

NOTE:
Please read all instructions
carefully before using this
product

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Model
IGS-8860

Retain This
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Reference

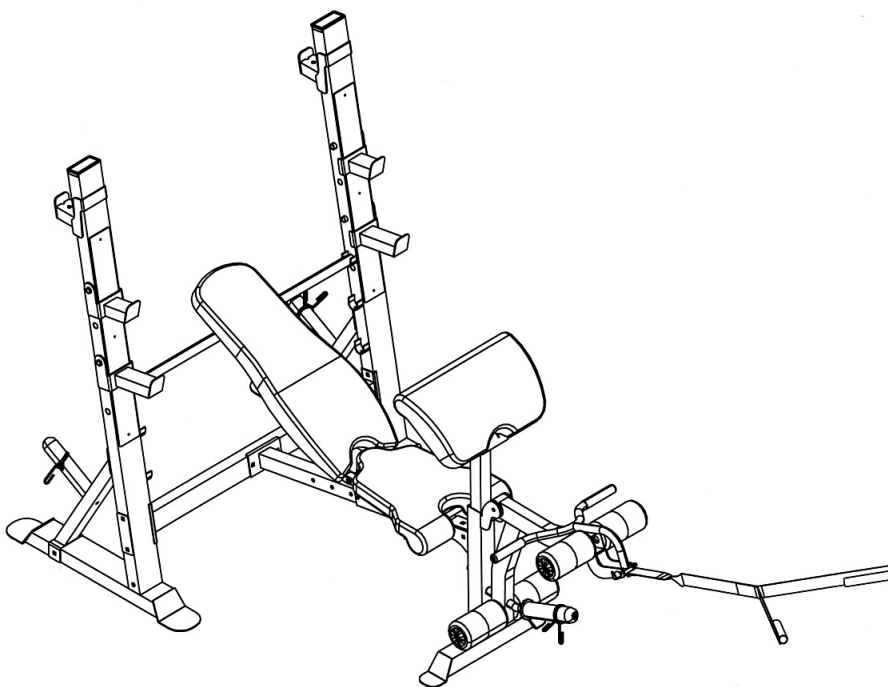
07-10-06

OWNER'S
MANUAL

IMPEX

IRON GRIP STRENGTH OLYMPIC BENCH

IGS-8860



IMPEX® INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-8860 Olympic 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

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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.
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.

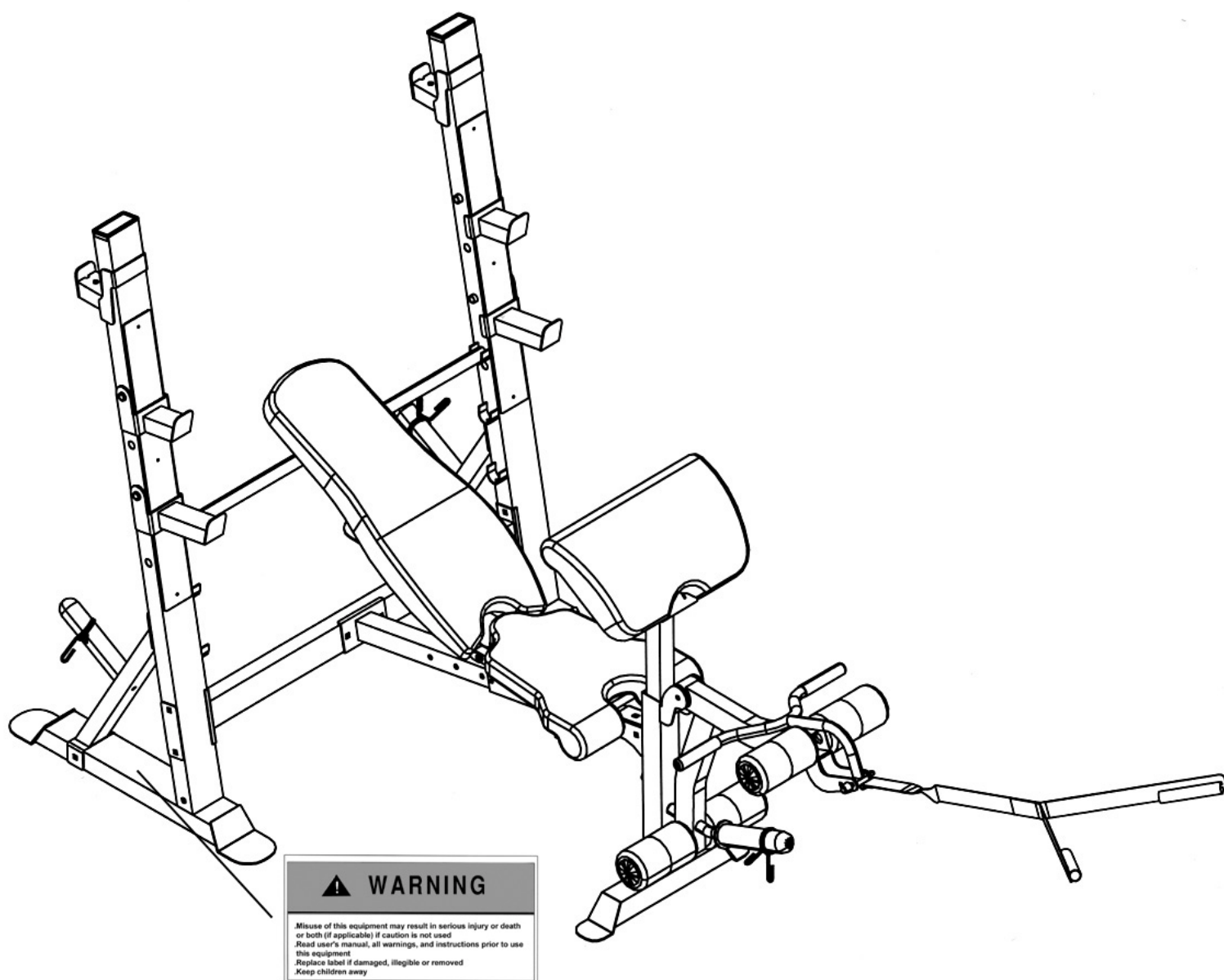
CARE AND MAINTENANCE

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.

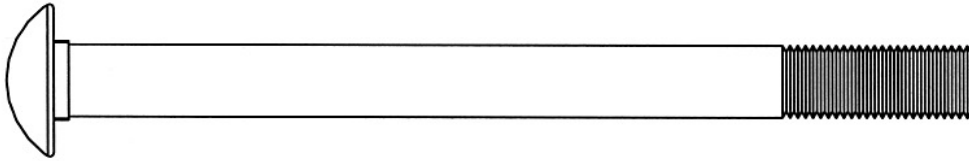
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

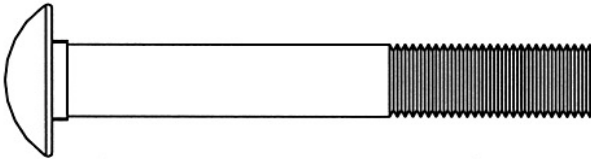


The Warning Label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

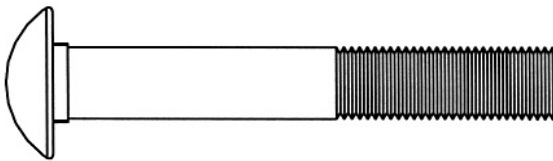
HARDWARE PACK



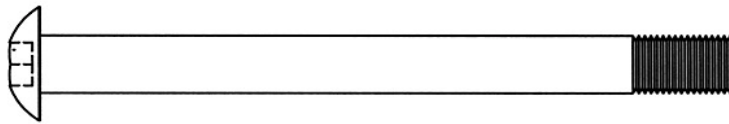
#53 M10 x 4 3/4" Carriage Bolt (Qty 6)



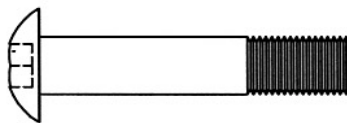
#54 M10 x 2 3/4" Carriage Bolt (Qty 4)



#55 M10 x 2 1/2" Carriage Bolt (Qty 1)

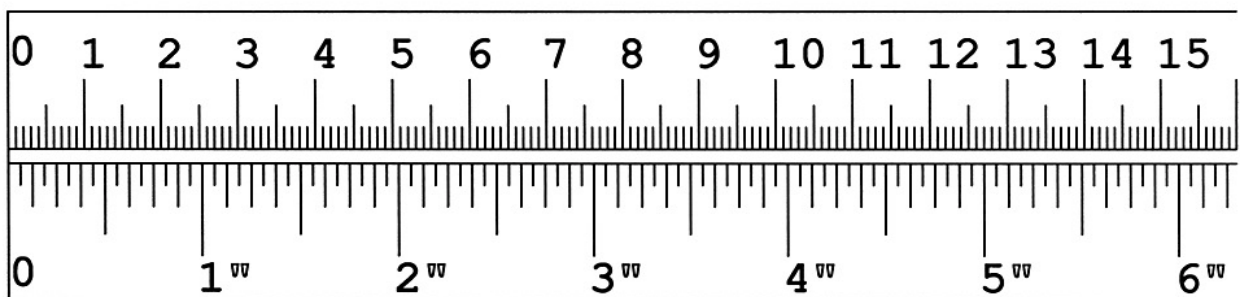


#61 M8 x 3 1/2" Allen Bolt (Qty 1)

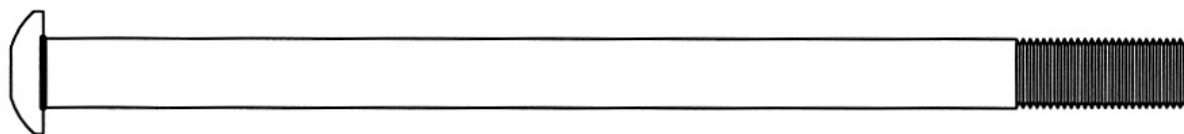


#60 M8 x 1 5/8" Allen Bolt (Qty 8)

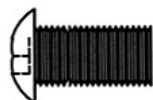
mm



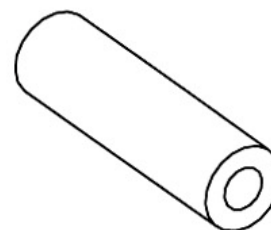
HARDWARE PACK



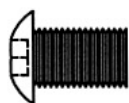
#58 M12 x 7 5/8" Allen Bolt (Qty 1)



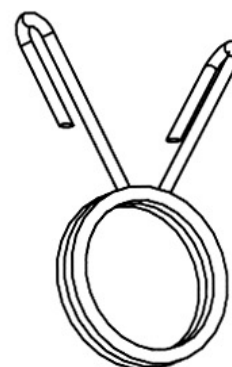
#57 M10 x 3/4" Alen Bolt (Qty 2)



#42 Axle (Qty 1)



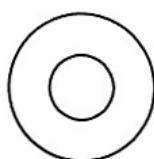
#56 M10 x 5/8" Allen Bolt (Qty 13)



#41 Spring Clip (Qty 3)



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



#64 Ø1" Washer
(Qty 2)



#62 Ø3/4" Washer
(Qty 26)



#63 Ø5/8" Washer
(Qty 12)



#67 M12 Aircraft Nut
(Qty 1)

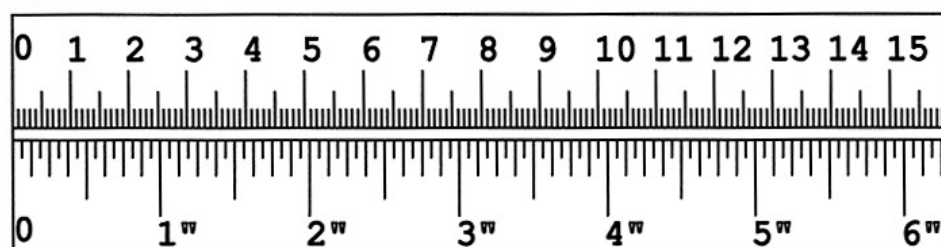


#65 M10 Aircraft Nut
(Qty 11)



#66 M8 Aircraft Nut
(Qty 1)

mm

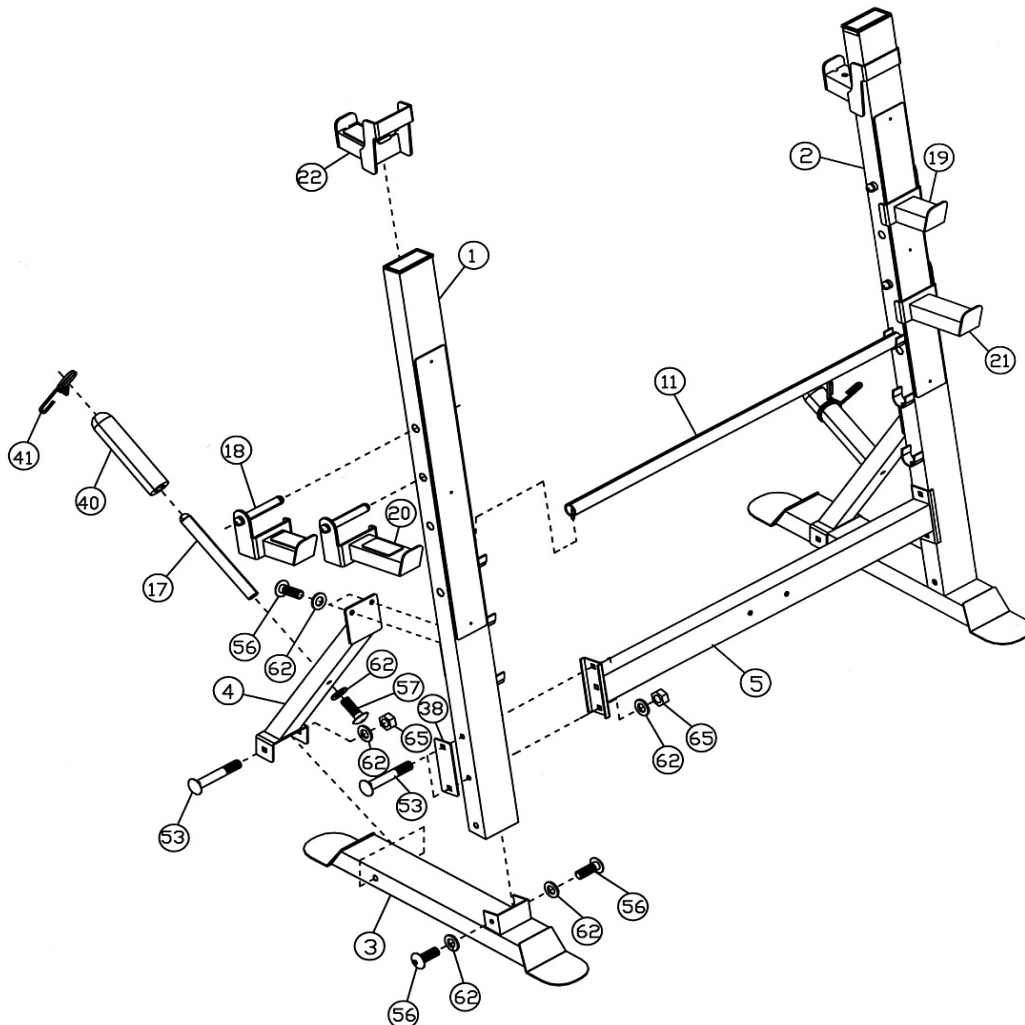


ASSEMBLY INSTRUCTION

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.

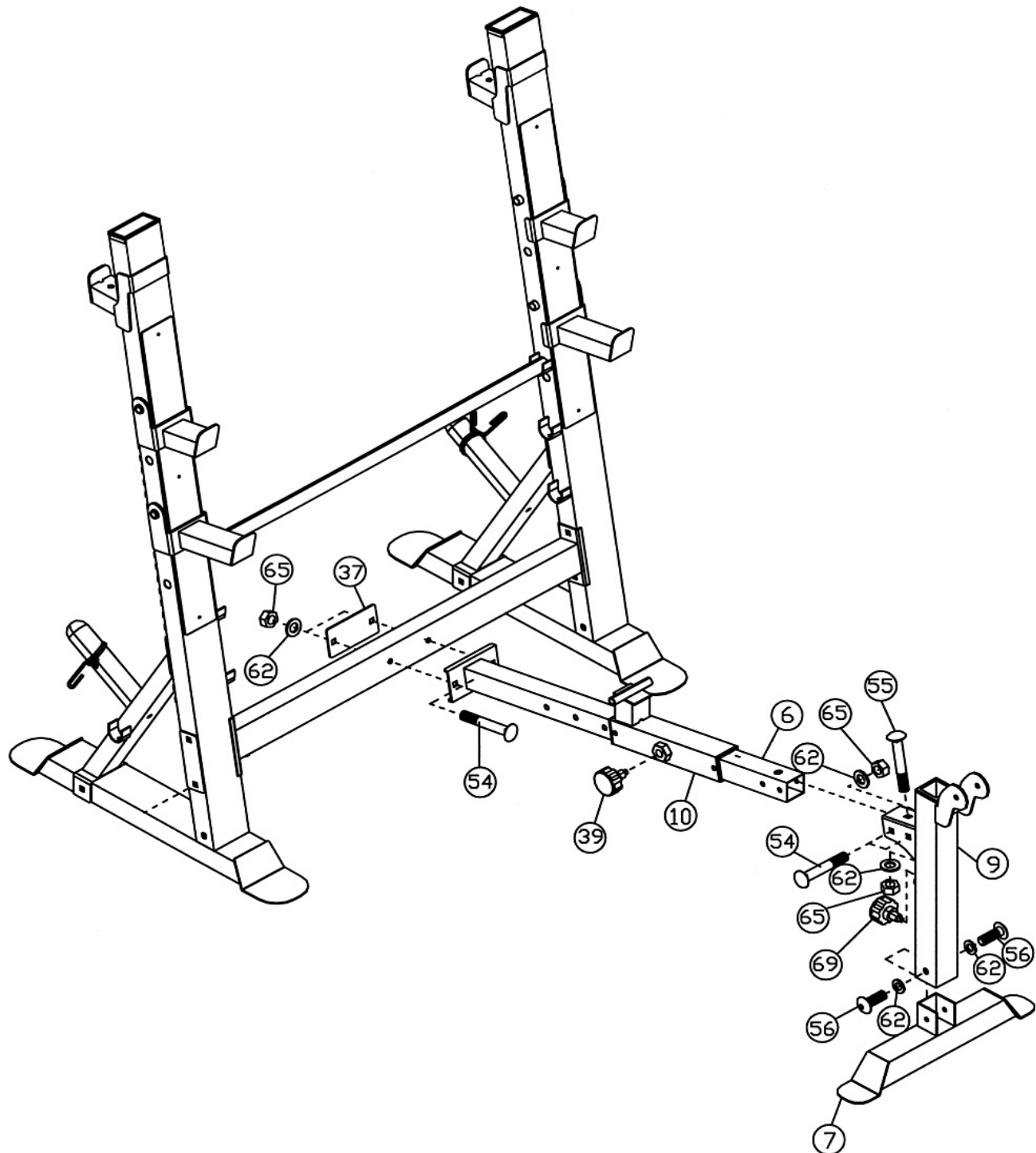
STEP 1 (See Diagram 1)

- A.) Note: Do not tighten all nuts and bolts until instructed to do so.
- B.) Attach the Right Upright Beam (#1) to a Rear Stabilizer (#3). Secure it with two M10 x 5/8" Allen Bolts (#56) and Ø 3/4" Washers (#62).
- C.) Attach the bottom of the Rear Diagonal Support (#4) to the Rear Stabilizer. Secure it with one M10 x 4 3/4" Carriage Bolt (#53), one Ø 3/4" Washer (#62), and one M10 Aircraft Nut (#65). Attach the top of the Rear Diagonal Support (#4) to the Right Upright Beam. Secure it with two M10 x 5/8" Allen Bolts (#56) and Ø 3/4" Washers (#62).
- D.) Attach a Weight Post (#17) to the Rear Diagonal Support. Secure it with one M10 x 3/4" Allen Bolt (#57) and Ø 3/4" Washer (#62). Slide an Olympic Sleeve (#40) onto the Weight post. Attach a Spring Clip (#41) to the Sleeve.
- E.) Repeat Steps B, C, and D above to install the Left side.
- F.) Connect the Left & Right Upright Beams with a Cross Brace (#5) in the mid-span. Secure each end with two M10 x 4 3/4" Carriage Bolts (#53), one 5 1/2" Bracket (#38), two Ø 3/4" Washers (#62), and two M10 Aircraft Nuts (#65). Securely tighten all Nuts and Bolts installed.
- G.) Place the Backrest Adjustment Bar (#11) onto the selected slot on the Upright Beams.
- H.) Attach the two Squat Bar Catches (#22) onto the two Upright Beams. Insert the Right & Left Bar Catches (#18 & #19), Right & Left Safety Catches (#20 & #21) into the selected holes on the two Upright Beams.



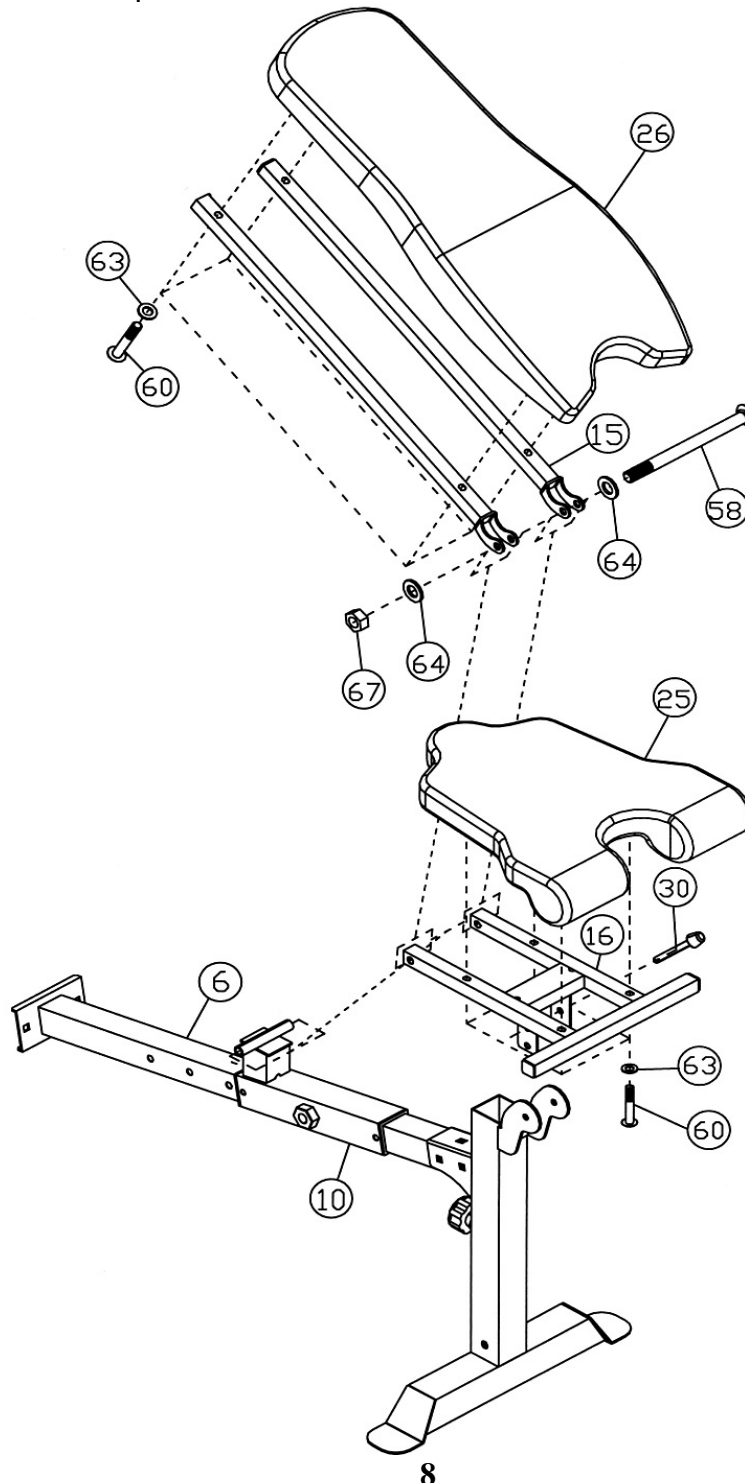
STEP 2 (See Diagram 2)

- A.) Slide the Sliding Block (#10) onto the Main Seat Support (#6). Thread a M18 x \varnothing 3/8" Lock Knob (#39) into the selected hole to hold the Sliding Block in position.
- B.) Attach the Leg Developer Holder (#9) to the Front Stabilizer (#7). Secure it with three M10 x 5/8" Allen Bolts (#56) and \varnothing 3/4" Washers (#62). Thread a M18 x \varnothing 1/2" Lock Knob (#69) into the hole on the Leg Developer Holder.
- C.) Attach the Main Seat Support (#6) to the Leg Developer Holder. Secure it with one M10 x 2 1/2" Carriage Bolt (#55) from the top, two M10 x 2 3/4" Carriage Bolts (#54) from the side, three \varnothing 3/4" Washers (#62) and three M10 Aircraft Nuts (#65).
- D.) Attach the Main Seat Support to the Cross Brace (#5). Secure it with two M10 x 2 3/4" Carriage Bolts (#54), one 4 3/4" Bracket (#37), two \varnothing 3/4" Washers (#62), and two M10 Aircraft Nuts (#65).



STEP 3 (See Diagram 3)

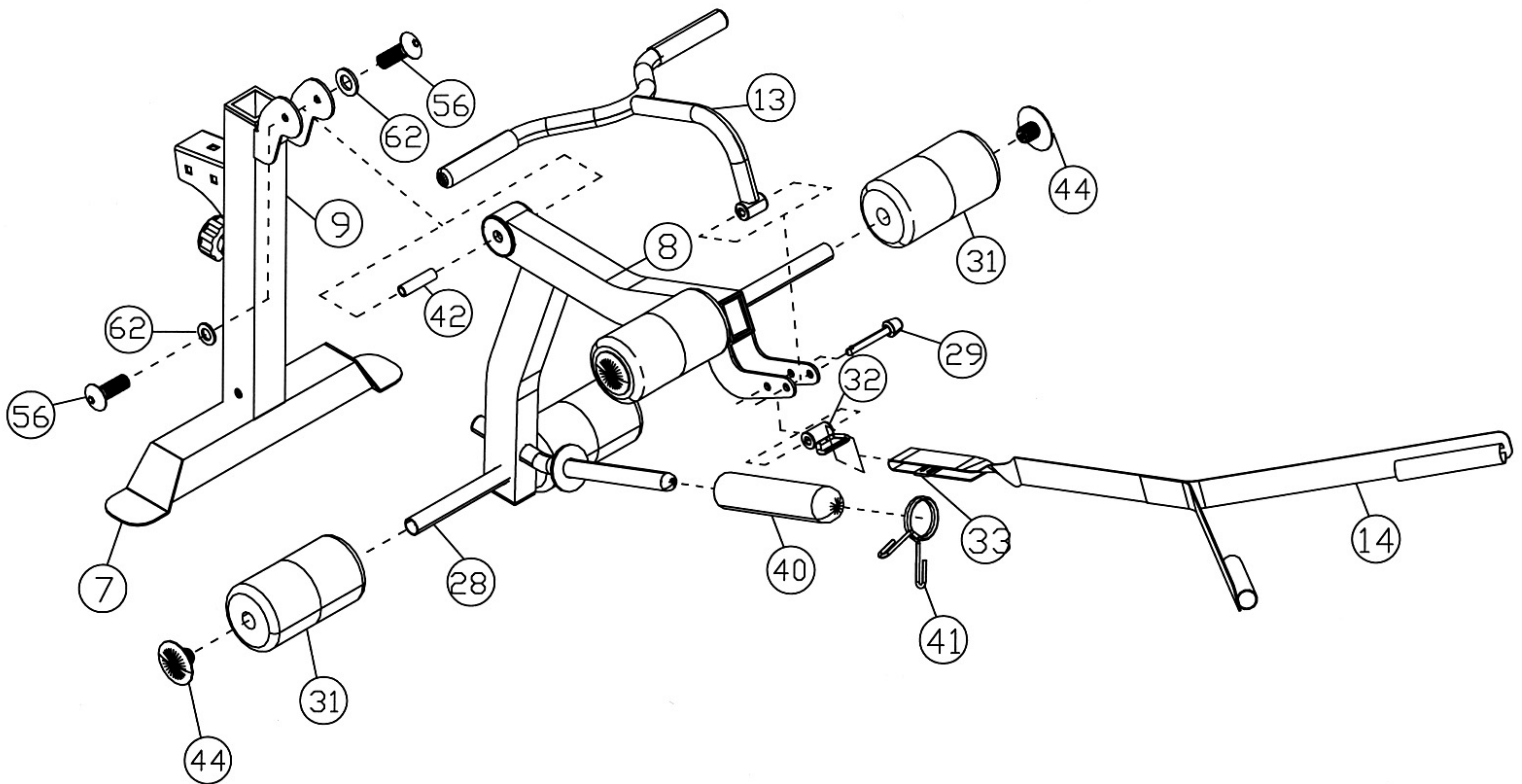
- A.) Attach the holes on the end of the Backrest Supports (#15) to the pivot on the Sliding Block (#10). Attach the two ends of Seat Support (#16) to the two holes on end of Backrest Supports. Align the holes and secure them together with one M12 x 7 5/8" Allen Bolt (#58), two Ø 1" Washers (#64) and one M12 Aircraft Nut (#67).
- B.) Attach the Backrest Board (#26) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#60) and Ø 5/8" Washers (#63). Place the other end of Backrest Board rest against the Backrest Adjustment Bar.
- C.) Place the Seat (#25) onto the Seat Support (#16). Secure it with four M8 x 1 5/8" Allen Bolts (#60) and Ø 5/8" Washers (#63).
- D.) Insert a 4" L-shaped Pin (#30) into the selected hole on the Seat Support to obtain the desired Seat inclined position.



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#8) to the Leg Developer Holder (#9). Secure it with an Axle (#42), two M10 x 5/8" Allen Bolts (#56) and $\varnothing \frac{3}{4}$ " Washers (#62).
- B.) Insert two Foam Tubes (#28) halfway through the holes on the Leg Developer. Push four Foam Rolls (#31) onto the Tubes from both ends. Plug four Foam Roll End Caps (#44) into the ends.
- C.) Slide an Olympic Sleeve (#40) onto the weight post on the Leg Developer. Attach a Spring Clip (#41) to the Sleeve.
- D.) Attach the Arm Curl Handle (#13) to the back holes on the Leg Developer. Secure it with one 3" Lock Pin (#29). Attach the Abdominal Strap (#14) to the front holes on the Leg Developer. Secure it with one 3" Lock Pin.

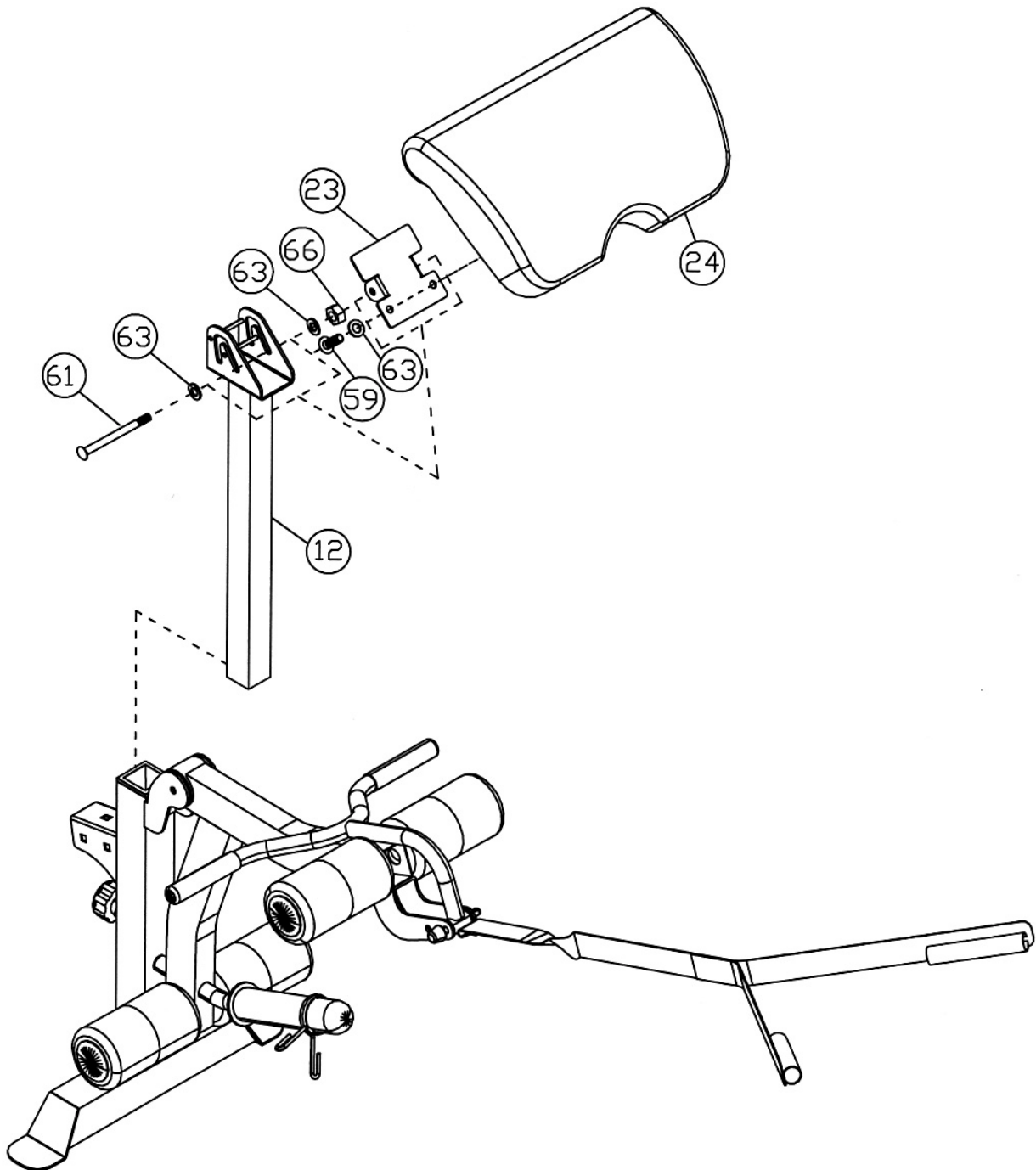
DIAGRAM 4



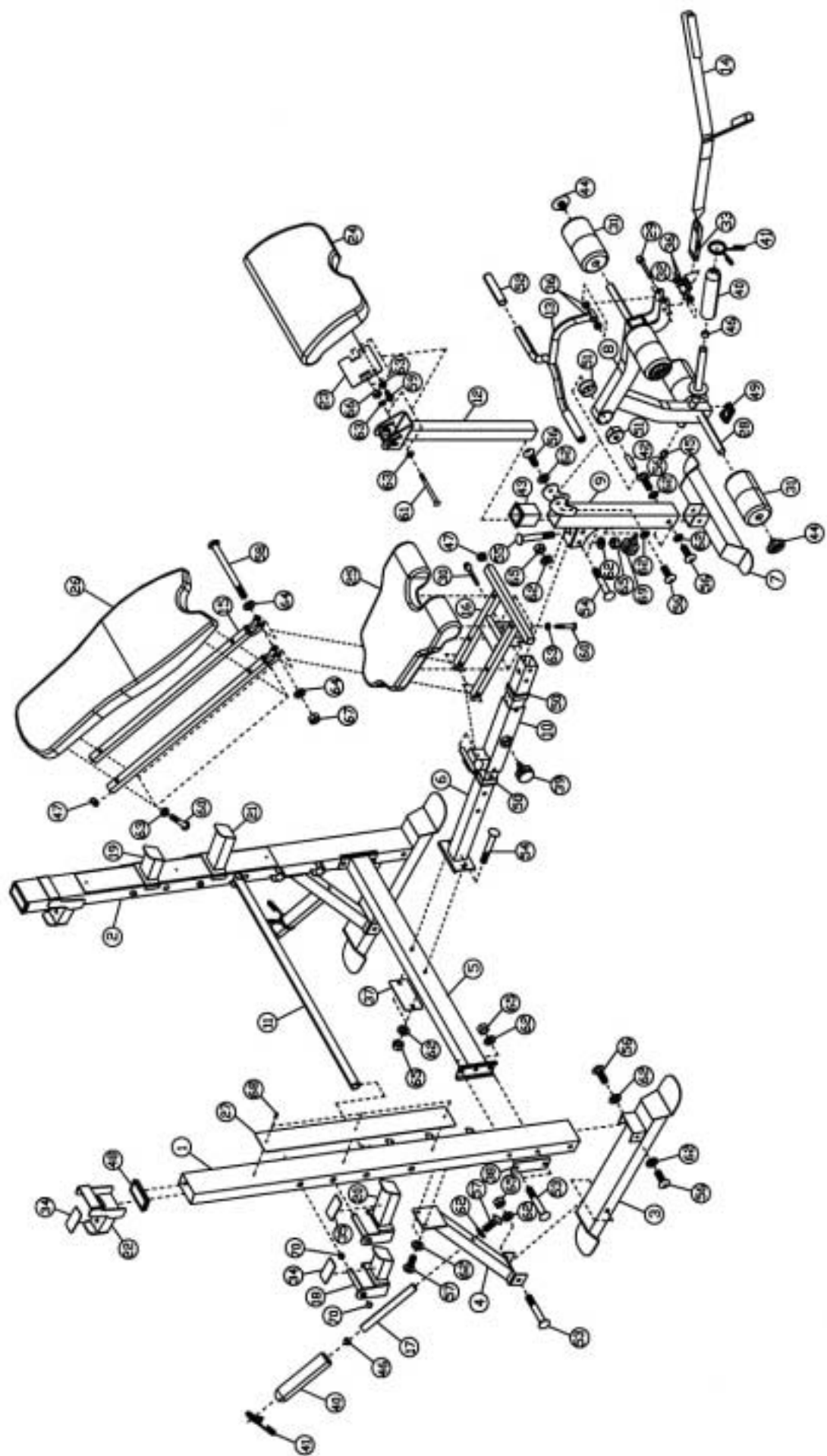
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#24) to the Arm Curl Bracket (#23). Secure it with two M8 x 5/8" Allen Bolts (#59) and Ø 5/8" Washers (#63). Attach the Arm Curl Bracket to the bracket on the Arm Curl Stand (#12). Insert the M8 x 3 1/2" Allen Bolt (#61) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket and secure the Bolt with two Ø 5/8" Washers (#63), and one M8 Aircraft Nut (#66). Do not over tighten the Nut and Bolt. The Bolt needs to be able to slide on the rack freely.
- B.) Insert the Arm Curl Stand into the top opening on the Leg Developer Holder. Use the M18 x Ø 1/2" Lock Knob (#69) installed in Step-2 to secure the Stand.
- C.) Pull up and Flip the Arm Curl Pad along the track to face the back when doing Abdominal exercises using the Abdominal Straps.
- D.) Remove the Arm Curl Stand and Abdominal Strap when doing Leg Developer exercises.

DIAGRAM 5



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Right Upright Beam	1	51	Ø 2 3/8" Bushing	2
2	Left Upright Beam	1	52	Arm Curl Handle Grip	2
3	Rear Stabilizer	2	53	M10 x 4 3/4" Carriage Bolt	6
4	Rear Diagonal Support	2	54	M10 x 2 3/4" Carriage Bolt	4
5	Cross Brace	1	55	M10 x 2 1/2" Carriage Bolt	1
6	Main Seat Support	1	56	M10 x 5/8" Allen Bolt	13
7	Front Stabilizer	1	57	M10 x 3/4" Allen Bolt	2
8	Leg Developer	1	58	M12 x 7 5/8" Allen Bolt	1
9	Leg Developer Holder	1	59	M8 x 5/8" Allen Bolt	2
10	Sliding Block	1	60	M8 x 1 5/8" Allen Bolt	8
11	Backrest Adjustment Bar	1	61	M8 x 3 1/2" Allen Bolt	1
12	Arm Curl Stand	1	62	Ø 3/4" Washer	26
13	Arm Curl Handle	1	63	Ø 5/8" Washer	12
14	Abdominal Strap	1	64	Ø 1" Washer	2
15	Backrest Support	2	65	M10 Aircraft Nut	11
16	Seat Support	1	66	M8 Aircraft Nut	1
17	Weight Post	2	67	M12 Aircraft Nut	1
18	Right Bar Catch	1	68	Panel Screw	6
19	Left Bar Catch	1	69	M18 x Ø 1/2" Lock Knob	1
20	Right Safety Catch	1	70	Ø 3/4" Cone-shaped End Cap	8
21	Left Safety Catch	1			
22	Squat Bar Catch	2		1	
23	Arm Curl Bracket	1			
24	Arm Curl Pad	1			
25	Seat	1			
26	Backrest Board	1			
27	Panel	2			
28	Foam Tube	2			
29	3" Lock Pin	2			
30	4" Lock Pin	1			
31	Foam Roll	4			
32	Abdominal Strap Connector	1			
33	Strap Buckle	1			
34	3 1/2" Rubber Bumper	4			
35	6" Rubber Bumper	2			
36	Ø 1" Bushing	4			
37	4 3/4" Bracket	1			
38	5 1/2" Bracket	2			
39	M18 x Ø 3/8" Lock Knob	1			
40	Olympic Sleeve	3			
41	Spring Clip	3			
42	Axle	1			
43	2 3/8" x 1 3/4" Sleeve	1			
44	Foam Roll End Cap	4			
45	Ø 1" End Cap	1			
46	Ø 1" Cone-shaped End Cap	3			
47	1" Square End Cap	4			
48	4" x 2" End Cap	2			
49	1 5/8" x 2 3/8" End Cap	2			
50	2 3/8" x 2" Sleeve	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 an 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 at www.impex-fitness.com

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.

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