

NOTE:
Please read all instructions
carefully before using this
product

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Model
PHC 754

Retain This
Manual for
Reference

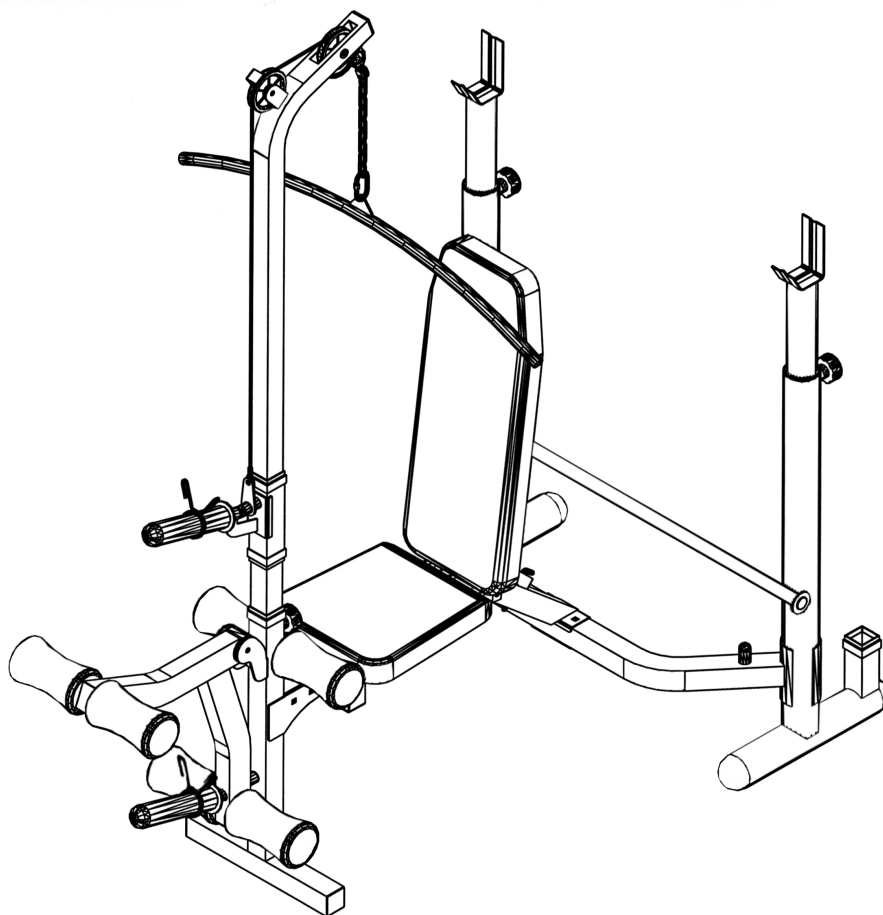
06-19-02

OWNER'S
MANUAL



POWERHOUSE BENCH

PHC -754



IMPEX FITNESS PRODUCTS

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

Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC 754 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

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.

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

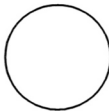


M10

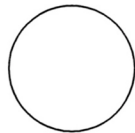
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

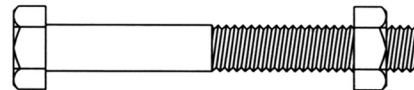
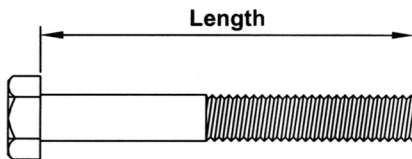
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

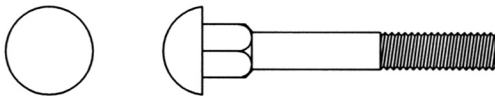


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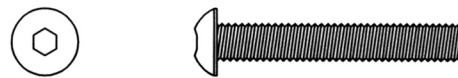
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

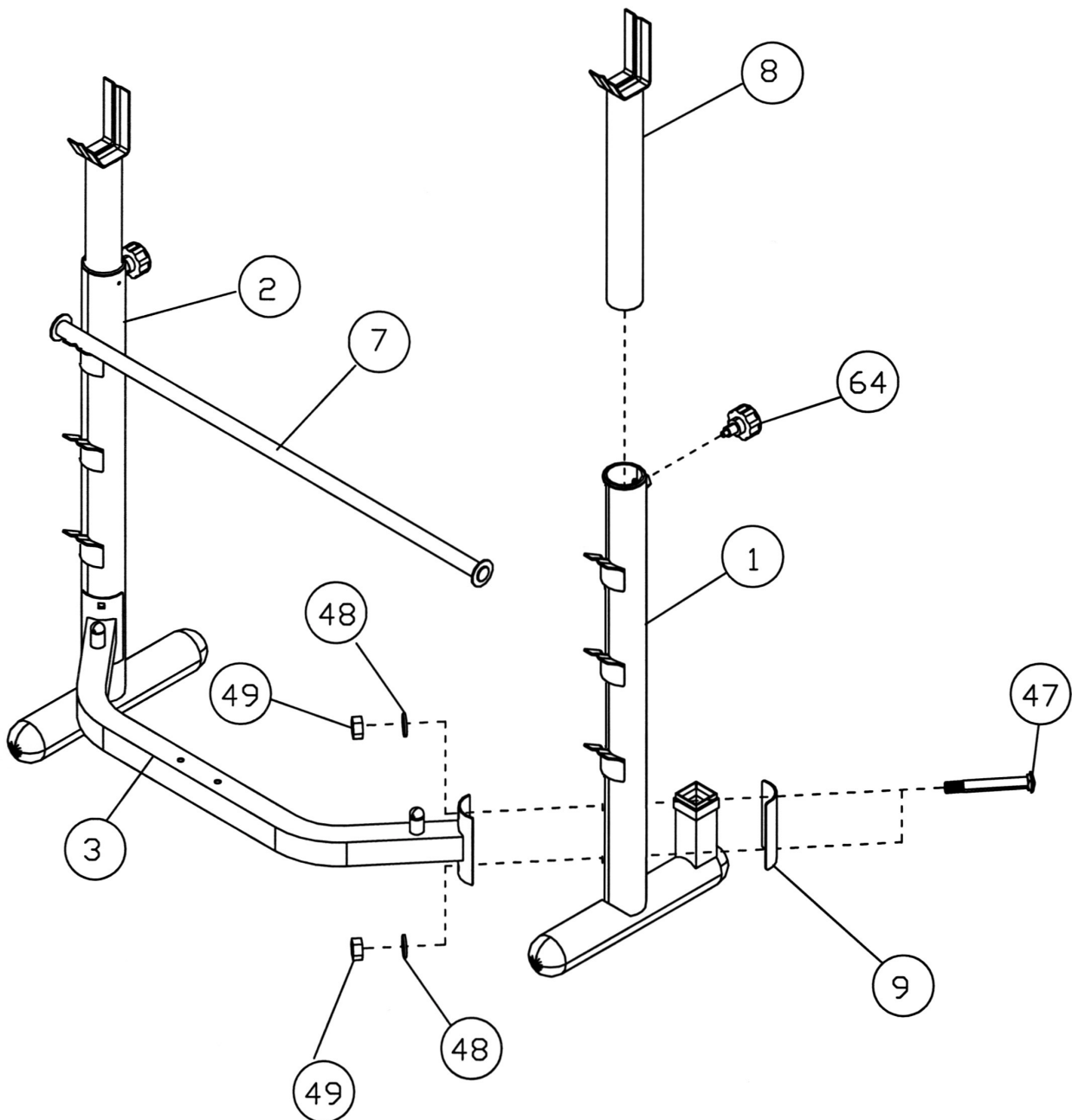
ASSEMBLY INSTRUCTION

Tools Required 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 Left & Right Upright Beams (#1) & (#2) by the Cross Brace (#3) in the mid-span. Align the holes then secure each end of Cross Brace with one Bent Bracket (#9), two M10 x 3 $\frac{3}{4}$ " Carriage Bolts (#47), \varnothing $\frac{3}{4}$ " Washers (#48), and M10 Aircraft Nuts (#49).
- B.) Insert two Crutches (#8) into the top opening on the Upright Beams. Secure them with two Lock Knobs (#64) through selected hole to obtain desired height of the Support.
- C.) Place Backrest Adjustment Bar (#7) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.

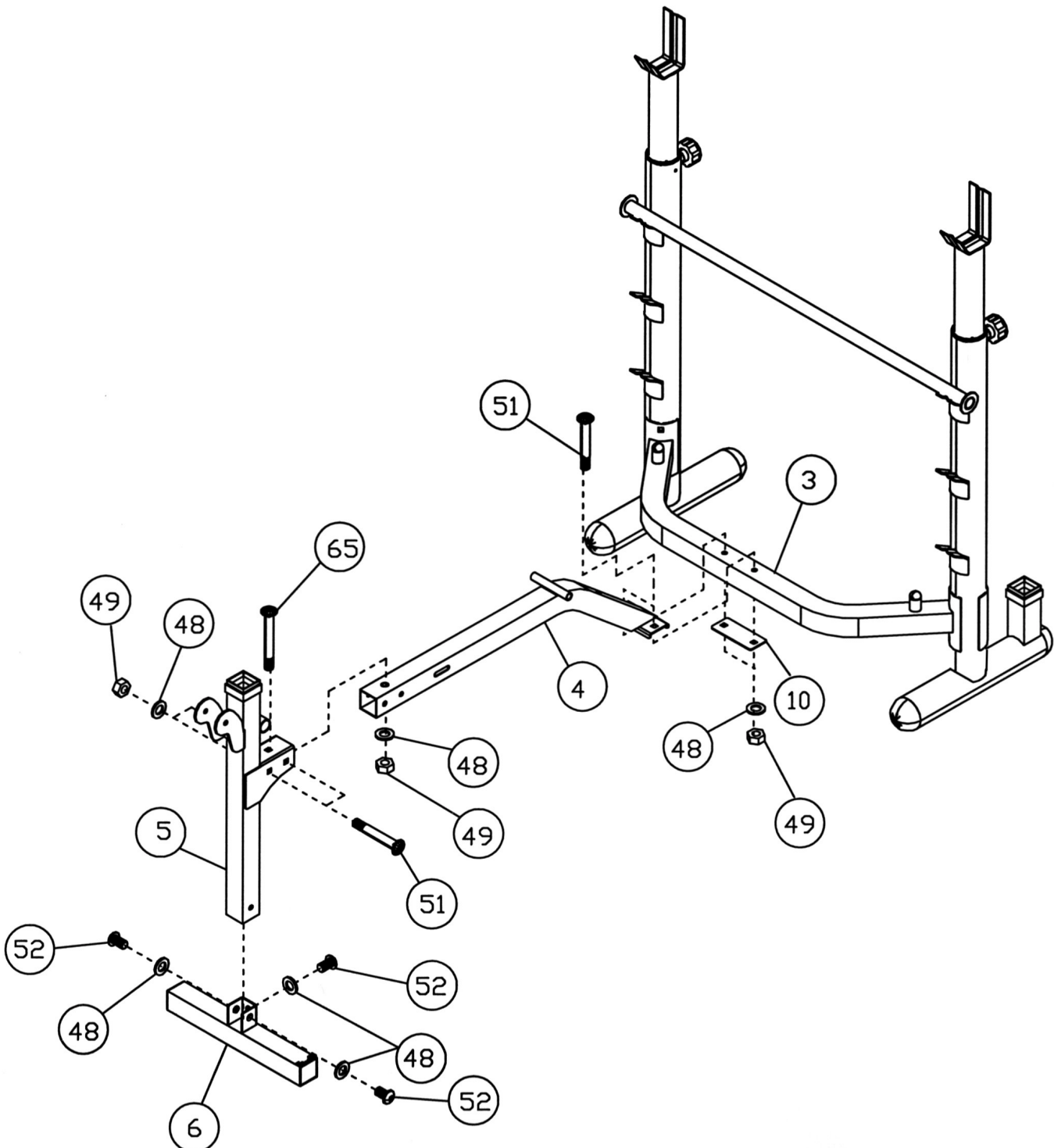
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Leg Developer Holder (#5) to the Front Base (#6). Secure it with three M10 x 5/8" Allen Bolts (#52), and $\varnothing \frac{3}{4}$ " Washers (#48).
- B.) Attach the Leg Developer Holder (#5) to the front of the Main Seat Support (#4). Secure with one M10 x 2 ½" Carriage Bolt (#65) from the top, two M10 x 2 ¾" Carriage Bolts (#51) on the side, three $\varnothing \frac{3}{4}$ " Washers (#48), and three M10 Aircraft Nuts (#49).
- C.) Attach the Rear of the Main Seat Support (#4) to the Cross Brace (#3). Secure it with one Bracket (#10), two M10 x 2 ¾" Carriage Bolts (#51), two $\varnothing \frac{3}{4}$ " Washers (#48), and two M10 Aircraft Nuts (#49).

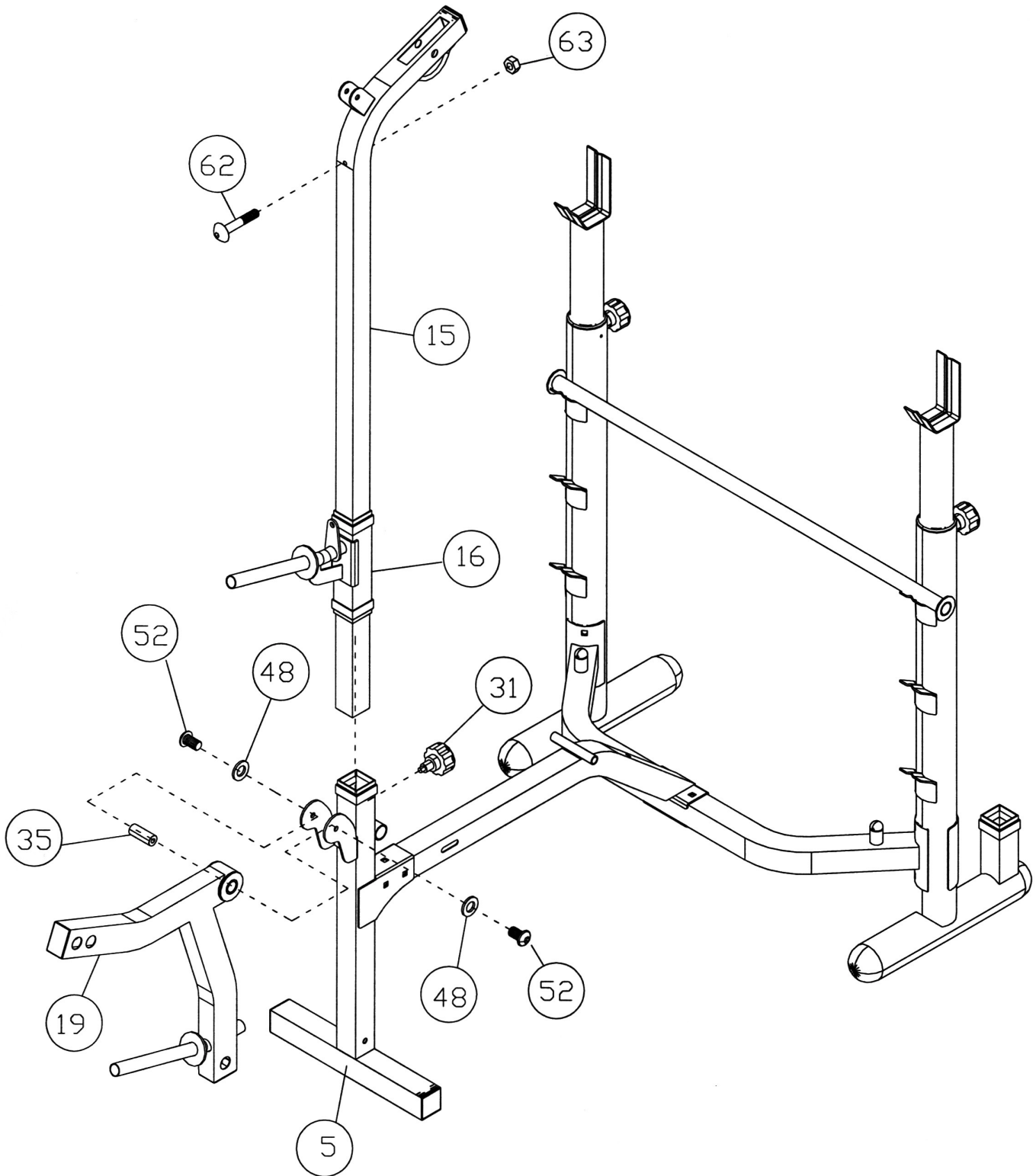
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#19) to the Leg Developer Holder (#5). Secure it with an Axle (#35), two $\varnothing \frac{3}{4}$ " Washers (#48), and two M10 x 5/8" Allen Bolts (#52).
- B.) Insert one M8 x 2 1/8" Allen Bolt (#62) through the hole on the Lat bar Frame (#15) and secure it with a M8 Aircraft Nut (#63).
- C.) Slide the Weight Holder (#16) onto the Lat Bar Frame. Insert the Lat Bar Frame into the top opening on the Leg Developer Holder. Use the Lock Knob (#31) to secure the Lat Bar.

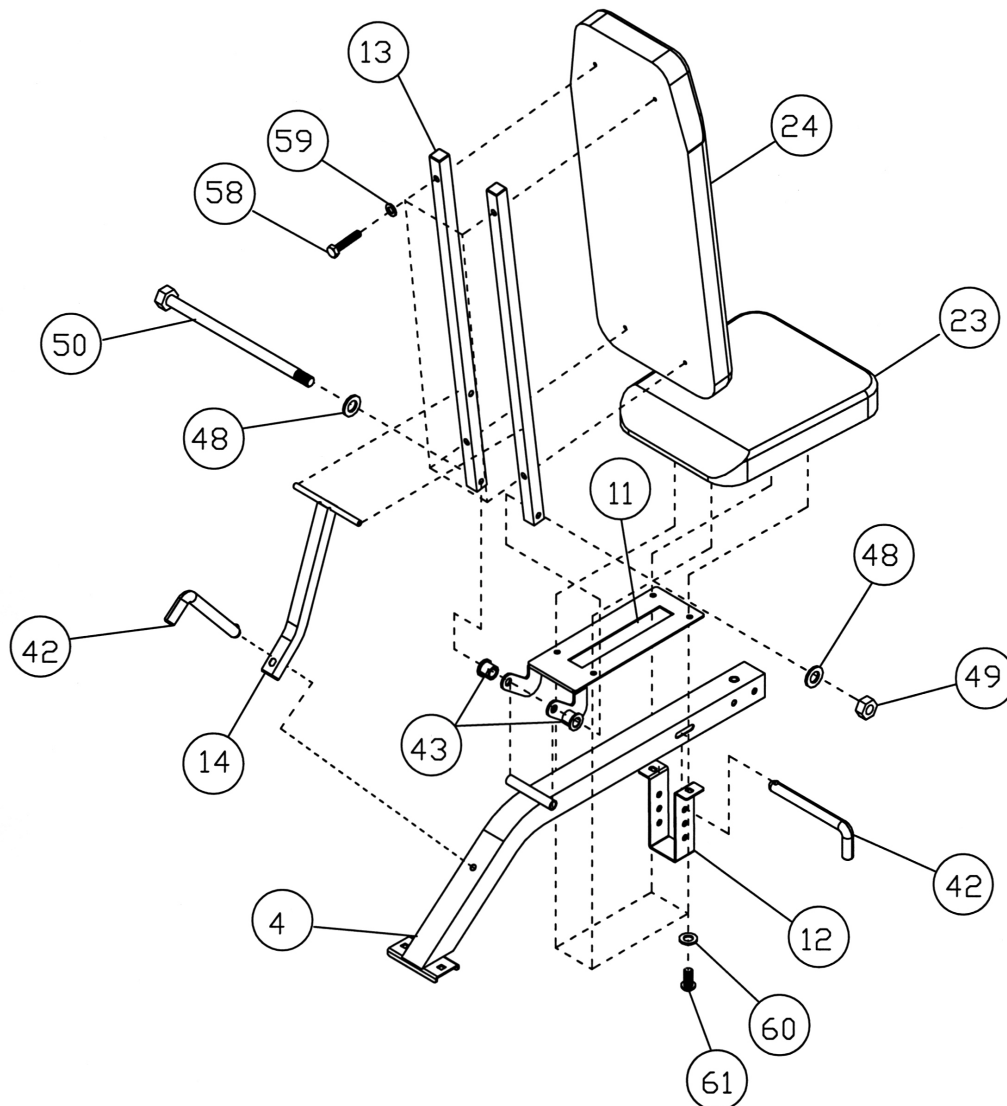
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the hole-side of the Seat Bracket (#11) to the pivot on the Main Seat Support (#4). Push two $\varnothing \frac{3}{4}$ " Bushings (#43) into the holes on the Pivot.
- B.) Attach the Backrest Supports (#13) to the Pivot on the Main Seat Support (#4). Secure it with one M10 x 7 $\frac{1}{4}$ " Hex Bolt (#50), two $\varnothing \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#49). Do not tighten the Nut and Bolt yet. Place the Backrest Incline Support (#14) in between the two Backrest Supports. Securely tighten the Bolt (#50) and Nut (#49).
- C.) Place the Backrest Board (#24) onto the Backrest Supports. Secure it with four M6 x 1 $\frac{3}{8}$ " Hex Bolts (#58) and $\varnothing \frac{1}{2}$ " Washers (#59).
- D.) Place the Seat Pad (#23) onto the Seat Bracket. Secure the two back holes on the Seat with two M8 x $\frac{5}{8}$ " Allen Bolts (#61) and $\varnothing \frac{5}{8}$ " Washers (#60). Secure the two front holes on the Seat with a Seat Incline Adjustment (#12), two M8 x $\frac{5}{8}$ " Allen Bolts (#61) and two $\varnothing \frac{5}{8}$ " Washers (#60). Insert a 4" L-shaped Pin (#42) into the selected hole on the Seat Incline Adjustment to hold the desired seat incline.
- E.) When using the Uprights to do squat exercise, lift the Backrest Board to vertical position and secure it with a 4" L-shaped Pin (#42). NOTE: The vertical support is not designed to sustain any weight. The only purpose of it is to get the Backrest Board out the user's way when doing squat.

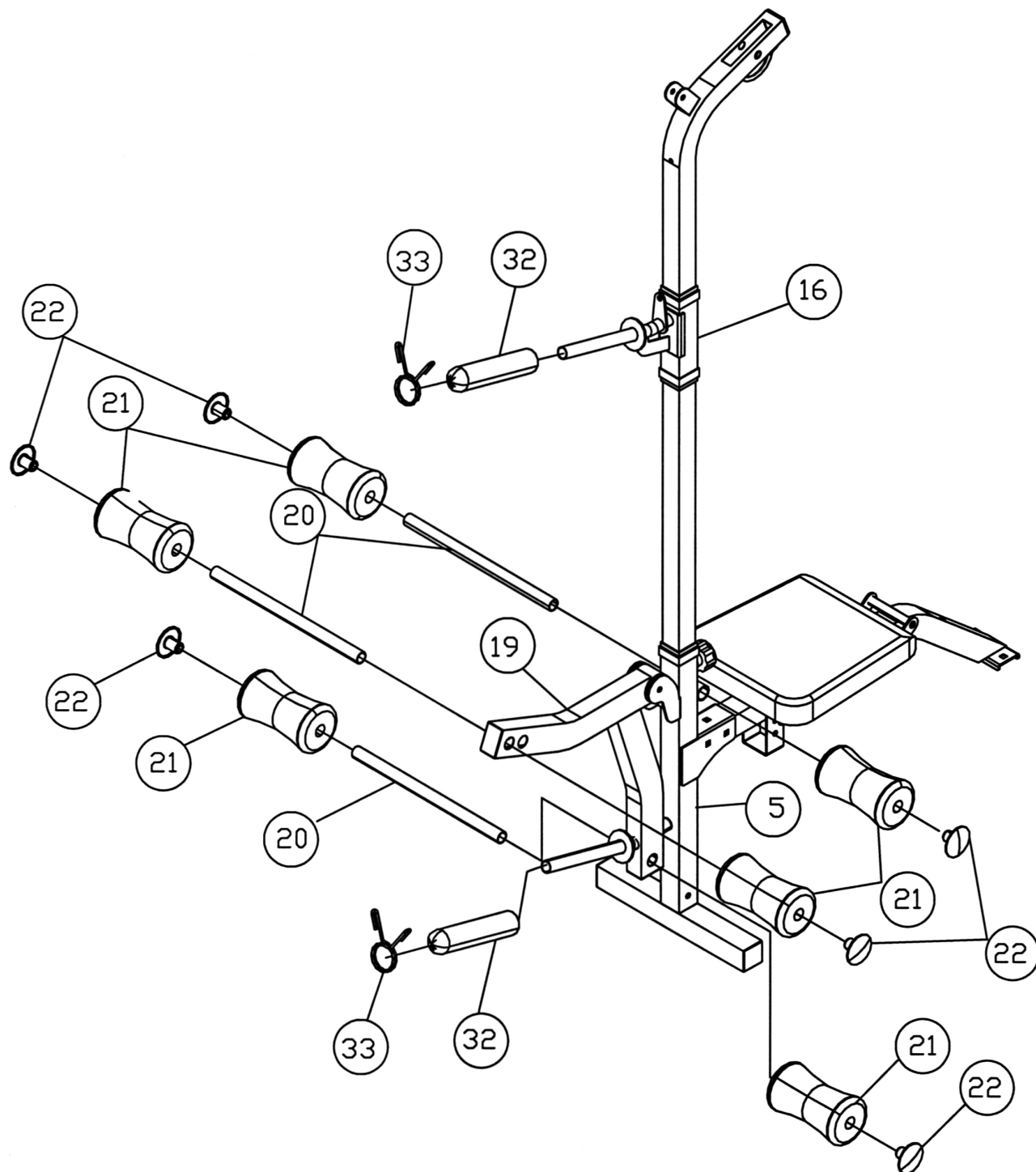
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Insert one Foam Roll Tube (#20) halfway through the hole on the Leg Developer Holder (#5). Insert two Foam Roll Tubes (#20) halfway through the holes on the Leg Developer (#19). Push six Foam Rolls (#21) onto the Tubes from both ends. Plug six Foam Roll End Caps (#22) onto each Foam Roll.
- B.) Attach the two Olympic Sleeves (#32) to the weight post on Leg Developer (#19) and Weight Holder (#16). Attach one Spring Clip (#33) to each Olympic Sleeve.

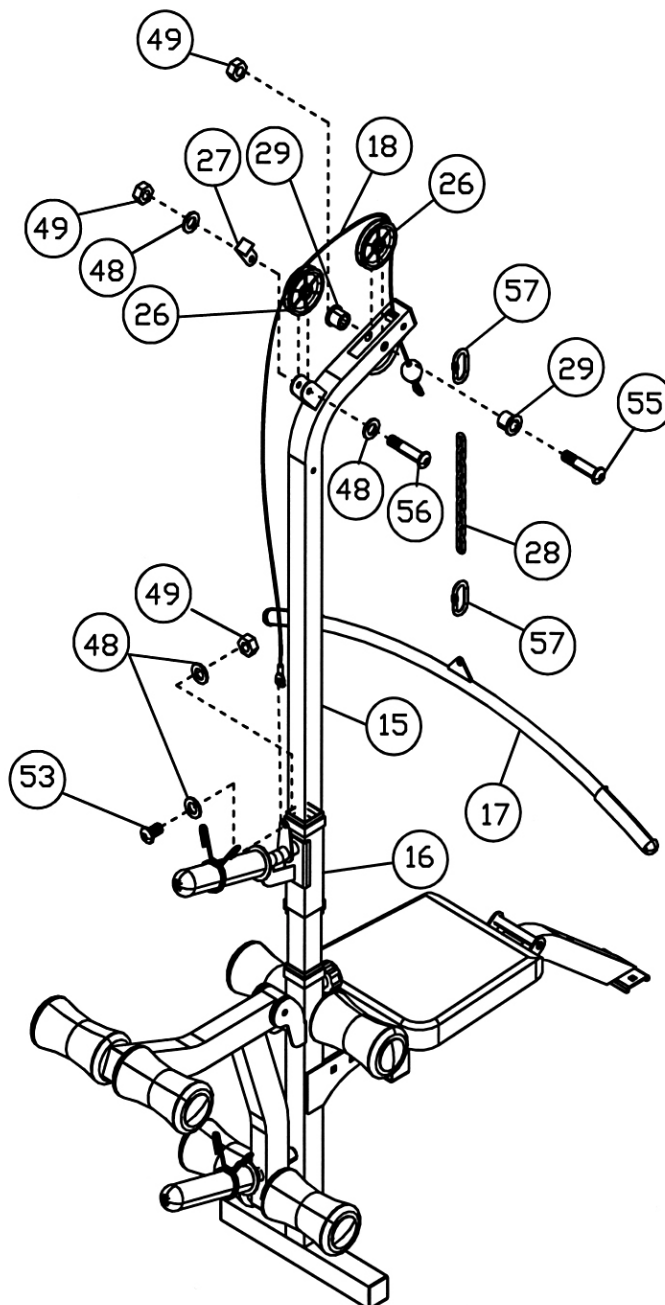
DIAGRAM 5



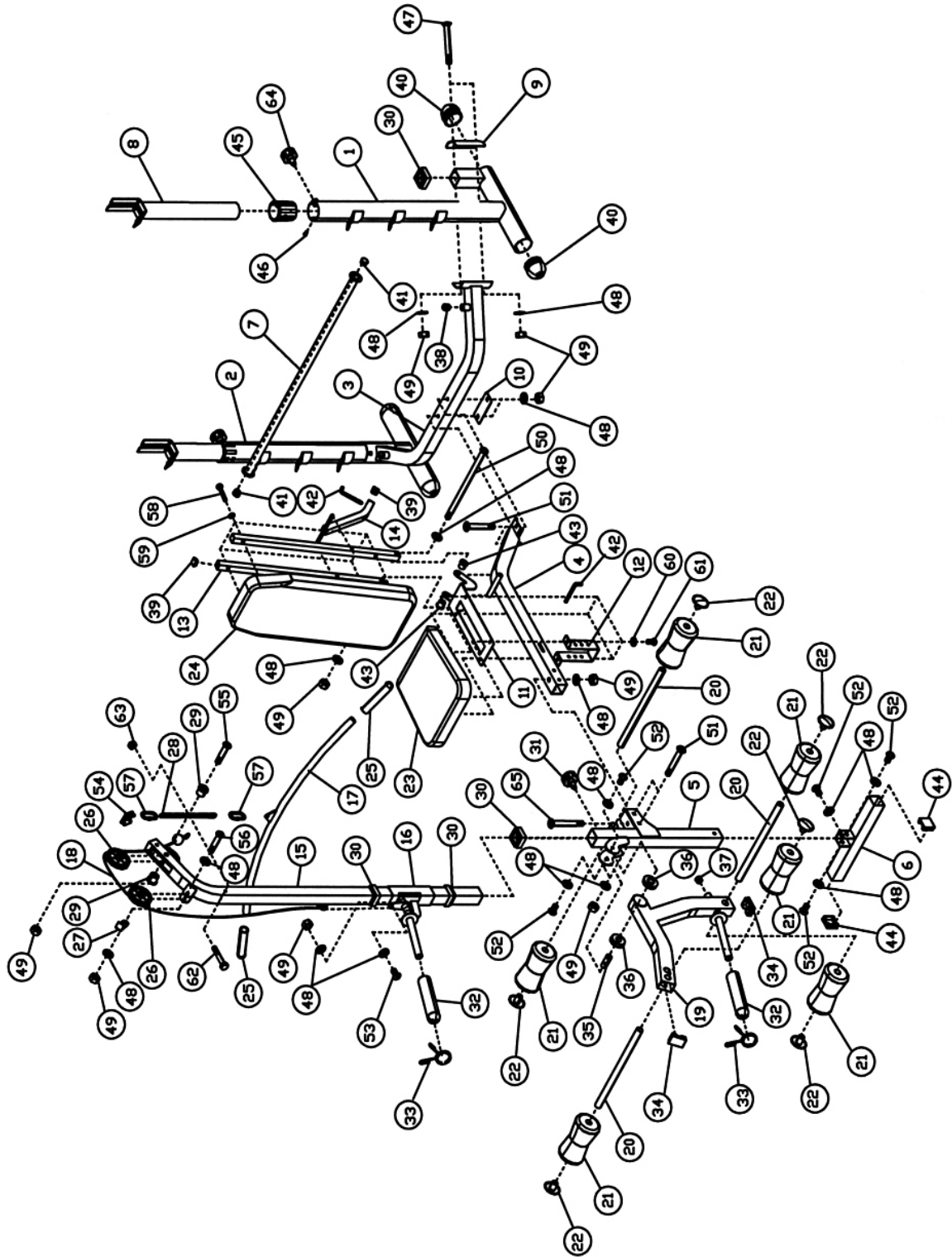
STEP 6 (See Diagram 6)

- A.) Attach the ball end of the Cable (#18) to a Pulley (#26). Place the Pulley in the open slot on top of the Lat Bar Frame (#15). Secure the Pulley with one M10 x 2 3/8" Allen Bolt (#55), two Pulley Bushings (#29), and one M10 Aircraft Nut (#49).
- B.) Draw the Cable over the Pulley to the open bracket on the Lat Bar Frame. Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#56), one L-shaped Pulley Cover (#27), two $\varnothing \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#49).
- C.) Draw the Cable over the Pulley then downward to the Weight Holder (#16). Secure the tip of the Cable to the Weight Holder with one M10 x 1" Allen Bolt (#53), two $\varnothing \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#49).
- D.) Connect the Lat Bar (#17) by using a two C-clips (#57) to both end of the Chain (#28). Adjust the length of Chain to obtain the desired height of the Lat Bar exercise. Then connect the Chain to the Cable (#18).

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

			51	M10 x 2 3/4" Carriage Bolt	4
			52	M10 x 5/8" Allen Bolt	5
			53	M10 x 1" Allen Bolt	1
			54	1 3/4" Square End Cap	1
			55	M10 x 2 3/8" Allen Bolt	1
			56	M10 x 2" Allen Bolt	1
			57	C-clip	2
			58	M6 x 1 3/8" Hex Bolt	4
			59	Ø 1/2" Washer	4
			60	Ø 5/8" Washer	4
			61	M8 x 5/8" Allen Bolt	4
			62	M8 x 2 1/8" Allen Bolt	1
			63	M8 x Aircraft Nut	1
			64	Lock Knob	2
			65	M10 x 2 1/2" Carriage Bolt	1
1	Left Upright Beam	1			
2	Right Upright Beam	1			
3	Cross Brace	1			
4	Main Seat Support	1			
5	Leg Developer Holder	1			
6	Front Base	1			
7	Backrest Adjustment Bar	1			
8	Crutch	2			
9	Bent Bracket	2			
10	Bracket	1			
11	Seat Bracket	1			
12	Seat Incline Adjustment	1			
13	Backrest Support	2			
14	Backrest Incline Support	1			
15	Lat Bar Frame	1			
16	Weight Holder	1			
17	Lat Bar	1			
18	Cable	1			
19	Leg Developer	1			
20	Foam Roll Tube	3			
21	Foam Roll	6			
22	Foam Roll End Cap	6			
23	Seat Pad	1			
24	Backrest Board	1			
25	Lat Bar Grip	2			
26	Pulley	2			
27	L-shaped Pulley Cover	1			
28	Chain	1			
29	Pulley Bushing	2			
30	2" Sleeve	4			
31	Lock Knob	1			
32	Olympic Sleeve	2			
33	Spring Clip	2			
34	1 5/8" x 2 3/8" End Cap	2			
35	Axle	1			
36	Axle Bushing	2			
37	Ø 1" End Cap	1			
38	Ø 1" Cone-shaped End Cap	2			
39	1" Square End Cap	3			
40	Ø 3" Cone-shaped End Cap	4			
41	Ø 1 1/8" Cone-shaped End Cap	2			
42	4" L-shaped Pin	2			
43	Ø 3/4" Bushing	2			
44	2" Square End Cap	2			
45	Ø 3" Sleeve	2			
46	Philips Screw	2			
47	M10 x 3 3/4" Carriage Bolt	4			
48	Ø 3/4" Washer	20			
49	M10 Aircraft Nut	13			
50	M10 x 7 1/4" Hex Bolt	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

**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