

**NOTE:**  
Please read all  
instructions carefully  
before using this product

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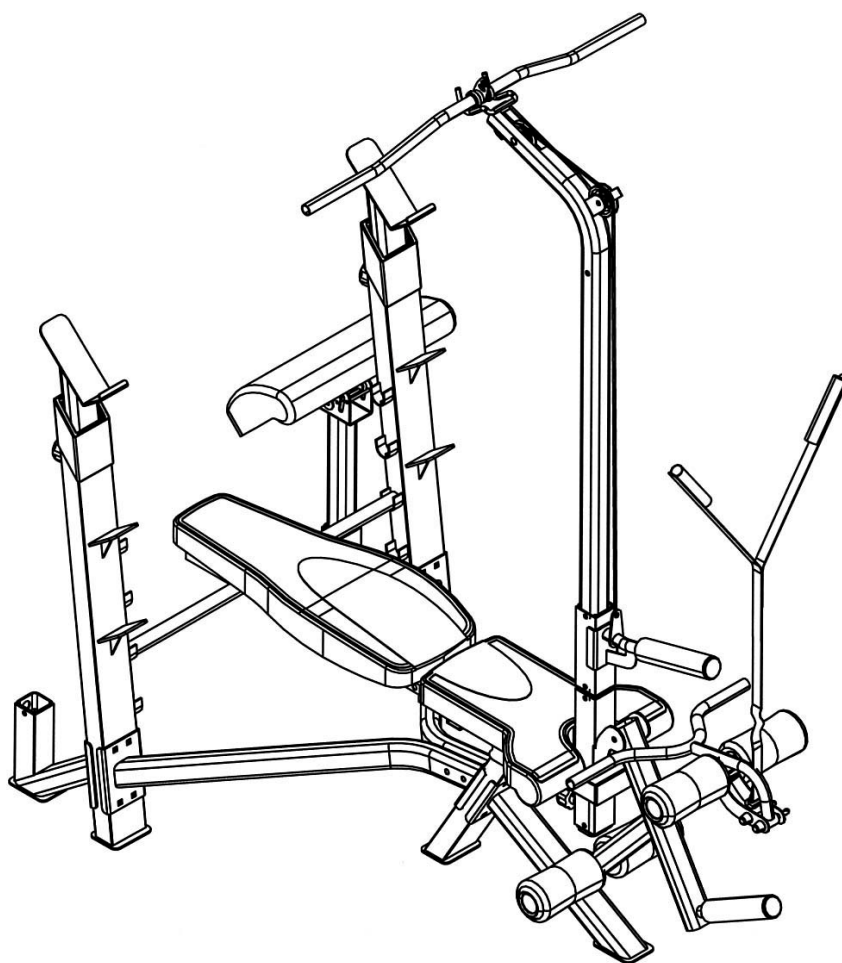
Retain This  
Manual for  
Reference

08/21/07

**OWNER'S  
MANUAL**

# IMPEX

## **IRON GRIP STRENGTH DELUXE COMBO BENCH IGS-8859**



**IMPEX® INC.**

14777 Don Julian Rd., City of Industry, CA 91746

Tel: (800) 999-8899 Fax (626) 961-9966

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

[info@impex-fitness.com](mailto:info@impex-fitness.com)

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## BEFORE YOU BEGIN

Thank you for selecting the **IRON GRIP STRENGTH IGS-8859 COMBO BENCH** by **IMPEX® INC.** 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](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@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.
12. A spotter is recommended during exercise.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.
16. Maximum weight on Lat Bar: 100lbs.

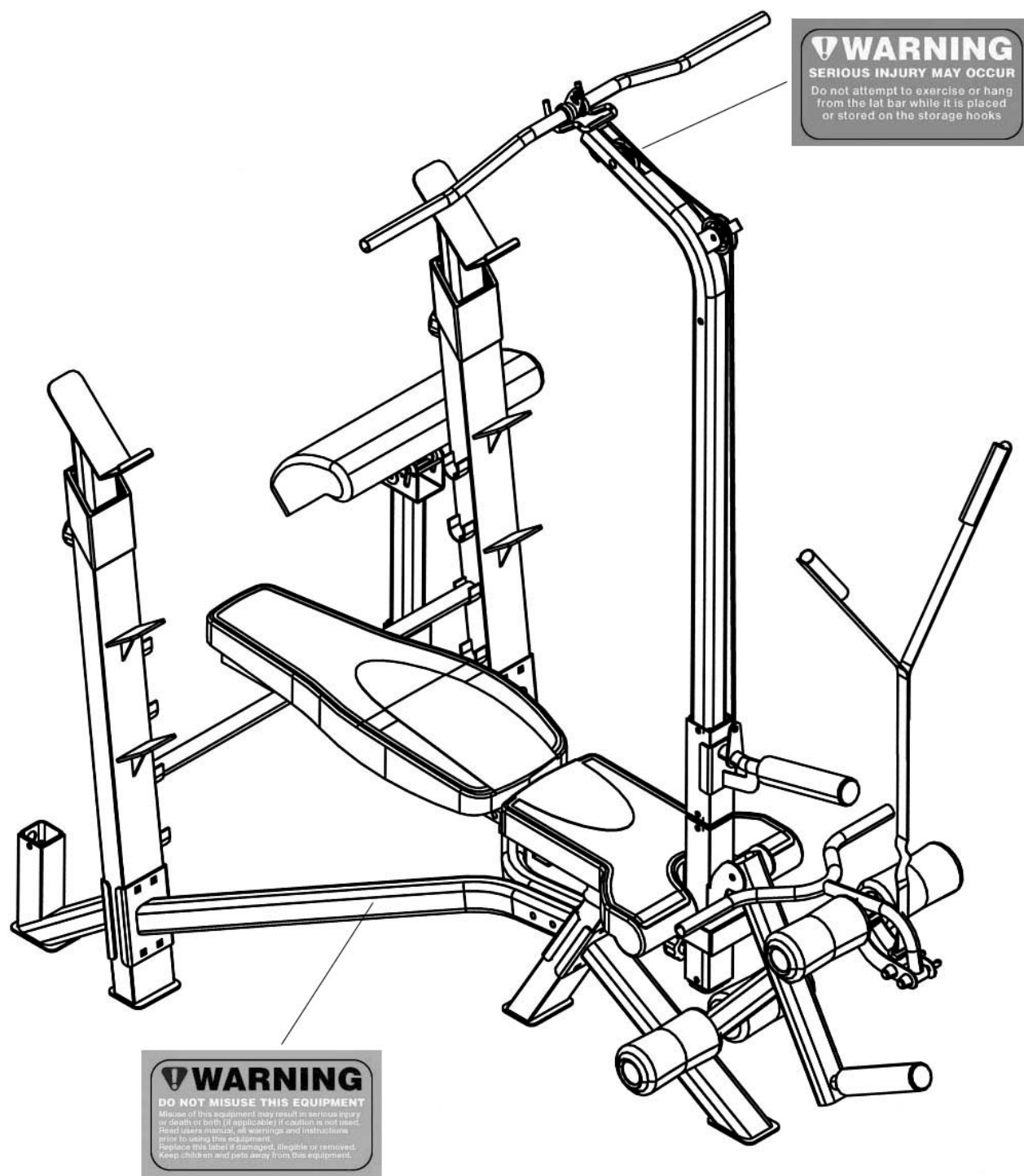
### **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**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.**

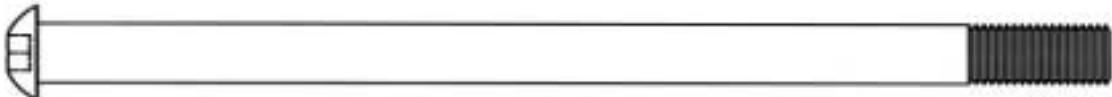
## WARNING LABEL REPLACEMENT



The Warning Labels shown here have been placed on the Support Frame and Lat Bar. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown

# HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



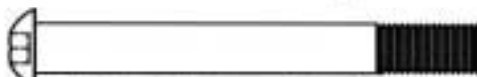
#50 M12 x 6 3/4" Allen Bolt (Qty 1)



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



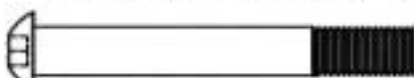
#52 M10 x 3 1/2" Allen Bolt (Qty 1)



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



#54 M10 x 2 1/2" Allen Bolt (Qty 1)



#55 M10 x 2 3/8" Allen Bolt (Qty 1)



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



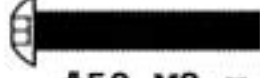
#57 M10 x 1" Allen Bolt (Qty 1)



#49 M10 x 2 3/4" Carriage Bolt (Qty 12)



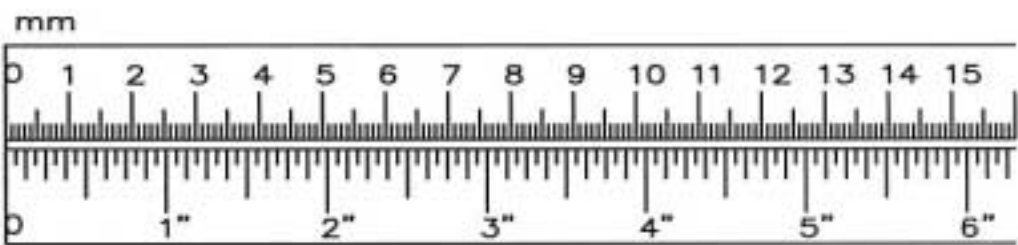
#58 M8 x 3 1/2" Allen Bolt (Qty 1)



#59 M8 x 1 3/8" Allen Bolt (Qty 8)

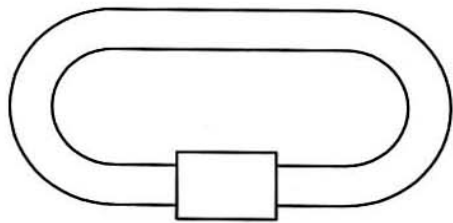


#60 M8 x 5/8" Allen Bolt (Qty 2)

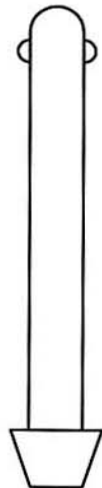


# HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



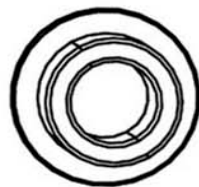
#29 C-clip (Qty 1)



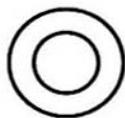
#32 3" Lock Pin (Qty 2)



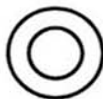
#28 Spring Clip (Qty 2)



#47 Pulley Bushing (Qty 2)



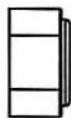
#63 Ø1" Washer (Qty 2)



#64 Ø¾" Washer (Qty 26)



#65 Ø⅝" Washer (Qty 12)



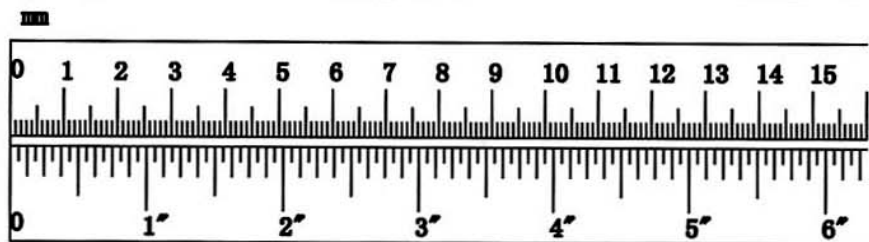
#66 M12 Aircraft Nut (Qty 1)



#67 M10 Aircraft Nut (Qty 21)



#68 M8 Aircraft Nut (Qty 1)

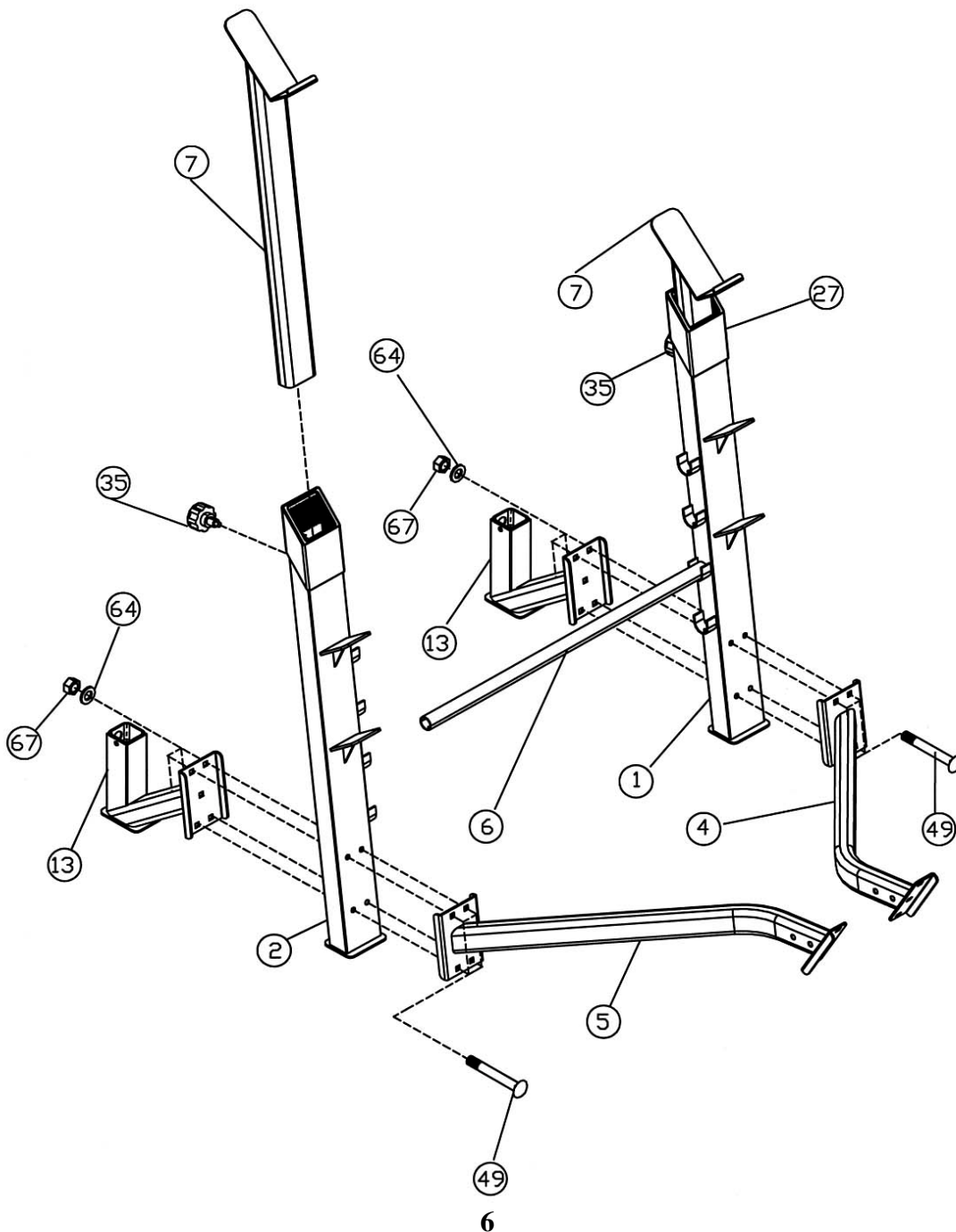


# ASSEMBLY INSTRUCTION

**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Attach the Left Support Frame (#4) and the Rear Support (#13) to the Left Upright Beam (#1). Align the holes. Secure them together with four M10 x 2 ¾" Carriage Bolts (#49), Ø ¾" Washers (#64), and M10 Aircraft Nuts (#67). Do not tighten the Nuts and Bolts yet. Repeat the same procedure to install the Right Support Frame (#5) and the other Rear Support to the Right Upright Beam (#2).
- B.) Insert two Crutches (#7) into the openings on the top of the Upright Beams. Secure them with two M18 x Ø ½" Lock Knobs (#35).
- C.) Place the Backrest Adjustment Bar (#6) on the selected slot on the Upright Beams to obtain the desired backrest incline.

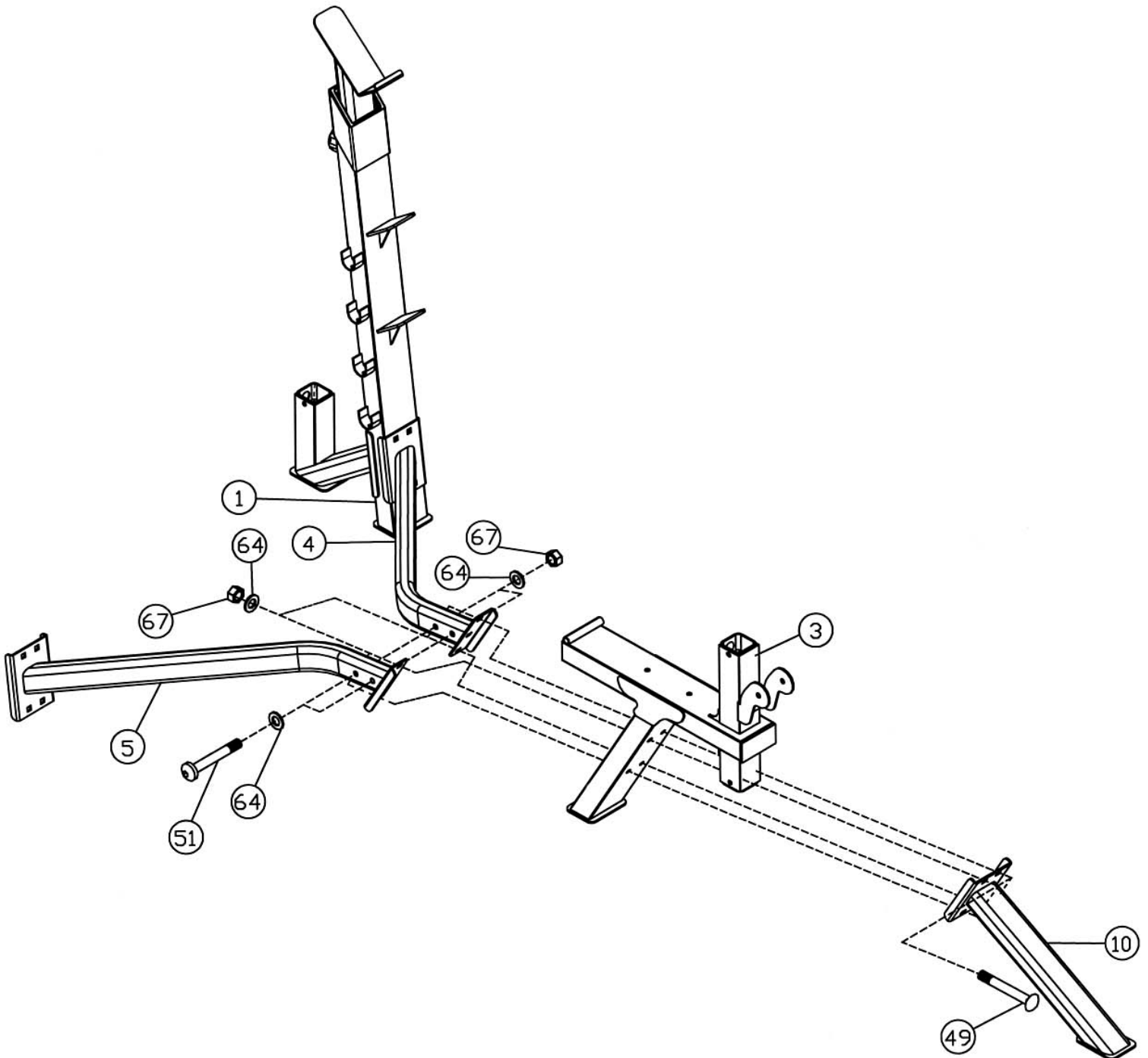




## STEP 2 (See Diagram 2)

- A.) Connect the Left Support Frame (#4) to the Right Support Frame (#5). Align the holes. Secure them together with two M10 x 3 ¾" Allen Bolts (#51), four Ø ¾" Washers (#64), and two M10 Aircraft Nuts (#67). Do not tighten the Nuts and Bolts yet.
- B.) Attach the Main Seat Support (#3) to both Left & Right Support Frames. Attach the Front Post (#10) to the Main Seat Support. Align the holes. Secure them together with four M10 x 2 ¾" Carriage Bolts (#49), Ø ¾" Washers (#64) and M10 Aircraft Nuts (#67).
- C.) Securely tighten all Nuts and Bolts previously installed.

**DIAGRAM 2**

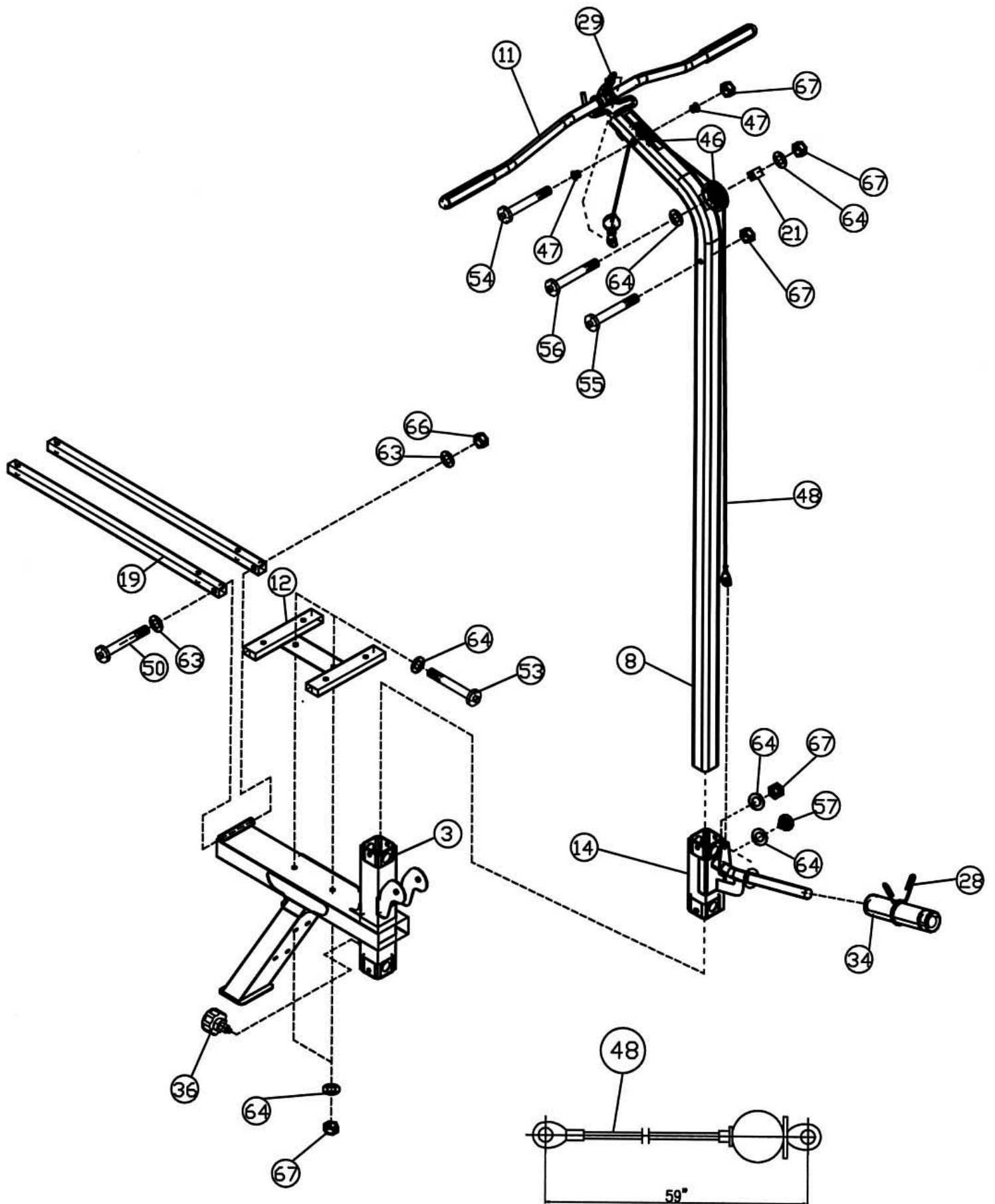




### **STEP 3 (See Diagram 3)**

- A.) Attach the side-holes on the two Backrest Supports (#19) to the pivot on the Main Seat Support (#3). Align the holes. Secure them together with one M12 x 6  $\frac{3}{4}$ " Allen Bolt (#50), two Ø 1" Washers (#63), and one M12 Aircraft Nut (#66). Do not over tighten the Nut and Bolt. Make sure the Backrest Supports are able to swivel.
- B.) Attach the Seat Bracket (#12) onto the Main Seat Support. Secure it with two M10 x 2  $\frac{3}{4}$ " Allen Bolts (#53), four Ø  $\frac{3}{4}$ " Washers (#64), and two M10 Aircraft Nuts (#67).
- C.) Slide the Sliding Weight Holder (#14) onto the Lat Bar Frame (#8) from the bottom. Insert the Lat Bar frame into the opening on top of the Front Post (#3) and secure it with a M18 x Ø3/8" Lock Knob (#36).
- D.) Attach the 59" Cable (#48) to a Pulley (46). Attach the Pulley to the opening on top of the Lat Bar Frame. Secure the Pulley with one M10 x 2  $\frac{1}{2}$ " Allen Bolt (#54), two Pulley Bushings (#47), and one M10 Aircraft Nut (#67).
- E.) Draw the Cable over the Pulley to the open bracket on the back of the Lat Bar Frame. Attach a Pulley to the bracket. Secure it with one M10 x 1  $\frac{3}{4}$ " Allen Bolt (#56), two Ø  $\frac{3}{4}$ " Washers (#64), one L-shaped Bracket (#21) and one M10 Aircraft Nut (#67).
- F.) Draw the Cable downward and to the open bracket on the Sliding Weight Holder (#14). Secure the end of Cable to the bracket with one M10 x 1" Allen Bolt (#57), two Ø  $\frac{3}{4}$ " Washers (#64), and one M10 Aircraft Nut (#67).
- G.) Insert a M10 x 2  $\frac{3}{8}$ " Allen Bolt (#55) through the hole on the Lat Bar Frame and secure it with a M10 Aircraft Nut (#67).
- H.) Attach an Olympic Sleeve (#34) onto the weight post on the Sliding Weight Holder. Attach a Spring Clip (#28) to the Olympic Sleeve.
- I.) Connect the Lat Bar (#11) to the Cable with a C-clip (#29). Place the Lat Bar onto the holder on the Lat Bar Frame.
- J.) Remove the entire Lat Bar apparatus and place it in the storage post behind the upright beams when using the Arm Curl or Leg Developer.

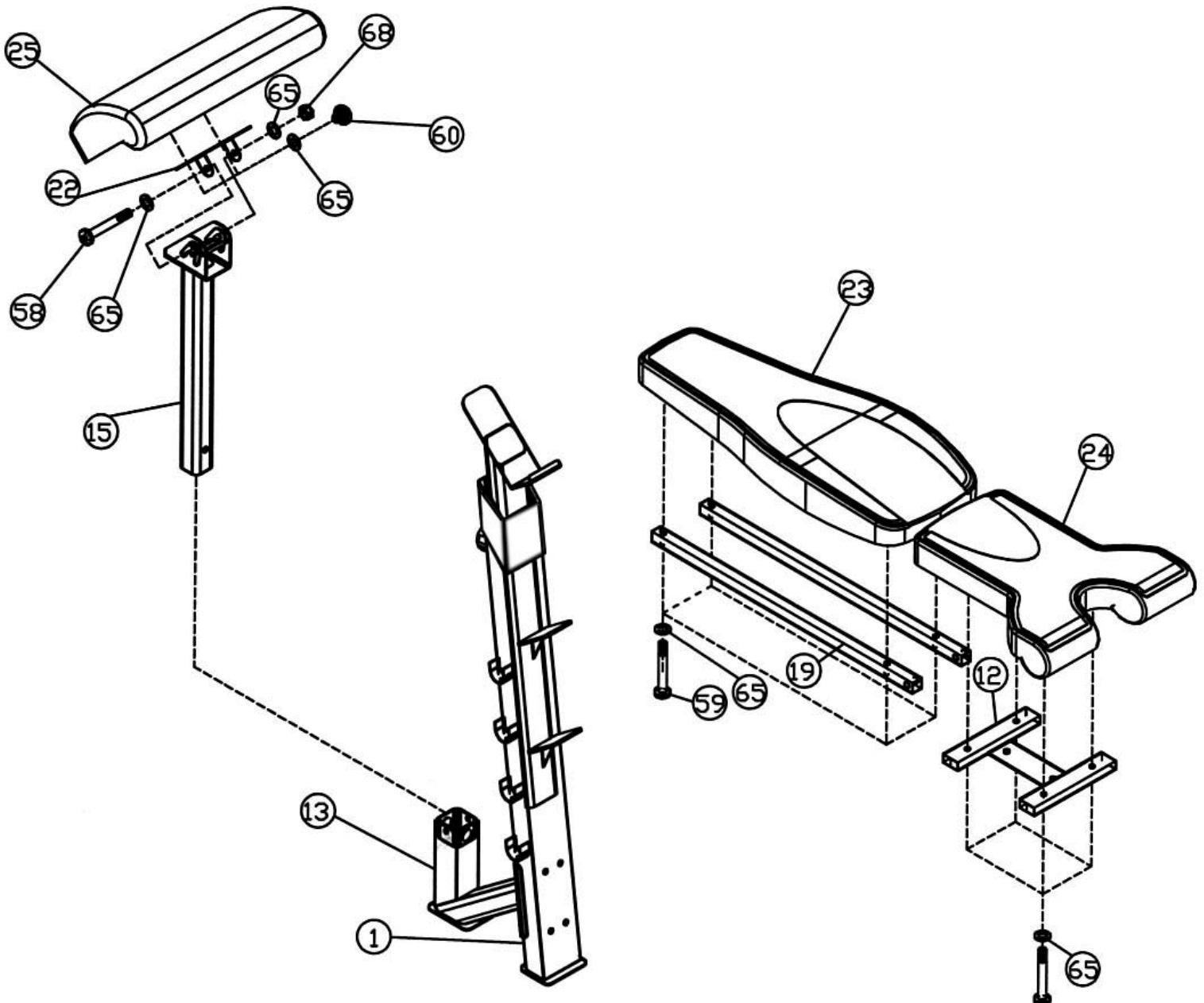
DIAGRAM 3



## STEP 4 (See Diagram 4)

- A.) Attach the Backrest Board (#23) to the Backrest Supports (#19). Secure it with four M8 x 1 3/8" Allen Bolts (#59) and Ø 5/8" Washers (#65).
- B.) Place the Seat Pad (#24) onto the Seat Bracket (#12). Secure it with four M8 x 1 3/8" Allen Bolts (#59) and Ø 5/8" Washers (#65).
- C.) Attach the Arm Curl Pad (#25) to the Arm Curl Bracket (#22). Secure it with two M8 x 5/8" Allen Bolts (#60) and Ø 5/8" Washers (#65).
- D.) Attach the Arm Curl Bracket to the bracket on the Arm Curl Stand (#15). Insert the M8 x 3 1/2" Allen Bolt (#58) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket. Secure the Bolt with two Ø 5/8" Washers (#65) and one M8 Aircraft Nut (#68). Do not over tighten the Nut and Bolt. The Bolt needs to be able to slide on the track freely.
- E.) Insert the Arm Curl Stand into the storage post behind the upright beams when using the Lat Bar or Leg Developer.

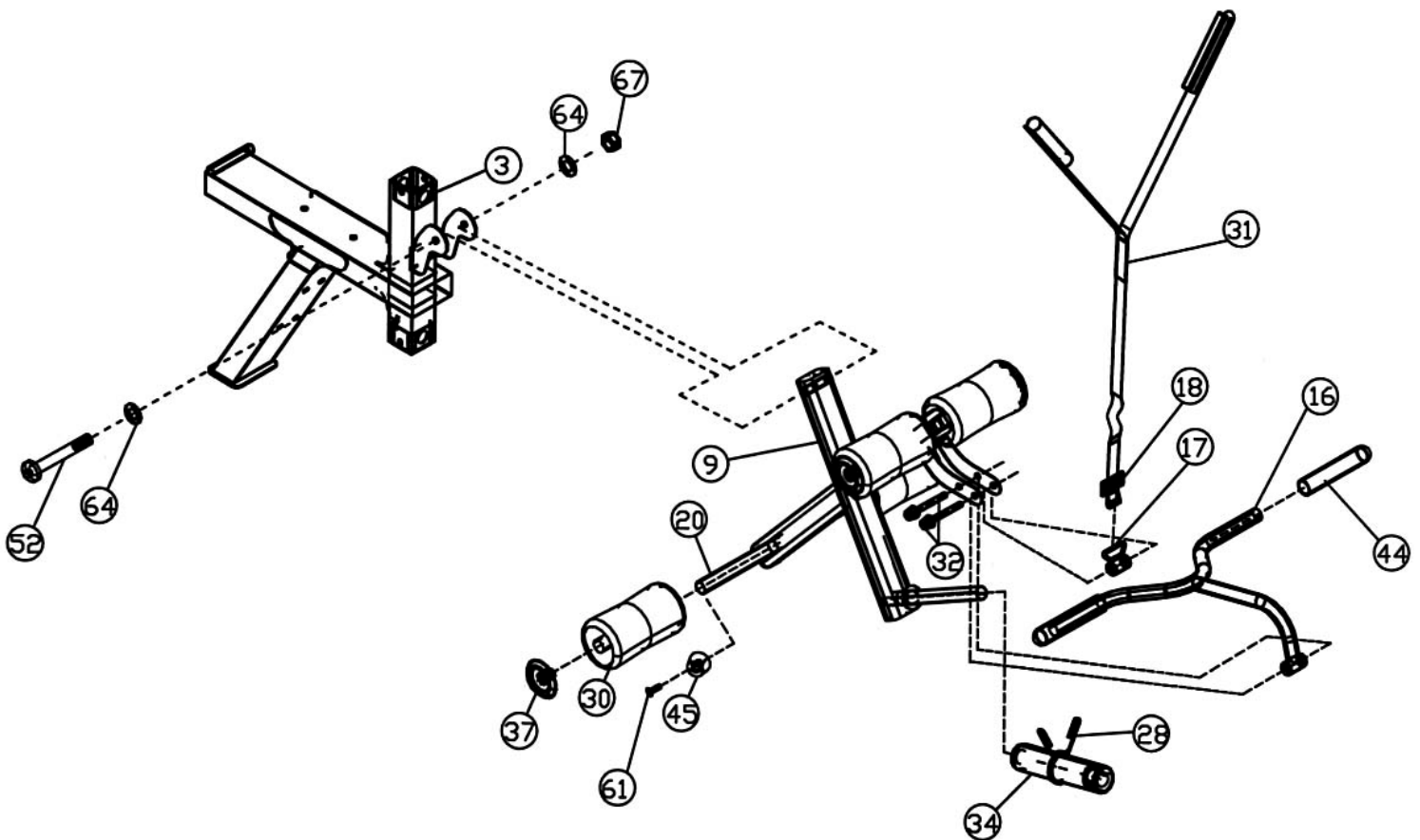
**DIAGRAM 4**

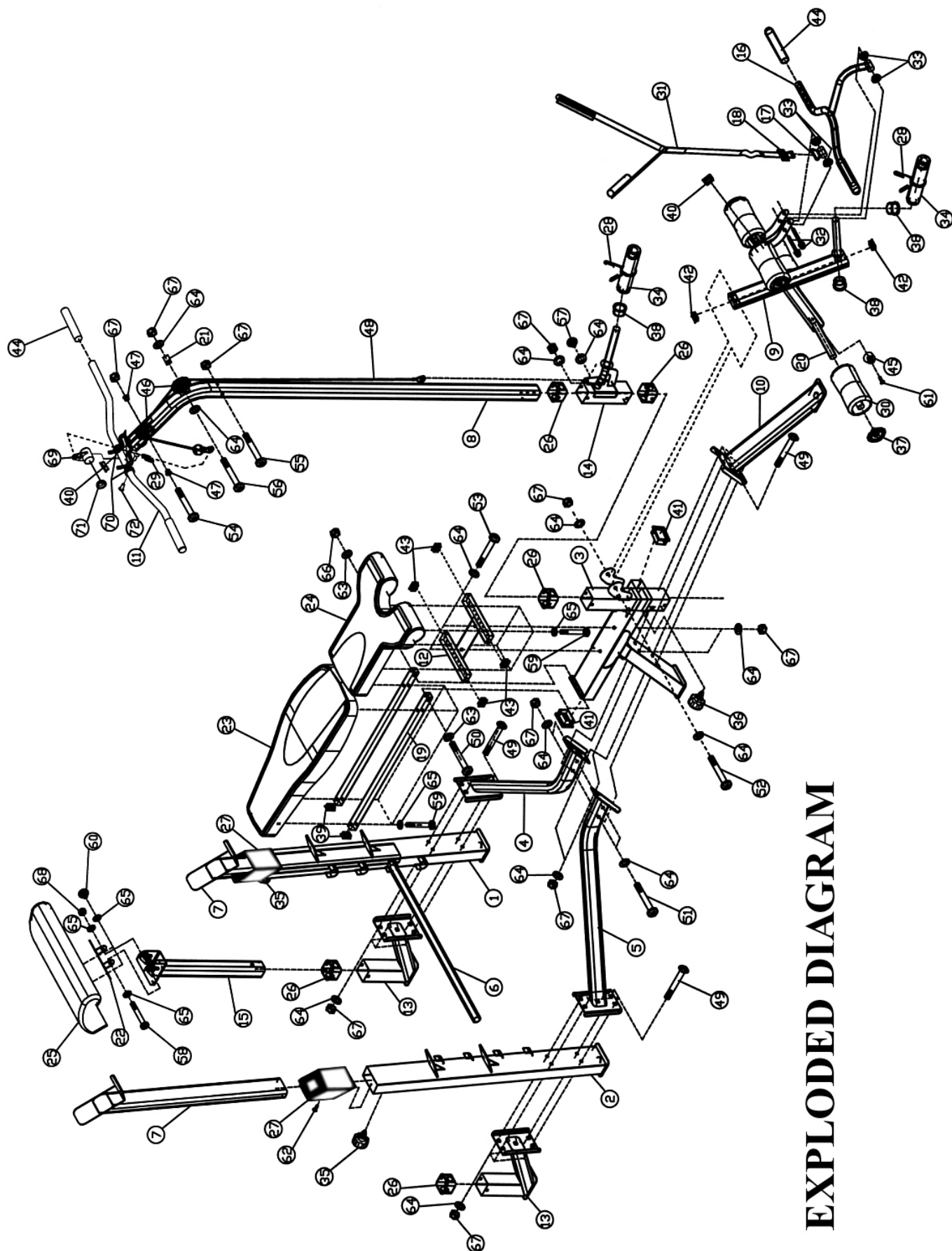


## STEP 5 (See Diagram 5)

- A.) Attach the Leg Developer (#9) to the Main Seat Support (#3). Secure it with one M10 x 3 ½" Allen Bolt (#52), two Ø ¾" Washers (#64), and one M10 Aircraft Nut (#67).
- B.) Insert two Foam Tubes (#20) halfway through the holes on the Leg Developer. Push four Foam Rolls (#30) onto the Tubes from both ends. Plug four Foam Roll End Caps (#37) into the ends.
- C.) Attach an Olympic Sleeve (#34) onto the weight post on Leg Developer. Attach a Spring Clip (#28) onto the Sleeve.
- D.) Attach the Arm Curl Handle (#16) to the back hole on the Leg Developer. Secure it with one 3" Lock Pin (#32). Attach the Abdominal Strap (#31) to the front hole on the Leg Developer. Secure it with one 3" Lock Pin (#32).
- E.) Pull up and flip the Arm Curl Pad along the track to face the back when doing Abdominal exercises using the Abdominal Strap.
- F.) Remove the Arm Curl Stand, Arm Curl Handle, and Abdominal Strap when doing Leg Developer exercises.

**DIAGRAM 5**





**EXPLODED DIAGRAM**

## PARTS LIST

KEY NO.	DESCRIPTION	QTY'			
1	Left Upright Beam	1	51	M10 x 3 3/4" Allen Bolt	2
2	Right Upright Beam	1	52	M10 x 3 1/2" Allen Bolt	1
3	Main Seat Support	1	53	M10 x 2 3/4" Allen Bolt	2
4	Left Support Frame	1	54	M10 x 2 1/2" Allen Bolt	1
5	Right Support Frame	1	55	M10 x 2 3/8" Allen Bolt	1
6	Backrest Adjustment Bar	1	56	M10 x 1 3/4" Allen Bolt	1
7	Crutch	2	57	M10 x 1" Allen Bolt	1
8	Lat Bar Frame	1	58	M8 x 3 1/2" Allen Bolt	1
9	Leg Developer	1	59	M8 x 1 3/8" Allen Bolt	8
10	Front Post	1	60	M8 x 5/8" Allen Bolt	2
11	Lat Bar	1	61	M6 x 5/8" Philips Screw	1
12	Seat Bracket	1	62	ST3 x 3/8" Philips Screw	2
13	Rear Support	2	63	Ø 1" Washer	2
14	Sliding Weight Holder	1	64	Ø 3/4" Washer	26
15	Arm Curl Stand	1	65	Ø 5/8" Washer	12
16	Arm Curl Handle	1	66	M12 Aircraft Nut	1
17	Abdominal Strap Connector	1	67	M10 Aircraft Nut	21
18	Strap Buckle	1	68	M8 Aircraft Nut	1
19	Backrest Support	2	69	Rotating Ring	1
20	Foam Tube	2	70	Plastic Ring	2
21	L-shaped Bracket	1	71	Rotating Ring Bushing	2
22	Arm Curl Bracket	1	72	Rivet	4
23	Backrest Board	1			
24	Seat Pad	1			
25	Arm Curl Pad	1			
26	2 3/8" x 2" Sleeve	5			
27	4" Sleeve	2			
28	Spring Clip	2			
29	C-clip	1			
30	Foam Roll	4			
31	Abdominal Strap	1			
32	3' Lock Pin	2			
33	Ø 1" Bushing	4			
34	Olympic Sleeve	2			
35	M18 x Ø 1/2" Lock Knob	2			
36	M18 x Ø 3/8" Lock Knob	1			
37	Foam Roll End Cap	4			
38	Ø 1" End Cap	3			
39	1" Square End Cap	2			
40	2" Square End Cap	2			
41	4" x Square End Cap	2			
42	2 3/8" Square End Cap	2			
43	1 5/8" Square End Cap	4			
44	6" Handle Grip	4			
45	Rubber Bumper	1			
46	Pulley	2			
47	Pulley Bushing	2			
48	59" Cable	1			
49	M10 x 2 3/4" Carriage Bolt	12			
50	M12 x 6 3/4" Allen Bolt	1			



# ***IMPEX INC.***

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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.

**Register on-line [www.impex-fitness.com](http://www.impex-fitness.com)**

**IMPEX<sup>®</sup> 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](mailto: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