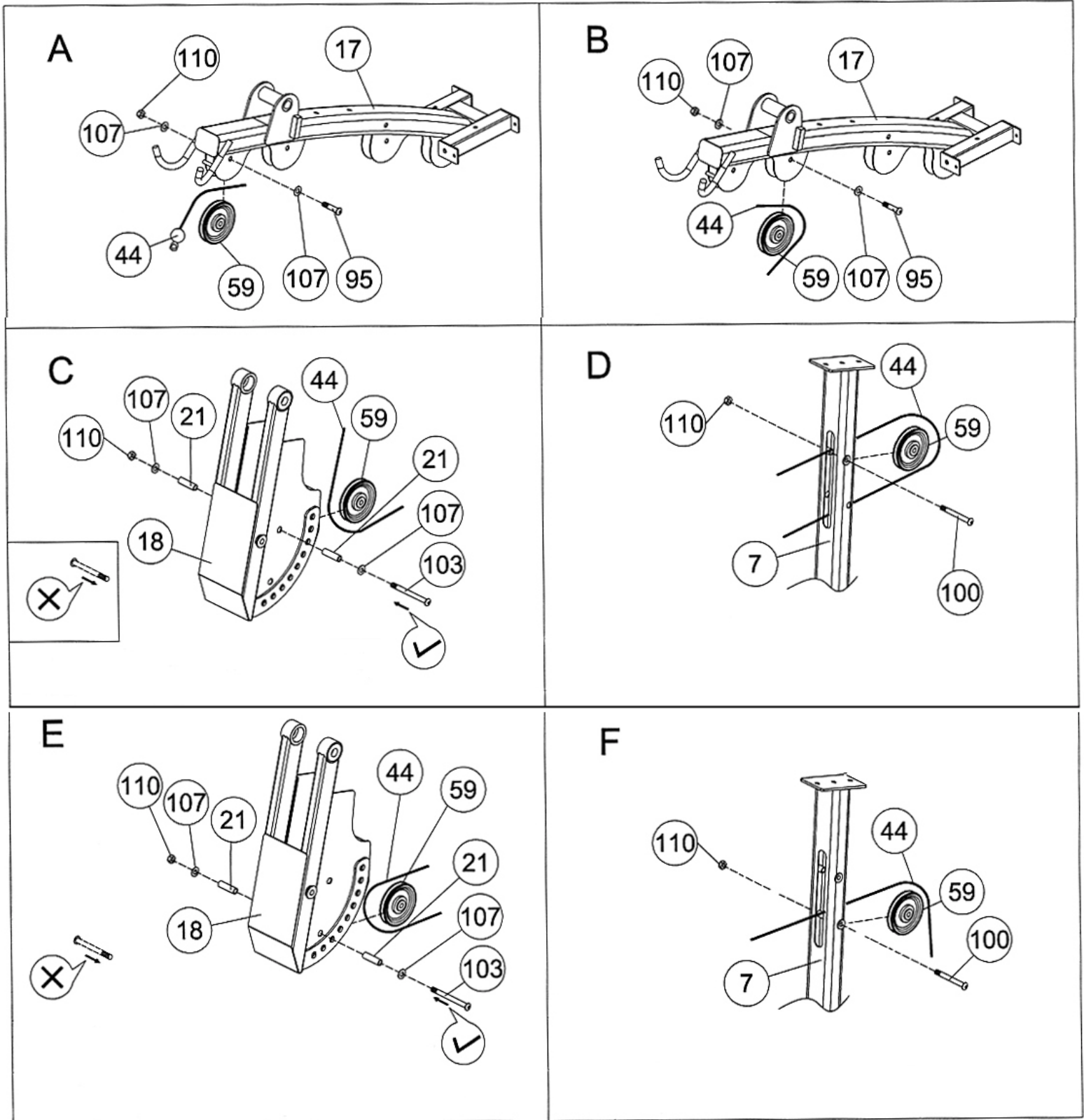
## **STEP 9 (See Upper Cable Loop & Diagram 9)**

- A.) Attach the 142" Upper Cable (#44) to the open pulley bracket under the Upper Frame (#17). Attach a Pulley (#59) to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110). Make sure the ball stopper on the Cable is underneath the Upper Frame.
- B.) Draw the Cable over the Pulley to the second open bracket under the Upper Frame. Attach a Pulley to the open bracket. Secure it with one M10 x 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- C.) Draw the Cable around the Pulley then to the upper opening on the Front Press Base (#18). Attach a Pulley to the opening. Secure it with one M10 x 5 1/8" Allen Bolt (#103), two Ø 3/4" Washers (#107), two 1 7/8" Spacers (#21), and one M10 Aircraft Nut (#110). Note the direction of the Bolt shown in Diagram-9-1- C.
- D.) Draw the Cable around the Pulley to the upper opening on the Vertical Frame (#7). Attach a Pulley to the opening. Secure it with one M10 x 3 1/2" Allen Bolt (#100) and one M10 Aircraft Nut (#110).
- E.) Draw the Cable around the Pulley to the lower opening on the Front Press Base. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable around the Pulley to the lower opening on the Vertical Frame. Repeat Procedure D above to install a Pulley. Draw the Cable around the Pulley then downward.
- G.) Attach the Cable to a Double Floating Pulley Bracket (#16). Attach a Pulley to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110). Draw the Cable around the Pulley then upward to the open bracket under the middle of Upper Frame. Let the Double Floating Pulley Bracket hanging for now.
- H.) Attach a Pulley to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- I.) Draw the Cable to the open bracket under the rear of Upper Frame. Repeat Procedure H above to install a Pulley.
- J.) Draw the Cable around the Pulley then downward between the two Guide Rods (#20) to the Selector Rod (#25). Attach a M12 Nut (#112) to the head of Cable. Thread the head of the Cable firmly into the Selector Rod.

## UPPER CABLE LOOP DIAGRAM

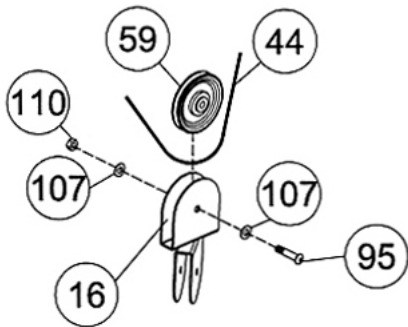


# DIAGRAM 9-1

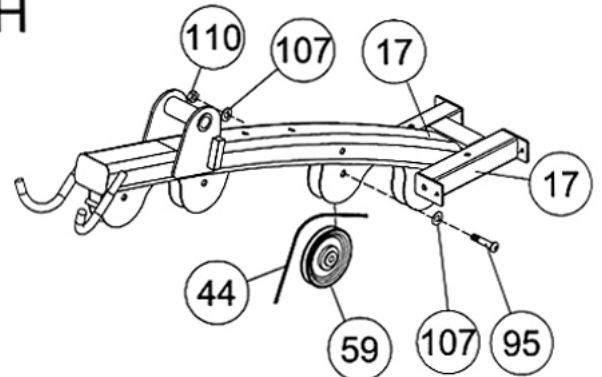


**DIAGRAM 9-2**

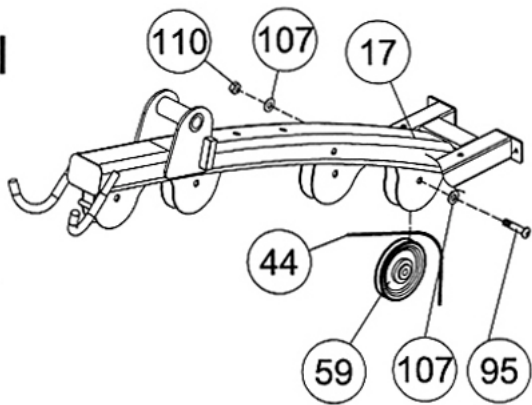
**G**



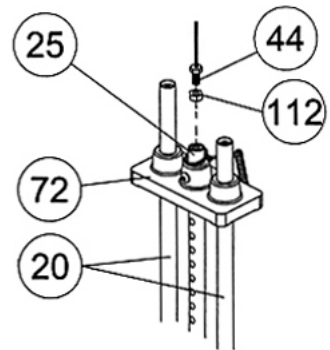
**H**



**I**



**J**



## **STEP 10 (See Lower Cable Loop & Diagram 10)**

- A.) Attach the 184" Lower Cable (#45) to the open bracket on the Leg Developer (#6). Attach a Pulley (#59) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- B.) Draw the Cable to the opening on the Main Support Frame (#1). Attach a Pulley to the opening. Secure it with one M10 x 2 3/4" Allen Bolt (#97) and one M10 Aircraft Nut (#110).
- C.) Draw the Cable through the opening on the Butterfly Pulley Bracket (#13) to the open bracket under the Main Support Frame.
- D.) Attach a Pulley to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- E.) Draw the Cable to the open bracket on the Double Floating Pulley Bracket (#16) previously installed in Step 9. Repeat Procedure D above to install a Pulley. Draw the Cable around the Pulley then downward.
- F.) Attach the Cable to another Double Floating Pulley Bracket. Repeat Procedure D above to install a Pulley. Draw the Cable around the Pulley then upward. Let the Double Floating Pulley Bracket hanging for now.
- G.) Draw the Cable to the Upper Frame (#17). Attach a Pulley to the hole on the right side of the Upper Frame. Secure the Pulley to the Upper Frame with M10 x 4 3/8" Allen Bolt (#102), one Round Pulley Bracket (#39), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- H.) Draw the Cable around the Pulley then downward. Connect a Short Chain (#88) to the Cable with a Hook (#89). Attach a Hook to the other end of the Short Chain. Let the Short Chain hanging for now.

## LOWER CABLE LOOP

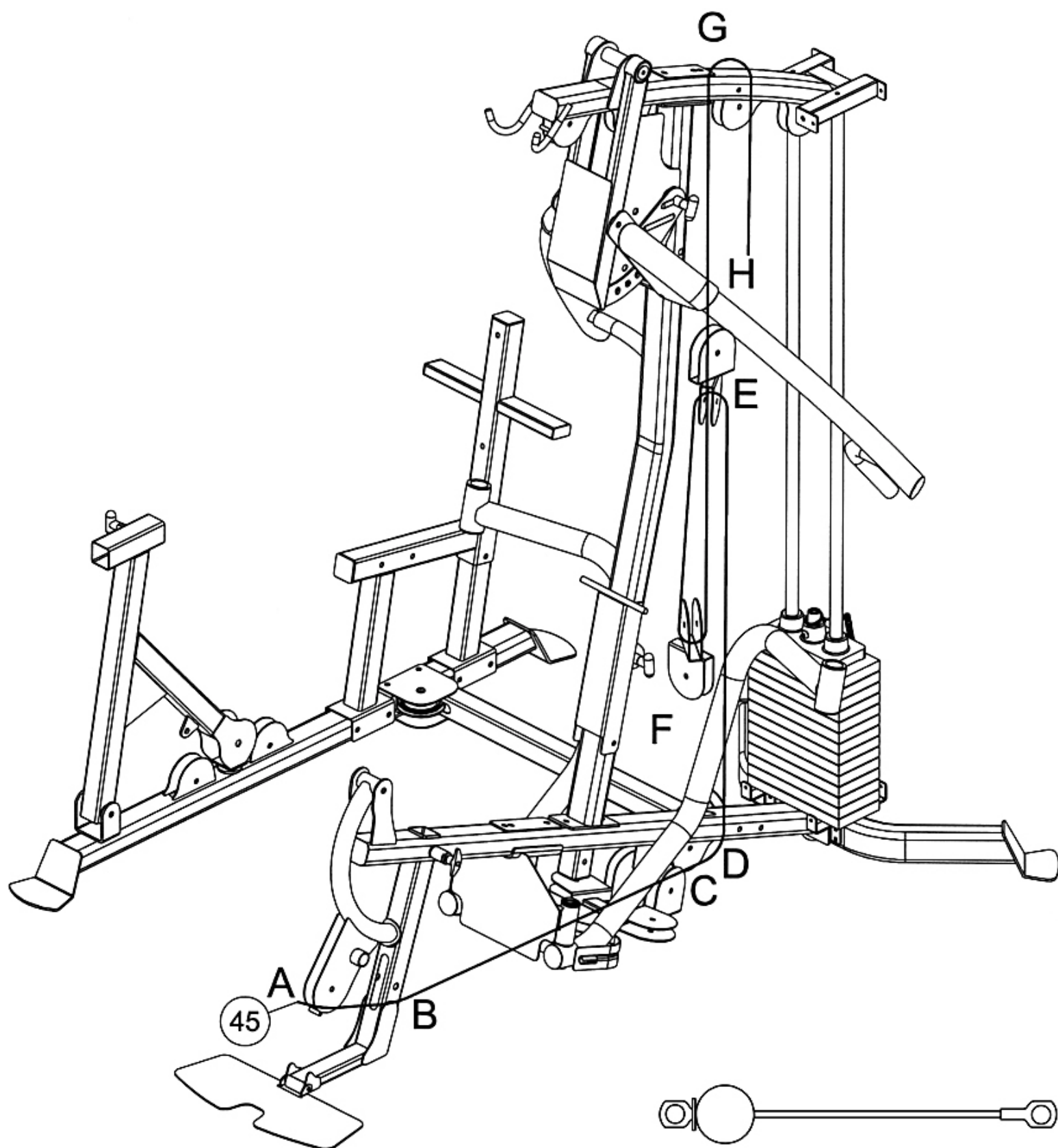
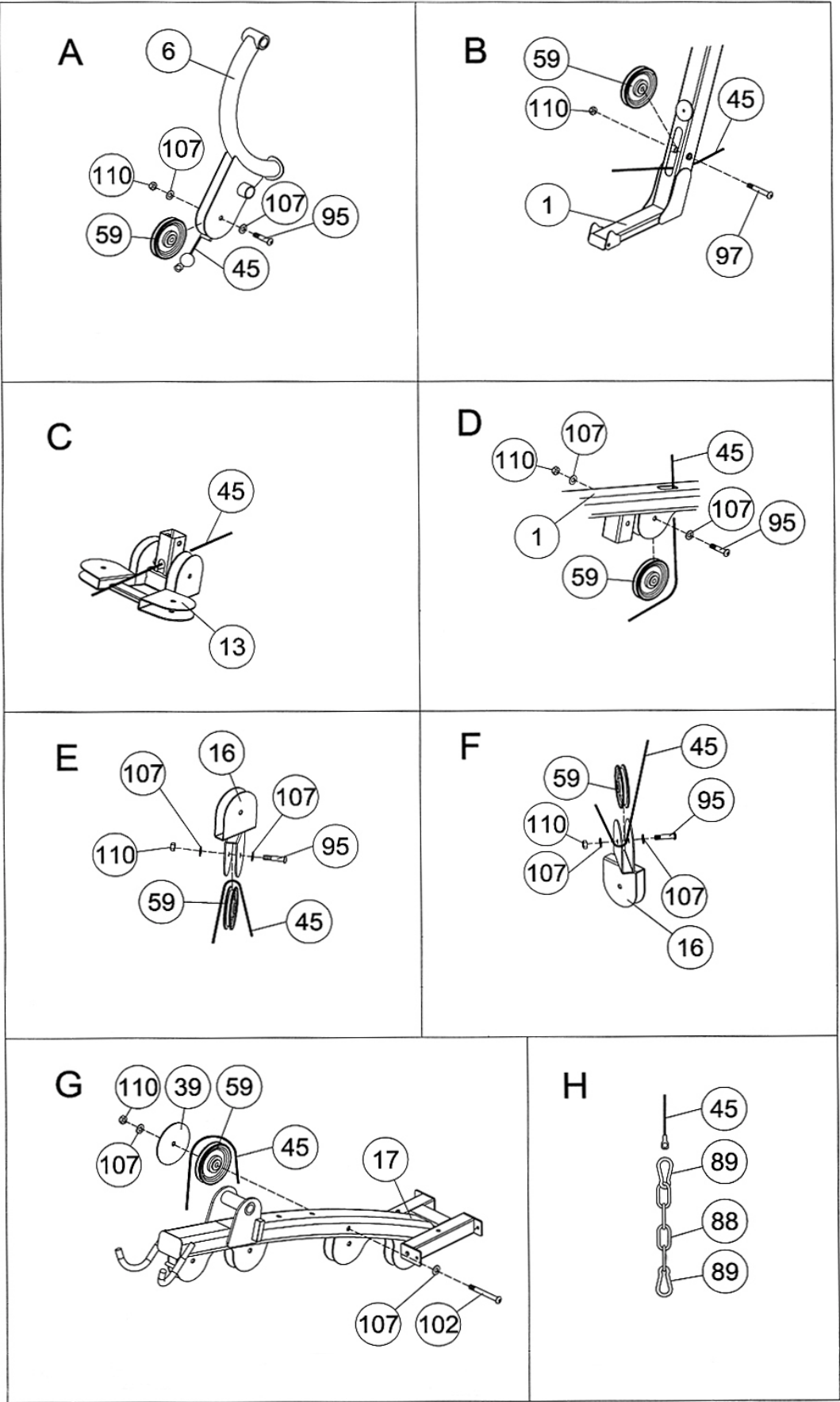


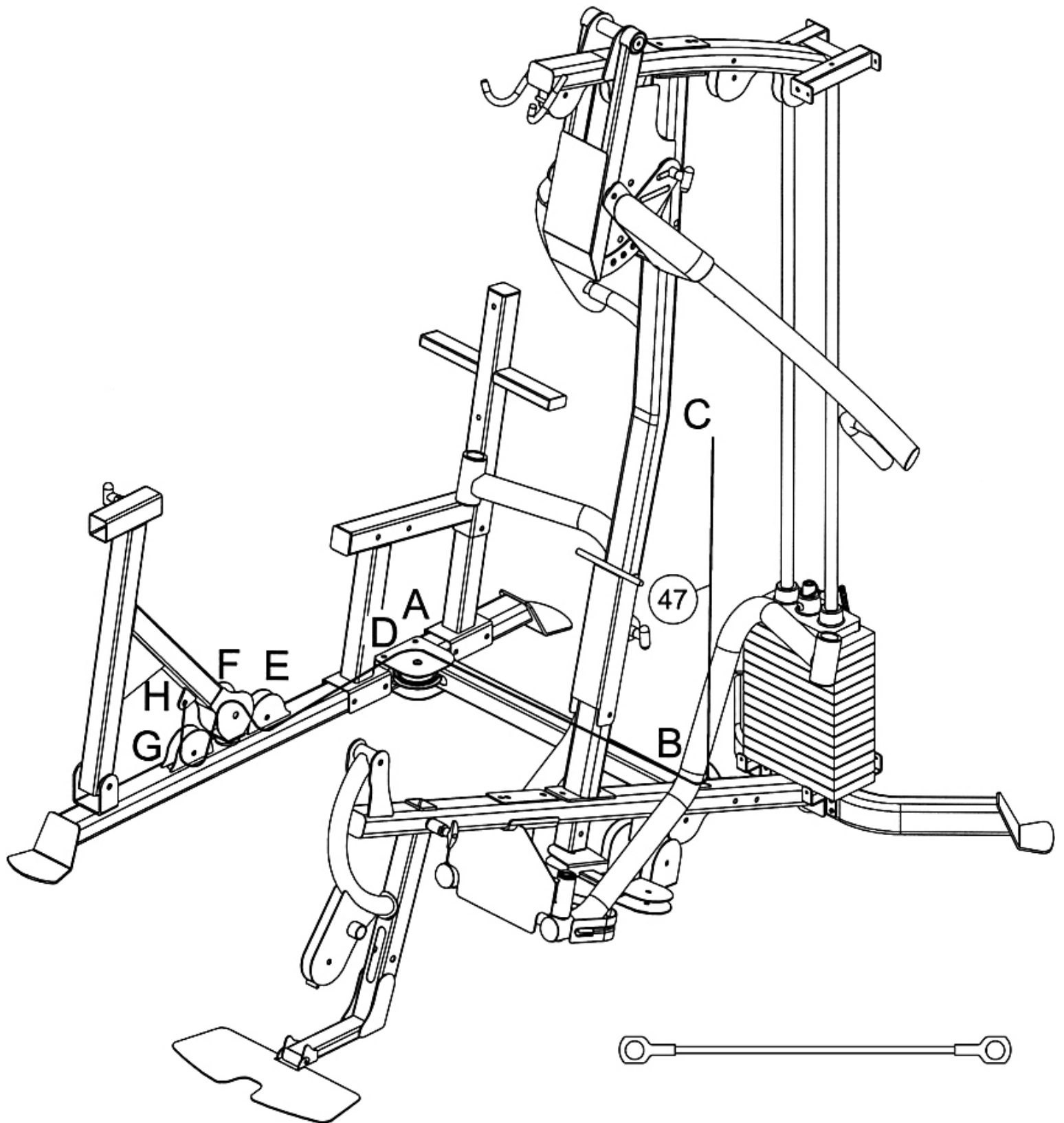
DIAGRAM 10



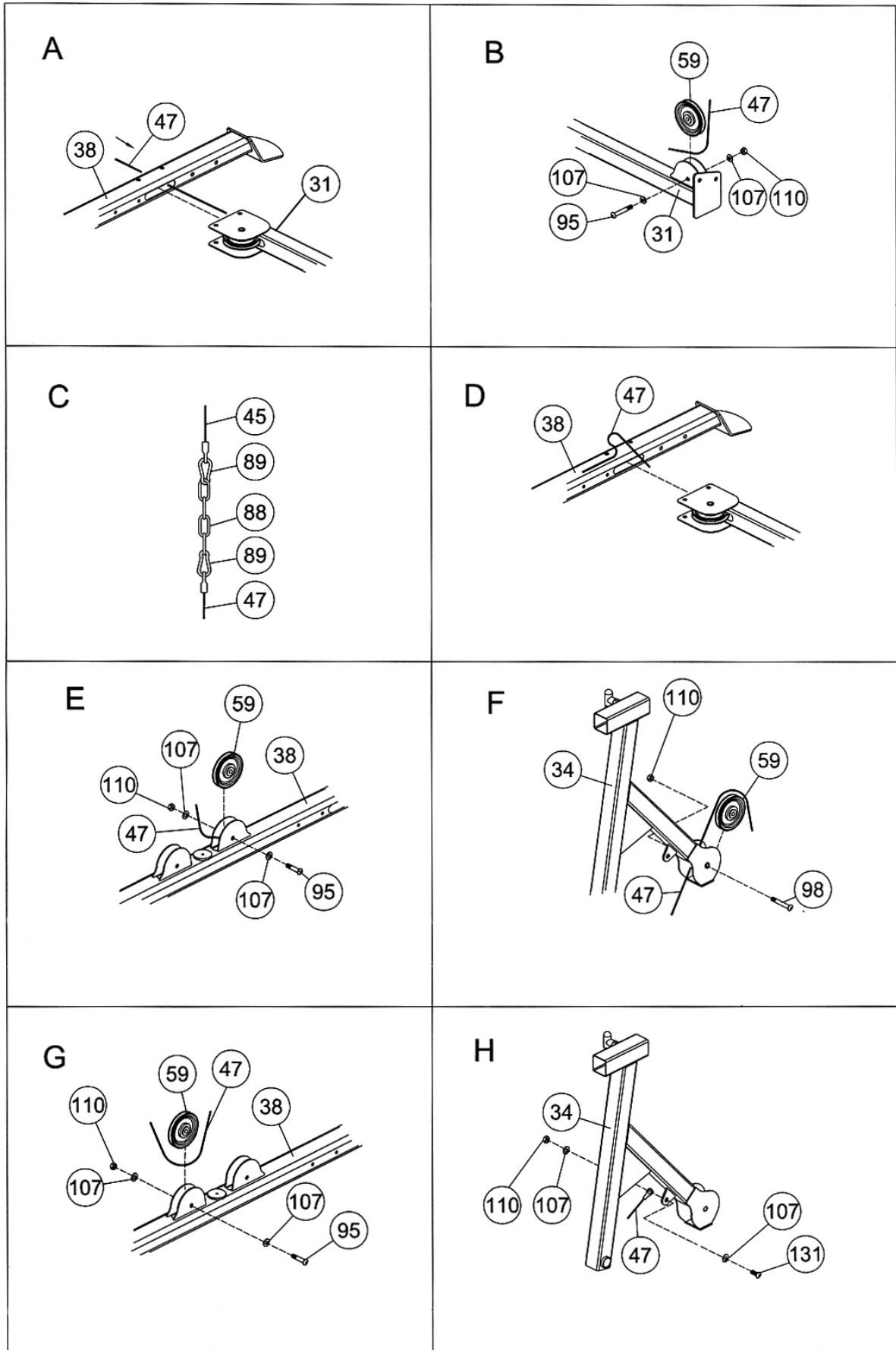
## **STEP 11 (See Leg Press Cable Loop and Diagram 11)**

- A.) Connect one end of 123" Leg Press Cable (#47) to the Pulley pre-installed on the Leg Press Rear Frame (#31). Draw the Cable over the Pulley along the Leg Press Base Frame to the other end.
- B.) Attach the Cable to the open bracket on the Leg Press Rear Base Frame. Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- C.) Draw the Cable around the Pulley then upward to the Short Chain (#88) installed in Step-10. Attach the Cable to the Hook (#89). After completion of all Cables installation, come back to this step to adjust the tension of the Cable system. Move up the Hook one joint on Short Chain to increase the tension. Move down the Hook to loose the tension.
- D.) Draw the other end of the Cable along the Leg Press Base Frame (#38) to the open bracket on the Leg Press Base Frame.
- E.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#95), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).
- F.) Draw the Cable under the Pulley upward to the other open bracket. Secure a Pulley to the bracket with one M10 x 3" Allen Bolt (#98) and one M10 Aircraft Nut (#110).
- G.) Draw the Cable over the Pulley then downward to another open bracket on the Leg Press Base Frame. Attach a Pulley to the bracket. Repeat Procedure E above to install a Pulley.
- H.) Draw the Cable around the Pulley then upward to the open bracket. Secure the head of Cable to the bracket with one M10 x 1" Allen Bolt (#131), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110).

## LEG PRESS CALBE LOOP



# DIAGRAM 11



## STEP 12 (See Butterfly Cable Loop and Diagram 12)

- A.) Attach one end of 90" Butterfly Cable (#46) onto the open slot on the Left Butterfly (#8).
- B.) Draw the Cable to the left horizontal bracket on the Butterfly Pulley Bracket (#13). Attach a Pulley (#59) to the bracket. Secure it with one M10 x 1  $\frac{3}{4}$ " Allen Bolt (#95), two  $\varnothing \frac{3}{4}$ " Washers (#107), and one M10 Aircraft Nut (#110). Draw the Cable to the left vertical open bracket. Secure a Pulley to the bracket with one M10 x 1  $\frac{5}{8}$ " Allen Bolt (#132), two  $\varnothing \frac{3}{4}$ " Washers (#107), and one M10 Aircraft Nut (#110).
- C.) Draw the Cable under the Pulley and then upward to the Double Floating Pulley Bracket (#16) previously installed in Step 10. Attach a Pulley to the Bracket. Secure it with one M10 x 1  $\frac{3}{4}$ " Allen Bolt (#95), two  $\varnothing \frac{3}{4}$ " Washers (#107), and one M10 Aircraft Nut (#110).
- D.) Draw the Cable around the Pulley then downward. Repeat Procedure B to install a Pulley to the right vertical & horizontal bracket.
- E.) Draw the Cable to the Right Butterfly (#9). Attach the end of Cable to the open slot on the Right Butterfly.

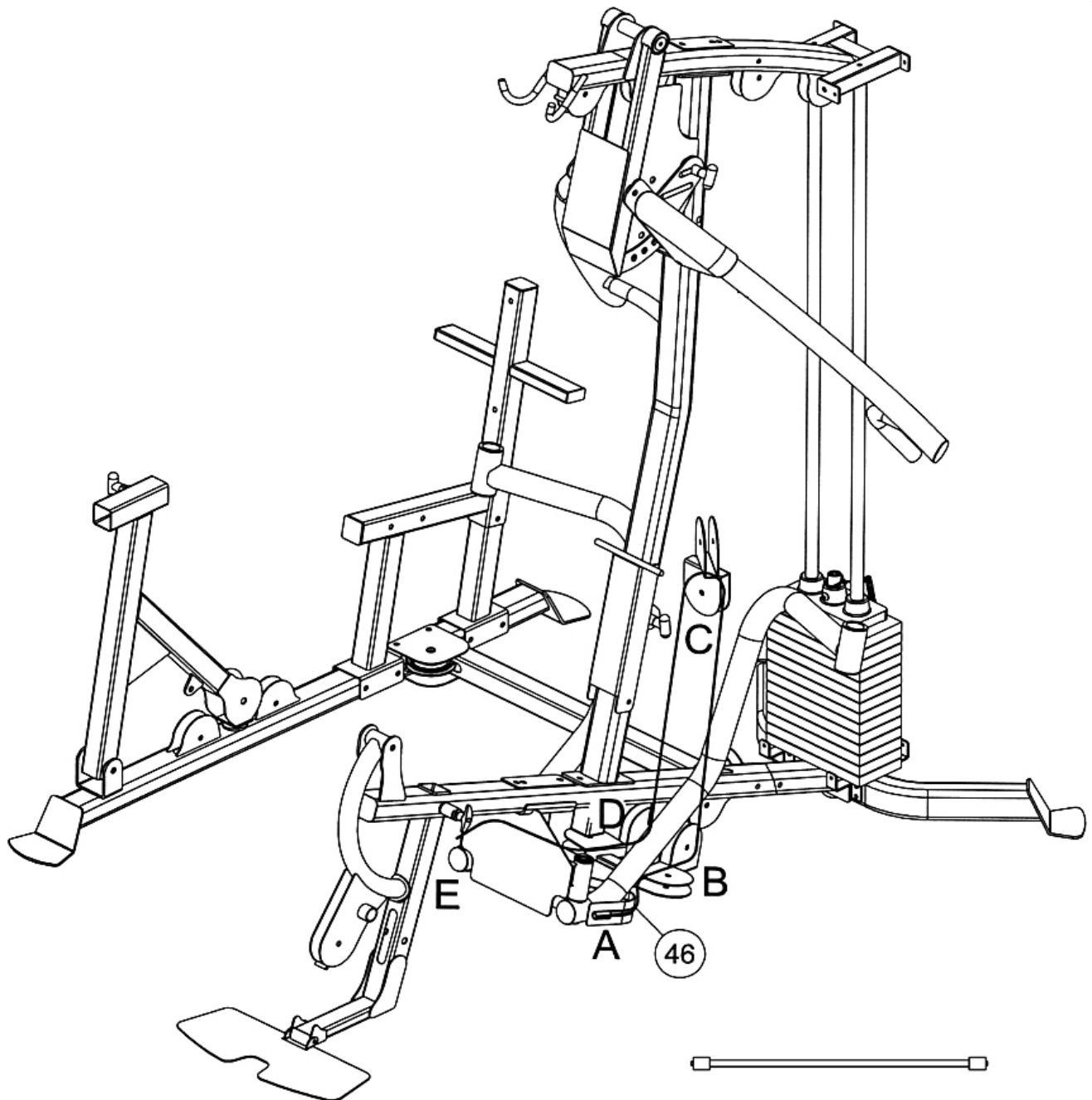
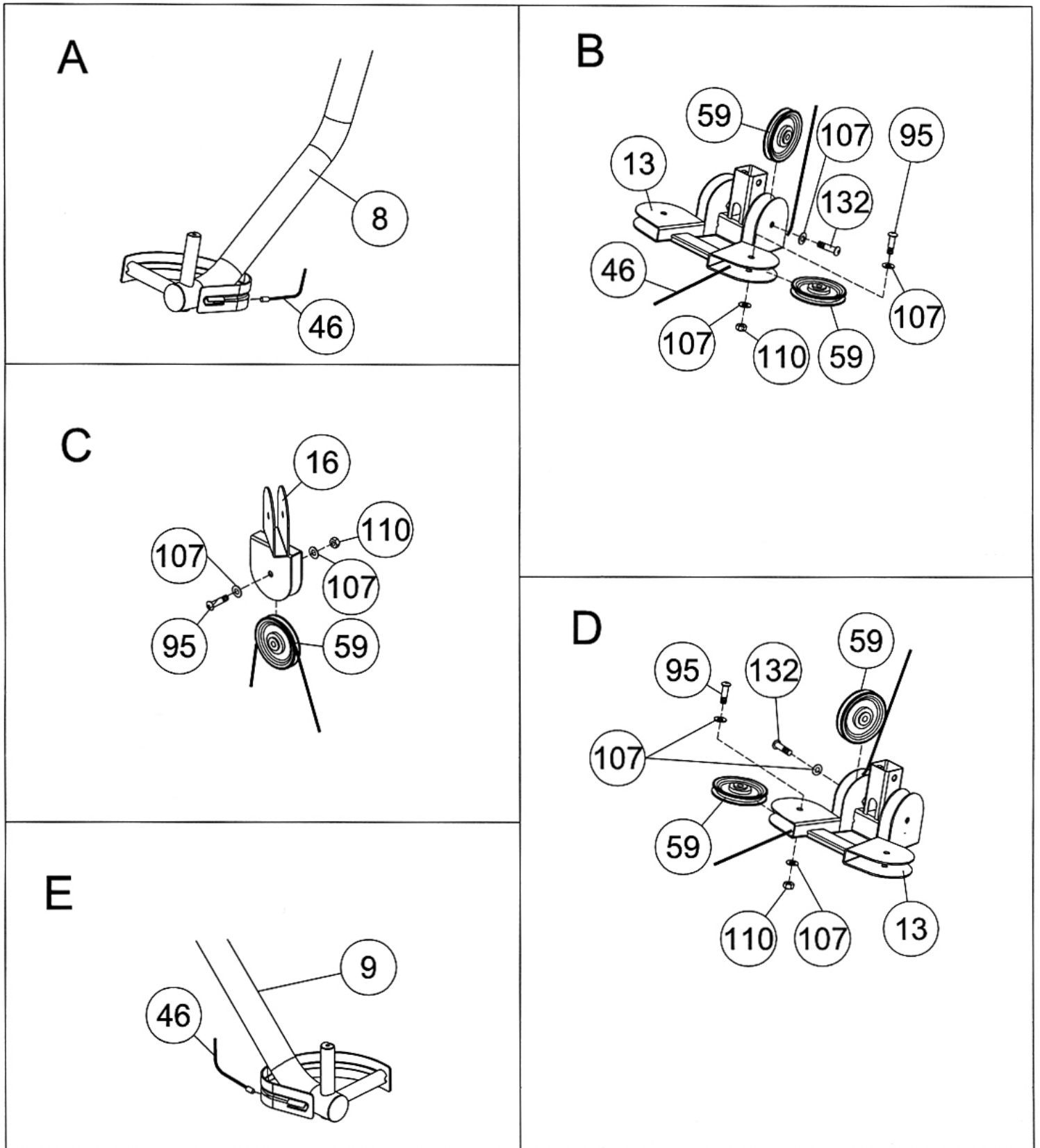
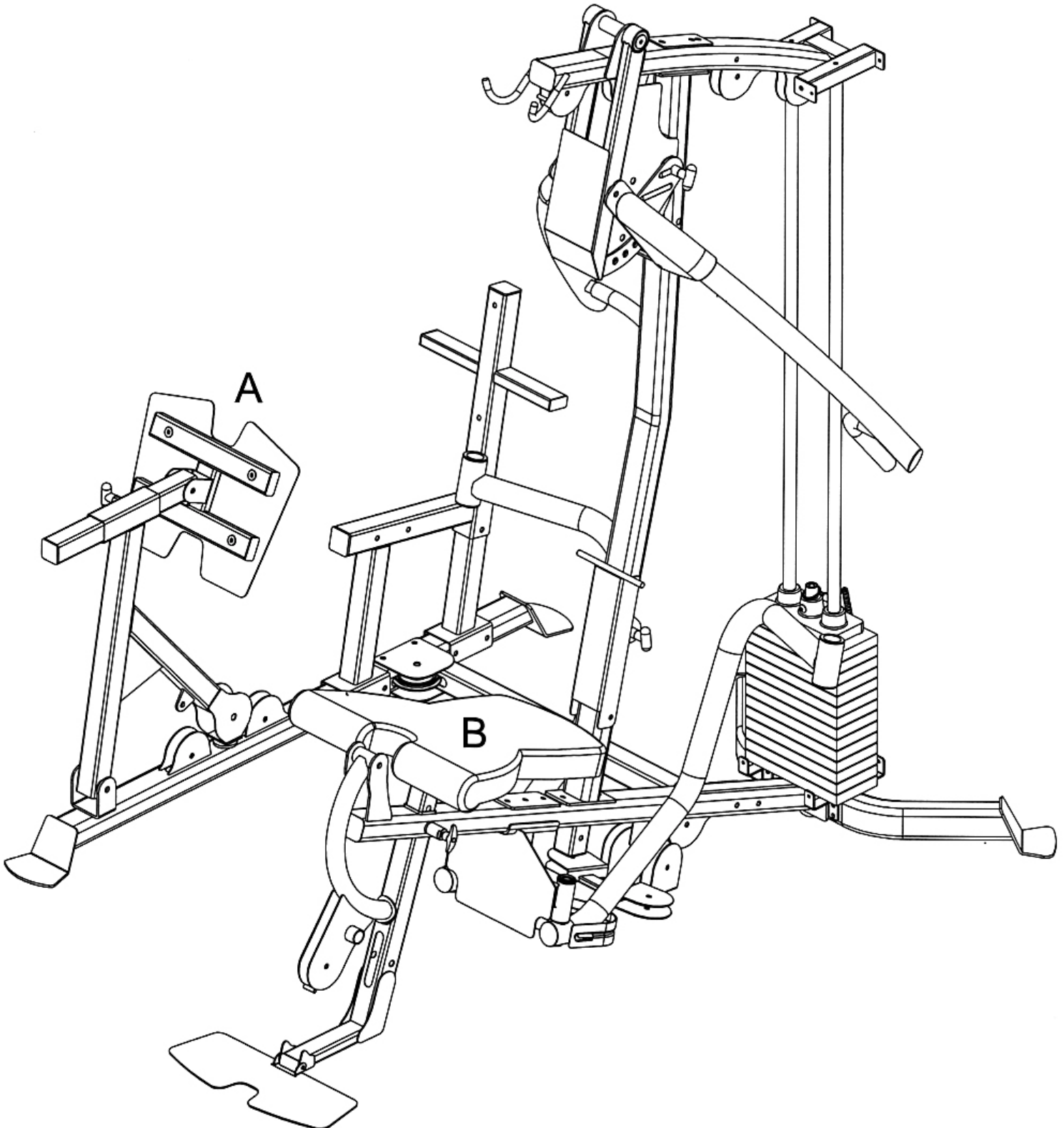


DIAGRAM 12

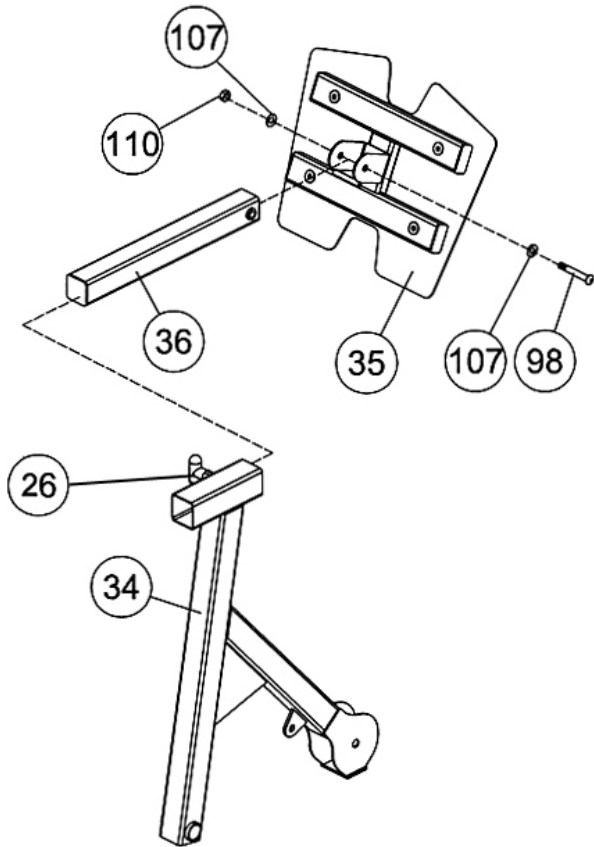


**STEP 13 (See Diagram 13)**

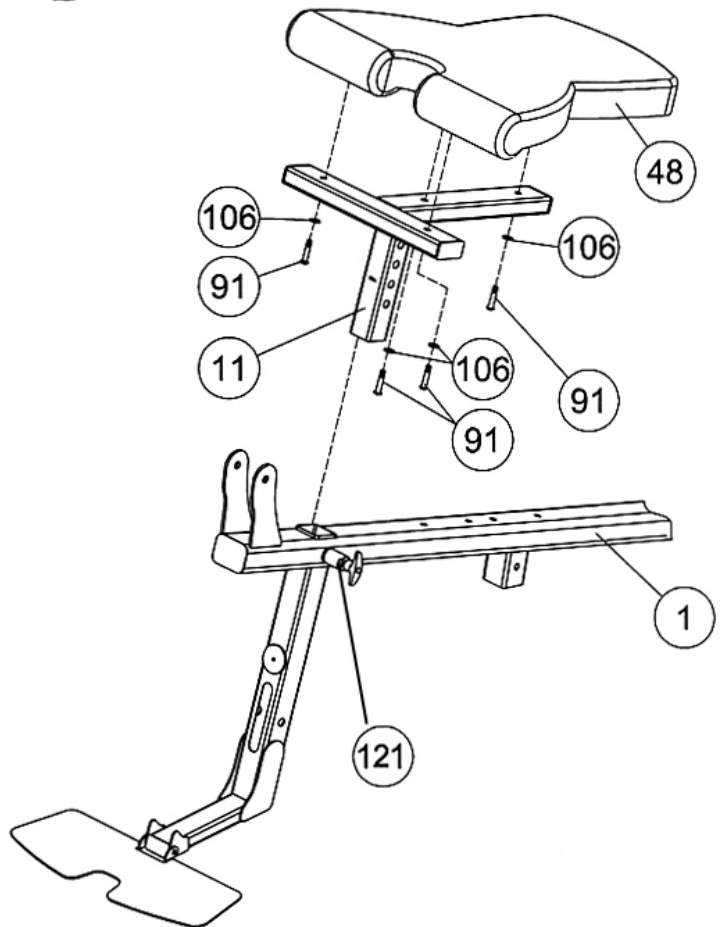
- A.) Attach the Leg Press Adjustment Frame (#36) to the Leg Press Plate (#35). Secure it with one M10 x 3" Allen Bolt (#98), two Ø 3/4" Washers (#107), and one M10 Aircraft Nut (#110). Use a Leg Press Lock Pin (#26) to secure the Leg Press Plate at desired position.
- B.) Attach the Front Press Seat Pad (#48) to the Seat Support (#11). Secure it with four M8 x 1 3/4" Allen Bolts (#91) and Ø 5/8" Washers (#106). Insert the Seat Support into the Main Support Frame (#1). Use the Seat Support Lock Pin (#121) to lock the Seat Support in desired height.



A

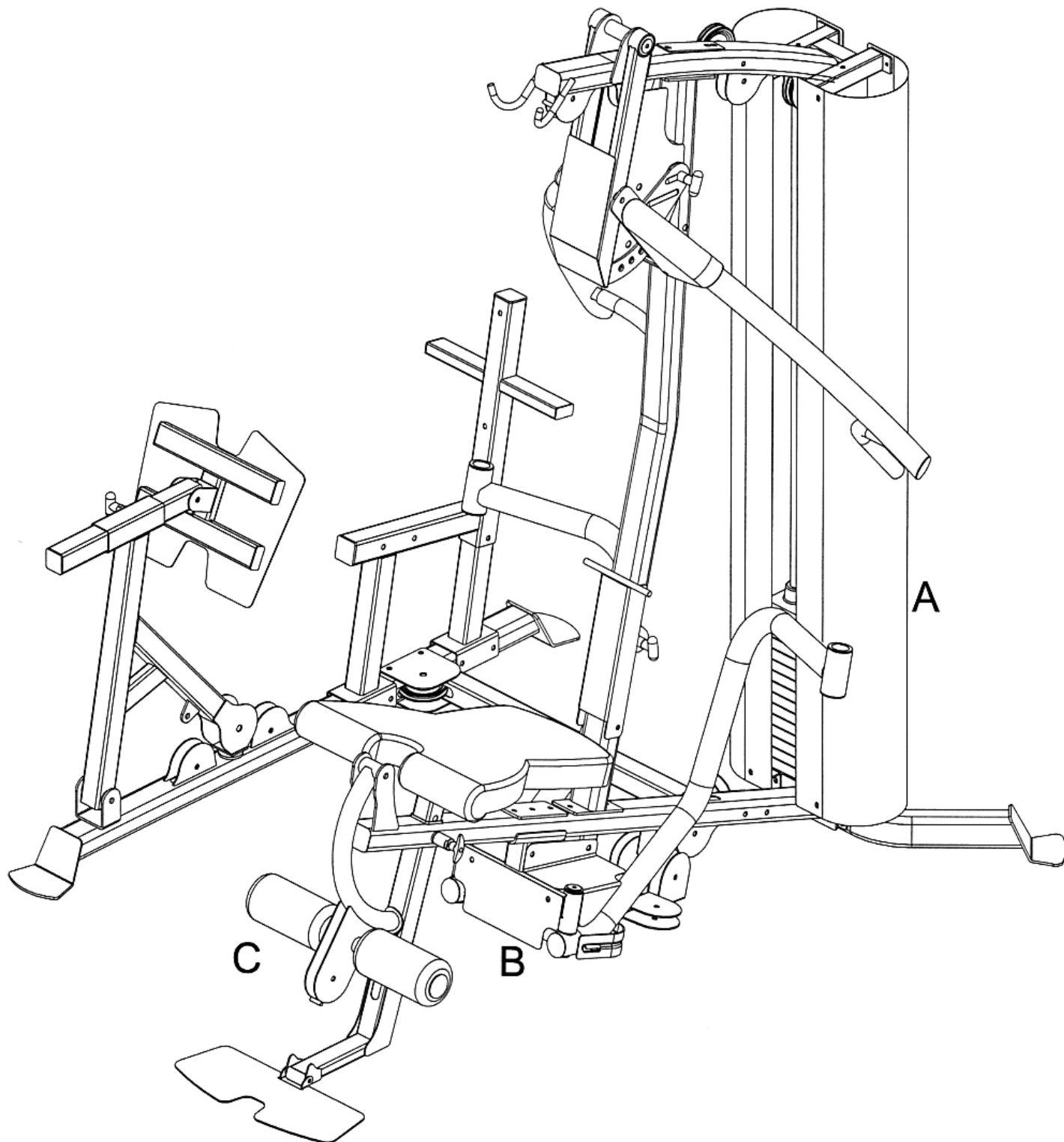


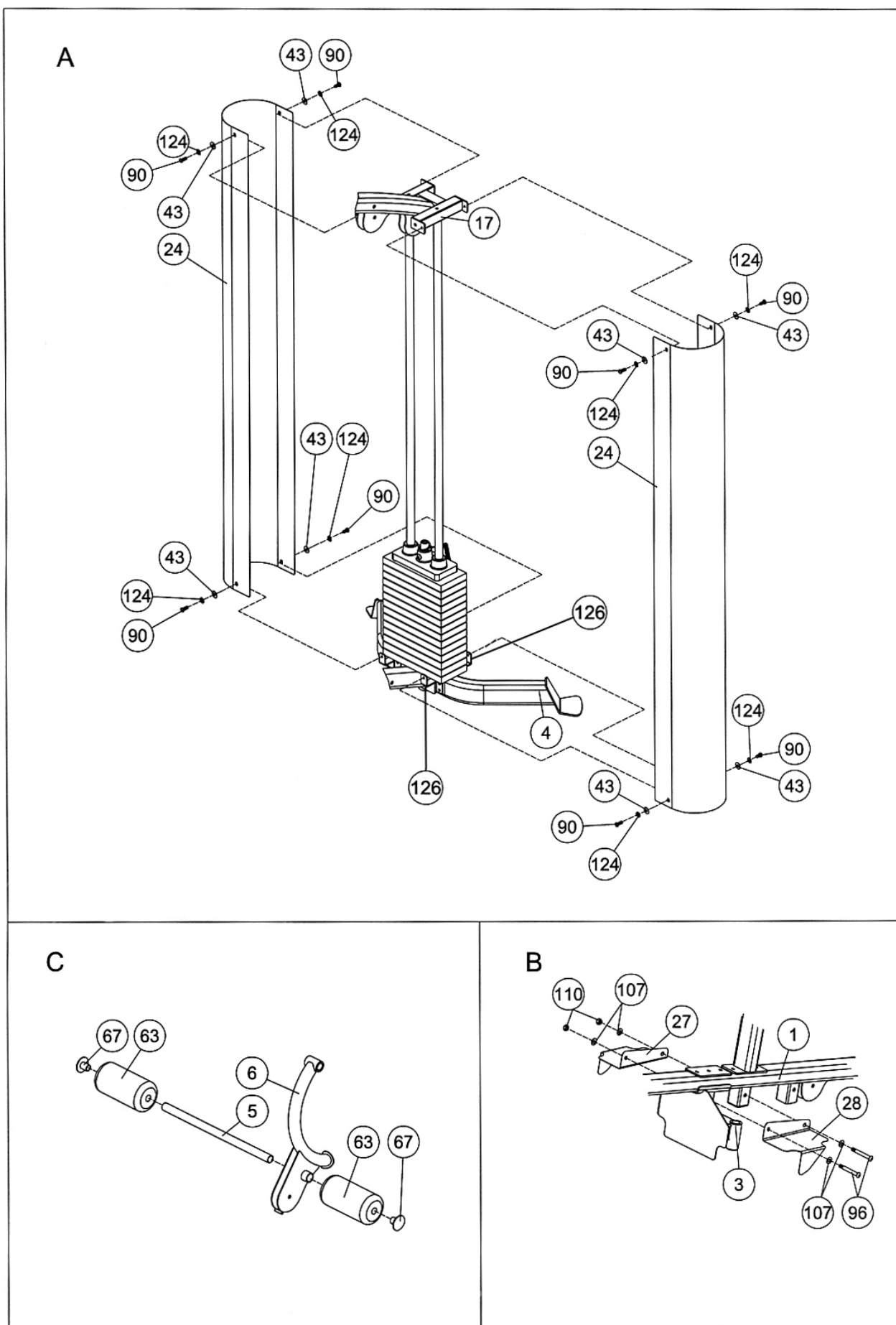
B



### Step 14 (See Diagram 14)

- A.) Attach a Weight Stack Cover (#24) to the rear of the machine. Secure it to the Brackets and Upper Frame with four M8 x  $\frac{3}{4}$ " Allen Bolts (#90),  $\varnothing$  5/8" Lock Washers (#124), and  $\varnothing$  5/8" Large Washers (#43). Repeat the same procedure to install the other side.
- B.) Attach the Butterfly Right & Left Covers (#27 & #28) to the Butterfly Base. Align the holes. Secure them to the Butterfly Base with two M10 x 2  $\frac{1}{2}$ " Allen Bolts (#96), four  $\varnothing$   $\frac{3}{4}$ " Washers (#107), and two M10 Aircraft Nuts (#110).
- C.) Insert the Foam Tube (#5) halfway through the hole on the Leg Developer (#6). Push two Foam Rolls (#63) onto the Tube. Plug two Foam Roll End Caps (#67) into the Ends.

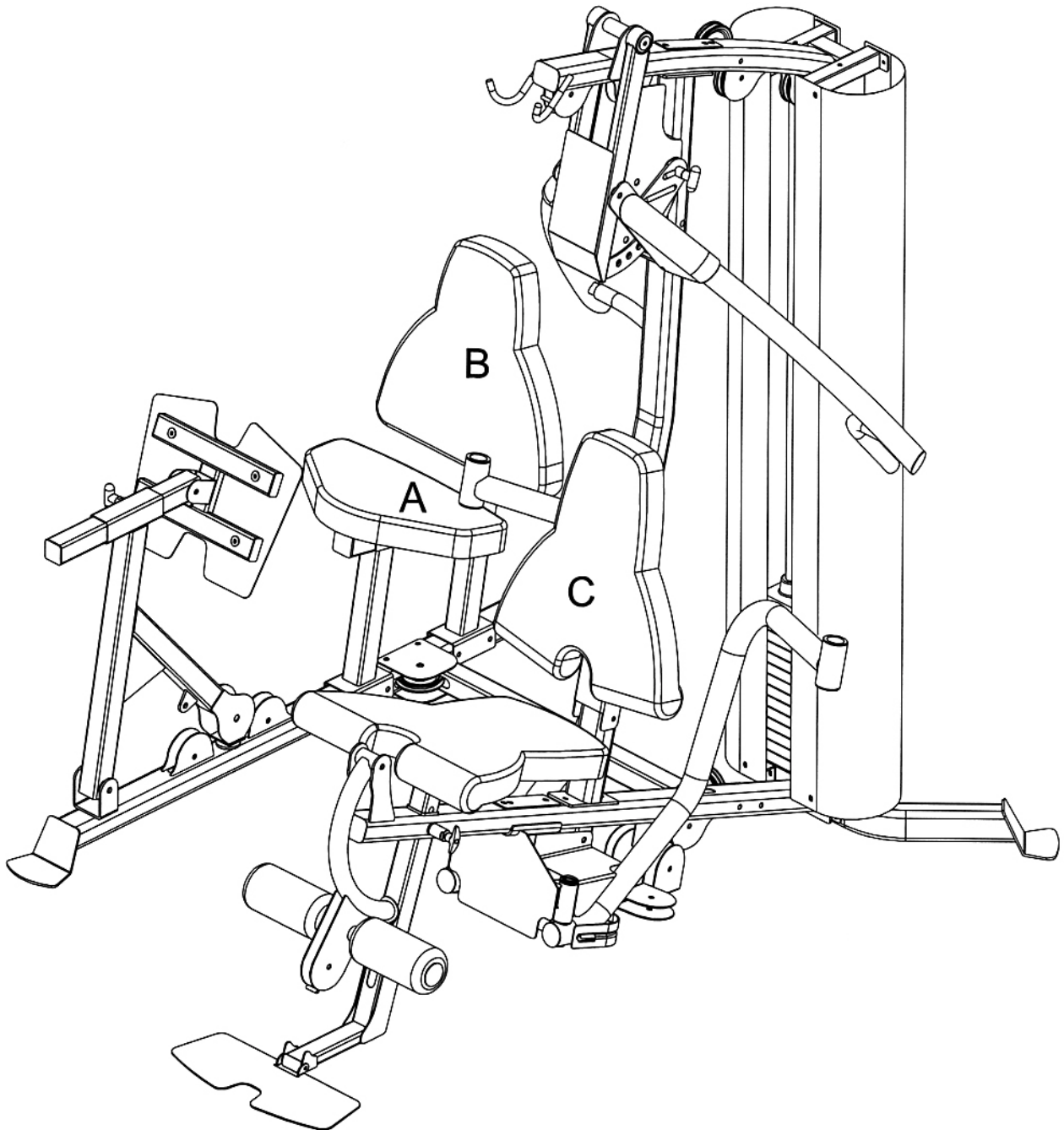




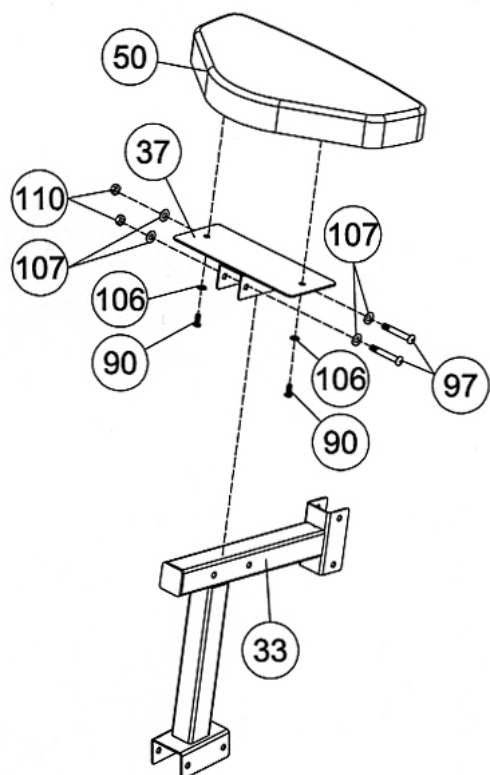
### Step 15 (See Diagram 15)

- A.) Attach the Leg Press Seat Pad (#50) to the Leg Press Seat Bracket (#37). Secure it with two M8 x  $\frac{3}{4}$ " Allen Bolt (#90) and two  $\varnothing$  5/8" Washers (#106). Attach the Leg Press Seat Bracket to the Leg Press Seat Support (#33). Secure it with M10 x 2  $\frac{3}{4}$ " Allen Bolts (#97), four  $\varnothing$   $\frac{3}{4}$ " Washers (#107), and two M10 Aircraft Nuts (#110).
- B.) Attach the Leg Press Backrest Board (#51) to the Leg Press Backrest Support (#32). Secure it with two M8 x 2  $\frac{1}{2}$ " Allen Bolts (#92) and two  $\varnothing$  5/8" Washers (#106). Attach the Storage Bag (#123) to the Leg Press Backrest Support. Secure it with three M5 x  $\frac{1}{2}$ " Philips Screws (#120) and three  $\varnothing$   $\frac{1}{2}$ " Washers (#125).
- C.) Attach the two Backrest Adjustment Brackets (#14) onto the pivot on the Backrest Support (#12) from each end. Secure Front Press Backrest Board (#49) to the Backrest Adjustment Brackets with four M8x  $\frac{3}{4}$ " Allen Bolts (#90) and four  $\varnothing$  5/8" Washers (#106).

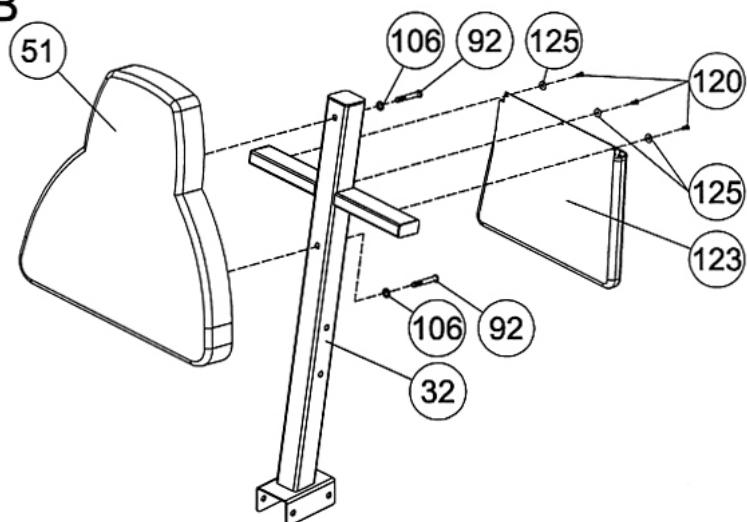
**DIAGRAM 15**



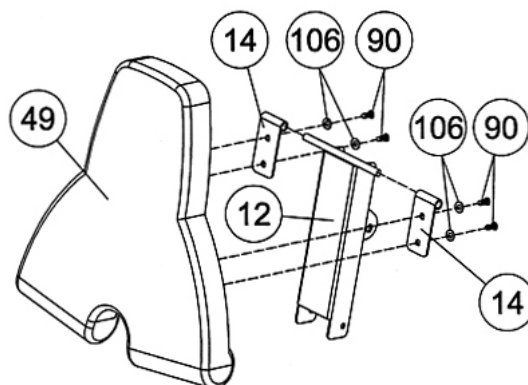
A



B



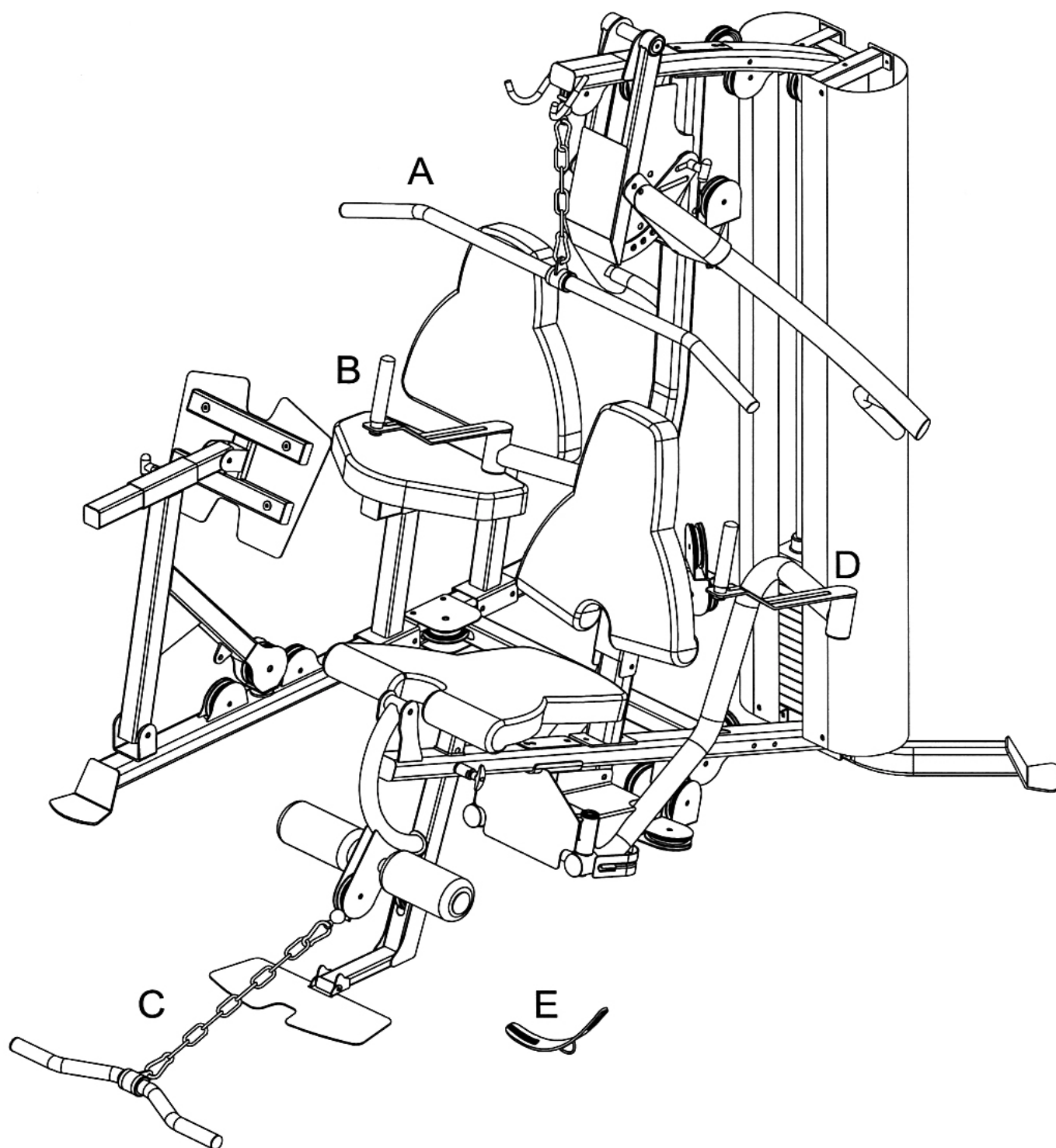
C



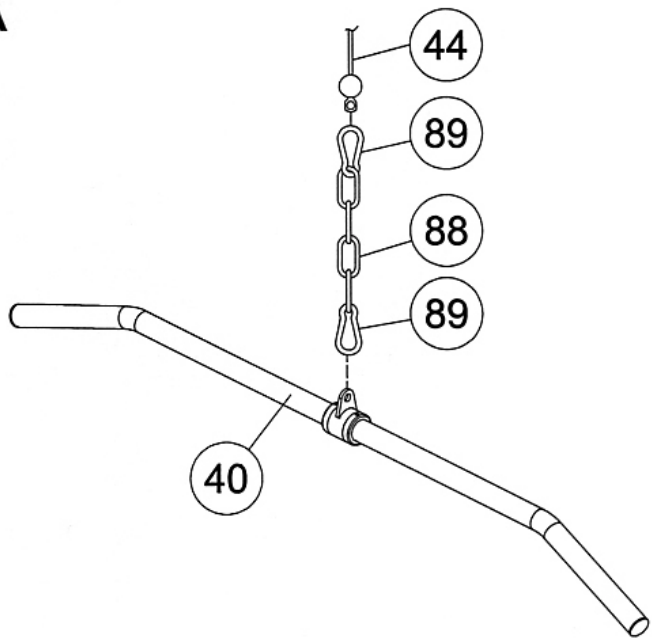
**Step-16 (See Diagram 16)**

- A.) Connect the Lat Bar (#40) to the Upper Cable (#44) with one Short Chain (#88) and two Hooks (#89).
- B.) Insert one Butterfly Handle (#10) into the pivot on the Right Butterfly (#9). Secure it with one M8 x 3/4" Allen Bolt (#90), Ø 5/8" Lock Washer (#124), Ø1 1/8" Washer (#42), and D-shaped Washer (#29). Repeat the same procedure to install the other Butterfly Handle.
- C.) Connect the Shiver Bar (#41) to Lower Cable (#45) with one Long Chain (#87) and two Hooks. Replace Shiver Bar with Ankle Strap (#56) for various Leg exercises.

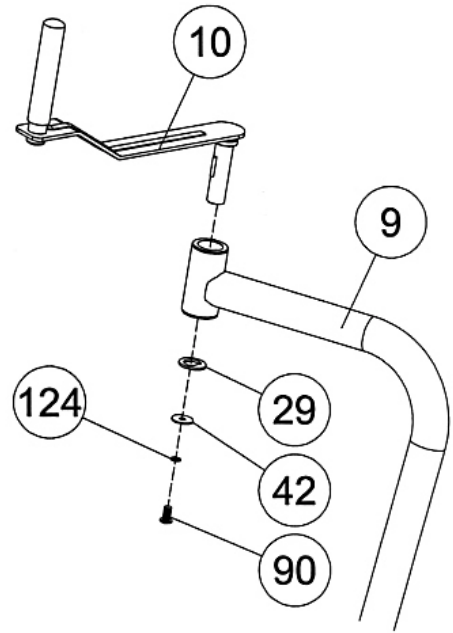
**DIAGRAM 16**



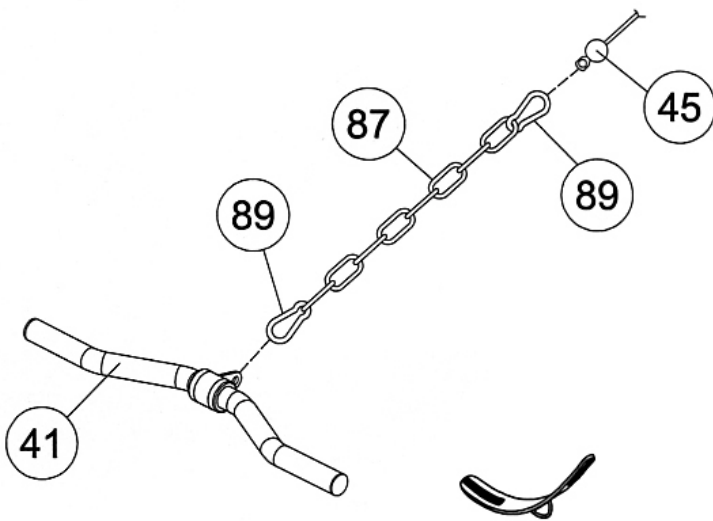
A



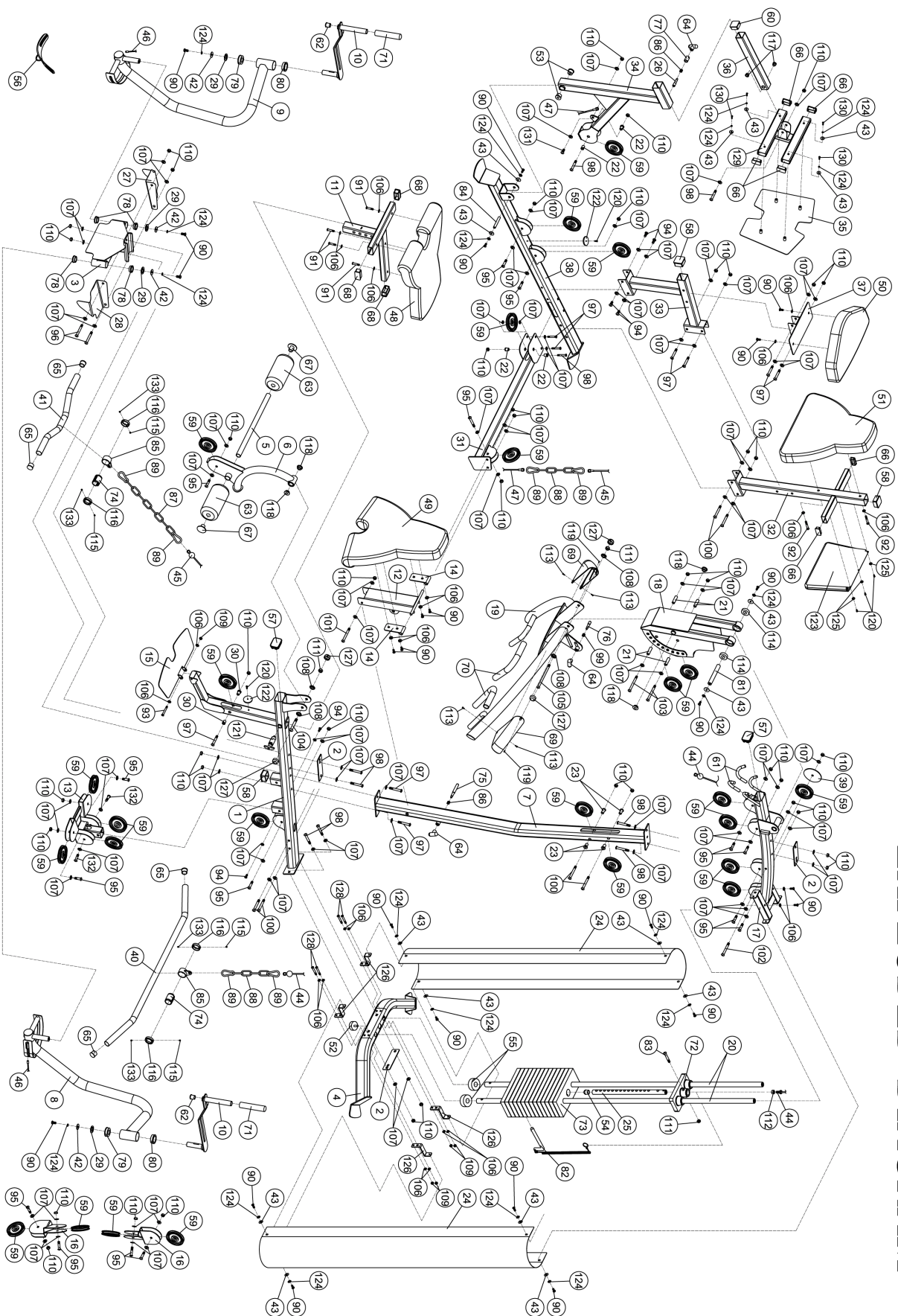
B&D



C



# EXPLODED DIAGRAM



## PARTS LIST

### KEY NO. DESCRIPTION

KEY NO.	DESCRIPTION	Q'ty			
1	Main Support Frame	1	61	Lat Bar Holder Cover	2
2	Bracket	3	62	Ø 1" End Cap	2
3	Butterfly Base	1	63	Foam Roll	2
4	Rear Base Frame	1	64	T-shaped Handle	3
5	Foam Tube	1	65	Ø 1 ¼" End Cap	4
6	Leg Developer	1	66	2" x 1" End Cap	6
7	Vertical Frame	1	67	Foam Roll End Cap	2
8	Left Butterfly	1	68	2 3/8" x 1 1/8" End Cap	3
9	Right Butterfly	1	69	Front Press Cover	2
10	Butterfly Handle	2	70	Front Press Handle Grip	2
11	Seat Support	1	71	Butterfly Handle Grip	2
12	Backrest Support Frame	1	72	Selector Stem	1
13	Butterfly Pulley Bracket	1	73	Weight Plate	14
14	Backrest Adjustment Bracket	2	74	Bar Handle Frame Sleeve	2
15	Foot Plate	1	75	Backrest Support Lock Pin	1
16	Double Floating Pulley Bracket	2	76	Front Press Lock Pin	1
17	Upper Frame	1	77	Leg Press Lock Pin Sleeve	1
18	Front Press Base	1	78	Ø 1 ½" x 1" Bushing	4
19	Front Press	1	79	Ø 2" x 1" Bushing	2
20	Guide Rod	2	80	Ø 2" x 1 3/8" Bushing	2
21	1 7/8" Spacer	4	81	5 7/8" Front Press Axle	1
22	Ø ¾" x ¾" Bushing	4	82	Weight Selector Pin	1
23	Ø ¾" x 1" Bushing	4	83	M12 x 2 3/8" Allen Bolt	1
24	Weight Stack Cover	2	84	3 ¼" Leg Press Axle	1
25	Selector Rod	1	85	Bar Handle Frame	2
26	Leg Press Lock Pin	1	86	1 1/8" Spring	2
27	Butterfly Base Right Cover	1	87	Long Chain	1
28	Butterfly Base Left Cover	1	88	Short Chain	2
29	D-shaped Washer	4	89	Hook	6
30	Ø ¾" x 5/8" Bushing	2	90	M8 x ¾" Allen Bolt	24
31	Leg Press Rear Base Frame	1	91	M8 x 1 ¾" Allen Bolt	4
32	Leg Press Backrest Support	1	92	M8 x 2 ½" Allen Bolt	2
33	Leg Press Seat Support	1	93	M8 x 3" Allen Bolt	1
34	Leg Press Post	1	94	M10 x ¾" Allen Bolt	6
35	Leg Press Plate	1	95	M10 x 1 ¾" Allen Bolt	15
36	Leg Press Adjustment Frame	1	96	M10 x 2 ½" Allen Bolt	2
37	Leg Press Seat Bracket	1	97	M10 x 2 ¾" Allen Bolt	9
38	Leg Press Base Frame	1	98	M10 x 3" Allen Bolt	9
39	Round Pulley Bracket	1	99	1 7/8" Spring	1
40	Lat Bar	1	100	M10 x 3 ½" Allen Bolt	6
41	Shiver Bar	1	101	M10 x 3 ¾" Allen Bolt	1
42	Ø 1 1/8" Washer	4	102	M10 x 4 3/8" Allen Bolt	1
43	Ø 5/8" Large Washer	16	103	M10 x 5 1/8" Allen Bolt	2
44	142" Upper Cable	1	104	M12 x 3 3/8" Allen Bolt	1
45	184" Lower Cable	1	105	M12 x 7 1/8" Allen Bolt	1
46	90" Butterfly Cable	1	106	Ø 5/8" Washer	24
47	123" Leg Press Cable	1	107	Ø ¾" Washer	90
48	Front Press Seat Pad	1	108	Ø 1" Washer	4
49	Front Press Backrest Board	1	109	M8 Aircraft Nut	5
50	Leg Press Seat Pad	1	110	M10 Aircraft Nut	44
51	Leg Press Backrest Board	1	111	M12 Aircraft Nut	3
52	Rear Base Frame Rubber Bumper	1	112	M12 Nut	1
53	Leg Press Post Bushing	2	113	ST3.5 Philips Screw	4
54	Ø 1" Cone-shaped End Cap	1	114	Bushing	2
55	Rubber Bumper	2	115	M6 x 3/8" Screw	4
56	Ankle Strap	1	116	Rotate Ring	4
57	2 ¾" x 2" End Cap	2	117	Ø ¾" x ½" Bushing	2
58	2" Square End Cap	3	118	Ø 1 1/8" x 5/8" Bushing	4
59	Pulley	25	119	M4 Philips Screw	2
60	1 ¾" Square End Cap	1			

## PARTS LIST

KEY NO.	DESCRIPTION	QTY
120	M5 x ½" Philips Screw	5
121	Seat Support Lock Pin	1
122	Ø 2" Rubber Bumper	2
123	Storage Bag	1
124	Ø 5/8" Lock Washer	20
125	Ø ½" Washer	3
126	Weight Stack Cover Bracket	4
127	Cover Cap	4
128	M8 x 2 ¾" Allen Bolt	4
129	Leg Press Support Frame	1
130	M8 x 1" Allen Bolt	4
131	M10 x 1" Allen Bolt	1
132	M10 x 1 5/8" Allen Bolt	2
133	M6 x 5/16" Screw	4
134	Cross Wrench/Screw Driver (Tool)	1
135	#8 Allen Wrench (Tool)	1
136	#6 Allen Wrench (Tool)	1
137	#5 Allen Wrench (Tool)	2

# WEIGHT RESISTANCE CHART

	WEIGHT PLATE								
Station	1	2	3	4	5	6	7	8	9
Front Press	30	45	60	75	90	105	120	135	150
Butterfly	20	30	40	50	60	70	80	90	100
Lat Pull	30	40	50	60	70	80	90	100	110
Leg Developer	20	30	40	50	60	70	80	90	100
Leg Press	50	70	90	110	130	150	170	190	210
	WEIGHT PLATE								
Station	10	11	12	13	14				
Front Press	165	180	195	210	225				
Butterfly	110	120	130	140	150				
Lat Pull	120	130	140	150	160				
Leg Developer	110	120	130	140	150				
Leg Press	230	250	270	290	310				

**\*Resistance in Pounds.**

**\*Numbers are approximate. Actual weight may vary.**

**\*Value for Butterfly is for each arm.**

# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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.

**IMPEX<sup>®</sup> 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.

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase