

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Exploded Diagram

Parts List

Assembly Instruction

Workout Instruction

Anatomy

Warranty

Ordering Parts

Model
TR 802

Retain This
Manual for
Reference

9-26-00

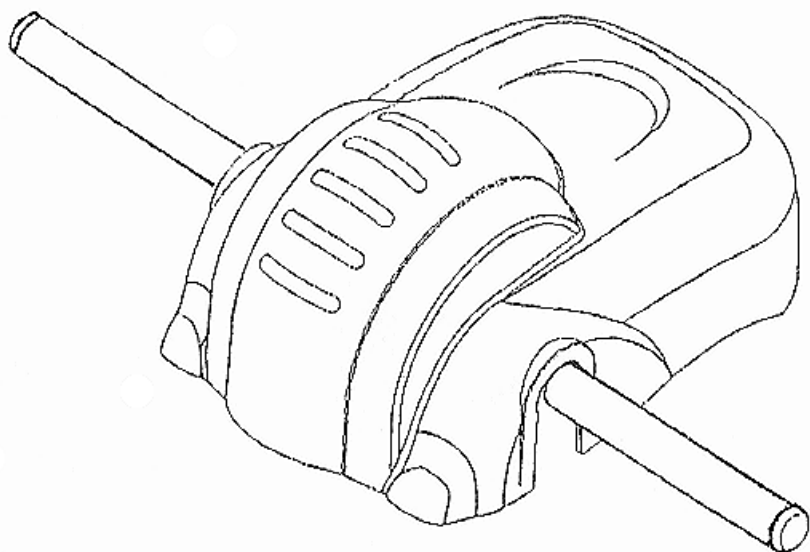
OWNER'S
MANUAL

CALIFORNIA FITNESS

BY IMPEX

TORSO ROLLER

TR 802



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the TORSO ROLLER 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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SAFETY PRECAUTIONS

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

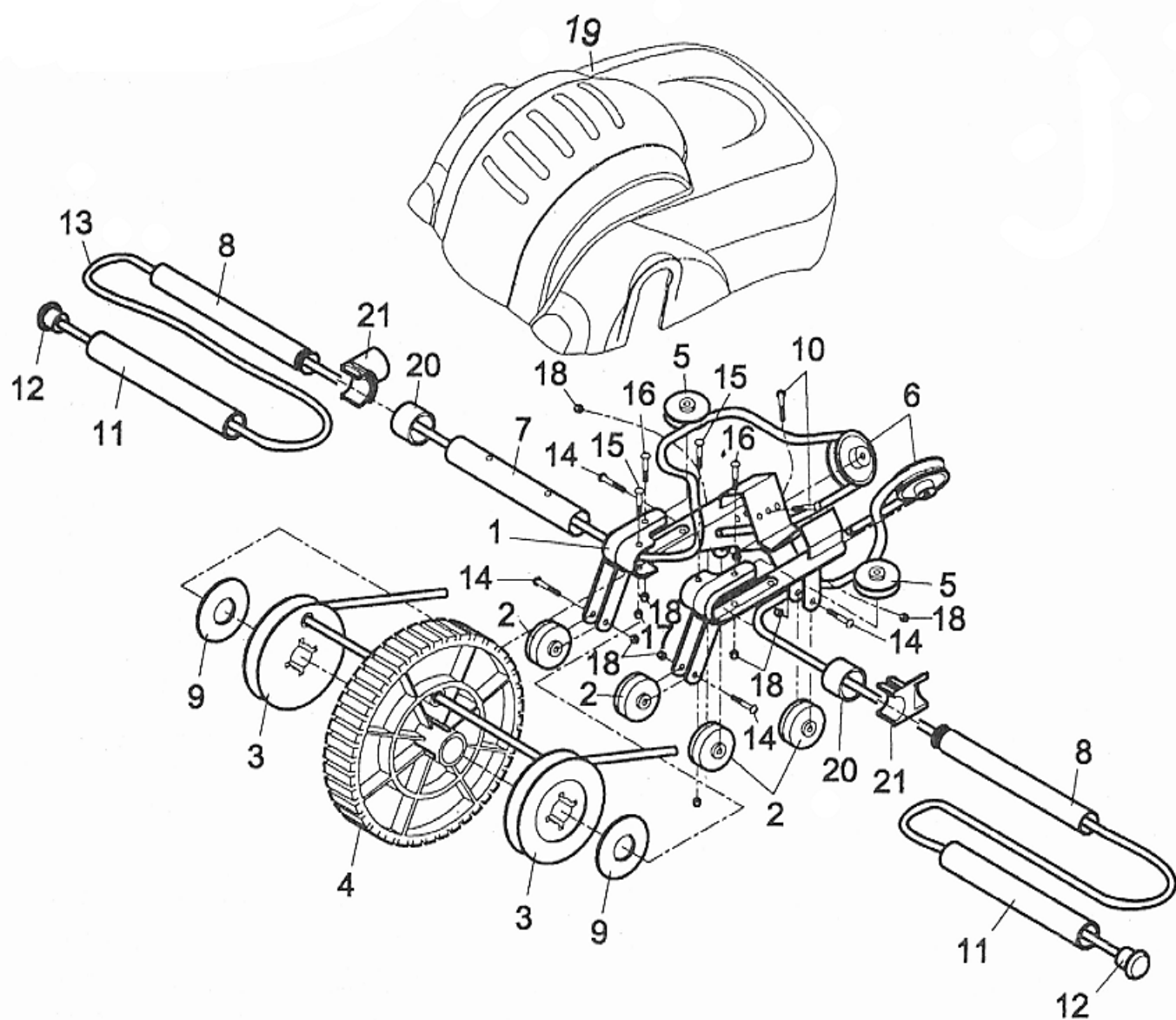
1. Read the following instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any other exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If any time you feel faint, light-headed or dizzy while operating the machine, stop EXERCISE immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person should use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nut and bolts are tightened prior to use.
8. Do not operate this or any exercise equipment if it is damaged.
9. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using machine. If you get nauseous, do not fight it; come up as soon as you feel queasy.
10. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
11. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
12. Keep clothes, jewelry or loose items away from moving parts.

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. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

DO NOT OPERATE THIS EXERCISE EQUIPMENT WITHOUT PROPERLY FITTED GUARDS, AS THE MOVING PARTS CAN PRESENT A RISK OF SERIOUS INJURY TO YOUNG CHILDREN.

CAUTION: Read all instructions carefully before operating this product. Retain the Owner's Manual for future reference.

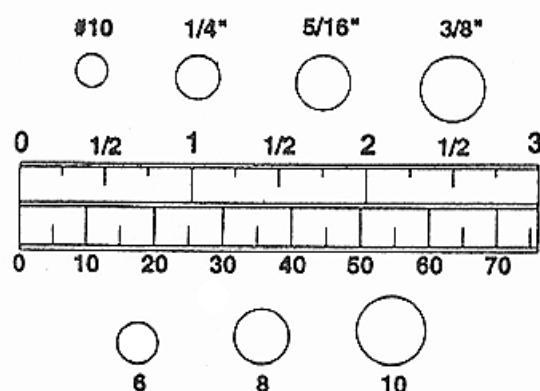
EXPLODED DIAGRAM



PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
1	Main Frame	1	11	Handgrip	2
2	Wheel	4	12	Cap	2
3	Main Pulley	2	13	Rope	2
4	Main Wheel	1	14	M6 x 40 mm Round Head Bolt	4
5	Rear Pulley	2	15	M8 x 45 mm Round Head Bolt	2
6	Front Pulley	2	16	M6 x 50 mm Round Head Bolt	2
7	Cross Bar	1	17	M6 Nylon Nut	2
8	Handlebar	2	18	M8 Nylon Nut	8
9	Spacer Washer	2	19	Cover	1
10	M8 x 45 mm Round Head Bolt	2	20	Sleeve Lock	2
			21	Protective Cover	2

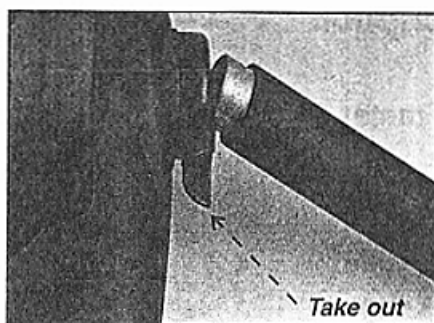
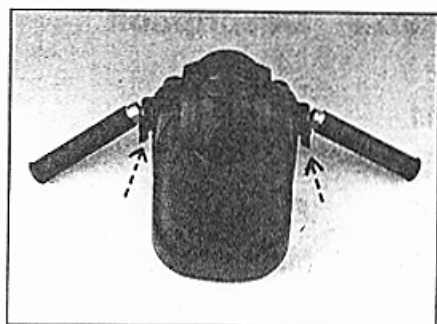
INCHES



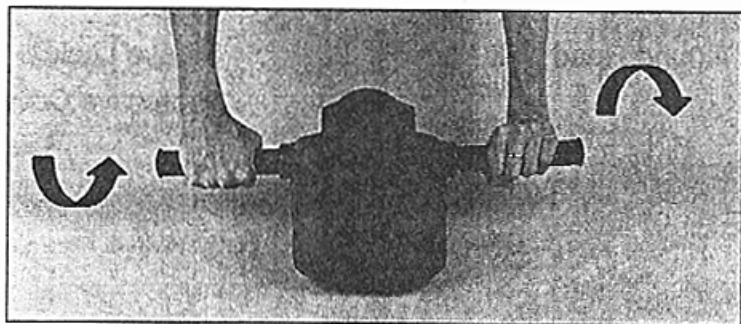
MILLIMETERS

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

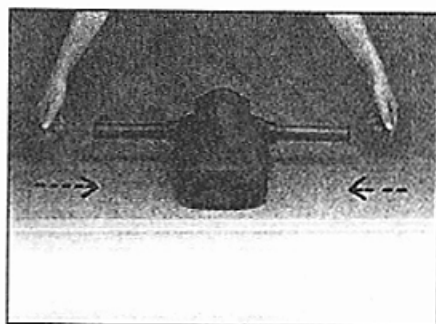
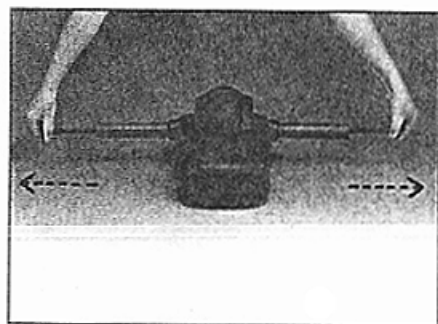
ASSEMBLY INSTRUCTIONS



Remove the protective cover before assembling.



Turn both handles clockwise from both sides until they are tightened.



After Torso Roller is assembled, Pull out both end caps (see picture above) to release the spun cable.

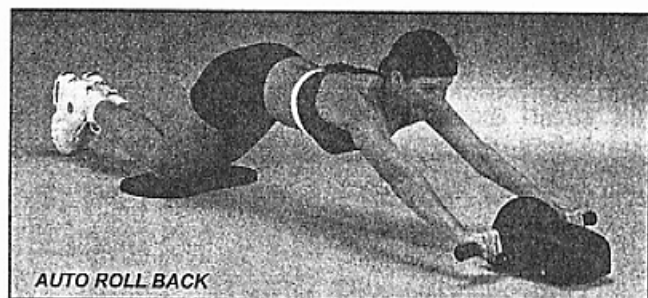
Note: At the completion of each workout, pull out the end caps to release any built-up torque on the cable.



THE TORSO ROLLER
SHOULD ALWAYS BE POSITIONED
FLAT ON THE FLOOR.



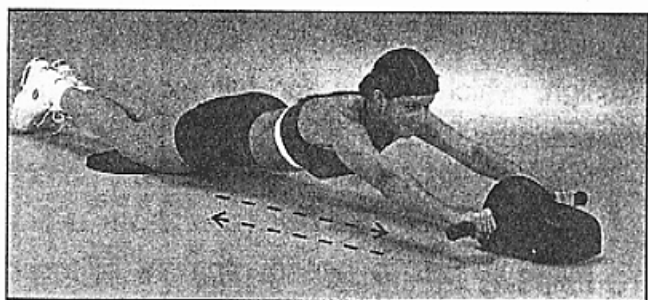
ALWAYS BEGIN WITH THE BACK
STRAIGHT AND IN THE UPRIGHT
POSITION.



AUTO ROLL BACK

RECTUS ABDOMINUS

Slowly roll straight out, pause, then slowly return.



You can also do the professional level
abdominal & whole body work out.



RIGHT OBLIQUE

Slowly roll to the left, pause, then slowly return.

LEFT OBLIQUE

Slowly roll out to the right, pause, then slowly return.

PROPER FORM WHEN EXERCISING IS THE MOST IMPORTANT FACTOR WHEN ATTEMPTING TO MAXIMIZE THE BENEFITS OF ANY STRENGTH TRAINING REGIMEN. PROPER FORM INCLUDES ISOLATION OF THE TARGET MUSCLE GROUP, RANGE OF MOVEMENT, AND SPEED OF MOVEMENT.

THE TORSO ROLLER WILL ALLOW YOU TO:

ISOLATE THE INDIVIDUAL ABDOMINAL MUSCLE GROUPS

Isolation movements are exercises that involve only one muscle group at a time. This movement will provide rotation or contraction around one joint. The benefit of **THE TORSO ROLLER** is that it is scientifically designed to isolate the rectus abdominus, and the internal and external obliques, without the undue neck strain experienced when performing other abdominal exercises.

PERFORM THE EXERCISES USING A FULL RANGE OF MOTION

The range of motion with each exercise should be as great as possible from full contraction to full extension without hyper-extension. This range of movement is safely achievable due to **THE TORSO ROLLER'S** resistance wheel design, which allows for full extension and contraction within the body's normal range of movement.

CONTROL THE MOVEMENT FROM START TO FINISH

Slow steady repetitions provide the safest and most beneficial method of providing resistance against the muscle throughout the range of movement. The design of **THE TORSO ROLLER** allows you to easily maintain control of the movements, therefore preventing injury to muscles, joints, and connective tissue due to erratic, uneven force.

The body is a complex system of 206 bones, which are put into motion by the contraction and relaxation of 400 skeletal muscles. The body also consists of 250 other muscles: smooth muscle, which lines the body's organs, and cardiac muscle, which pumps the heart. Muscular development focuses on the stretching and contracting of the skeletal muscles, which is possible because they have the ability to shorten their length by as much as 40%. In order to tone, strengthen, and grow your muscles you must force them to work progressively against resistance, which will cause an increase in the size of your muscle fibers, (however not in the number of your muscle fibers, since that is genetically predetermined). **THE TORSO ROLLER** provides the necessary resistance during the positive and negative portion of the exercise, increasing overall strength:

- 1) **NEGATIVE STRENGTH:** *The muscle is lengthened against resistance.* A) During the extension phase of the exercise, the further you extend over your body's center, the more resistance is applied via the stretching of the extension cable, coupled with the natural resistance that is a result of maintaining control past your body's center.
- 2) **HOLDING STRENGTH:** *The muscle is exerting force, but limited movement is involved.* B) The midpoint of the exercise when holding the extended position before returning to the position.
- 3) **POSITIVE STRENGTH:** *The muscle is shortened against resistance.* C) During the return phase, contraction of the abdominals is overcoming the resistance applied against the muscle by your own body weight extended past it's center.

While many people tend to concentrate on the positive portion of an exercise, it is the negative portion that is the most beneficial since it provides stretching for the improvement of flexibility, and a pre-stretch which is the precursor for full muscular contraction. At the end of the negative strength phase of the exercise, after several repetitions, depending upon your conditioning, you will begin to feel muscle fatigue. At this point, the resistance cable, which provides resistance for the extension, will now act as a spotter, and provide a slight momentum to help you return to the start position. This is a technique known as the 'Cheating Principle', which helps you to work beyond your body's limitations, thus forcing it to grow.

Each person must establish their own timetable for workout frequency since there is no direct positive correlation between strength increases and the body's recovery ability. As you get stronger you are able to push your body further and further past it's natural recovery ability, thus requiring more recovery time between workouts.

ANATOMY OF THE WAIST

RECTUS ABDOMINUS

The rectus abdominus is the foremost muscle in the front of the waist. It attaches to the 5th, 6th, and 7th Ribs, extends across the front of the abdominal wall and attaches to the pubis bone. Its primary function is to shorten the distance between the lower portion of the sternum and the pelvic girdle.

EXTERNAL OBLIQUES

The external oblique muscles are attached to the lower ribs and extend around the outer waist and attach to the hip bone. The function of these muscles are to bend the spine to the same side and rotate the torso the opposite side.

GUIDELINES FOR EFFECTIVE STRENGTH TRAINING

1. AS WITH ANY EXERCISE PROGRAM CONSULT A PHYSICIAN BEFORE BEGINNING.
2. ALWAYS STRETCH ADEQUATELY PRIOR TO PERFORMING ANY EXERCISE.
3. PERFORM ALL MOVEMENTS SLOWLY, DELIBERATELY, AND UNDER CONTROL.
4. PERFORM EACH EXERCISE TO COMPLETE MUSCLE FATIGUE, BUT STOP IF YOU FEEL ANY DISCOMFORT ASSOCIATED WITH INJURY.
5. INCREASE RESISTANCE AS YOU GET STRONGER.
6. ALWAYS MAINTAIN A STRAIGHT BACK, KNEES TOGETHER ON THE COMFORT PAD, ANKLES TOGETHER, FEET POINTING DOWN AND TOUCHING THE GROUND.

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