

NOTE:
Please read all instructions
carefully before using this
product

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Model
IGS-6500

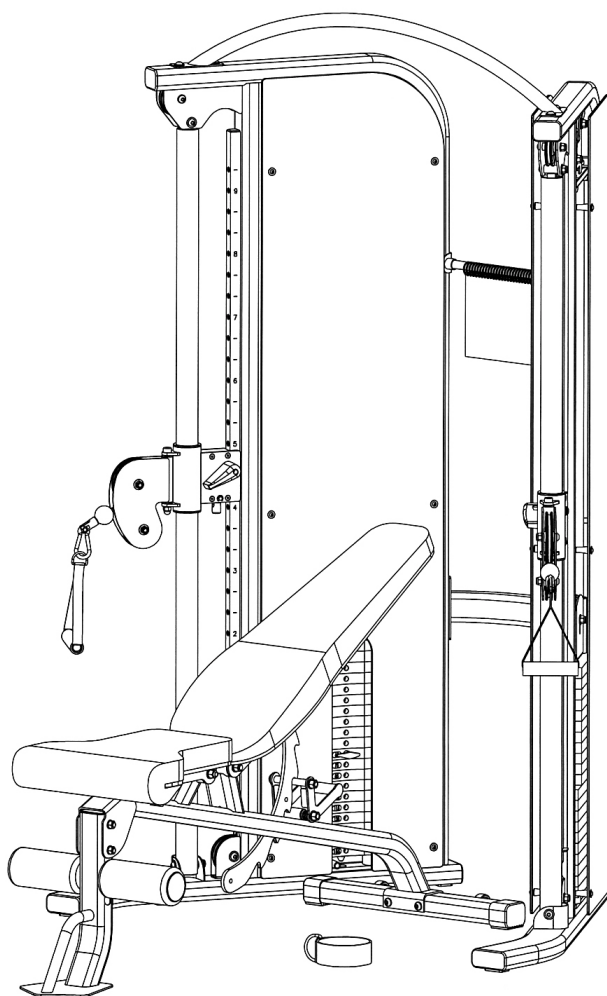
Retain This
Manual for
Reference

11-26-07

OWNER'S
MANUAL

IMPEX

IRON GRIP STRENGTH POWER SYSTEM IGS-6500



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-6500 POWER SYSTEM by IMPEX® INC. 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

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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's weight on bench is 300 lbs.

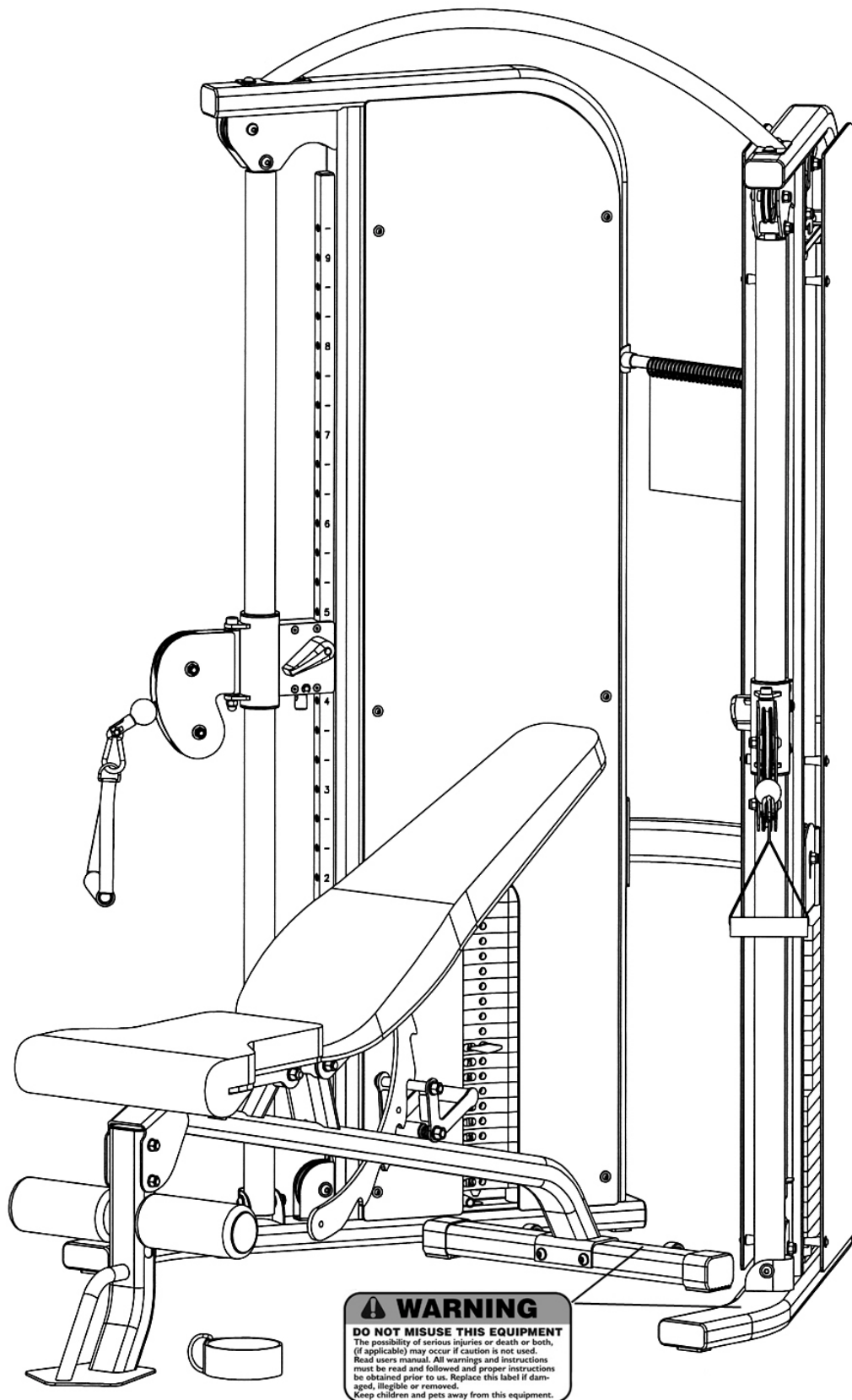
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Use clean cloth with light pressure to clean the Weight Stack Cover. Clean the covers with product specifically labeled as safe for Plexiglas or Acrylic Products. DO NOT use window cleaner, alcohol, or 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.

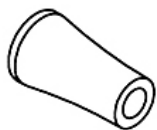
SAVE THESE INSTRUCTIONS.

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.

FUNCTIONAL TRAINER HARDWARE PACK



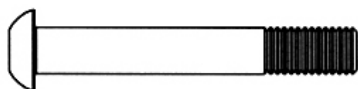
#40 Cover Spacer (Qty 24)



#58 Ø $\frac{3}{4}$ " Washer (Qty 12)



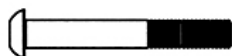
#59 Ø $\frac{1}{2}$ " Washer (Qty 28)



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



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



#68 M6 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 24)



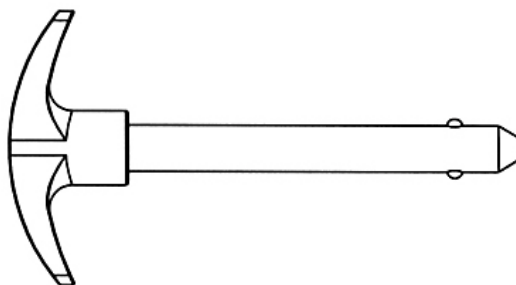
#44 M6 x $\frac{5}{8}$ " Allen Bolt (Qty 4)



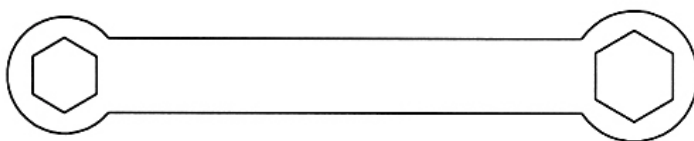
#71 M5 x $\frac{3}{8}$ " Allen Bolt (Qty 2)



#76 M10 Aircraft Nut (Qty 4)



#20 Weight Selector Pin (Qty 2)



#82 Tool #17 Crossing Wrench (Qty 1)



#81 Tool #4 Allen Wrench (Qty 1)



#80 Tool #5 Allen Wrench (Qty 1)



#79 Tool #6 Allen Wrench (Qty 1)



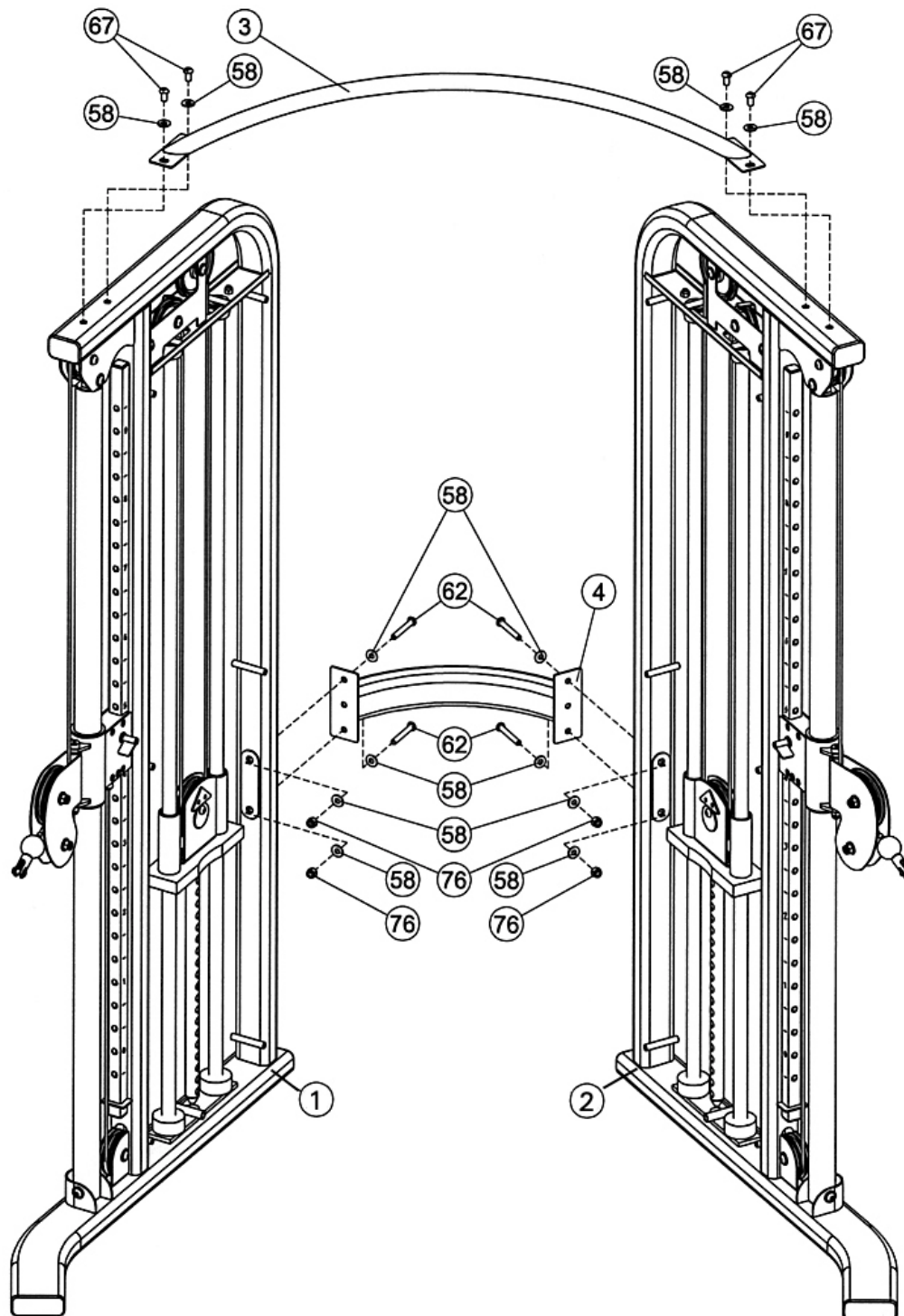
FUNCTIONAL TRAINER ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Crossing Wrench and Allen Wrenches.

NOTE: Two or more people assembling this machine is a must. Do NOT attempt to assemble this machine alone.

STEP 1 (See Diagram 1)

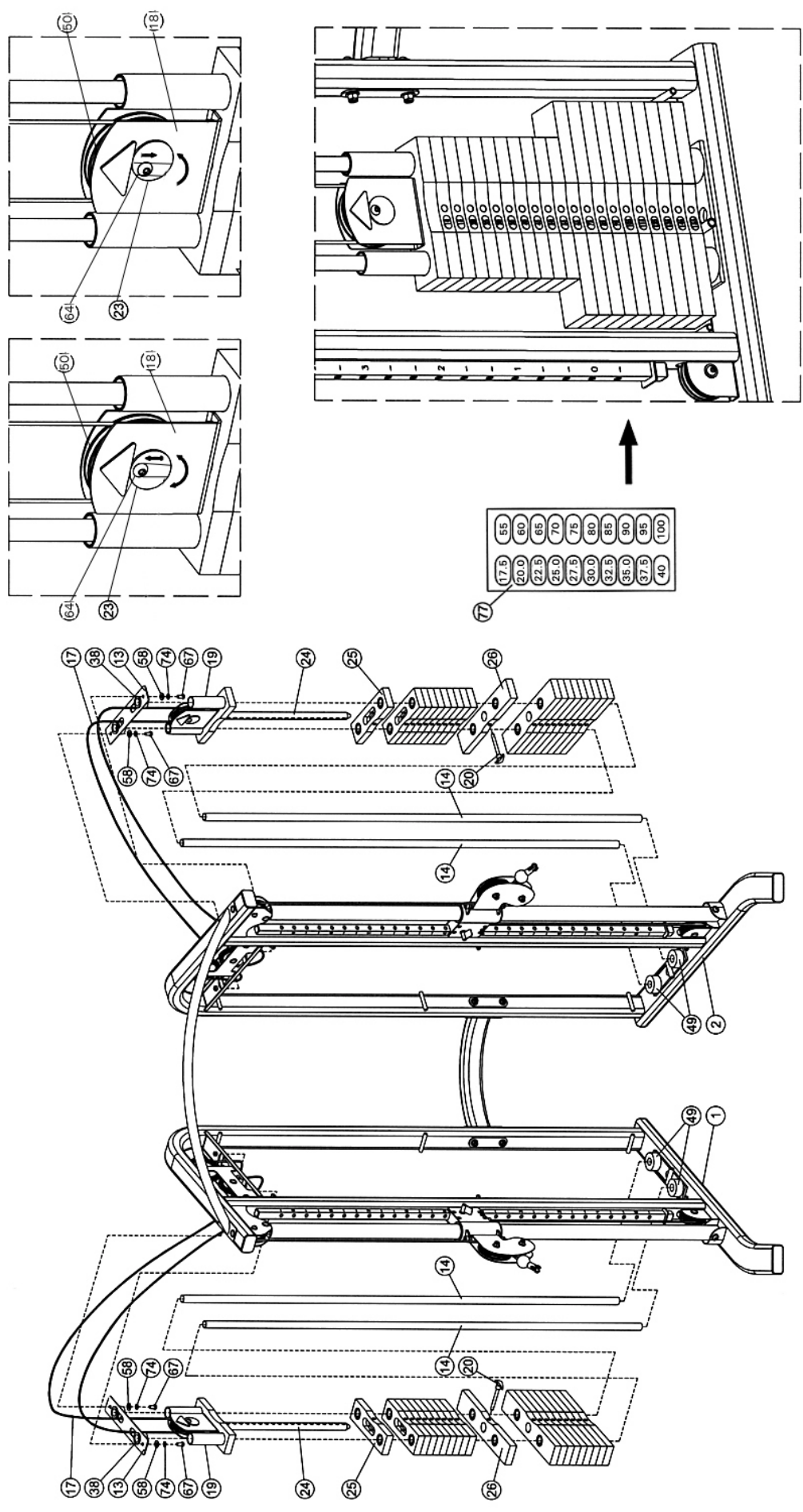
- A.) Place the Cross Brace (#4) between the Right & Left Stations (#1 & #2) in the mid-span.
- B.) Attach one end of the Cross Brace to the Right Station. Secure it with two M10 x 2 $\frac{3}{4}$ " Allen Bolts (#62), four $\varnothing \frac{3}{4}$ " Washers (#58), and two M10 Aircraft Nuts (#76).
- C.) Repeat the same procedure to install the other side.
- D.) Place the Chin-up Bar (#3) on top of the Right and Left Stations.
- E.) Secure each end with two M10 x $\frac{3}{4}$ " Allen Bolts (#67) and $\varnothing \frac{3}{4}$ " Washers (#58).



STEP 2 (See Diagram 2)

- A.) Lift up the Selector Stem (#19) on the Right Station (#1) and hold it still to release the tension on the cables. Remove the two M10 x $\frac{3}{4}$ " Allen Bolts (#67), $\varnothing \frac{3}{4}$ " Spring Washers (#74), and $\varnothing \frac{3}{4}$ " Washers (#58) which were pre-assembled in the factory to hold the Guide Rod Bracket (#13).
- B.) Pull the two Guide Rods (#14) away from the Upright. Remove the Guide Rod Bracket (#13) from the top of the Guide Rods.
- C.) Remove the Selector Stem (#19) from the Guide Rods.
- D.) Slide ten 10lb Weight Plates (#26) from top of Guide Rods down to the Rubber Bumpers (#49). Slide ten 5lb Weight Plates (#25) onto the Guide Rods. Make sure the curved-side of the plates all facing the inside of the machine.
- E.) Slide the Selector Stem back onto the Guide Rods. Still hold the Selector Stem above the weight stack for easier to re-install Guide Rods and Bracket.
- F.) Re-install the Guide Rod Bracket (#13) onto the Guide Rods.
- G.) Push the Guide Rod Bracket back into the upright.
- H.) Secure the Bracket back to the upright frame with the two M10 x $\frac{3}{4}$ " Allen Bolts, $\varnothing \frac{3}{4}$ " Spring Washers (#74), $\varnothing \frac{3}{4}$ " Washers (#58).
- I.) Lay down the Selector Stem onto the top of the weight stack.
- J.) Check all the cables to make sure they are on track on the pulleys.
- K.) Peel off the weight resistance label from the Resistance Label Set (#77) and attach to the plates.
- L.) Insert the Weight Selector Pin (#20) into the weight stack. Refer to the Weight Resistance Chart on Page 11.
- M.) Lubricate the Guide Rods with WD-40 or light oil.
- N.) Adjust the Cable tension by first loosen the M10 x 2" Allen Bolt (#64). Then rotate the Tension Adjustment Plate (#23) clock or counterclockwise to move the Bolt and the Large Pulley (#50) up and down along the open track inside the U-shaped Pulley Bracket (#18). Rotate the Plate counterclockwise to increase the tension to remove the slack in the cables. Securely tighten the Bolt back.
- O.) Repeat the Procedure A through N above to install the other set of weight plates to the Left Station (#2).

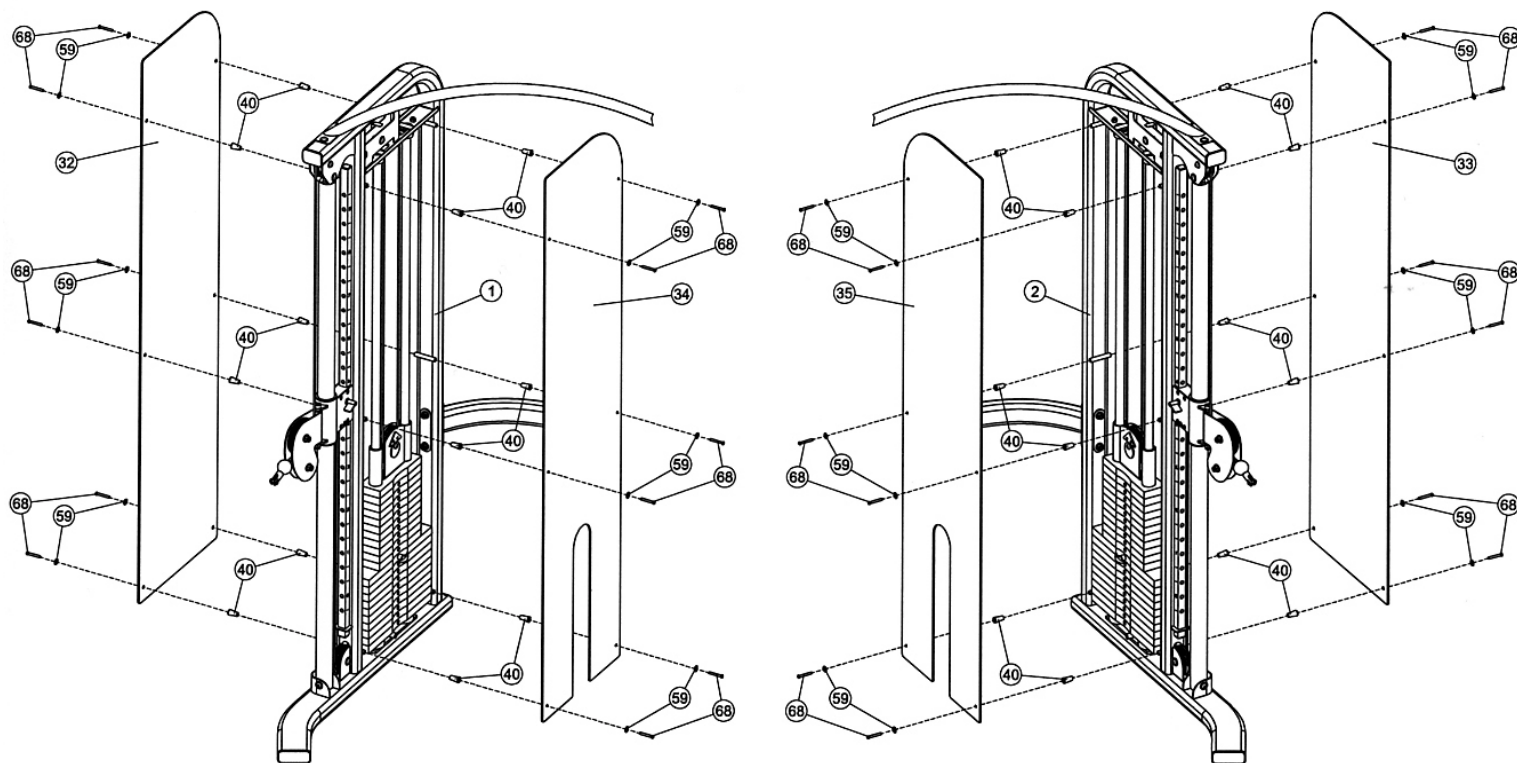
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Peel off the cover paper on the surface of the Right Outer Cover (#32) and Right Inner Cover (#34).
- B.) Attach the Right Outer Cover to the Right Station from the outside. Secure it with six M6 x 1 $\frac{3}{4}$ " Allen Bolts (#68), \varnothing $\frac{1}{2}$ " Washers (#59), and Cover Spacers (#40).
- C.) Attach the Right Inner Cover (#34) to the Right Station from the inside. Secure it with six M6 x 1 $\frac{3}{4}$ " Allen Bolts (#68), \varnothing $\frac{1}{2}$ " Washers (#59), and Cover Spacers (#40).
- D.) Note: Do not over tighten the Bolts to avoid cracking the Covers.
- E.) Repeat Procedures A through C above to install the other side.

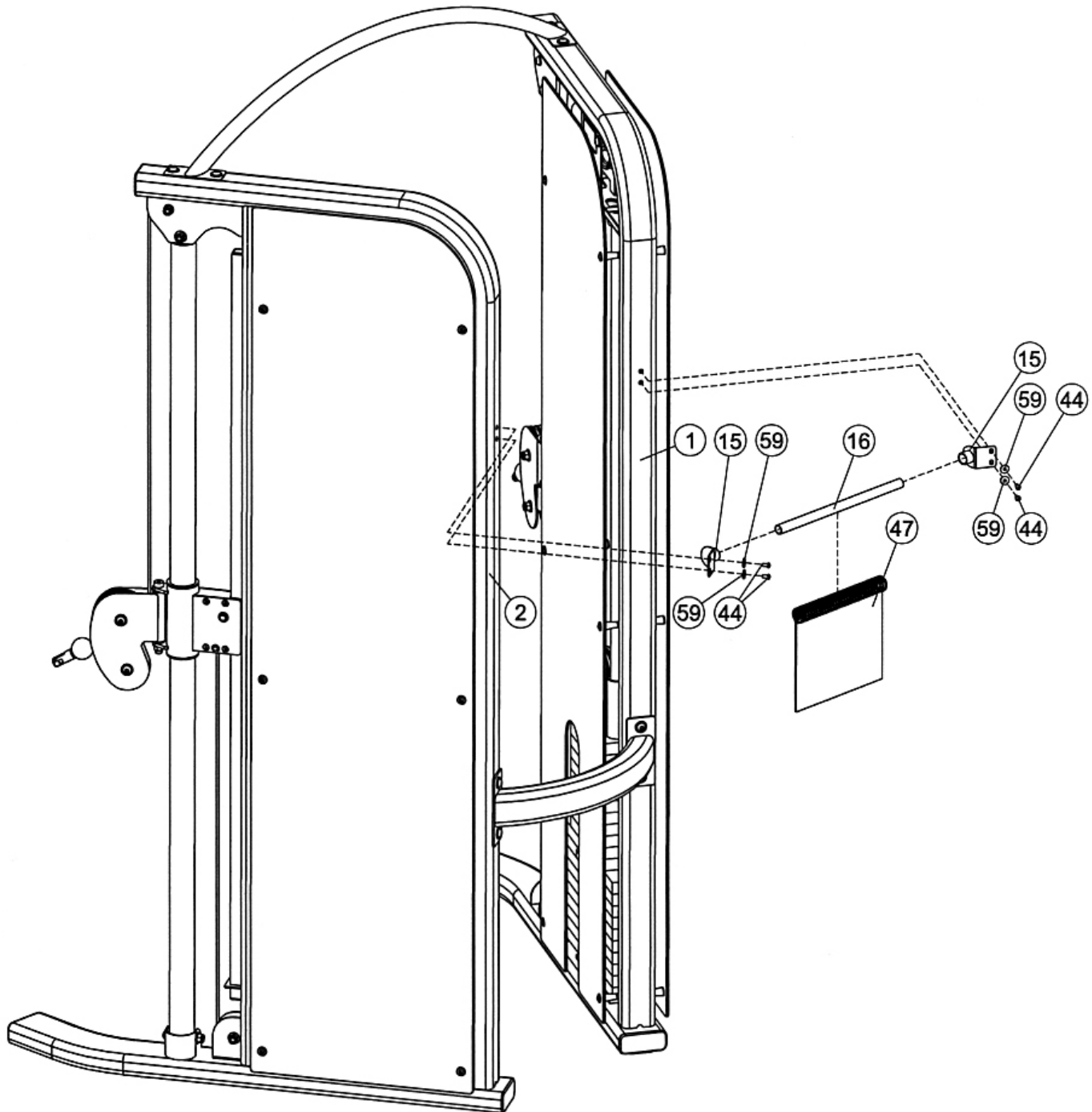
DAIGRAM 3



STEP 4 (See Diagram 4)

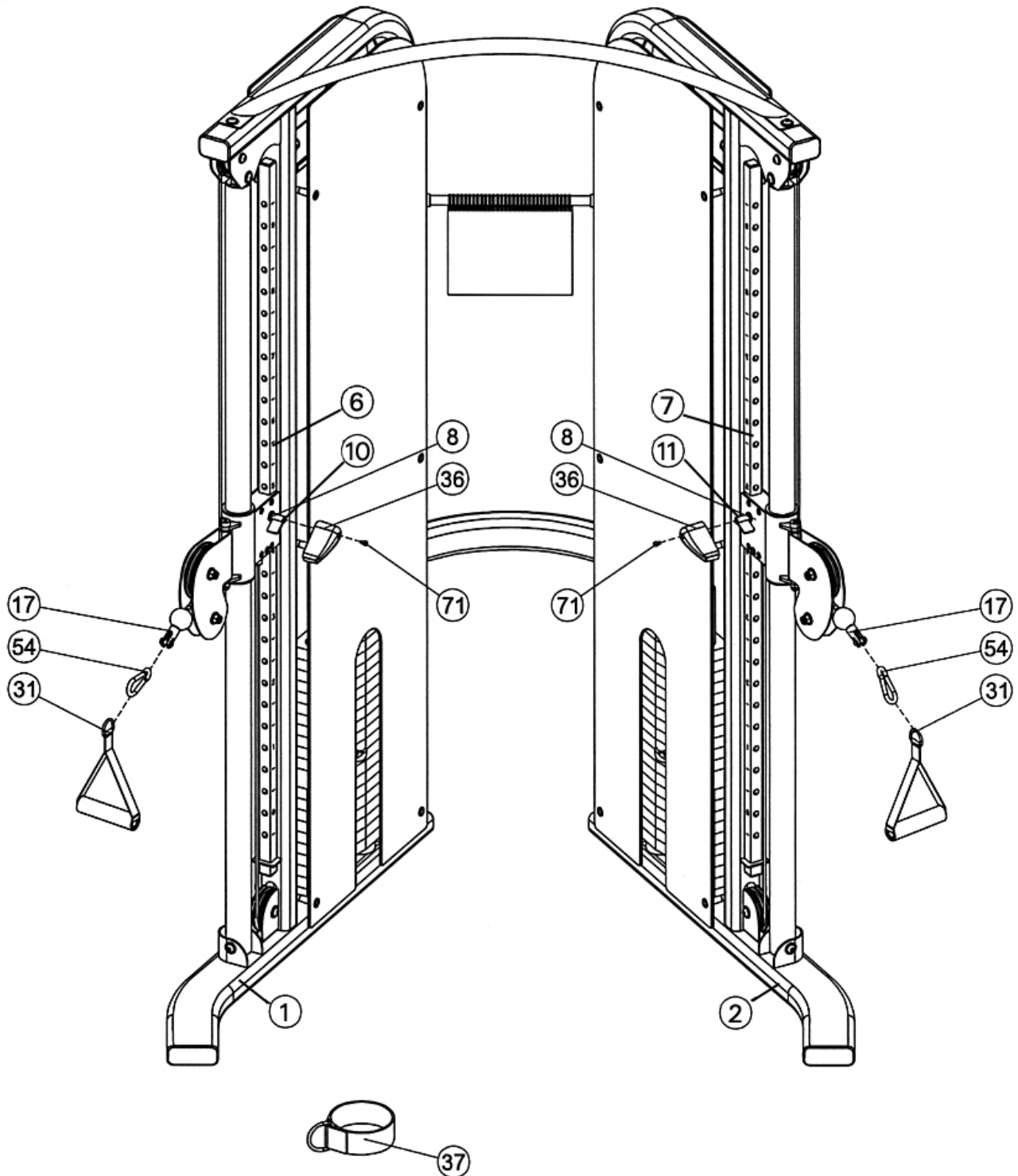
- A.) Attach one Hanger Bracket (#15) to the Right Station (#1). Secure it with two M6 x 5/8" Allen Bolts (#44) and \varnothing 1/2" Washers (#59). Do not tighten the Bolts yet.
- B.) Slide the Flip Exercise Chart onto the Hanger (#16).
- C.) Attach the Hanger (#16) to the Brackets (#15).
- D.) Secure the other Bracket to the Left Station (#2) with two M6 x 5/8" Allen Bolts (#44) and \varnothing 1/2" Washers (#59).
- E.) Securely tighten all Bolts installed.

DIAGRAM 4



STEP 5 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the Height Adjustment Handle (#36) to the Right Lock Switch (#10) on the Pulley Carriage (#8). Secure it with one M5 x 3/8" Allen Bolt (#71). Repeat the same procedure to install the other side.
- B.) Connect the Single Handle (#31) to the Cable (#17) on the Right Station (#1) with a Hook (#54). Repeat the same procedure to install the other side.
- C.) Replace the Single Handle with the Ankle Strap (#37) for various Leg Exercises.
- D.) Lift up the Height Adjustment Handle (#36) and slide the Pulley Carriage along the Pulley Carriage Support Frame to the selected level. Release the Handle to lock the Pulley Carriage in position.

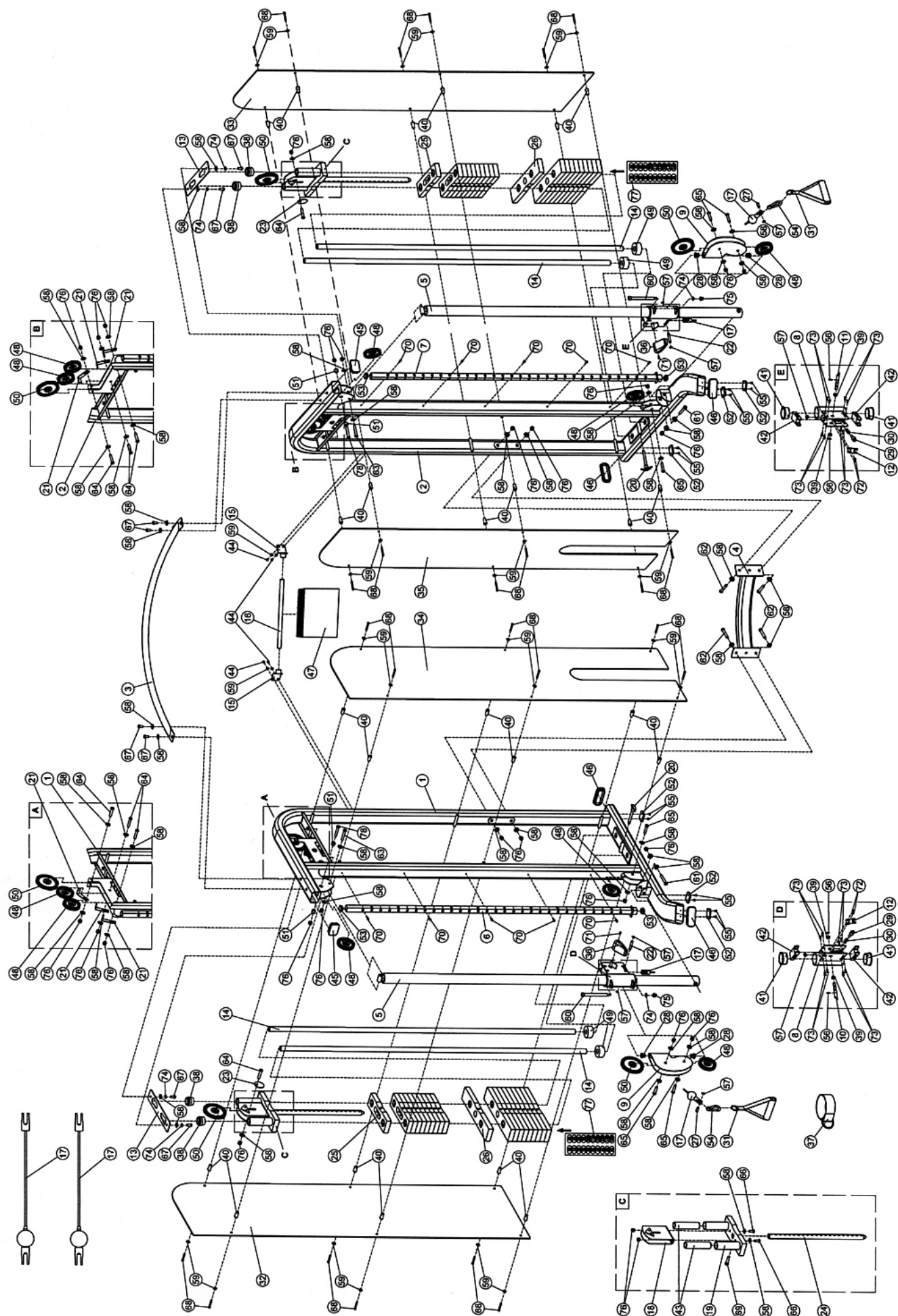


WEIGHT RESISTANCE CHART

Plate	Label
1	17.5
2	20.0
3	22.5
4	25.0
5	27.5
6	30.0
7	32.5
8	35.0
9	37.5
10	40
11	55
12	60
13	65
14	70
15	75
16	80
17	85
18	90
19	95
20	100

***Numbers are approximate, actual value may vary.**

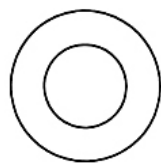
EXPLODED DIAGRAM



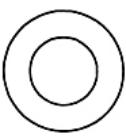
PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Right Station	1	51	Ø ¾" Pulley Bushing	4
2	Left Station	1	52	Rubber Spacer	6
3	Chin-up Bar	1	53	1" Square End Cap	4
4	Cross Brace	1	54	Hook	2
5	Chrome Slide Tube	2	55	ST4.2 x 5/8" Philips Screw	12
6	Right Carriage Support Frame	1	56	Ø 1" Clip	4
7	Left Carriage Support Frame	1	57	Ø 5/8" Clip	8
8	Pulley Carriage	2	58	Ø ¾" Washer	54
9	Swivel Pulley Bracket	2	59	Ø ½" Washer	28
10	Right Lock Switch	1	60	M10 x 5 1/8" Allen Bolt	2
11	Left Lock Switch	1	61	M10 x 3" Allen Bolt	2
12	Lock Pin Retainer	2	62	M10 x 2 ¾" Allen Bolt	4
13	Guide Rod Bracket	2	63	M10 x 2 3/8" Allen Bolt	2
14	Guide Rod	4	64	M10 x 2" Allen Bolt	8
15	Hanger Bracket	2	65	M10 x 1 ¾" Allen Bolt	6
16	Hanger	1	66	M10 x 1" Allen Bolt	4
17	Cable	2	67	M10 x ¾" Allen Bolt	8
18	U-shaped Pulley Bracket	2	68	M6 x 1 ¾" Allen Bolt	24
19	Selector Stem	2	69	M10 x 1 5/8" Allen Bolt	2
20	Weight Selector Pin	2	70	M5 x 5/8" Allen Bolt	10
21	L-shaped Cable Retainer	6	71	M5 x 3/8" Allen Bolt	2
22	Lock Bolt	2	72	M4 x 3/8" Philips Screw	4
23	Ø 2" Tension Adjustment Plate	2	73	M6 x 5/8" Allen Bolt	16
24	Selector Rod	2	74	Ø ¾" Spring Washer	6
25	5lb Weight Plate	20	75	M10 Regular Nut	2
26	10lb Weight Plate	20	76	M10 Aircraft Nut	28
27	Ø ½" x 1" Bolt	2	77	Resistance Label Set	2
28	Swivel Pulley Bracket Bushing	4	78	M10 x 2 5/8" Allen Bolt	2
29	Pulley Carriage Lock Pin	2	79	#6 Allen Wrench (Tool)	1
30	Spring	2	80	#5 Allen Wrench (Tool)	1
31	Single Handle	2	81	#4 Allen Wrench (Tool)	1
32	Right Outer Cover	1	82	#17 Crossing Wrench (Tool)	1
33	Left Outer Cover	1			
34	Right Inner Cover	1			
35	Left Inner Cover	1			
36	Height Adjustment Handle	2			
37	Ankle Strap	1			
38	Guide Rod Ring Cap	4			
39	Ø ¾" x Ø ½" Lock Switch Bushing	4			
40	Cover Spacer	24			
41	Pulley Carriage Sleeve	4			
42	Clamp Bracket	4			
43	Selector Stem Sleeve	4			
44	M6 x 5/8" Allen Bolt	4			
45	2 ¾" x 2" End Cap	2			
46	4" x 1 ¾" End Cap	4			
47	Flip Exercise Chart	1			
48	Pulley	10			
49	Rubber Bumper	4			
50	Large Pulley	6			

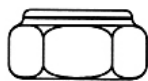
MULTI-PURPOSE BENCH HARDWARE PACK



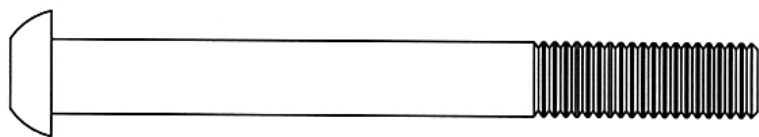
#3 Ø $\frac{3}{4}$ " Washer (Qty 8)



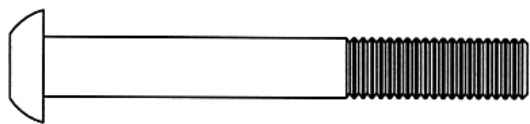
#6 Ø $\frac{5}{8}$ " Washer (Qty 7)



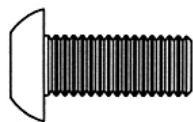
#28 M10 Aircraft Nut (Qty 4)



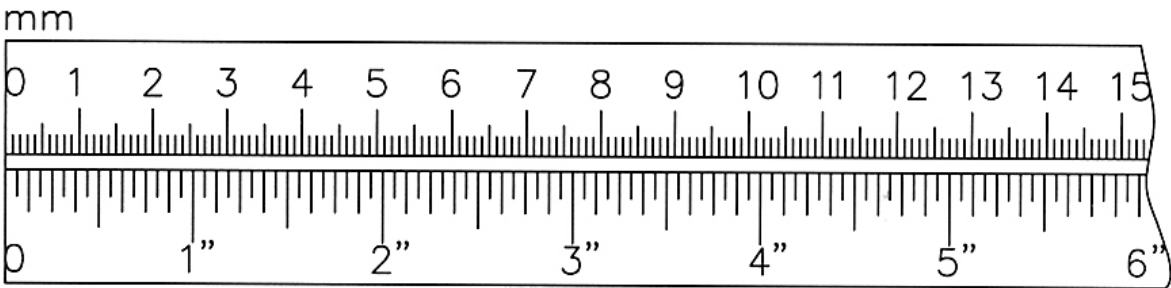
#29 M10 x 3 $\frac{3}{4}$ " Allen Bolt (Qty4)



#37 M8 x 2 $\frac{5}{8}$ " Allen Bolt (Qty3)



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



MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: One Adjustable Wrench and Allen Wrenches.

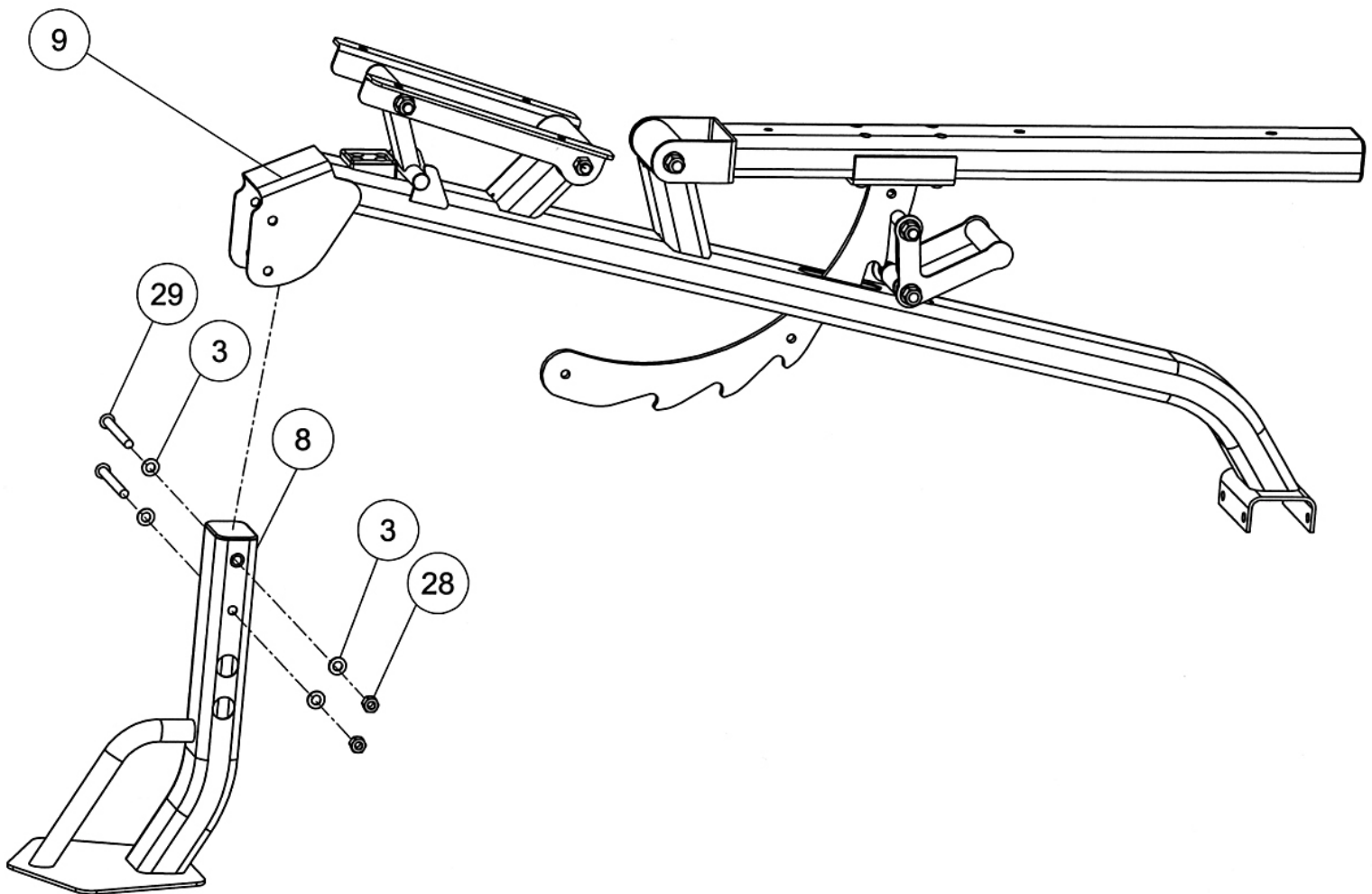
NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

A.) Attach the Main Seat Support (#9) onto the Front Post (#8).

B.) Secure it with two M10 x 3 ¾" Allen Bolts (#29), four Ø ¾" Washers (#3), and two M10 Aircraft Nuts (#28).

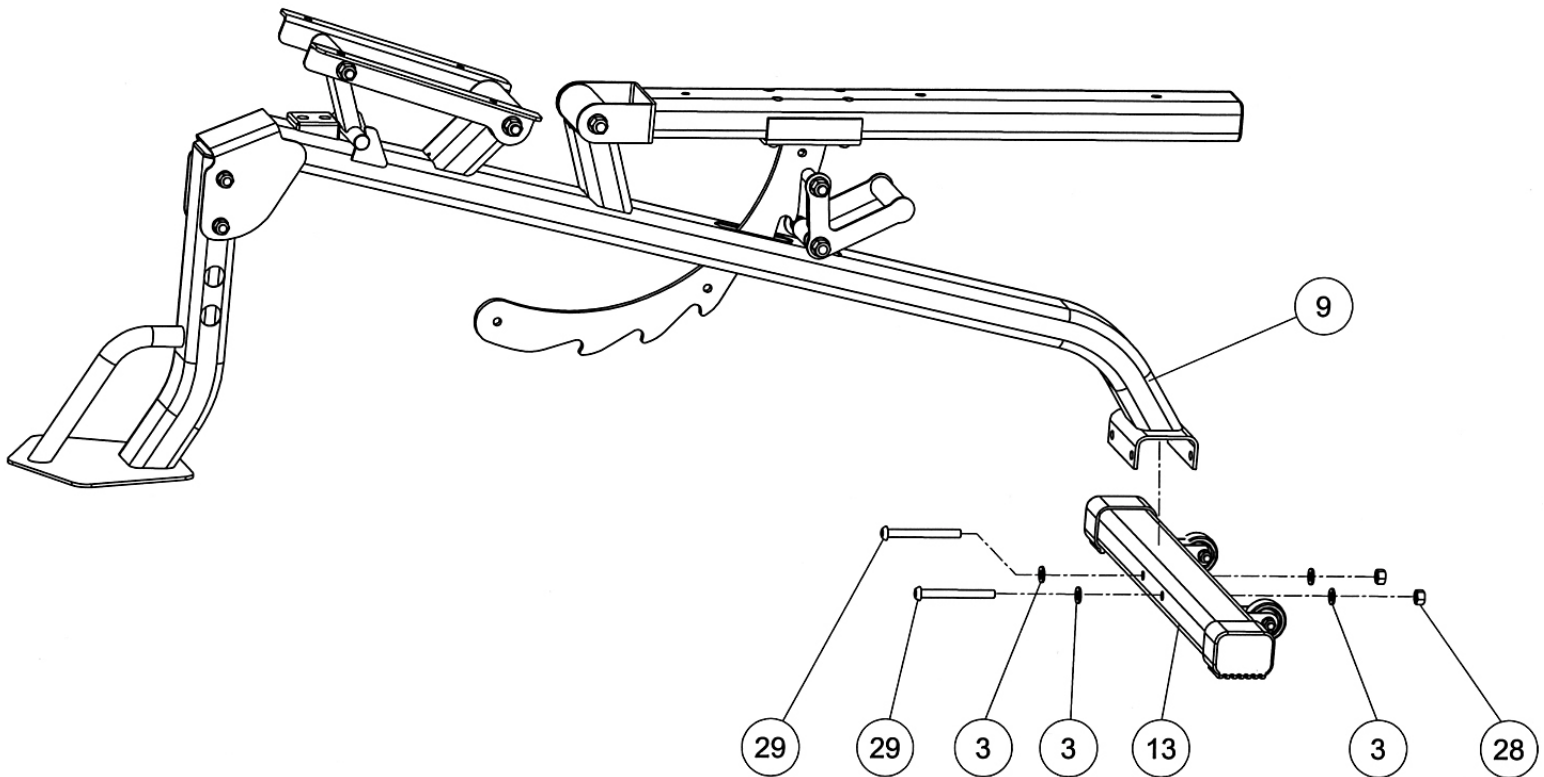
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#9) onto the Rear Stabilizer (#13).
- B.) Secure it with two M10 x 3 ¾" Carriage Bolts (#29), four Ø ¾" Washers (#3), and two M10 Aircraft Nuts (#28).
- C.) Securely tighten all Nuts and Bolts installed.

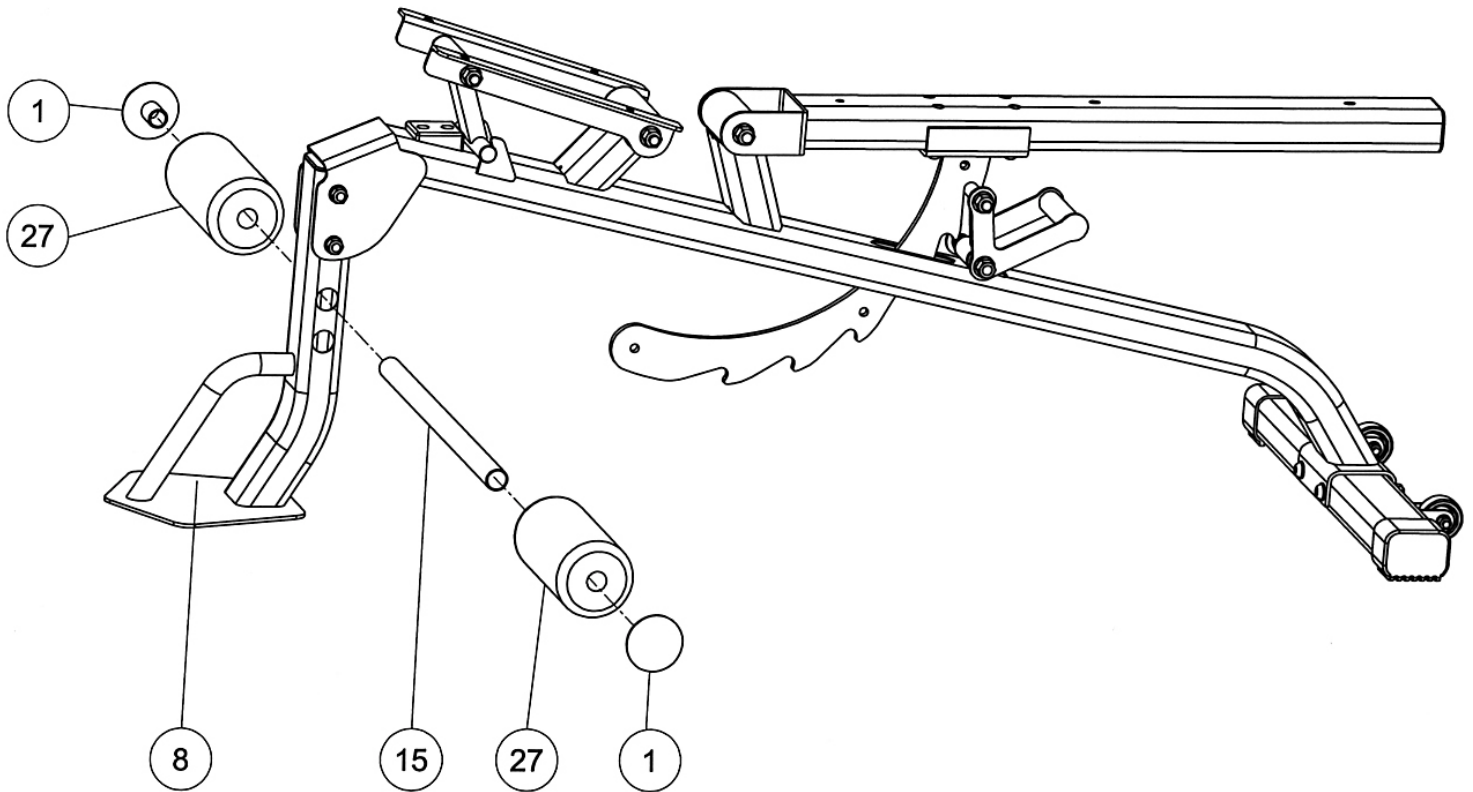
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Insert the Foam Tube (#15) halfway through the hole on the Front Post (#8).
- B.) Push two Foam Rolls (#27) onto the Tube from both ends. Plug two Foam Roll End Caps (#1) into the ends.

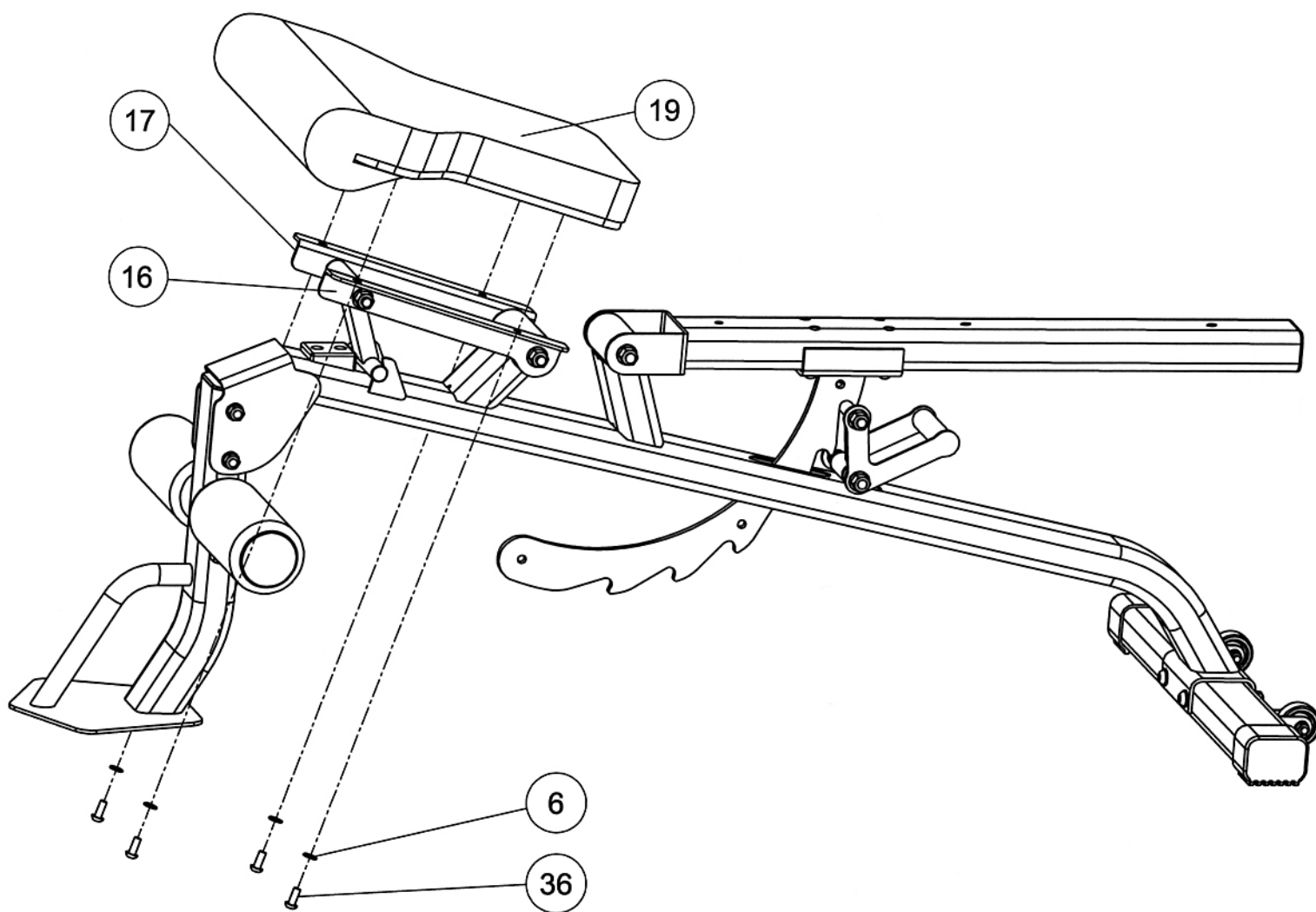
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Place the Seat Pad (#19) onto the Left & Right Seat Brackets (#16 & #17).
- B.) Secure it with four M8 x $\frac{3}{4}$ " Allen Bolts (#36) and \varnothing 5/8" Washers (#6).

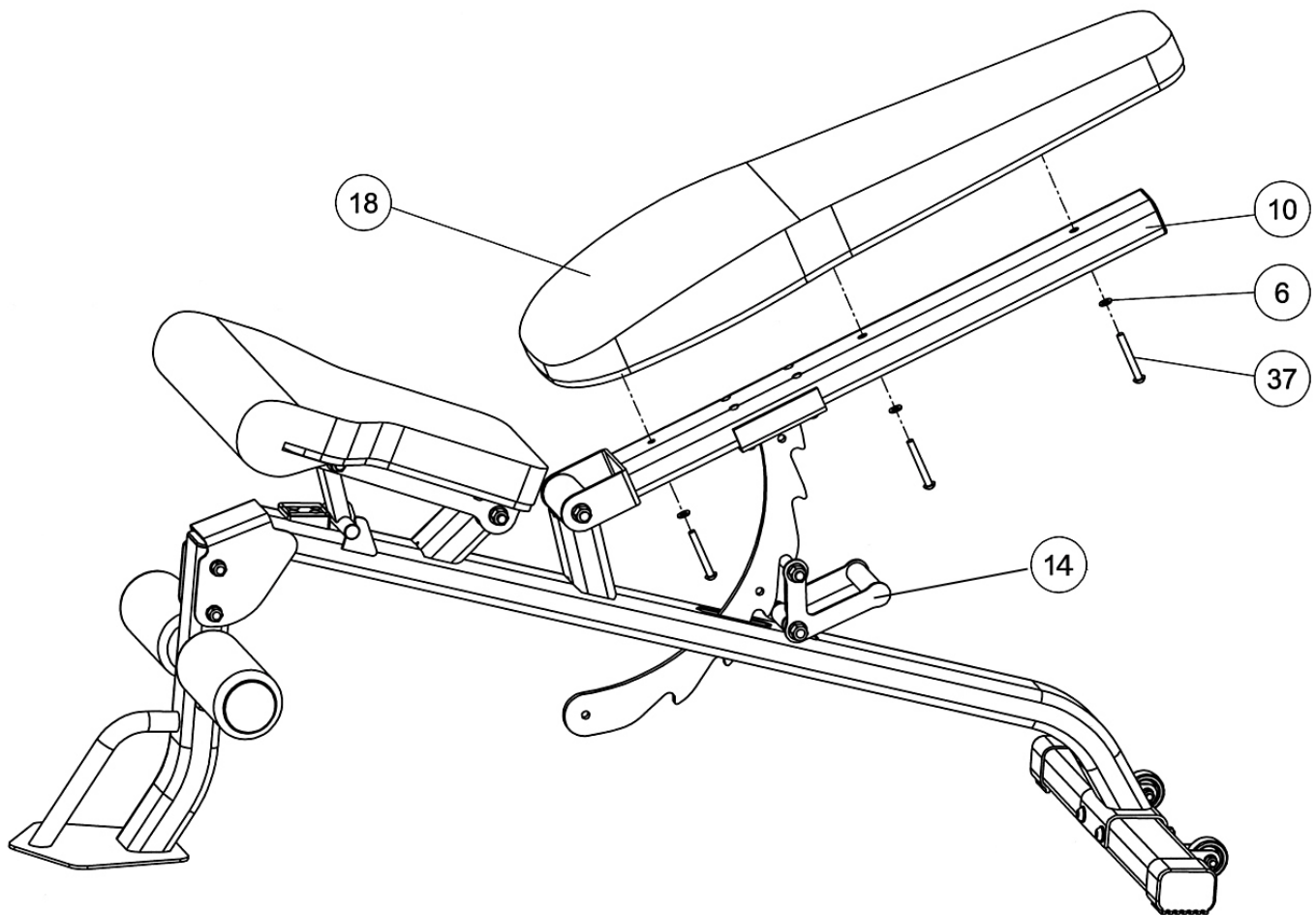
DIAGRAM 4



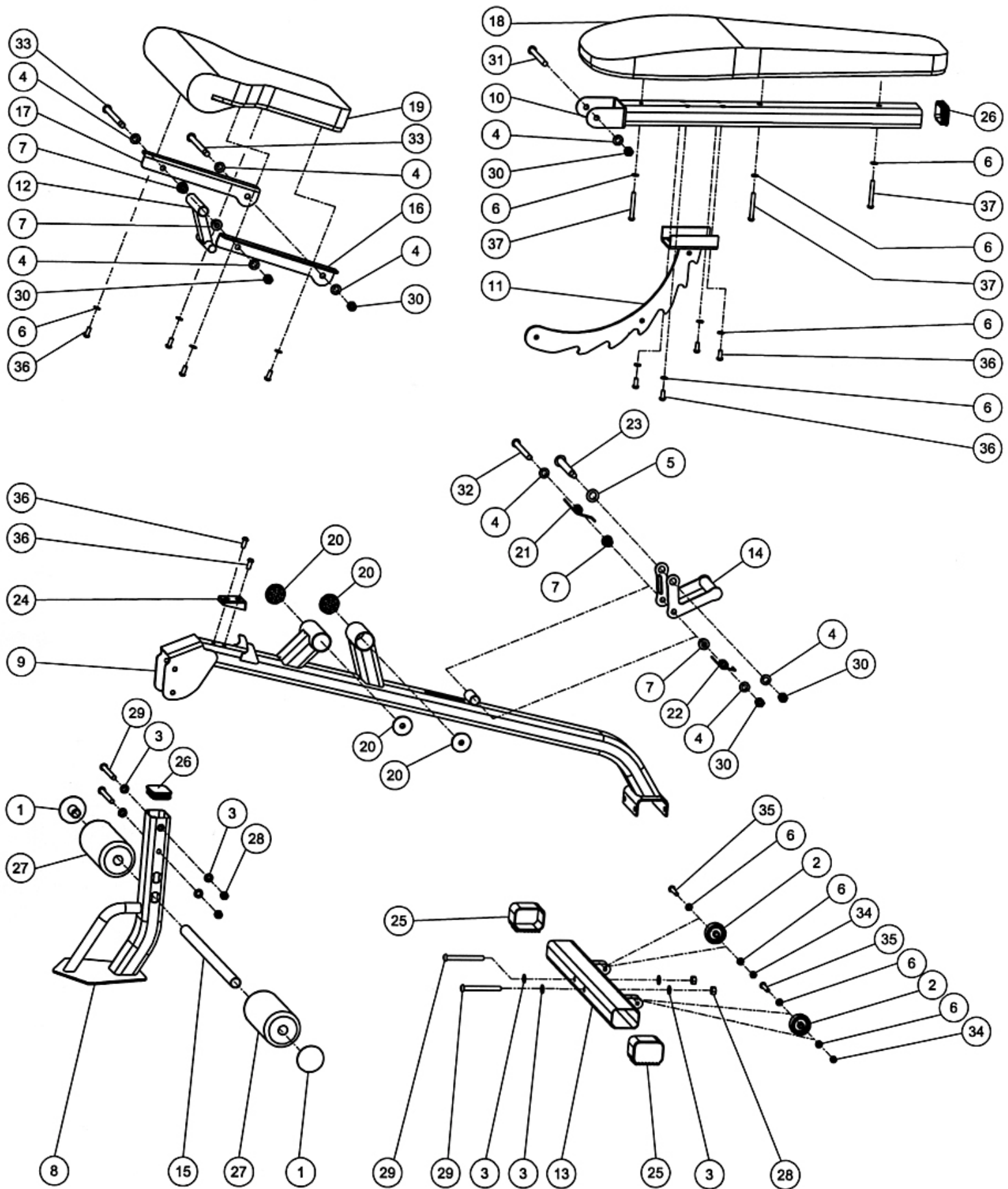
STEP 5 (See Diagram 5)

- A.) Attach the Backrest Board (#18) to the Backrest Support (#10).
- B.) Secure it with three M8 x 2 5/8" Allen Bolts (#37) and Ø 5/8" Washers (#6).
- C.) When adjusting the Backrest Board to an incline position, simply pull up the Board. When adjusting the Board to decline or flat positions, press or step down on the Backrest Adjustment Lever (#14) to disengage the Lever to allow the Board to go down.

DIAGRAM 5



MULTI-PURPOSE BENCH EXPLODED DIAGRAM



MULTI-PURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Foam Roll End Cap	2
2	Wheel	2
3	Ø ¾" Washer	8
4	Ø 1" Washer	8
5	Ø 1 3/8" Washer	1
6	Ø 5/8" Washer	15
7	Ø 1" Bushing	4
8	Front Post	1
9	Main Seat Support	1
10	Backrest Support	1
11	Backrest Incline Support	1
12	Seat Incline Support	1
13	Rear Stabilizer	1
14	Backrest Adjustment Lever	1
15	Foam Tube	1
16	Seat Left Bracket	1
17	Seat Right Bracket	1
18	Backrest Board	1
19	Seat Pad	1
20	Ø 1 7/8" Bushing	4
21	Right Lever Spring	1
22	Left Lever Spring	1
23	M12 x 5" x Ø 1 3/8" Allen Bolt	1
24	Bracket	1
25	2 ¾" x 2" Outer End Cap	2
26	2 ¾" x 2" Inner End Cap	2
27	Foam Roll	2
28	M10 Aircraft Nut	4
29	M10 x 3 ¾" Allen Bolt	4
30	M12 Aircraft Nut	5
31	M12 x 4 ½" Allen Bolt	1
32	M12 x 5" Allen Bolt	1
33	M12 x 5 ½" Allen Bolt	2
34	M8 Aircraft Nut	2
35	M8 x 1 ¾" Allen Bolt	2
36	M8 x ¾" Allen Bolt	10
37	M8 x 2 5/8" Allen Bolt	3

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.

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