

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

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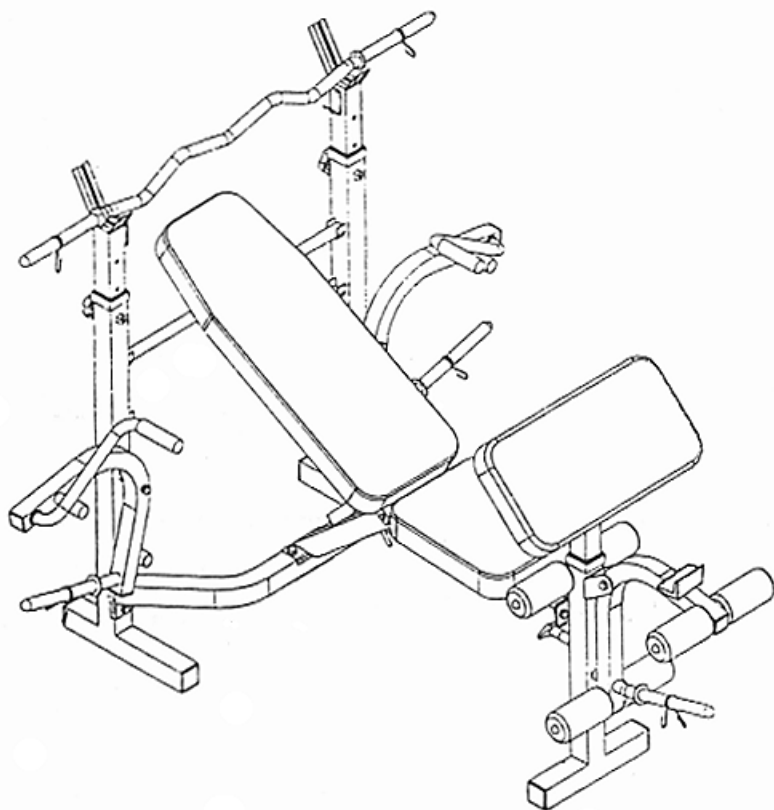
Retain This  
Manual for  
Reference

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 688 BENCH



**IMPEX INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the Powerhouse Club 688 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.

<p><b>Toll-Free Customer Service Number</b> <b>1-800-999-8899</b> <b>Mon. - Fri., 9 a.m. - 5 p.m. PST</b> <b>Impex@impex-fitness.com</b></p>
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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

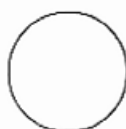


## INCHES

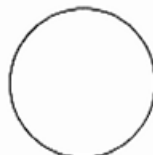
1/2"



5/8"



3/4"



## REPLACEMENT PARTS

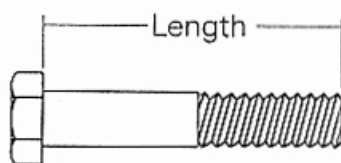
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

## QUESTION ?

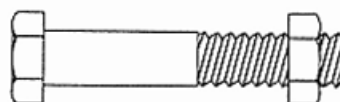


1-800-999-8899

**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



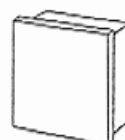
AIRCRAFT  
NUT



FLAT  
WASHER



ROUND  
PLUG



SQUARE  
PLUG

# ASSEMBLY INSTRUCTION

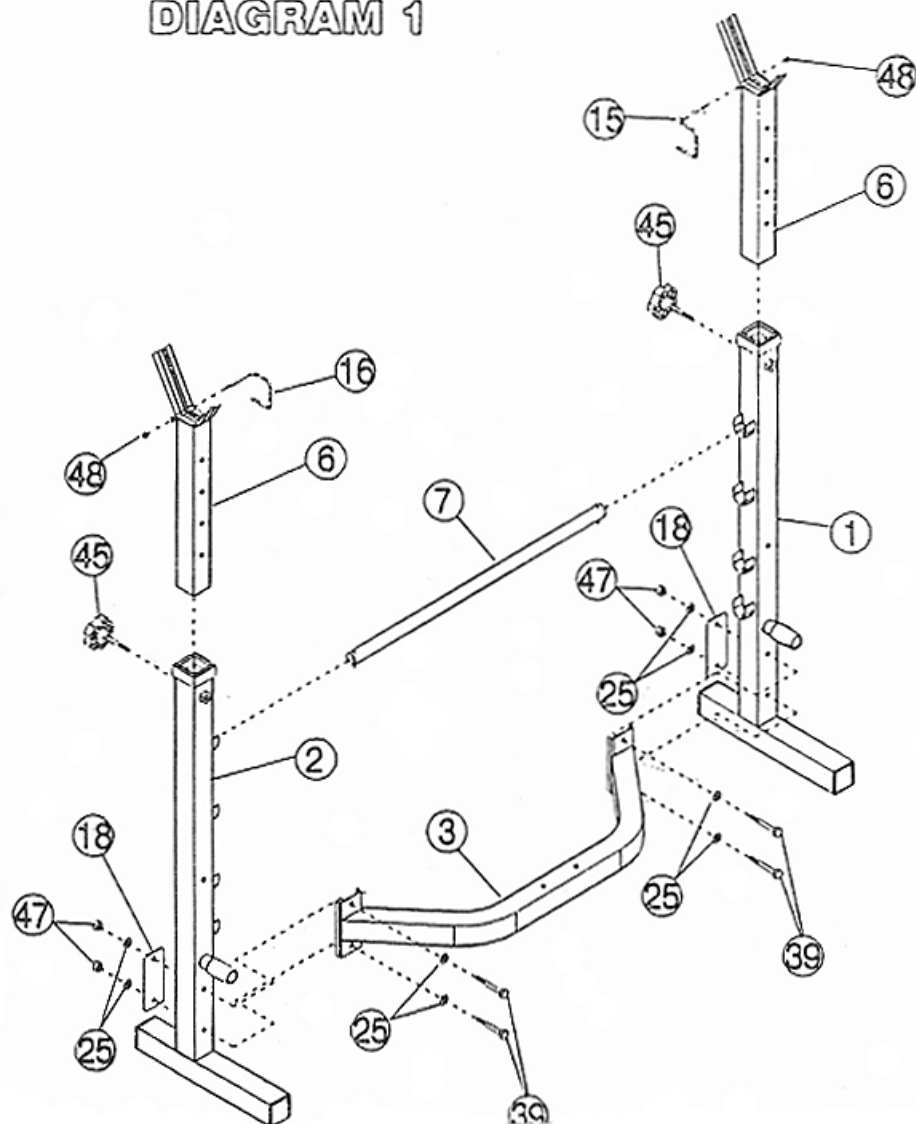
**Tools required to assembly the machine:**  
**Two Adjustable Wrenches**

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

## 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 x 3" Bolts (#39), four  $\varnothing 7/8"$  Washers (#25), one 5" Bracket (#18) and two M10 Aircraft Nuts (#47) on each end of the Cross Brace.
- B.) Place the Backrest Adjustment Bar (#7) between the two Upright Beams on the selected holes to obtain desired incline of Backrest. Insert the Crutches (#6) into the top openings on the Upright Beams. Secure them with two M10 Knob Bolts (#45) through selected holes to obtain desired height of the Supports.
- C.) 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 (#48).

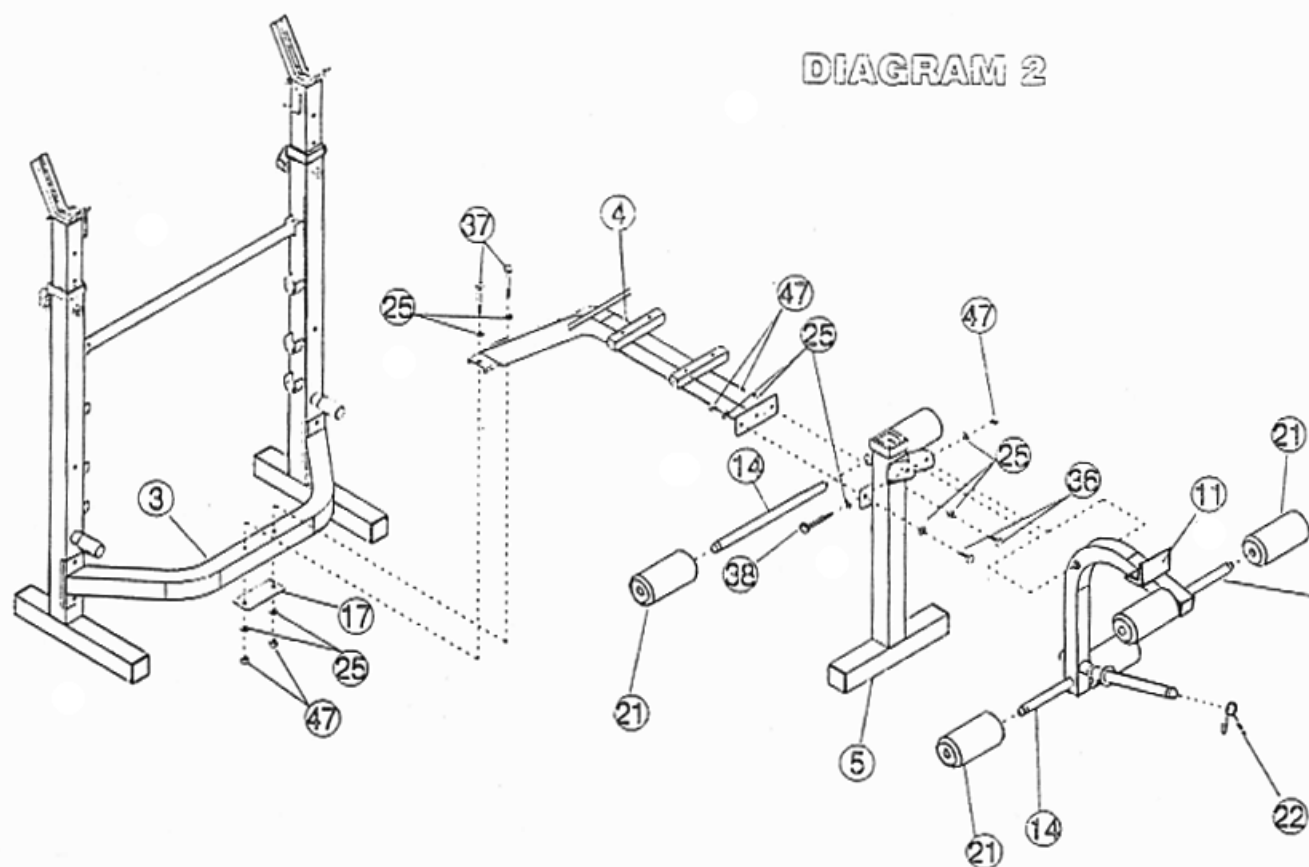
**DIAGRAM 1**



## STEP 2 (SEE DIAGRAM 2)

- A.) Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure it with two M10 x 2 1/2" Bolts (#37), one 4 1/2" Bracket (#17), four Ø7/8" Washers (#25) and two M10 Aircraft Nuts (#47).
- B.) Attach the Leg Developer Holder (#5) to the front end of the Main Seat Support (#4). Secure it with two M10 x 1" Bolt (#36), four Ø7/8" Washer (#25) and two M10 Aircraft Nut (#47).
- C.) Attach the Front Stabilizer (#5) to the Main Seat Support (#4). Secure it with two M10 x 1" Bolts (#36), four Ø7/8" Washers (#25), and two M10 Aircraft Nuts (#47).
- D.) Attach the Leg Developer (#11) onto the bracket on top of the Front Stabilizer (#5). Secure it with a M10 x 2 7/8" Bolt (#38), two Ø7/8" Washers (#25) and a M10 Aircraft Nut (#47). Insert one Foam Roll Tube (#14) halfway into the hole on the Front Stabilizer (#5) and insert two Foam Roll Tubes halfway into the holes on the Leg Developer (#11). Push six Foam Rolls (#21) onto the Tubes from both sides.

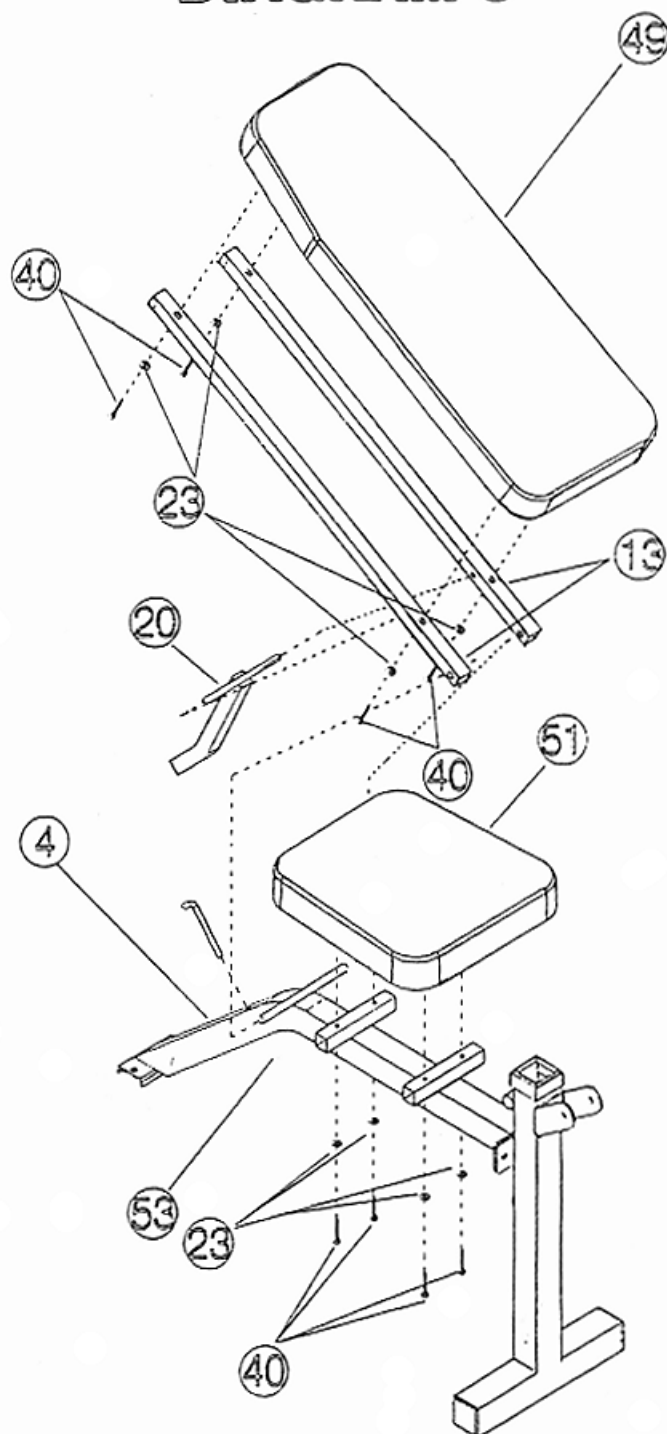
DIAGRAM 2



### 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 (#49) onto the Backrest Supports (#13). Secure it with four M6 x 1 3/8" Bolts (#40) and  $\varnothing 1/2$ " Washers (#23). Place the Seat (#51) onto the bracket on the Main Seat Support (#4). Align the holes and fasten it with four M6 x 1 3/8" Bolts (#40) and  $\varnothing 1/2$ " Washers (#23).

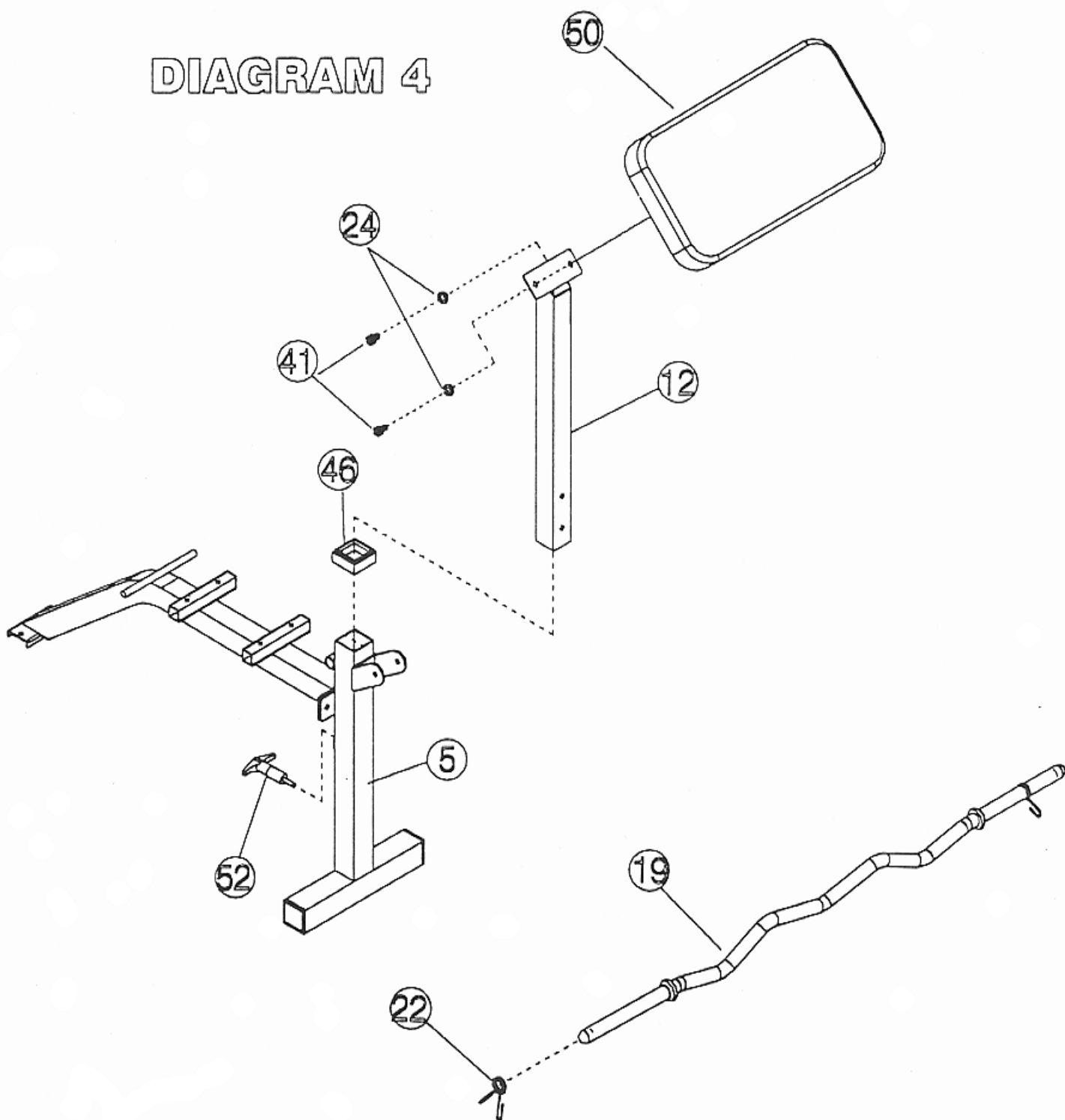
DIAGRAM 3



## STEP 4 (See Diagram 4)

- A.) Attach the Arm Curl Pad (#50) to the Arm Curl Stand (#12). Secure it with two M8 x 5/8" Bolts (#41) and  $\varnothing 3/4$  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 (#52).
- C.) Install two  $\varnothing 1"$  Spring Clips (#22) to the both side of the Curl Bar (#19).

### DIAGRAM 4

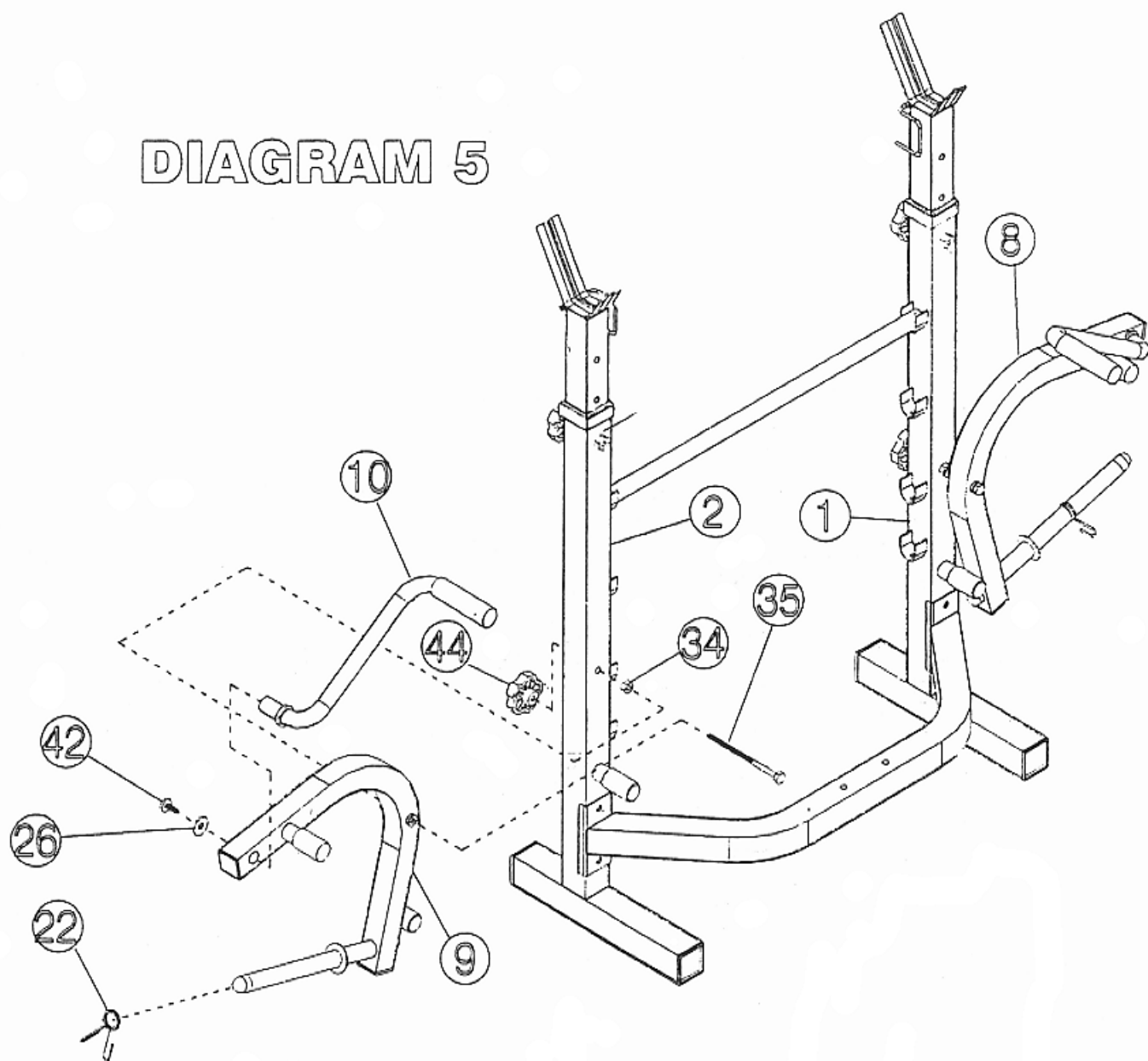


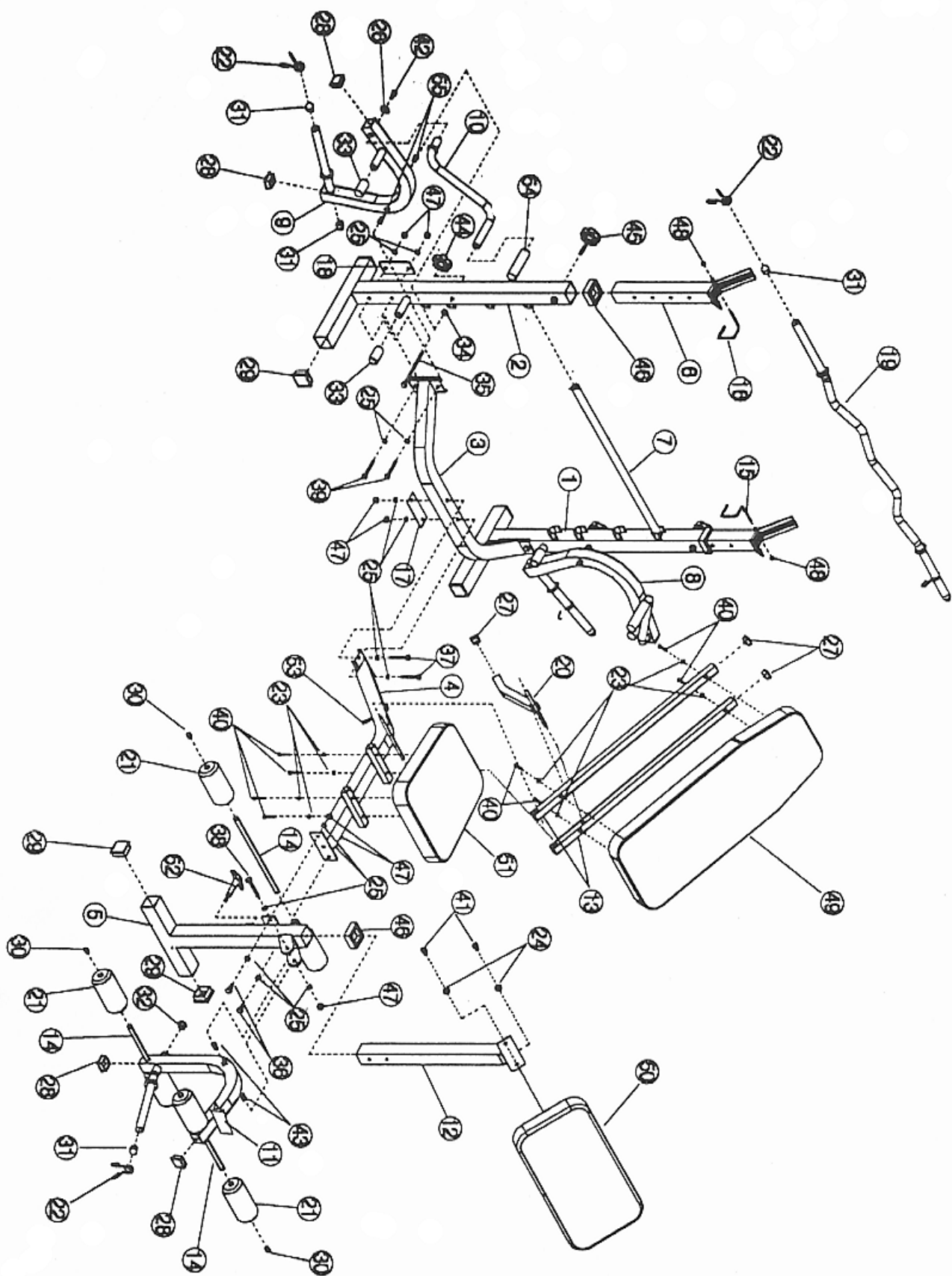


## STEP 5 (See Diagram 5)

- A.) Insert a M12 x 5 1/2" Butterfly Bolt (#35) through the Right Butterfly Arm (#9). Put a M12 Regular Nut (#34) onto the Bolt. Insert the Bolt through the Right Upright Beam (#2) and secure the Bolt with a M12 Butterfly Knob (#44).
- B.) Attach the Butterfly Handle (#10) to the hole on the Right Butterfly Arm (#9). Secure it with a  $\varnothing 1 \frac{1}{4}$ " Washer (#26) and a M10 x 3/4" Allen Bolt (#42).
- C.) Repeat the above procedure to assemble the other Butterfly Arm.

### DIAGRAM 5





## PHC688 Parts List

Part No.	Description	QTY
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Main Seat Support	1
5	Front Stabilizer	1
6	Crutches	2
7	Backrest Adjustment Bar	1
8	Left Butterfly Arm	1
9	Right Butterfly Arm	1
10	Butterfly Handle	2
11	Leg Developer	1
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" Bracket	1
18	5" Bracket	2
19	Curl Bar	1
20	Incline Support	1
21	Foam Roll	6
22	Ø1" Spring Clip	5
23	Ø 1/2 " Washer	8
24	Ø 3/4 " Washer	2
25	Ø 7/8" Washer	18
26	Ø1 1/4 " Washer	2
27	1" Square End Cap	3
28	1 1/2 " Square End Cap	6
29	2" Square End Cap	6
30	Ø 3/4 " Foam Roll End Cap	6
31	Ø1" Round End Cap	7
32	Ø1" Flat End Cap	1
33	1 1/4 " Plastic Stopper	4
34	M12 Regular Nut	2

Part No.	Description	QTY
35	M12 x 5 1/2" Butterfly Bolt	2
36	M10 x 1" Bolt	2
37	M10 x 2 1/2 " Bolt	2
38	M10 x 2 7/8" Bolt	1
39	M10 x 3" Bolt	4
40	M6 x 1 3/8" Bolt	8
41	M8 x 5/8" Bolt	2
42	M10 x 3/4" Allen Bolt	2
43	Plastic Bushing	2
44	M12 Butterfly Knob	2
45	M10 Knob Bolt	2
46	2" Square Upright Sleeve	3
47	M10 Aircraft Nut	9
48	M6 Aircraft Nut	2
49	Backrest Board	1
50	Arm Curl Pad	1
51	Seat	1
52	Quick Release Knob	1
53	L-Shape Pin	1
54	Grip	2
55	Plastic Bushing	4

# **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](http://www.impex-fitness.com)**  
**[impex@impex-fitness.com](mailto: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