

NOTE:
Please read all instructions
carefully before using this
product

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Model
PHC588

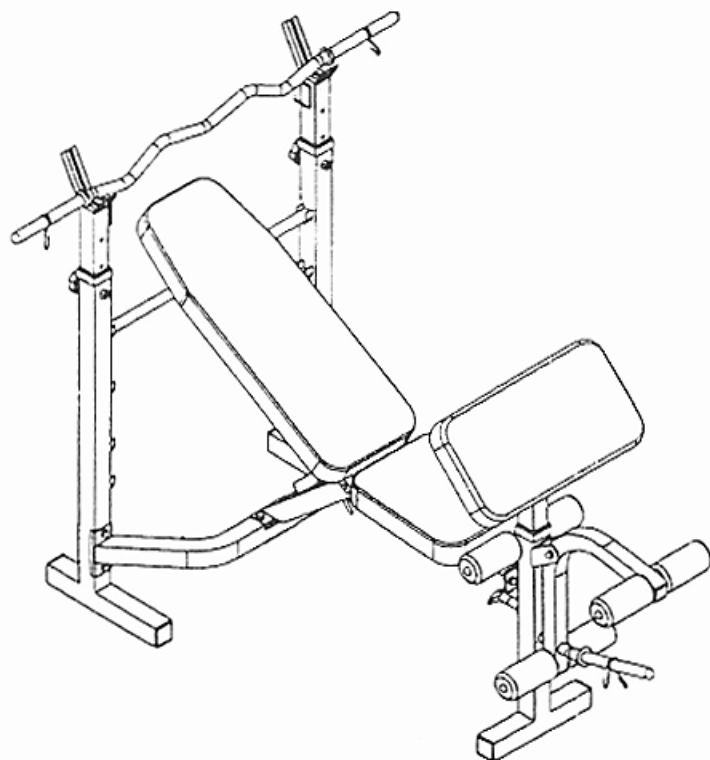
Retain This
Manual for
Reference

May 10, 1999

**OWNER'S
MANUAL**

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

POWERHOUSE CLUB PHC 588



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the Powerhouse Club PHC 588 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

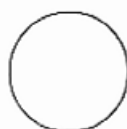


INCHES

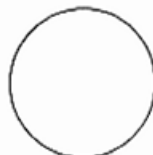
1/2"



5/8"



3/4"



REPLACEMENT PARTS

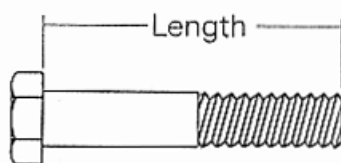
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

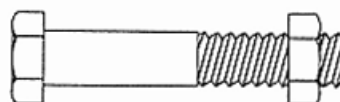


1-800-999-8899

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



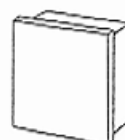
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

ASSEMBLY INSTRUCTION

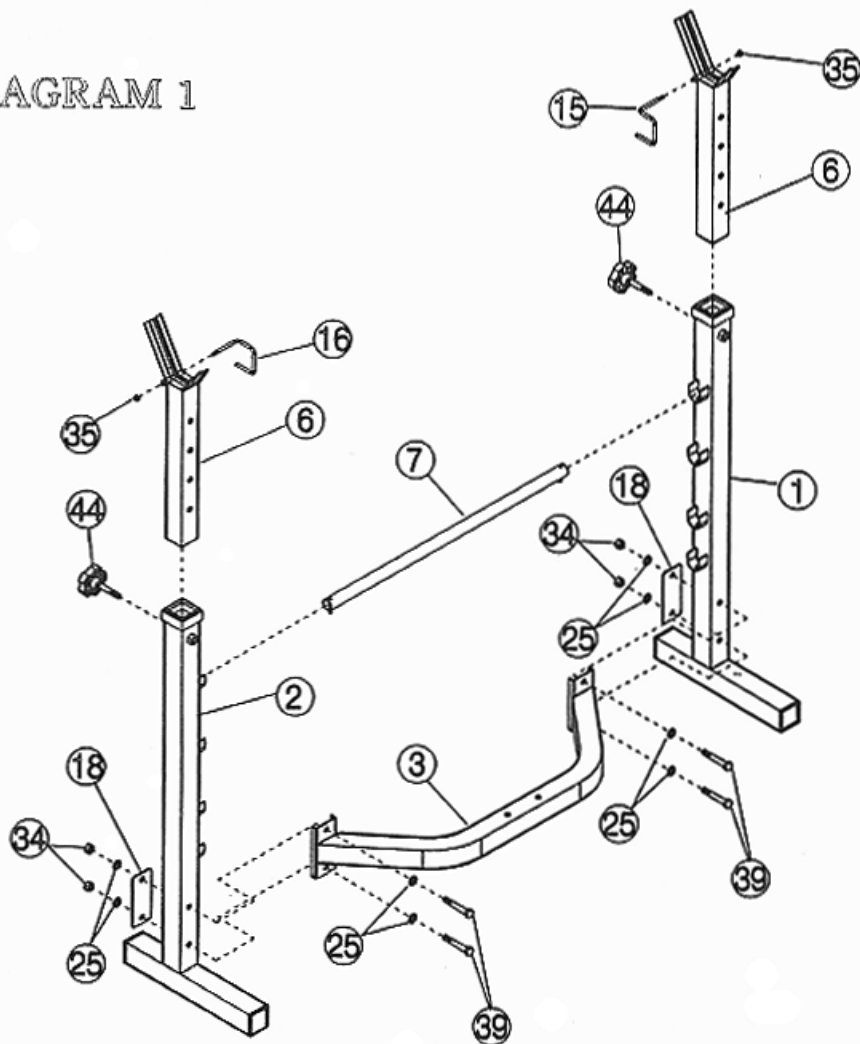
Tools required to assemble the machine:

Two Adjustable Wrenches

STEP 1 (SEE DIAGRAM 1)

- A.) Connect the two Upright Beams (#1) & (#2) by a Cross Brace (#3) in the mid-span. Secure them with two M10 \times 3" Bolts (#39), four \varnothing 7/8" Washers (#25), one 4 3/4" \times 2" Bracket (#18) and two M10 Aircraft Nuts (#34) on each end 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.) Insert two Crutches (#6) into the top openings on the Upright Beams, Secure them with two M10 Knob Bolts (#44) through selected holes to obtain desired height of the Supports.
- D.) Insert the Left and Right Safety Hooks (#15) & (#16) into the hole on each top of the Crutches (#6). Secure them with two M6 Aircraft Nuts (#35).

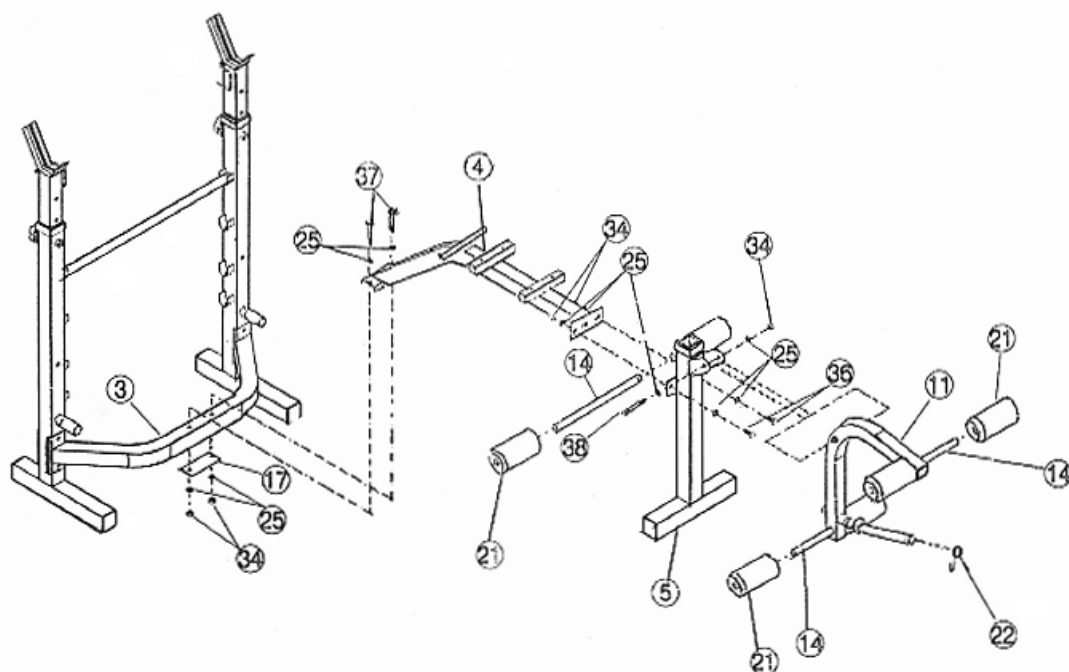
DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

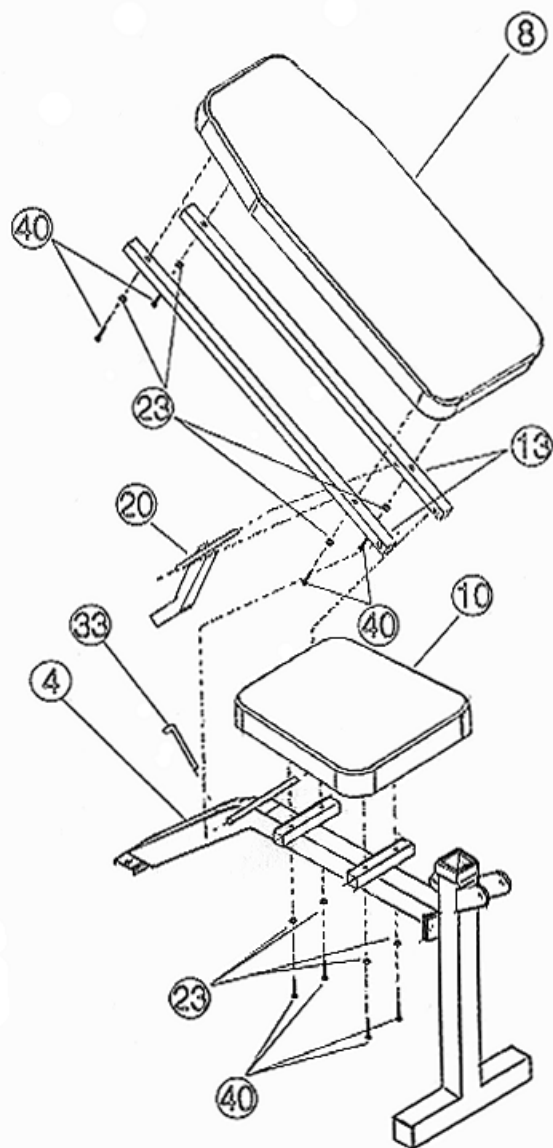
- A.) Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure it with two M10×2 1/2" Bolts (#37), one 4 1/2" × 1 3/4" Bracket (#17), four Ø7/8" Washers (#25) and two M10 Aircraft Nuts (#34).
- B.) Attach the Front Stabilizer (#5) to the front end of the Main Seat Support (#4). Secure it with two M10×1" Bolts (#36), four Ø7/8" Washers (#25) and two M10 Aircraft Nuts (#34).
- C.) Attach the Leg Developer (#11) onto the bracket on the top of the Front Stabilizer (#5). Secure it with a M10×2 7/8" Bolt (#38), two Ø7/8" Washers (#25) and a M10 Aircraft Nut (#34).
- D.) Insert one Foam Roll Tube (#14) halfway into the hole on the Front Stabilizer (#5). Insert two Foam Roll Tubes (#14) halfway into the holes on the Leg Developer (#11).
- E.) Push six Foam Rolls (#21) onto the Tubes from both sides.

DIAGRAM 2



STEP 3 (SEE DIAGRAM 3)

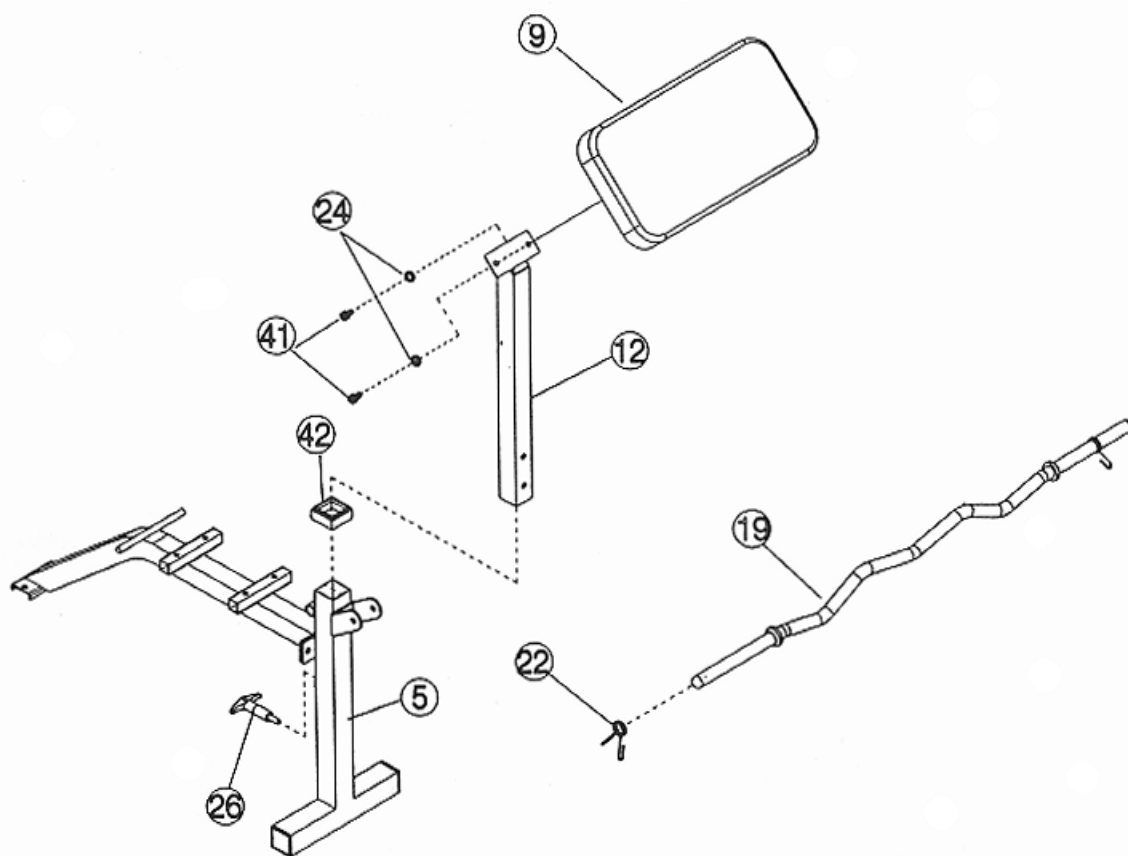
- A.) Attach the hole—side of the Backrest Supports (#13) onto both end of the Pivot on the Main Seat Support (#4). The other side rest against the Backrest Adjustment Bar (#7). Attach the Incline Support (#20) to the holes in between the two Backrest Supports (#13).
- B.) Place the upholstered Backrest Board (#8) onto the Backrest Supports (#13). Secure it with four M6×1 3/8" Bolts (#40) and Ø1/2" Washers (#23).
- C.) Place the Seat (#10) onto the bracket on the Main Seat Support (#4). Align the holes and fasten it with four M6×1 3/8" Bolts (#40) and Ø1/2" Washers (#23).



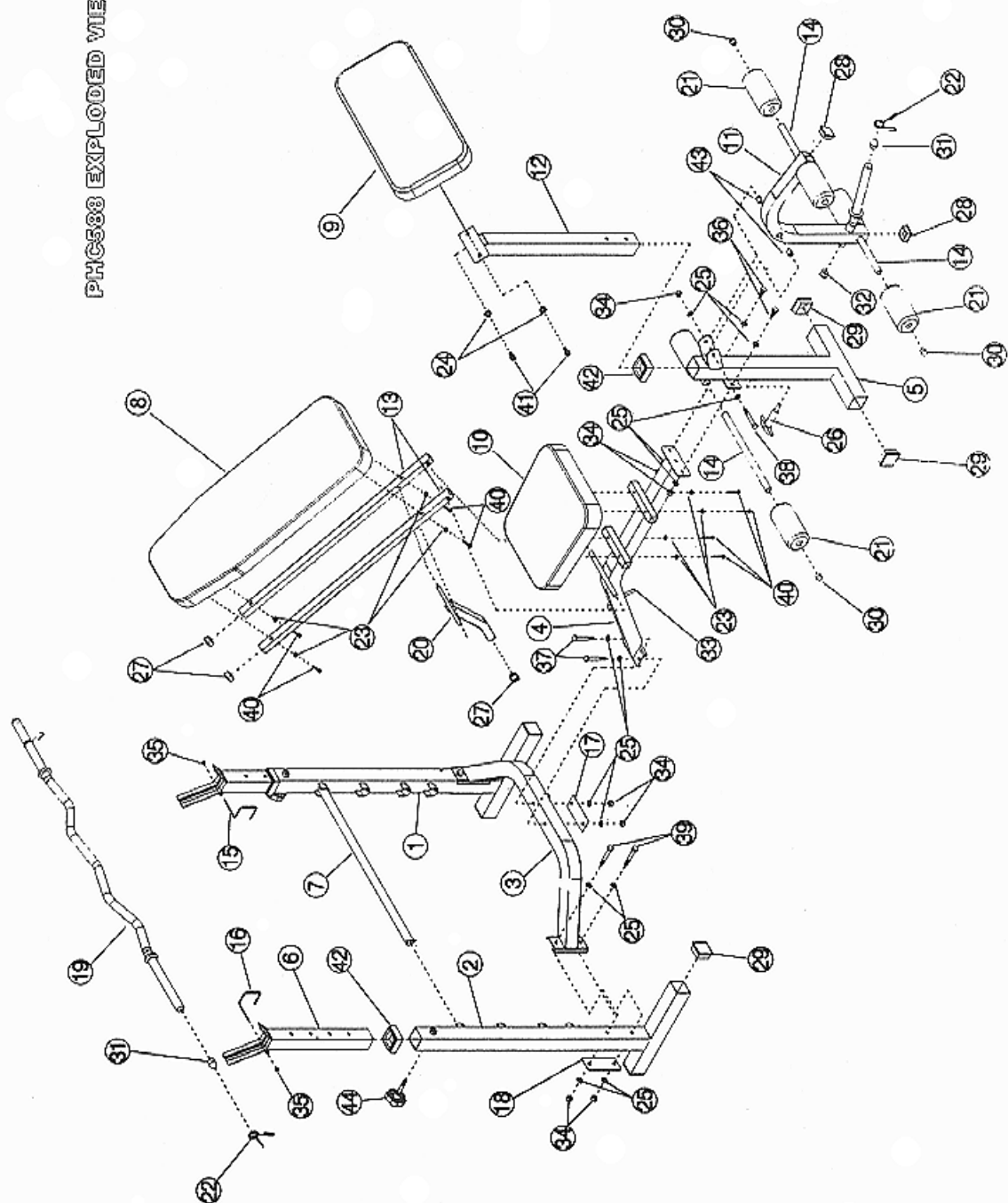
STEP 4 (See Diagram 4)

- A.) Attach the Arm Curl Pad (#9) to the Arm Curl Stand(#12). Secure it with two M8×5/8" Bolts(#41) and Ø3/4" Washers (#24).
- B.) Insert the Arm Curl Stand(#12) into the opening on the top of the Front Stabilizer(#5). Secure it with a Quick Release Knob(#26).
- C.) Install two Ø1" Spring Clips(#22) to both end of the Curl Bar(#19).

DIAGRAM 4



PHC588 EXPLODED VIEW



PHC588 Parts List

Part No.	Description	QTY	Part No.	Description	QTY
1	Left Upright Beam	1	34	M10 Aircraft Nut	9
2	Right Upright Beam	1	35	M6 Aircraft Nut	2
3	Cross Brace	1	36	M10×1" Bolt	2
4	Main Seat Support	1	37	M10×2 1/2" Bolt	2
5	Front Stabilizer	1	38	M10×2 7/8" Bolt	1
6	Crutches	2	39	M10×3" Bolt	4
7	Backrest Adjustment Bar	1	40	M6×1 3/8" Bolt	8
8	Backrest Broad	1	41	M8×5/8" Bolt	2
9	Arm Curl Pad	1	42	2" Square Sleeve	3
10	Seat	1	43	Plastic Bushing	2
11	Leg Developer	1	44	M10 Knob Bolt	2
12	Arm Curl Stand	1			
13	Backrest Support Bar	2			
14	Foam Roll Tube	3			
15	Left Safety Hook	1			
16	Right Safety Hook	1			
17	4 1/2" × 1 3/4" Bracket	1			
18	4 3/4" × 2" Bracket	2			
19	Curl Bar	1			
20	Incline Support	1			
21	Foam Roll	6			
22	Ø1" Spring Clip	3			
23	Ø1/2" Washer	8			
24	Ø3/4" Washer	2			
25	Ø7/8" Washer	18			
26	Quick Release Knob	1			
27	1" Square End Cap	3			
28	1 1/2" Square End Cap	2			
29	2" Square End Cap	6			
30	Ø3/4" End Cap	6			
31	Ø1" Round End Cap	3			
32	Ø1" Flat End Cap	1			
33	L-Shape Pin	1			

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