

NOTE:
Please read all instructions
carefully before using this
product

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PHC740

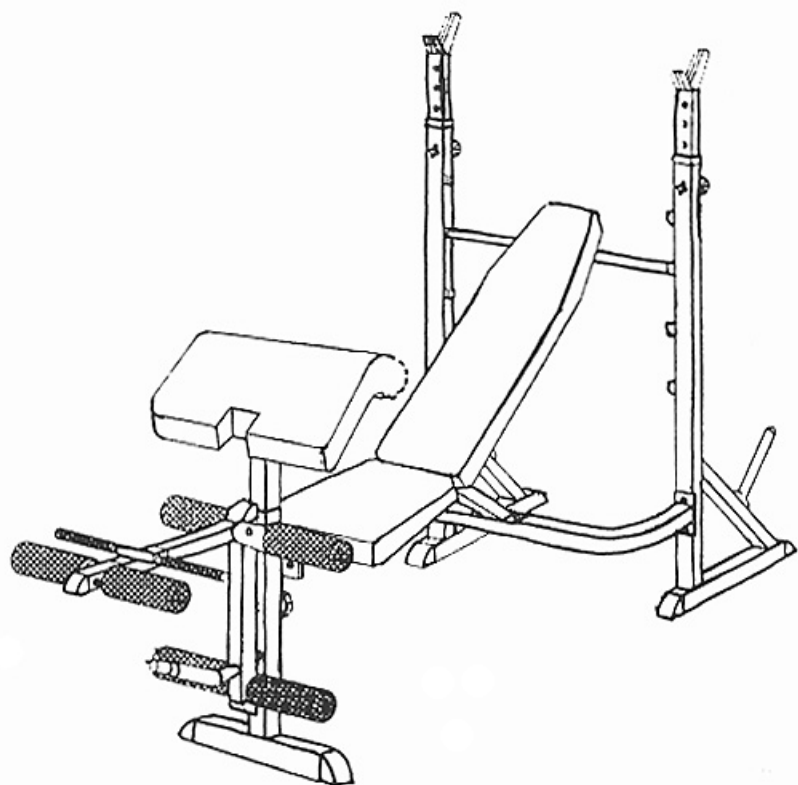
Retain This
Manual for
Reference

OWNER'S
MANUAL

July 21, 1998

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

POWERHOUSE CLUB PHC740



IMPEX FITNESS PRODUCTS

14777 DON JULIAN ROAD, CITY OF INDUSTRY, CA 91746

TEL: (800) 999-8899 FAX: (626) 961-9966

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BEFORE YOU BEGIN

Thank you for selecting the IMPEX POWERHOUSE CLUB 740 BENCH. 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

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

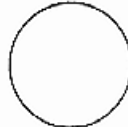
1/2"



5/8"



3/4"



REPLACEMENT PARTS

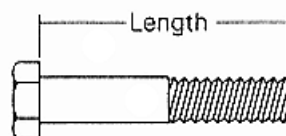
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

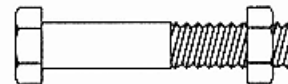


1-800-999-8899

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



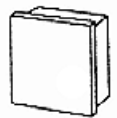
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

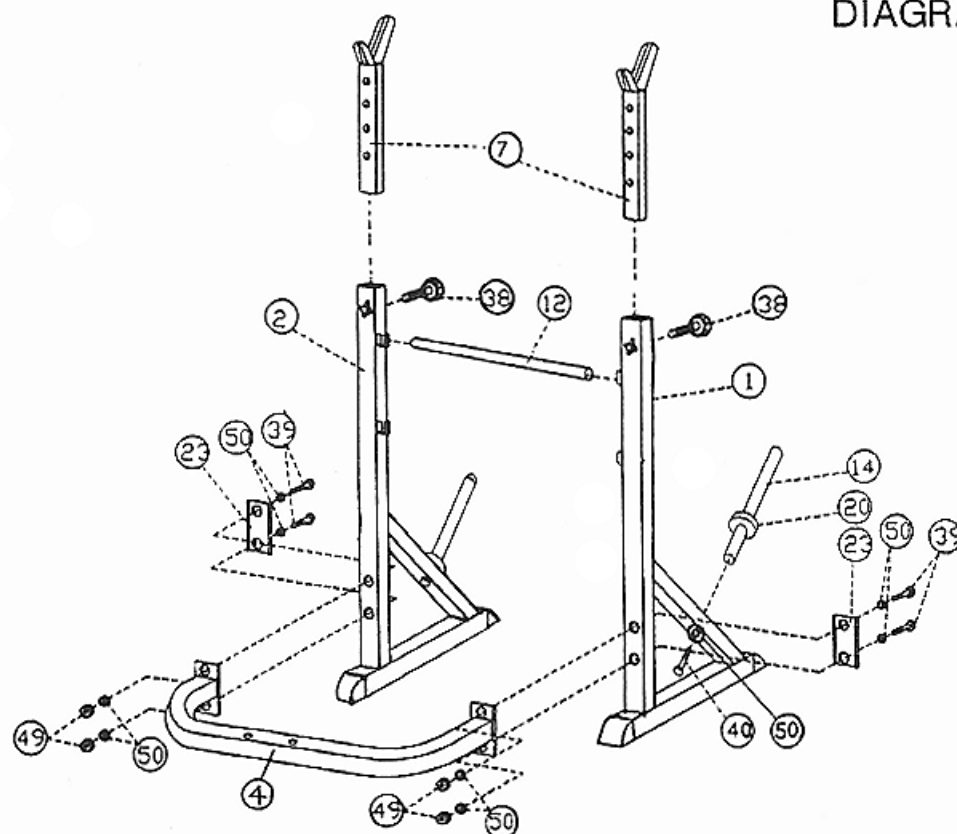
ASSEMBLY INSTRUCTION

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 (#4) in the mid-span. Secure them by two M10×3 1/4" Bolts (#39) one Bracket (#23) four Ø 7/8" Washers (#50) and two M10 Aircraft Nuts (#49) on each end of the Cross Brace.
- B.) Place the Backrest Adjustment Bar (#12) between the two Upright Beams on the selected holes to obtain desired incline of Backrest.
- C.) Insert the Crutches (#7) into the top openings of the Upright Beams. Secure them with two Lock Knobs (#38) through selected holes to obtain desired height of the Supports.
- D.) Attach a Storage Post (#14) to the back of the Left Upright Beam (#1). Secure it with a Ø 7/8" Washer (#50), and M10×3/4" Bolt (#40) Slide a Rubber Bumper (#20) onto the post. Repeat the above procedure to install another Storage Post for the Right Upright Beam (#2).

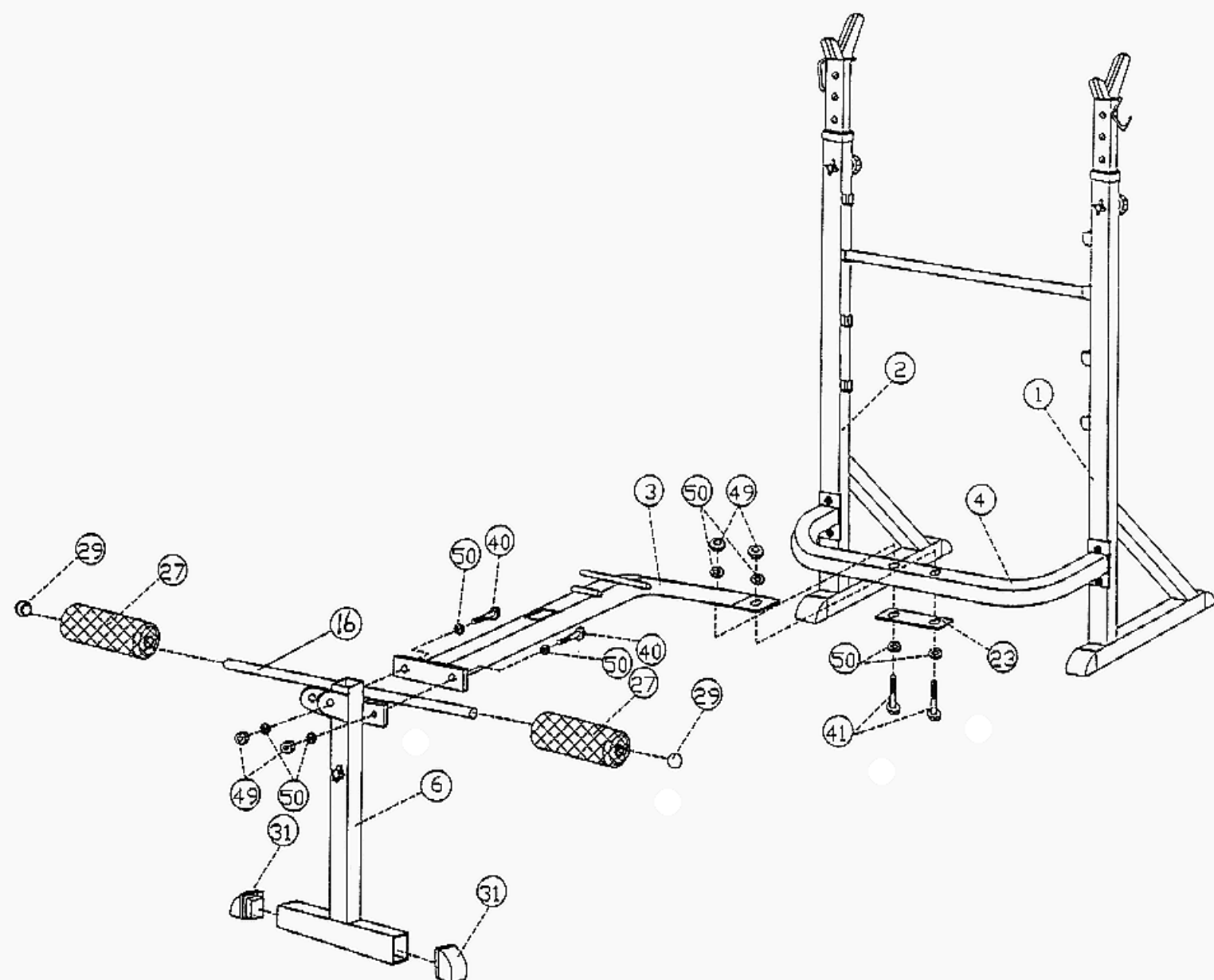
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#3) to the Cross Brace (#4). Secure it with two M10 x 2 1/4" Bolts (#41), one Bracket (#23), four Ø7/8" Washers (#50) and two M10 Aircraft Nuts (#49).
- B.) Attach the Front T-Foot Tube (#6) to the front end of the Main Seat Support (#3). Secure it with two M10 x 3/4" Bolts (#40), four Ø7/8" Washers (#50), and two M10 Aircraft Nuts (#49).
- C.) Slide a Foam Roll Tube (#16) halfway through the hole on top of the Main Seat Support (#3). Push two Foam Rolls (#27) onto the Tube from both ends. Then push two Ø3" Round Plugs (#29) to close the ends.

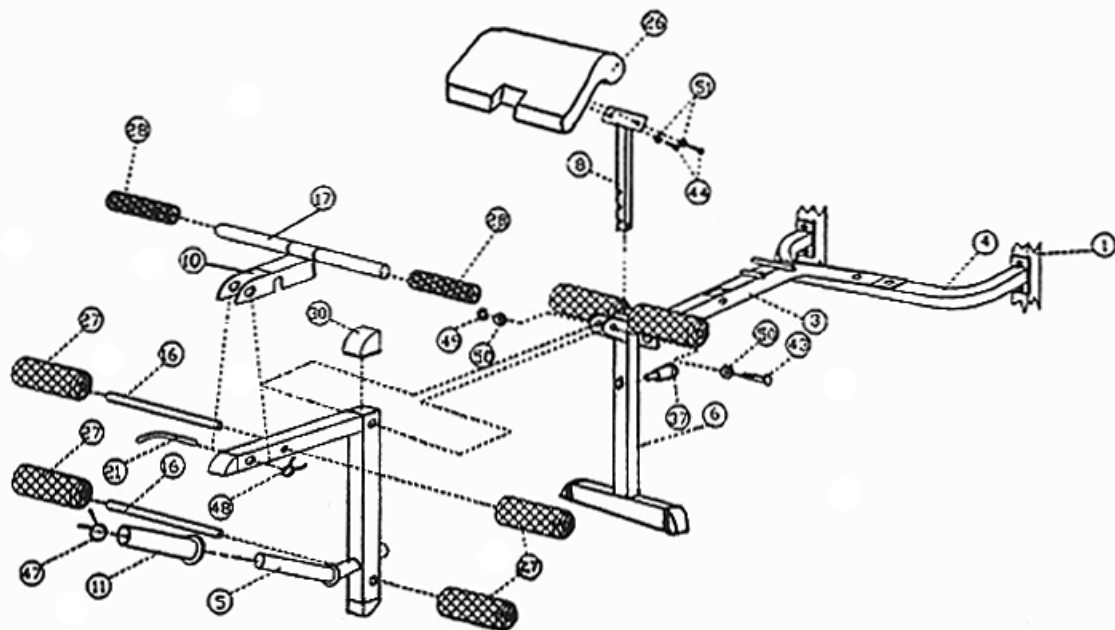
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Insert the Arm Curl Stand (#8) into the opening on the top of the Front T—Foot Tube (#6). Secure it with a Quick Release Pin (#37) to obtain the desired height of the Stand.
- B.) Attach the Arm Curl Pad (#26) to the Arm Curl Stand (#8) Secure it with two M8×5/8" Bolts (#44) and Ø3/4" Washers (#51).
- C.) Attach the Leg Developer (#5) onto the bracket on the top of the Front T—Foot Tube (#6). Secure it with a M10×2 1/2" Bolt (#43) two Ø7/8" Washers (#50), and a M10 Aircraft Nut (#49).
- D.) Insert two Foam Roll Tubes (#16) halfway into the holes on the Leg Developers (#5) Push four Foam Rolls (#27) onto the Tubes from both sides.
- E.) Push four Ø3" Round Plugs (#29) into the openings on the Tubes (#16).
- F.) Attach the Arm Curl Handle (#10) to the top of the Leg Developer (#5). Insert a Short L—Shaped Pin (#21) through the hole and secure the Pin with a Ø3/8" Spring Clip (#48).
- G.) Insert the Arm Curl Tube (#17) halfway through the hole on the top of the Arm Curl Handle (#10) Push two Grips (#28) onto the Tube.

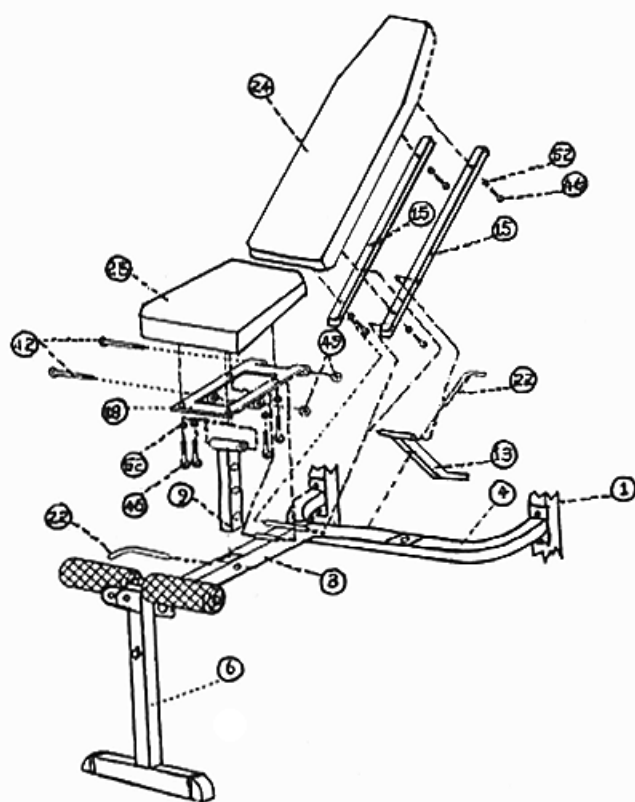
DIAGRAM 3

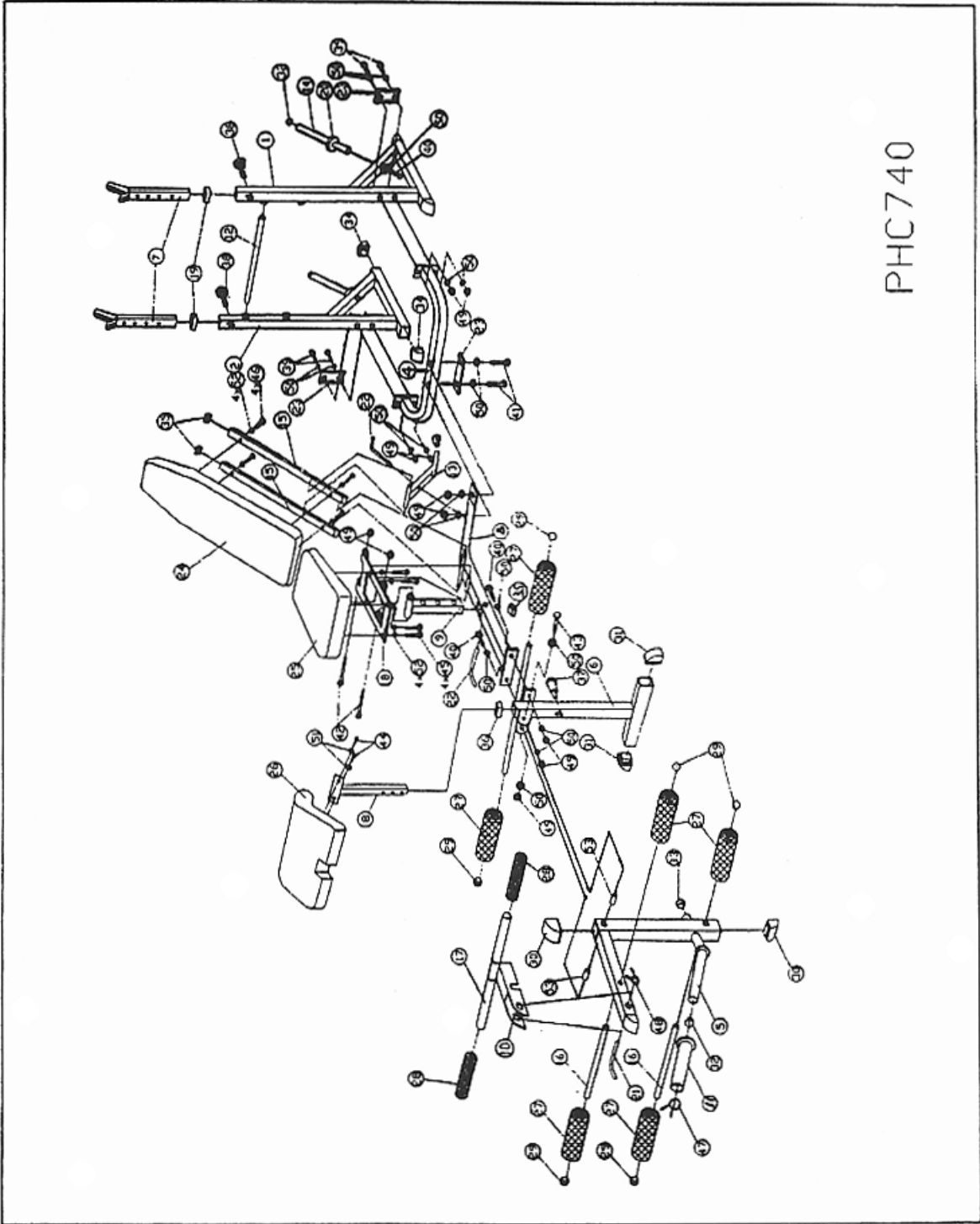


STEP 4 (See Diagram 4)

- A.) Attach the hole—side of the Backrest Supports (#15) onto both end of the Pivot on the Main Seat Support (#3). The other side rest against the Backrest Adjustment Bar (#12). Attach the Incline Support (#13) to the holes in between the two Backrest Supports (#15).
- B.) Place the Upholstered Backrest Board (#24) onto the Backrest Supports (#15). Secure it with four $\varnothing 1/2"$ Washers (#52) and M6 \times 1 3/8" Bolts (#46). Note Insert a Long L—Shape Pin (#22) through the holes on the Incline Support (#13) and Main Seat Support (#3) to obtain the incline of the Backrest when doing the Squat exercise behind the bench DO NOT use this function when doing the Incline Bench Press exercise.
- C.) Place the Seat Cushion (#25) onto the Seat Bracket (#18) Align the holes and fasten it with four $\varnothing 1/2"$ Washers (#52) and M6 \times 5/8" Bolts (#45).
- D.) Attach the Seat Incline Support (#9) to the Seat Bracket (#18). Secure it with a M10 \times 4 3/4" Bolt (#42) and a M10 Aircraft Nut (#49).
- E.) Attach the Bracket and the Seat to the short tube on the Main Seat Support (#3) and secure it with one M10 \times 4 3/4" Bolt (#42) and M10 Aircraft Nut (#49).
- F.) Insert a Long L—Shape Pin (#22) through the hole underneath the Seat to obtain the incline of the Seat.

DIAGRAM 4





PHC740

PARTS LIST

Key No.	Description	Q'ty	Key No.	Description	Q'ty
1	Left Upright Beam	1	26	Arm Curl Pad	1
2	Right Upright Beam	1	27	Foam Roll	6
3	Main Seat Support	1	28	Grip	2
4	Cross Brace	1	29	Ø3" Round Plug	6
5	Leg Developer	1	30	1 3/4" Square Plug	3
6	Front T—Foot Tube	1	31	2" Square Plug	2
7	Crutches	2	32	Ø1" Round Plug	3
8	Arm Curl Stand	1	33	Ø1" Round Flat Plug	1
9	Seat Incline Support	1	34	2 3/8" Square Plug	4
10	Arm Curl Handle	1	35	1" Square Plug	4
11	Olympic Sleeve	1	36	2" Square Sleeve	1
12	Backrest Adjustment Bar	1	37	Quick Release Pin	1
13	Incline Support	1	38	Lock Knob	2
14	Storage Post	2	39	M10×3 1/4" Bolt	4
15	Backrest Support	2	40	M10×3/4" Bolt	4
16	Foam Roll Tube	3	41	M10×2 3/4" Bolt	2
17	Arm Curl Tube	1	42	M10×4 3/4" Bolt	2
18	Seat Bracket	1	43	M10×2 1/2" Bolt	1
19	2 1/4" Square Sleeve	2	44	M8×5/8" Bolt	2
20	Rubber Bumper	2	45	M6×5/8" Bolt	4
21	Short L—Shaped Pin	1	46	M6×1 3/8" Bolt	4
22	Long L—Shaped Pin	2	47	Ø1" Spring Clip	1
23	Bracket	3	48	Ø3/8" Spring Clip	1
24	Backrest Board	1	49	M10 Aircraft Nut	11
25	Seat	1	50	Ø7/8" Washer	20
			51	Ø3/4" Washer	2
			52	Ø1/2" Washer	8
			53	Bushing	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 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