

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

How to use

Weight Resistance Chart

Warranty

Ordering Parts

Model
WM 1400

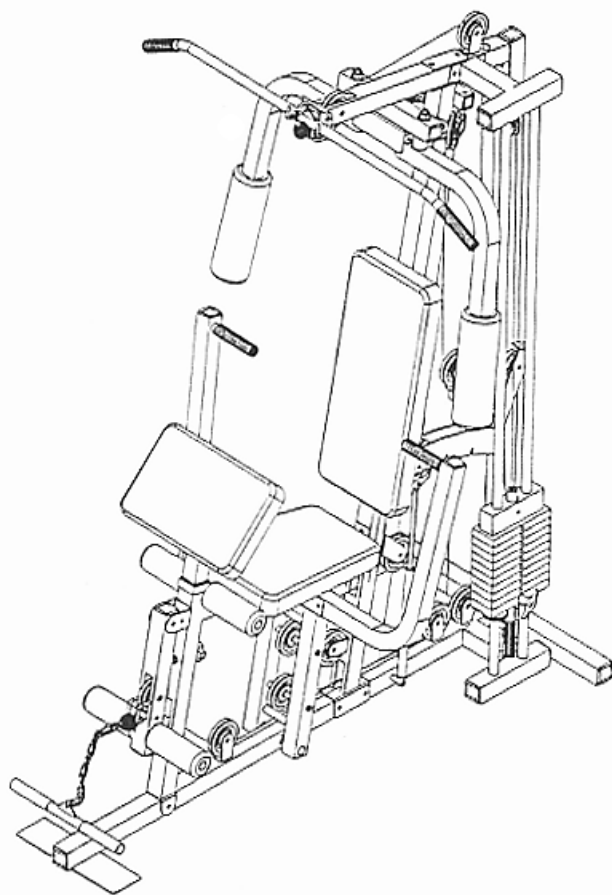
Retain This
Manual for
Reference

Revised
6-30-00

OWNER'S
MANUAL

IMPEx
F I T N E S S P R O D U C T S

POWERHOUSE HOME GYM WM 1400



IMPEX FITNESS PRODUCTS

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TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
PARTS LIST.....	16
HOW TO USE.....	17
WEIGHT RESISTANCE CHART.....	18
WARRANTY.....	19
ORDERING PARTS.....	19

BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE WM 1400 HOME GYM 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

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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.

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.

HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW
ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

M6



M8



M10



INCHES

1/2"



5/8"



3/4"



REPLACEMENT PARTS

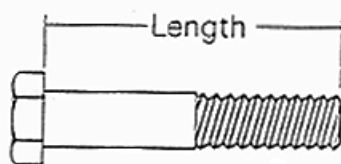
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

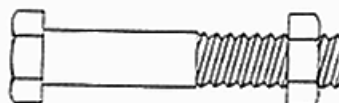


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NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



AIRCRAFT
NUT



FLAT
WASHER



ALLEN BOLT

ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches

STEP 1 (See Diagram 1)

- A.) Attach the Rear Stabilizer (#2) to the back of the Base Frame (#1). Then attach the Rear Vertical Beam (#4) to the back of the Rear Stabilizer (#2). Align the holes and secure it with two M10 x 2 3/4" Carriage Bolts (#84), two Ø3/4" Washers (#90), and two M10 Aircraft Nuts (#93). DO NOT tighten all the nuts and bolts yet.
- B.) Attach the Front Vertical Beam (#3) to the Base Frame (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#84), two Ø3/4" Washers (#90), and two M10 Aircraft Nuts (#93).
- C.) Attach the Upper Frame (#10) to the top of the Vertical Beams (#3) & (#4). Secure the front with two M10 x 2 3/4" Carriage Bolts (#84), one 4 3/4" x 2" Bracket (#55), two Ø3/4" Washers (#90), and two M10 Aircraft Nuts (#93). Secure the back with a M10 x 2 9/16" Allen Bolt (#77), Ø3/4" Washer (#90) and 4" x 2" Bracket (#54) to the top hole. Use one M10 x 2 3/4" Carriage Bolt (#84), Ø3/4" Washer (#90), and M10 Aircraft Nut (#93) to secure the bottom hole.

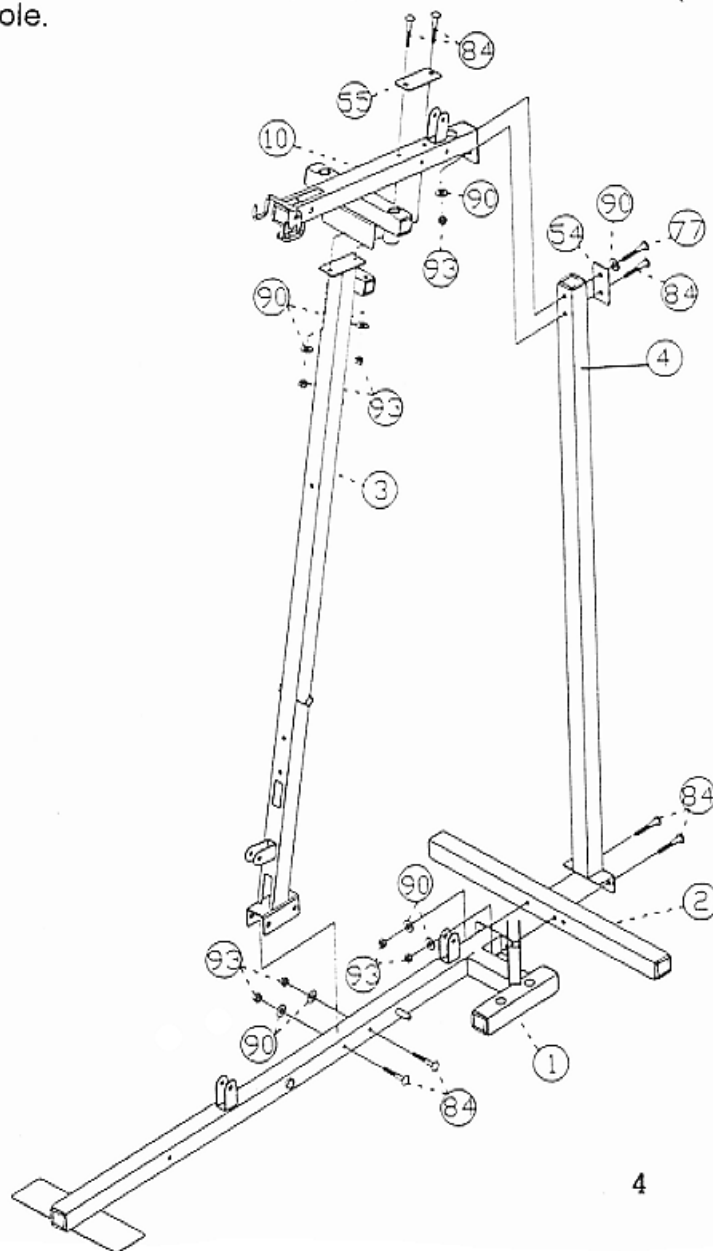
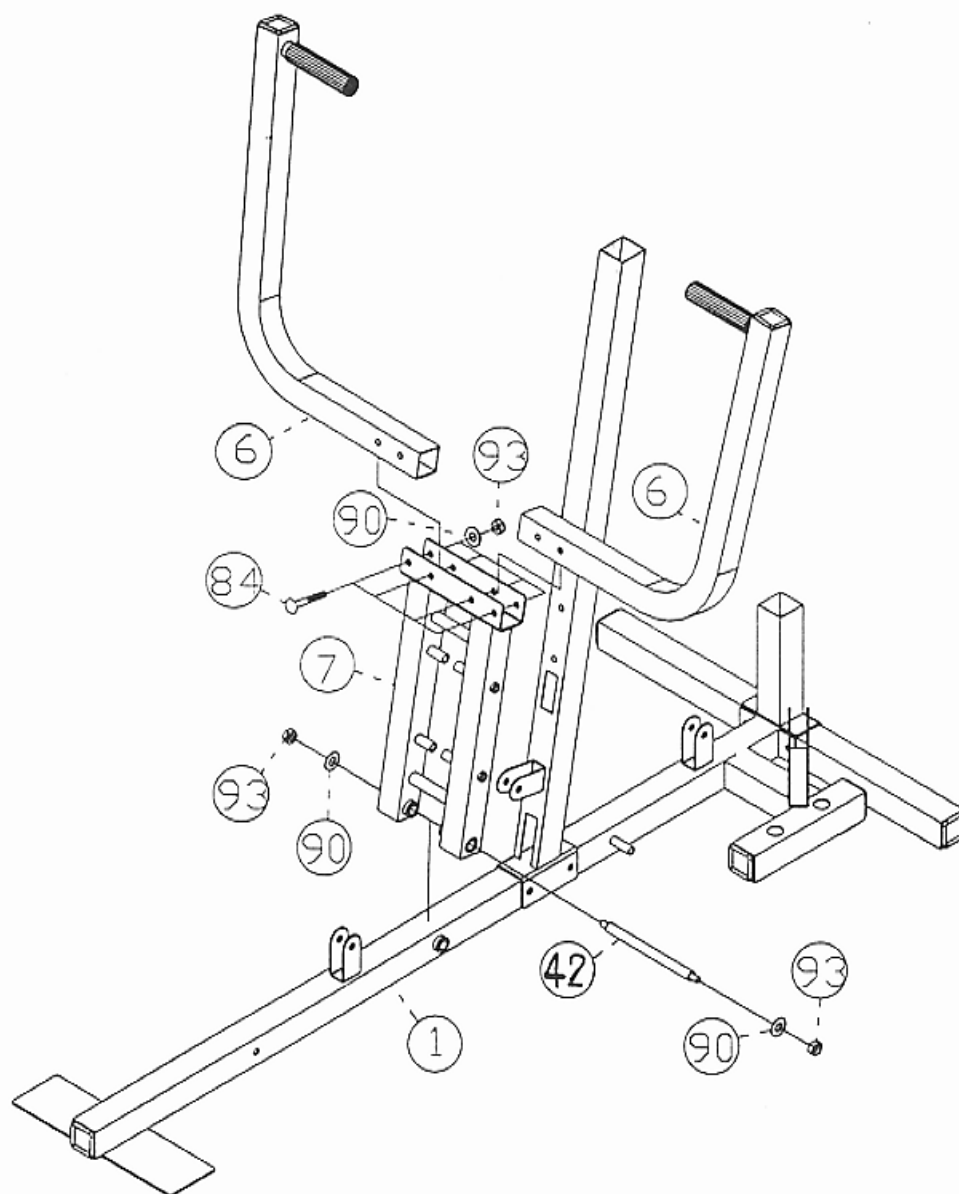


Diagram 1

STEP 2 (See Diagram 2)

- A.) Attach the Front Press Base (#7) to the Base Frame (#1). Align the holes and insert through a M10 x 8 5/8" Axle (#42). Secure the Axle with two Ø3/4" Washers (#90) and M10 Aircraft Nuts (#93).
- B.) Attach the Front Presses (#6) to the Front Press Base (#7). Secure it with four M10 x 2 3/4" Carriage Bolts (#84), four Ø3/4" Washers (#90), and four M10 Aircraft Nuts (#93).

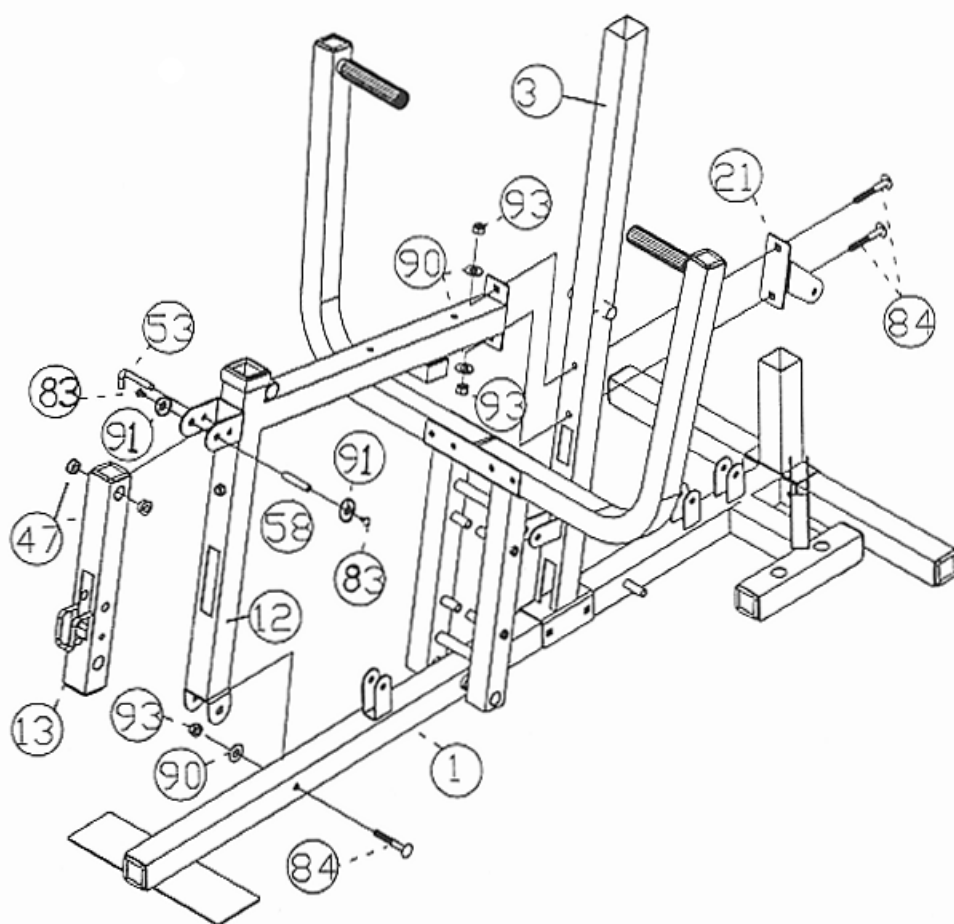
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Seat Support (#12) to the Base Frame (#1) and Front Vertical Beam (#3). NOTE: Make sure the Bench Press is in front of the Stopper underneath the Seat Support. Secure the Base with a M10 x 2 3/4" Carriage Bolt (#84), Ø3/4" Washer (#90), and M10 Aircraft Nut (#93). Attach the Pulley Bracket (#21) to the back of the Front Vertical Beam (#3). Then secure the Vertical Beam with two M10 x 2 3/4" Carriage Bolts (#84), two Ø3/4" Washers (#90), and two M10 Aircraft Nuts (#93).
- B.) Attach two Ø1/2" Bushings (#47) to the hole on the top of the Leg Developer (#13). Attach the Leg Developer (#13) to the bracket on the top of the Seat Support (#12). Insert a Ø1/2" x 2 1/2" Axle (#58). Secure it with two M8 x 5/8" Allen Bolts (#83) and Ø1/2" Washers (#91).
- C.) Insert the L Shaped Pin (#53) to secure the Leg Developer in position. Remove the Pin when using the Leg Developer.

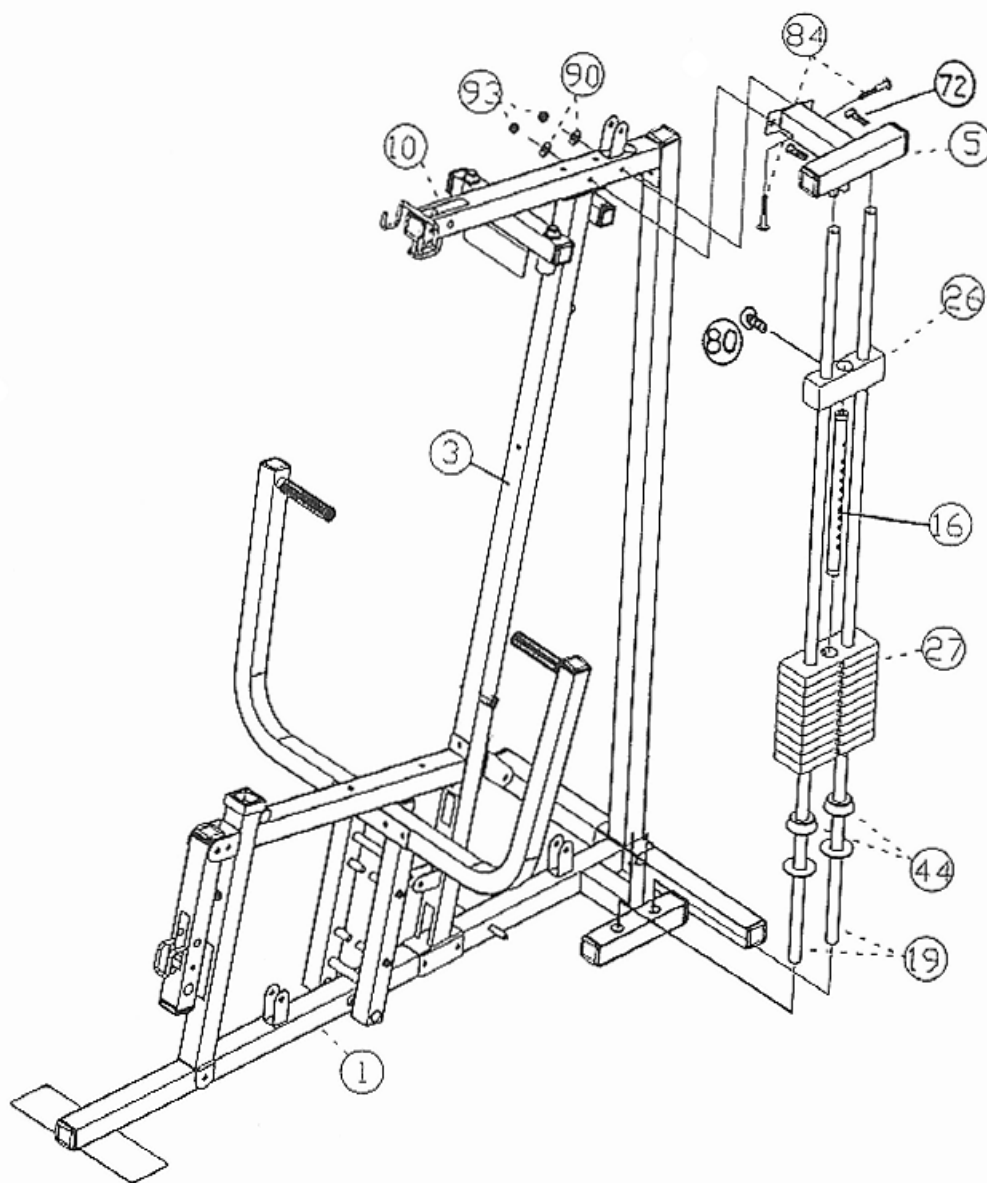
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Slide two Rubber Bumpers (#44) onto the two Weight Plate Guide Rods (#19). Insert the two Rods to the hole on the Base Frame (#1).
- B.) Slide ten Weight Plates (#27) from the top of the Guide Rods (#19) down to the Bumper. NOTE: The groove on the Plates should always face towards the left side of the machine. Insert the Selector Rod (#16) into the center hole on the Plates. Slide the Selector Stem (#26) onto the Guide Rods (#19). Align the hole and secure the Selector Stem (#26) to the Selector Rod (#16) with a M10 x 1" Allen Bolt (#80).
- C.) Attach the Top Socket Assembly (#5) to the top of the Guide Rods (#19). Secure it to the Upper Frame (#10) with two M10 x 2 3/4" Carriage Bolts (#84), Ø3/4" Washers (#90), and M10 Aircraft Nuts (#93).
- D.) Securely tighten all the Nuts and Bolts previously installed.
- E.) Attach two M6 x 5/8" Screws (#72) to the Top Socket Assembly (#5). Only finger tightening these two screws.

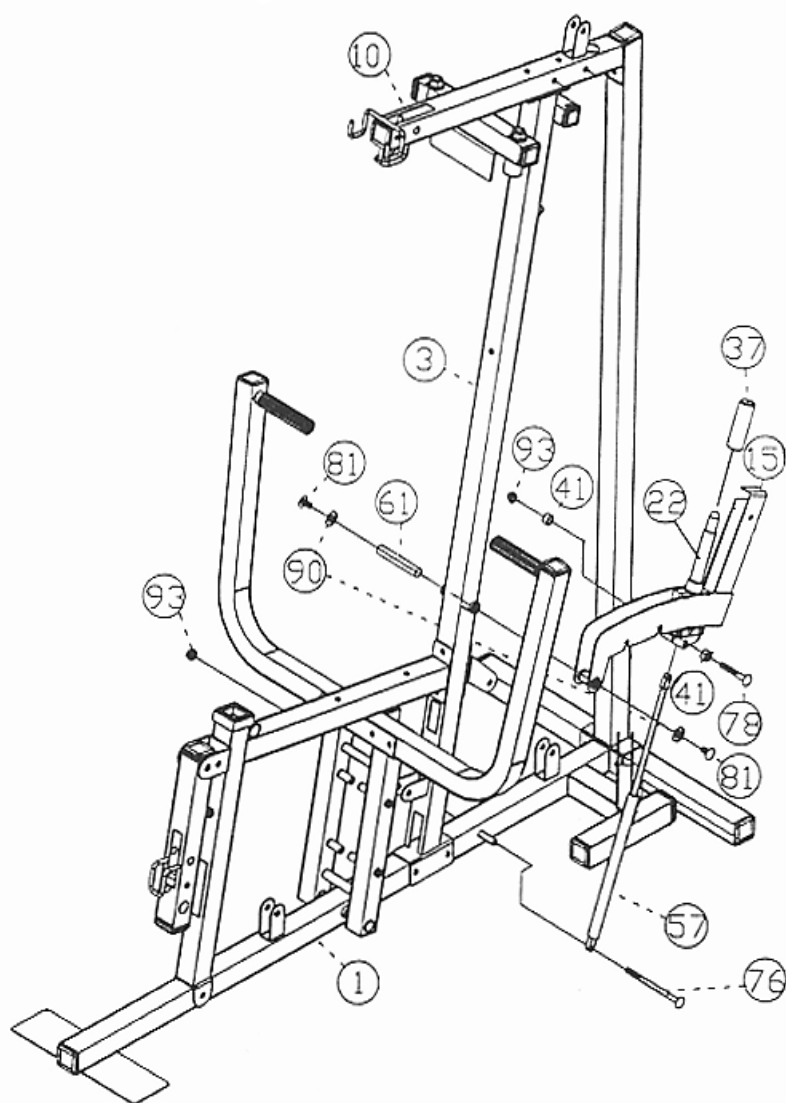
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Power Booster Frame (#15) to the Front Vertical Beam (#3). Align the holes and insert a $\varnothing 5/8"$ x $5\ 3/8"$ Axle (#61). Secure it with two M10 x $5/8"$ Allen Bolts (#81) and $\varnothing 3/4"$ Washers (#90).
- B.) Attach the top of the Air Shock (#57) to the bottom of the Booster Frame. Insert two $\varnothing 1/2"$ Bushings (#41) from both sides. Align the holes and insert a M10 x $1\ 3/4"$ Allen Bolt (#78). Secure the Bolt with a M10 Aircraft Nut (#93).
- C.) Attach the bottom of the Air Shock (#57) to the Base Frame (#1). Secure it with a M10 x $5"$ Allen Bolt (#76).
- D.) Lubricate the inside of the Foam Grip (#37) with water. Slide the Grip onto the Handle (#22) on the Booster Frame.

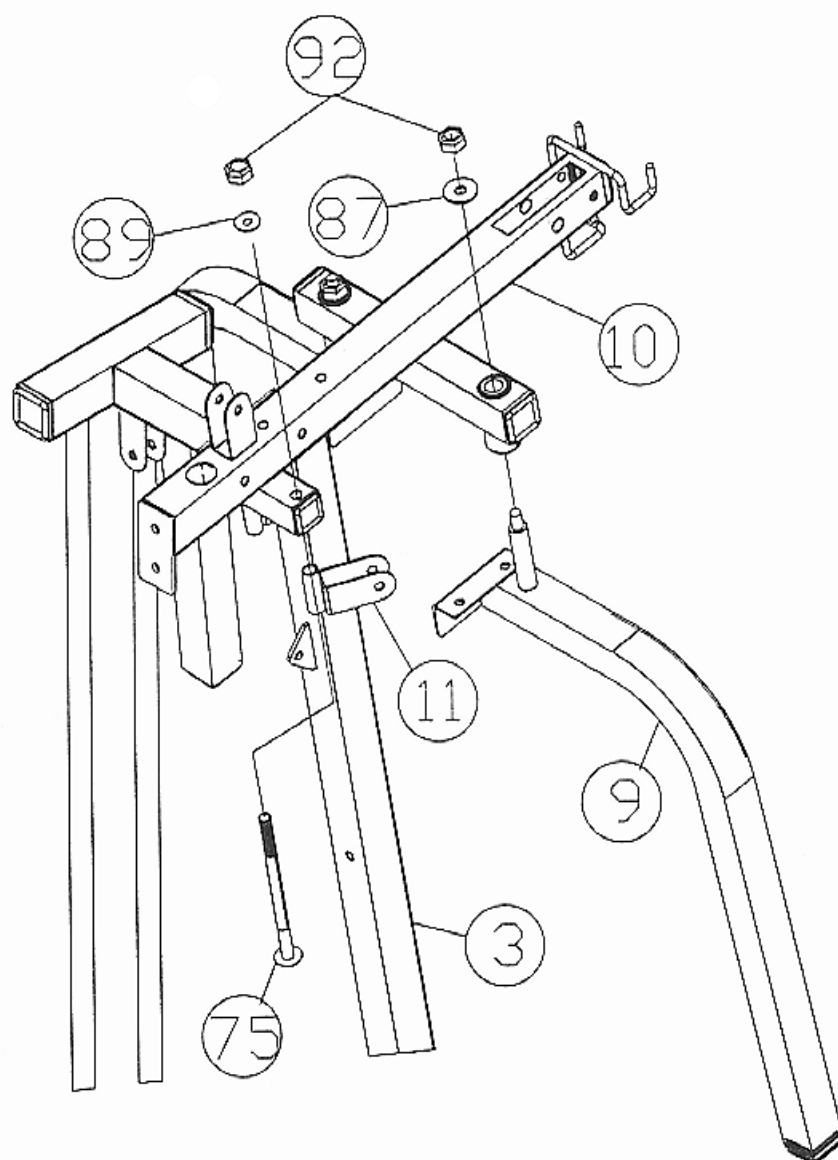
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Attach the Right Butterfly (#9) to the Upper Frame (#10). Secure it with a $\varnothing 1 \frac{1}{2}$ " Washer (#87) and M12 Aircraft Nut (#92).
- B.) Repeat the above Step (A) to install the Left Butterfly Arm (#9).
- C.) Attach a Butterfly Pulley Bracket (#11) to the hole on the top of the Front Vertical Beam (#3). Secure it with a M12 x 4 3/8" Bolt (#75), $\varnothing 7/8$ " Washer (#89), and M12 Aircraft Nut (#92). DO NOT over tighten the nut and bolt. Make sure the Bracket is able to swivel.
- D.) Repeat Step (C) above to install the other Pulley Bracket on the left side.

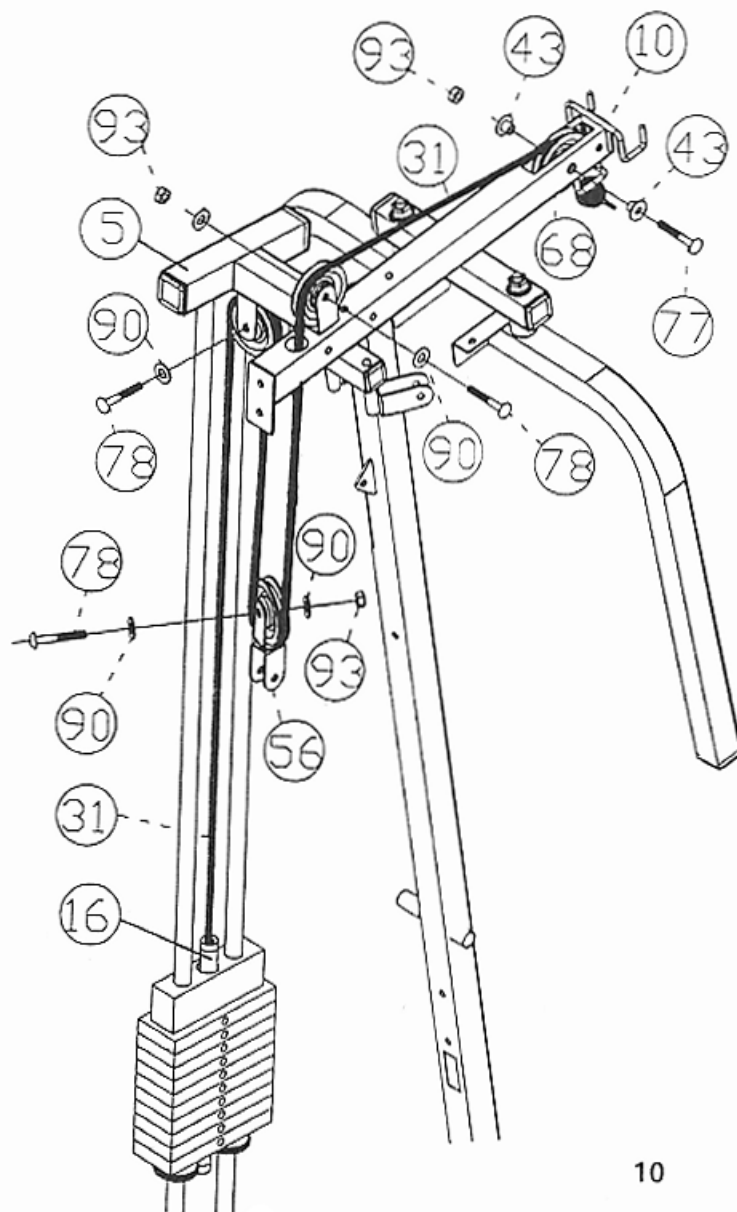
DIAGRAM 6



STEP 7 (See Diagram 7)

- A.) Insert the 110" Upper Cable (#31) through the opening in the front of the Upper Frame (#10). Note: The Ball Stopper on the Cable should be underneath the Frame. Attach a Pulley (#68) to the opening and secure it with one M10 x 2 9/16" Allen Bolt (#77), two Ø7/8" x 5/8" Bushings (#43), and one M10 Aircraft Nut (#93).
- B.) Draw the Cable (#31) towards back of the machine and insert through the opening on the back of the Upper Frame (#10). Attach a Pulley (#68) to the bracket next to the opening. Secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- C.) Attach a Pulley (#68) and Double Floating Pulley Bracket (#56) to the Cable (#31). Secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- D.) Draw the Cable (#31) towards the bracket on the bottom of the Top Socket Assembly (#5). Attach a Pulley (#68) to the bracket and secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- E.) Draw the Cable (#31) downward towards the weight stack. Screw the Cable into the top opening on the Selector Rod (#16).

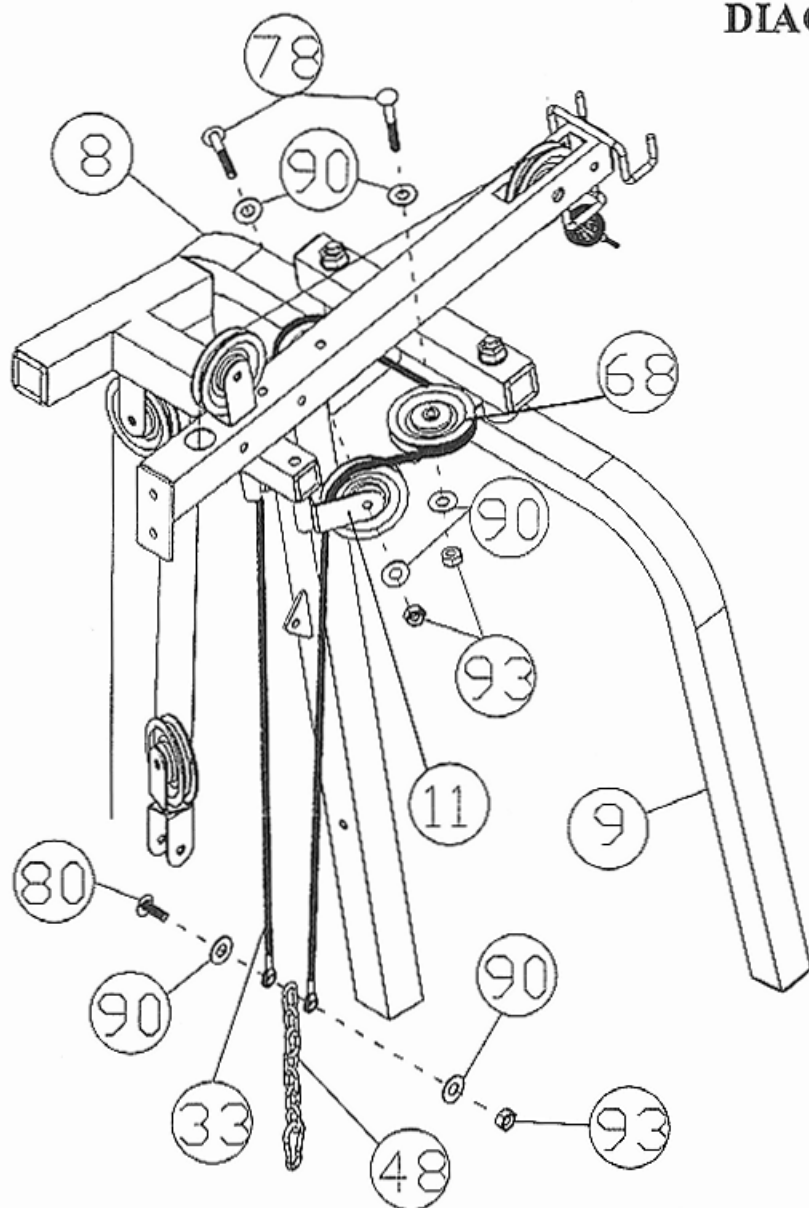
DIAGRAM 7



STEP 8 (See Diagram 8)

- A.) Attach a Pulley (#68) to the bracket on the Right Butterfly (#9). Secure it with a M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- B.) Repeat above Step (A) to install another Pulley to the Left Butterfly.
- C.) Attach the 82" Butterfly Cable (#33) to the Butterfly Pulley Bracket (#11). Install a Pulley (#68) and secure it with a M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- D.) Draw the Cable over the Pulley on the Right Butterfly (#9) towards the Left Butterfly. Then repeat Step C to install another Butterfly Pulley Bracket (#11) on the left side.
- E.) Draw the Cable downward until both ends come together. Install a Chain in between the cable ends. Secure it with a M10 x 1" Allen Bolt (#80), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93). Let the Chain hanging for now.

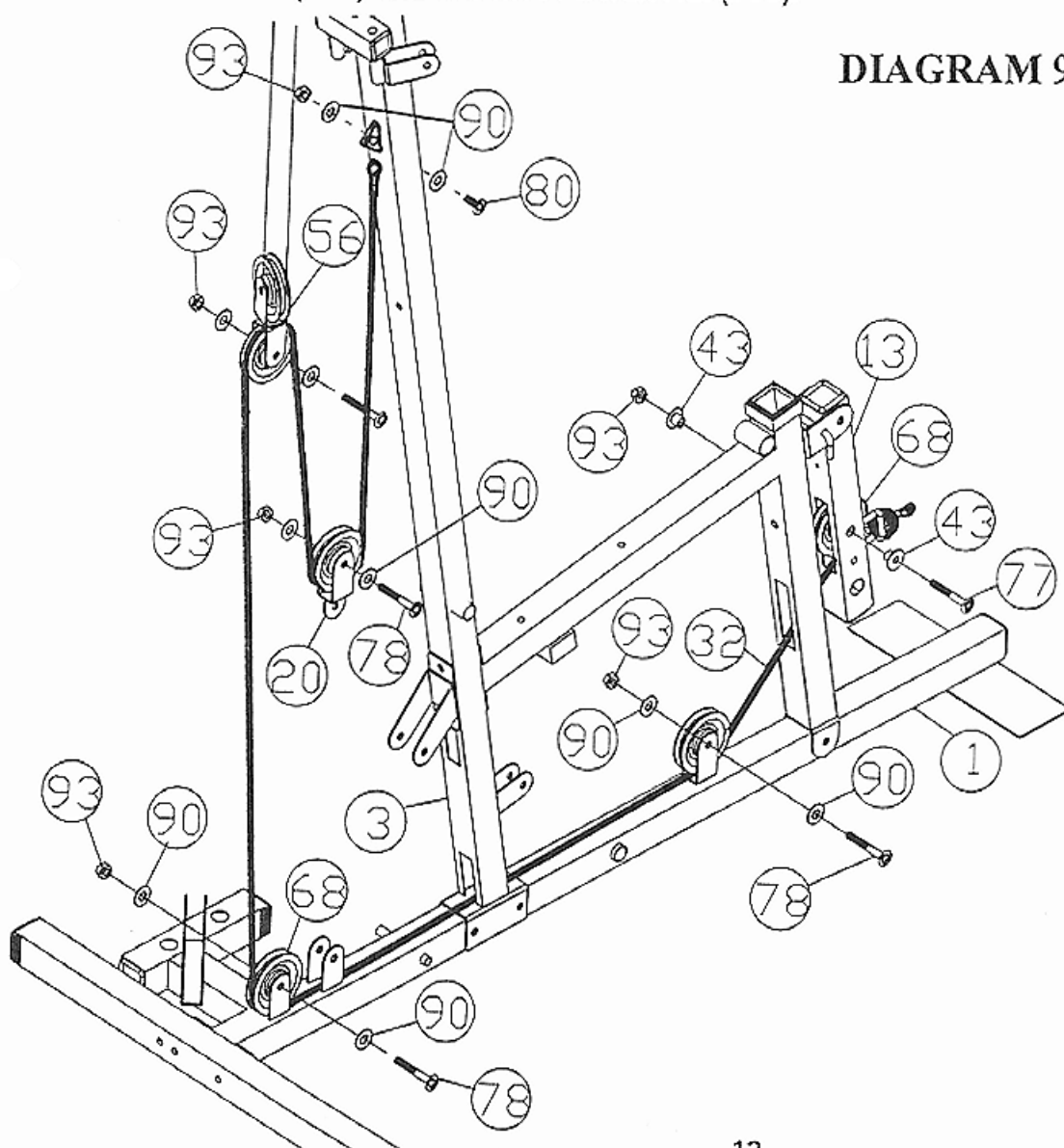
DIAGRAM 8



STEP 9 (See Diagram 9)

- A.) Insert the 150" Lower Cable (#32) through the opening on the bottom of the Leg Developer (#13). Note: The Ball Stopper on the Cable should be in front of the Leg Developer. Attach a Pulley (#68) to the opening and secure it with one M10 x 2 9/16" Allen Bolt (#77), two Ø7/8" x 5/8" Bushings (#43), and one M10 Aircraft Nut (#93).
- B.) Draw the Cable to the bracket on the top of the Base Frame (#1). Attach a Pulley (#68) to the bracket and secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- C.) Draw the Cable through the opening on the bottom of the Front Vertical Beam (#3) towards the back of the machine.
- D.) Draw the Cable along the top of the Base Frame (#1) to the second bracket on the back. Install another Pulley repeating Step B.
- E.) Pull the Cable upward towards the Double Floating Pulley Bracket (#56) which was installed previously in STEP 7. Install another Pulley.
- F.) Draw the Cable downward and install another Pulley with a Single Floating Pulley Bracket (#20). Let the Bracket and Pulley hanging for now.
- G.) Pull the Cable upward to the small triangular bracket on the back of the Front Vertical Beam (#3). Secure it with a M10 x 1" Allen Bolt (#80), two Ø3/4" Washers (#90) and one M10 Aircraft Nut (#93).

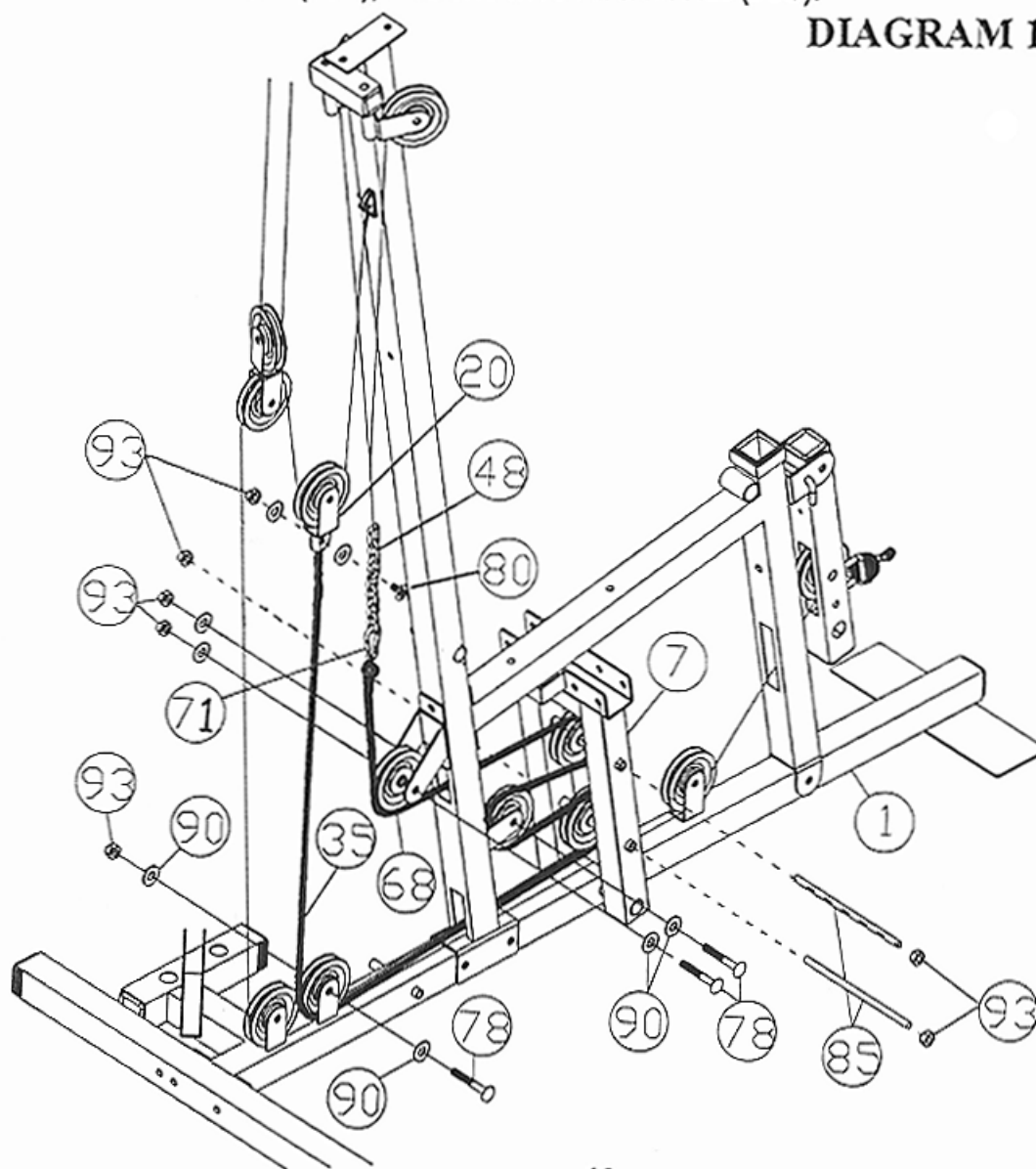
DIAGRAM 9



STEP 10 (See Diagram 10)

- A.) Attach the 104.5" Bench Press Cable (#35) to the Chain (#48) previously installed in STEP 8. Secure it with a Clip (#71). NOTE: The Chain can be used to adjust the tightness of the Cable loop. After completing the set up, if the Cables were too loose, shorten the Chain to tighten the loop.
- B.) Draw the Cable downward to the bracket on the back of the Front Vertical Frame (#3). Install a Pulley. Then pull the Pulley through the opening to the Front Press Base (#7). Attach a Pulley (#68) to the Cable. Insert the M10 x 8 1/2" Axle (#85) through the hole on the Base. Secure the Axle with two M10 Aircraft Nuts (#93).
- C.) Draw the Cable around the Pulley back to the bracket on the Front Vertical Beam. Install another Pulley.
- D.) Draw the Cable back to the bottom of the Front Press Base (#7). Install another Pulley by repeating STEP B above.
- E.) Pull the Pulley towards back of the machine through the opening on the bottom of the Front Vertical Beam (#3) to the bracket. Install another Pulley.
- F.) Draw the Cable upwards to the Single Floating Pulley Bracket (#20) previously installed in STEP 9. Secure it with a M10 x 1" Allen Bolt (#80), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).

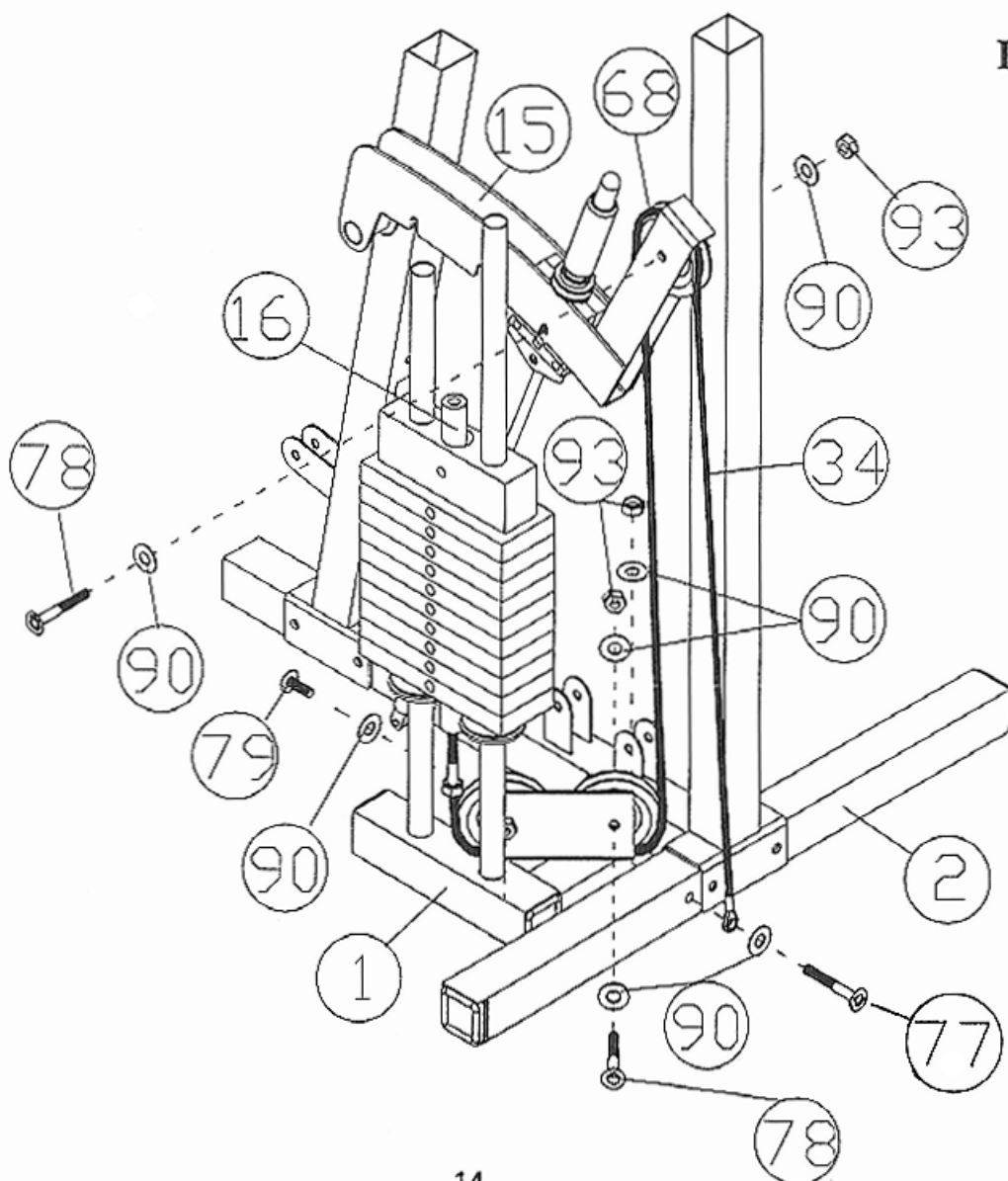
DIAGRAM 10



STEP 11 (See Diagram 11)

- A.) Attach the end of the 74.5" Power Booster Cable (#34) to the Rear Stabilizer (#2). Secure it with a M10 x 2 9/16 Allen Bolt (#77), two Ø3/4" Washers (#90) and one M10 Aircraft Nut (#93).
- B.) Pull the Cable upward to the Power Booster Frame (#15). Install a Pulley (#68). Secure it with a M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90), and one M10 Aircraft Nut (#93).
- C.) Draw the Cable over the Pulley downward towards the bracket on the Base Frame (#1). Install a Pulley and secure it with a M10 x 1 3/4" Allen Bolt (#78), two Ø3/4" Washers (#90) and one M10 Aircraft Nut (#93).
- D.) Continue pulling the Cable to the left towards the bottom of the weight stack. Install another Pulley. Secure it with a M10 x 1 5/8" Allen Bolt (#79) and Ø3/4" Washer (#90). Note: There is no Nut needed for this step. The Nut is already welded on the bracket.
- E.) Pull the Cable upward and screw it into the bottom of the Selector Rod (#16). NOTE: The Screw only needs to go into the Rod by 1/2". After a period of time using the machine, the Cable will get loose. When the Cable gets loose, screw the nut further into the Rod.

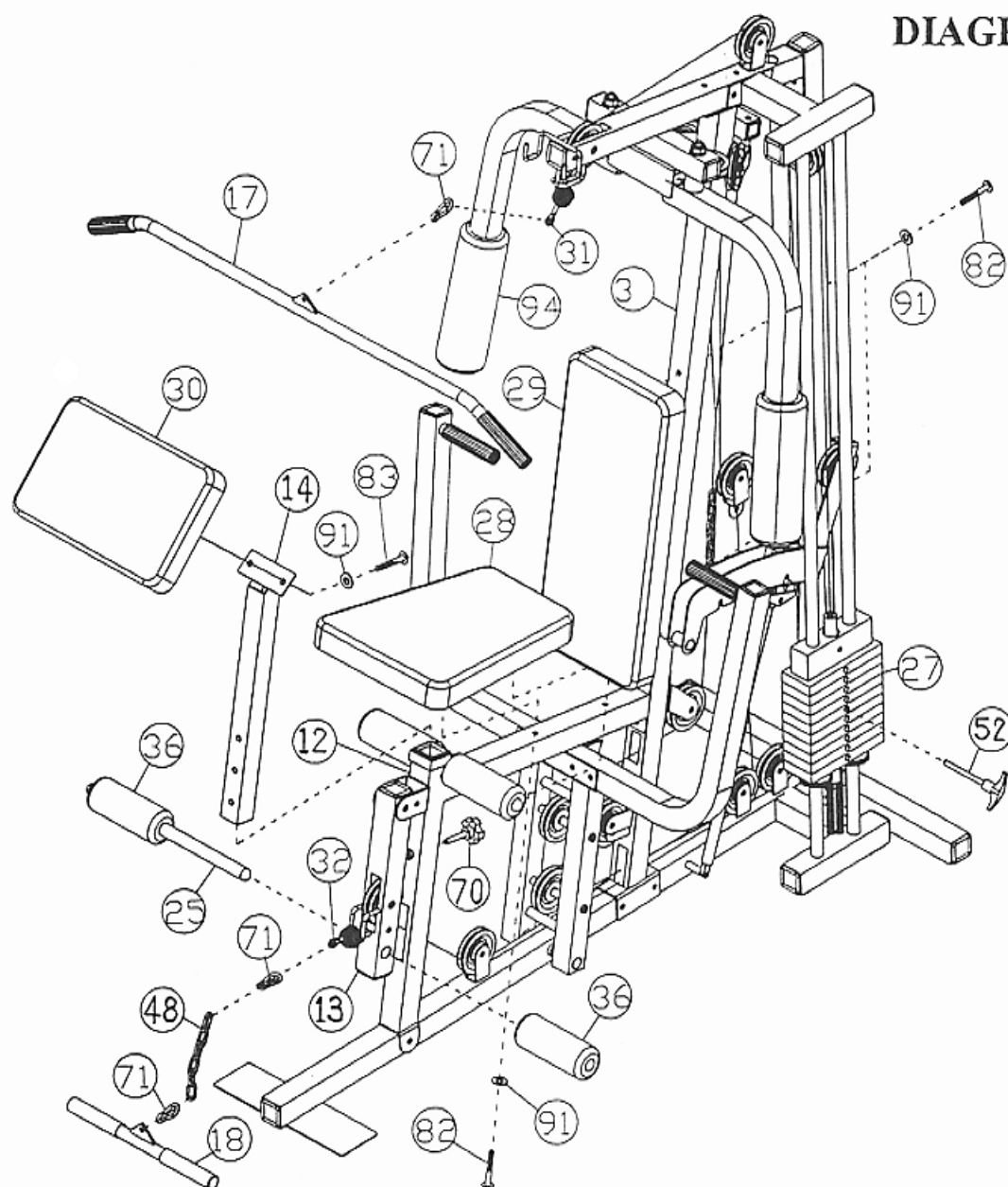
DIAGRAM 11



STEP 12 (See Diagram 12)

- A.) Attach the Seat (#28) to the Seat Support (#12). Secure it with two Ø1/2" Washers (#91), and M8 x 2 9/16" Allen Bolts (#82).
- B.) Attach the Backrest Pad (#29) to the Front Vertical Beam (#3). Secure it with two Ø1/2" Washers (#91), and M8 x 2 9/16" Bolts (#82).
- C.) Attach the Arm Curl Pad (#30) to the Arm Curl Stand (#14). Secure it with two Ø1/2" Washers (#91) and M8 x 5/8" Allen Bolts (#83). Insert the Arm Curl Stand into the opening in front of the Seat. Secure it with a Knob Bolt (#70) underneath the Seat.
- D.) Insert two Foam Roll Tubes (#25) halfway through the holes on the Leg Developer (#13). Push four Foam Rolls (#36) onto the Tubes from both sides.
- E.) Attach the Arm Curl Handle (#18) to the Chain (#48) with a Clip (#71). Then attach the Chain to the Lower Cable (#32) with another Clip (#71). Remove the Chain when using the Leg Developer.
- F.) Attach the Lat Bar (#17) to the Upper Cable (#31) using a Clip (#71).

DIAGRAM 12



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

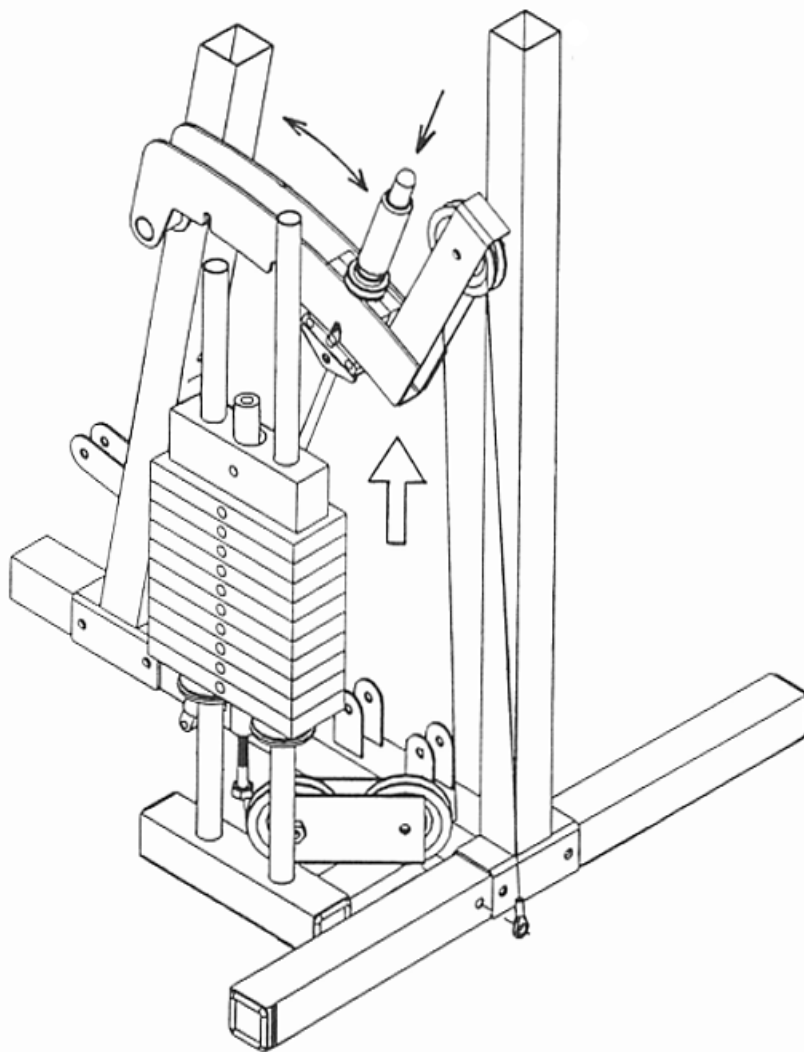
1	Base Frame	1	48	Chain	2
2	Rear Stabilizer	1	49	M30 Nut	1
3	Front Vertical Beam	1	50	Flat Washer	1
4	Rear Vertical Beam	1	51	M10 Cap	1
5	Top Socket Assembly	1	52	Weight Select Pin	1
6	Front Press	2	53	L Shape Pin	1
7	Front Press Base	1	54	4" x 2" Bracket	1
8	Left Butterfly	1	55	4 3/4" x 2" Bracket	1
9	Right Butterfly	1	56	Double Floating Bracket	1
10	Upper Frame	1	57	Air Shock	1
11	Butterfly Pulley Bracket	2	58	Ø1/2" x 2 1/2" Axle	1
12	Seat Support	1	59	Sliding Block	2
13	Leg Developer	1	60	Spring	1
14	Arm Curl Stand	1	61	Ø5/8" x 5 3/8" Axle	1
15	Power Booster Frame	1	62	1 1/2" Square Sleeve	1
16	Selector Rod	1	63	2" Square End Cap	11
17	Lat Bar	1	64	1 3/4" Square End Cap	6
18	Arm Curl Handle	1	65	1 1/2" Square End Cap	2
19	Weight Plate Guide Rod	2	66	2" Square Sleeve	1
20	Single Floating Pulley Bracket	1	67	Grip	6
21	Pulley Bracket	1	68	Pulley	21
22	Power Booster Selector Handle	1	69	Ø1" End Cap	4
23	Pop Pin	1	70	Knob Bolt	1
24	Arm Curl Handle Tube	1	71	Clip	4
25	Foam Roll Tube	2	72	M6 x 5/8" Screw	1
26	Selector Stem	1	73	M6 x 1" Allen Bolt	4
27	Weight Plate	10	74	M6 x 1 5/8" Allen Bolt	2
28	Seat	1	75	M12 x 4 3/8" Bolt	2
29	Backrest Pad	1	76	M10 x 5" Allen Bolt	1
30	Arm Curl Pad	1	77	M10 x 2 9/16" Allen Bolt	4
31	Upper Cable (110")	1	78	M10 x 1 3/4" Allen Bolt	17
32	Lower Cable (150")	1	79	M10 x 1 5/8" Allen Bolt	1
33	Butterfly Cable (82")	1	80	M10 x 1" Allen Bolt	4
34	Power Booster Cable (74.5")	1	81	M10 x 5/8" Allen Bolt	2
35	Bench Press Cable (104.5")	1	82	M8 x 2 9/16" Allen Bolt	4
36	Foam Roll	4	83	M8 x 5/8" Allen Bolt	4
37	Foam Grip	1	84	M10 x 2 3/4" Carriage Bolt	16
38	Bushing A	2	85	M10 x 8 1/2" Axle	2
39	Bushing B	2	86	M10 x 7 7/8" Axle	1
40	Bushing C	24	87	Ø1 1/2" Washer	2
41	Ø1/2" Bushing	2	88	M6 Aircraft Nut	6
42	M10 x 8 5/8" Axle	1	89	Ø7/8" Washer	2
43	Bushing for Pulley	4	90	Ø3/4" Washer	62
44	Rubber Bumper	2	91	Ø1/2" Washer	8
45	Bumper	1	92	M12 Aircraft Nut	4
46	Ø3/8" Bushing	10	93	M10 Aircraft Nut	46
47	Ø1/2" Bushing	2	94	Butterfly Foam Roll	2
			95	6mm Allen Wrench	1
			96	5mm Allen Wrench	1

HOW TO USE THE POWER BOOSTER SYSTEM

There are three settings on the Power Booster System, Light, Medium, and Heavy.

To change the setting, simply grip the handle on the Booster Frame. Push down the Button on the top with your thumb until the pin disengages. Slide the handle to the next opening then release the Button until the pin engages. See Diagram Below.

NOTE: If you found the handle difficult to slide, lubricate the frame with WD40. Also, lift up the Booster Frame while sliding the handle. (See the big arrow below.)



WM 1400 WEIGHT RESISTANCE CHART

		Number of Plates										
		0	1	2	3	4	5	6	7	8	9	10
Bench Press	Booster											
	Light	40	45	50	55	60	65	70	75	80	85	90
	Medium	95	100	105	110	115	120	125	130	135	140	145
	Heavy	150	155	160	165	170	175	180	185	190	195	200
Butterfly	Light	10	12.5	15	17.5	20	22.5	25	27.5	30	32.5	35
	Medium	37.5	40	42.5	45	47.5	50	52.5	55	57.5	60	62.5
	Heavy	65	67.5	70	72.5	75	77.5	80	82.5	85	87.5	90
Lat Pull	Light	20	25	30	35	40	45	50	55	60	65	70
	Medium	60	65	70	75	80	85	90	95	100	105	110
	Heavy	100	105	110	115	120	125	130	135	140	145	150
Leg Developer	Light	25	30	35	40	45	50	55	60	65	70	75
	Medium	50	55	60	65	70	75	80	85	90	95	100
	Heavy	100	105	110	115	120	125	130	135	140	145	150

*Numbers are approximate. Actual weight may vary.

*Value for butterfly is for each arm.

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 a 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 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
impex@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