

NOTE:
Please read all instructions
carefully before using this
product

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Model
IGS-5100

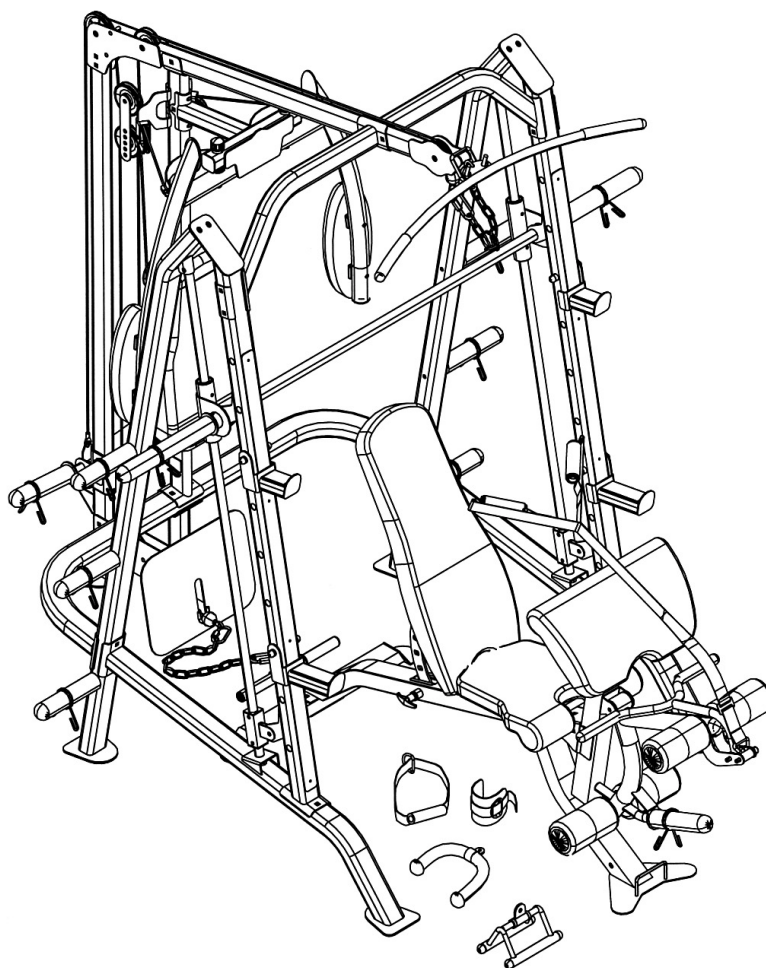
Retain This
Manual for
Reference

08-15-06

OWNER'S
MANUAL

IMPEX

IRON GRIP STRENGTH DELUXE SMITH MACHINE IGS-5100



IMPEX[®] INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-5100 Smith Machine 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.
12. A spotter is recommended during exercise.

CARE AND MAINTENANCE

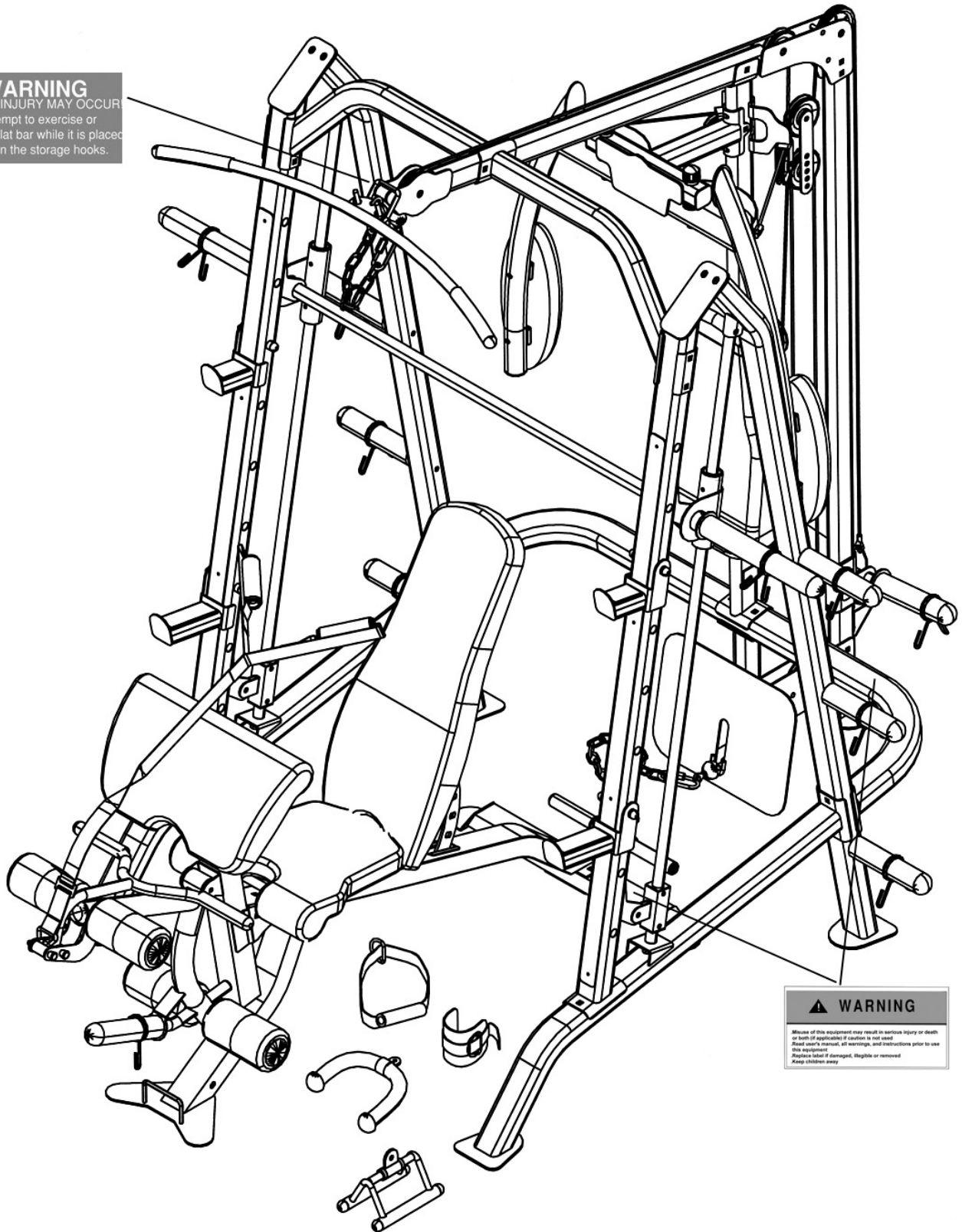
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weights on the rack: 600 lbs.
6. Maximum weights on Leg Developer: 100 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.

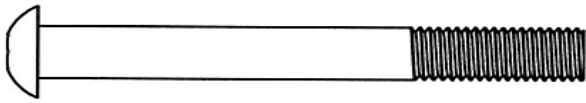
WARNING LABEL PLACEMENT

WARNING
SERIOUS INJURY MAY OCCUR
Do not attempt to exercise or
hang from lat bar while it is placed
or stored on the storage hooks.

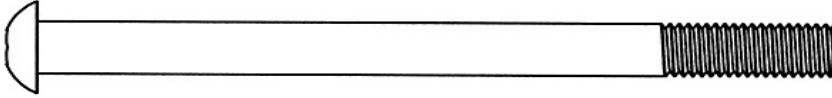


The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

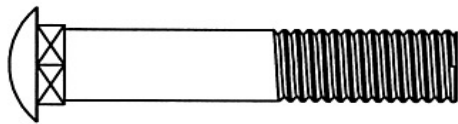
SMITH MACHINE HARDWARE PACK



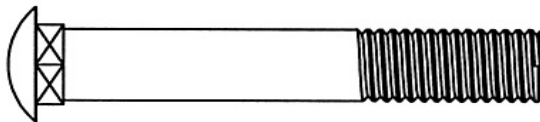
#81 M8 x 2 1/2" Allen Bolt (Qty 4)



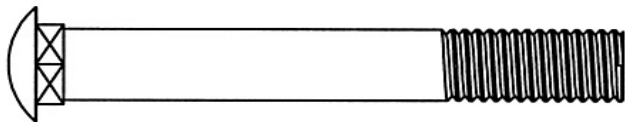
#80 M8 x 3 3/4" Allen Bolt (Qty 2)



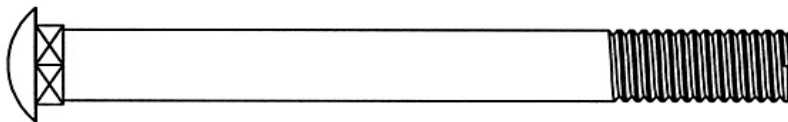
#72 M10 x 2" Carriage Bolt (Qty 8)



#71 M10 x 2 3/8" Carriage Bolt (Qty 1)

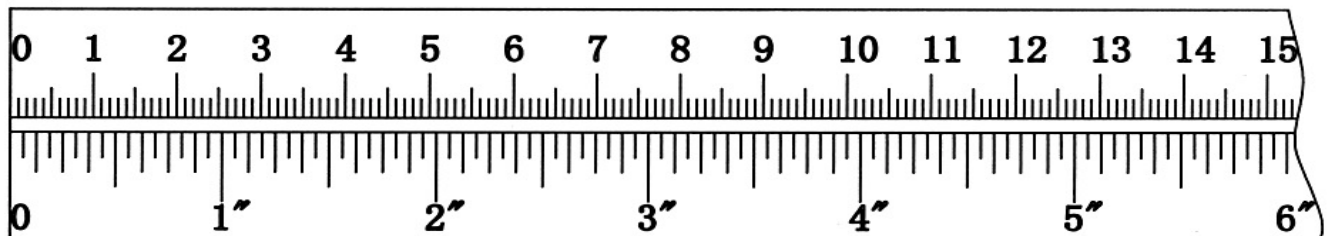


#70 M10 x 2 3/4" Carriage Bolt (Qty 10)

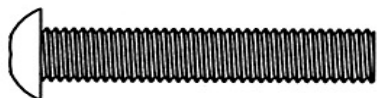


#69 M10 x 3 1/2" Carriage Bolt (Qty 2)

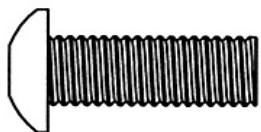
mm



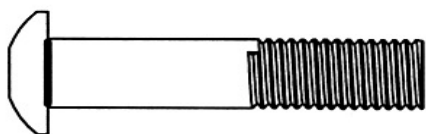
SMITH MACHINE HARDWARE PACK



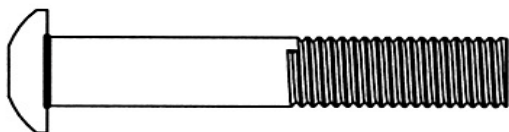
#76 M8 x 1 5/8" Allen Bolt (Qty 2)



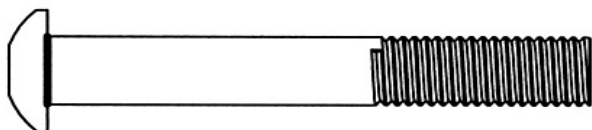
#74 M10 x 1" Allen Bolt (Qty 16)



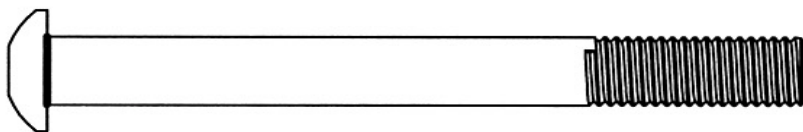
#77 M10 x 1 3/4" Allen Bolt (Qty 6)



#73 M10 x 2 1/8" Allen Bolt (Qty 4)

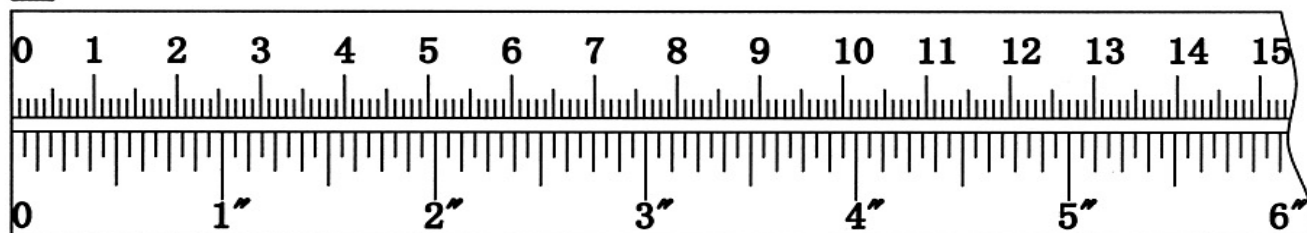


#78 M10 x 2 1/2" Allen Bolt (Qty 1)

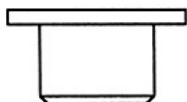


#79 M10 x 3 1/2" Allen Bolt (Qty 4)

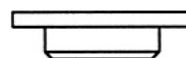
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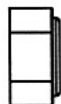
SMITH MACHINE HARDWARE PACK



#50 Ø1" x 1/2" Pulley Bushing
(Qty 2)



#51 Ø1" x 1/4" Pulley Bushing
(Qty 8)



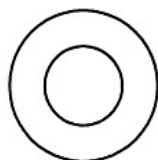
#85 M6 Aircraft Nut
(Qty 2)



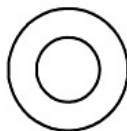
#83 M10 Aircraft Nut
(Qty 38)



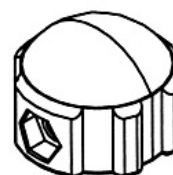
#75 M8 Aircraft Nut
(Qty 2)



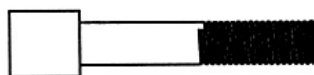
#86 Ø3/4" Washer
(Qty 59)



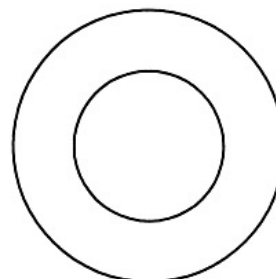
#87 Ø5/8" Washer
(Qty 6)



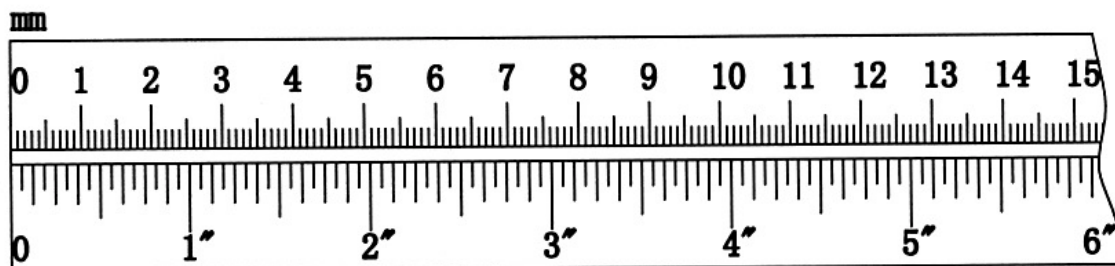
#57 Lock Ring
(Qty 2)



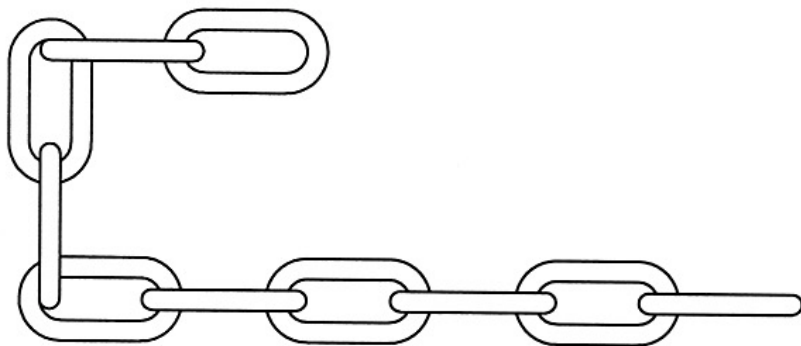
#82 M6 x 1 1/4" Allen Bolt (Qty 2)



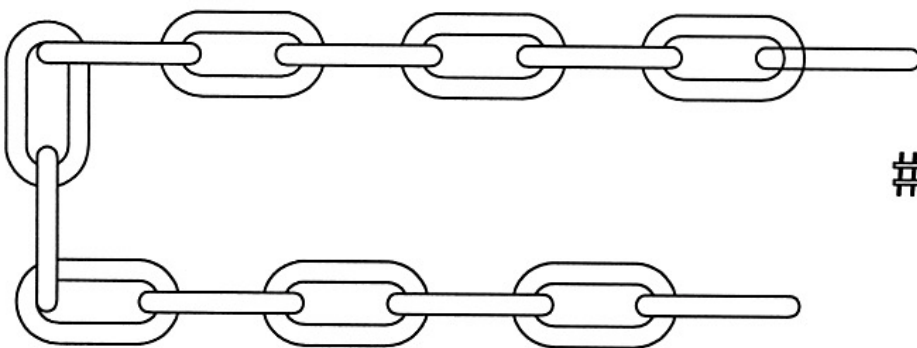
#67 Ø 1 1/2" Washer (Qty 2)



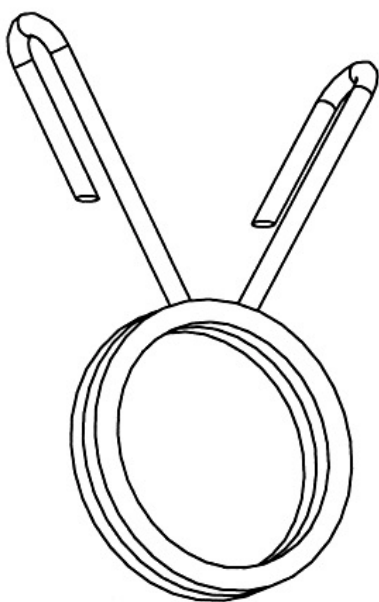
SMITH MACHINE HARDWARE PACK



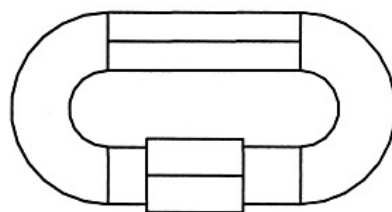
#63 Short Chain
(Qty 1)



#62 Long Chain
(Qty 1)



#46 Spring Clip
(Qty 10)



#49 C-clip
(Qty 4)

SMITH MACHINE ASSEMBLY INSTRUCTION

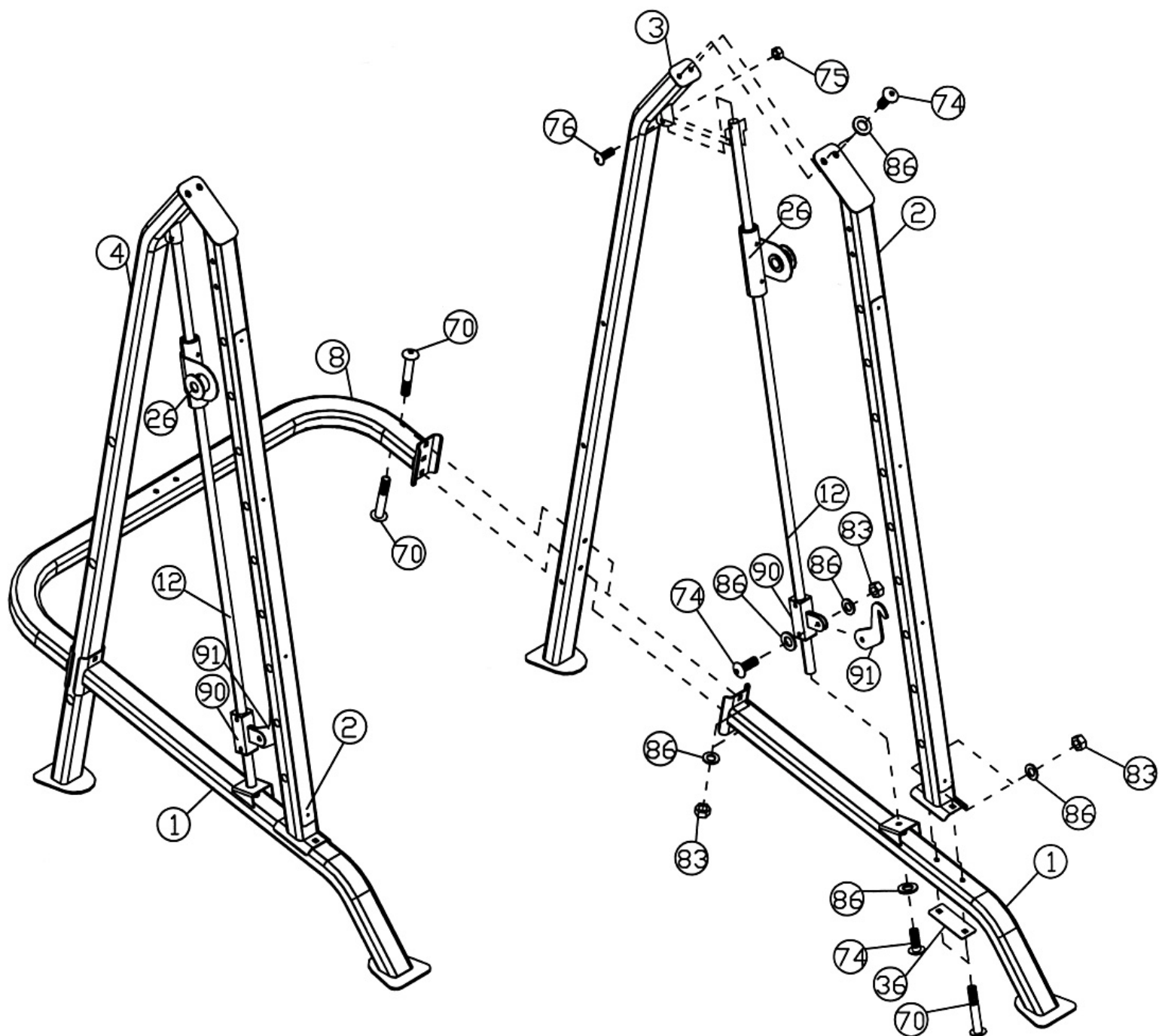
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

- A.) Do not tighten all nuts and bolts until instructed to do so.
- B.) Attach one Guide Rod (#12) onto a Base Frame (#1). Secure the Guide Rod to the Base Frame with one M10 x 1" Allen Bolt (#74) and Ø ¾" Washer (#86) from the bottom.
- C.) Slide one Lower Safety Stop Frame (#90) onto the Guide Rod from the top then slide one Safety Stop Frame (#26) onto the Guide Rod.
- D.) Attach the Base Frame (#1) to the Left Vertical Frame (#3). Attach the Cross Brace (#8) to the back of the Left Vertical Frame (#8). Align the holes and secure the Base Frame, Left Vertical Frame, and the Cross Brace together with two M10 x 2 ¾" Carriage Bolts (#70), two Ø ¾" Washers (#86), and two M10 Aircraft Nuts (#83).
- E.) Insert the top of the Guide Rod (#12) into the tube on the Left Vertical Frame (#3). Secure it with one M8 x 1 5/8" Allen Bolt (#76) and M8 Aircraft Nut (#75).
- F.) Attach one Front Vertical Frame (#2) onto the Base Frame (#1). Secure it with two M10 x 2 ¾" Carriage Bolts (#70), one 4" x 2" Bracket (#36), two Ø ¾" Washers (#86), and two M10 Aircraft Nuts (#83).
- G.) Attach the top of the Front Vertical Frame (#2) to the top of the Left Vertical Frame (#3). Secure it with two M10 x 1" Allen Bolts (#74) and Ø ¾" Washers (#86).
- H.) Attach a Safety Hook (#91) to the Lower Safety Stop Frame (#90). Securely it with one M10 x 1" Allen Bolt (#74), two Ø ¾" Washers (#86), and one M10 Aircraft Nut (#83). Attach the Safety Hook into the selected hole on the back of Front Vertical Frame.
- I.) Repeat Procedure B through H to install the other side.

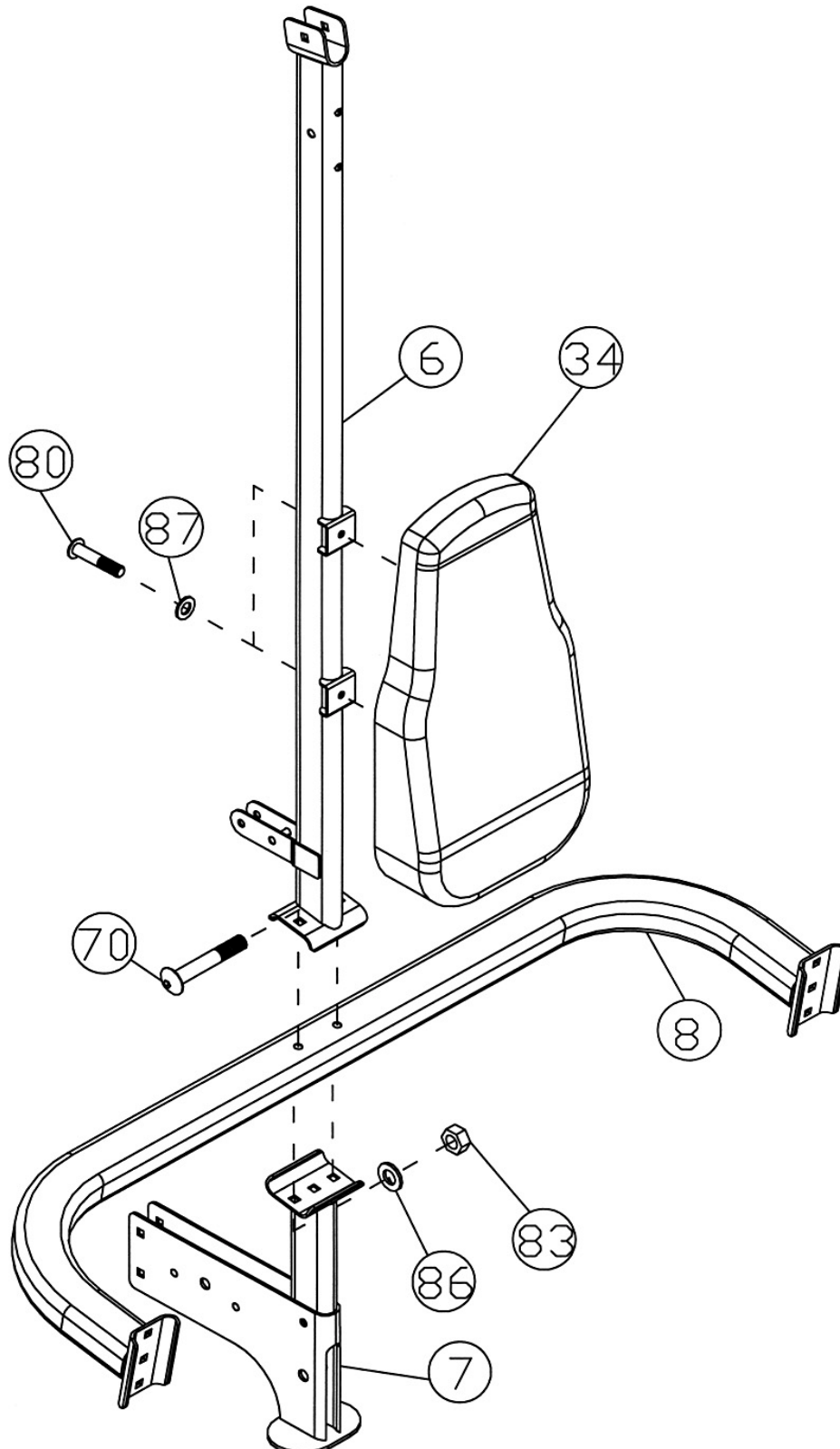
DIAGRAM 1



STEP 2 (See Diagram 2)

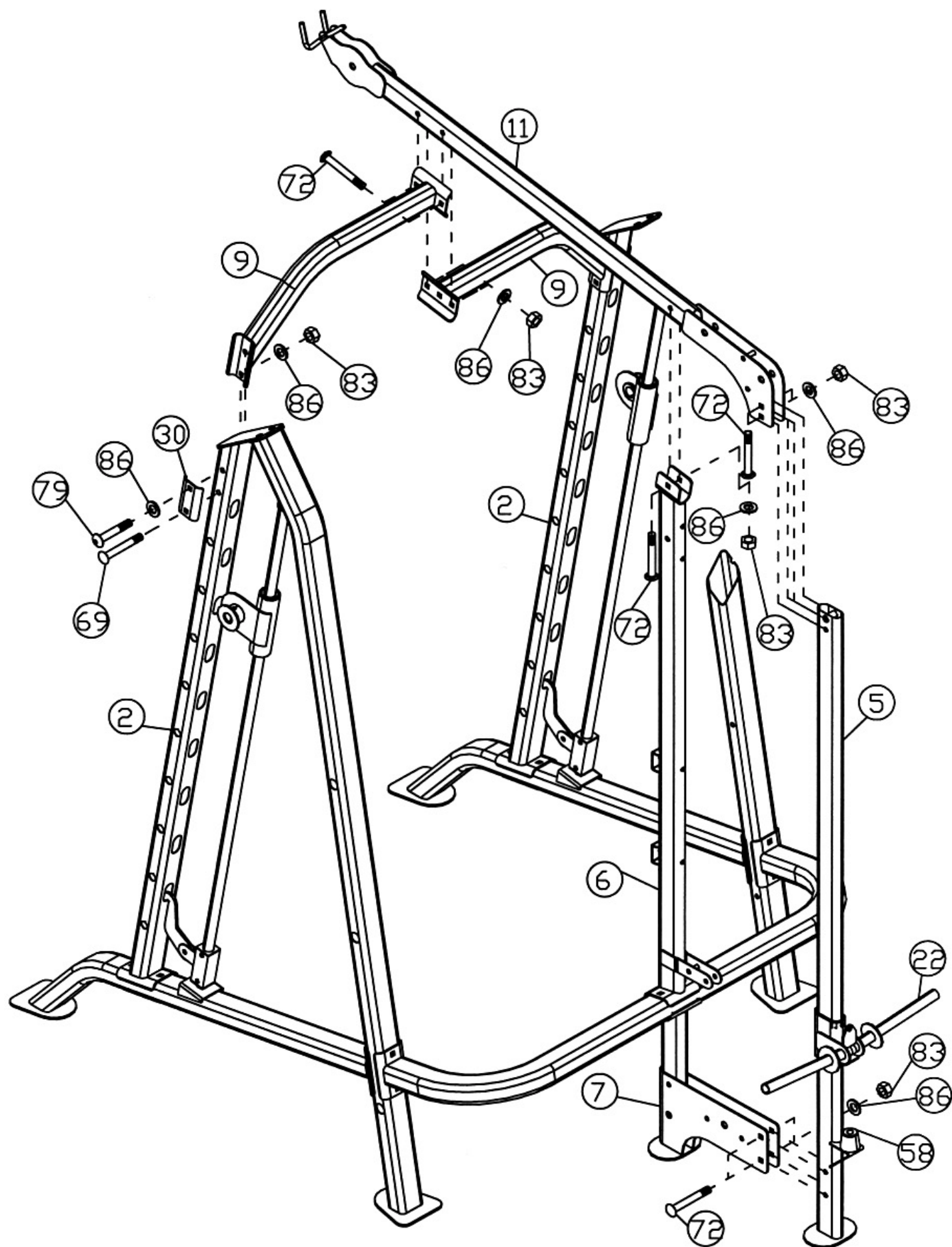
- A.) Attach the Rear Vertical Frame Base (#7) to the Cross Brace (#8) from the bottom. Attach the Rear Vertical Frame (#6) onto the Cross Brace on the top. Align the holes and secure them together with two M10 x 2 3/4" Carriage Bolts (#70), Ø 3/4" Washers (#86), and M10 Aircraft Nuts (#83).
- B.) Attach the Backrest Board (#34) to the Rear Vertical Frame. Secure it with two M8 x 3 3/4" Allen Bolts (#80) and Ø 5/8" Washes (#87).

DIAGRAM 2



STEP 3 (See Diagram 3)

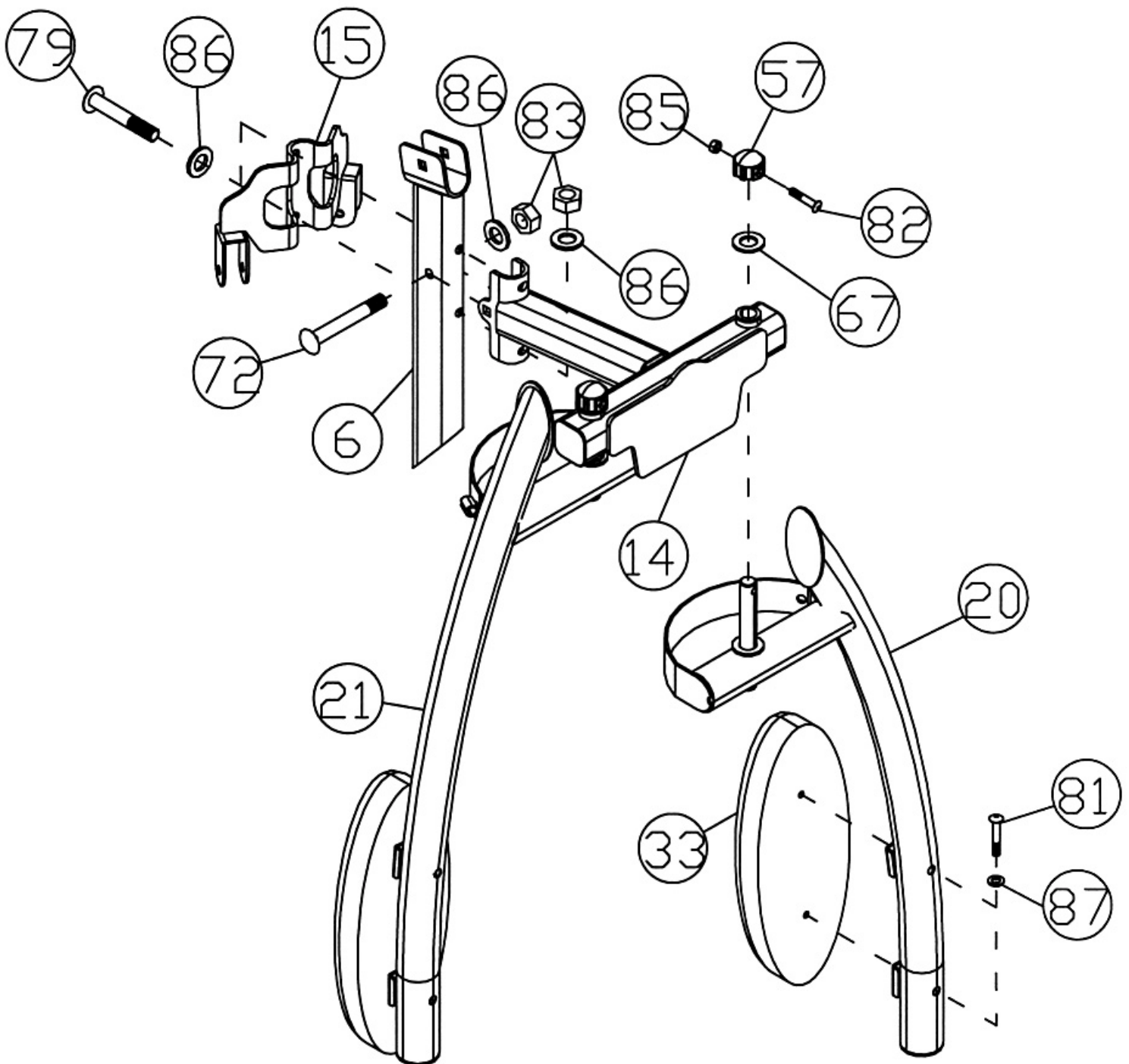
- A.) Attach the Weight Glide Post (#5) to the bracket on the Rear Vertical Frame Base (#7). Secure it with two M10 x 2" Carriage Bolts (#72), Ø ¾" Washers (#86), and M10 Aircraft Nuts (#83).
- B.) Slide the Sliding Weight Post (#22) onto the Weight Glide Post from the top. Make sure the Cable connecting bracket on the Sliding Weight Post faced up.
- C.) Attach the rear of the Upper Frame (#11) to the top of the Weight Glide Post (#5). Secure it with two M10 x 2" Carriage Bolts (#72), Ø ¾" Washers (#86), and M10 Aircraft Nuts (#83).
- D.) Attach the Upper Frame to the Rear Vertical Frame (#6). Secure it with one M10 x 2" Carriage Bolt (#72), Ø ¾" Washer (#86), and M10 Aircraft Nut (#83).
- E.) Attach each end of the two Upper Support Frames (#9) to the two Front Vertical Frames (#2). Secure each Upper Support Frame with one 4" Bent Bracket (#30), M10 x 3 ½" Allen Bolt (#79), and Ø ¾" Washer (#86) to the top hole. Secure the bottom hole with one M10 x 3 ½" Carriage Bolt (#69), Ø ¾" Washer (#86), and M10 Aircraft Nut (#83).
- F.) Attach the Upper Support Frames (#9) to the Upper Frame (#11) from each side. Align the holes and secure them together with two M10 x 2" Carriage Bolts (#72), Ø ¾" Washers (#86), and M10 Aircraft Nuts (#83).
- G.) Securely tighten all Nuts and Bolts previously installed.



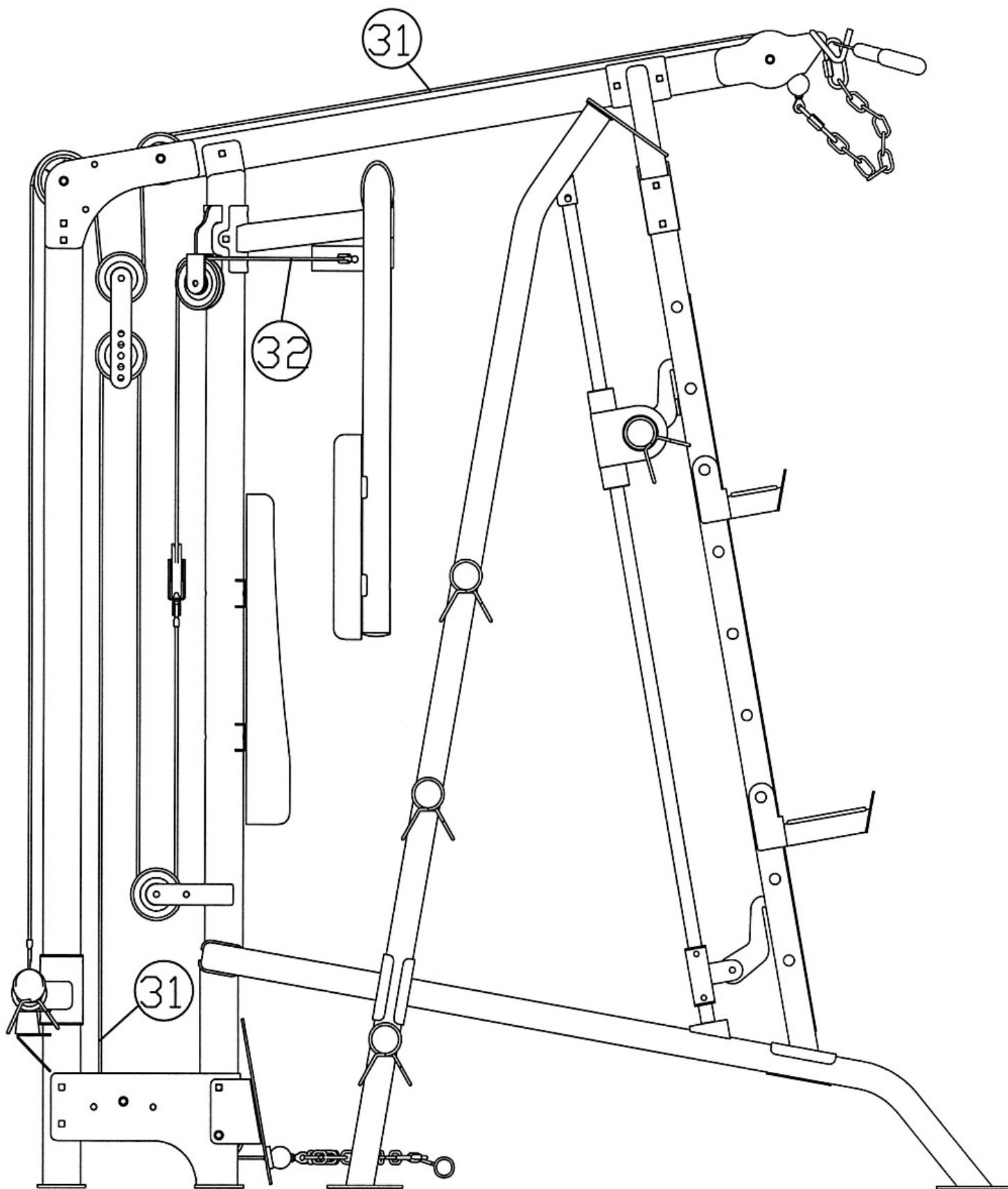
STEP 4 (See Diagram 4)

- A.) Attach the Butterfly Base (#14) to the front of Rear Vertical Frame (#6). Attach the Butterfly Pulley Bracket (#15) to the back of the Rear Vertical Frame. Align the holes and secure them with one M10 x 2 3/4" Carriage Bolt (#72), Ø 3/4" Washer (#86), and M10 Aircraft Nut (#83) from the side. Secure it with two M10 x 3 1/2" Allen Bolts (#79), four Ø 3/4" Washers (#86), and two M10 Aircraft Nuts (#83) from the back of Rear Vertical Frame.
- B.) Insert the pivot on the Left Butterfly (#20) into the hole on the Butterfly Base from the bottom. Secure it with one Lock Ring (#57), Ø 1 1/2" Washer (#67), M6 x 1 1/4" Allen Bolt (#82), and M6 Aircraft Nut (#85).
- C.) Attach the Butterfly Arm Pad (#33) to the Left Butterfly. Secure it with two M8 x 2 1/2" Allen Bolts (#81) and Ø 5/8" Washers (#87).
- D.) Repeat Procedures B & C above to install the other side.

DIAGRAM 4

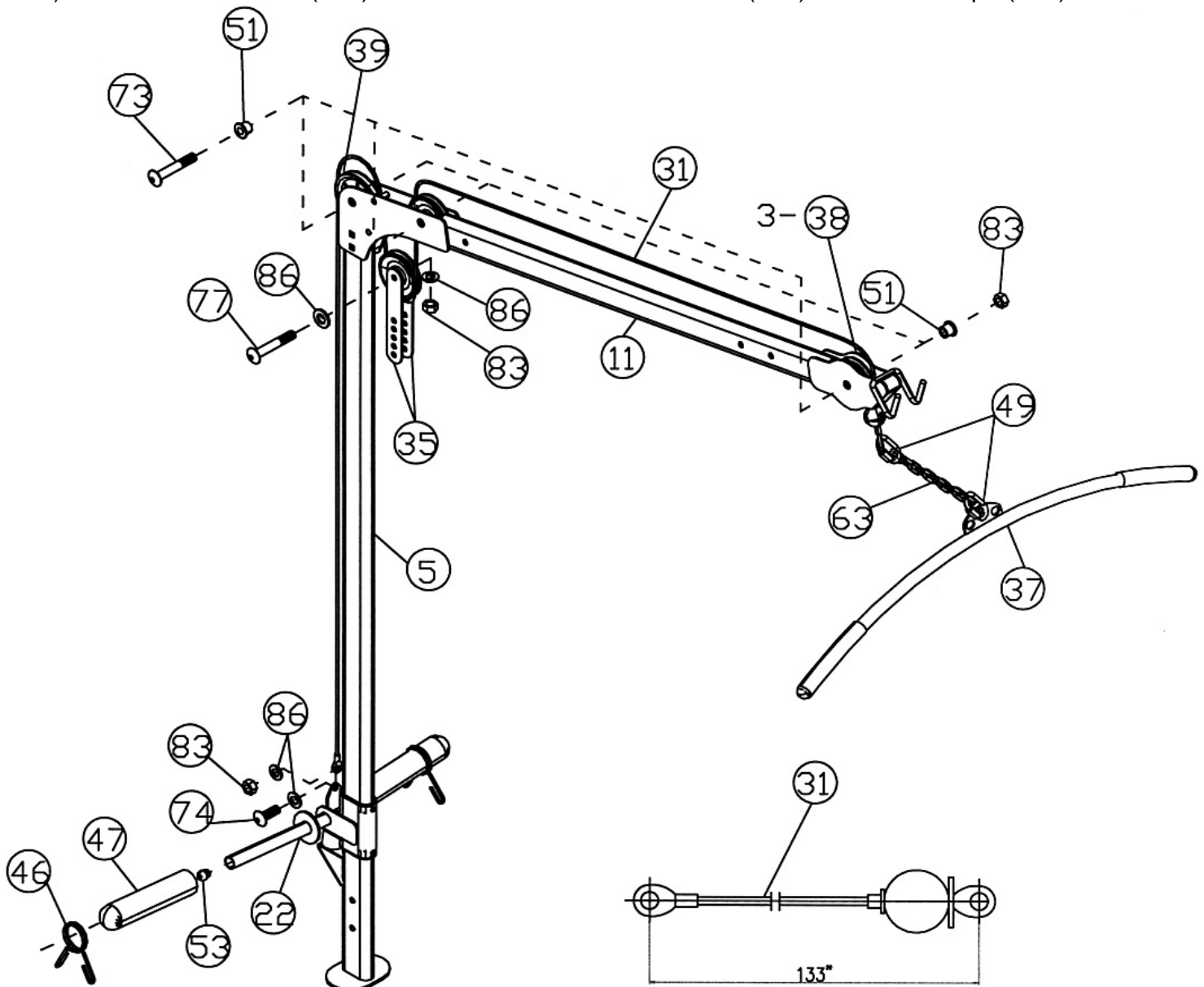


CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

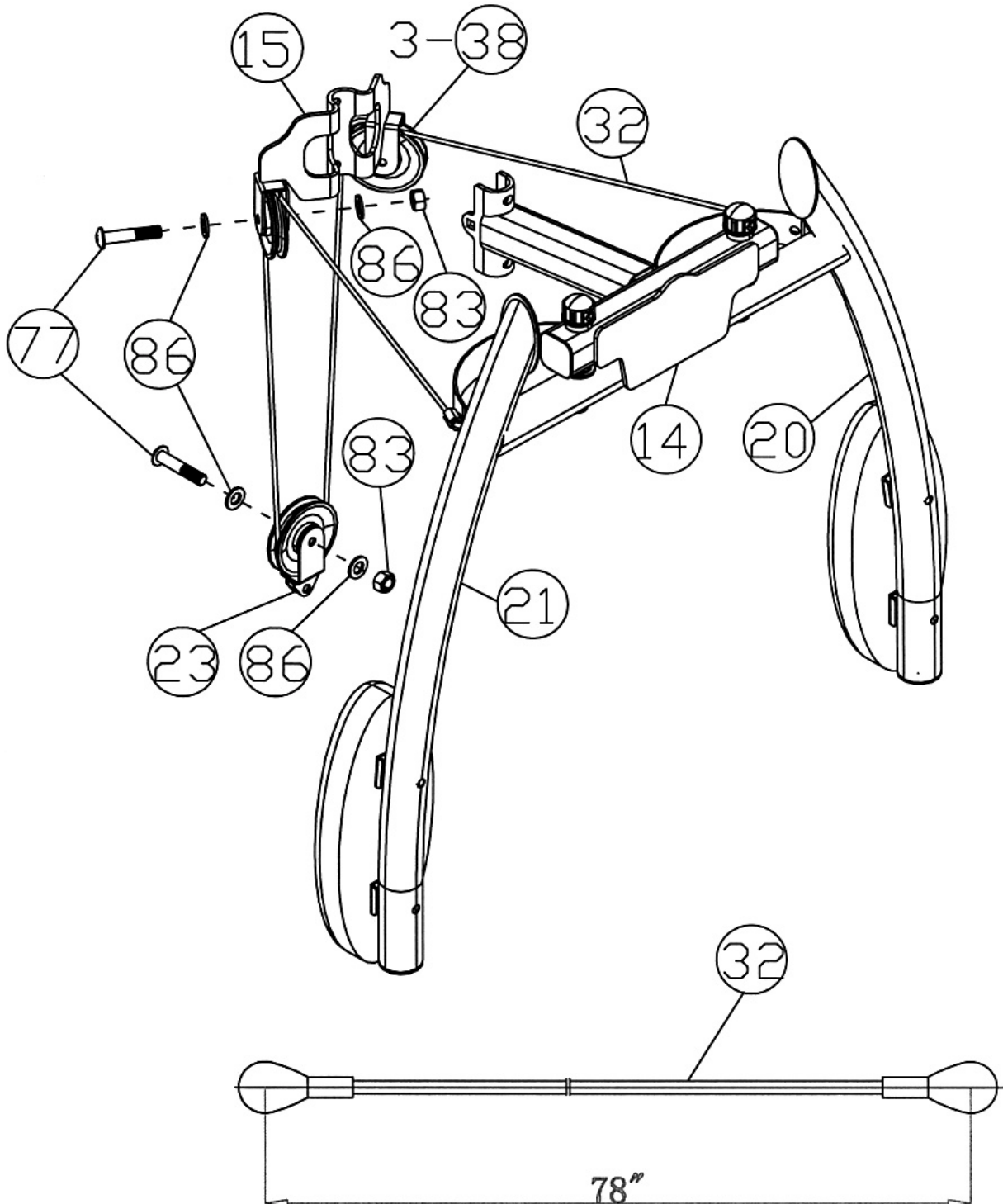
- A.) Attach the 133" Cable (#31) to the front opening on the Upper Frame (#11). Attach a Pulley (#38) to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#73), two Ø 1" x 1/4" Pulley Bushings (#51), and one M10 Aircraft Nut (#83). Make sure the ball stopper on the Cable is underneath the Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame to the opening on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#73), two Ø 1" x 1/4" Pulley Bushings (#51), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable around the Pulley then downward. Attach a Pulley in between the two Double Floating Pulley Brackets (#35). Secure the Pulley with one M10 x 1 3/4" Allen Bolt (#77), two Ø 3/4" Washers (#86), and one M10 Aircraft Nut (#83). Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then up to the back opening on the Upper Frame. Attach a Big Pulley (#39) to the bracket. Secure it with one M10 x 2 1/8" Allen Bolt (#73), two Ø 1" x 1/4" Pulley Bushings (#51), and one M10 Aircraft Nut (#83).
- E.) Draw the Cable around the Pulley then down to the Sliding Weight Post (#22). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#74), two Ø 3/4" Washers (#86), and one M10 Aircraft Nut (#83). Attach two Olympic Sleeves (#47) to the Sliding Weight Post. Attach two Spring Clips (#46) to the Sleeves.
- F.) Connect the Lat Bar (#37) to the Cable with a Short Chain (#63) and two C-Clips (#49).



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 78" Butterfly Cable (#32) to the clip on the Right Butterfly (#21). Draw the Cable to the right Butterfly Pulley Bracket (#15).
- B.) Attach a Pulley (#38) to the right Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#77), two Ø 3/4" Washers (#86), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#23). Repeat Procedure B above to install a Pulley. Let the Bracket hanging for now.
- D.) Draw the Cable upward to the left Butterfly Pulley Bracket. Repeat Procedure B above to install another Pulley.
- E.) Draw the Cable around the Pulley they clip it to the Left Butterfly (#20).

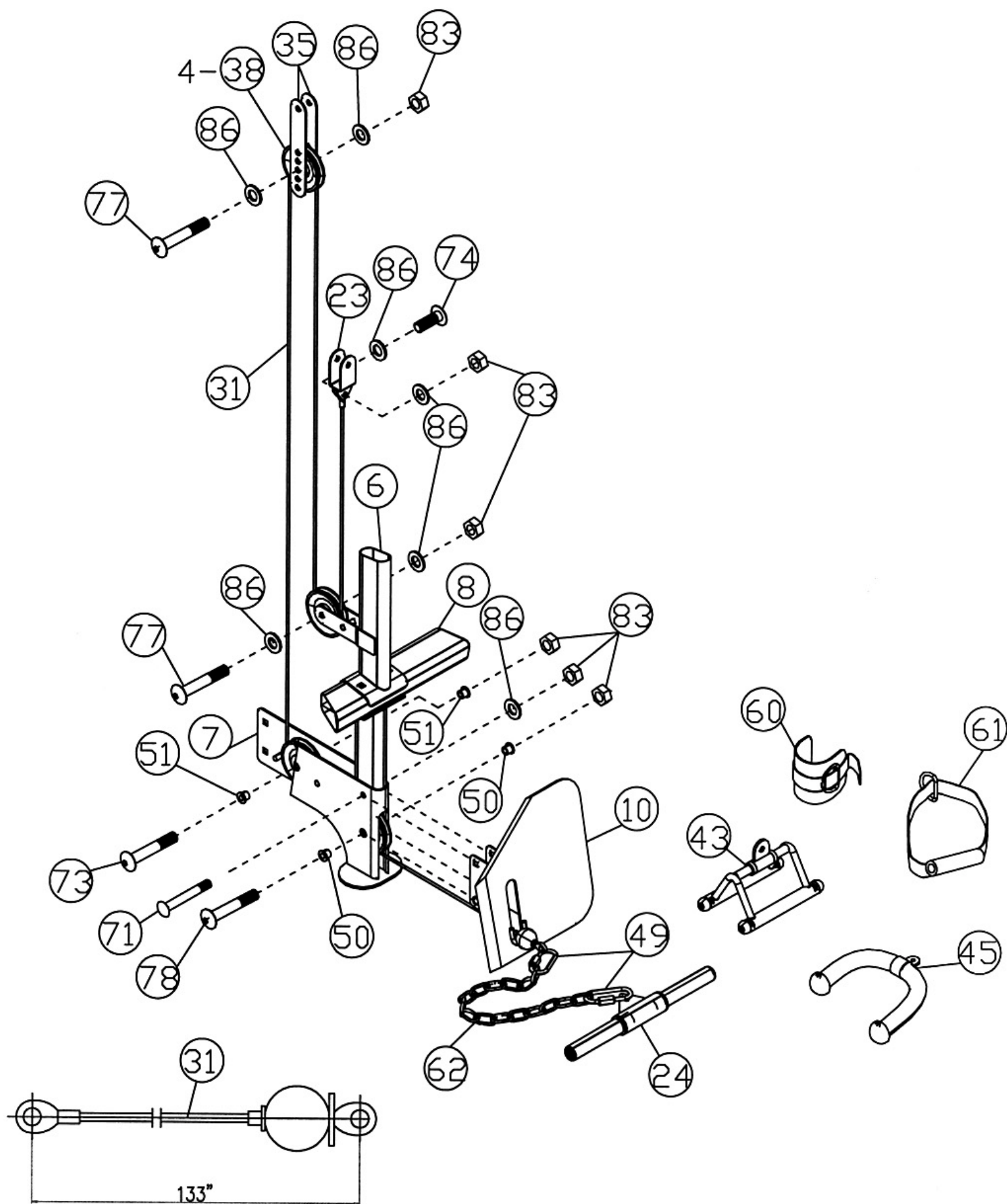
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

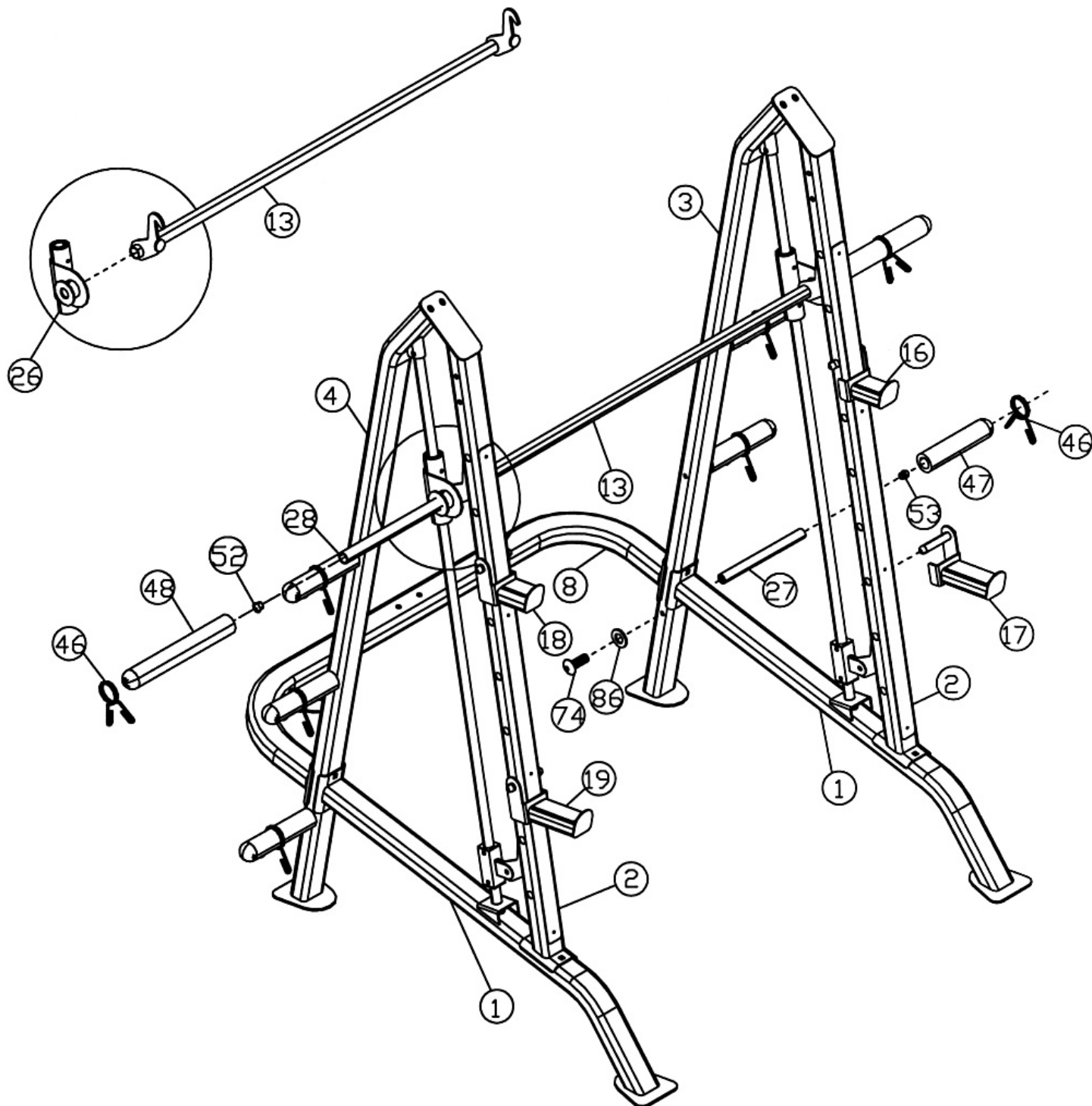
- A.) Insert the tip of the 133" Cable (#31) through the opening on the Foot Plate (#10) to the opening on the bottom of the Rear Vertical Beam (#6).
- B.) Attach a Pulley (#38) to the opening. Attach the Foot Plate (#10) to the Frame. Align the holes and secure the Foot Plate, Rear Vertical Frame, and the Pulley with one M10 x 2 ½" Allen Bolt (#78), two Ø 1" x ½" Pulley Bushings (#50), and one M10 Aircraft Nut (#83). Secure the Foot Plate to the Frame with one M10 x 2 3/8" Carriage Bolt (#71), Ø ¾" Washer (#86), and M10 Aircraft Nut (#83).
- C.) Draw the Cable underneath the Pulley to the opening on the Rear Vertical Frame Base (#7). Install a Pulley with a M10 x 2 1/8" Allen Bolt (#73), two Ø 1" x ¼" Pulley Bushings (#51) and one M10 Aircraft Nut (#83). Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#35) previously installed in Step-5. Install another Pulley with one M10 x 1 ¾" Allen Bolt (#77), two Ø ¾" Washers (#86), and one M10 Aircraft Nut (#83). Note: After finishing the entire cable assembly, come back to this step and adjust the tension of the cables. To increase the tension, move up the Pulley on the Double Floating Pulley Brackets. To decrease the tension, move the Pulley down.
- D.) Draw the Cable around the Pulley then downward to the open bracket on the back of the Rear Vertical Frame (#6). Install another Pulley.
- E.) Draw the Cable around the Pulley and upward to the Single Floating Pulley Bracket (#23) previously installed in Step-6. Secure the Cable to the Bracket with one M10 x 1" Allen Bolt (#74), two Ø ¾" Washers (#86), and one M10 Aircraft Nut (#83).
- F.) Connect the Long Chain (#62) to the Cable with a C-clip (#49). Depends on the exercise, connect one of the Shiver Bar (#24), V Bar (#43), Ankle Strap (#60), Single Handle (#61), or the Triceps Rope (#45) to the Chain with another C-clip.

DIAGRAM 7

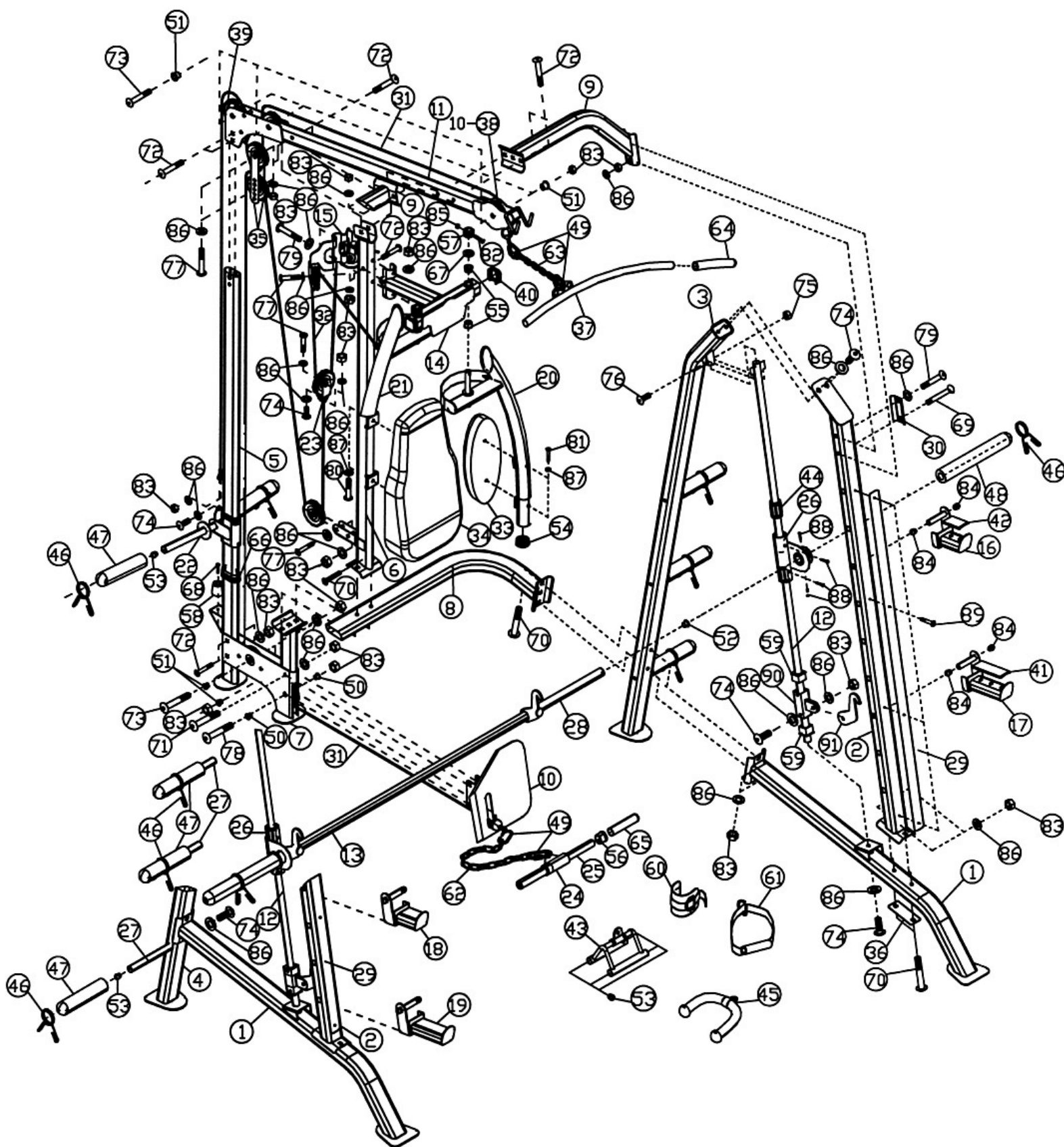


STEP 8 (See Diagram 8)

- A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#13) in between the two Safety Stop Frames (#26). Align the holes and insert the Weight Bar (#28) all the way through. Center the bar and secure it with two M8 x 3/8" Allen Bolts (#88) on each side.
- B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position on the selected holes on the Front Vertical Frames (#2). Attach a Long Olympic Sleeve (#48) to each end of the Weight Bar. Attach a Spring Clip (#46) to the Sleeve.
- C.) Attach six Weight Posts (#27) to the Left & Right Vertical Frames (#3&4). Secure each Weight Post with one M10 x 1" Allen Bolt (#74) and $\varnothing \frac{3}{4}$ " Washer (#86).
- D.) Attach six Olympic Sleeves (#47) to the Weight Posts. Attach six Spring Clips (#46) to the sleeves. Insert the Left & Right Bar Holders (#16 & 18), the Left & Right Safety Catches (#17 & 19) into the selected holes on the Front Vertical Frames (#2).



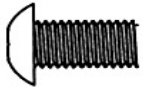
EXPLODED DIAGRAM



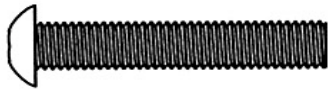
PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Base Frame	2	51	Ø 1" x ¼" Pulley Bushing	8
2	Front Vertical Frame	2	52	Ø 1" End Cap	2
3	Left Vertical Frame	1	53	Ø 1" Cone-shaped End Cap	12
4	Right Vertical Frame	1	54	Ø 2" End Cap	2
5	Weight Glide Post	1	55	Ø 1 1/8" x 5/8" Bushing	4
6	Rear Vertical Frame	1	56	Ø 1 ½" x 1" x Bushing	2
7	Rear Vertical Frame Base	1	57	Lock Ring	2
8	Cross Brace	1	58	Ø 1 ¾" x 5/8" Rubber Bumper	1
9	Upper Support Frame	2	59	1 ½" Sleeve	4
10	Foot Plate	1	60	Ankle Strap	1
11	Upper Frame	1	61	Single Handle	1
12	Guide Rod	2	62	Long Chain	1
13	Lifting Sleeve	1	63	Short Chain	1
14	Butterfly Base	1	64	Lat Bar Grip	2
15	Butterfly Pulley Bracket	1	65	6" Shiver Bar Handle Grip	2
16	Left Bar Holder	1	66	3 1/8" Sleeve	2
17	Left Safety Catch	1	67	Ø 1 ½" Washer	2
18	Right Bar Holder	1	68	M6 x 5/8" Philips Screw	1
19	Right Safety Catch	1	69	M10 x 3 ½" Carriage Bolt	2
20	Left Butterfly	1	70	M10 x 2 ¾" Carriage Bolt	10
21	Right Butterfly	1	71	M10 x 2 3/8" Carriage Bolt	1
22	Sliding Weight Post	1	72	M10 x 2" Carriage Bolt	8
23	Single Floating Pulley Bracket	1	73	M10 x 2 1/8" Allen Bolt	4
24	Shiver Bar	1	74	M10 x 1" Allen Bolt	16
25	Shiver Bar Handle	1	75	M8 Aircraft Nut	2
26	Safety Stop Frame	2	76	M8 x 1 5/8" Allen Bolt	2
27	Weight Post	6	77	M10 x 1 ¾" Allen Bolt	6
28	Weight Bar	1	78	M10 x 2 ½" Allen Bolt	1
29	Panel	2	79	M10 x 3 ½" Allen Bolt	4
30	4" Bent Bracket	2	80	M8 x 3 ¾" Allen Bolt	2
31	133" Cable	2	81	M8 x 2 ½" Allen Bolt	4
32	78" Butterfly Cable	1	82	M6 x 1 ¼" Allen Bolt	2
33	Butterfly Arm Pad	2	83	M10 Aircraft Nut	38
34	Backrest Board	1	84	Ø ¾" End Cap	8
35	Double Floating Pulley Bracket	2	85	M6 Aircraft Nut	2
36	4" x 2" Bracket	2	86	Ø ¾" Washer	59
37	Lat Bar	1	87	Ø 5/8" Washer	6
38	Pulley	10	88	M8 x 3/8" Allen Bolt	8
39	Big Pulley	1	89	Panel Screw	8
40	2" Square End Cap	2	90	Lower Safety Stop Frame	2
41	5 ¾" Rubber Bumper	2	91	Safety Hook	2
42	3 3/8" Rubber Bumper	2			
43	V Bar	1			
44	Linear Bearing	4			
45	Triceps Rope	1			
46	Spring Clip	10			
47	Olympic Sleeve	8			
48	Long Olympic Sleeve	2			
49	C-clip	4			
50	Ø 1" x ½" Pulley Bushing	2			

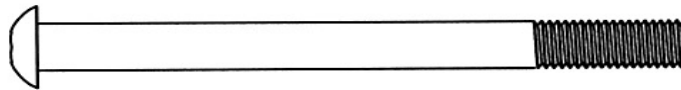
MULTI-PURPOSE BENCH HARDWARE PACK



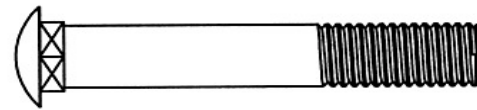
#41 M8 x 5/8" Allen Bolt (Qty 2)



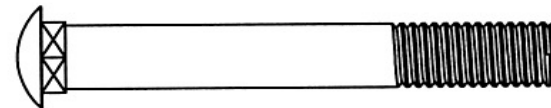
#46 M8 x 1 5/8" Allen Bolt (Qty 8)



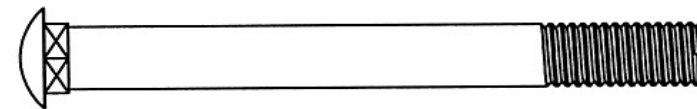
#45 M8 x 3 1/2" Allen Bolt (Qty 1)



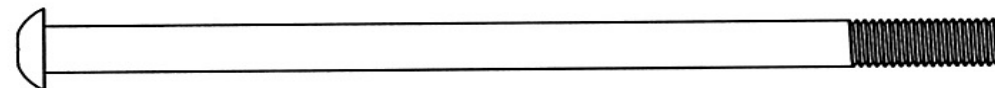
#47 M10 x 2 3/8" Carriage Bolt (Qty 2)



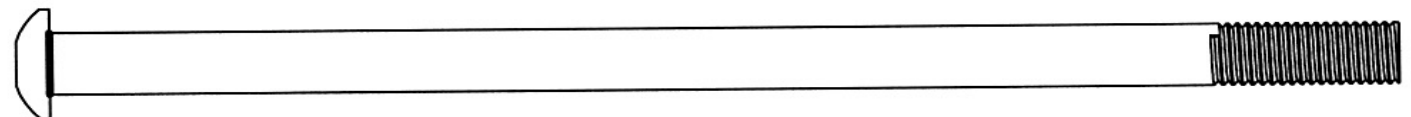
#49 M10 x 2 3/4" Carriage Bolt (Qty 2)



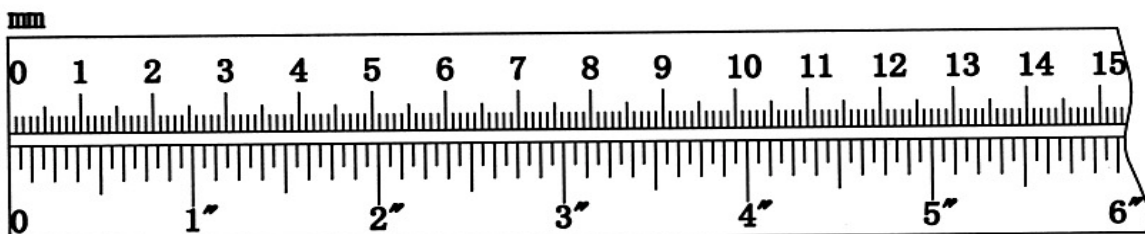
#48 M10 x 3 1/2" Carriage Bolt (Qty 2)



#44 M8 x 5 1/8" Allen Bolt (Qty 1)



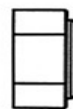
#43 M10 x 7 1/4" Allen Bolt (Qty 1)



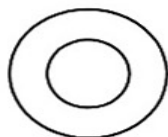
MULTI-PURPOSE BENCH HARDWARE PACK



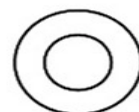
#50 M10 Aircraft Nut
(Qty 7)



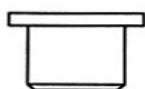
#51 M8 Aircraft Nut
(Qty 2)



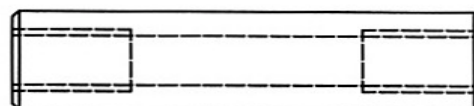
#39 Ø 3/4" Washer
(Qty 16)



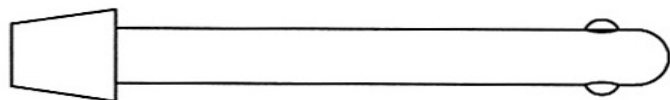
#38 Ø 5/8" Washer
(Qty 14)



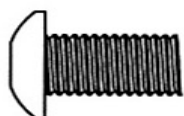
#52 Ø 1/2" Bushing
(Qty 2)



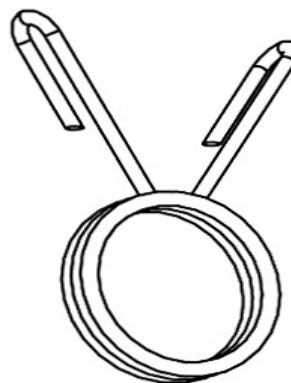
#18 Axle (Qty 1)



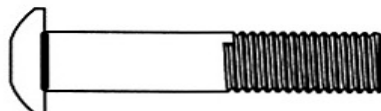
#20 Lock Pin (Qty 2)



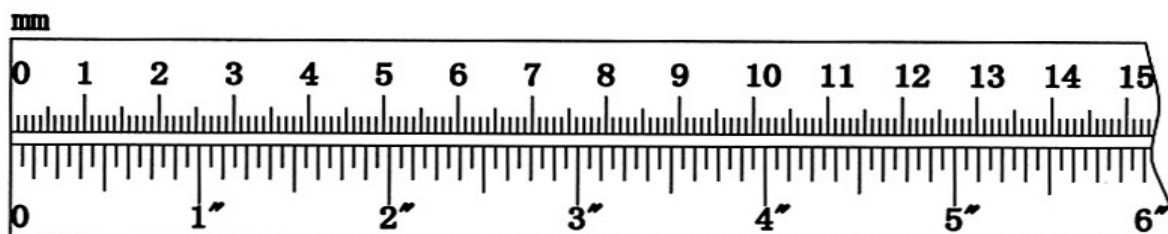
#40 M10 x 5/8" Allen Bolt (Qty 6)



#37 Spring Clip (Qty 1)



#42 M10 x 1 3/4" Allen Bolt (Qty 2)



MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

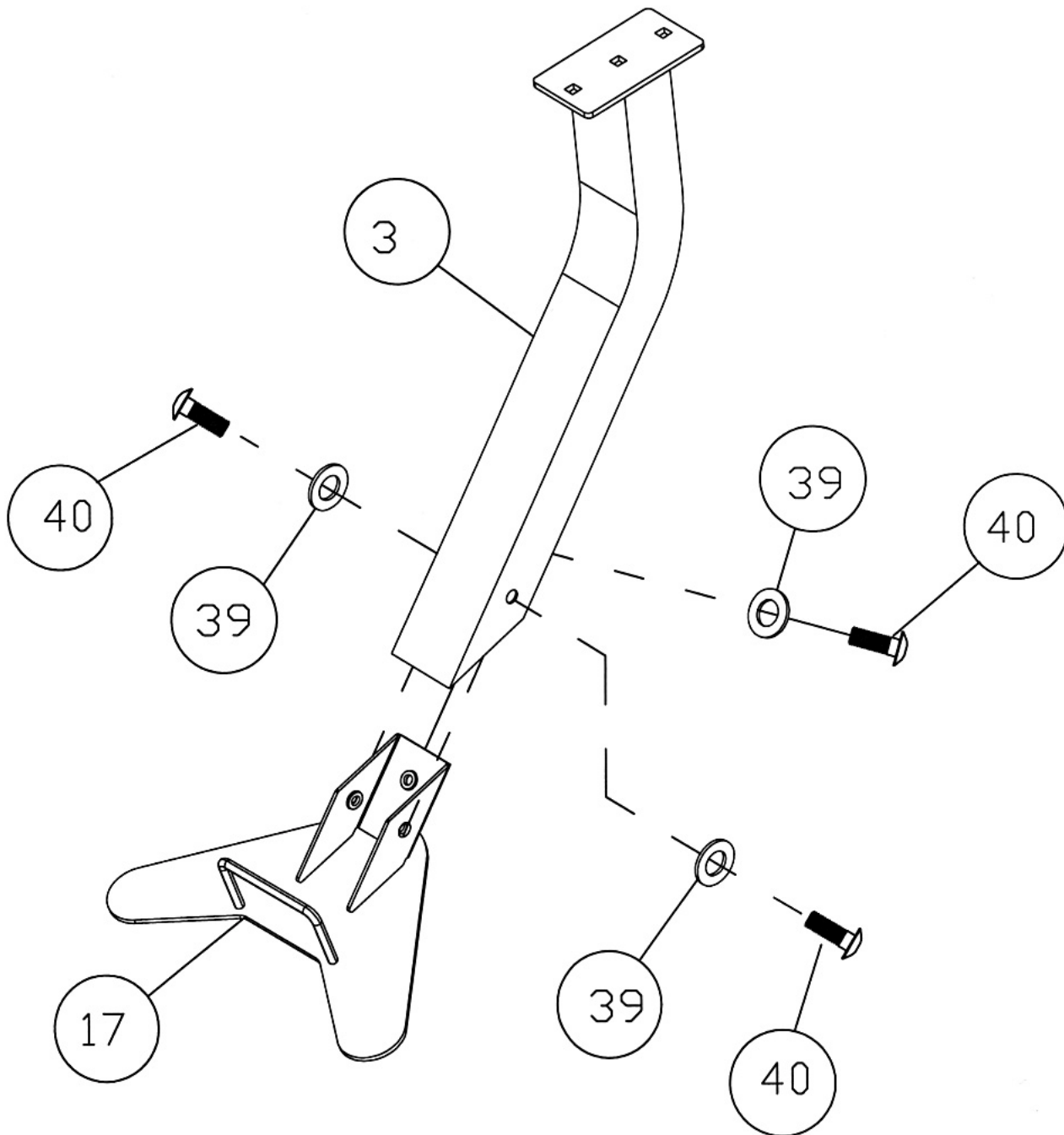
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

A.) Attach the Front Post (#3) to the Front Stabilizer (#17).

B.) Secure it with three M10 x 5/8" Allen Bolts (#40) and Ø 5/8" Washers (#39).

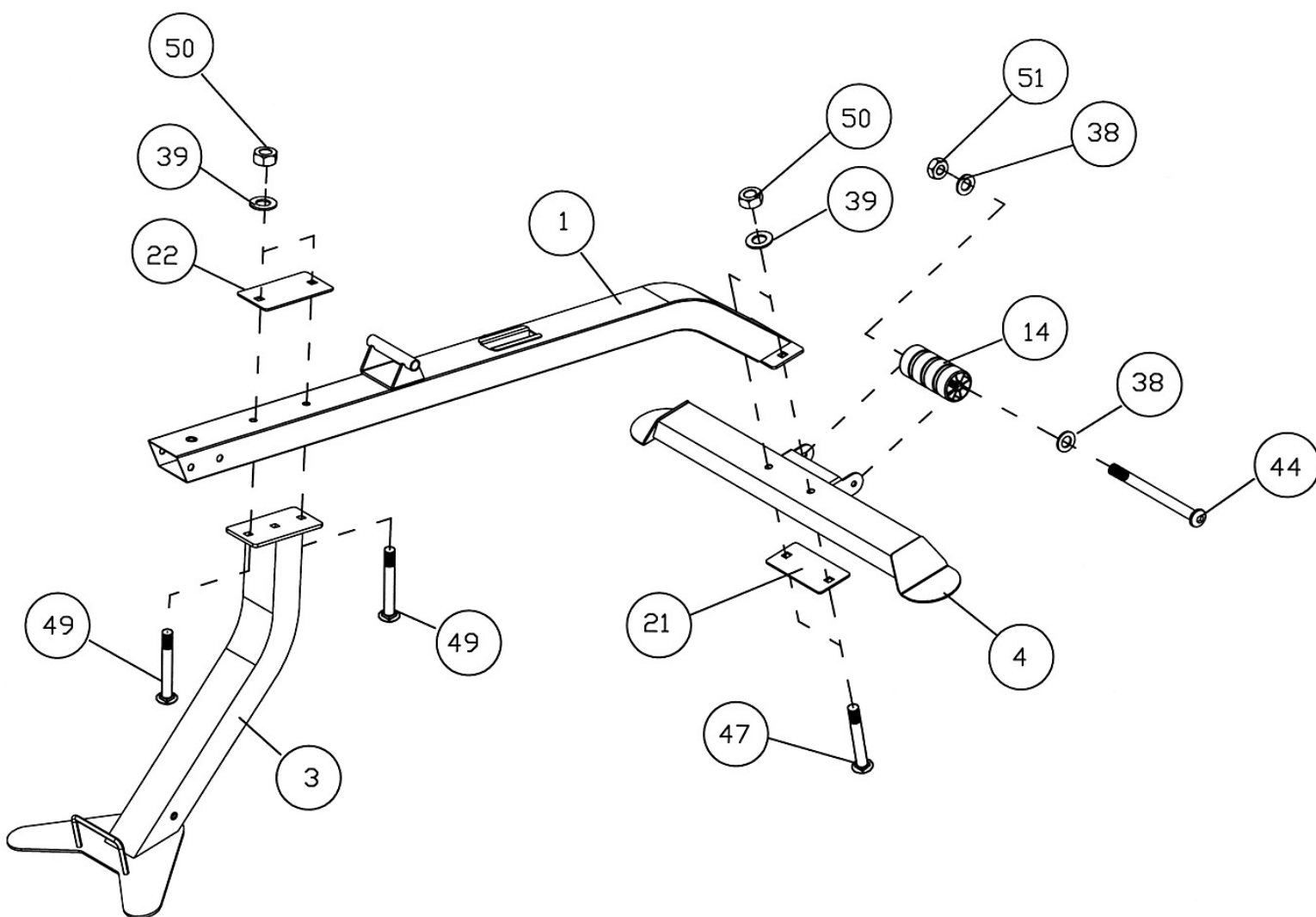
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the rear of Main Seat Support (#1) to the Rear Stabilizer (#4). Secure it with two M10 x 2 3/8" Carriage Bolts (#47), one 5 1/8" x 2 3/8" Bracket (#21), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50).
- B.) Attach the Wheel (#14) to the Rear Stabilizer. Secure it with one M8 x 5 1/8" Allen Bolt (#44), two Ø 5/8" Washers (#38), and one M8 Aircraft Nut (#51).
- C.) Place the Main Seat Support onto the Front Post (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#49), one 5 1/8" x 2 3/4" Bracket (#22), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50).

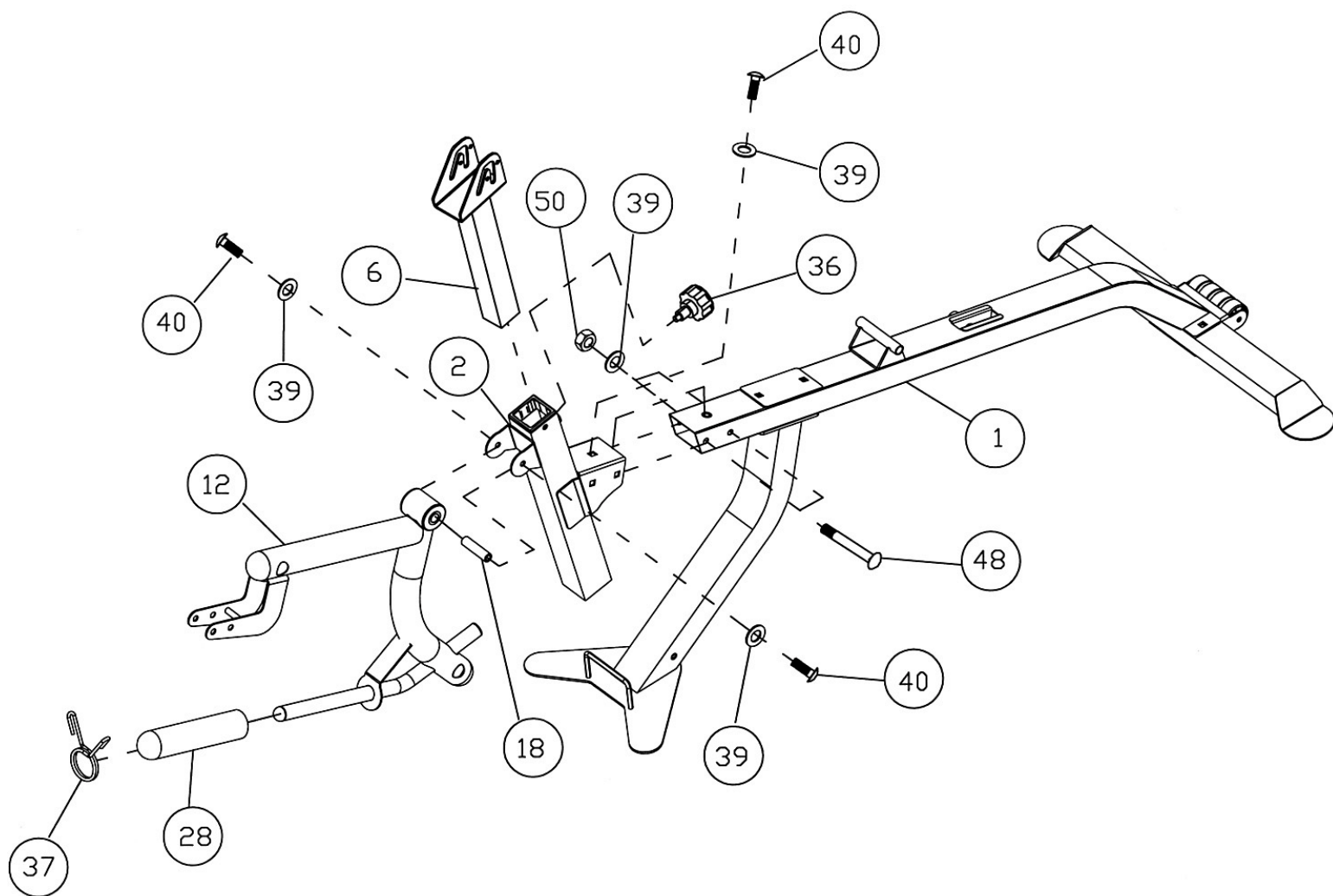
DIAGRAM 2



STEP 3 (See Diagram 3)

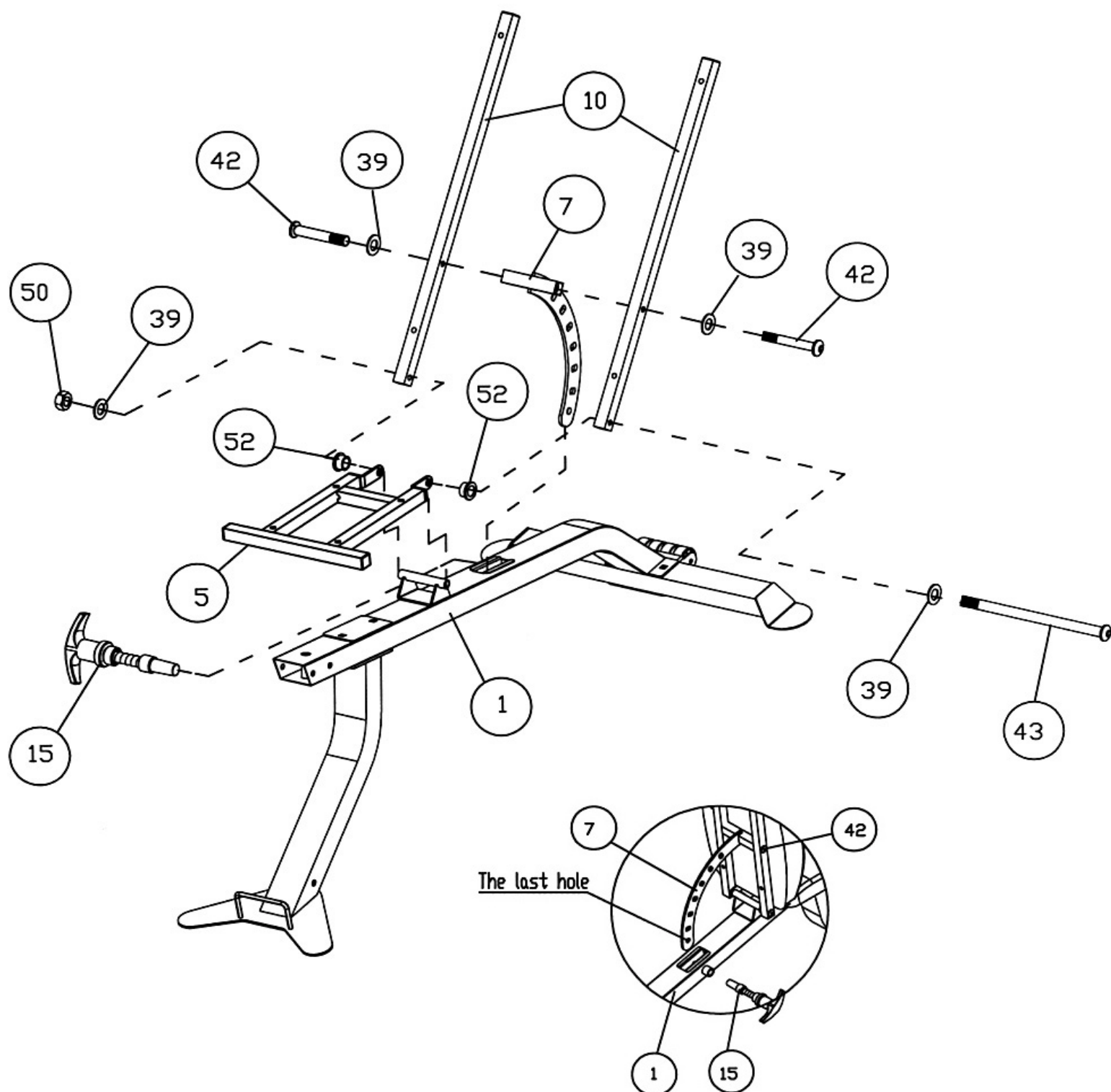
- A.) Attach the Leg Developer Holder (#2) to the Main Seat Support (#1). Secure it with one M10 x 5/8" Allen Bolt (#40) and Ø 3/4" Washer (#39) from the top, two M10 x 3 1/2" Carriage Bolts (#48), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#50) from the side.
- B.) Attach the Leg Developer (#12) to the Leg Developer Holder. Secure it with one Axle (#18), two M10 x 5/8" Allen Bolts (#40), and two Ø 3/4" Washers (#39).
- C.) Attach an Olympic Sleeve (#28) onto the weight post on the Leg Developer. Attach a Spring Clip (#37) to the Sleeve.
- D.) Insert the Arm Curl Stand (#6) into the top opening on the Leg Developer Holder. Use a Lock Knob (#36) to secure the Stand at desired height.

DIAGRAM 3



STEP 4 (See Diagram 4)

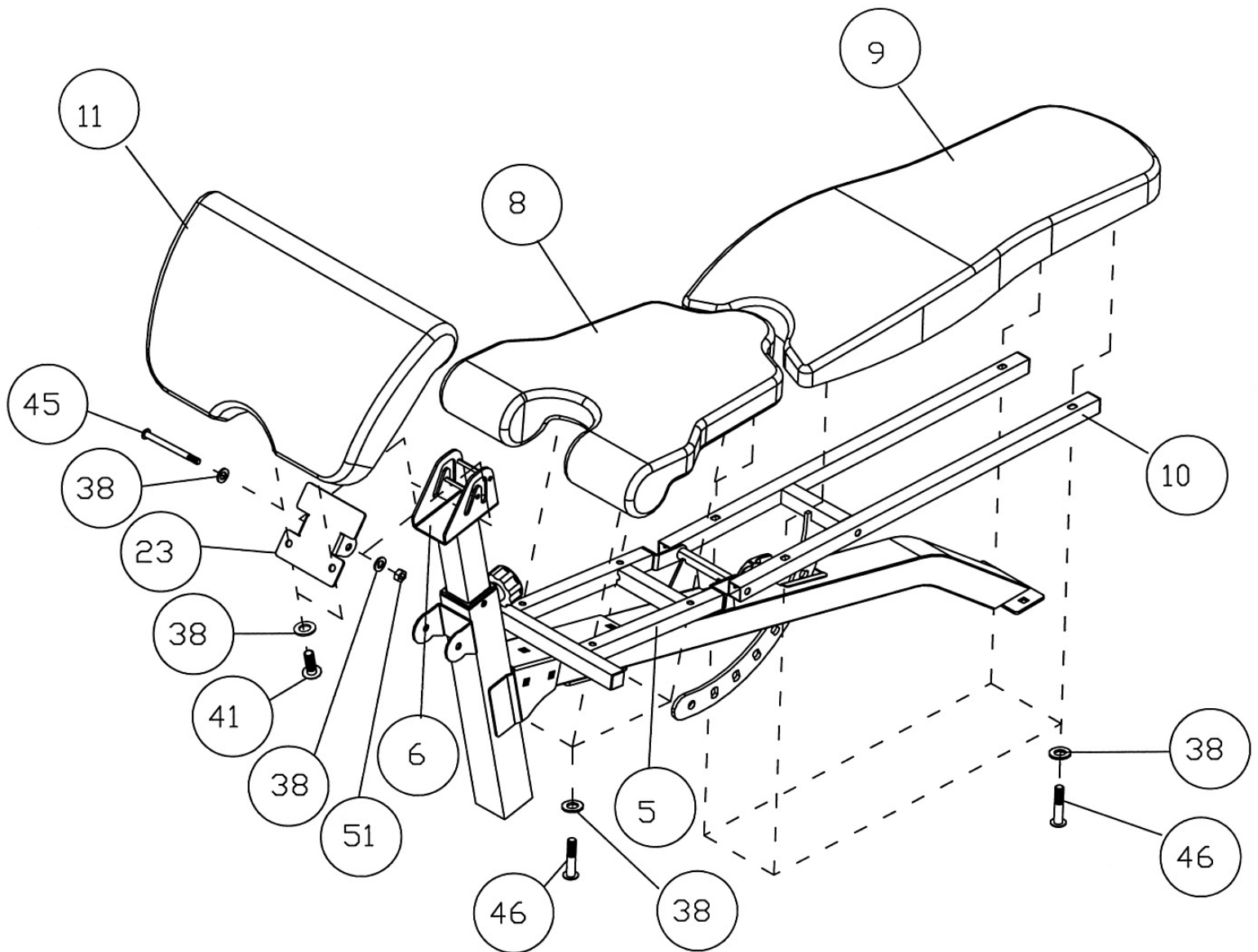
- A.) Insert two $\varnothing \frac{1}{2}$ " Bushings (#52) into the holes on the Seat Bracket (#5) and align the holes to the pivot on the Main Seat Support (#1).
- B.) Attach the two Backrest Supports (#10) to the Seat Bracket and align the holes. Secure them with a M10 x 7 $\frac{1}{4}$ " Allen Bolt (#43), two $\varnothing \frac{3}{4}$ " Washers (#39), and one M10 Aircraft Nut (#50). Do not over tighten the Nut and Bolt. Make sure the Backrest Supports are able to swivel.
- C.) Attach the Backrest Incline Support (#7) to the opening on the Main Seat Support. Use the T-shaped Lock Pin (#15) to secure the Backrest Incline Support at the Last Hole on the end of Support.
- D.) Attach the other end of the Backrest Incline Support (#7) to the Backrest Supports (#10). Align the holes and secure them with two M10 x 1 $\frac{3}{4}$ " Allen Bolts (#42) and two $\varnothing \frac{3}{4}$ " Washers (#39).



STEP 5 (See Diagram 5)

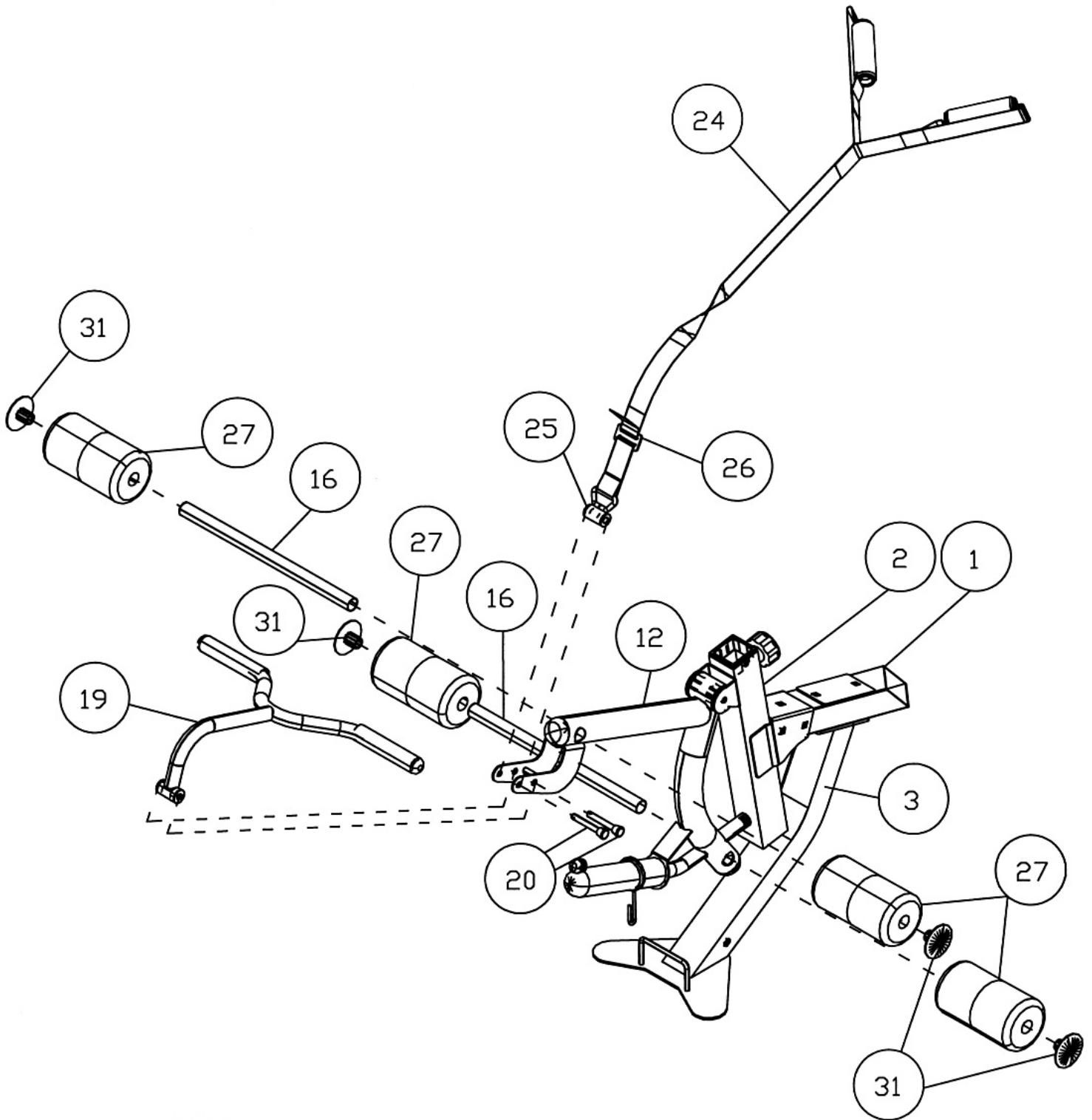
- A.) Place the Seat Pad (#8) onto the Seat Bracket (#5). Secure it with four M8 x 1 5/8" Allen Bolts (#46) and Ø 5/8" Washers (#38).
- B.) Attach the Backrest Board (#9) to the Backrest Supports (#10). Secure it with four M8 x 1 5/8" Allen Bolts (#46) and Ø 5/8" Washers (#38).
- C.) Attach the Arm Curl Pad (#11) to the Arm Curl Bracket (#23). Secure it with two M8 x 5/8" Allen Bolts (#41) and Ø 5/8" Washers (#38).
- D.) Attach the Arm Curl Bracket to the bracket on the Arm Curl Stand (#6). Insert the M8 x 3 1/2" Allen Bolt (#45) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket and secure the Bolt with two Ø 5/8" Washers (#38) and one M8 Aircraft Nut (#51). Do not over tighten the Nut and Bolt. The Bolt needs to be able to slide on the track freely.

DIAGRAM 5

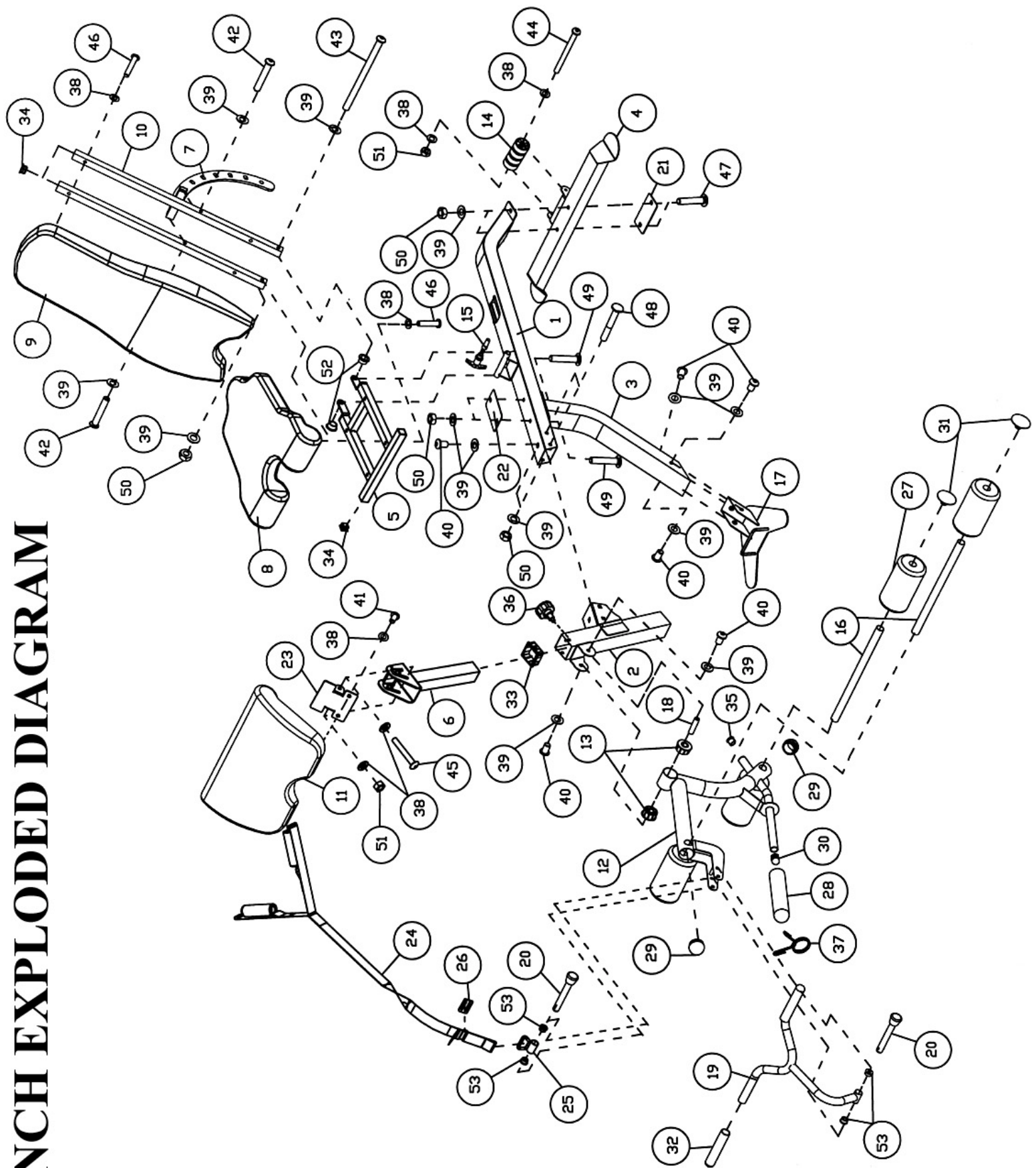


STEP 6 (See Diagram 6)

- A.) Insert two Foam Tubes (#16) halfway through the holes on Leg Developer (#12).
- B.) Push four Vinyl Foam Rolls (#27) onto the Tubes from both ends.
- C.) Push four Foam Roll End Caps (#31) into the ends.
- D.) Attach the Arm Curl Handle (#19) to the back holes on the Leg Developer. Secure it with a Lock Pin (#20). Attach the Abdominal Strap (#24) to the front holes on the Leg Developer. Secure it with a Lock Pin (#20).
- E.) Pull up and flip the Arm Curl Pad along the track to face the back of the machine when doing abdominal exercises using the Abdominal Strap.
- F.) Remove the Arm Stand and Abdominal Strap when doing Leg Developer exercises.



BENCH EXPLODED DIAGRAM



MULTI-PURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Seat Support	1
2	Leg Developer Holder	1
3	Front Post	1
4	Rear Stabilizer	1
5	Seat Bracket	1
6	Arm Curl Stand	1
7	Backrest Incline Support	1
8	Seat Pad	1
9	Backrest Board	1
10	Backrest Support	2
11	Arm Curl Pad	1
12	Leg Developer	1
13	Ø 2" Leg Developer Bushing	2
14	Wheel	1
15	T-shaped Lock Pin	1
16	Foam Tube	2
17	Front Stabilizer	1
18	Axle	1
19	Arm Curl Handle	1
20	Lock Pin	2
21	5 1/8" x 2 3/8" Bracket	1
22	5 1/8" x 2 3/4" Bracket	1
23	Arm Curl Bracket	1
24	Abdominal Strap	1
25	Abdominal Strap Connector	1
26	Strap Buckle	1
27	Vinyl Foam Roll	4
28	Olympic Sleeve	1
29	Ø 2" Cone-shaped End Cap	2
30	Ø 1" Cone-shaped End Cap	1
31	Foam Roll End Cap	4
32	6" Grip	2
33	Sleeve	1
34	1" Square End Cap	4
35	Ø 1" End Cap	1
36	Lock Knob	1
37	Spring Clip	1
38	Ø 5/8" Washer	14
39	Ø 3/4" Washer	16
40	M10 x 5/8" Allen Bolt	6
41	M8 x 5/8" Allen Bolt	2
42	M10 x 1 3/4" Allen Bolt	2
43	M10 x 7 1/4" Allen Bolt	1
44	M8 x 5 1/8" Allen Bolt	1
45	M8 x 3 1/2" Allen Bolt	1
46	M8 x 1 5/8" Allen Bolt	8
47	M10 x 2 3/8" Carriage Bolt	2
48	M10 x 3 1/2" Carriage Bolt	2
49	M10 x 2 3/4" Carriage Bolt	2
50	M10 Aircraft Nut	7
51	M8 Aircraft Nut	2
52	Ø 1/2" Bushing	2
53	Ø 1" x Ø 3/8" Bushing	4

IMPEX[®] INC.

LIMITED WARRANTY

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

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

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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

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