

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
PHC PWR3

Retain This
Manual for
Reference

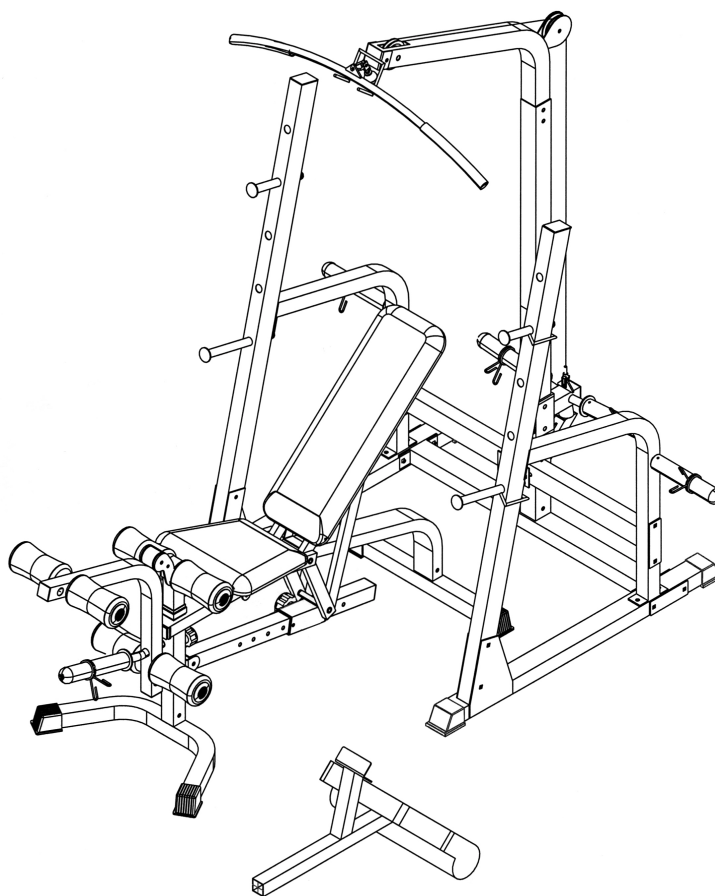
11-01-01

OWNER'S
MANUAL



POWERHOUSE CLUB

PHC PWR3



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC-PWR3 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

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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

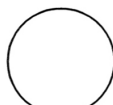


M10

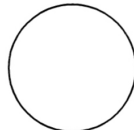
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

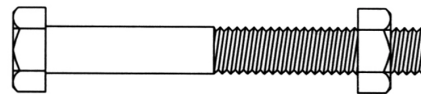
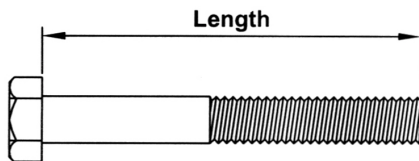
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

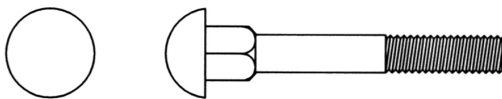


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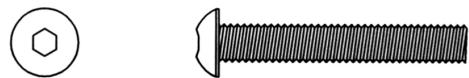
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

SQUAT RACK ASSEMBLY INSTRUCTION

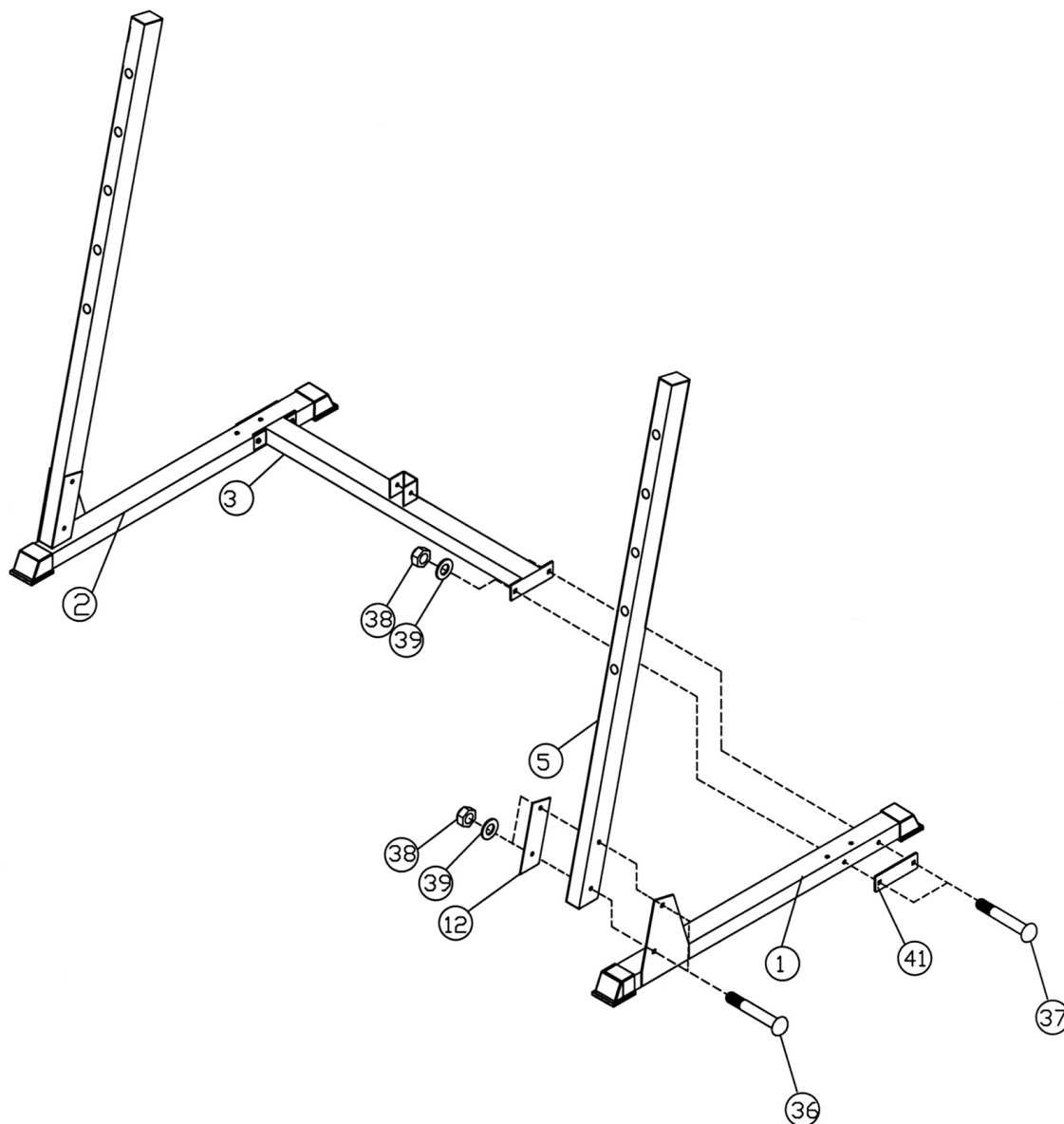
Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches

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 Left and Right Stabilizer (#1) & (#2) by a Rear Stabilizer (#3). Align the holes and secure them with one 6 ¼" x 2" Bracket (#41), two M10 x 3 ½" Carriage Bolts (#37), Ø ¾" Washers (#39), and M10 Aircraft Nuts (#38) at each end of the Rear Stabilizer.
- B.) Attach one Upright Beam (#5) to the Left Stabilizer (#1). Secure it with one 8 ½" x 2 ¾" Bracket (#12), two M10 x 2 ¾" Carriage Bolts (#36), Ø ¾" Washers (#39), and M10 Aircraft Nuts (#38). Repeat the same procedure to install the other Upright Beam to Right Stabilizer (#2).

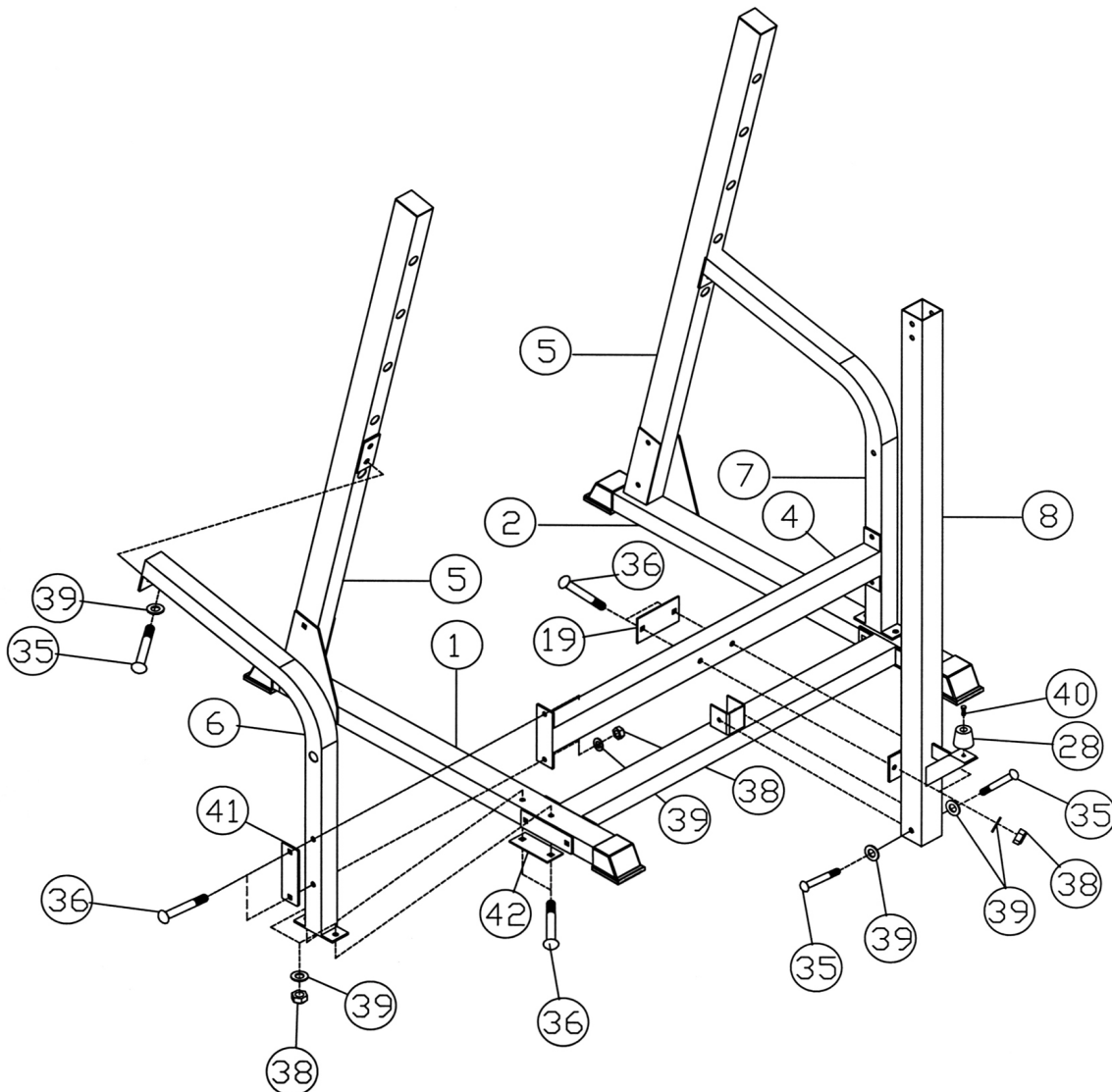
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Left Support (#6) onto the Left Stabilizer (#1). Secure it with one 4 $\frac{3}{4}$ " x 2" Bracket (#42), two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#36), \varnothing $\frac{3}{4}$ " Washers (#39), and M10 Aircraft Nuts (#38) from the bottom up.
- B.) Attach the front of the Left Support (#6) to the Left Upright Beam (#5). Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#35) and \varnothing $\frac{3}{4}$ " Washer (#39).
- C.) Repeat Step A & B above to install the Right Support (#7) on the right side.
- D.) Connect the Cross Brace (#4) in between the two Supports (#6) & (#7). Secure it with one 6 $\frac{1}{4}$ " x 2" Bracket (#41), two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#36), two \varnothing $\frac{3}{4}$ " Washers (#39), and two M10 Aircraft Nuts (#38) on each end of the Cross Brace.
- E.) Attach the bottom of Vertical Frame (#8) to the bracket on the Rear Stabilizer (#3). Secure the Vertical Frame to the Rear Stabilizer with two M10 x $\frac{3}{4}$ " Allen Bolts (#35) and \varnothing $\frac{3}{4}$ " Washers (#39). Secure the Vertical Frame (#8) to the Cross Brace (#4) with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#36), one 5 $\frac{1}{8}$ " x 2 $\frac{3}{4}$ " Bracket (#19), two \varnothing $\frac{3}{4}$ " Washers (#39), and M10 Aircraft Nuts (#38).
- F.) Attach a Bumper (#28) onto the lower Vertical Frame (#8). Secure it with a M6 Philips Head Screw (#40).

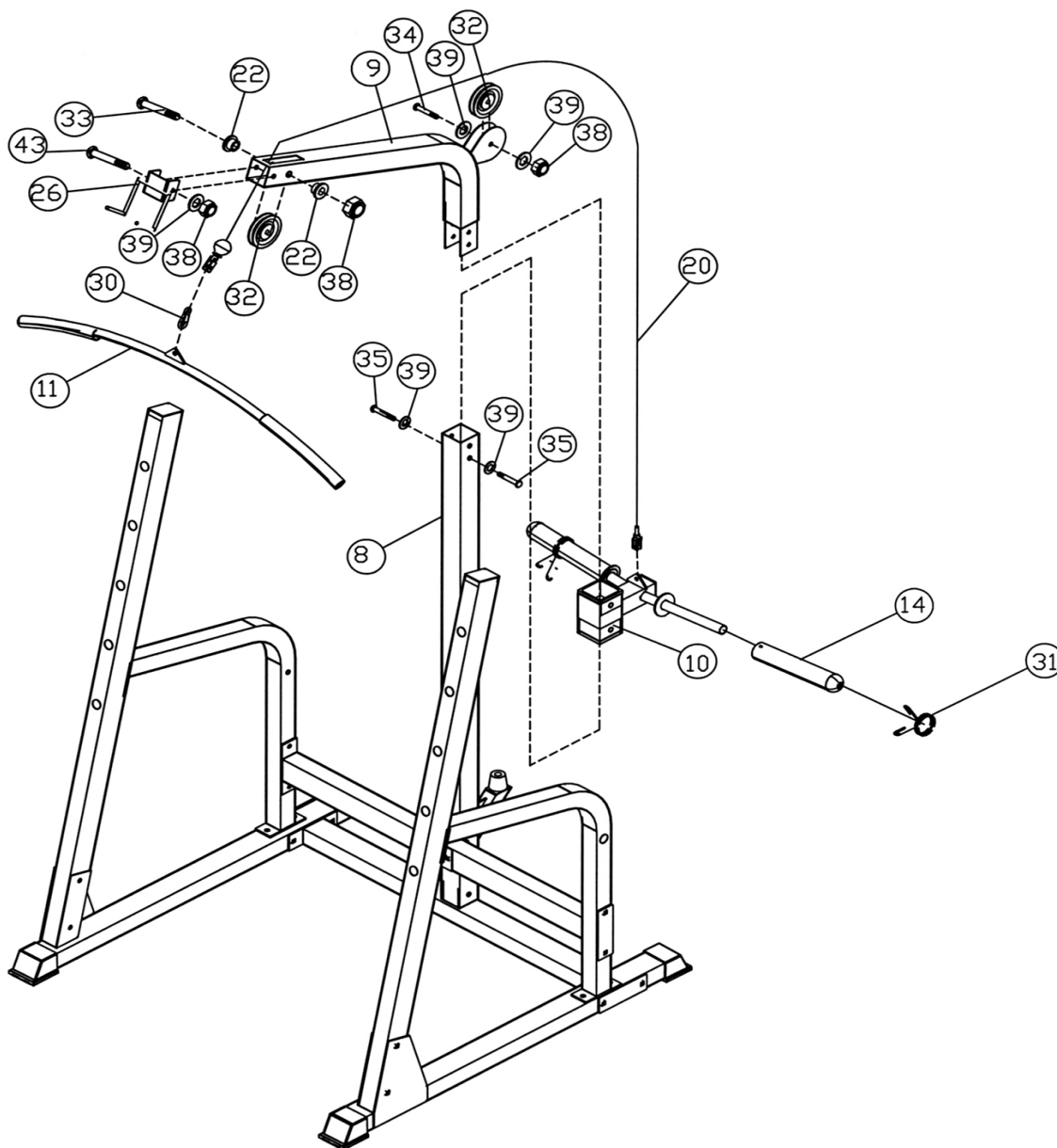
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Slide the Sliding Weight Holder (#10) onto the Vertical Frame (#8). Slide the two Olympic Sleeves (#14) onto the posts on the Sliding Weight Holder. Attach two Spring Clips (#31) to the Olympic Sleeves.
- B.) Insert the Upper Frame (#9) into the top opening on the Vertical Frame (#8). Secure it with two M10 x $\frac{3}{4}$ " Allen Bolts (#35) and $\varnothing \frac{3}{4}$ " Washers (#39).
- C.) Attach the Lat Bar Holder (#26) to the front of Upper Frame (#9). Secure it with one M10 x 3 $\frac{1}{8}$ " Carriage Bolt (#43), $\varnothing \frac{3}{4}$ " Washer (#39), and M10 Aircraft Nut (#38).
- D.) Attach two Bushings (#22) to the side-holes on the top of the Upper Frame (#9). Place a Pulley (#32) in the opening. Attach a 91" Cable (#20) to the Pulley. Align the holes and secure the Pulley with a M10 x 3" Allen Bolt (#33) and M10 Aircraft Nut (#38).
- E.) Pull the Cable over the top of the Pulley towards the back of the machine. Place a Pulley (#32) in the bracket on the top of the Vertical Beam. Align the holes and secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#34), two $\varnothing \frac{3}{4}$ " Washers (#39) and M10 Aircraft Nut (#38). Pull the Cable over the Pulley then all the way down and connect to the Sliding Weight Holder (#10).
- F.) Attach the Lat Bar (#11) to the Cable End with a Clip (#30).

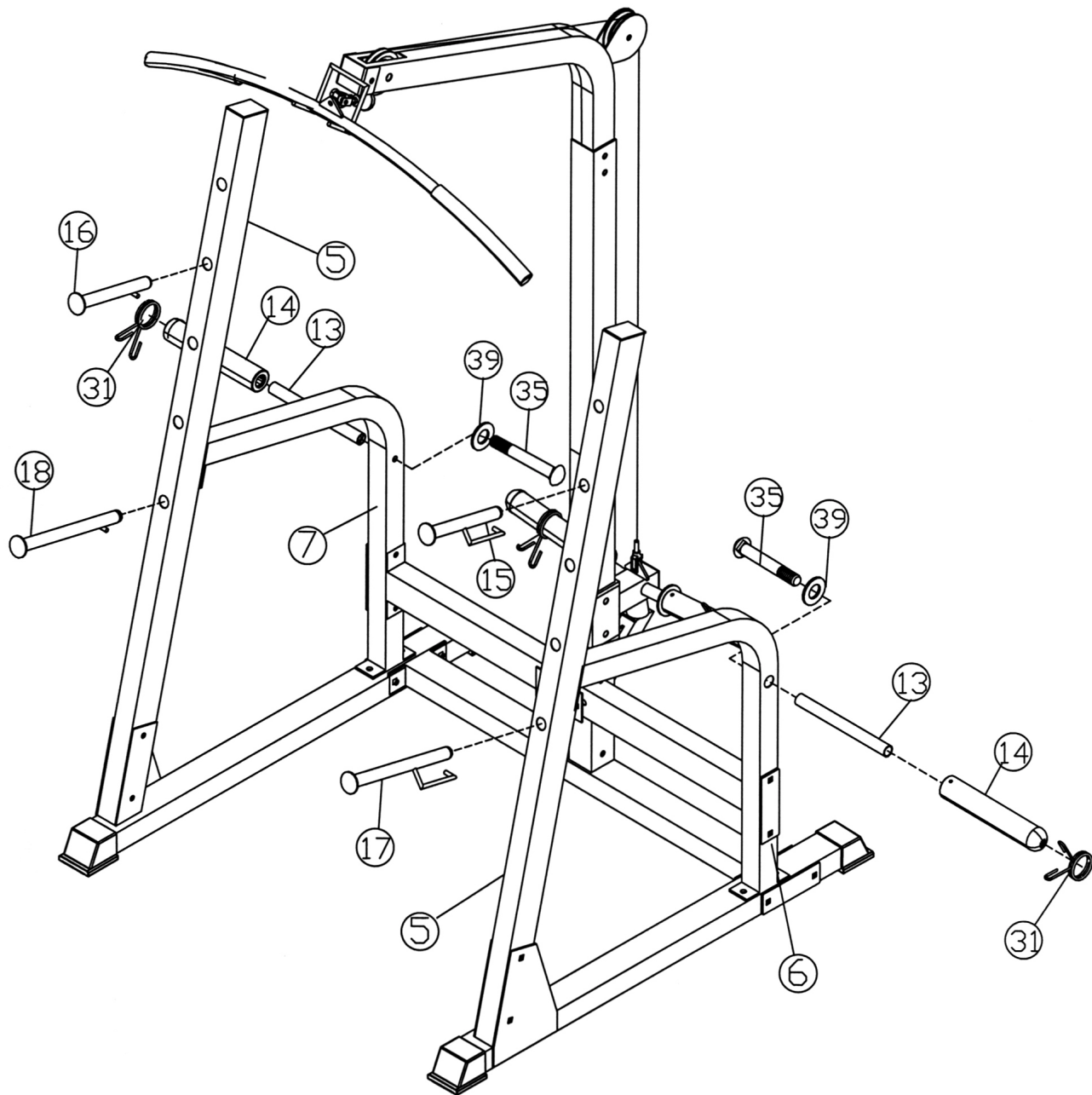
DIAGRAM 3



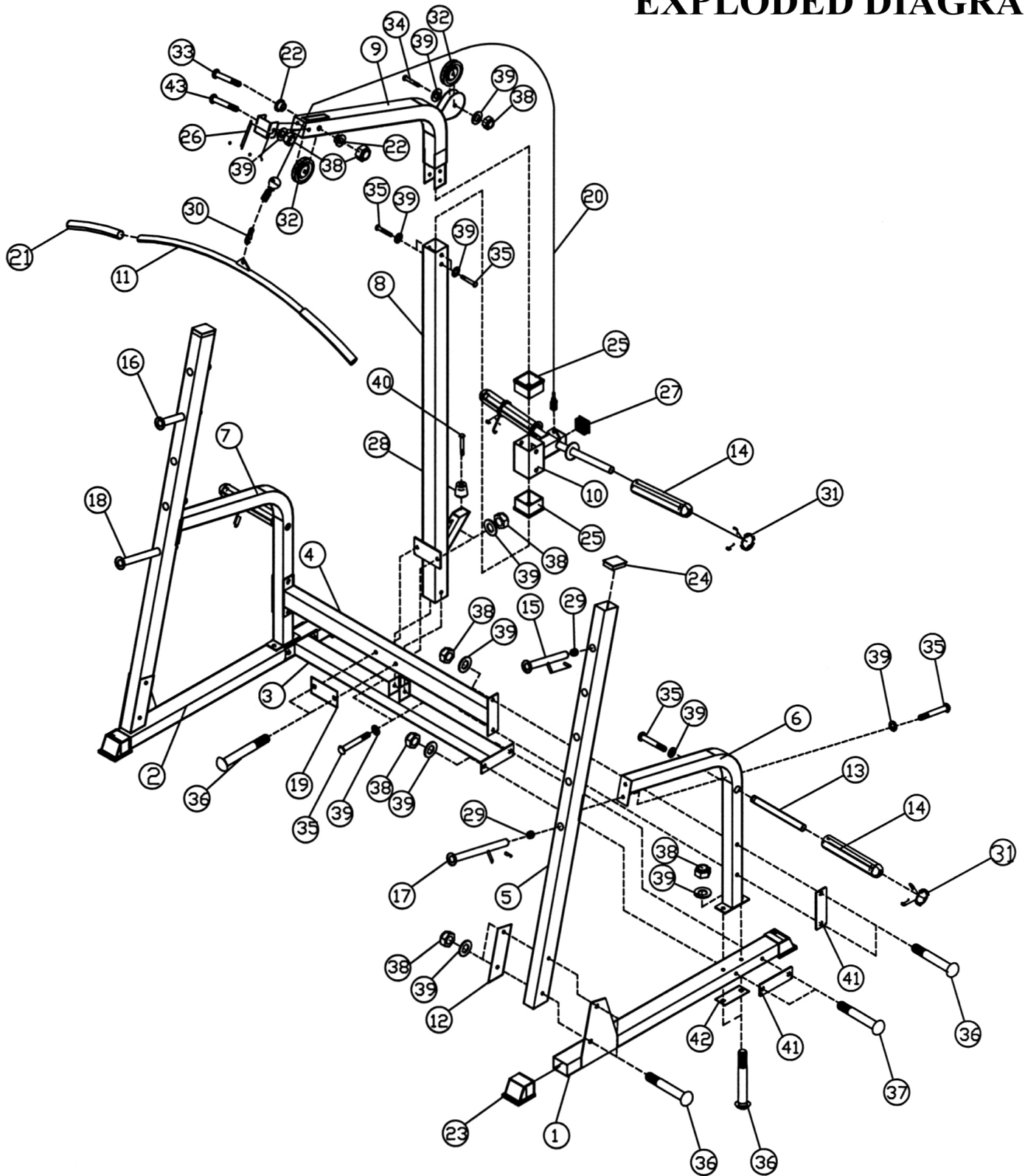
STEP 4 (See Diagram 4)

- A.) Attach two Weight Plate Holders (#13) to the holes on the side of each Left and Right Supports (#6) & (#7). Secure each with a M10 x $\frac{3}{4}$ " Allen Bolt (#35) and $\varnothing \frac{3}{4}$ " Washer (#39).
- B.) Slide an Olympic Sleeve (#14) onto each Holder. Attach a Spring Clip (#31) to each Sleeve.
- C.) Insert the Left Bar Catch (#15) into upper selected hole on the left Upright Beam. Insert the Right Bar Catch (#16) on the other side. Insert the Left Long Bar Catch (#17) into the bottom hole on the Left Upright Beam. Insert the Right Long Bar Catch (#18) on the other side.

DIAGRAM 4



EXPLODED DIAGRAM



SQUAT RACK PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Stabilizer	1
2	Right Stabilizer	1
3	Rear Stabilizer	1
4	Cross Brace	1
5	Upright Beams	2
6	Left Support	1
7	Right Support	1
8	Vertical Frame	1
9	Upper Frame	1
10	Sliding Weight Holder	1
11	Lat Bar	1
12	8 ½" x 2 ¾" Bracket	2
13	Weight Plate Holder	2
14	Olympic Sleeve	4
15	Left Bar Catch	1
16	Right Bar Catch	1
17	Left Long Bar Catch	1
18	Right Long Bar Catch	1
19	5 1/8" x 2 ¾" Bracket	1
20	91 " Cable	1
21	Lat Bar Grip	2
22	Bushing	2
23	Stabilizer End Cap	4
24	2" x 2 ¾" Cap	2
25	Sliding Block sleeve	2
26	Lat Bar Holder	1
27	2" Square End Cap	1
28	Bumper	1
29	Cone-shaped Cap	4
30	Clip	1
31	Spring Clip	4
32	Pulley	2
33	M10 x 3" Allen Bolt	1
34	M10 x 1 ¾" Allen Bolt	1
35	M10 x ¾" Allen Bolt	10
36	M10 x 2 ¾" Carriage Bolt	14
37	M10 x 3 ½" Carriage Bolt	4
38	M10 Aircraft Nut	20
39	Ø ¾" Washer	31
40	M6 Philips Head Screw	1
41	6 ¼" x 2" Bracket	4
42	4 ¾" x 2" Bracket	2
43	M10 x 3 1/8" Carriage Bolt	1

MULTIPURPOSE BENCH ASSEMBLY INSTRUCTION

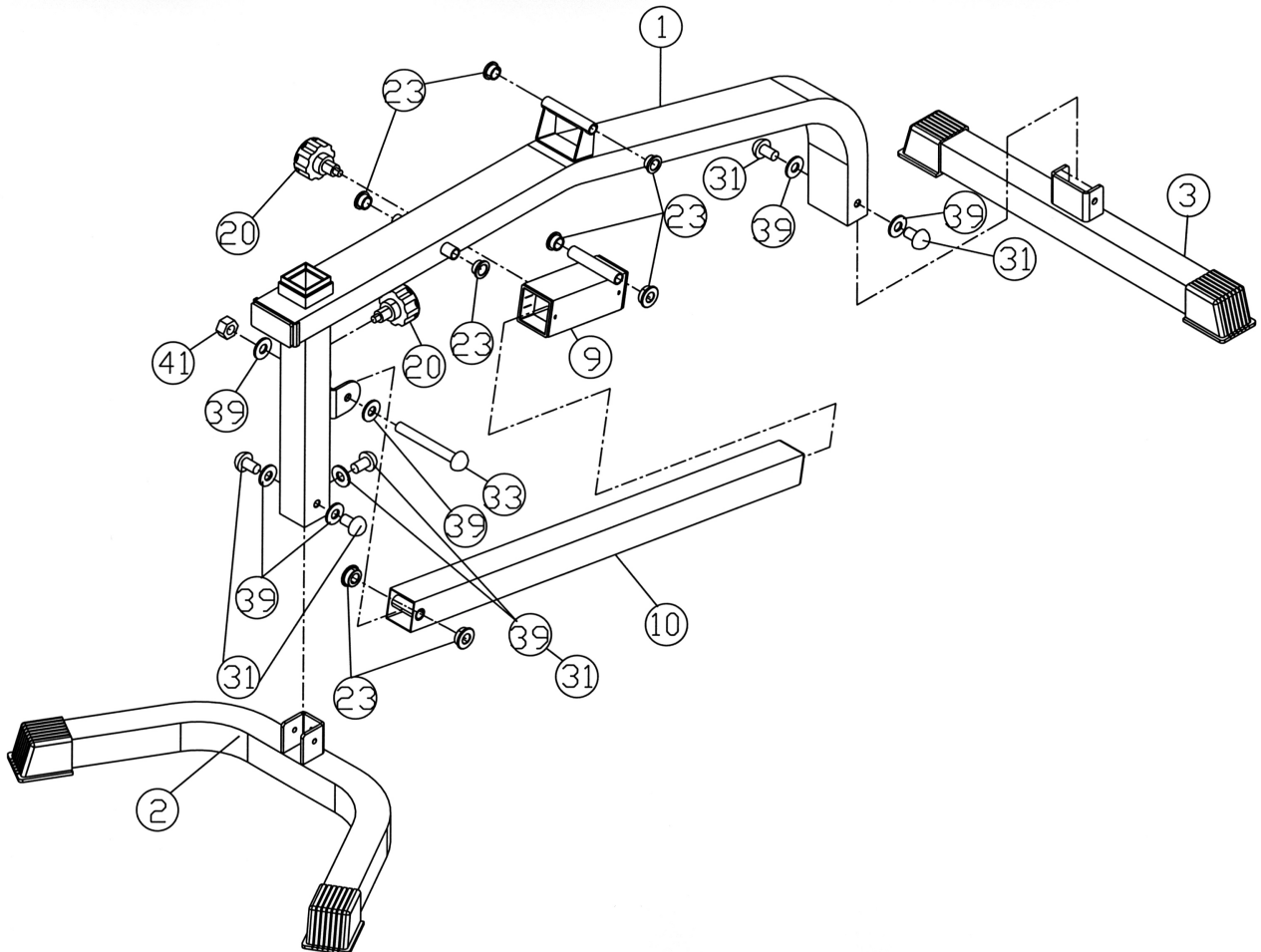
Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches

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.) Attach the Main Frame (#1) to the Front Stabilizer (#2). Align the holes and secure it with three M10 x 5/8" Allen Bolts (#31) and $\varnothing \frac{3}{4}$ " Washers (#39).
- B.) Attach the Main Frame (#1) to the Rear Stabilizer (#3). Align the holes and secure it with two M10 x 5/8" Allen Bolts (#31) and $\varnothing \frac{3}{4}$ " Washers (#39).
- C.) Slide the Sliding Block (#9) onto the Incline Adjustment Bar (#10). Align the holes then thread in a Knob Lock (#20) to hold the Sliding Block in position.
- D.) Push two Bushings (#23) into the Incline Adjustment Bar (#10). Then attach the Bushings and the Bar to the bracket on the Main Frame (#1). Secure it with a M10 x 3" Allen Bolt (#33), two $\varnothing \frac{3}{4}$ " Washers (#39), and one M10 Aircraft Nut (#41).
- E.) Attach two Bushings (#23) to the side of Main Frame (#1). Attach two Bushings (#23) to the pivot on top of the Main Frame (#1). Attach two Bushings (#23) to the pivot on the Sliding Block (#9).

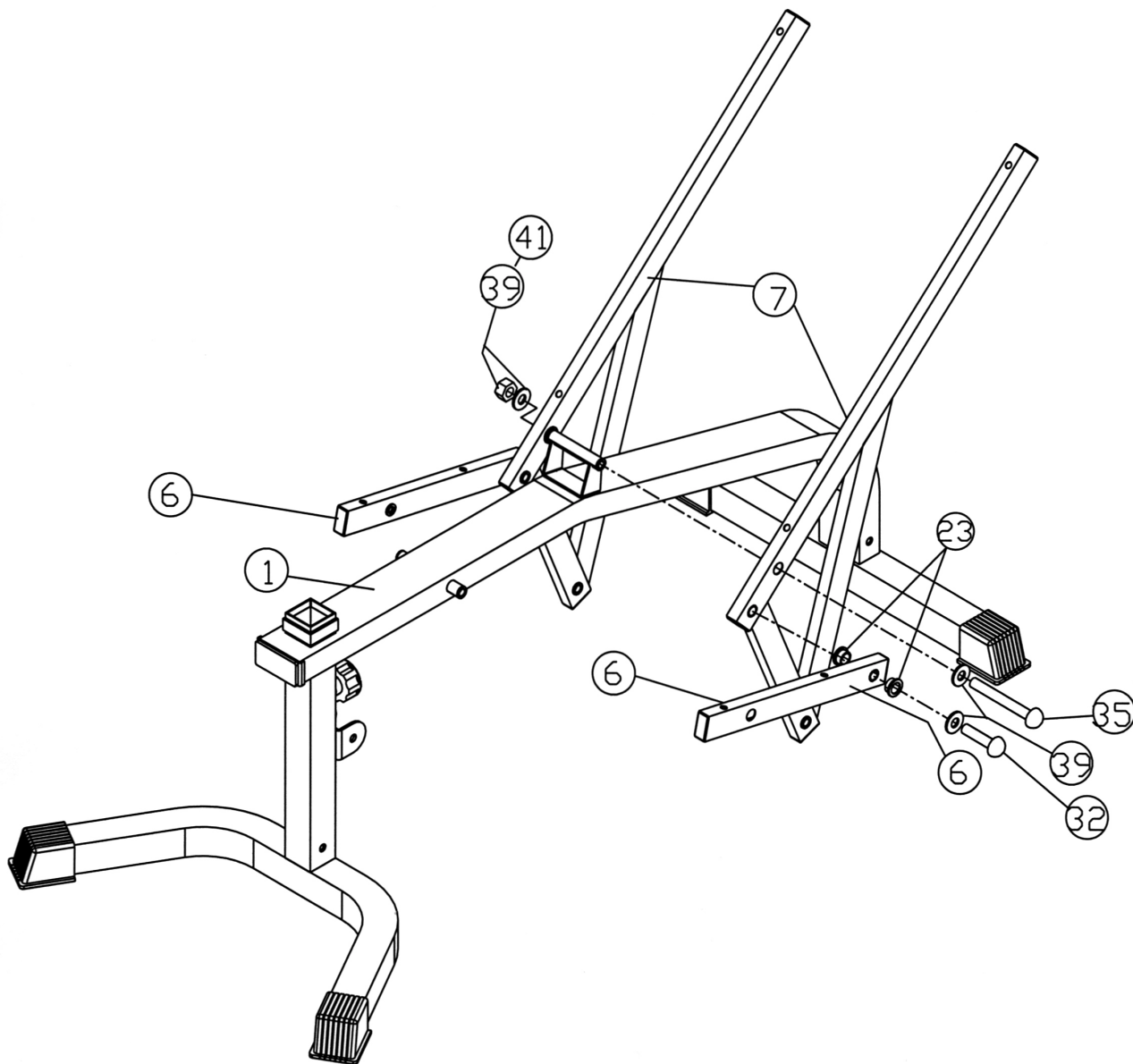
DIGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach two Bushings (#23) to each Seat Support Frames (#6).
- B.) Attach one Backrest Support (#7) to the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 5/8" Allen Bolt (#32), two $\varnothing \frac{3}{4}$ " Washers (#39), and one M10 Aircraft Nut (#41). Repeat the same procedure to install the other side.
- C.) Attach the two Backrest Supports (#7) to the pivot on the Main Frame (#1). Align the holes and secure them with one M10 x 6 1/4" Allen Bolt (#35), two $\varnothing \frac{3}{4}$ " Washers (#39), and one M10 Aircraft Nut (#41).

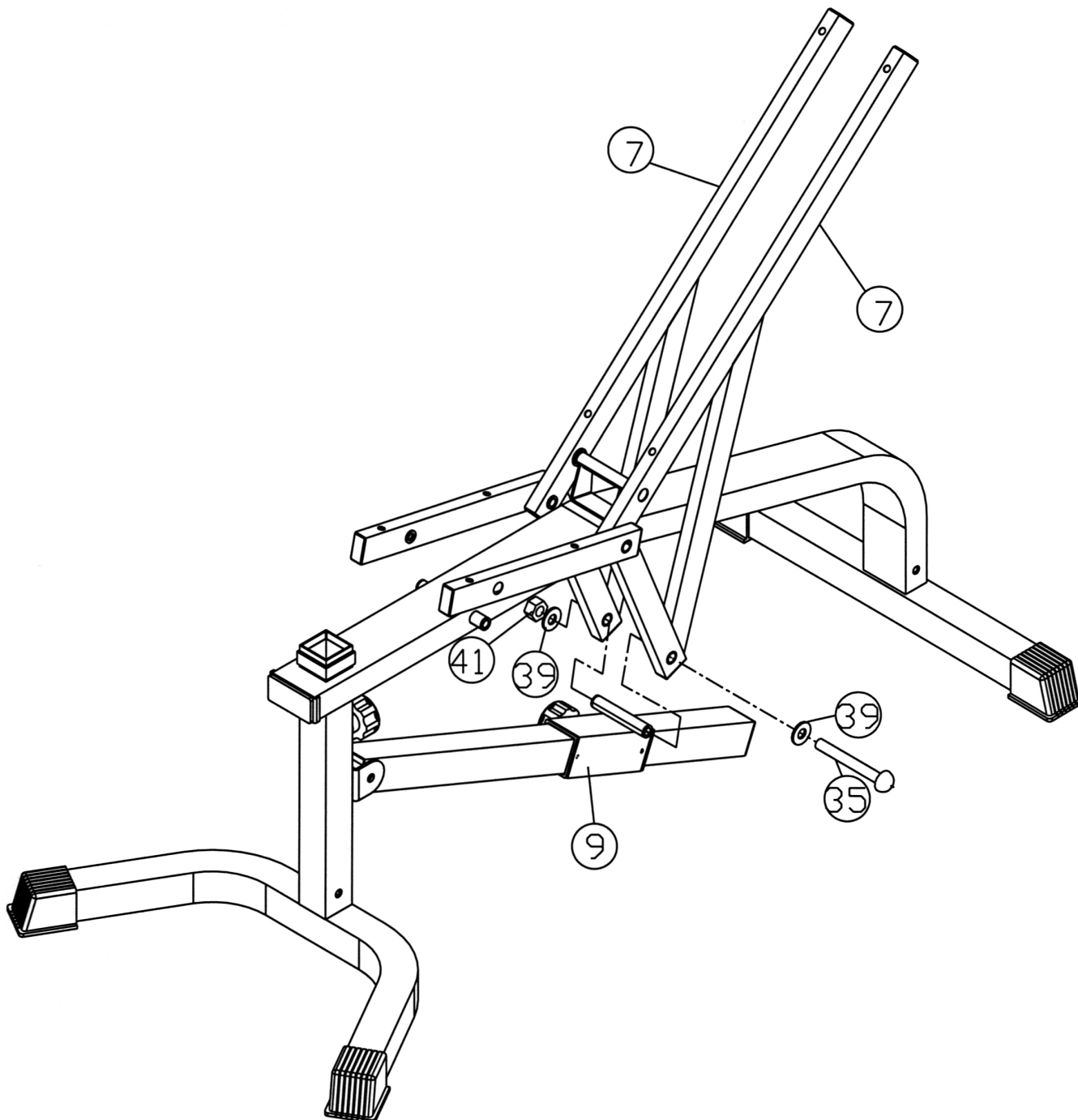
DIAGRAM 2



STEP 3 (See Diagram 3)

A.) Align the holes on the two Backrest Supports (#7) to the pivot on the Sliding Block (#9). Secure them with one M10 x 6 1/4" Allen Bolt (#35), two Ø 3/4" Washers (#39), and one M10 Aircraft Nut (#41).

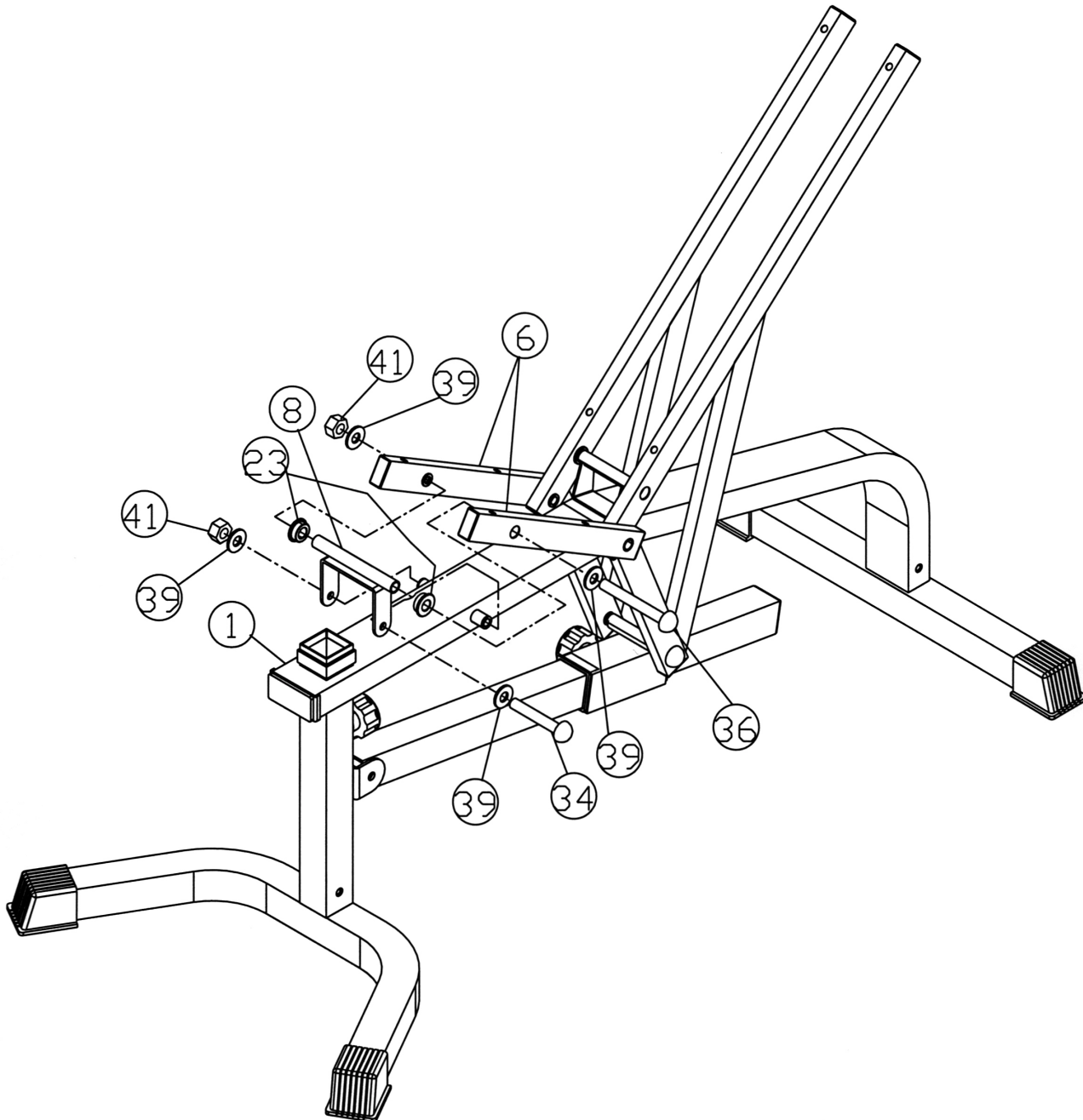
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Seat Incline Support Bracket (#8) to the Main Frame (#1). Secure it with one M10 x 4 3/4" Allen Bolt (#34), two Ø3/4" Washers (#39), and one M10 Aircraft Nut (#41). Do not over tighten the nut and bolt. The Bracket needs to be able to swivel. Attach two bushings (#23) to the pivot on the Seat Incline Support Bracket (#8).
- B.) Attach the Seat Support Frames (#6) to the Pivot. Align the holes and secure them with one M10 x 8 1/4" Allen Bolt (#36), two Ø 3/4" Washers (#39), and one M10 Aircraft Nut (#41).

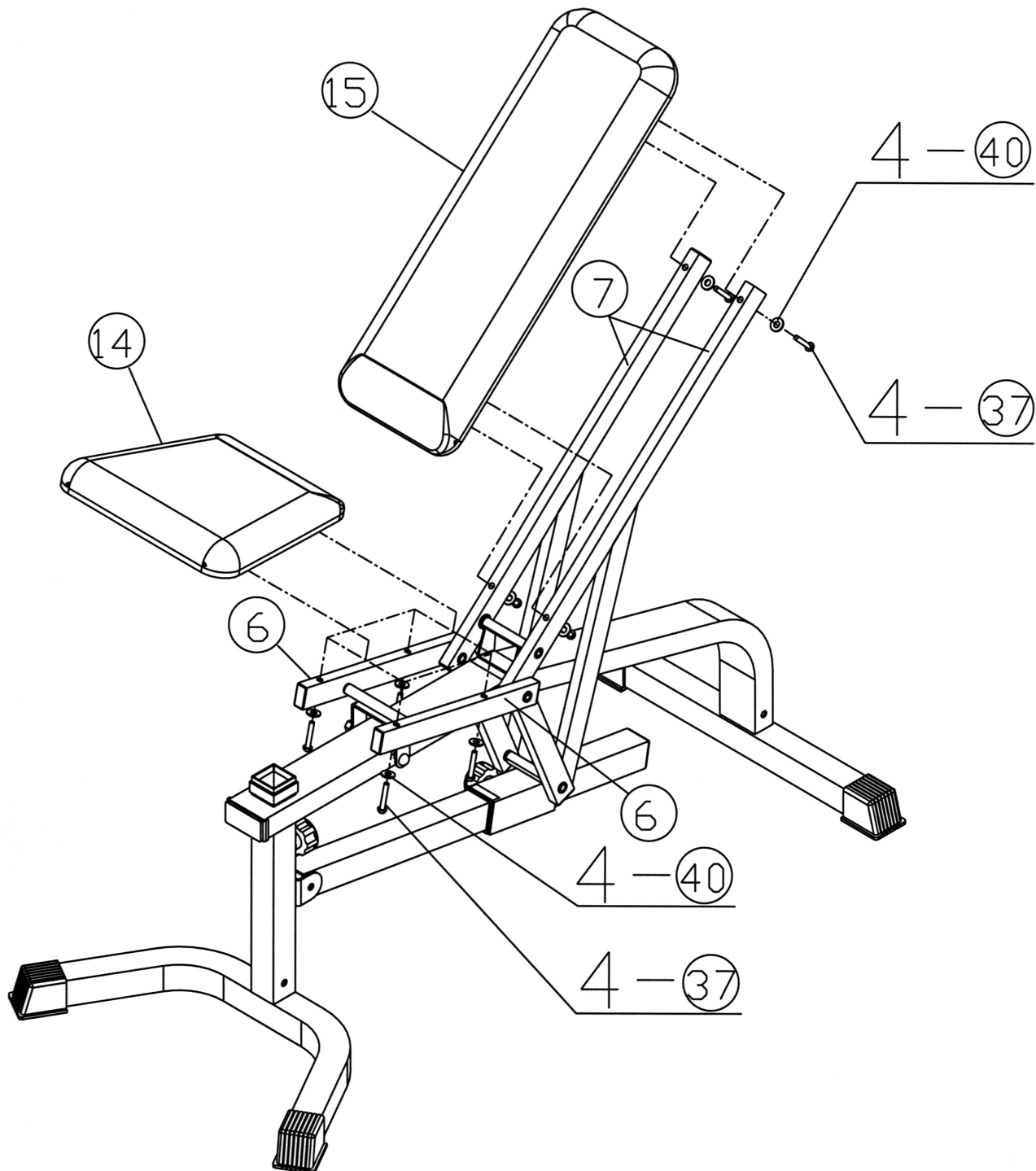
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Place the Seat Pad (#14) onto the Seat Support Frames (#6). Align the holes and secure it with four M8 x 2" Allen Bolts (#37) and \varnothing 5/8" Washers (#40).
- B.) Place the Backrest Board (#15) onto the Backrest Supports (#7). Align the holes and secure it with four M8 x 2" Allen Bolts (#37) and \varnothing 5/8" Washers (#40).

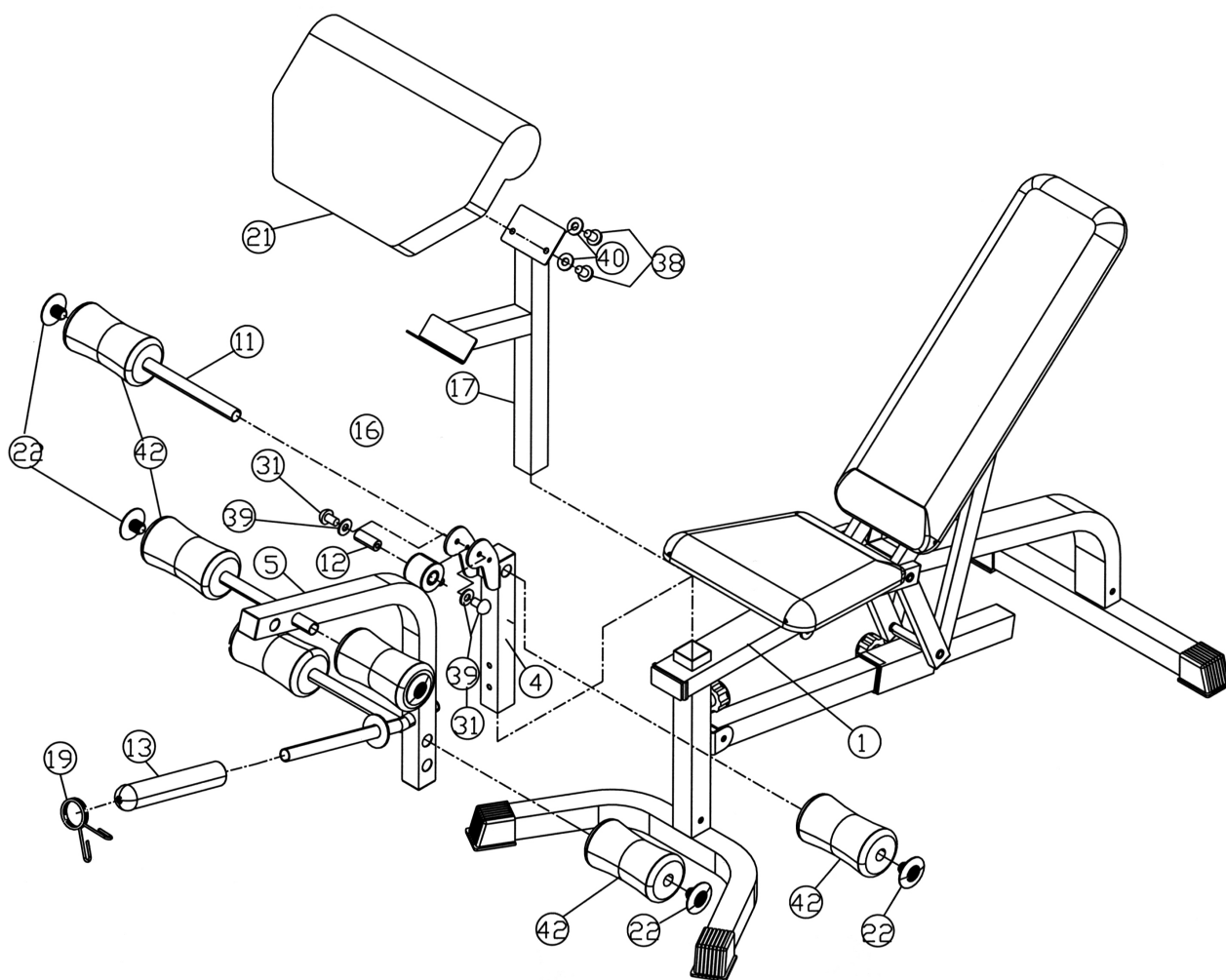
DIAGRAM 5

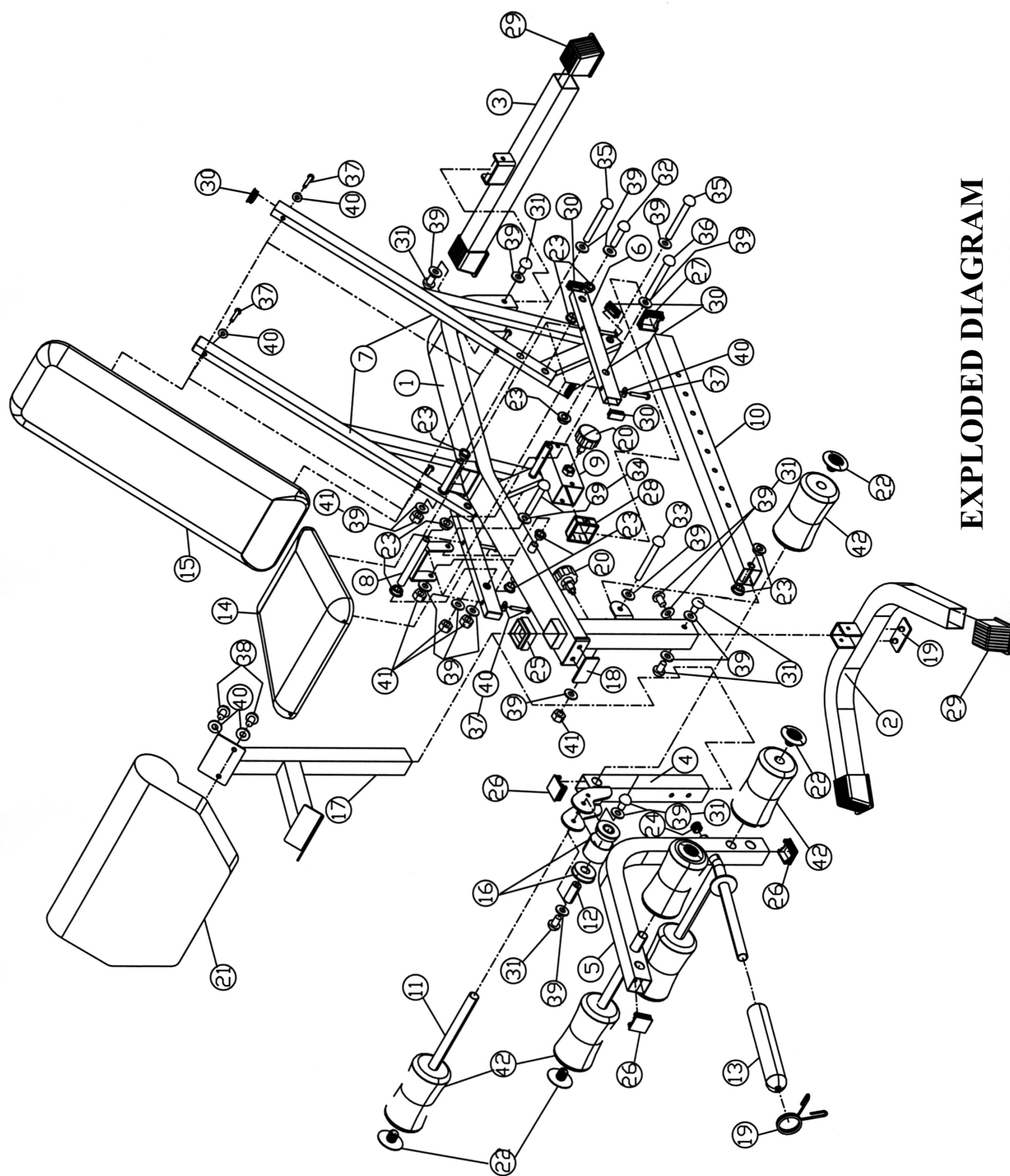


STEP 6 (See Diagram 6)

- A.) Insert the Leg Developer Holder (#4) into the opening in front of the Seat. Secure it with a Lock Knob underneath the Seat. Attach the Leg Developer (#5) to the bracket on the Leg Developer Holder (#4). Secure it with an Axle (#12), two $\varnothing \frac{3}{4}$ " Washers (#39), and two M10 x 5/8" Allen Bolts (#31). Push the Olympic Sleeve (#13) onto the weight post on the Leg Developer. Attach the Sprint Clip (#19) to the Sleeve. NOTE: When using the bench at a decline position to do Ab exercises, place at least 30 lbs. of weights on the leg developer to hold it down.
- B.) Insert one Foam Roll Tube (#11) halfway through the hole on the Leg Developer Holder (#4). Insert two Foam Roll Tubes (#11) halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#42) onto the Tubes from both sides. Plug six Foam Roll Caps (#22) to the ends.
- C.) Attach the Arm Curl Pad (#21) to the Arm Curl Stand (#17). Secure it with two M8 x 5/8" Allen Bolts (#38) and $\varnothing \frac{5}{8}$ " Washers (#40). For Arm Curl exercises, remove the Leg Developer and insert the Arm Curl Stand into the top opening in front of the Seat.

DIAGRAM 6





EXPLODED DIAGRAM

MUTIPURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Leg Developer Holder	1
5	Leg Developer	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Seat Incline Support Bracket	1
9	Sliding Block	1
10	Incline Adjustment Bar	1
11	Foam Tube	3
12	Axle	1
13	Olympic Sleeve	1
14	Seat Pad	1
15	Backrest Pad	1
16	Leg Developer Bushing	2
17	Arm Curl Stand	1
18	1 ½" x 3" Rubber Pad	1
19	Spring Clip	1
20	Knob Lock	2
21	Arm Curl Pad	2
22	Foam Roll End Cap	6
23	Bushing	14
24	Ø1" End Cap	1
25	2" Square Sleeve	1
26	1 ¾" Square End Cap	3
27	2" End Cap	1
28	2 ¼" Sleeve	2
29	2" Stabilizer Cap	4
30	1 ½" End Cap	10
31	M10 x 5/8" Allen Bolt	7
32	M10 x 1 5/8" Allen Bolt	2
33	M10 x 3" Allen Bolt	1
34	M10 x 4 3/4" Allen Bolt	1
35	M10 x 6 ¼" Allen Bolt	2
36	M10 x 8 ¼" Allen Bolt	1
37	M8 x 2" Allen Bolt	8
38	M8 x 5/8" Allen Bolt	2
39	Ø ¾" Washer	19
40	Ø 5/8" Washer	10
41	M10 Aircraft Nut	5
42	Foam Roll	6

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