

NOTE:
Please read all instructions
carefully before using this
product

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Model
MS 90

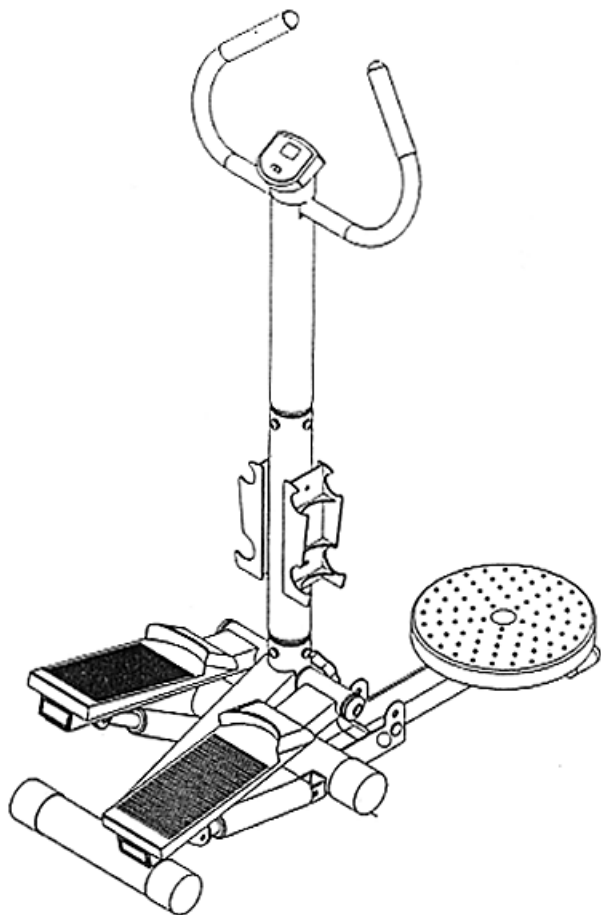
Retain This
Manual for
Reference

April 11, 2000

**OWNER'S
MANUAL**

IMPEx

EASY – STEP PLUS MS 90



IMPEX FITNESS PRODUCTS

14777 Don Julian Rd., City of Industry, CA 91746

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

www.impex-fitness.com

impex@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

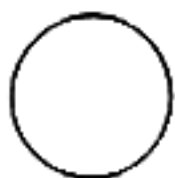


M10

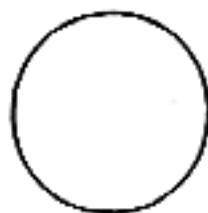


INCHES

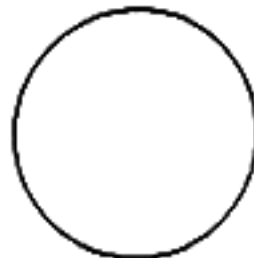
1/2"



5/8"



3/4"



REPLACEMENT PARTS

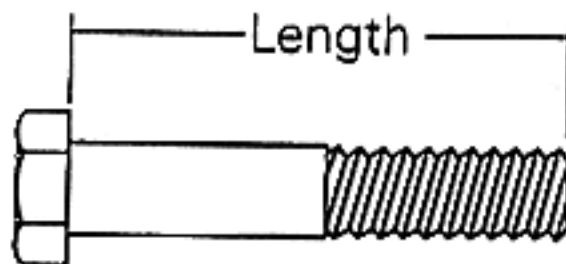
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

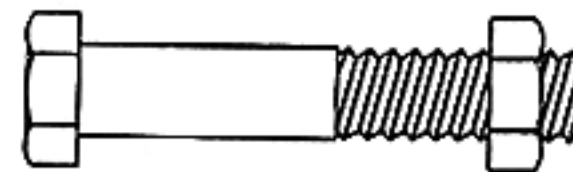


1-800-999-8899

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



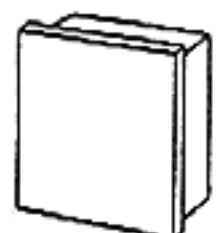
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine:

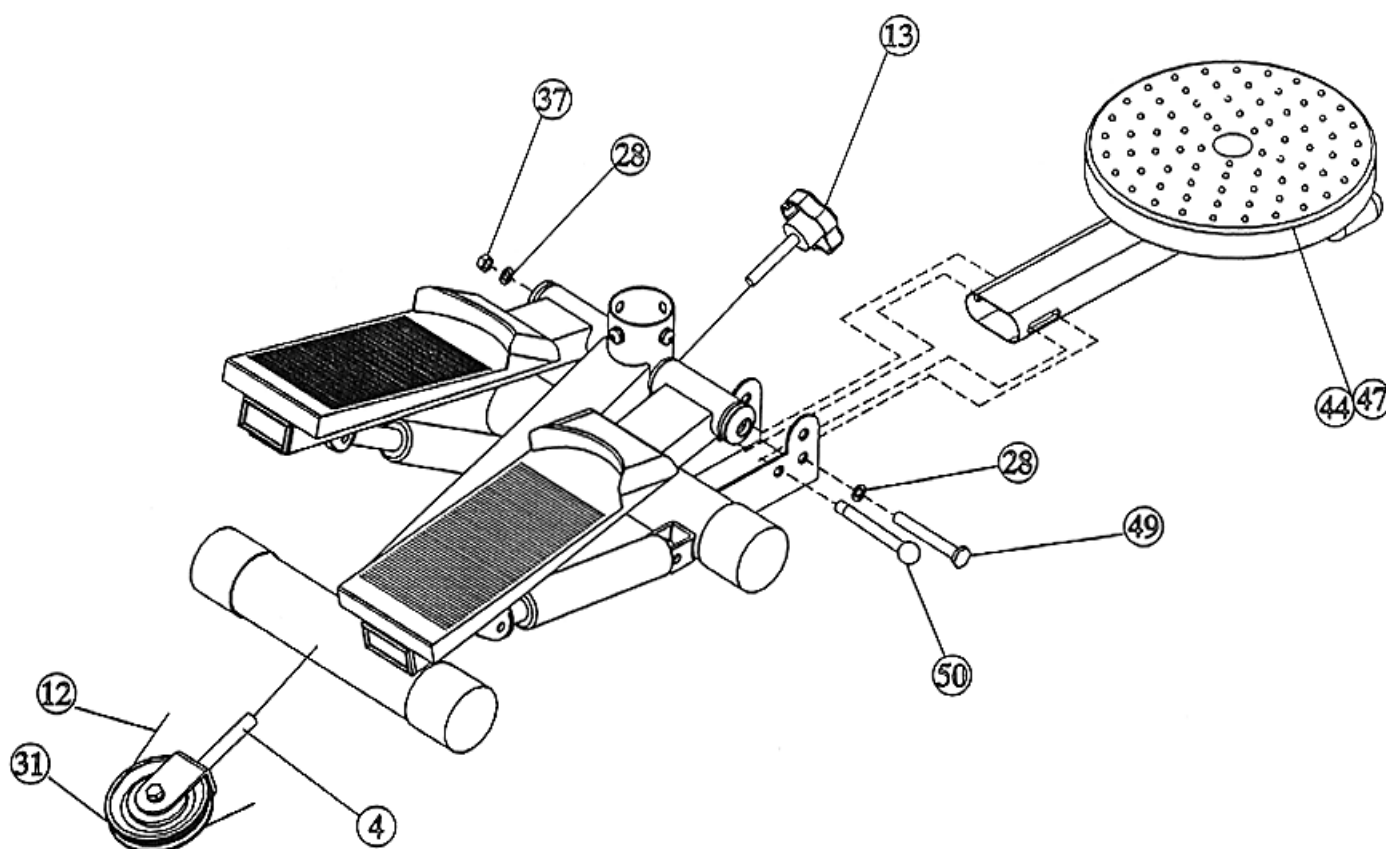
Two Adjustable Wrenches

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.
- B.) Attach the Twister Plate (#47) to the bracket in front of the Base Frame. Secure it with one M10 x 3 1/8" Bolt (#49), two Ø7/8" Washers (#28), and one M10 Aircraft Nut (#37). Do not over tighten the Nut and Bolt. The Twister Plate Frame should be able to slide on the Bolt. Secure the Twister Plate with a Pin (#50).
- C.) When storing the Twister Plate, pull the Pin out then pull the Plate out and upward to a vertical position. Re-insert the Pin to secure the Plate.

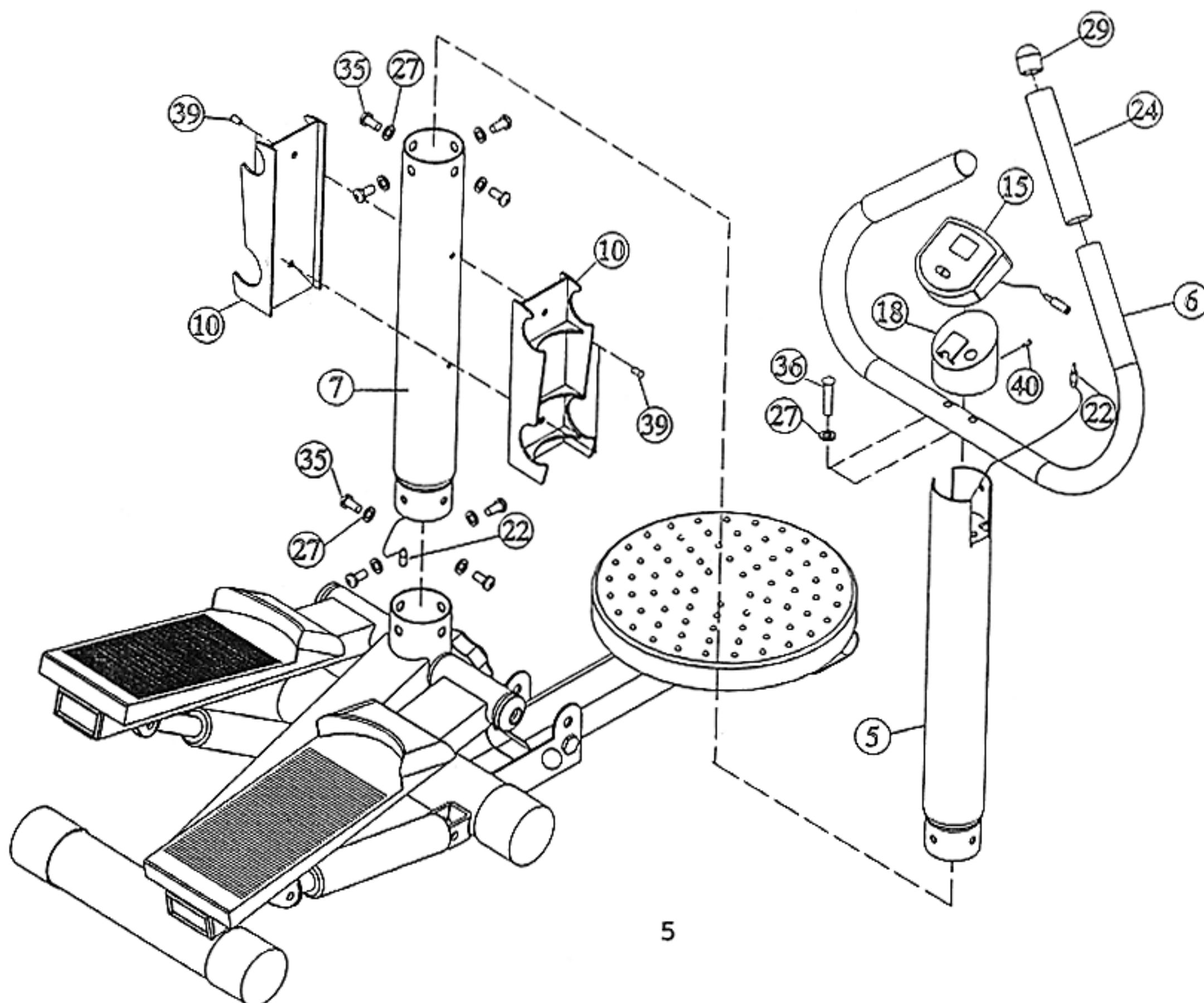
DIAGRAM 1

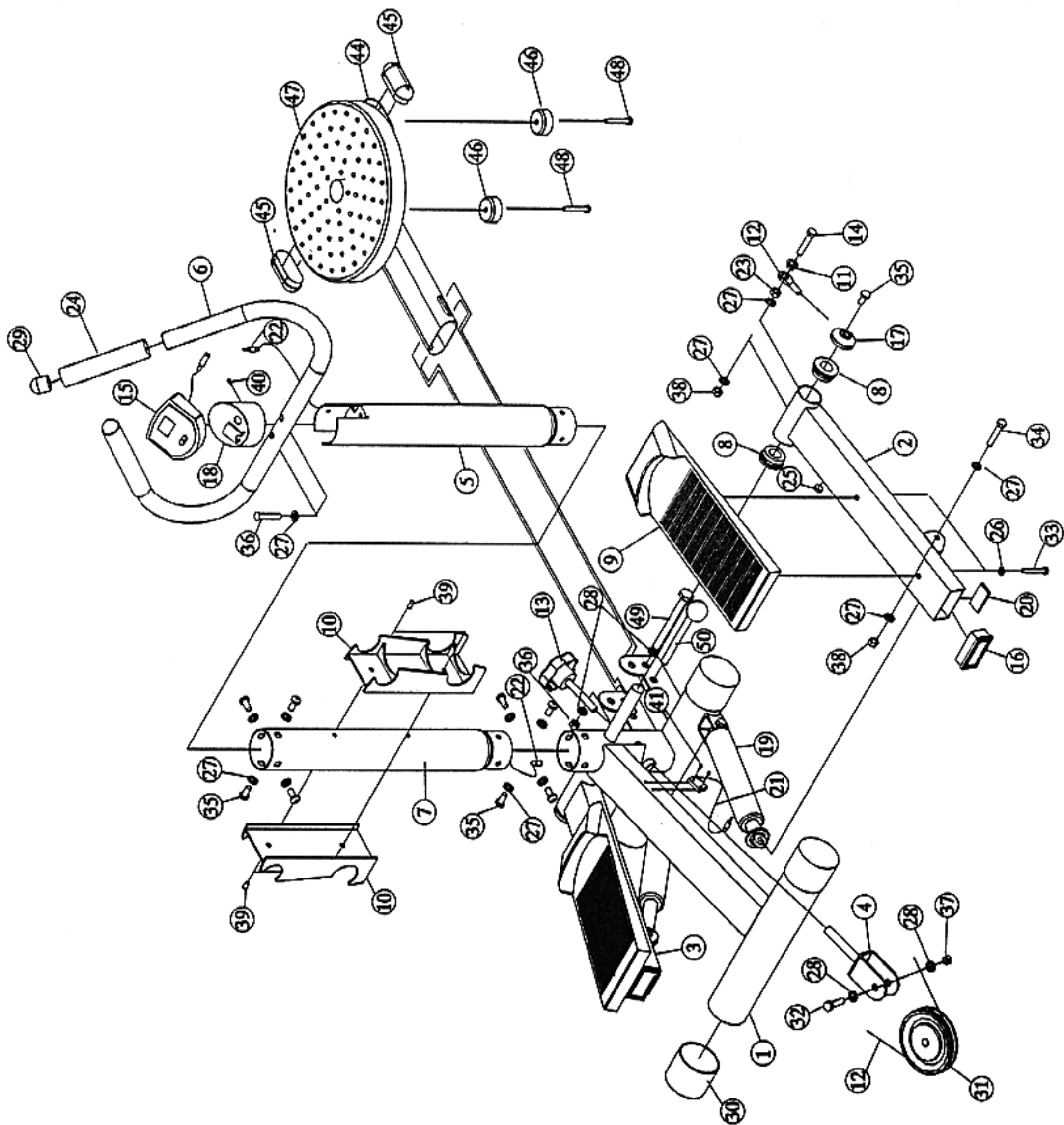


STEP 2 (See Diagram 2)

- A.) Slide the Computer Wire (#22) through the Lower Frame (#7). 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 $\frac{3}{4}$ " Washers (#27). Note: If the holes on the frame are hard to align, spray light lubricant such as WD40 to help reduce the friction.
- 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 $\frac{3}{4}$ " Washers (#27).
- D.) Attach the Handlebar (#6) to top of the Upper Frame (#5). Secure it with two M8 x $2\frac{1}{2}$ " Allen Bolts (#36) and $\frac{3}{4}$ " 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 $\frac{1}{4}$ " Round End Caps (#29).

DIAGRAM 2





MS 90 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	42.	3 lb. Dumbbell	2
6.	Handlebar	1	43.	2 lb. Dumbbell	2
7.	Lower Frame	1	44.	Twister Plate Stand	1
8.	Ø1 1/2" Bushing	4	45.	Elliptical End Cap	2
9.	Pedal	2	46.	Bumper	2
10.	Dumbbell Rack	2	47.	Twister Plate	1
11.	Ø5/8" Bushing	2	48.	M6 x 5/8" Screw	2
12.	Cable	1	49.	M10 x 3 1/8" Bolt	1
13.	Knob Bolt	1	50.	Pin	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	4			
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 3/4" Bolt	4			
35.	M8 x 5/8" Allen Bolt	10			
36.	M8 x 2 1/2" Allen Bolt	2			
37.	M10 Aircraft Nut	2			

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. Or, e-mail to us at 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