

NOTE:
Please read all instructions
carefully before using this
product

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Model
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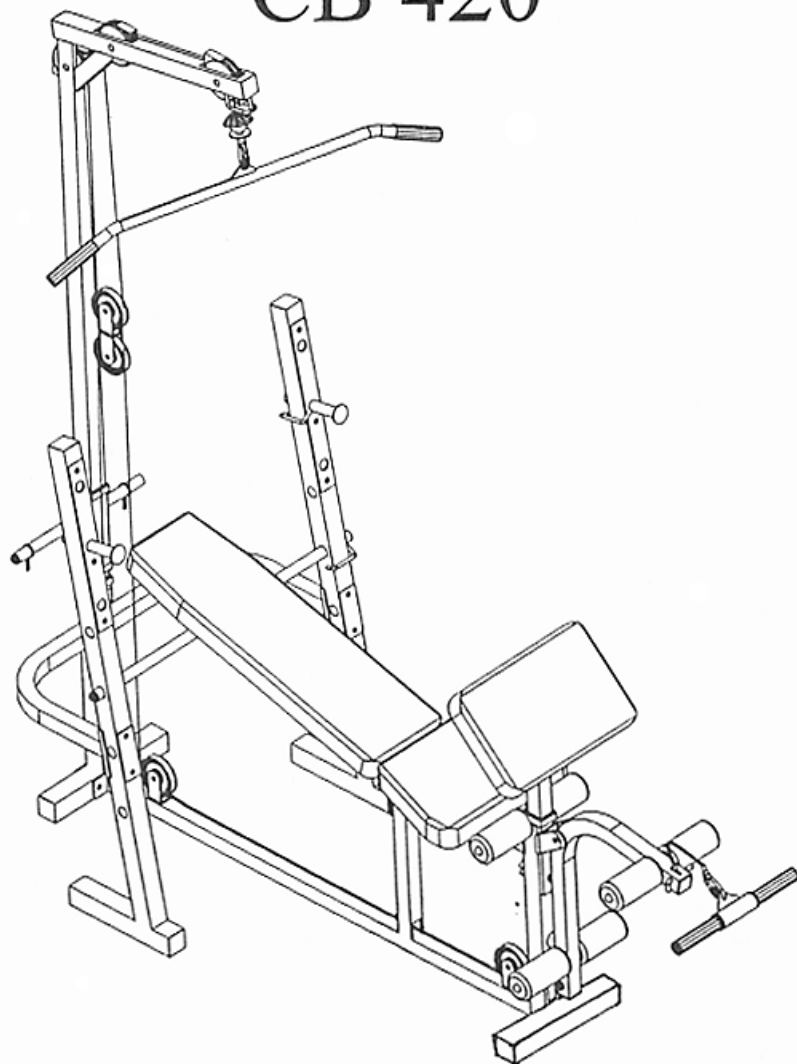
Retain This
Manual for
Reference

June 6, 2000

**OWNER'S
MANUAL**

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

COMPETITOR BENCH CB 420



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the COMPETITOR 420 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

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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 IDENTIFIER

PLACE WASHER, END OF BOLT , OR SCREW
ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

M6



M8



M10

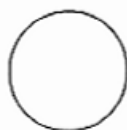


INCHES

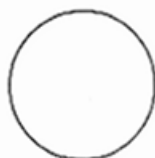
1/2"



5/8"



3/4"



REPLACEMENT PARTS

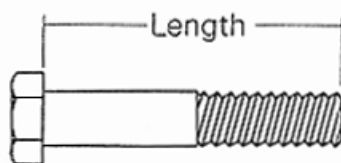
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

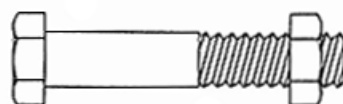


1-800-999-8899

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



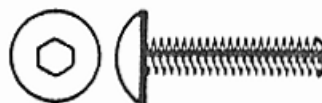
CARRIAGE BOLT



AIRCRAFT
NUT



FLAT
WASHER



ALLEN BOLT

ASSEMBLY INSTRUCTION

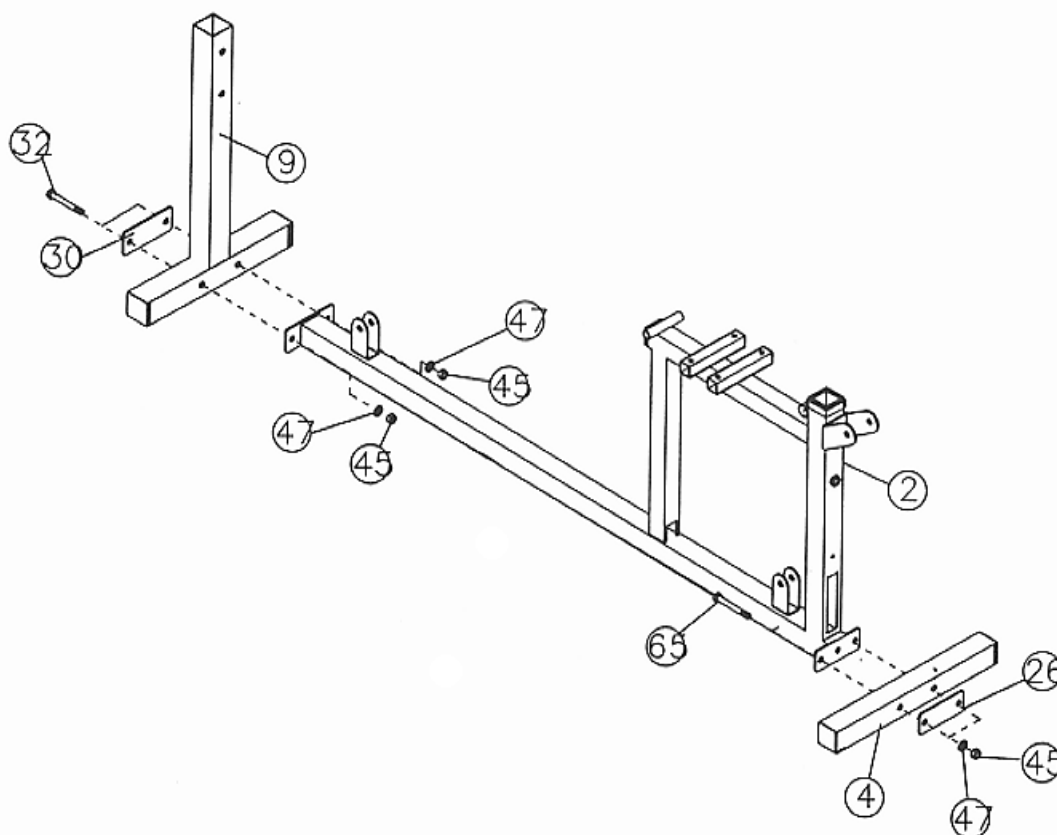
Tools Required to Assemble the Machine:

Two Adjustable Wrenches and Two Allen Wrenches

STEP 1 (See Diagram 1)

- A.) Attach the Lat Bar Holder (#9) to the Main Frame (#2). Secure it with two M10 x 3" Carriage Bolts (#32), M10 Aircraft Nuts (#45), $\varnothing 7/8"$ Washers (#47) and one 4 3/4" Bracket (#30).
- B.) Attach the Front Stabilizer (#4) to the Main Frame (#2). Secure it with two M10 x 2 1/2" Carriage Bolts (#65), M10 Aircraft Nuts (#45), $\varnothing 7/8"$ Washers (#47) and one 4 3/8" Bracket (#26).

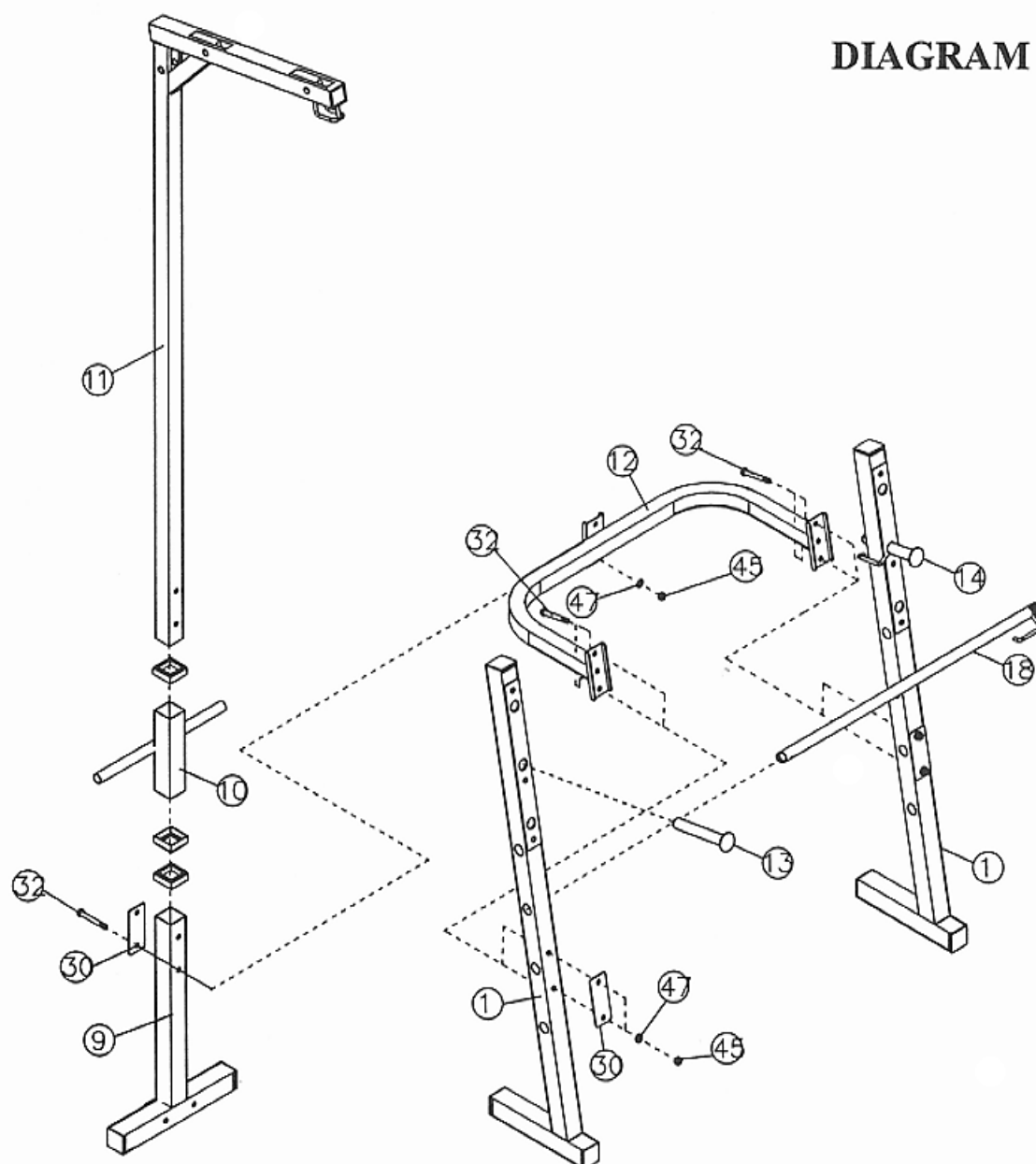
DIAGRAM 1



STEP 2 (See Diagram 2)

NOTE: Help of another person is needed for the following steps

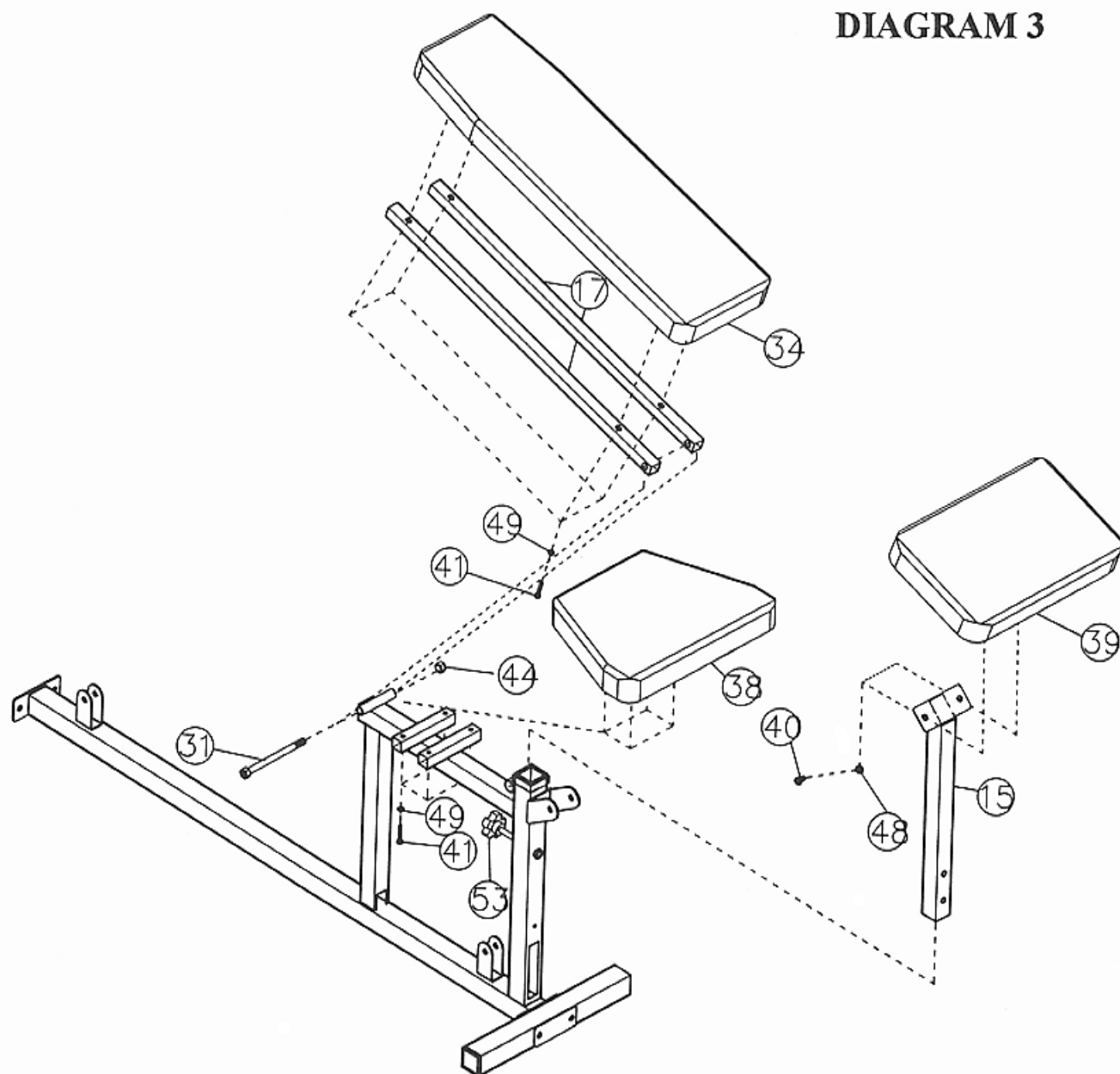
- A.) Connect the two Upright Beams (#1) by a Cross Brace (#12) in the mid-span. Secure them with two M10 x 3" Carriage Bolts (#32), $\varnothing 7/8"$ Washers (#47), M10 Aircraft Nuts (#45) and one 4 $\frac{3}{4}"$ Bracket (#30) on each end of the Cross Brace.
- B.) Slide the Weight Holder (#10) onto the Lat Bar Frame (#11). Attach the Lat Bar Frame (#11) to the Lat Bar Holder (#9).
- C.) Attach the Cross Brace (#12) to the Lat Bar Holder (#9). Align the holes on the Lat Bar Frame (#11), its Holder (#9) and the Cross Brace (#12). Secure it with a M10 x 3" Carriage Bolt (#32), 4 $\frac{3}{4}"$ Bracket (#30), $\varnothing 7/8"$ Washer (#47) and M10 Aircraft Nut (#45) to the lower hole. NOTE: Leave the upper hole open for now.
- D.) Slide the Backrest Adjustment Bar (#18) through the two Upright Beams on the selected holes to obtain desired incline of Backrest.



STEP 3 (See Diagram 3)

- A.) Attach the hole-side of the Backrest Supports (#17) onto both end of the Pivot on the Main Frame (#2). Secure it with a M12 x 6" Bolt (#31) and M12 Aircraft Nut (#44). The other side rest against the Backrest Adjustment Bar (#18).
- B.) Place the upholstered Backrest Board (#34) onto the Backrest Support Bars (#17). Secure it with four M6 x 1 3/8" Bolts (#41) and $\varnothing 1/2"$ Washers (#49). Place the Seat Cushion (#38) onto the bracket on the Main Frame (#2). Align the holes and fasten it with four M6 x 1 3/8" Bolts (#41) and $\varnothing 1/2"$ Washers (#49).
- C.) Attach the Arm Curl Pad (#39) to the Arm Curl Stand (#15). Secure it with two M8 x 5/8" Allen Bolts (#40) and $\varnothing 3/4"$ Washers (#48). Insert the Stand into the Main Frame and secure it with a Quick release Knob (#53).

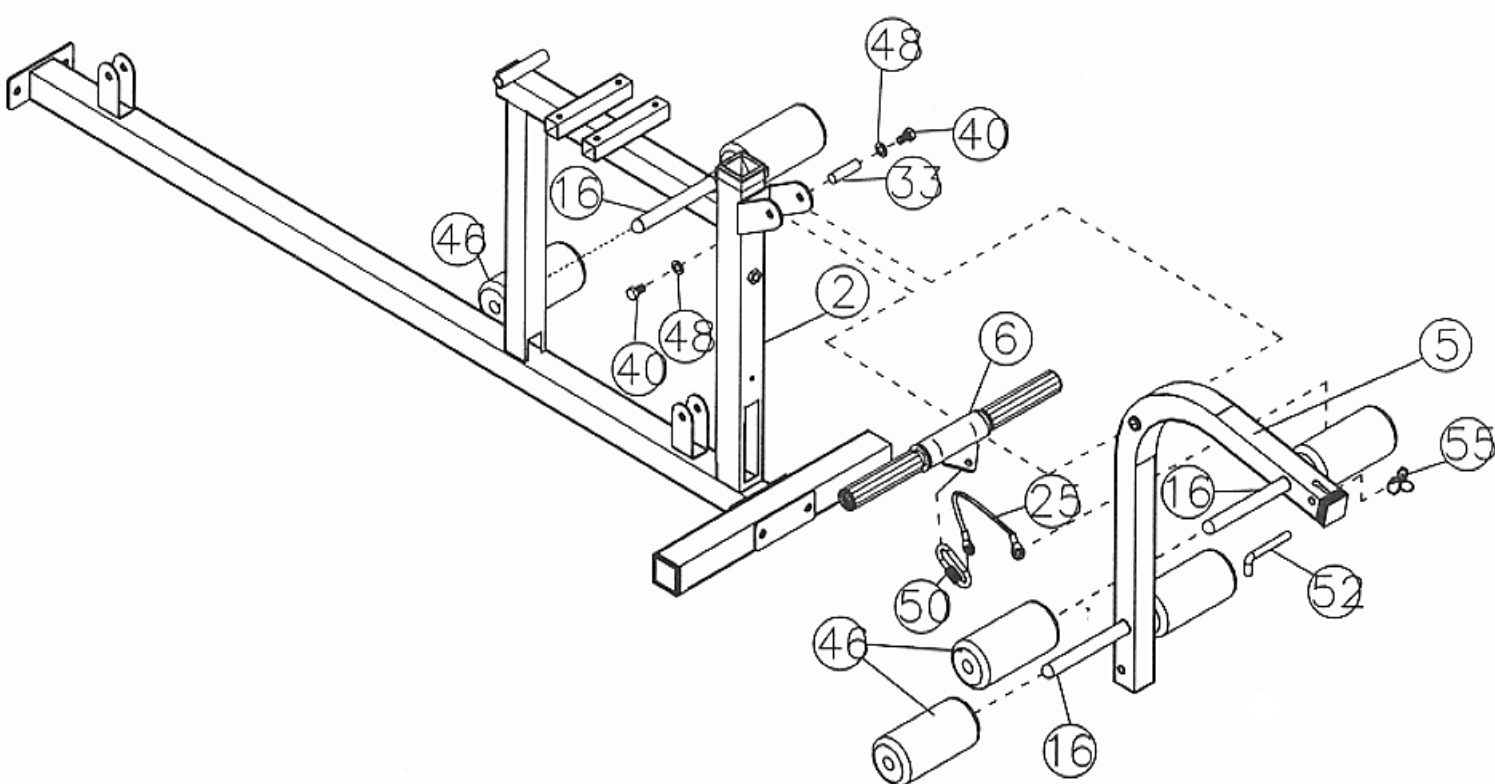
DIAGRAM 3



STEP 4 (See Diagram 4)

- A) Install the Leg Developer (#5) onto the bracket on top of the Main Frame (#2). Insert an Axle (#33) through the pivot. Secure it with two M8 x 5/8" Allen Bolts (#40) and $\varnothing 3/4$ " Washers (#48).
- B) Insert two Foam Roll Tubes (#16) halfway into the holes on the Leg Developer (#5). Push four Foam Rolls (#46) onto the Tubes from both sides.
- C) Insert a Foam roll Tube (#16) halfway into the hole on the Main Frame (#2). Push two Foam Rolls (#46) onto the Tube from both sides.
- D) Attach the 7 1/2" Arm Curl Cable (#25) to the Arm Curl Handle (#6) using the Hook (#50). Attach the other end of the Cable to the hole on the top of the Leg Developer (#5). Secure it with the L-Shape Pin (#52) and a $\varnothing 3/8$ " Spring Clip (#55). NOTE: Remove the Curl assembly when using the leg developer.

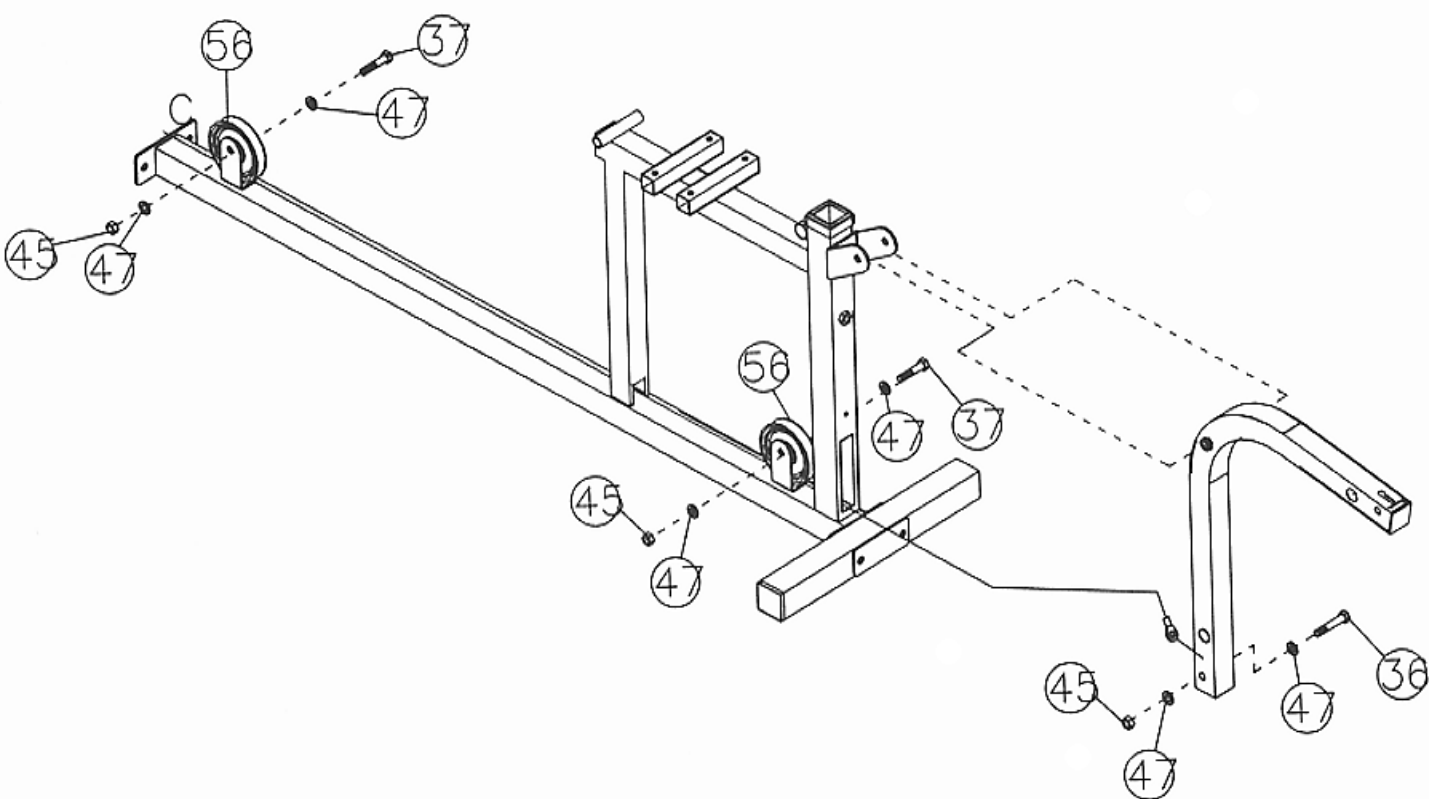
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the end of the 145" Lower Cable (#23) to the bottom of the Leg Developer (#5). Secure it with a M10 x 2 1/8" Allen Bolt (#36), two Ø7/8" Washers (#47) and one M10 Aircraft Nut (#45).
- B.) Draw the Cable through the Main Frame (#2) towards the back of the machine. Install a Pulley (#56). Secure it with a M10 x 1 3/4" Allen Bolt (#37), two Ø7/8" Washers (#47) and a M10 Aircraft Nut (#45).
- C.) Continue draw the Cable along the bottom of the Main Frame towards the back. Install another Pulley.

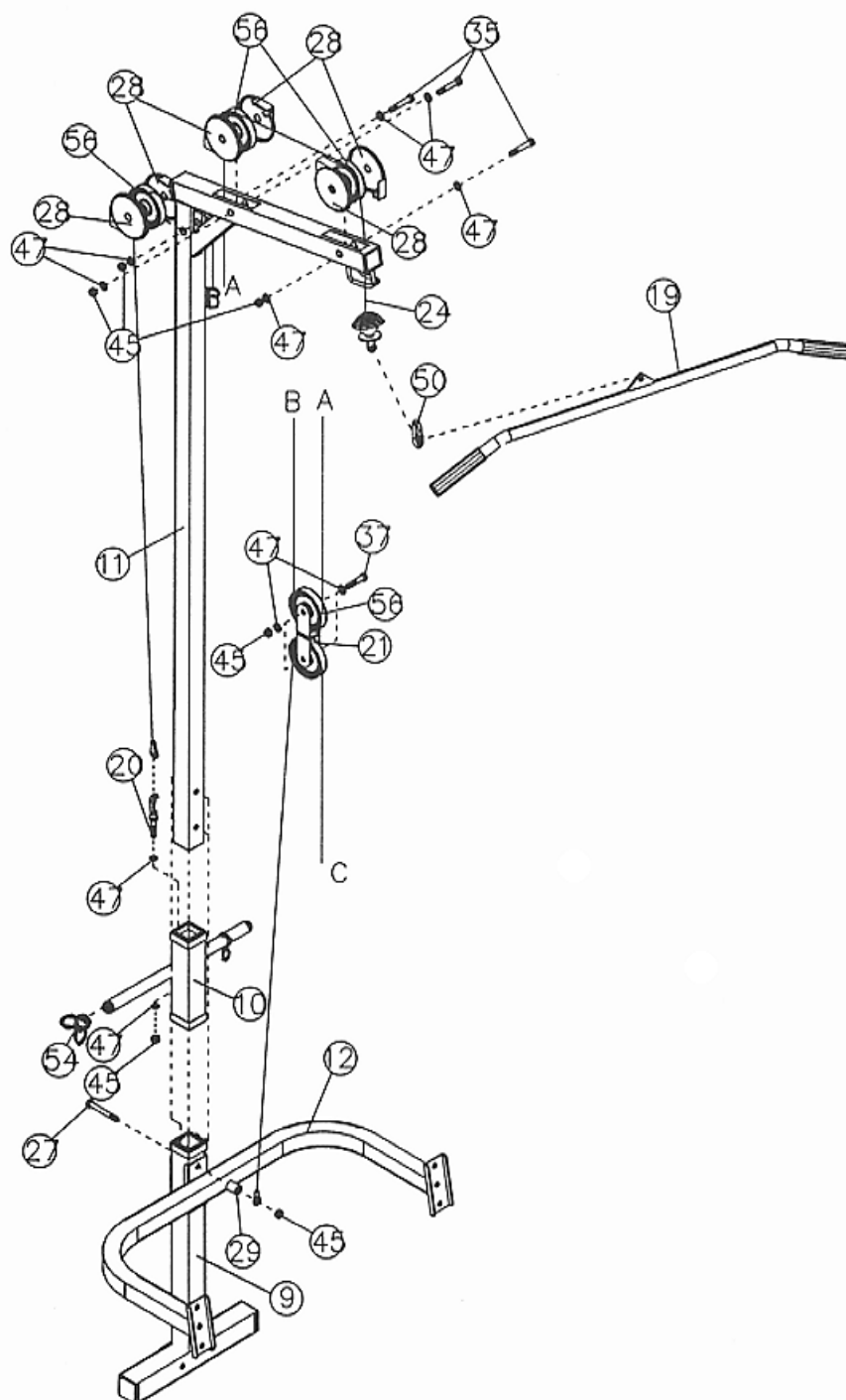
DIAGRAM 5



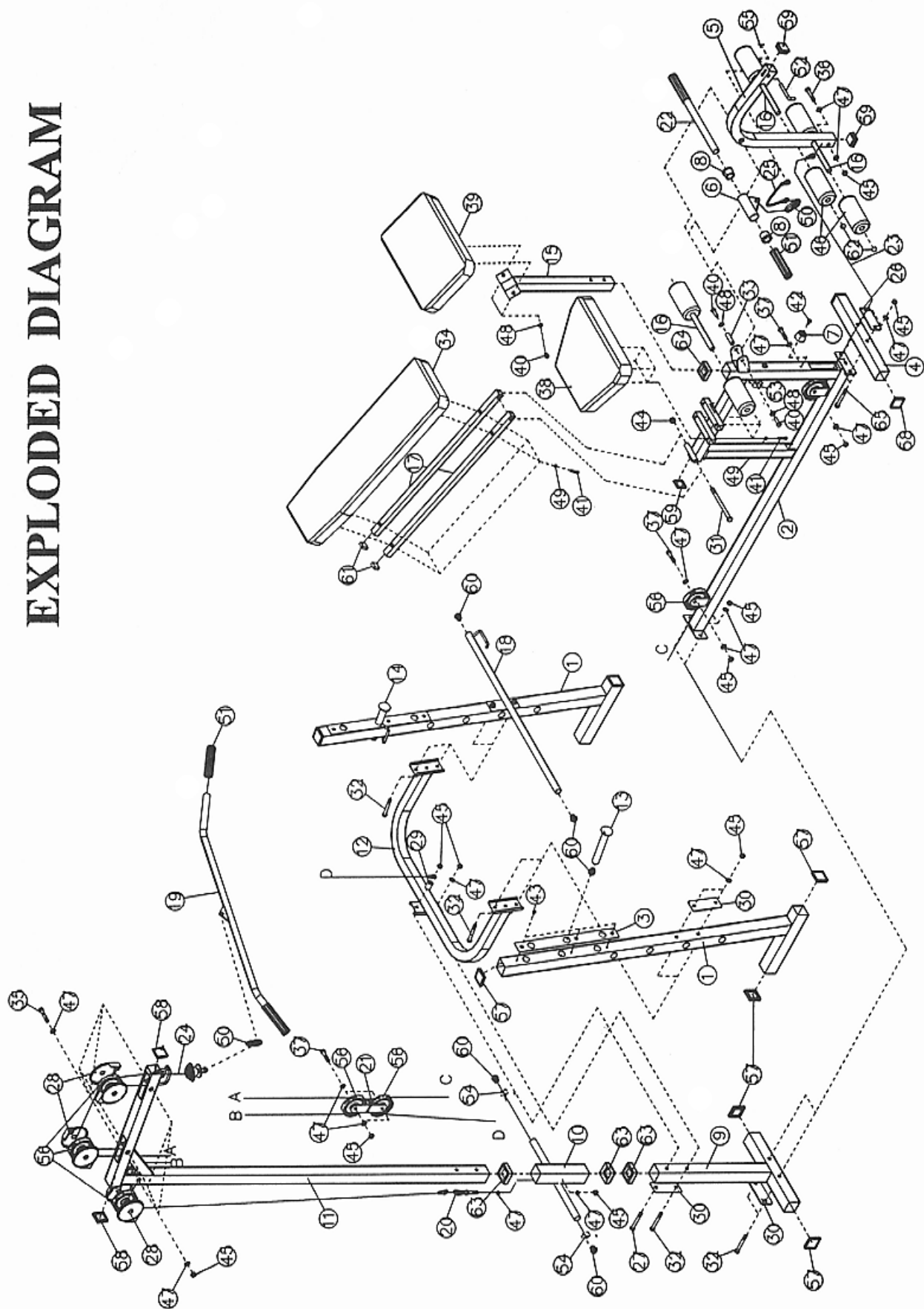
STEP 6 (See Diagram 6)

- A.) Attach the 90 1/2" Upper Cable (#24) to the top of the Lat Bar Frame (#11). Draw the Cable upward through the slotted hole. The rubber bumper rest against the frame.
- B.) Install a Pulley (#56) and two Pulley Covers (#28). Secure it with a M10 x 2 3/8" Allen Bolt (#35), two Ø7/8" Washers (#47) and one M10 Aircraft Nut (#45).
- C.) Draw the Cable towards the back of the machine then downwards through the slotted hole. Install another set of Pulley and Covers.
- D.) Draw the Cable downwards (See Letter A) and install another Pulley without Pulley Cover. Attach a Pulley Bracket (#21) to the Pulley and secure it with a M10 x 1 3/4" Allen Bolt (#37), two Ø7/8" Washers (#47), and one M10 Aircraft Nut (#45). Let the Pulley and Bracket hanging for now.
- E.) Pull the Cable upward again towards the top of the Lat Bar Frame. (See Letter B). Draw the Cable through the slotted hole on the Frame. Install another Pulley with Covers. Draw the Cable over the Pulley then downwards.
- F.) Attach a Hook Bolt (#20) to the end of the Cable. Attach a Ø7/8" Washer (#47) to the Bolt. Then insert the Hook Bolt through the hole on the Weight Holder (#10). Install another Washer. Secure it with a M10 Aircraft Nut (#45). Place two Ø1" Spring Clips (#54) onto the Weight Holder.
- G.) Draw the Lower Cable (See Letter C), previously installed in Step 5, upward towards the Pulley Bracket (#21). Install another Pulley. Then draw the Lower Cable over the Pulley downward towards the Cross Brace (#12).
- H.) Insert a M10 x 4" Carriage Bolt (#27) through the hole previously left open in Step 2C on the Cross Brace (#12). Attach a Spacer onto the Bolt. Then attach the end of the Lower Cable to the Bolt and secure it with a M10 Aircraft Nut (#45).
- I.) Attach the Lat Bar (#19) to the Upper Cable with a Hook (#50).

DIAGRAM 6



EXPLODED DIAGRAM



CB420 PARTS LIST

No.	Description	Q'ty	No.	Description	Q'ty
1.	Upright Beam	2	38.	Seat Cushion	1
2.	Main Frame	1	39.	Arm Curl Pad	1
3.	Chrome Plate	2	40.	M8 x 5/8" Allen Bolt	4
4.	Front Stabilizer	1	41.	M6 x 1 3/8" Bolt	8
5.	Leg Developer	1	42.	M6 x 5/8" Screw	1
6.	Arm Curl Handle	1	43.	M5 x 3/8" Screw	6
7.	Stopper	1	44.	M12 Aircraft Nut	1
8.	Ø1" Bushing	2	45.	M10 Aircraft Nut	19
9.	Lat Bar Holder	1	46.	Foam Roll	6
10.	Weight Holder	1	47.	Ø 7/8 " Washer	29
11.	Lat Bar Frame	1	48.	Ø ¾ " Washer	4
12.	Cross Brace	1	49.	Ø ½" Washer	8
13.	Left Bar Catch	1	50.	Hook	2
14.	Right Bar Catch	1	51.	Grip	4
15.	Arm Curl Stand	1	52.	L- Shape Pin	1
16.	Foam Roll Tube	3	53.	Quick Release Knob	1
17.	Backrest Support Bar	2	54.	Ø1" Spring	2
18.	Backrest Adjustment Bar	1	55.	Ø3/8" Spring Clip	1
19.	Lat Bar	1	56.	Pulley	7
20.	Hook Bolt	1	57.	2" Square End Cap	8
21.	Pulley Bracket	1	58.	1¾ " Square End Cap	4
22.	Arm Curl Handle Tube	1	59.	1½ " Square End Cap	3
23.	Lower Cable 145"	1	60.	Ø 1" Round End Cap	6
24.	Upper Cable 90 ½"	1	61.	1" Square End Cap	2
25.	Arm Curl Cable 7 ½"	1	62.	Ø ¾ " Round End Cap	6
26.	4 3/8" Bracket	1	63.	2" Square Sleeve	3
27.	M10 x 4" Carriage Bolt	1	64.	1 ¾ " Square Sleeve	1
28.	Pulley Cover	6	65.	M10 x 2½" Carriage Bolt	2
29.	Spacer	1			
30.	4 ¾" Bracket	4			
31.	M12 x 6" Bolt	1			
32.	M10 x 3" Carriage Bolt	7			
33.	Axle	1			
34.	Backrest Board	1			
35.	M10 x 2 3/8" Allen Bolt	3			
36.	M10 x 2 1/8" Allen Bolt	1			
37.	M10 x 1¾" Allen Bolt	4			

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