

NOTE:
Please read all instructions
carefully before using this
product

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Model
TC-3500

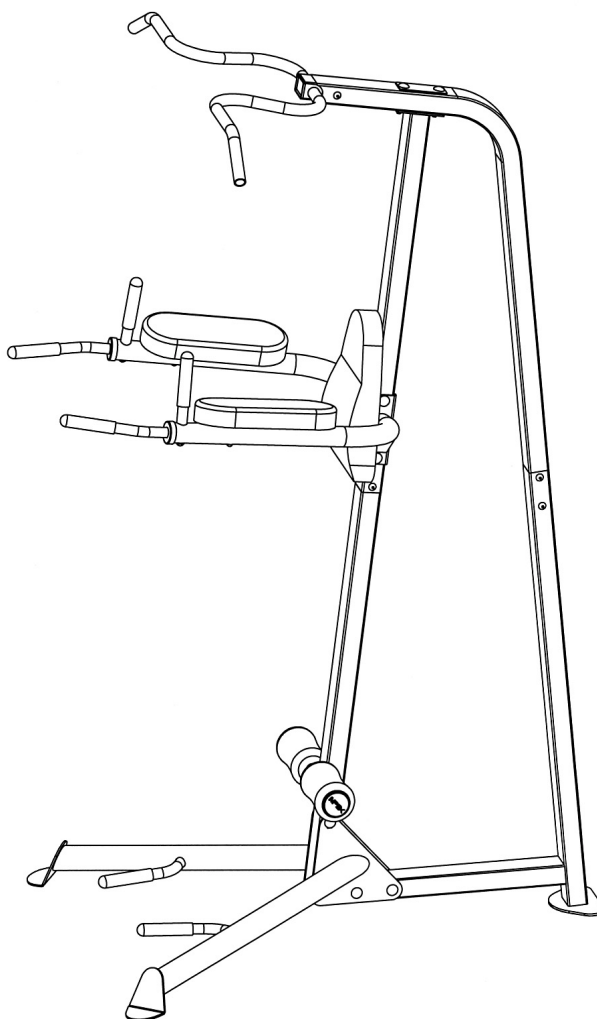
Retain This
Manual for
Reference

08-5-06

OWNER'S
MANUAL

IMPEX

APEX POWER STATION TC-3500



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the APEX TC-3500 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

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.

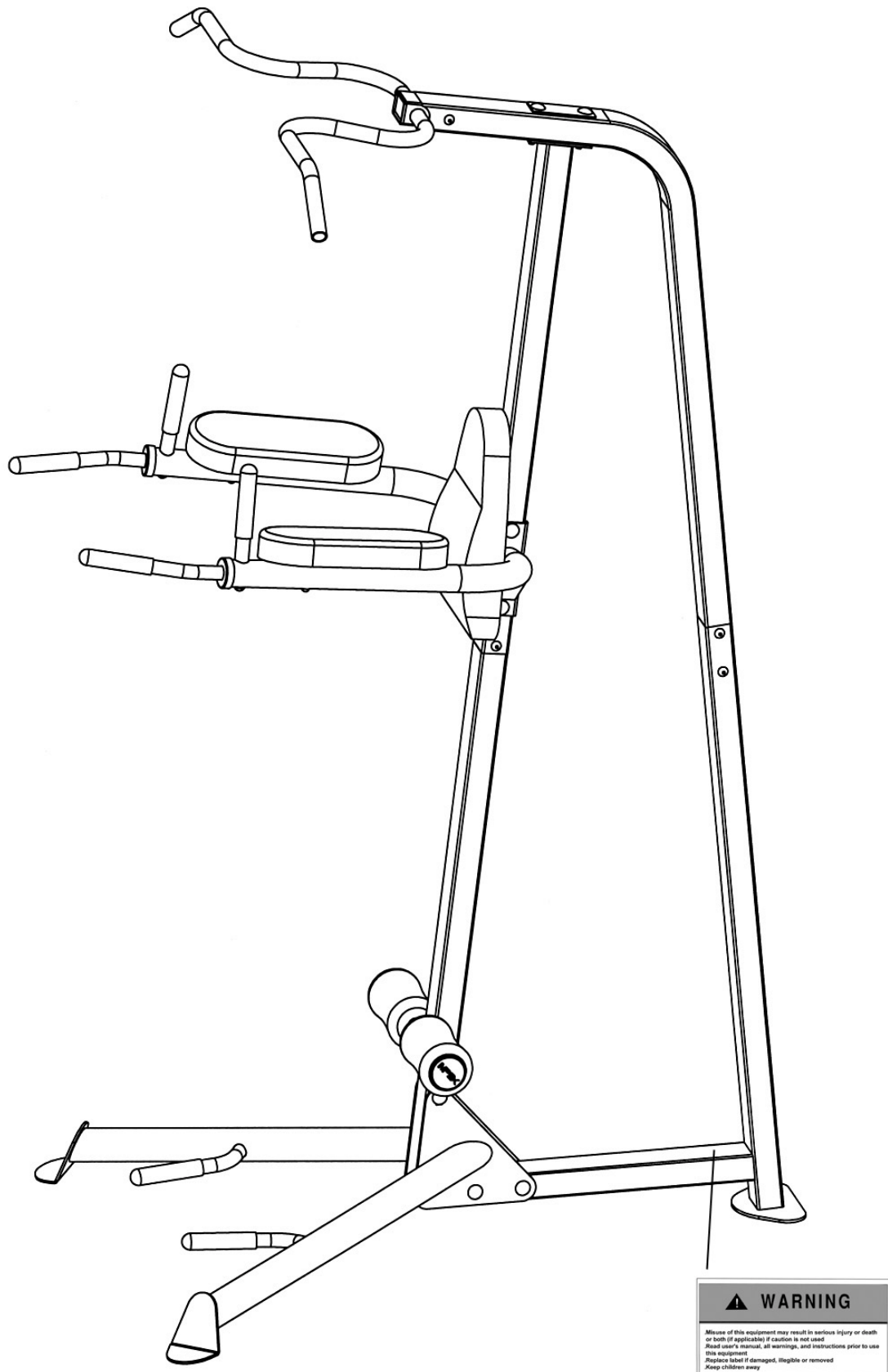
CARE AND MAINTENANCE

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.
3. Maximum user's weight: 300 lbs.

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.

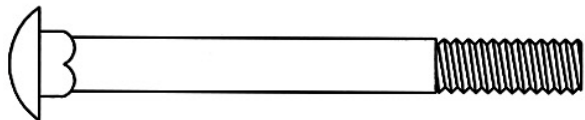
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

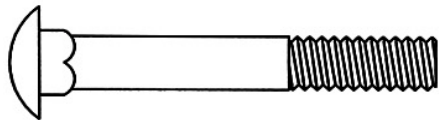


The warning labels shown here have been placed on the Rear Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

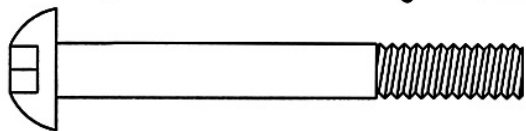
HARDWARE PACK



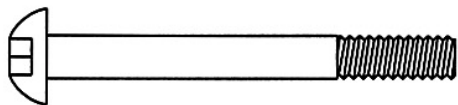
#23 M10 x 3 $\frac{5}{8}$ " Carriage Bolt (Qty 6)



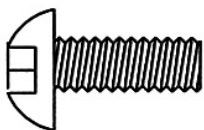
#22 M10 x 2 $\frac{5}{8}$ " Carriage Bolt (Qty 2)



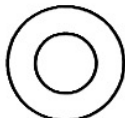
#24 M10 x 3 $\frac{1}{8}$ " Allen Bolt (Qty 4)



#26 M8 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 6)



#25 M10 x 1" Allen Bolt (Qty 2)



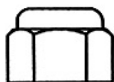
#27 $\varnothing \frac{3}{4}$ " Washer (Qty 16)



#29 $\varnothing \frac{5}{8}$ " Washer (Qty 2)



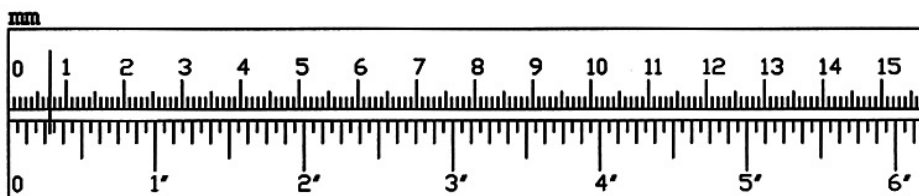
#30 $\varnothing \frac{3}{4}$ " Curved Washer (Qty 2)



#28 M10 Aircraft Nut (Qty 12)



#31 $\varnothing \frac{5}{8}$ " Curved Washer (Qty 4)



ASSEMBLY INSTRUCTION

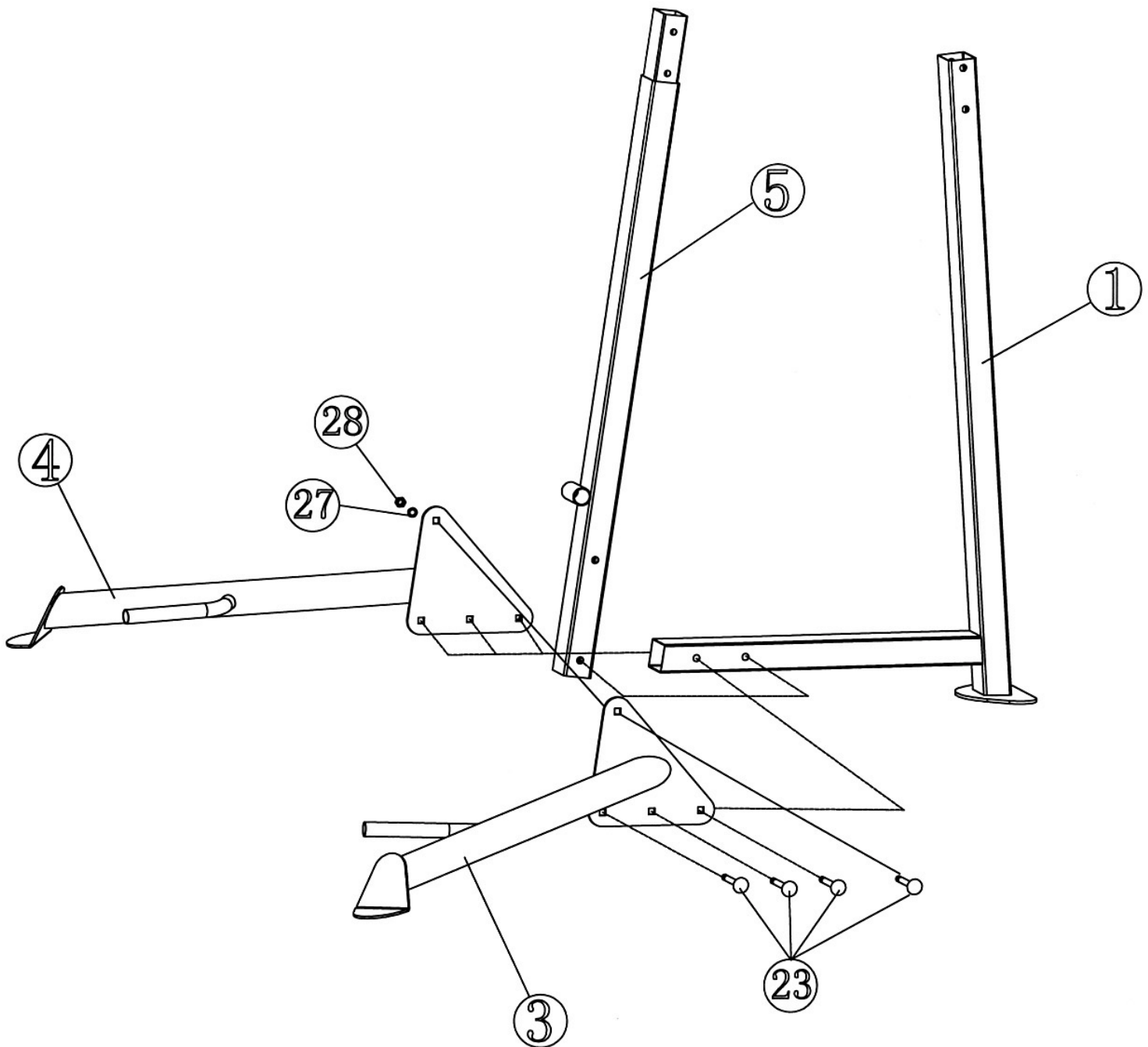
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

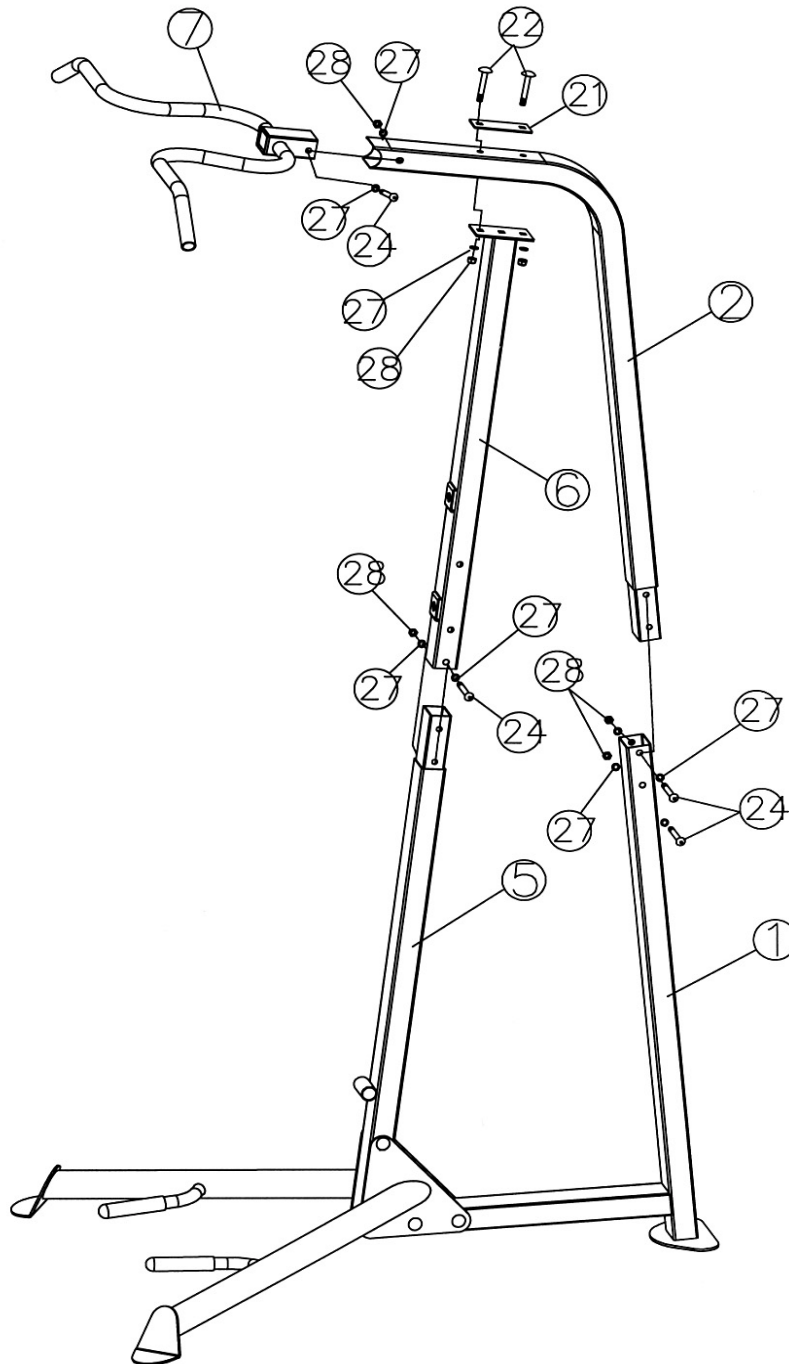
- A.) Attach the Lower Vertical Frame (#5) to the Rear Frame (#1). Attach the Right & Left Stabilizers (#3 & #4) to the Lower Vertical Frame and Rear Frame.
- B.) Align the holes and secure them with four M10 x 3 5/8" Carriage Bolts (#23), Ø 3/4" Washers (#27), and M10 Aircraft Nuts (#28).

DIAGRAM 1



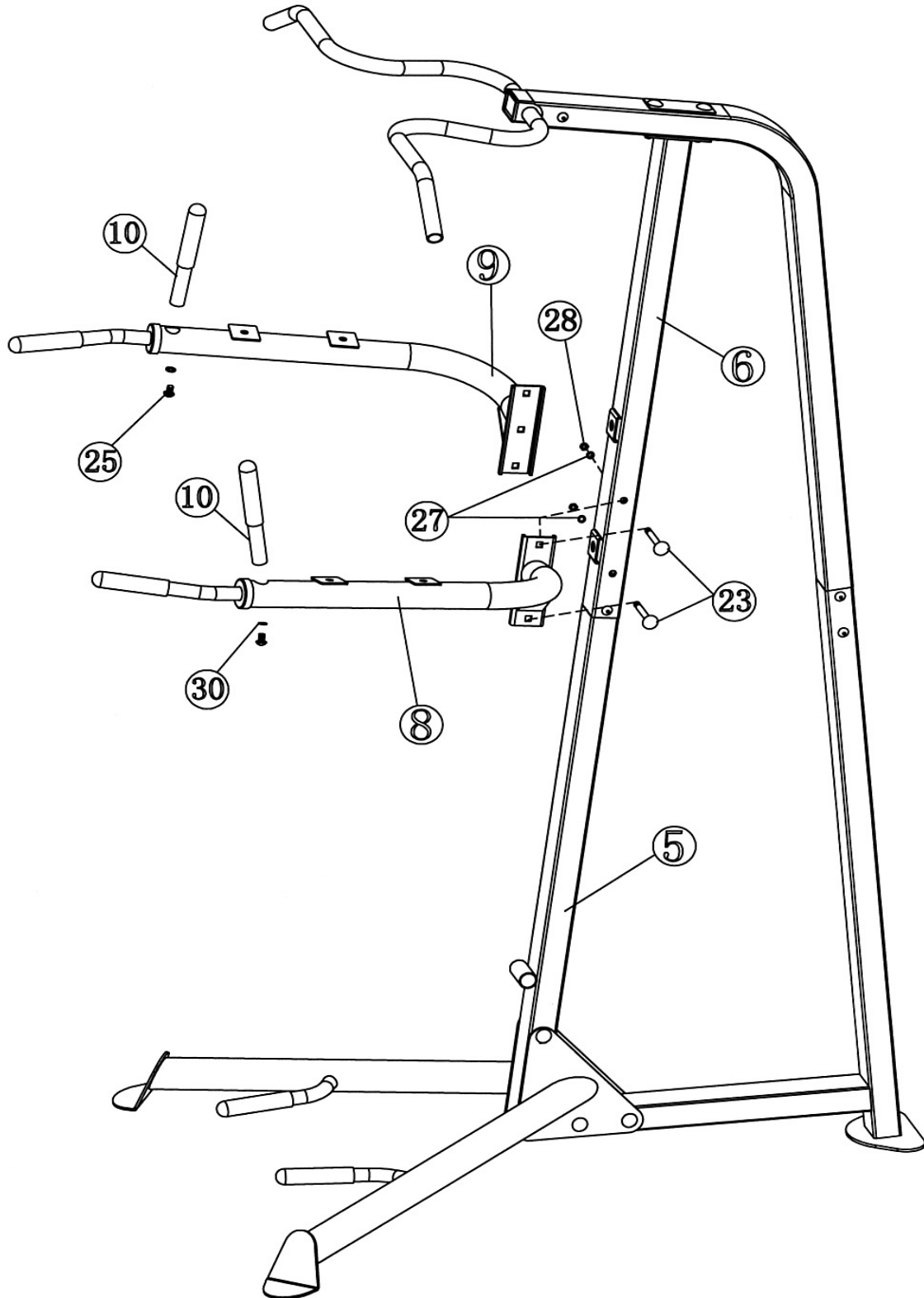
STEP 2 (See Diagram 2)

- A.) Attach the Upper Vertical Frame (#6) onto the Lower Vertical Frame (#5). Secure it with one M10 x 3 1/8" Allen Bolt (#24), two Ø 3/4" Washers (#27), and one M10 Aircraft Nut (#28). Do not tighten the nut and bolt yet.
- B.) Insert the Upper Frame (#2) into the Rear Frame (#1). Secure it with two M10 x 3 1/8" Allen Bolts (#24), four Ø 3/4" Washers (#27), and two M10 Aircraft Nuts (#28).
- C.) Attach the Upper Frame to the Upper Vertical Frame. Secure it with two M10 x 2 5/8" Carriage Bolts (#22), one Bracket (#21), two Ø 3/4" Washers (#27), and two M10 Aircraft Nuts (#28).
- D.) Attach the Chin-up Bar (#7) to the front of Upper Frame. Secure it with one M10 x 3 1/8" Allen Bolt (#24), two Ø 3/4" Washers (#27), and one M10 Aircraft Nut (#28).
- E.) Securely tighten all nuts and bolts.



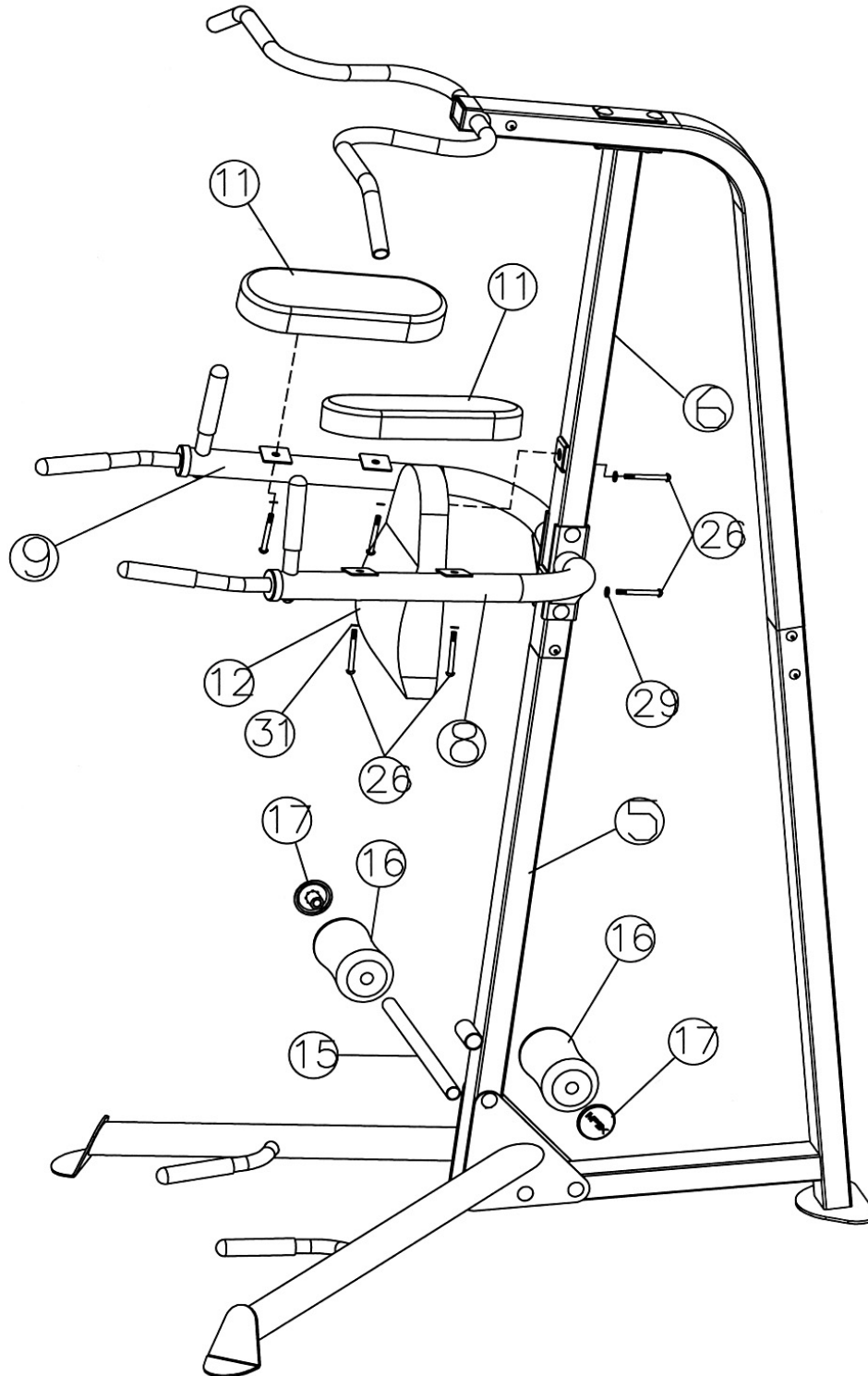
STEP 3 (See Diagram 3)

- A.) Attach the Right and Left Dip Supports (#8 & #9) to the Upper Vertical Frame (#6). Secure them with two M10 x 3 5/8" Carriage Bolts (#23), \varnothing 3/4" Washers (#27), and M10 Aircraft Nuts (#28).
- B.) Insert a Vertical Handle (#10) into the hole on each Dip Support. Secure each Handle with one M10 x 1" Allen Bolt (#25) and \varnothing 3/4" Curved Washer (#30).

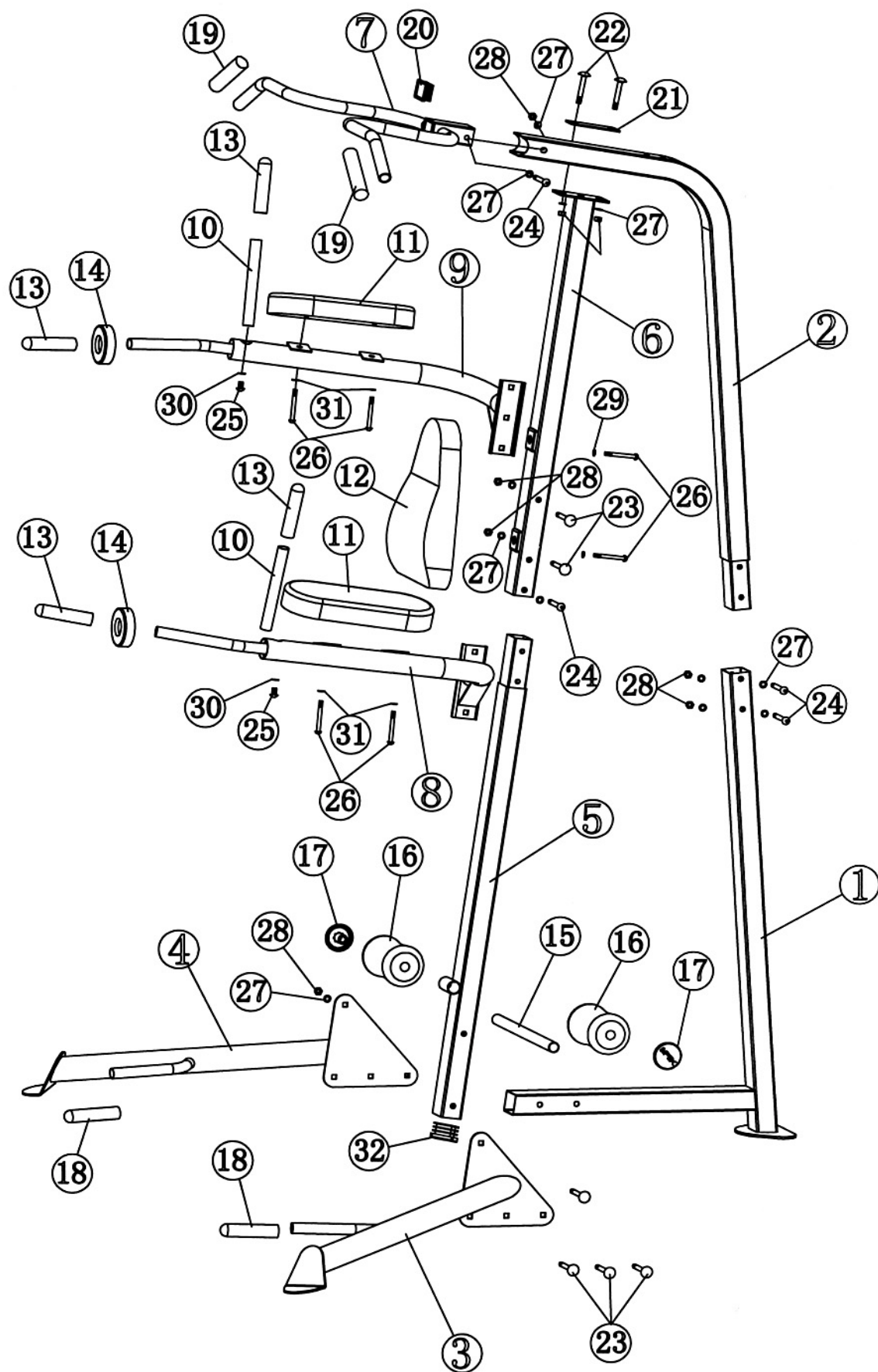


STEP 4 (See Diagram 4)

- A.) Attach the Backrest Pad (#12) to the Upper Vertical Frame (#6). Secure it with two M8 x 2 $\frac{3}{4}$ " Allen Bolts (#26) and \varnothing 5/8" Washers (#29).
- B.) Attach the Arm Pads (#11) to the Right & Left Dip Supports (#8 & #9). Secure each Arm Pad with two M8 x 2 $\frac{3}{4}$ " Allen Bolts (#26) and \varnothing 5/8" Curved Washers (#31).
- C.) Insert a Foam Tube (#15) halfway through the hole on the Lower Vertical Frame (#5). Push two Foam Rolls (#16) onto the Tube from both ends. Push two Foam Roll End Caps (#17) into the ends of the Foam Tube.



EXPLODED DIAGRAM



Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Rear Frame	1
2	Upper Frame	1
3	Right Stabilizer	1
4	Left Stabilizer	1
5	Lower Vertical Frame	1
6	Upper Vertical Frame	1
7	Chin-up Bar	1
8	Right Dip Support	1
9	Left Dip Support	1
10	Vertical Handle	2
11	Arm Pad	2
12	Backrest Pad	1
13	5 3/8" Handle Grip	4
14	Sleeve	2
15	Foam Tube	1
16	Foam Roll	2
17	Foam Roll End Cap	2
18	8 1/4" Push-up Handle Grip	2
19	13" Chin-up Handle Grip	2
20	2 1/2" x 1 3/4" End Cap	1
21	Bracket	1
22	M10 x 2 5/8" Carriage Bolt	2
23	M10 x 3 5/8" Carriage Bolt	6
24	M10 x 3 1/8" Allen Bolt	4
25	M10 x 1" Allen Bolt	2
26	M8 x 2 3/4" Allen Bolt	6
27	Ø 3/4" Washer	16
28	M10 Aircraft Nut	12
29	Ø 5/8" Washer	2
30	Ø 3/4" Curved Washer	2
31	Ø 5/8" Curved Washer	4
32	2" x 2 3/4" End Cap	1

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 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