

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
SB 550

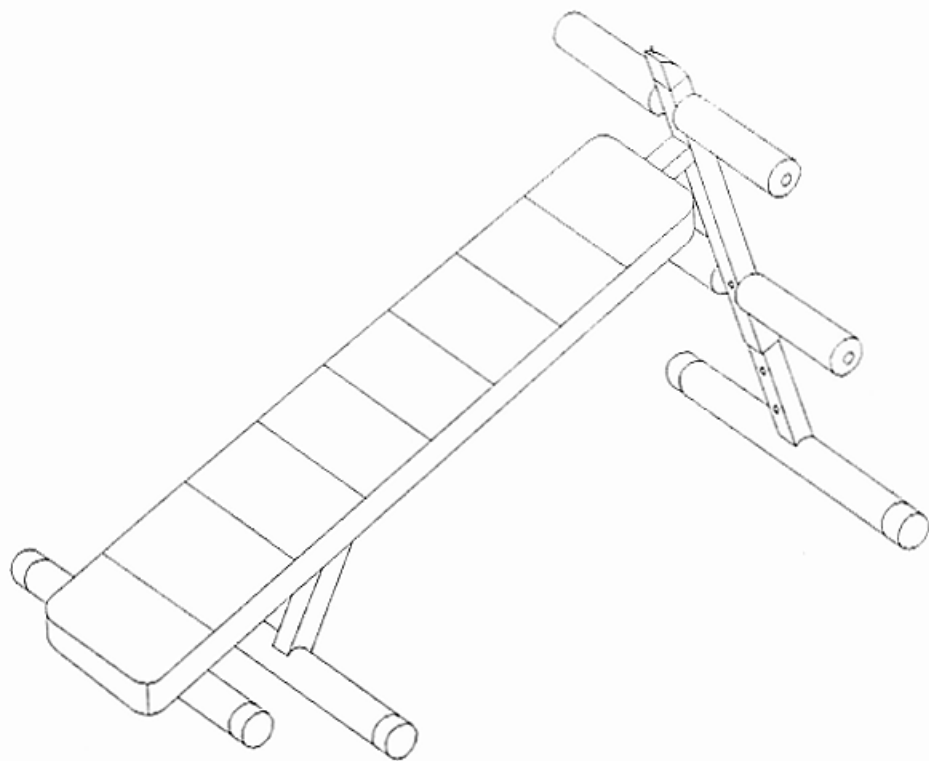
Retain This  
Manual for  
Reference

Revised  
7-23-97

OWNER'S  
MANUAL

**IMPEX**  
F I T N E S S P R O D U C T S

AB / FLAT  
BENCH COMBO  
SB 550



IMPEX INC.

14777 Don Julian Rd., City of Industry, CA 91746  
(800) 999-8899 Fax (626) 961-9966

## **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.**

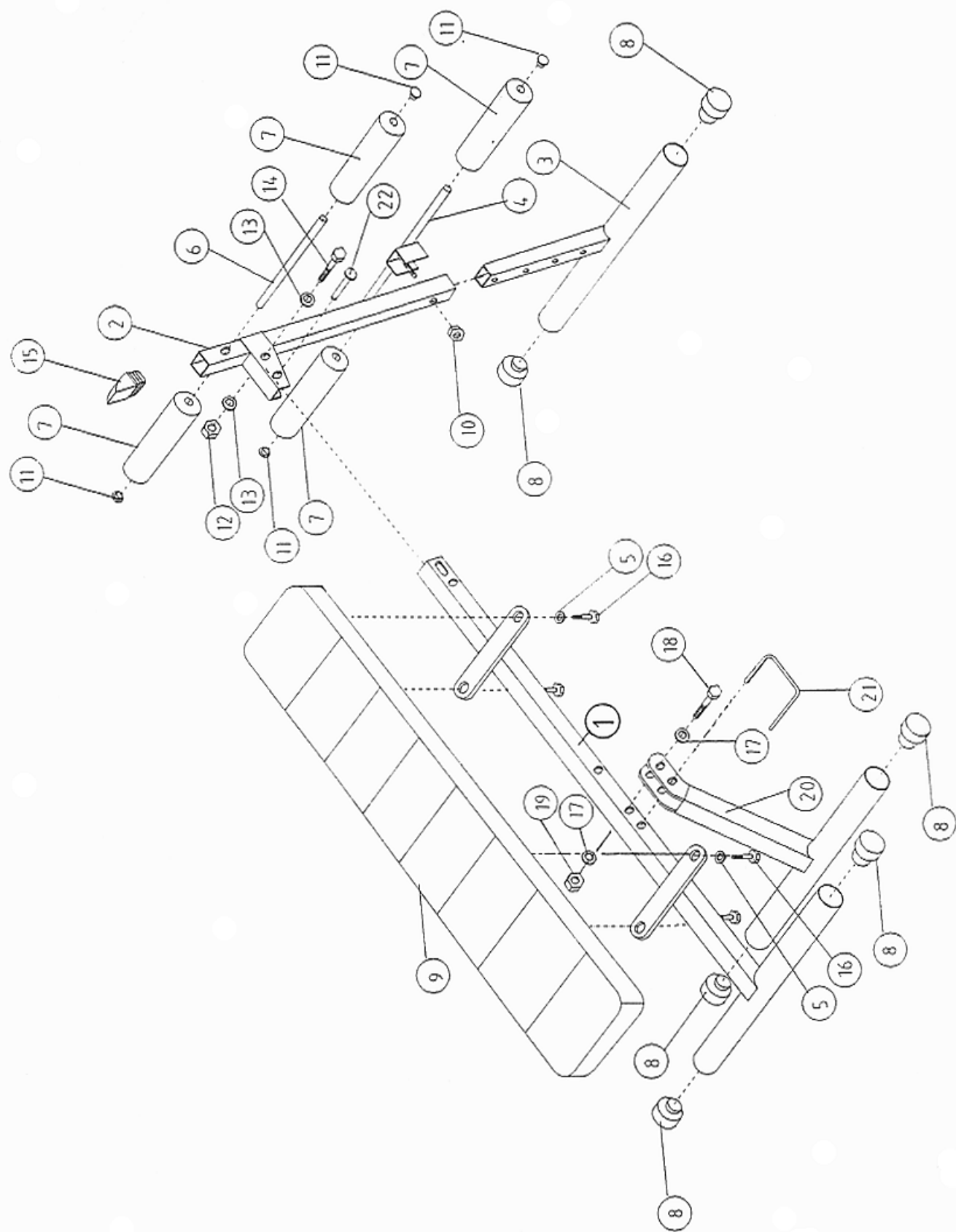
## ASSEMBLY INSTRUCTION

### Tools Required to Assemble The Machine:

Two Adjustable Wrenches

### STEP 1 (See Exploded Diagram)

- A.) Attach the Front Leg Holder (#2) to the Main Frame (#1). Secure it with a M8 x 2 3/4" Bolt (#14), two Ø1/2" Washers (#13), and a M8 Aircraft Nut (#12). Insert a Lock Pin (#22) to secure the position.
- B.) Attach the Front Leg (#3) to the Front Leg Holder (#2). Secure it by inserting the bolt on the Crossbar Adjustment (#4) through the desired hole and fix the position with a Knob (#10) on the opposite side.
- C.) Insert the Foam Roll Tube (#6) halfway through the hole on the top of the Front Leg Holder (#2). Push four Foam Rolls (#7) onto the Tube (#6) and the Crossbar Adjustment (#4).
- D.) Attach the Rear Folding Leg (#20) to the Main Frame (#1). Secure it with a M10x 3" Bolt (#18), two Ø3/4" Washers (#17), and a M10 Aircraft Nut (#19). Lock the position with a U-Shaped Pin (#21).
- E.) Attach the Upholstered Board (#9) onto the Main Frame (#1). Secure it with four Ø3/8" Washers (#5) and M6 x 5/8" Bolts (#16).



## PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Front Leg Holder	1
3	Front Leg	1
4	Crossbar Adjustment	1
5	Ø3/8" Washer	4
6	Foam Roll Tube	1
7	Foam Roll	4
8	End Cap	6
9	Upholstered Board	1
10	Knob	1
11	Ø1" Plug	4
12	M8 Aircraft Nut	1
13	Ø1/2" Washer	2
14	M8 x 2 ¾" Bolt	1
15	2" Square Cap	1
16	M6 x 5/8" Bolt	4
17	Ø3/4" Washer	2
18	M10 x 3" Bolt	1
19	M10 Aircraft Nut	1
20	Rear Folding Leg	1
21	U-Shape Pin	1
22	Lock Pin	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.

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