

NOTE:
Please read all
instructions carefully
before using this product

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**Model
CB 329**

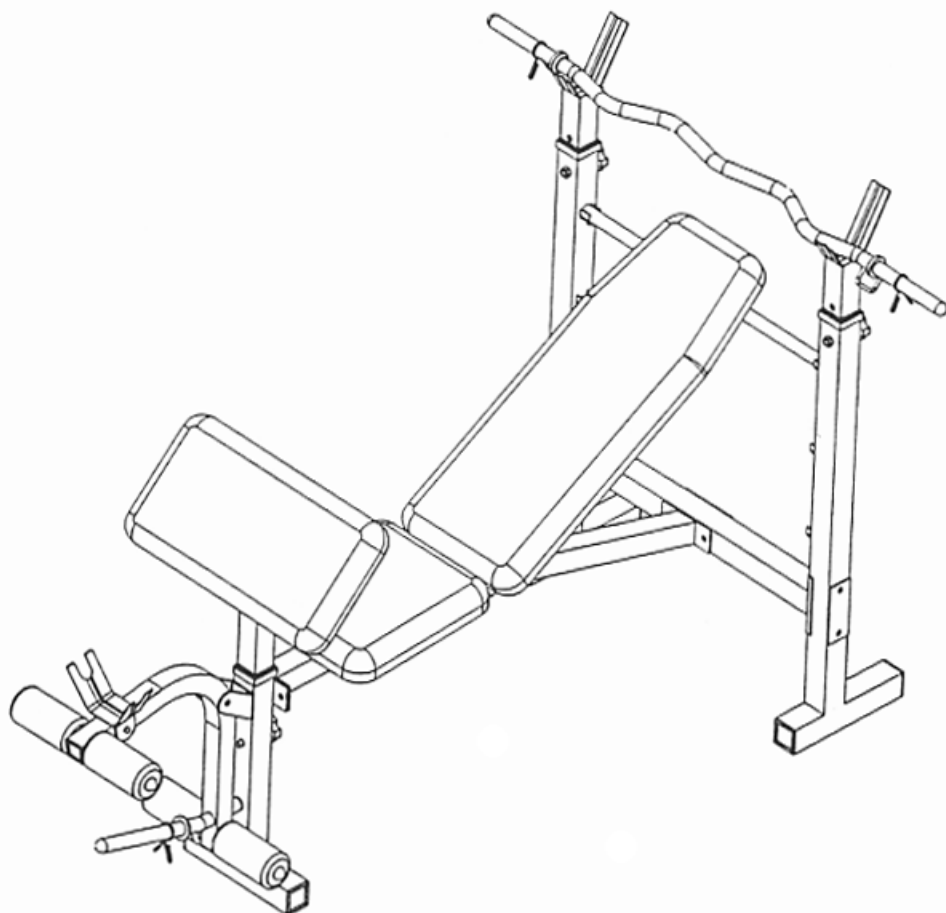
**Retain This
Manual for
Reference**

April 21, 2000

**OWNER'S
MANUAL**

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

COMPETITOR 329



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the **COMPETITOR 329 BENCH** 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

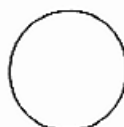


INCHES

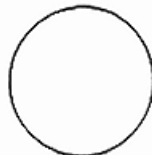
1/2"



5/8"



3/4"



REPLACEMENT PARTS

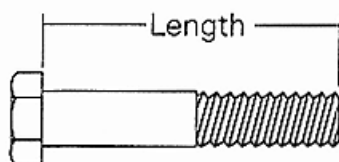
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

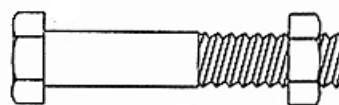


1-800-999-8899

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



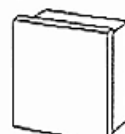
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

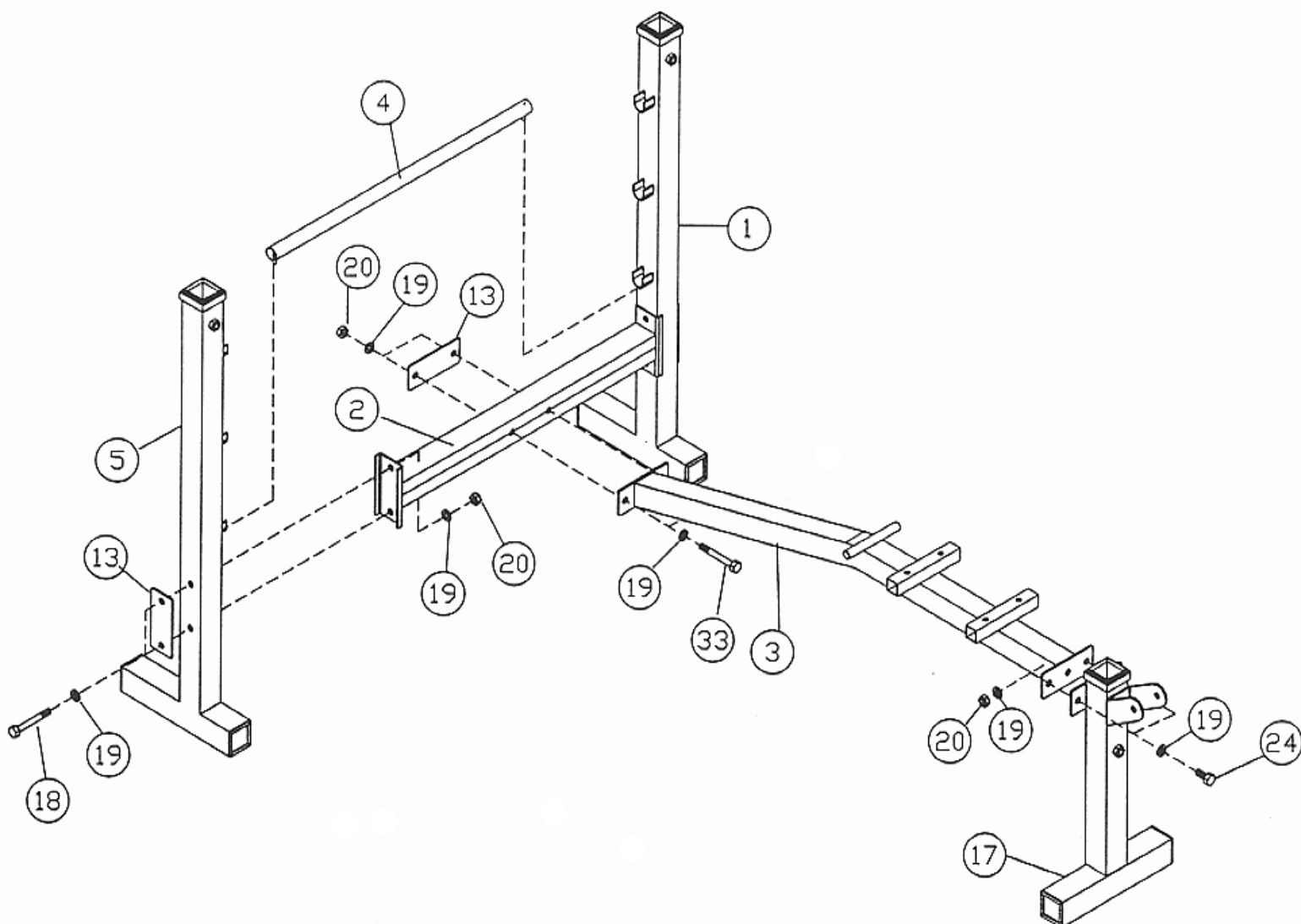
ASSEMBLY INSTRUCTION

Tools required to assembly the machine:
Two Adjustable Wrenches

STEP 1 (SEE DIAGRAM 1)

- A.) Connect the two Upright Beams (#1)&(#5) by a Cross Brace (#2) in the Mid-span. Fasten them by two M10 x 2 1/2" Bolts (#18), one Bracket (#13), four Ø7/8" Washers (#19), and two M10 Aircraft Nuts (#20) on each side of the Cross Brace.
- B.) Place the Backrest Adjustment Bar (#4) between the two Upright Beams on the selected holes to obtain desired incline of Backrest.
- C.) Connect the Front Leg (#17) to the Main Seat Support (#3) and fasten it with two M10 x 3/4" Bolts (#24), four Ø7/8" Washers (#19), and two M10 Aircraft Nuts (#20).
- D.) Connect the Main Seat Support (#3) to the Cross Brace (#2) and secure them with two M10 x 2 1/4" Bolts (#33), four Ø7/8" Washers (#19), one Bracket (#13), and two M10 Aircraft Nuts (#20).

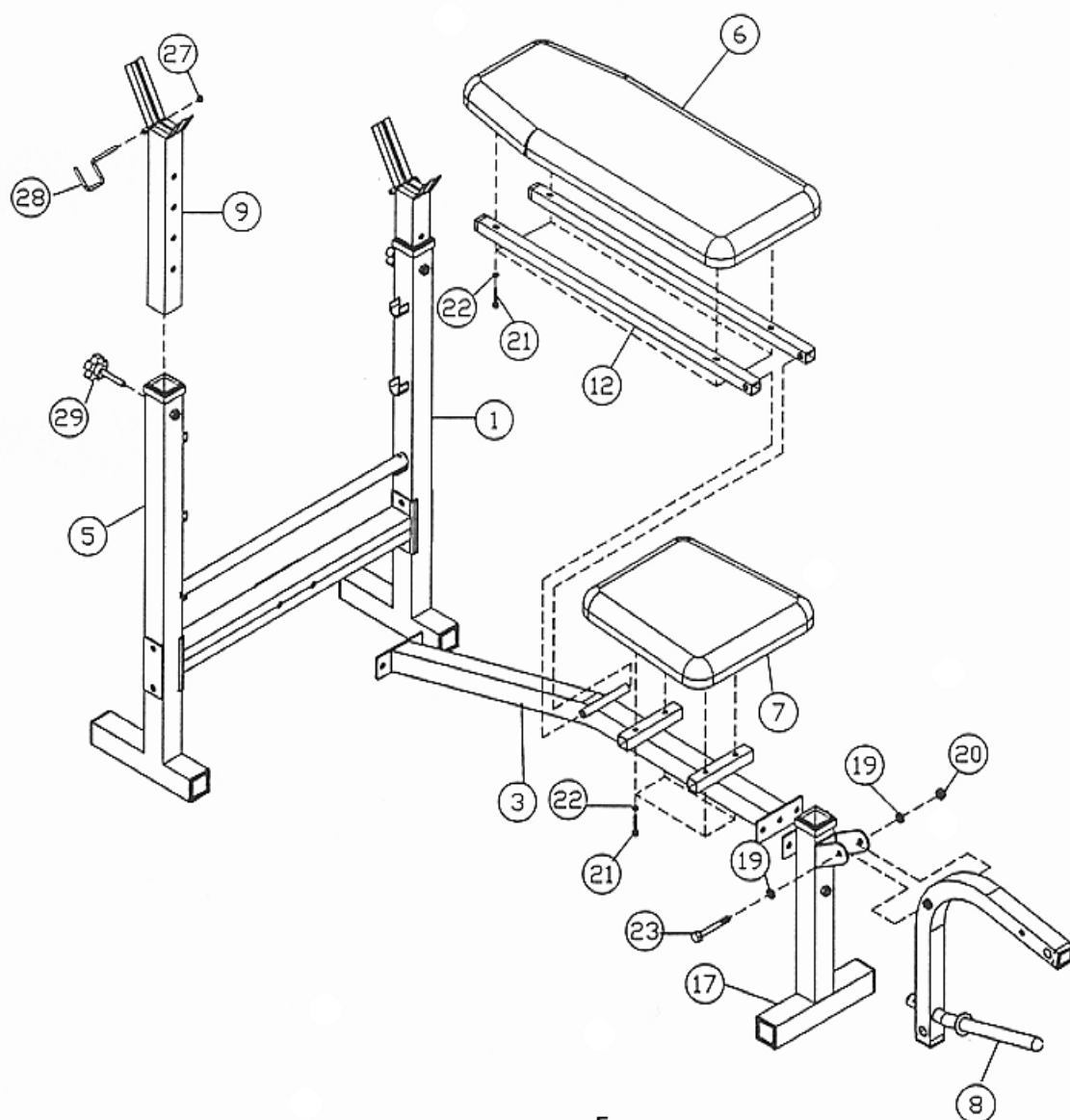
DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

- A.) Insert the Crutches (#9) into the top openings on the Upright Beams. Secure them with two M10 Knob Bolts (#29) through selected holes to obtain desired height of the Crutches.
- B.) Insert two Safety Hooks (#28) into the hole on the top of the Crutches (#9). Secure them with two M6 Aircraft Nuts (#27).
- C.) Attach the hole-side of the Backrest Supports (#12) onto both ends of the Pivot on the Main Seat Support (#3). The other side rest against the Backrest Adjustment Bar (#4).
- D.) Place the Upholstered Backrest Board (#6) onto the Backrest Supports (#12). Fasten it with four M6 x 1 3/8" Bolts (#21) and Ø1/2" Washers (#22).
- E.) Place the Seat Cushion (#7) onto the bracket on the Main Seat Support (#3). Align the four holes and fasten the Seat with four M6 x 1 3/8" Bolts (#21) and Ø1/2" Washers (#22).
- F.) Install the Leg Developer (#8) onto the bracket on the top of the Front Leg (#17) using one M10 x 2 3/4" Bolt (#23), two Ø7/8" Washers (#19), and one M10 Aircraft Nut (#20).

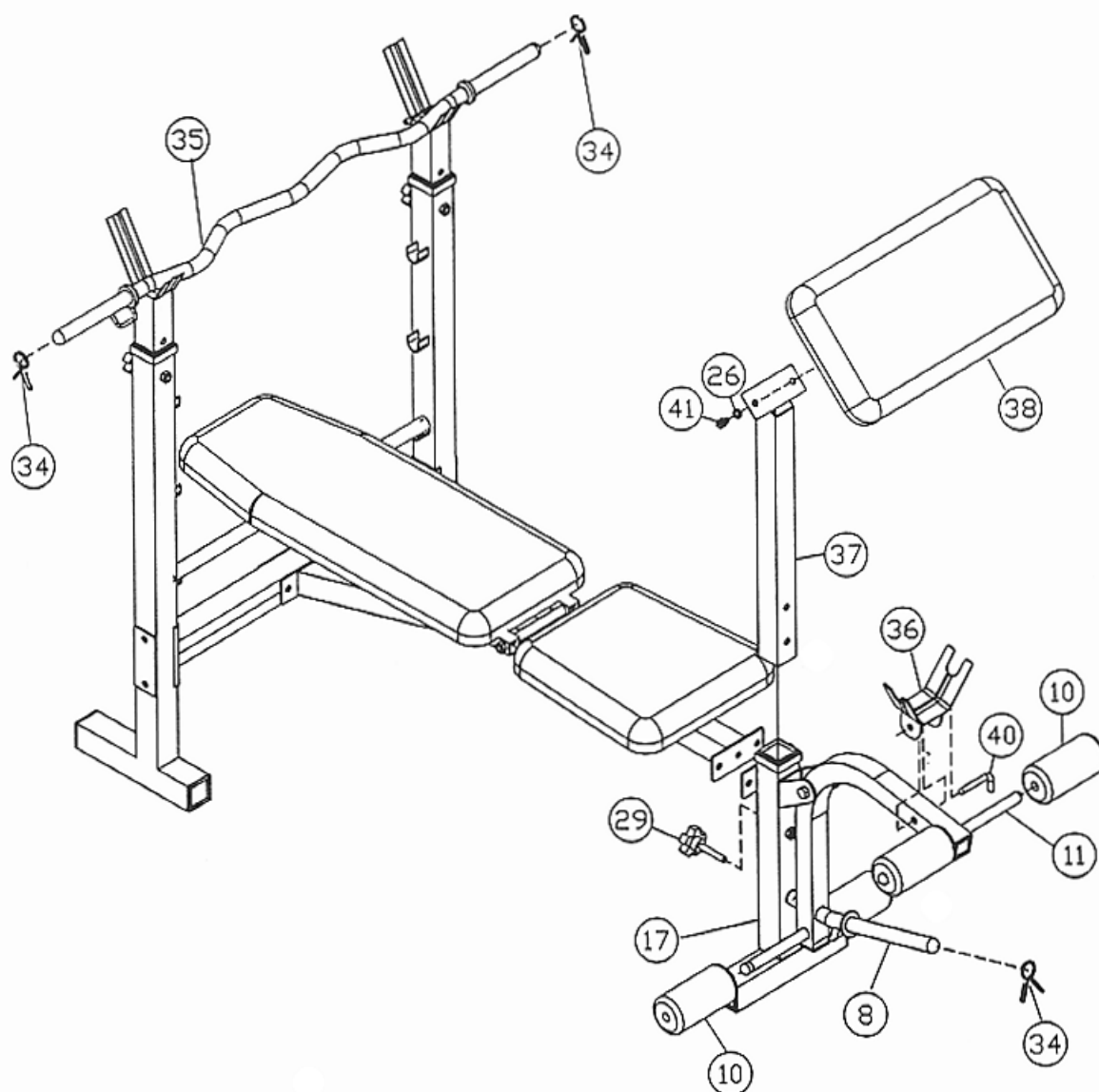
DIAGRAM 2

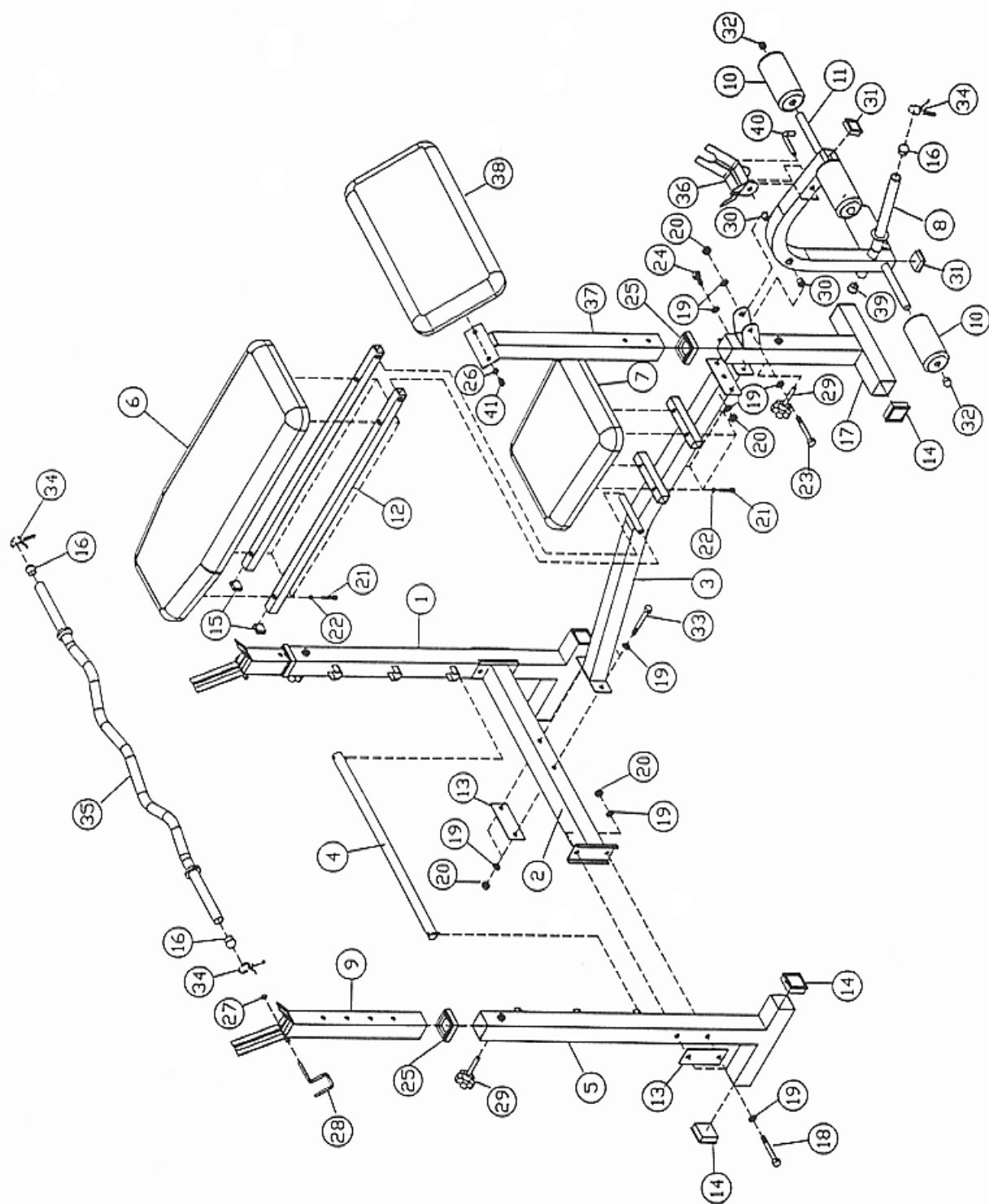


STEP 3 (SEE DIAGRAM 3)

- A.) Insert two Foam Roll Tubes (#11) halfway through the holes on the Leg Developer (#8). Push four Foam Rolls (#10) onto the tube from both sides.
- B.) Attach the Curl Bar Holder (#36) to the Leg Developer (#8). Secure it with the L Shaped Pin (#40). Note: Remove the Curl Bar Holder from the Leg Developer when doing leg curl exercise.
- C.) Insert the Arm Curl Stand (#37) into the opening on the top of the Front Leg (#17). Secure it with a Knob Bolt (#29). Attach the Arm Curl Pad (#38) to the Stand. Secure it with two $\text{Ø}3/4"$ Washers (#26) and M8 x 5/8" Bolts (#41).

DIAGRAM 3





PART LIST

<u>Part No.</u>	<u>Description</u>	<u>Qty</u>
1	Left Upright Beam	1
2	Cross Brace	1
3	Main Seat Support	1
4	Backrest Adjustment Bar	1
5	Right Upright Beam	1
6	Upholstered Backrest Board	1
7	Seat Cushion	1
8	Leg Developer	1
9	Crutch	2
10	Foam Roll	4
11	Foam Roll Tube	2
12	Backrest Support	2
13	Bracket	3
14	1 3/4" Square End Cap	6
15	1" Square Cap	2
16	Ø1" Round End Cap	3
17	Front Leg	1
18	M10 x 2 1/2" Bolt	4
19	Ø7/8" Washer	18
20	M10 Aircraft Nut	9
21	M6 x 1 3/8" Bolt	8
22	Ø1/2" Washer	8
23	M10 x 2 3/4" Bolt	1
24	M10 x 3/4" Bolt	2
25	Plastic Sleeve	3
26	Ø3/4" Washer	2
27	M6 Aircraft Nut	2
28	Safety Hook	2
29	Knob Bolt	3
30	Bushing	2
31	1 1/2" Square End Cap	2
32	Ø3/4" Round End Cap	4
33	M10 x 2 1/4" Bolt	2
34	Ø1" Spring Clip	3
35	Curl Bar	1
36	Curl Bar Holder	1
37	Arm Curl Stand	1
38	Arm Curl	1
39	Ø1" Flat Round Cap	1
40	L-Shape Pin	1
41	M8 x 5/8" Bolt	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.

www.impex-fitness.com
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