

NOTE:
Please read all instructions
carefully before using this
product

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Model
AB 4050

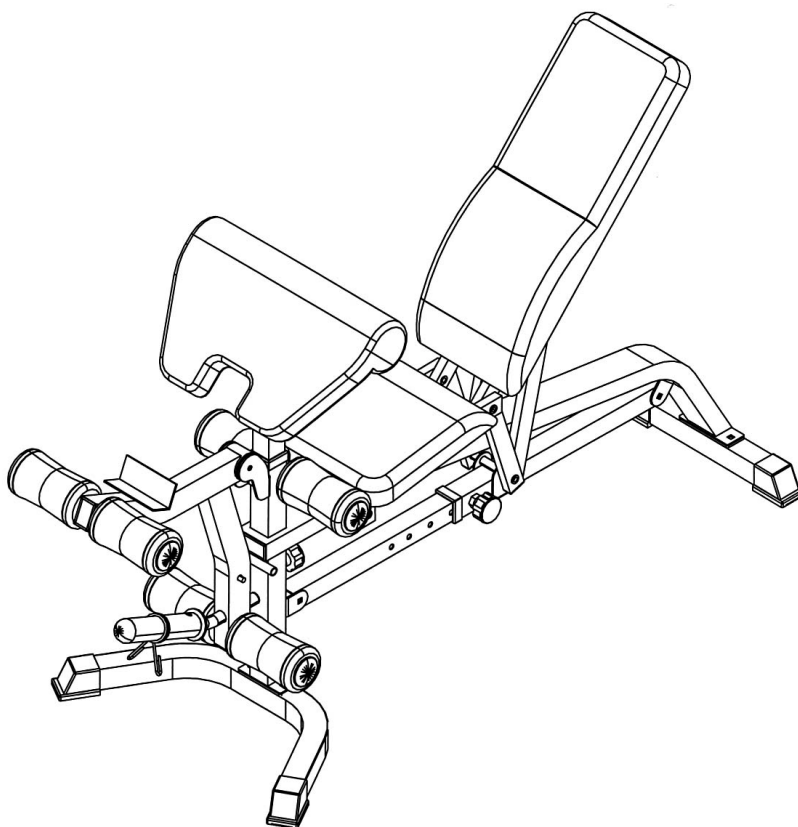
Retain This
Manual for
Reference

03-03-04

OWNER'S
MANUAL



POWERHOUSE ELITE AB BENCH PHE 4055



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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE ELITE AB Bench PHE4055 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

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

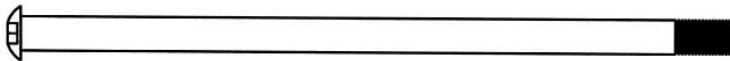
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

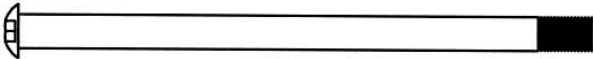
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

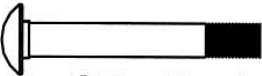
HARDWARE PACK



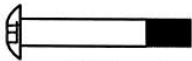
(#39) M10 x 8 1/4" Allen Bolt (Qty 1)



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



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



(#40) M8 x 2" Allen Bolt (Qty 8)



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



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



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



(#45) M6 x 1/2" Phillips Screw (Qty 1)



(#44) M10 Aircraft Nut (Qty 4)



(#27) Bushing (Qty 16)



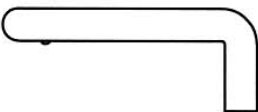
(#11) Spring Spacer (Qty 1)



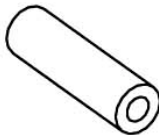
(#42) Ø3/4" Washer (Qty 14)



(#43) Ø5/8" Washer (Qty 10)



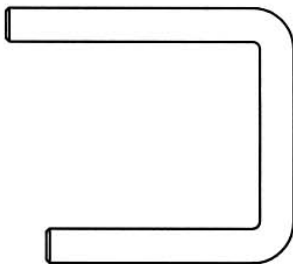
(#21) L-shaped Lock Pin (Qty 1)



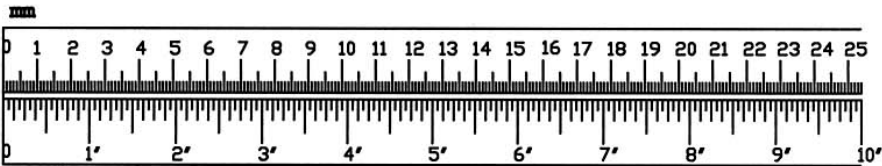
(#17) Axle (Qty 1)



(#22) Spring Clip (Qty 1)



(#12) U-shaped Lock Pin (Qty 1)



ASSEMBLY INSTRUCTION

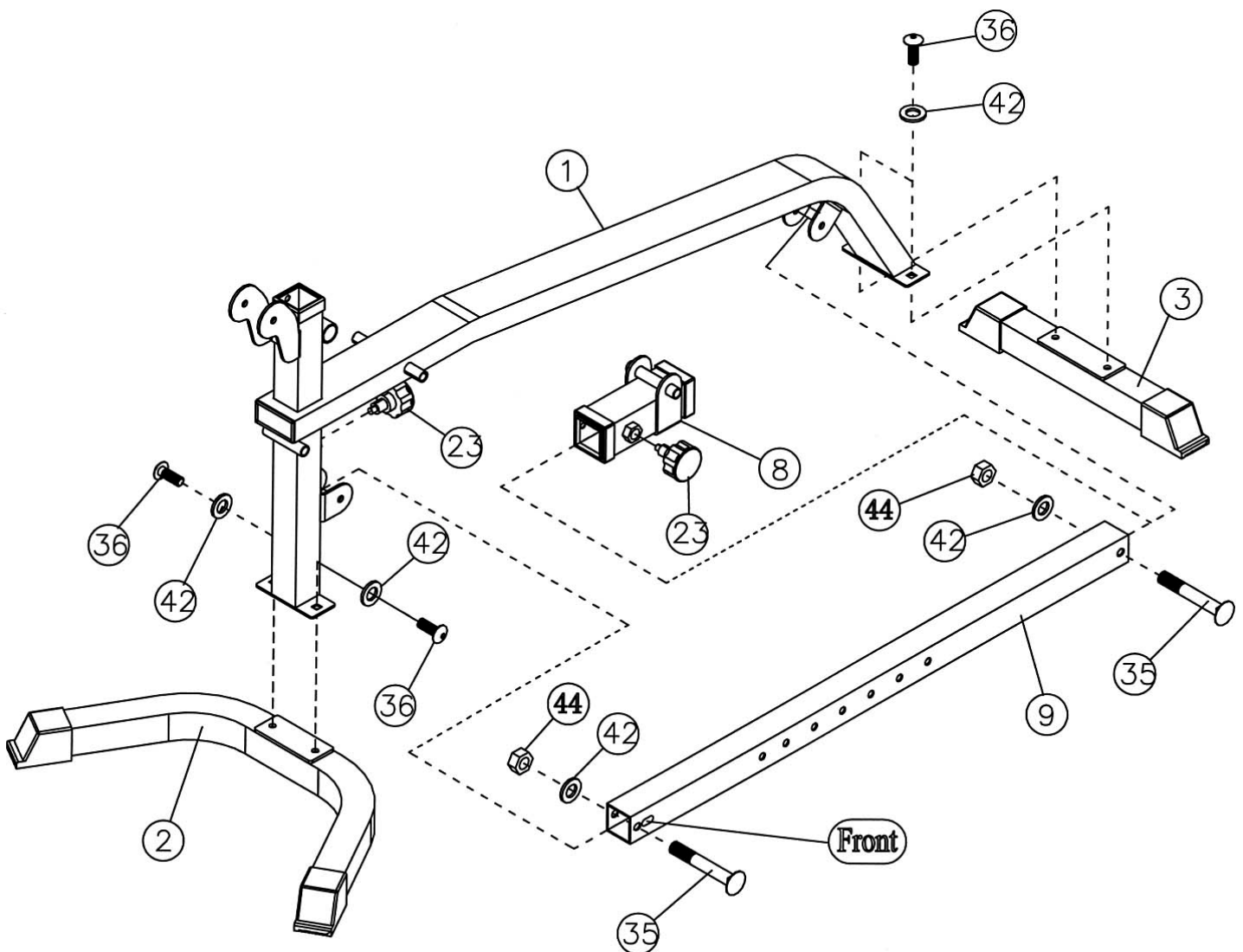
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

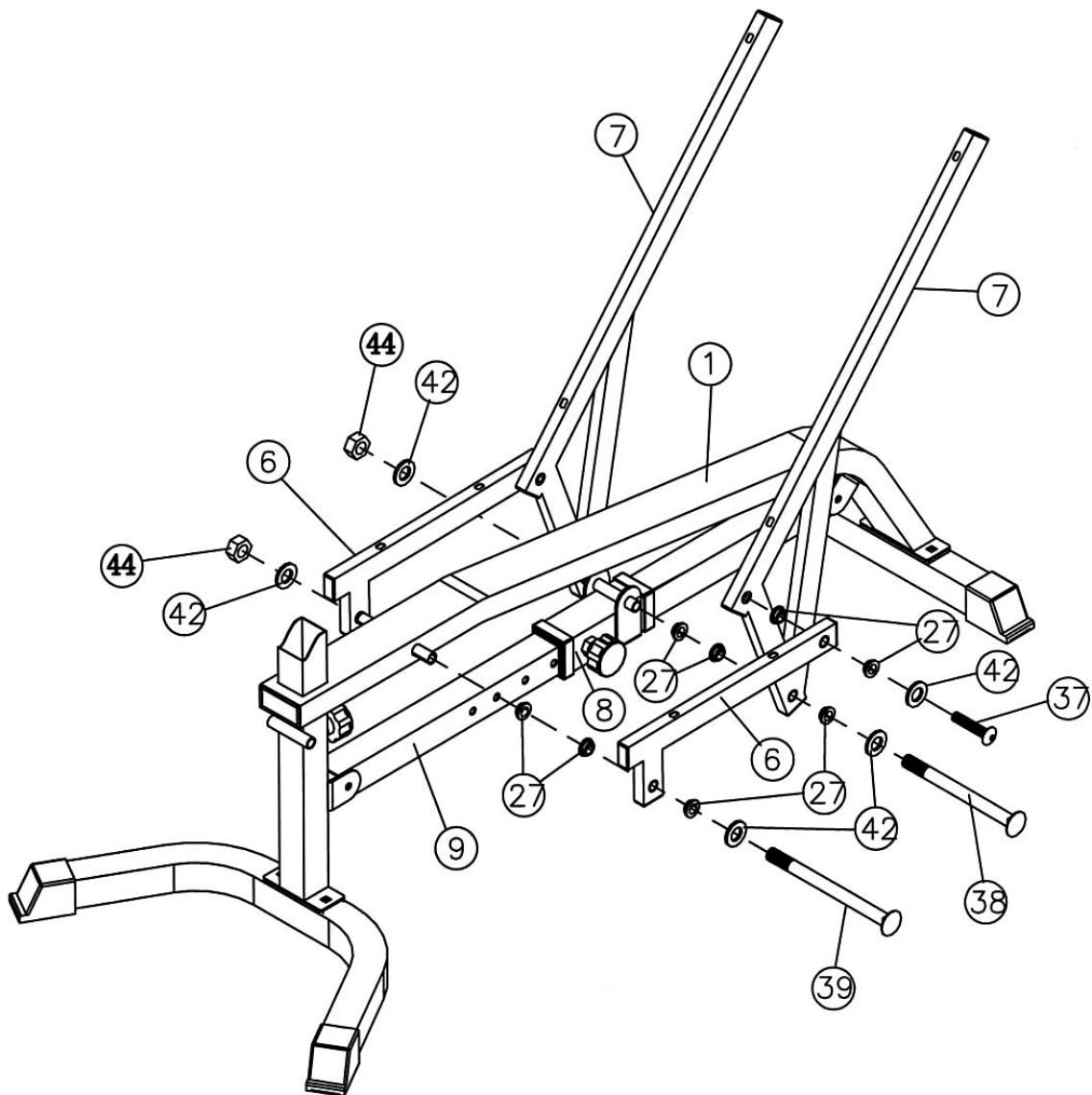
- A.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x $\frac{3}{4}$ " Allen Bolts (#36) and $\varnothing \frac{3}{4}$ " Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.
- B.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Knob Lock (#23) to hold the Sliding Block in position.
- C.) Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 2 $\frac{1}{2}$ " Carriage Bolt (#35), $\varnothing \frac{3}{4}$ " Washer (#42), and M10 Aircraft Nut (#44).

DIAGRAM 1



STEP 2 (See Diagram 2)

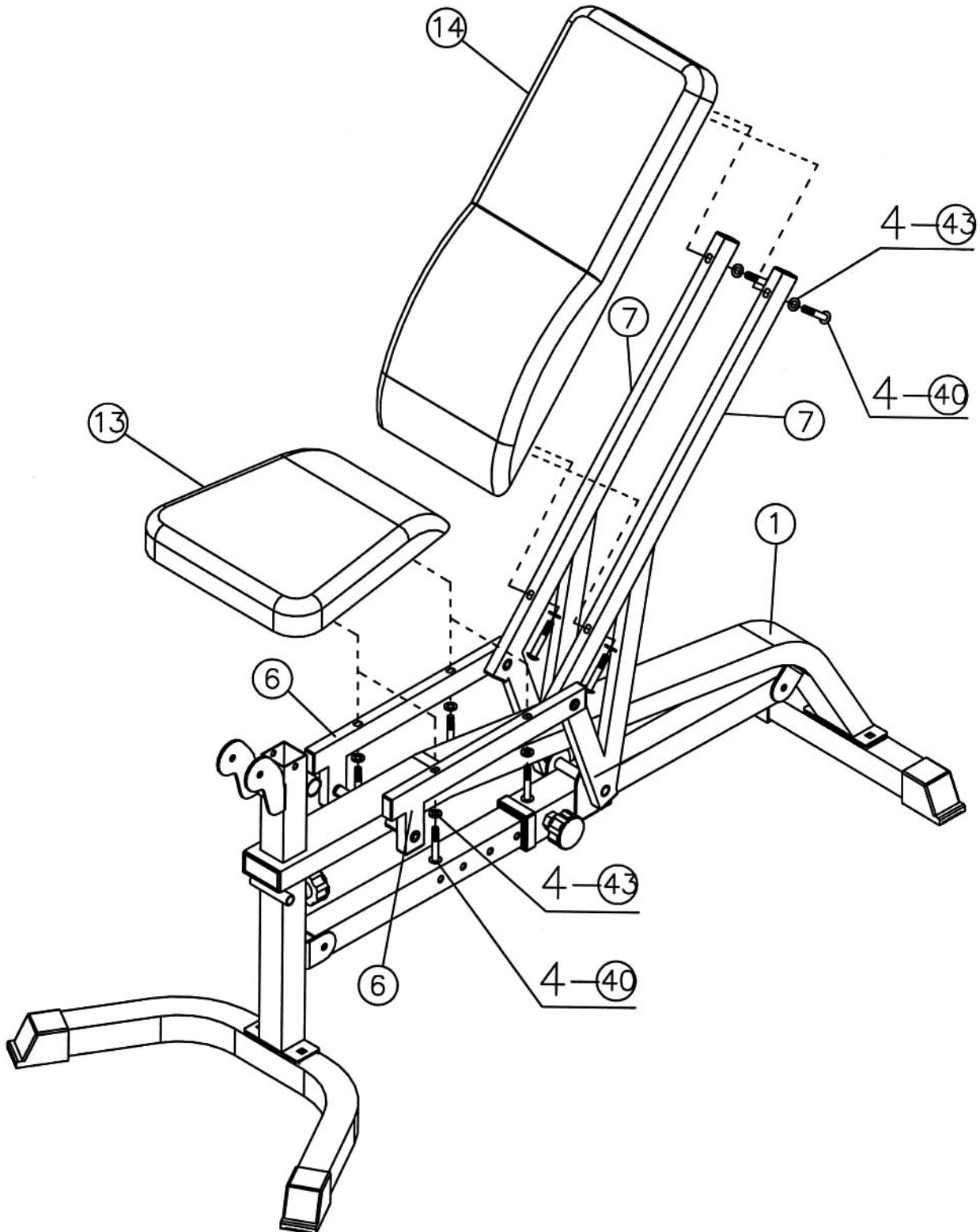
- A.) Attach four Bushings (#27) to a Seat Support Frame (#6).
- B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#37) and $\varnothing \frac{3}{4}$ " Washer (#42). Repeat the same procedure to install the other side.
- C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 $\frac{3}{4}$ " Allen Bolt (#38), two $\varnothing \frac{3}{4}$ " Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 $\frac{1}{4}$ " Allen Bolt (#39), two $\varnothing \frac{3}{4}$ " Washers (#42), and one M10 Aircraft Nut (#44).
- E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.



STEP 3 (See Diagram 3)

- A.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#40) and \varnothing 5/8" Washers (#43).
- B.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#40) and \varnothing 5/8" Washers (#43).

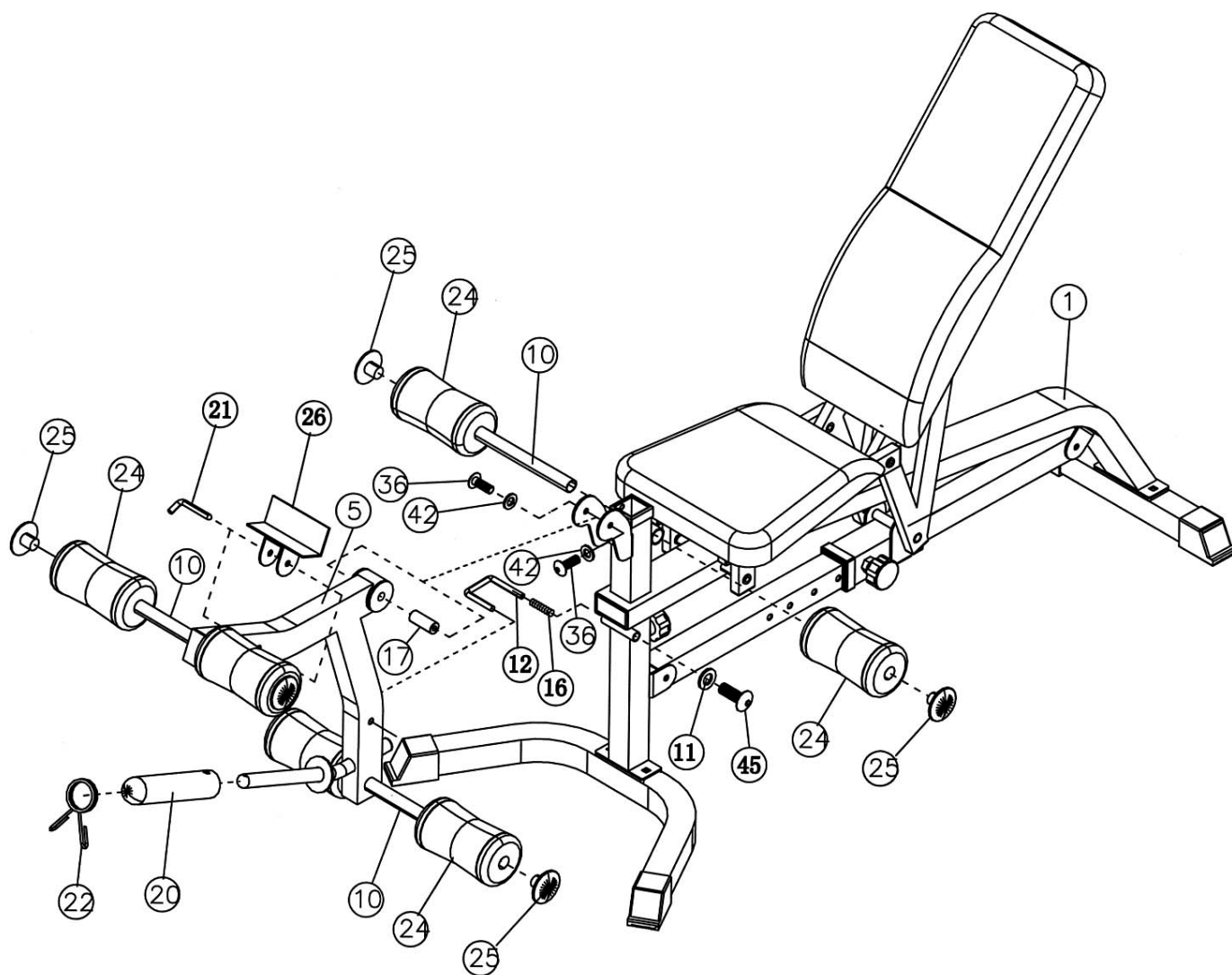
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x $\frac{3}{4}$ " Allen Bolts (#36), and two $\varnothing \frac{3}{4}$ " Washers (#42).
- B.) Insert a Spring (#16) into the slot at the front of Main Frame. Secure the Spring to the slot with one Spring Spacer (#11) and M6 x $\frac{1}{2}$ " Philips Screw (#45). Insert one side of the U-shaped Lock Pin (#12) into the Slot.
- C.) Attach the Bar Holder (#26) to the Leg Developer (#5). Secure it with a L-shaped Lock Pin (#21).
- D.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer. Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.
- E.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.
- F.) Remove the L-shaped Lock Pin and Bar Holder when doing Leg exercises. Insert the other side of the U-shaped Lock Pin into the hole on Leg Developer to hold the Leg Developer when doing sit-up exercise.

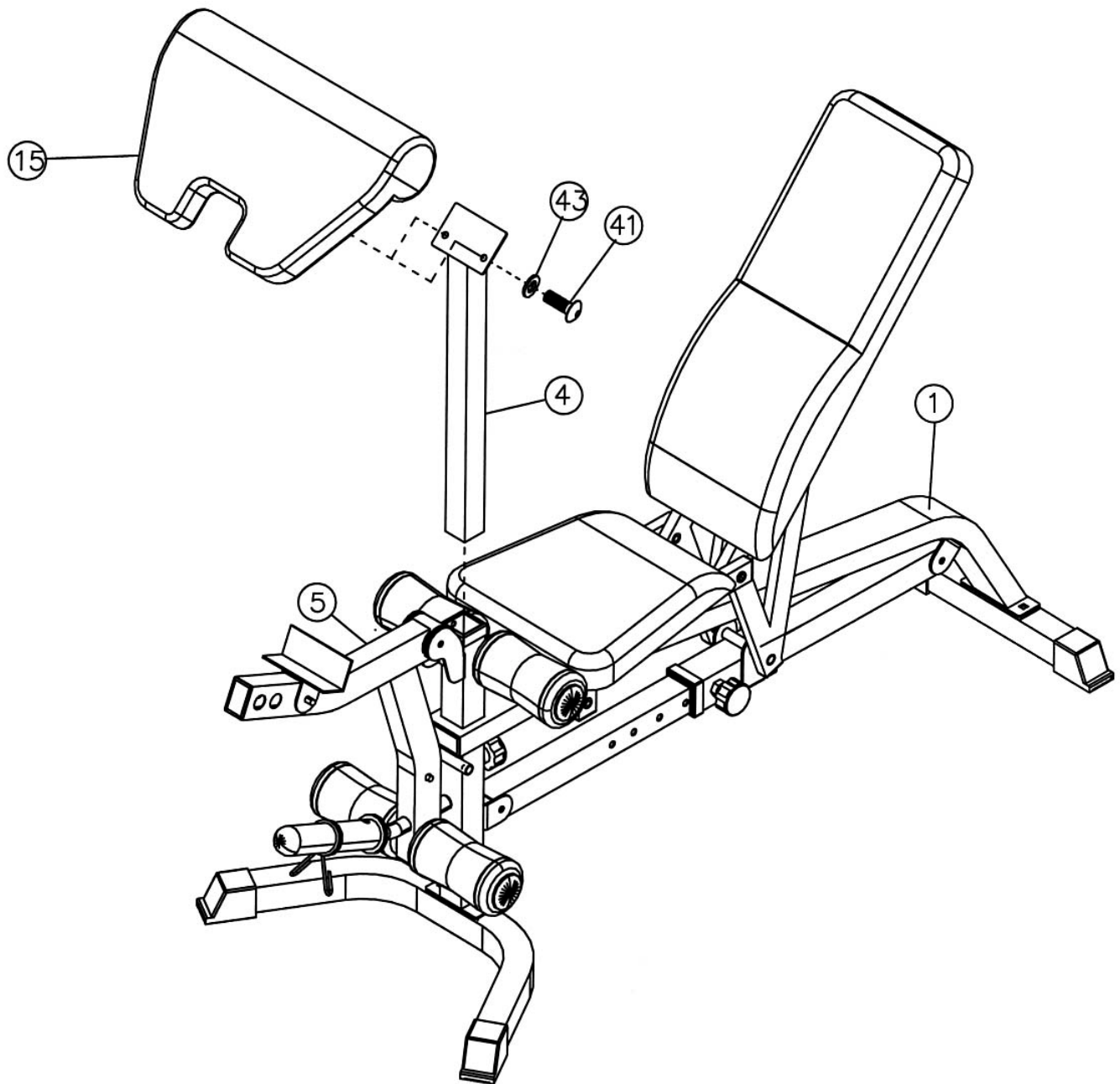
DIAGRAM 4



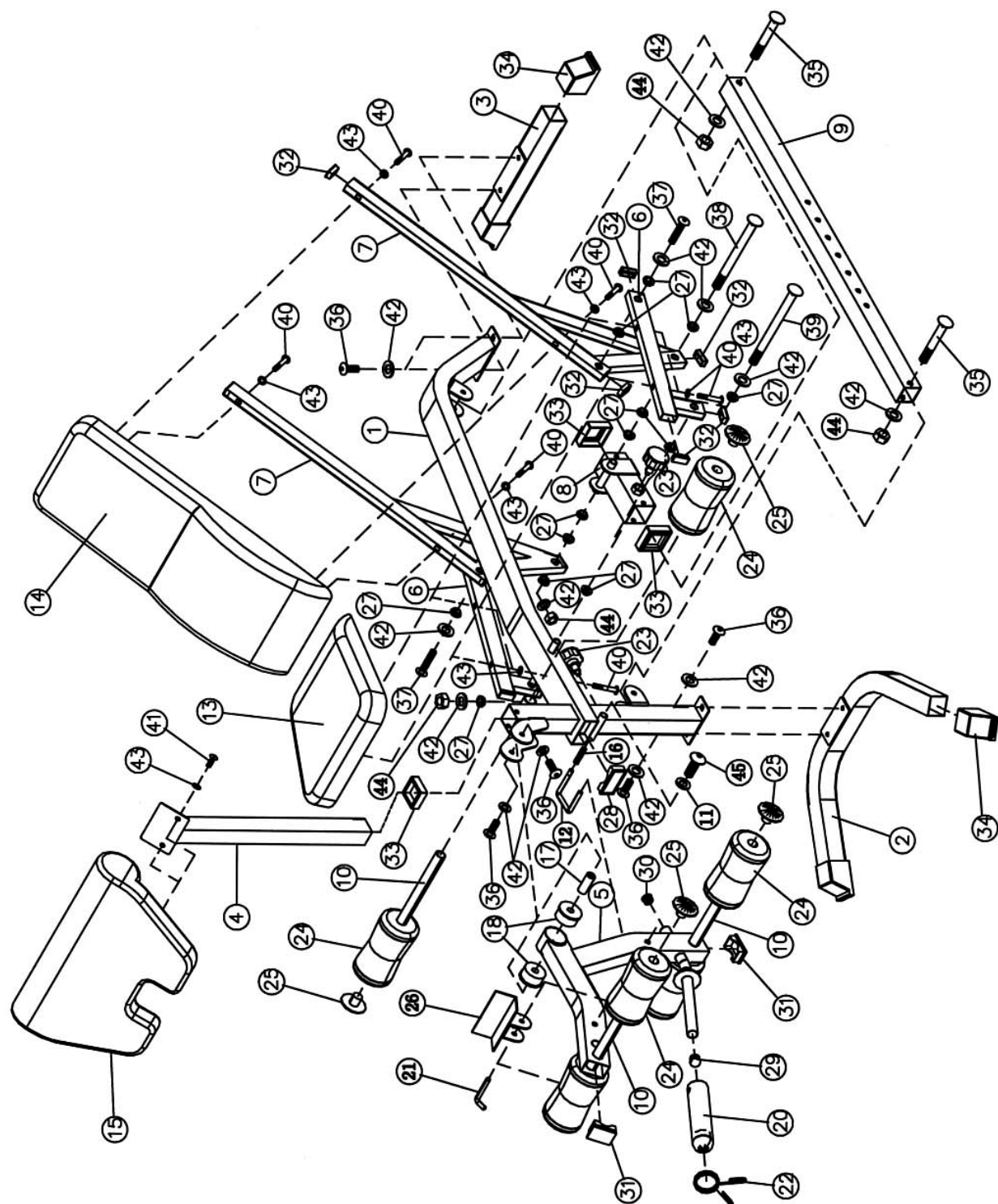
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two \varnothing 5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1).
- B.) Use the Lock Knob to hold the desired Arm Curl height.

DIAGRAM 5



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Arm Curl Stand	1
5	Leg Developer	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Sliding Block	1
9	Incline Adjustment Bar	1
10	Foam Tube	3
11	Spring Spacer	1
12	U-shaped Lock Pin	1
13	Seat Pad	1
14	Backrest Board	1
15	Arm Curl Pad	1
16	Spring	2
17	Axle	1
18	Ø 2 3/8" Bushing	2
19	Ø 1 1/2" Bushing	2
20	Olympic Sleeve	1
21	L-shaped Lock Pin	1
22	Spring Clip	1
23	Lock Knob	2
24	Foam Roll	6
25	Foam Roll End Cap	6
26	Bar Holder	1
27	Bushing	16
28	3 1/8" x 1 5/8" End Cap	1
29	Ø 1" Cone-shaped End Cap	1
30	Ø 1" End Cap	1
31	1 5/8" x 2 3/8" End Cap	2
32	1 5/8" x 3/4" End Cap	12
33	2" Sliding Block Sleeve	3
34	Stabilizer End Cap	4
35	M10 x 2 1/2" Carriage Bolt	2
36	M10 x 3/4" Allen Bolt	6
37	M10 x 1 3/4" Allen Bolt	2
38	M10 x 6 3/4" Allen Bolt	1
39	M10 x 8 1/4" Allen Bolt	1
40	M8 x 2" Allen Bolt	8
41	M8 x 5/8" Allen Bolt	2
42	Ø 3/4" Washer	14
43	Ø 5/8" Washer	10
44	M10 Aircraft Nut	4
45	M6 x 1/2" Philips Screw	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 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

**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

When ordering replacement parts, always give the following information.

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