

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
LAT 20

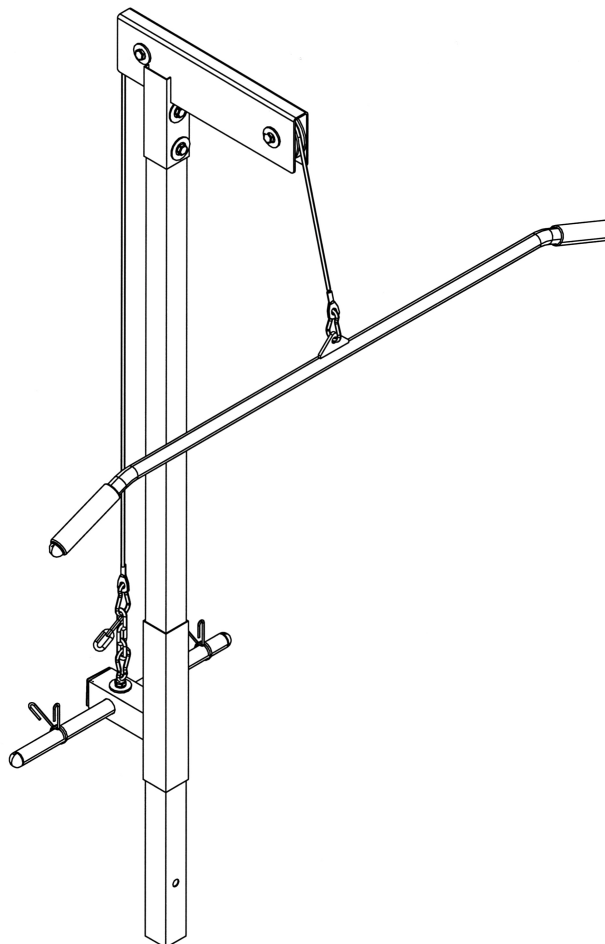
Retain This  
Manual for  
Reference

03-04-05

OWNER'S  
MANUAL



## APEX LAT BAR



**IMPEX FITNESS PRODUCTS**  
14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746  
Tel: (800) 999-8899 Fax: (626) 961-9966  
[www.impex-fitness.com](http://www.impex-fitness.com)  
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## BEFORE YOU BEGIN

Thank you for selecting the APEX LAT-20 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**

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

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

**Maximum Weight Capacity: 200 lbs.**

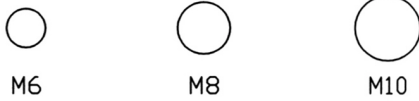
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

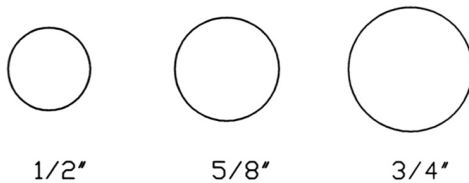
# HARDWARE IDENTIFIER

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

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

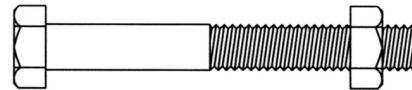
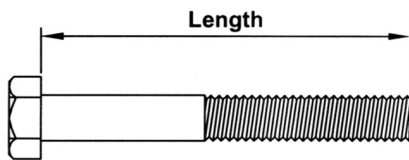
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

**QUESTION ?**

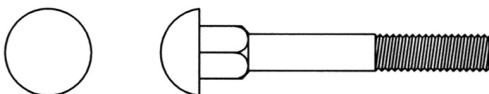


**1-800-999-8899**

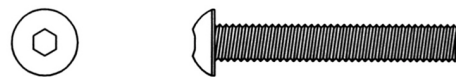
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

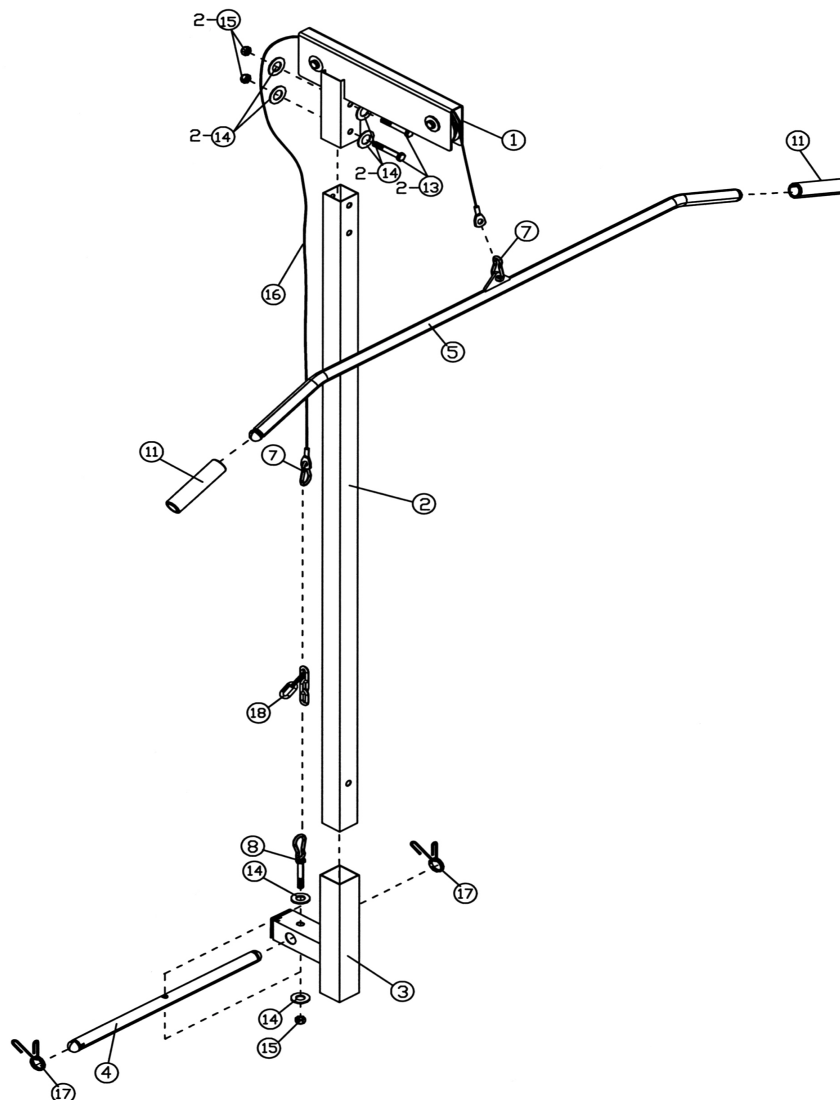
# ASSEMBLY INSTRUCTION

**Tools Required Assembling the Machine: Two Adjustable Wrenches.**

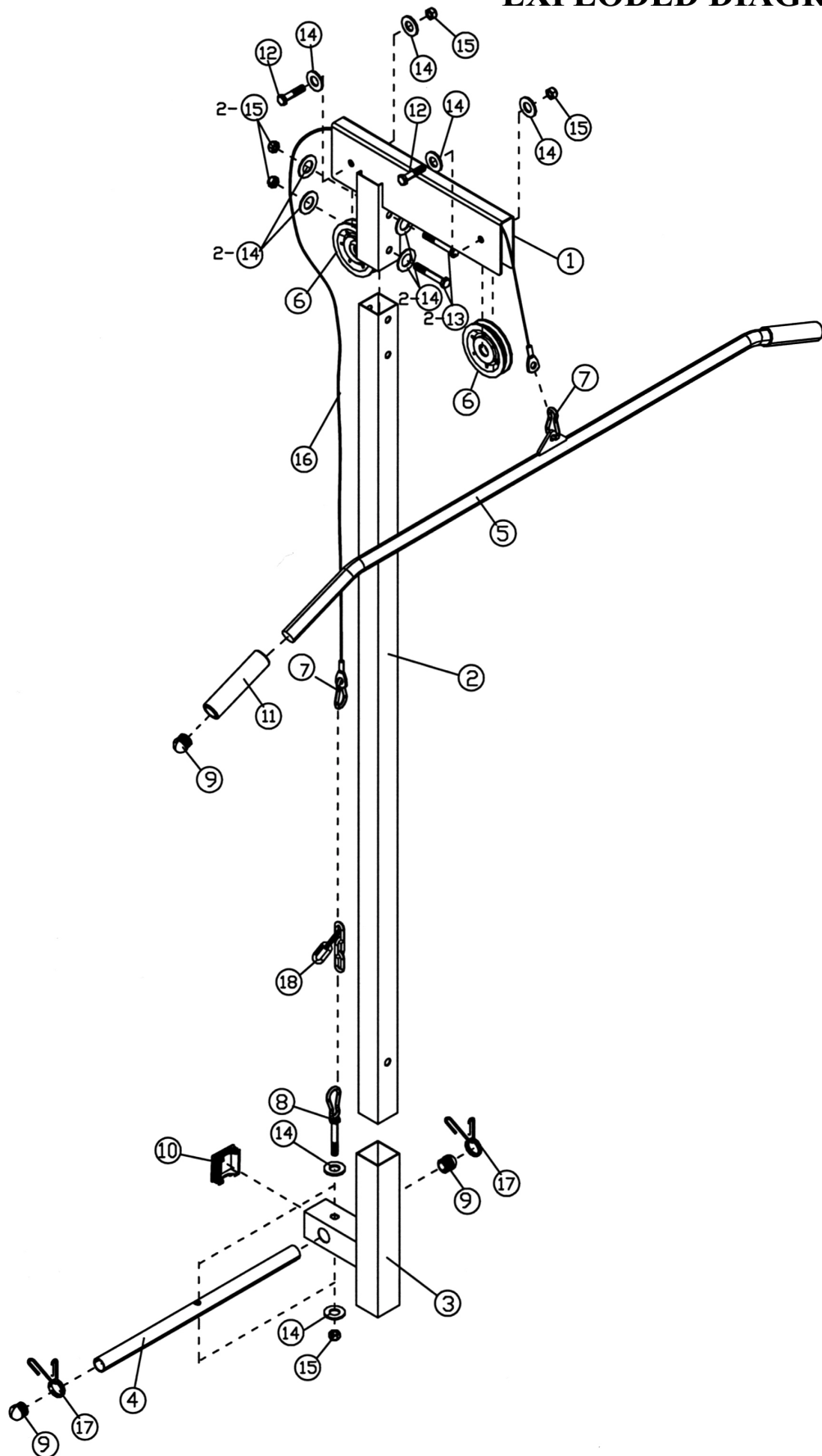
**NOTE:** It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

## STEP 1 (See Diagram 1)

- A.) Attach Pulley Case (#1) to the top of Lat Bar Frame (#2). Secure it with two M10 x 2 ½" Bolts (#13), four Ø ¾" Washers (#14), and two M10 Aircraft Nuts (#15).
- B.) Slide the Weight Holder (#3) onto the Lat Bar Frame (#2).
- C.) Insert the Weight Tube (#4) halfway through the hole on the Weight Holder (#3). Align the holes and secure it with one Hook Bolt (#8), two Ø ¾" Washers (#14), and one M10 Aircraft Nut (#15).
- D.) Attach the 62 3/8" Cable (#16) to the front pulley on the Pulley Case (#1). Insert the Cable through the Case. Draw the Cable toward the rear pulley on the Pulley Case. Pull the Cable downward and connect the Cable to the Chain (#18) with a Clip (#7). Then connect the Chain to the Hook Bolt (#8). Note: After installation, adjust the tension of Cable by adjusting the length of the Chain.
- E.) Connect the Lat Bar to the other end of Cable with a Clip. Slide two Grips (#11) onto the Lat Bar from both ends.
- F.) Attach two Spring Clips (#17) onto the Weight Tube (#4) from both ends.



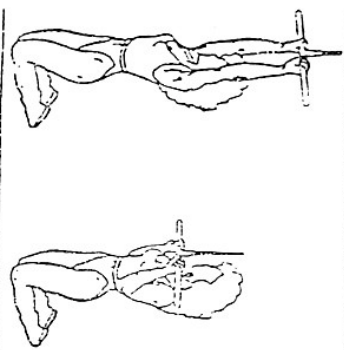
# EXPLODED DIAGRAM



## PARTS LIST

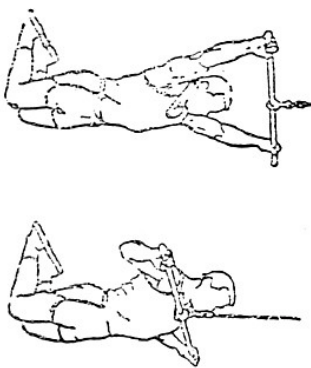
KEY NO.	DESCRIPTION	Q'ty
1	Pulley Case	1
2	Lat Bar Frame	1
3	Weight Holder	1
4	Weight Tube	1
5	Lat Bar	1
6	Pulley	2
7	Clip	2
8	Hook Bolt	1
9	Ø 1" Round End Cap	4
10	2" Square End Cap	1
11	Grip	2
12	M10 x 1 ¾" Bolt	2
13	M10 x 2 ½" Bolt	2
14	Ø ¾" Washer	10
15	M10 Aircraft Nut	5
16	62 3/8" Cable	1
17	Spring Clip	2
18	Chain	1

### Close-Grip Front Lat Pull-Down Lower Lats



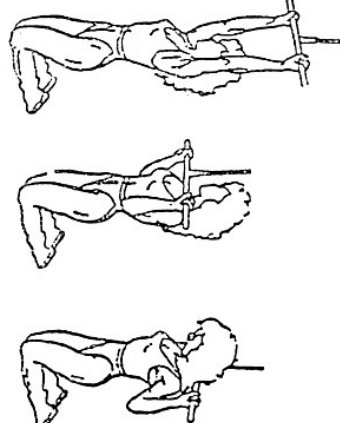
- Hold lat bar with hands about 8" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position
- Inhale down, exhale up.
- Can also be done with medium grip.

### Wide-Grip Front Lat Pull-Down Upper Lats



- Hold lat bar with hands about 36" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position.
- Inhale down, exhale up.

### Medium-Grip Front-to-Rear Lat Pull-Down Lats

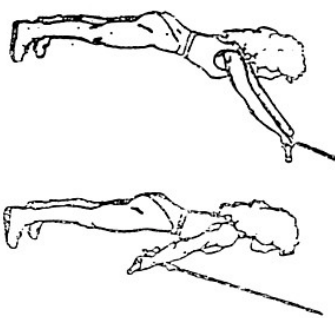


- Hold lat bar with hands about 24" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until even with upper chest.
- Return to starting position.
- Pull bar straight down until it touches back of neck just above shoulders.
- Return to starting position.
- Inhale down, exhale up.

### Wide-Grip Rear Lat Pull-Down Upper Lats

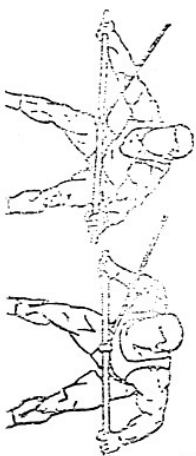
- Hold lat bar with hands about 35" apart.
- Kneel down far enough to support weights with arms extended overhead.
- Pull bar straight down until it touches back of neck just above shoulders.
- Return to starting position.
- Inhale down, exhale up.
- Can also be done with medium grip.

### Straight-Arm Close-Grip Lat Pulldown Lats



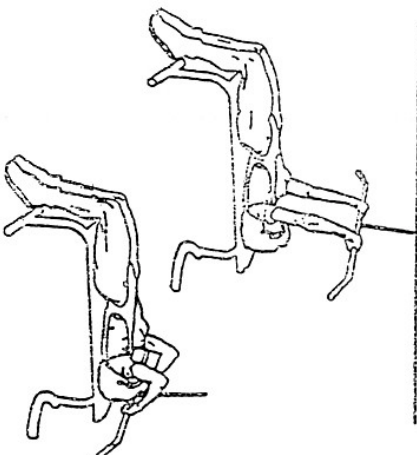
- Hold lat bar with hands 8" apart.
- Step back from machine until arms support weights while extended in front, even with top of thighs.
- Pull bar straight down. In semicircular motion with arms locked, until it touches top of thighs.
- Return to starting position using same path.

### Standing Ben-Over Wide-Grip Bar Lat Pull-In on High Pulley Upper Lats



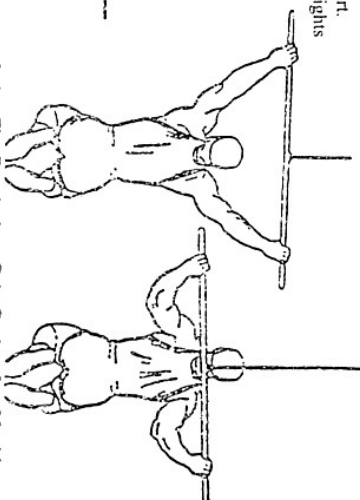
- Hold bar, palms down, hands 36" apart.
- Stand far enough back to raise weight stack, arms extended.
- Bend at waist, knees slightly bent, head up.
- Back straight, feet 24" apart.
- Pull bar straight in to lower pectorals.
- Return to starting position.
- Inhale in, exhale out.

### Lying Close-Grip Bar Curl on High Pulley Outer Biceps

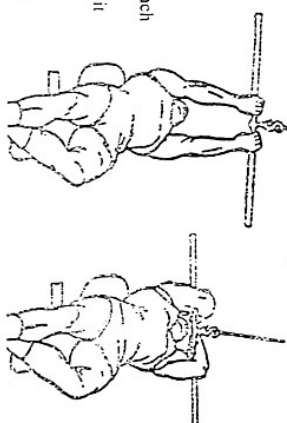


- Piece flat bench in front of high pulley
- Hold bar with both hands, palms down, 8" apart.
- Lie on your back with head over end of bench
- Extend arms straight above shoulders.
- Curl bar down in semicircular motion until it touches chin.
- Keep upper arms vertical at all times.
- Return to starting position using same path.
- Inhale down, exhale up.

### Lying Flat Bench Close-Grip Curl on Lat Machine Outer Upper Biceps



- Place flat bench below bar of lat machine.
- Position bench about 6" behind bar.
- Hold bar with both hands, reverse grip, 8" apart.
- Lie on your back with head over end.
- Extend arms straight above shoulders.
- Curl bar down in semicircular motion until it touches chin.
- Keep upper arms vertical at all times
- Return to starting position using same path
- Inhale down, exhale up.





# ***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](http://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](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

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