

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
PHC 598

Retain This  
Manual for  
Reference

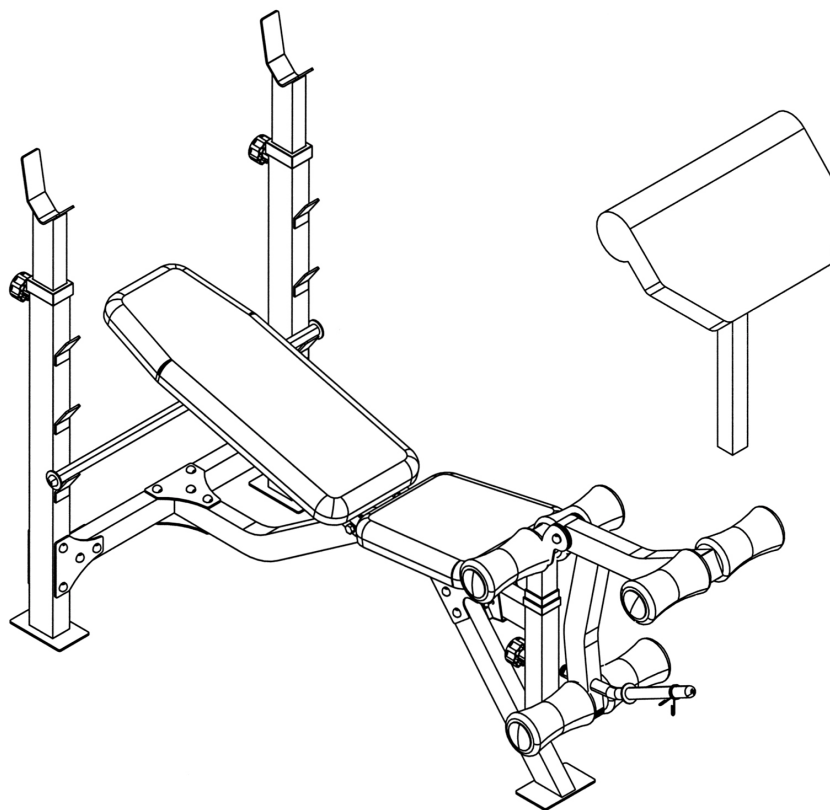
07-09-01

OWNER'S  
MANUAL



## POWERHOUSE CLUB

### PHC 598



### IMPEX FITNESS PRODUCTS

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## BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC 598 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](http://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.

**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

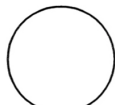


M10

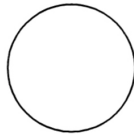
## INCHES



1/2"



5/8"



3/4"

## REPLACEMENT PARTS

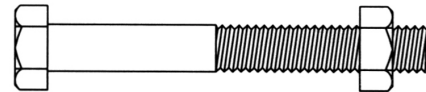
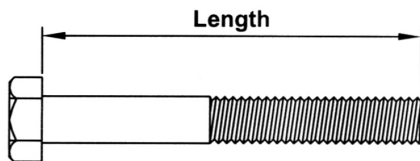
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

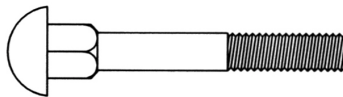


**1-800-999-8899**

**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



## ALLEN BOLT



## AIRCRAFT NUT



## FLAT WASHER

# ASSEMBLY INSTRUCTION

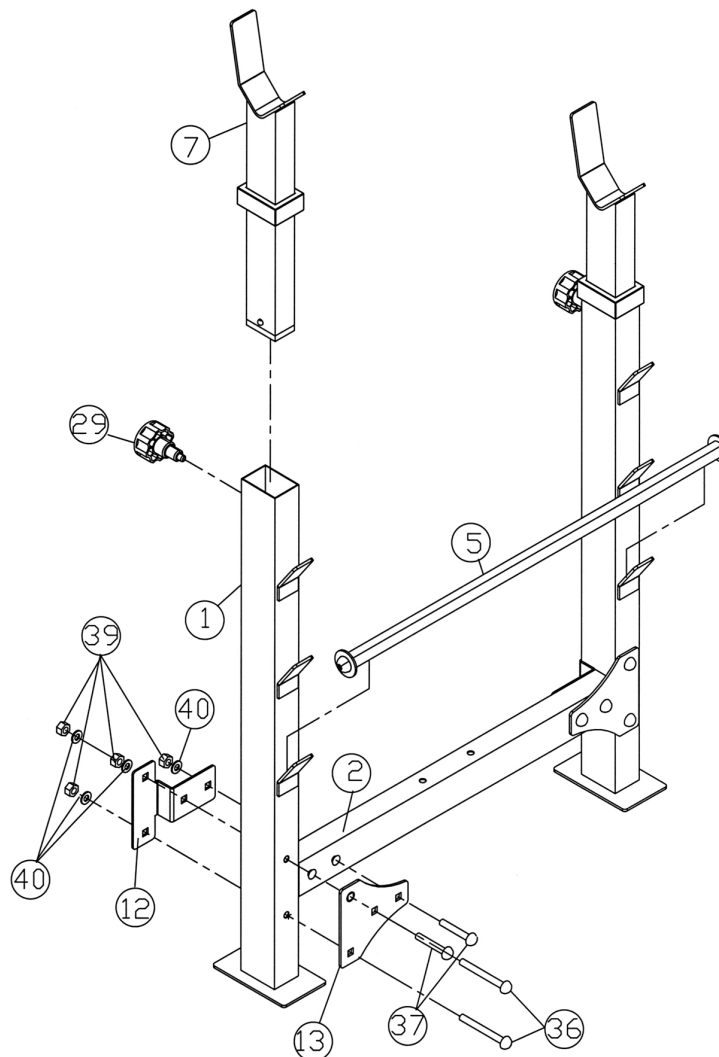
**Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches**

**NOTE:** It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

## **STEP 1 (See Diagram 1)**

- A.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Align the holes and secure them with one Upright Beam Bracket (#12) from the back, one Cross Brace Bracket (#13) at the front, two M10 x 2 3/8" Carriage Bolts (#37), two M10 x 3 1/2" Carriage Bolts (#36), four Ø 3/4" Washers (#40), and four M10 Aircraft Nuts (#39) on each end of the Cross Brace.
- B.) Place Backrest Adjustment Bar (#5) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.
- C.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#29) through selected holes to obtain desired height of the Supports.

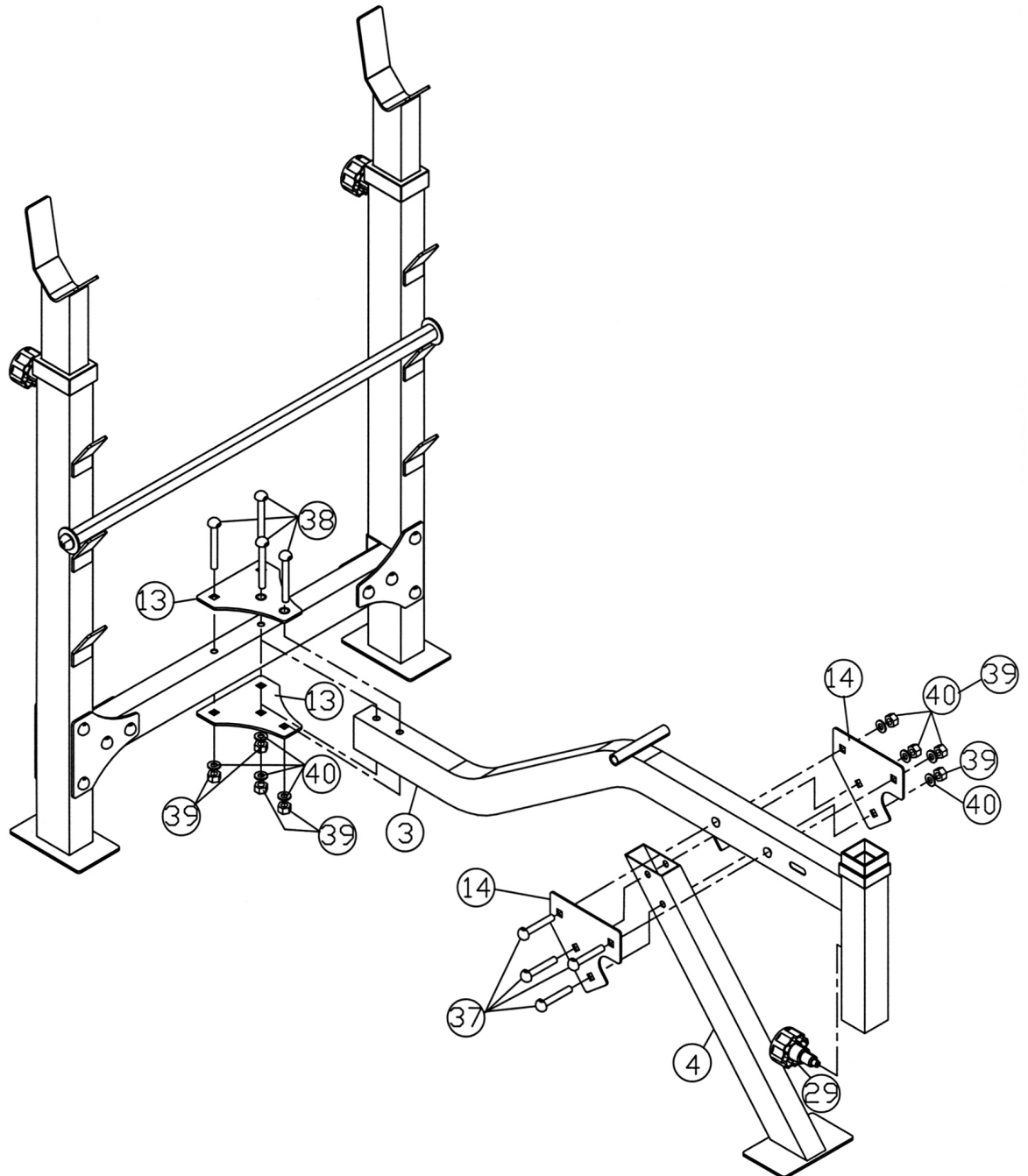
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the back of Main Seat Support (#3) to the Cross Brace (#2). Secure it with two Cross Brace Brackets (#13), four M10 x 3 1/8" Carriage Bolts (#38),  $\varnothing$  3/4" Washers (#40), and M10 Aircraft Nuts (#39).
- B.) Attach the Front Support (#4) to the front of Main Seat Support (#3). Secure it with two Front Support Brackets (#14), four M10 x 2 3/8" Carriage Bolts (#37),  $\varnothing$  3/4" Washers (#40), and M10 Aircraft Nuts (#39).
- C.) Insert one Lock Knob (#29) into the hole on the back of leg developer holder on the Main Seat Support.

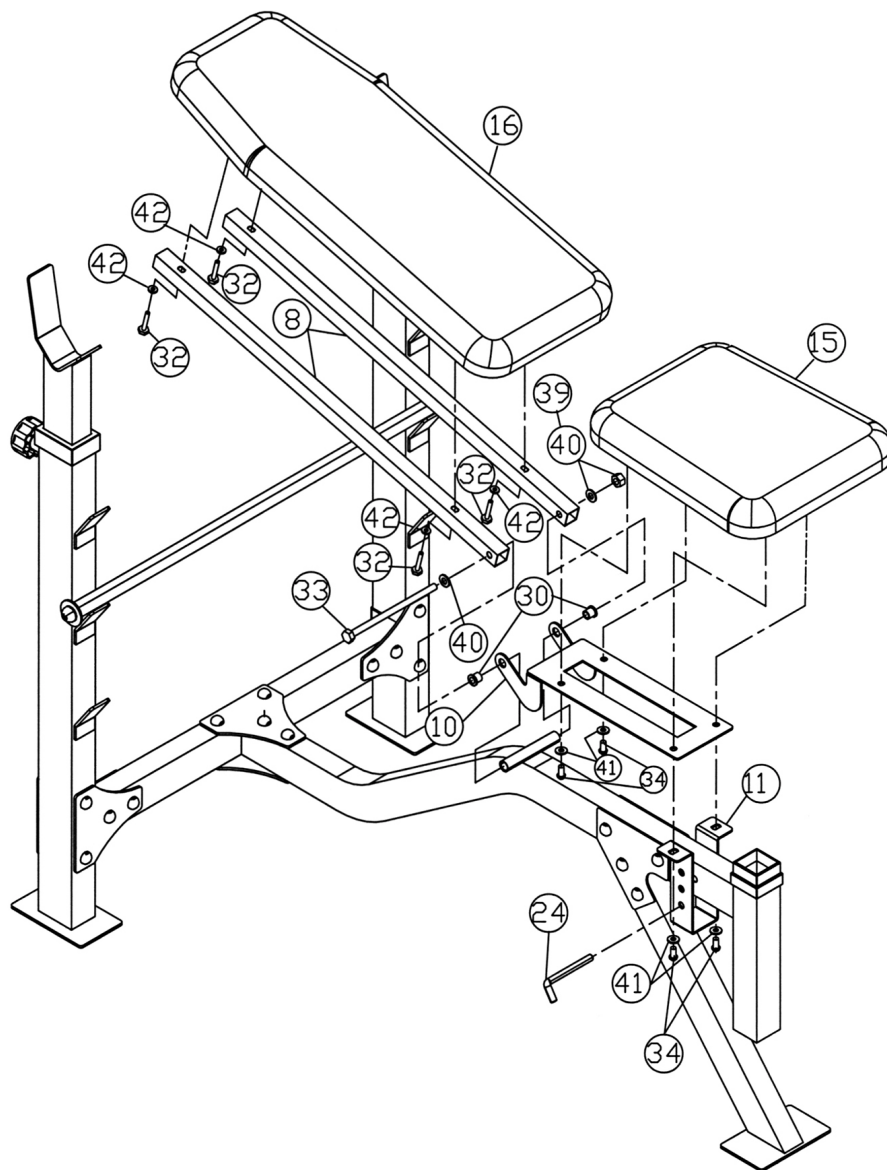
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Attach the hole-side of the Seat Bracket (#10) to the Pivot on the Main Seat Support (#3). Push two Bushings (#30) into the two holes on the side of Seat Bracket (#10).
- B.) Attach the hole-side of the Backrest Supports (#8) to both ends of the pivot. Secure it with one M10 x 7 1/4" Hex Bolt (#33), two Ø 3/4" Washers (#40), and one M10 Aircraft Nut (#39). Place the other end of Backrest Supports rest against the Backrest Adjustment Bar.
- C.) Place Backrest Board onto the Backrest Supports (#8). Secure it with four M6 x 1 3/8" Hex Bolts (#32) and Ø 1/2" Washers (#42).
- D.) Place Seat (#15) onto the Seat Bracket (#10). Secure the two back holes on the Seat with two M8 x 5/8" Hex Bolts (#34) and Ø 5/8" Washers (#41). Secure the two front holes on the Seat with a Seat Adjustment Frame (#11), two M8 x 5/8" Hex Bolts (#34) and Ø 5/8" Washers (#41). Insert a L-shaped Pin (#24) into the selected hole on the Seat Adjustment Frame to hold the desired height of the Seat.

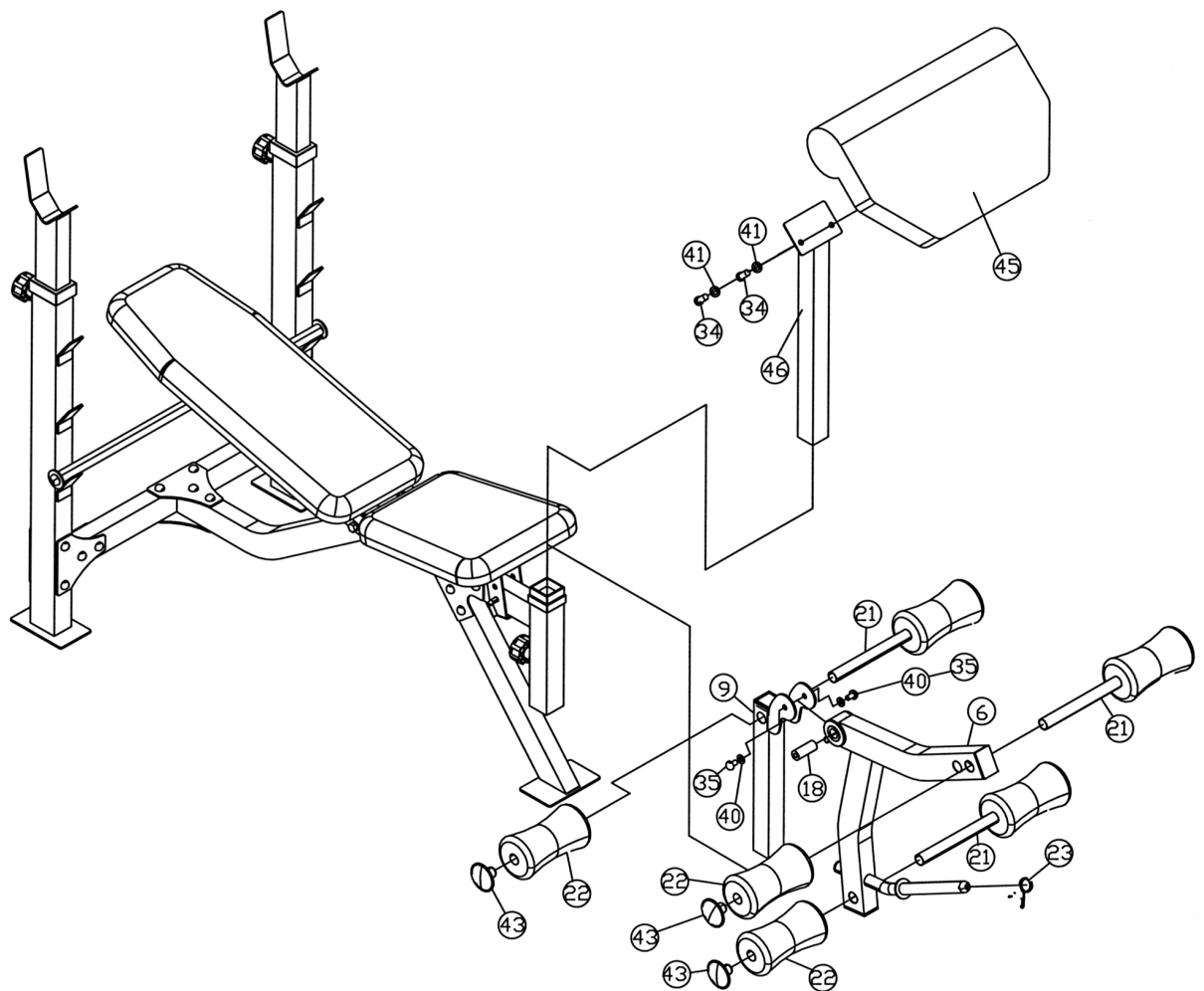
**DIAGRAM 3**



#### STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#6) to the bracket on top of the Leg Developer Holder (#9). Secure it with an Axle (#18), two  $\varnothing \frac{3}{4}$ " Washers (#40), and two M10 x 5/8" Allen Bolts (#35). Attach the Spring Clip (#23) to the Weight Holder on the Leg Developer. Insert the Leg Developer Holder into the top opening in front of the Seat. Secure it with Lock Knob (#29).
- B.) Insert one Foam Roll Tube (#21) halfway through the hole on the Leg Developer Holder. Insert two Foam Roll Tubes (#21) halfway through the holes on the Leg Developer (#6). Push six Foam Rolls (#22) onto the Tubes from both sides. Plug six Foam Caps (#43) to the ends.
- C.) Attach the Arm Curl Pad (#45) to the Arm Curl Stand (#46). Secure it with two M8 x 5/8" Hex Bolts (#34) and  $\varnothing \frac{5}{8}$ " Washers (#41). For Arm Curl exercise, remove the Leg Developer and insert the Arm Curl Stand into the top opening in front of the Seat.

**DIAGRAM 4**





[illegible]

## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Front Support	1
5	Backrest Adjustment Bar	1
6	Leg Developer	1
7	Crutch	2
8	Backrest Support	2
9	Leg Developer Holder	1
10	Seat Bracket	1
11	Seat Adjustment Frame	1
12	Upright Beam Bracket	2
13	Cross Brace Bracket	4
14	Front Support Bracket	2
15	Seat	1
16	Backrest Board	1
17	Leg Developer Bushing	2
18	Axle	1
19	Sleeve	2
20	Inner Cap	2
21	Foam Roll Tube	3
22	Foam Roll	6
23	Spring Clip	1
24	L-shaped Pin	1
25	Manual	1
26	1 ¼" End Cap	2
27	1" Square End Cap	2
28	Ø1" End Cap	1
29	Lock Knob	3
30	Bushing	2
31	Screw	4
32	M6 x 1 3/8" Hex Bolt	4
33	M10 x 7 ¼" Hex Bolt	1
34	M8 x 5/8" Hex Bolt	6
35	M10 x 5/8" Allen Bolt	2
36	M10 x 3 ½" Carriage Bolt	4
37	M10 x 2 3/8" Carriage Bolt	8
38	M10 x 3 1/8" Carriage Bolt	4
39	M10 Aircraft Nut	17
40	Ø 3/4" Washer	20
41	Ø 5/8" Washer	6
42	Ø ½" Washer	4
43	Foam Cap	6
44	Cone-shaped Cap	3
45	Arm Curl Pad	1
46	Arm Curl Stand	1
47	1 ¾" Square End Cap	1
48	2" Sleeve	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 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](http://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](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