

NOTE:  
Please read all  
instructions carefully  
before using this  
product

Safety Notice  
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Model  
SB650W

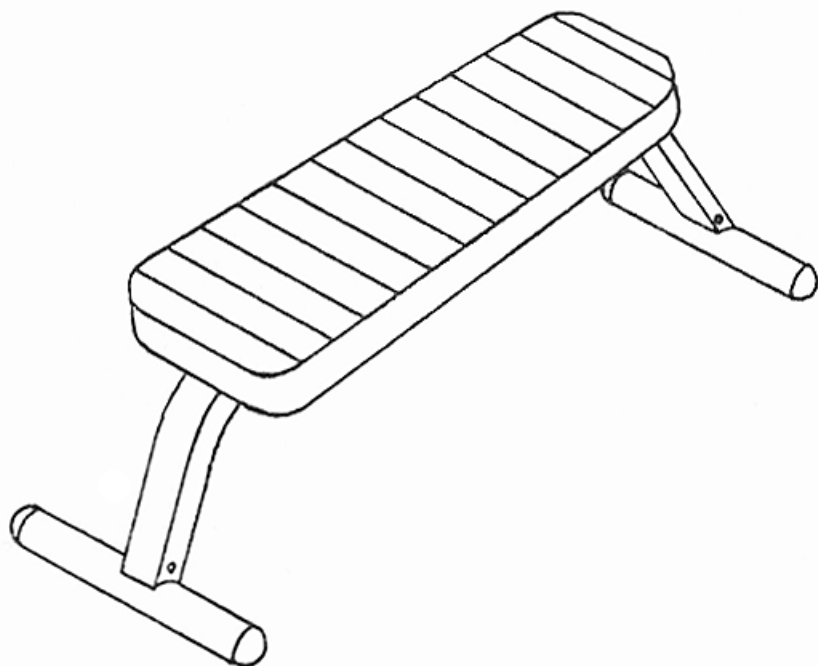
Retain This  
Manual for  
Reference

OWNER'S  
MANUAL

Mar. 5, 1998

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

# Flat Bench SB 650W



IMPEX FITNESS PRODUCTS

14777 DON JULIAN ROAD, CITY OF INDUSTRY, CA 91746

TEL: (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

The following tools are needed to assemble the machine:

1. Two Adjustable Wrenches.

### STEP 1

- A. ) Attach the Base Frame (# 3) to one end of the Main Frame (# 2). Secure the Base frame with two  $\varnothing 7/8"$  Washers (# 7), one M10 $\times$ 3 3/4" Bolt, and one M10 Aircraft Nut (# 9). See the Exploded Diagram next page.

Note: Do not tighten the bolts until the units is completely assembled.

- B. ) Repeat Step(A) above for the other Base Frame (# 3).

### STEP 2

- A. ) Attach two L Shaped Bracket (# 10), one on each side, to the Main Frame (# 2). Align the holes and install a M10 $\times$ 4" Bolt (# 5), two  $\varnothing 7/8"$  Washers (# 7), and a M10 Aircraft Nut (# 9). Do not tighten the nuts and bolts yet.

- B. ) Repeat the above Step(A) to install the other four L Shaped Brackets (# 10).

- C. ) Set the Cushion Pad (# 1) onto the Main Frame (# 2). Align the holes on the back of the Pad to the holes on the L Shaped Brackets (# 10). Install six  $\varnothing 5/8"$  Washers (# 8) and M8 $\times$ 5/8" Bolts (# 6).

- D. ) Tighten all the nuts and bolts previously installed.

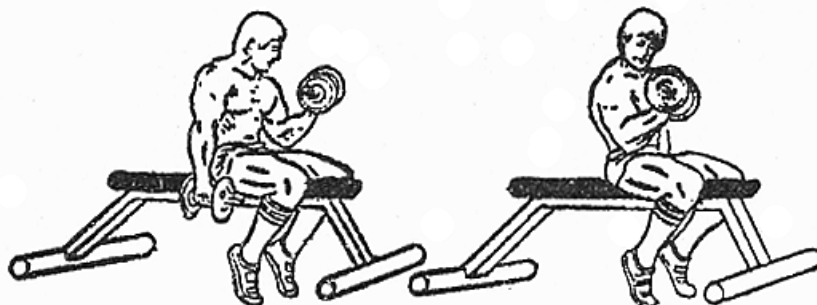
## PARTS LIST

Part No.	Description	Q'ty
1	Cushion Pad	1
2	Main Frame	1
3	Base Frame	2
4	Base End Cap	4
5	M10×4" Bolt	3
6	M8×5/8" Bolt	6
7	Ø7/8" Washer	10
8	Ø5/8" Washer	6
9	M10 Aircraft Nut	5
10	L Shaped Bracket	6
11	M10×3 3/4" Bolt	2



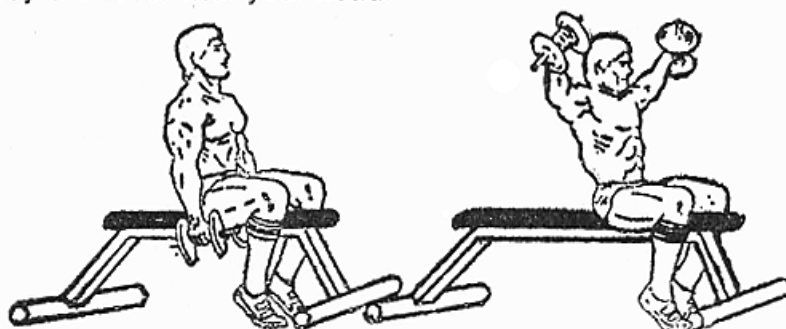
☐ Seated Curls

While sitting on the bench, curl the dumbbells alternately upward.



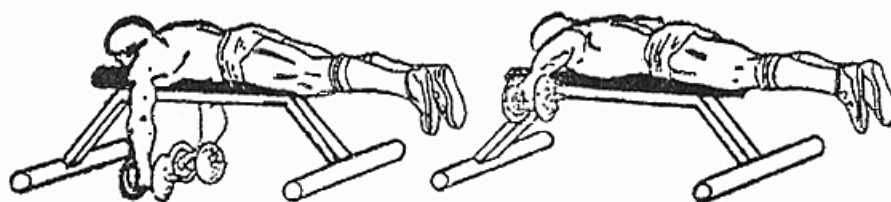
☐ Seated Lateral Raises

While sitting on the bench, raise the dumbbells directly outward from the sides until they are level with your head.



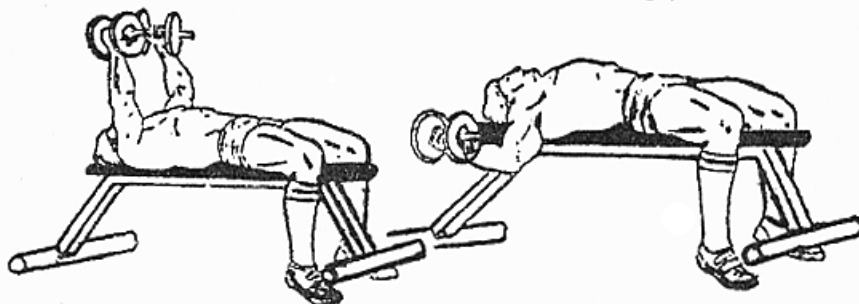
☐ Inverted Flyes

While lying prone on the flat bench, raise the dumbbells straight out to the sides.



☐ Supine Dumbbell Flyes

Hold two dumbbells above your chest. Lower them at the same time, allowing them to go directly away from the body toward the sides until they are level with your head. Then simultaneously raise them back to the starting position.



# **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](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