

NOTE:
Please read all instructions
carefully before using this
product

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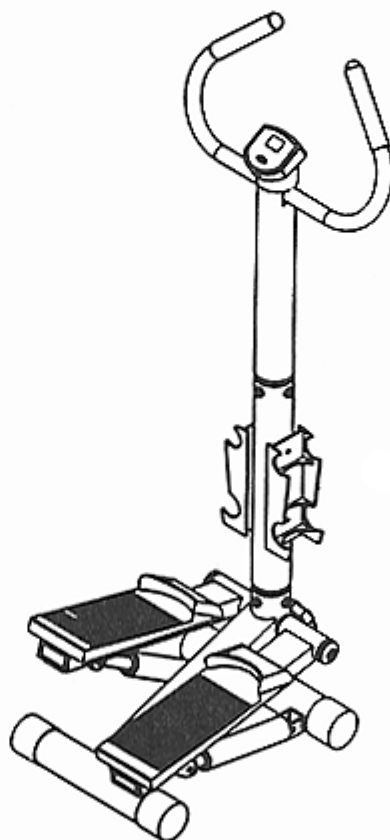
Retain This
Manual for
Reference

Aug. 06, 1999

**OWNER'S
MANUAL**

IMPEX

EASY – STEP PLUS MS 80



IMPEX FITNESS PRODUCTS

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

www.impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the EASY STEP PLUS 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

impex@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.

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

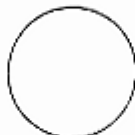
1/2"



5/8"



3/4"



REPLACEMENT PARTS

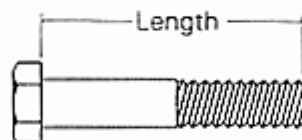
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

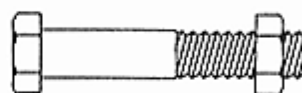


1-800-999-8899

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



AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

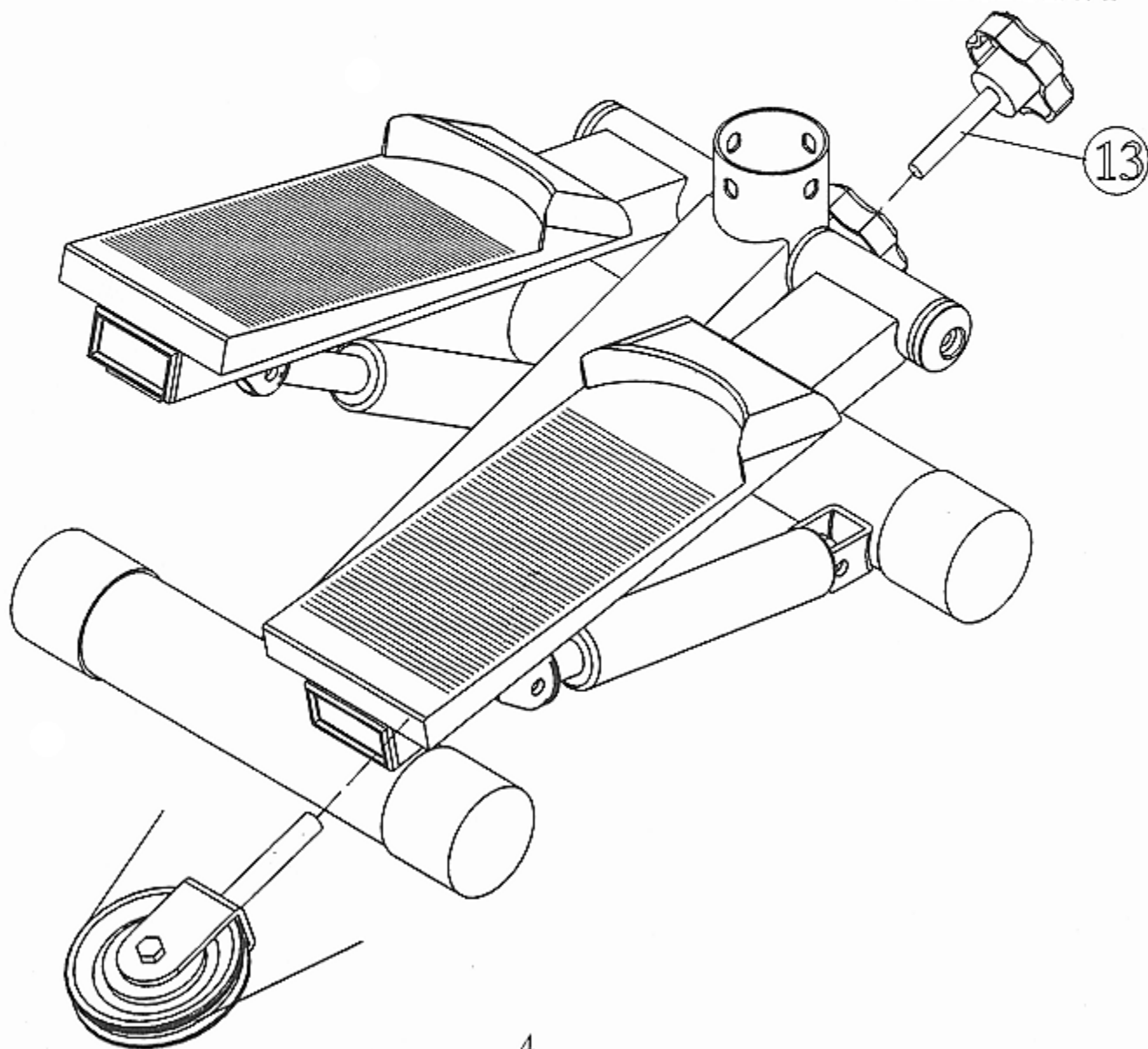
ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine:
Two Adjustable Wrenches
One Allen Wrench

STEP 1 (See Diagram 1)

- A.) Lift up the Left Pedal. Attach the Knob Bolt (#13) to the front of the Base Frame
Turn the Knob clockwise to secure the Pedals. Note: The height of the pedals can be adjusted by turning the Knob. Clockwise to increase the height and counterclockwise to decrease the height.

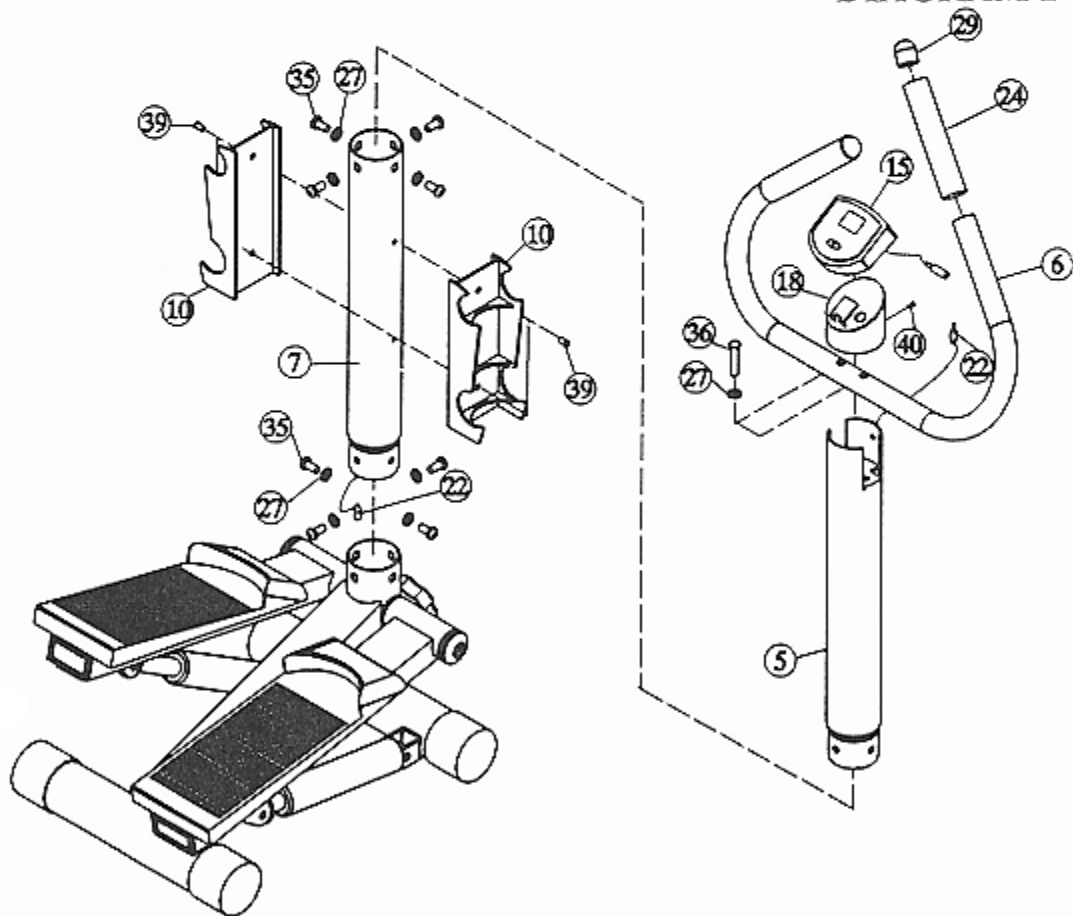
DIAGRAM 1



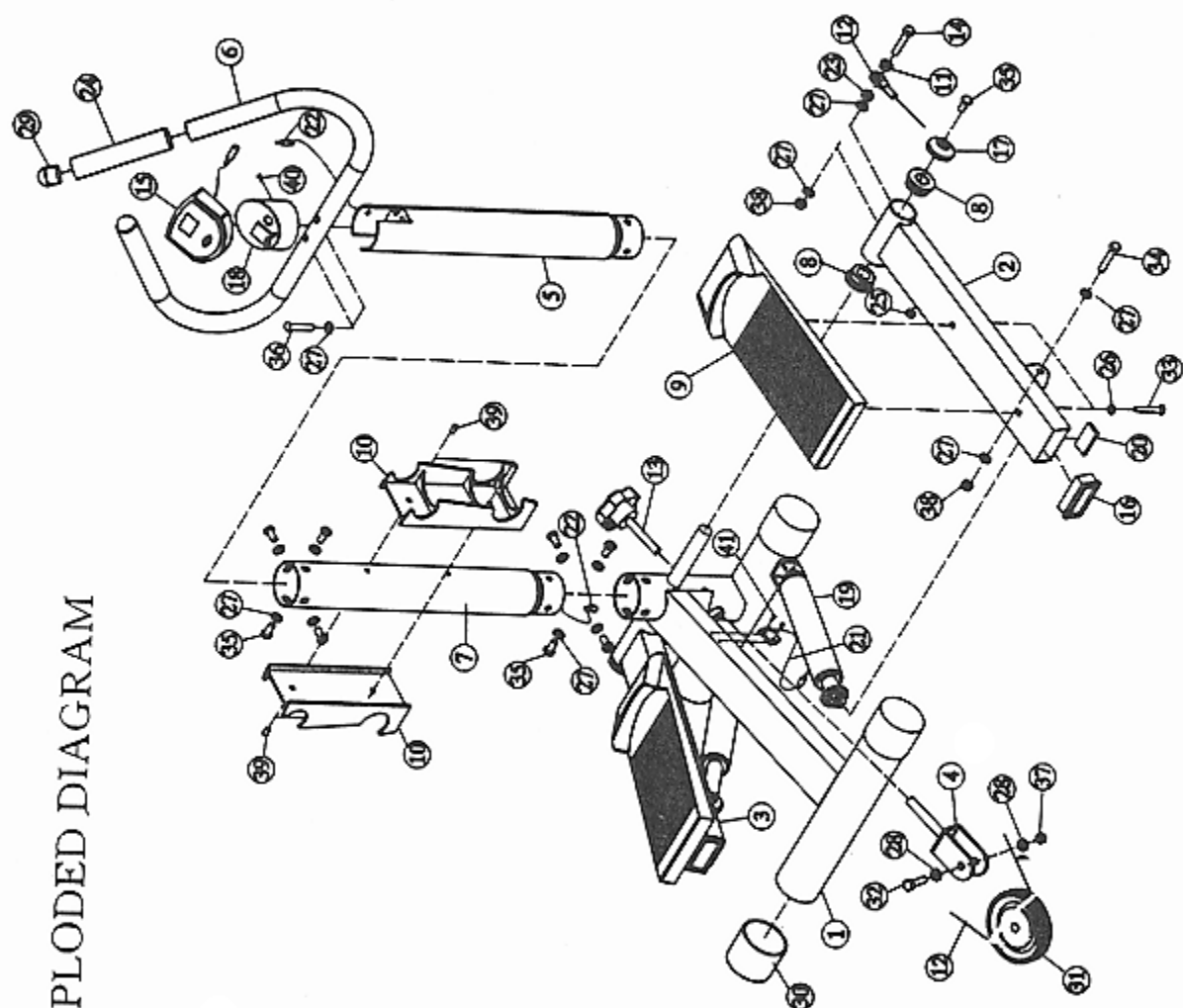
STEP 2 (See Diagram 2)

- A.) Connect the Computer Wire (#22) to the Sensor Wire (#21) coming out of the Base Frame (#1). Attach the Lower Frame (#7) to the opening on the Base Frame. Secure it with four M8 x $\frac{5}{8}$ " Allen Bolts (#35) and $\varnothing \frac{3}{4}$ " Washers (#27).
- B.) Attach two Dumbbell Racks (#10) to the Lower Frame (#7). Secure it with four M6 x $\frac{3}{8}$ " Philip Screws (#39).
- C.) Draw the Computer Wire (#22) through the Upper Frame (#5). Attach the Upper Frame (#5) to the Lower Frame (#7). Secure it with four M8 x $\frac{5}{8}$ " Allen Bolts (#35) and $\varnothing \frac{3}{4}$ " Washers (#27).
- D.) Attach the Handlebar (#6) to the top of the Upper Frame (#5). Secure it with two M8 x $2 \frac{1}{2}$ " Allen Bolts (#36) and $\varnothing \frac{3}{4}$ " Washers (#27).
- E.) Pull the Computer Wire (#22) through the Timer Stand (#18). Connect the Computer Wire (#22) to the Computer (#15). Attach the Timer Stand (#18) to the Upper Frame (#5). Secure it with a M6 x $\frac{3}{8}$ " Screw (#40). Slide the Computer (#15) onto the Timer Stand (#18).
- F.) Slide two Foam Rolls (#24) onto the Handlebar (#6) and close it with two $\varnothing 1"$ Round End Caps (#29).

DIAGRAM 2



EXPLODED DIAGRAM



MS 80 PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1.	Base Frame	1	38.	M8 Aircraft Nut	6
2.	Right Pedal Arm	1	39.	M6 x 3/8" Phillip Screw	4
3.	Left Pedal Arm	1	40.	M6 x 3/8" Round Screw	1
4.	Pulley Bracket	1	41.	ST2 Screw	2
5.	Upper Frame	1			
6.	Handlebar	1			
7.	Lower Frame	1			
8.	Ø1 1/2" Bushing	4			
9.	Pedal	2			
10.	Dumbbell Rack	2			
11.	Ø5/8" Bushing	2			
12.	Cable	1			
13.	Knob Bolt	1			
14.	M8 x 1 1/4" Bolt	2			
15.	Computer	1			
16.	2 3/8" x 1 1/4" End Cap	2			
17.	Axle Cover	2			
18.	Timer Stand	1			
19.	Hydraulic Shocks	2			
20.	Rubber Bumper	2			
21.	Sensor	1			
22.	Computer Wire	1			
23.	M8 Regular Nut	2			
24.	Foam Grip	2			
25.	Magnet	1			
26.	Ø1/2" Washer	4			
27.	Ø 3/4 " Washer	22			
28.	Ø7/8" Washer	2			
29.	Ø1" Round End Cap	2			
30.	Ø2 3/8" Round End Cap	4			
31.	Pulley	1			
32.	M10 x 1 3/4" Bolt	1			
33.	M6 x 1 1/2" Bolt	4			
34.	M8 x 1 1/4" Bolt	4			
35.	M8 x 5/8" Allen Bolt	10			
36.	M8 x 2 1/2" Allen Bolt	2			
37.	M10 Aircraft Nut	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 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.

When ordering replacement parts, always give the following information.

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