

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
IGS-8861

Retain This
Manual for
Reference

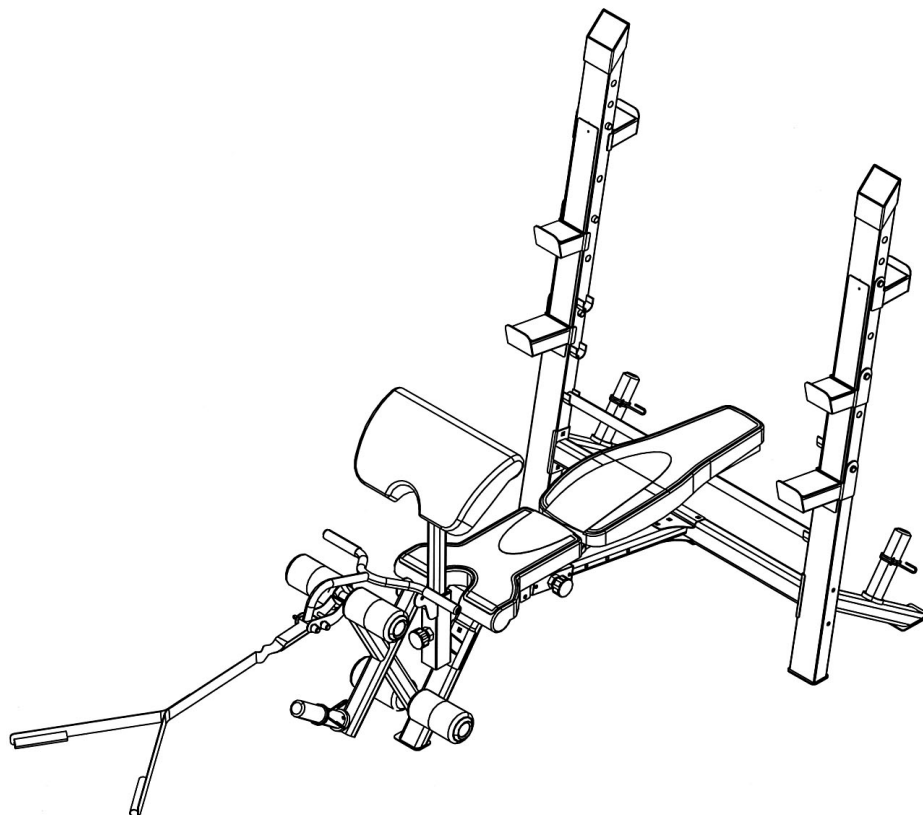
09-28-07

OWNER'S
MANUAL

IMPEX

IRON GRIP STRENGTH OLYMPIC BENCH

IGS-8861



IMPEX® INC.

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

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TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICE.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	11
PARTS LIST.....	12
WARRANTY.....	13
ORDERING PARTS.....	13

BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-8861 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

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.

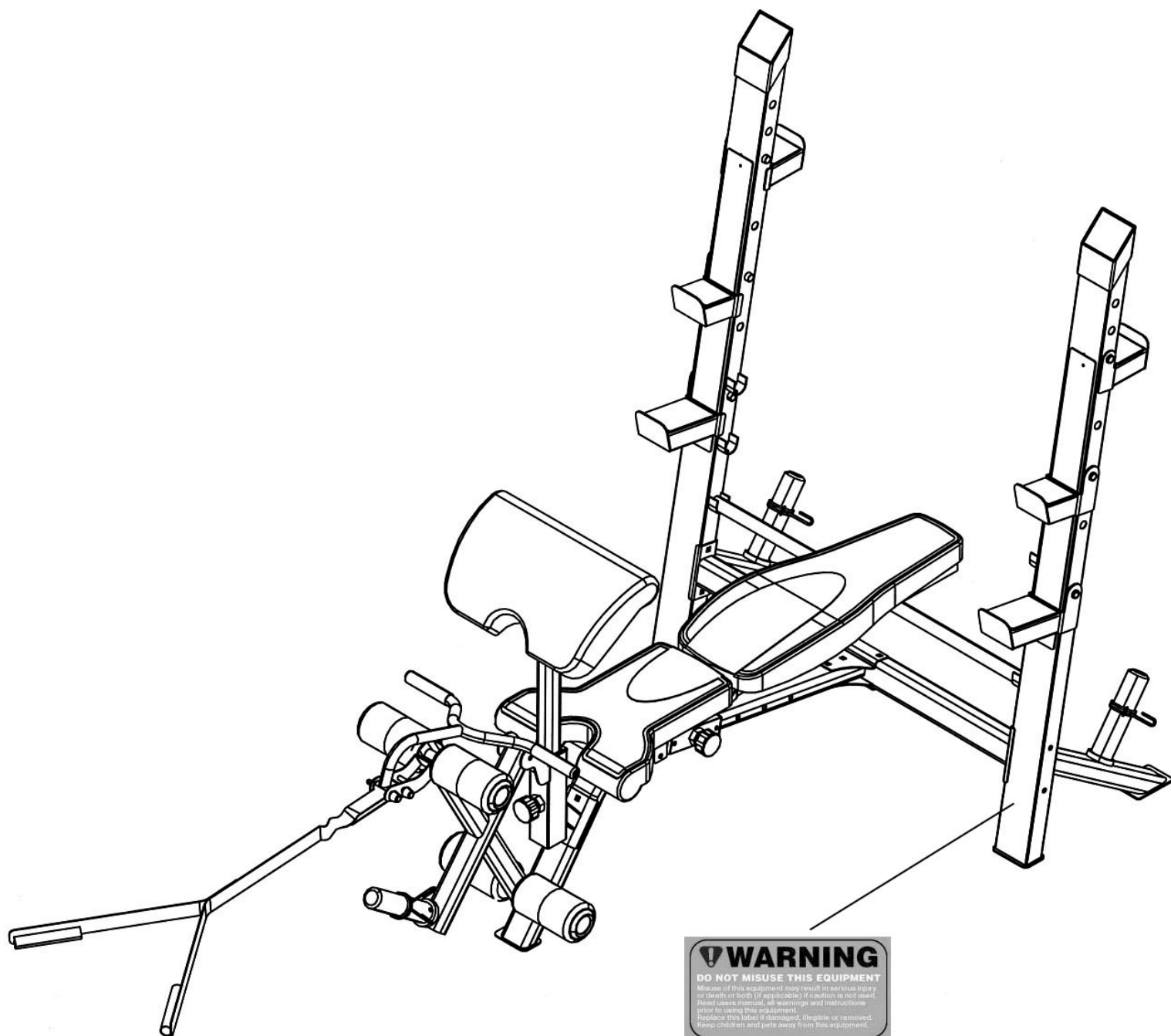
CARE AND MAINTENANCE

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.

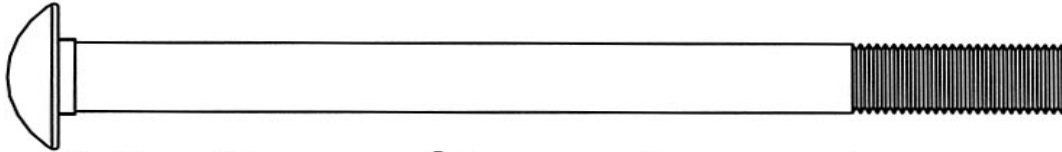
WARNING LABEL REPLACEMENT



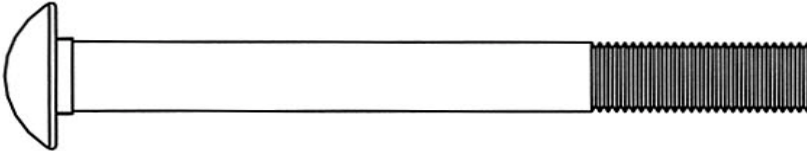
The Warning Label shown here has been placed on the Left Upright Beam. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

HARDWARE PACK

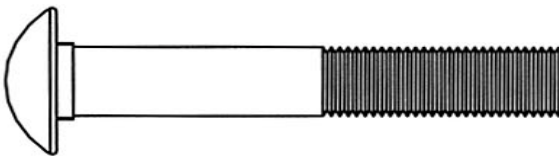
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



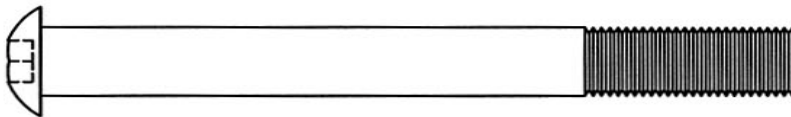
#54 M10 x 4 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



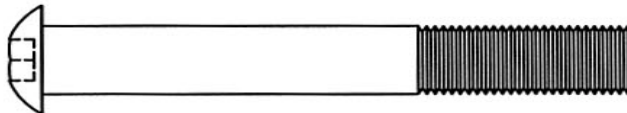
#55 M10 x 3 $\frac{1}{2}$ " Carriage Bolt (Qty 2)



#56 M10 x 2 $\frac{3}{8}$ " Carriage Bolt (Qty 4)



#57 M10 x 3 $\frac{1}{2}$ " Carriage Bolt (Qty 1)

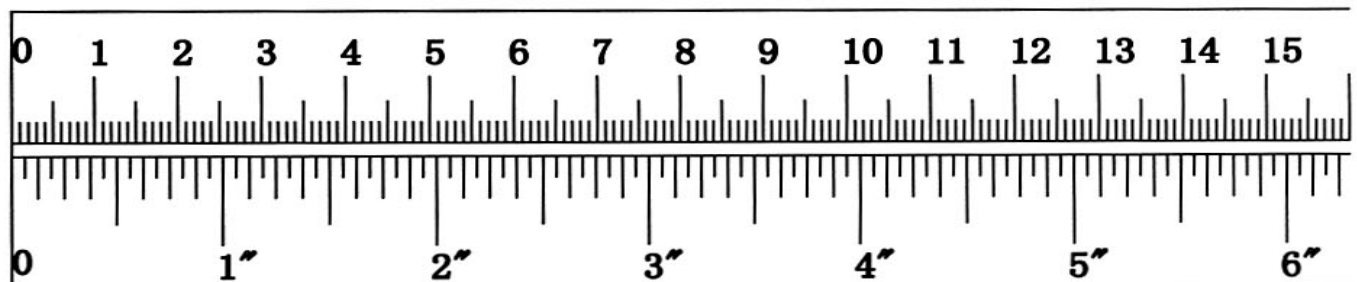


#58 M10 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 2)



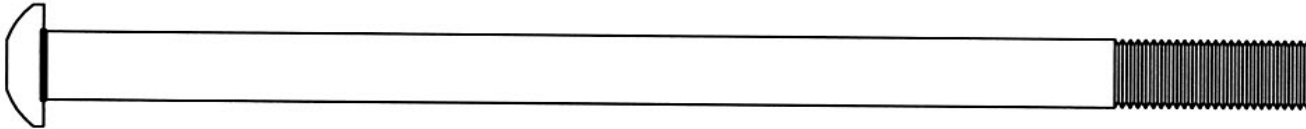
#59 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 2)

mm

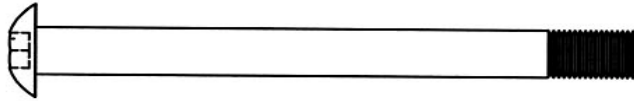


HARDWARE PACK

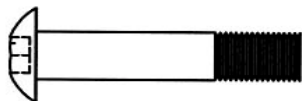
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#60 M12 x 7 $\frac{5}{8}$ " Allen Bolt (Qty 1)



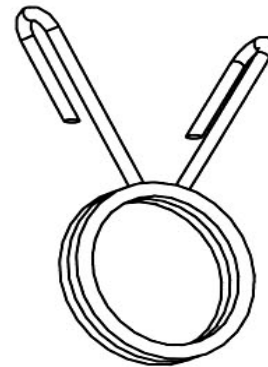
#63 M8 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 1)



#62 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 8)



#61 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



#48 Spring Clip (Qty 3)



#69 M12 Aircraft Nut (Qty 1)



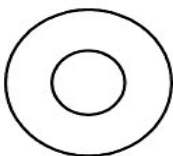
#67 M10 Aircraft Nut (Qty 11)



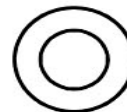
#68 M8 Aircraft Nut (Qty 1)



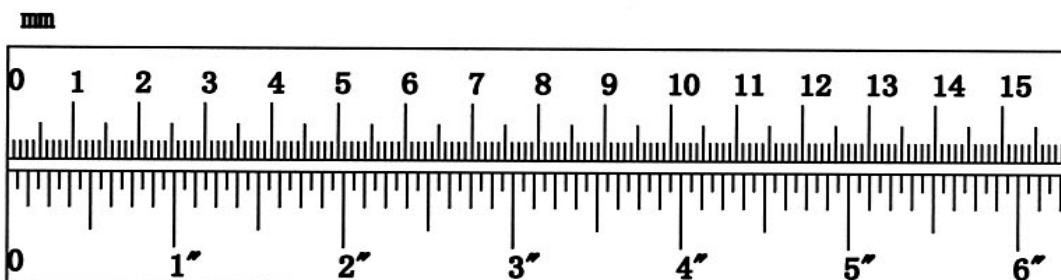
#65 \varnothing $\frac{5}{8}$ " Washer (Qty 12)



#66 \varnothing 1" Washer (Qty 2)



#64 \varnothing $\frac{3}{4}$ " Washer (Qty 16)

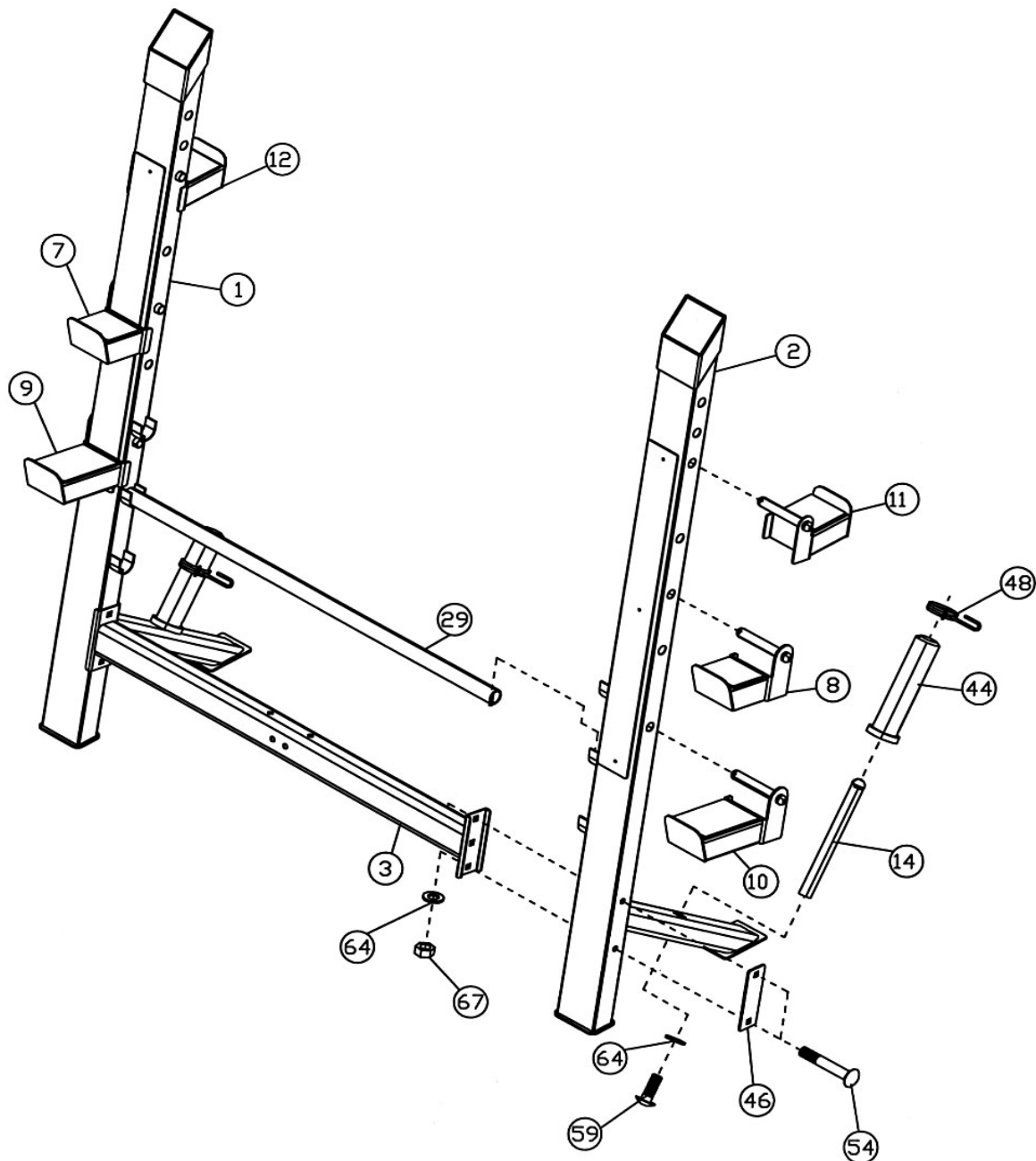


ASSEMBLY INSTRUCTION

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.

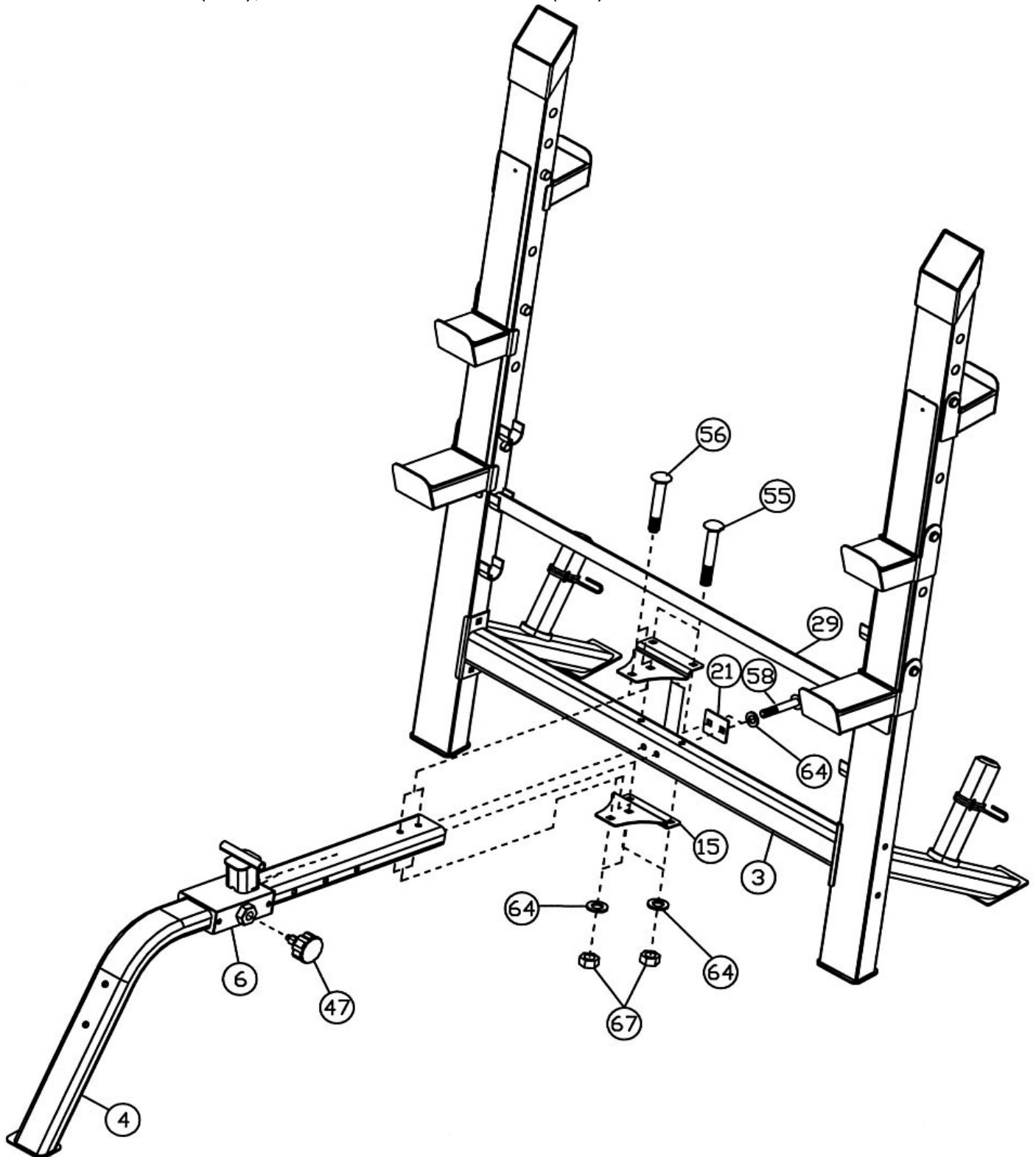
STEP 1 (See Diagram 1)

- A.) Connect the Right and Left Upright Beams (#1 & #2) with a Cross Brace (#3) in the mid-span. Secure each end with two M10 x 4 3/4" Carriage Bolts (#54), one 5 1/2" x 2" Bracket (#46), two Ø 3/4" Washers (#64), and two M10 Aircraft Nuts (#67).
- B.) Attach a Weight Post (#14) to the rear diagonal support on the Left Upright Beam. Secure it with one M10 x 3/4" Allen Bolt (#59) and Ø 3/4" Washer (#64). Slide an Olympic Sleeve (#44) onto the Weight post. Attach a Spring Clip (#48) to the Sleeve. Repeat the same procedure to install the other side.
- C.) Place the Backrest Adjustment Bar (#29) onto the selected slot on the Upright Beams.
- D.) Attach the Left & Right Squat Bar Catches (#11 & #12) onto the two Upright Beams. Insert the Right & Left Bar Catches (#7 & #8), Right & Left Safety Catches (#9 & #10) into the selected holes on the two Upright Beams.



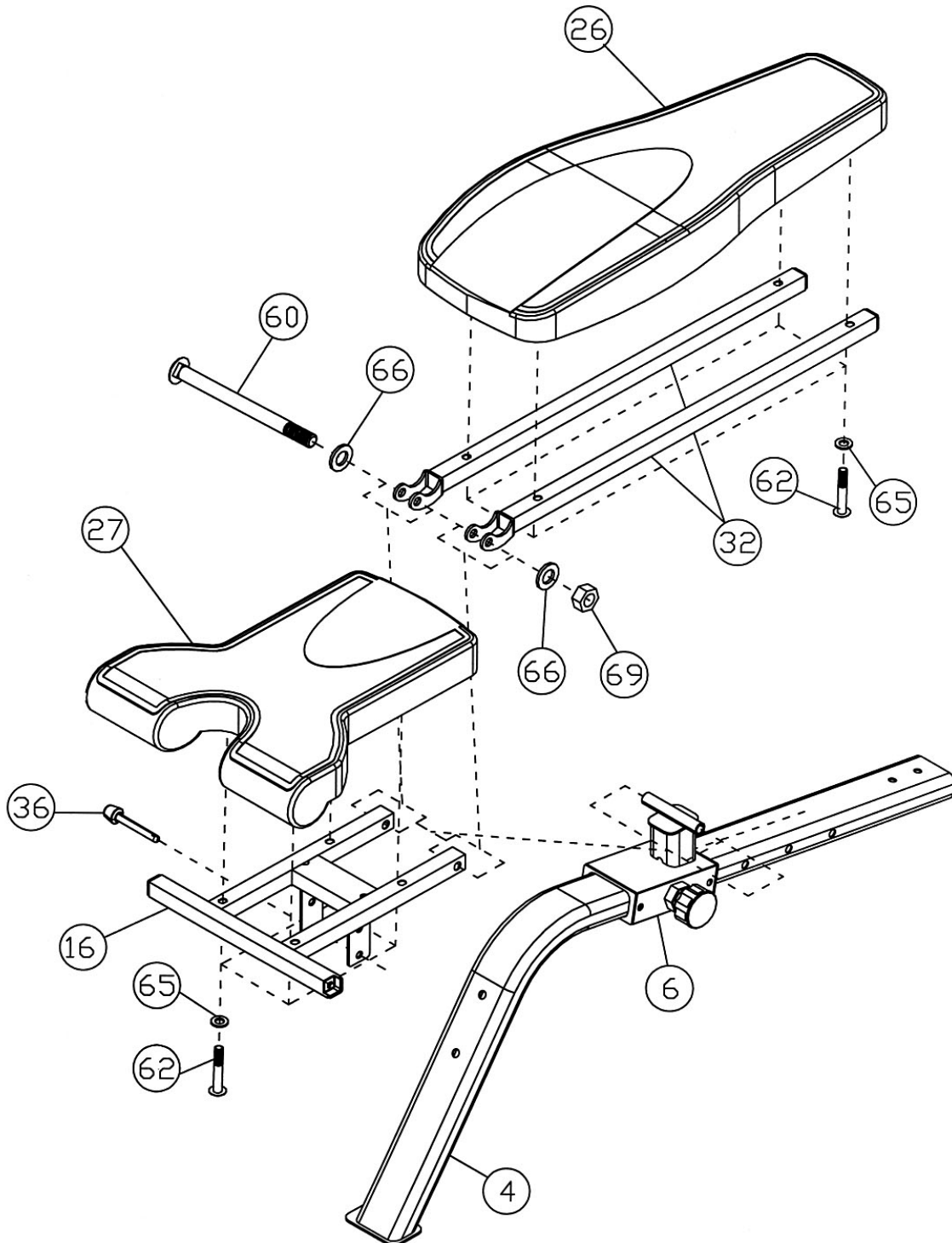
STEP 2 (See Diagram 2)

- A.) Slide the Sliding Block (#6) onto the Main Seat Support (#4). Thread a M18 x \varnothing 5/8" Lock Knob (#47) into the selected hole to hold the Sliding Block in position.
- B.) Attach the Main Seat Support to the Cross Brace (#3).
- C.) Secure it from the rear of the Cross Brace with two M10 x 2 3/4" Allen Bolts (#58), one 2 1/2" x 2" Bracket (#21), and two \varnothing 3/4" Washers (#64).
- D.) Secure it from the top of Cross Brace and Main Seat Support with two M10 x 3 1/2" Carriage Bolts (#55), two M10 x 2 3/8" Carriage Bolts (#56), two Triangular Brackets (#15), four \varnothing 3/4" Washers (#64), and four M10 Aircraft Nuts (#67).



STEP 3 (See Diagram 3)

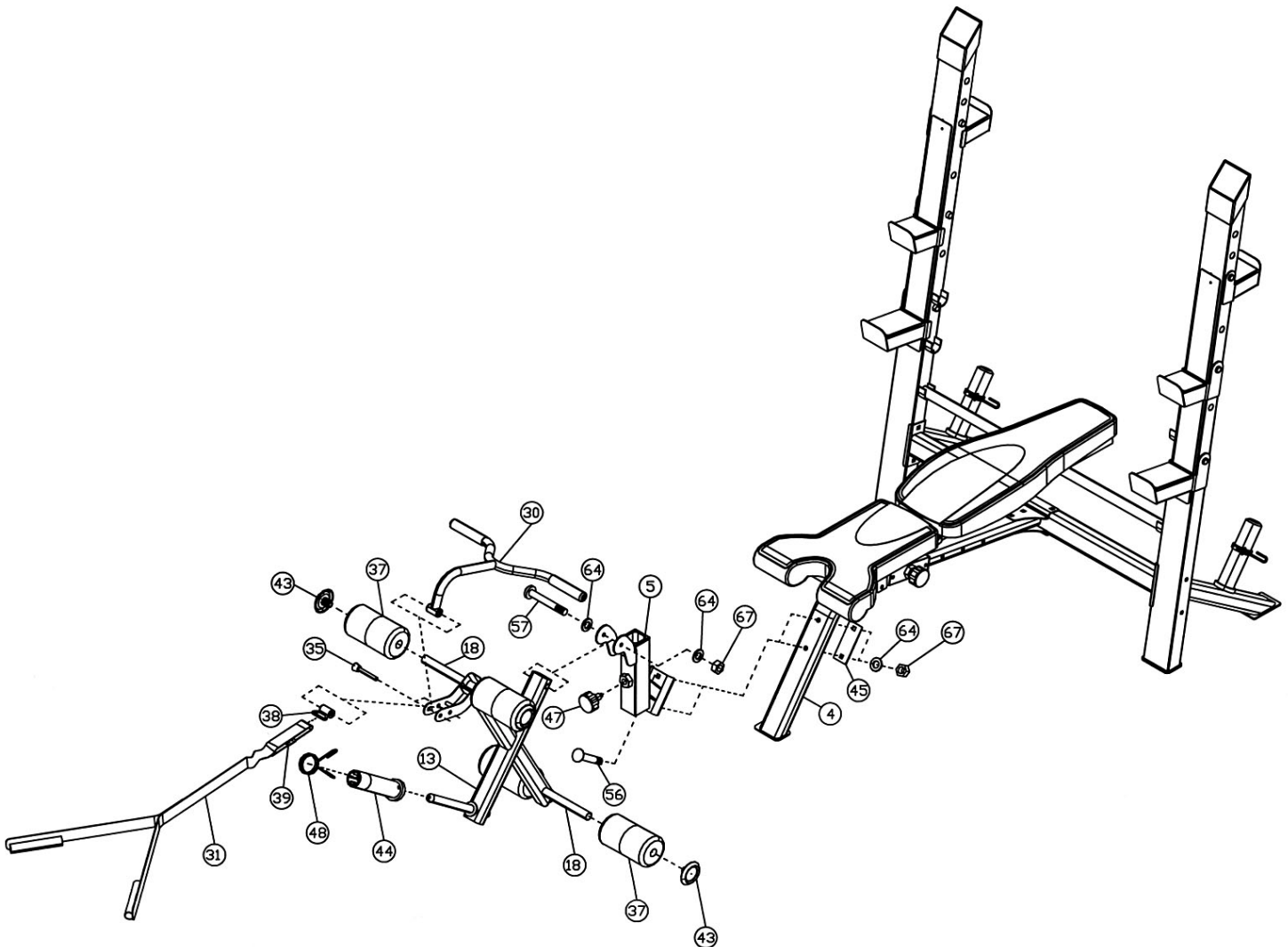
- A.) Attach the brackets at the end of the Backrest Supports (#32) to the pivot on the Sliding Block (#6). Align the holes on the Seat Support (#16) to the brackets on the Backrest Supports. Secure them together with one M12 x 7 5/8" Allen Bolt (#60), two Ø 1" Washers (#66) and one M12 Aircraft Nut (#69).
- B.) Attach the Backrest Board (#26) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#62) and Ø 5/8" Washers (#65). Place the other end of Backrest Board rest against the Backrest Adjustment Bar.
- C.) Place the Seat Pad (#27) onto the Seat Support (#16). Secure it with four M8 x 1 5/8" Allen Bolts (#62) and Ø 5/8" Washers (#65).
- D.) Insert a 4 3/4" Lock Pin (#36) into the selected hole on the Seat Support to obtain the desired Seat inclined position.



STEP 4 (See Diagram 4)

- A.) Insert two M10 x 2 3/8" Carriage Bolts (#56) all the way through the holes on the Leg Developer Holder (#5), then insert the two Bolts through the holes on the Main Seat Support (#4). Attach the Leg Developer Holder to the Main Seat Support. Secure them with the two M10 x 2 3/8" Carriage Bolts, one 4 3/4" x 2" Bracket (#45), two Ø 3/4" Washers (#64), and two M10 Aircraft Nuts (#67). Thread a M18 x Ø 5/8" Lock Knob (#47) into the nut on the Leg Developer Holder.
- B.) Attach the Leg Developer (#13) to the Leg Developer Holder. Secure it with one M10 x 3 1/2" Allen Bolt (#57), two Ø 3/4" Washers (#64), and one M10 Aircraft Nut (#67).
- C.) Insert two Foam Tubes (#18) halfway through the holes on the Leg Developer. Push four Foam Rolls (#37) onto the Tubes from both ends. Plug four Foam Roll End Caps (#43) into the ends.
- D.) Slide an Olympic Sleeve (#44) onto the weight post on the Leg Developer. Attach a Spring Clip (#48) to the Sleeve.
- E.) Attach the Arm Curl Handle (#30) to the back holes on the Leg Developer. Secure it with one 3" Lock Pin (#35). Attach the Abdominal Strap (#31) to the front holes on the Leg Developer. Secure it with another 3" Lock Pin.

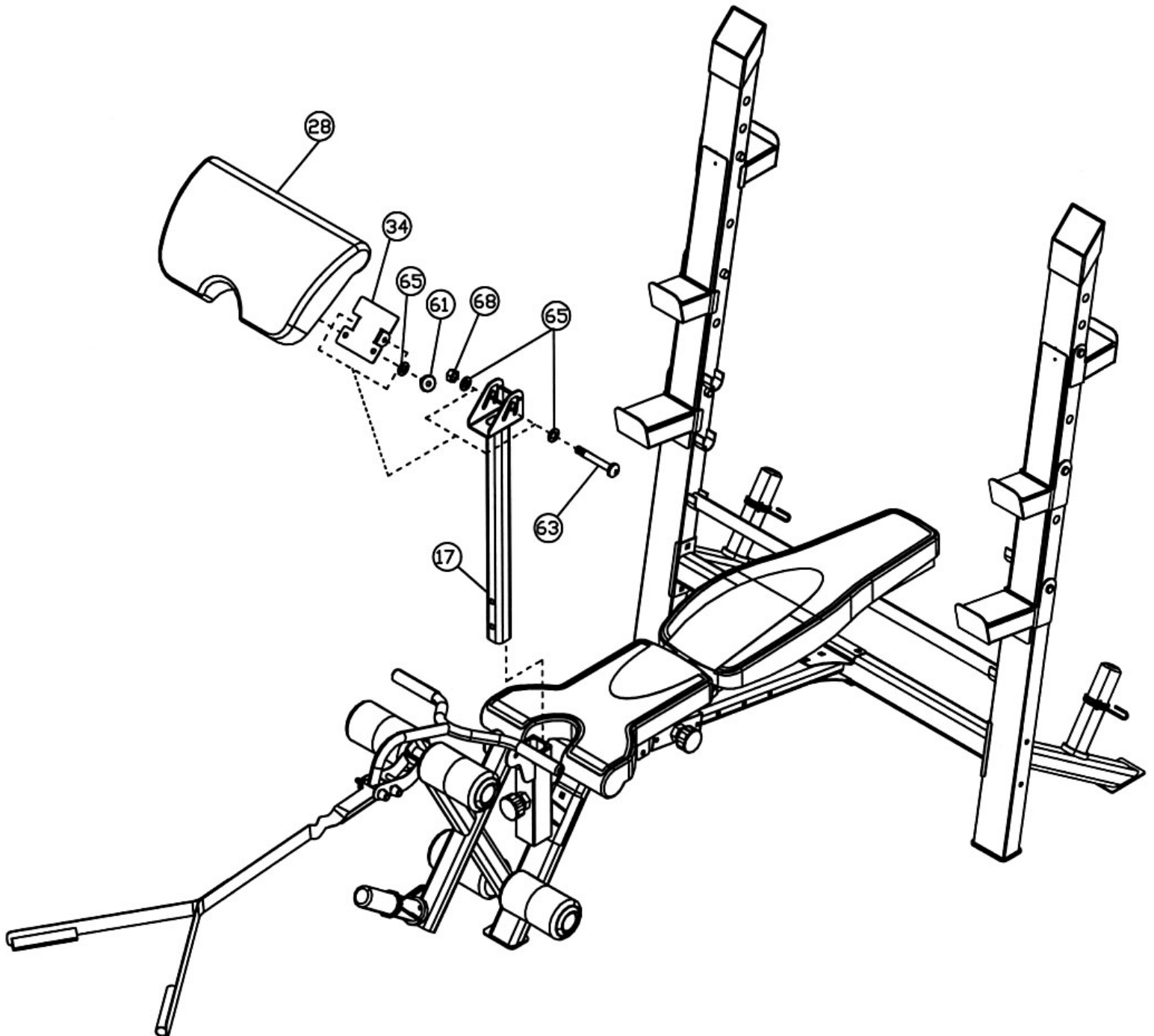
DIAGRAM 4



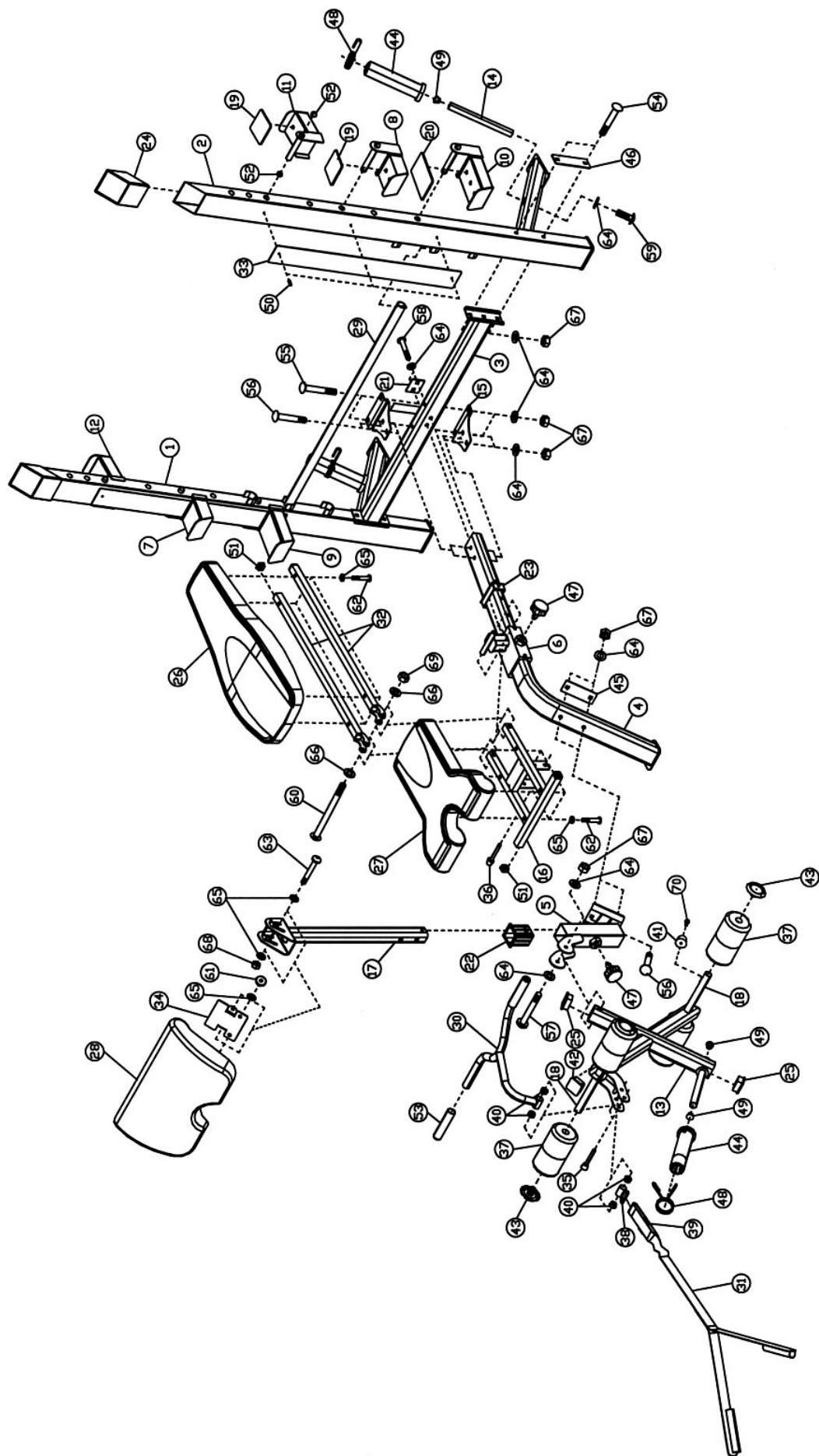
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#28) to the Arm Curl Bracket (#34). Secure it with two M8 x 5/8" Allen Bolts (#61) and Ø 5/8" Washers (#65). Attach the Arm Curl Bracket to the bracket on the Arm Curl Stand (#17). Insert the M8 x 3 1/2" Allen Bolt (#63) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket then 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 rack freely.
- B.) Insert the Arm Curl Stand into the top opening on the Leg Developer Holder. Use the M18 x Ø 5/8" Lock Knob (#47) installed in Step-4 to secure the Stand.
- C.) Pull up and Flip the Arm Curl Pad along the track facing 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	1" Square End Cap	4
2	Left Upright Beam	1	52	Ø ¾" Cone-shaped End Cap	12
3	Cross Brace	1	53	6" Arm Curl Handle Grip	2
4	Main Seat Support	1	54	M10 x 4 ¾" Carriage Bolt	4
5	Leg Developer Holder	1	55	M10 x 3 ½" Carriage Bolt	2
6	Sliding Block	1	56	M10 x 2 3/8" Carriage Bolt	4
7	Right Bar Catch	1	57	M10 x 3 ½" Allen Bolt	1
8	Left Bar Catch	1	58	M10 x 2 ¾" Allen Bolt	2
9	Right Safety Catch	1	59	M10 x ¾" Allen Bolt	2
10	Left Safety Catch	1	60	M12 x 7 5/8" Allen Bolt	1
11	Left Squat Catch	1	61	M8 x 5/8" Allen Bolt	2
12	Right Squat Catch	1	62	M8 x 1 5/8" Allen Bolt	8
13	Leg Developer	1	63	M8 x 3 ½" Allen Bolt	1
14	Weight Post	2	64	Ø ¾" Washer	16
15	Triangular Bracket	2	65	Ø 5/8" Washer	12
16	Seat Support	1	66	Ø 1" Washer	2
17	Arm Curl Stand	1	67	M10 Aircraft Nut	11
18	Foam Tube	2	68	M8 Aircraft Nut	1
19	3 ¾" x 3 3/8" Rubber Bumper	4	69	M12 Aircraft Nut	1
20	3 ¾" x 5 ¾" Rubber Bumper	2	70	M6 x 5/8" Philips Screw	1
21	2 ½" x 2" Bracket	1			
22	2 3/8" x Ø 1 ¾" Sleeve	1		1	
23	4" x 2" Sleeve	2			
24	4" x 2" End Cap	2			
25	2 3/8" End Cap	2			
26	Backrest Board	1			
27	Seat Pad	1			
28	Arm Curl Pad	1			
29	Backrest Adjustment Bar	1			
30	Arm Curl Handle	1			
31	Abdominal Strap	1			
32	Backrest Support	2			
33	Panel	2			
34	Arm Curl Bracket	1			
35	3" Lock Pin	2			
36	4 ¾" Lock Pin	1			
37	Foam Roll	4			
38	Abdominal Strap Connector	1			
39	Strap Buckle	1			
40	Ø 1" Bushing	4			
41	Ø 1 ½" x 5/8" Rubber Bumper	1			
42	2" End Cap	1			
43	Foam Roll End Cap	4			
44	Olympic Sleeve	3			
45	4 ¾" x 2" Bracket	1			
46	5 ½" x 2" Bracket	2			
47	M18 x Ø 5/8" Lock Knob	2			
48	Spring Clip	3			
49	Ø 1" End Cap	4			
50	Rivet	6			

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