

NOTE:
Please read all instructions
carefully before using this
product

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Product Code
RR002

Retain This
Manual for
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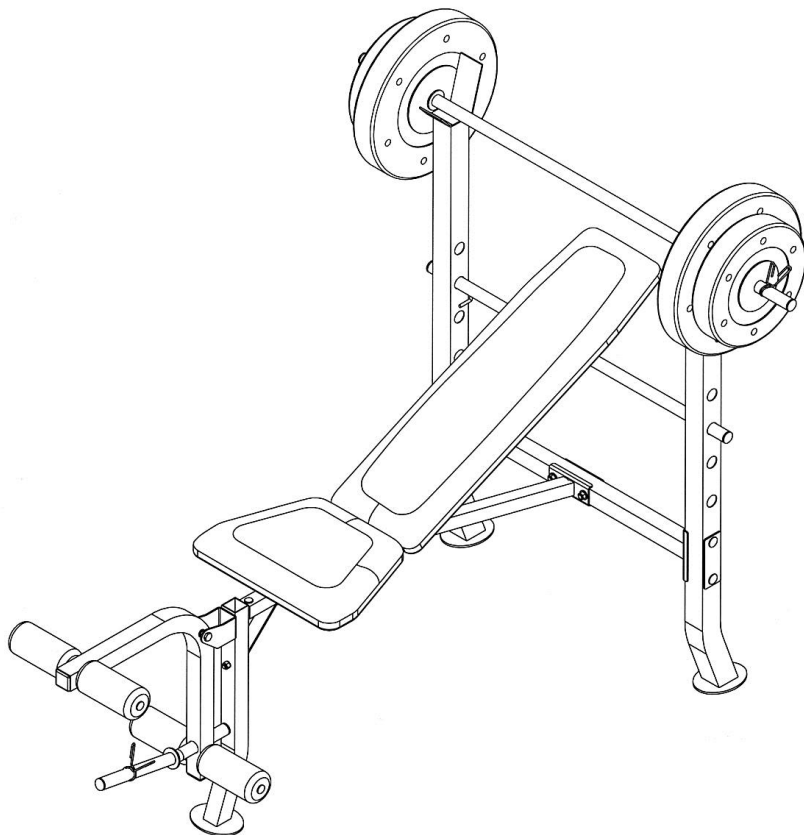
OWNER'S
MANUAL

LifeMax[®]

Weight Bench

Manufactured for Bluestem Brands, Inc. by Impex Inc.

Product Code: RR002



IMPEX[®] INC.

2801 S. Towne Ave, Pomona, CA 91766
Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com
support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the Life Max Weight Bench RR002 by IMPEX® INC. 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

support@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.

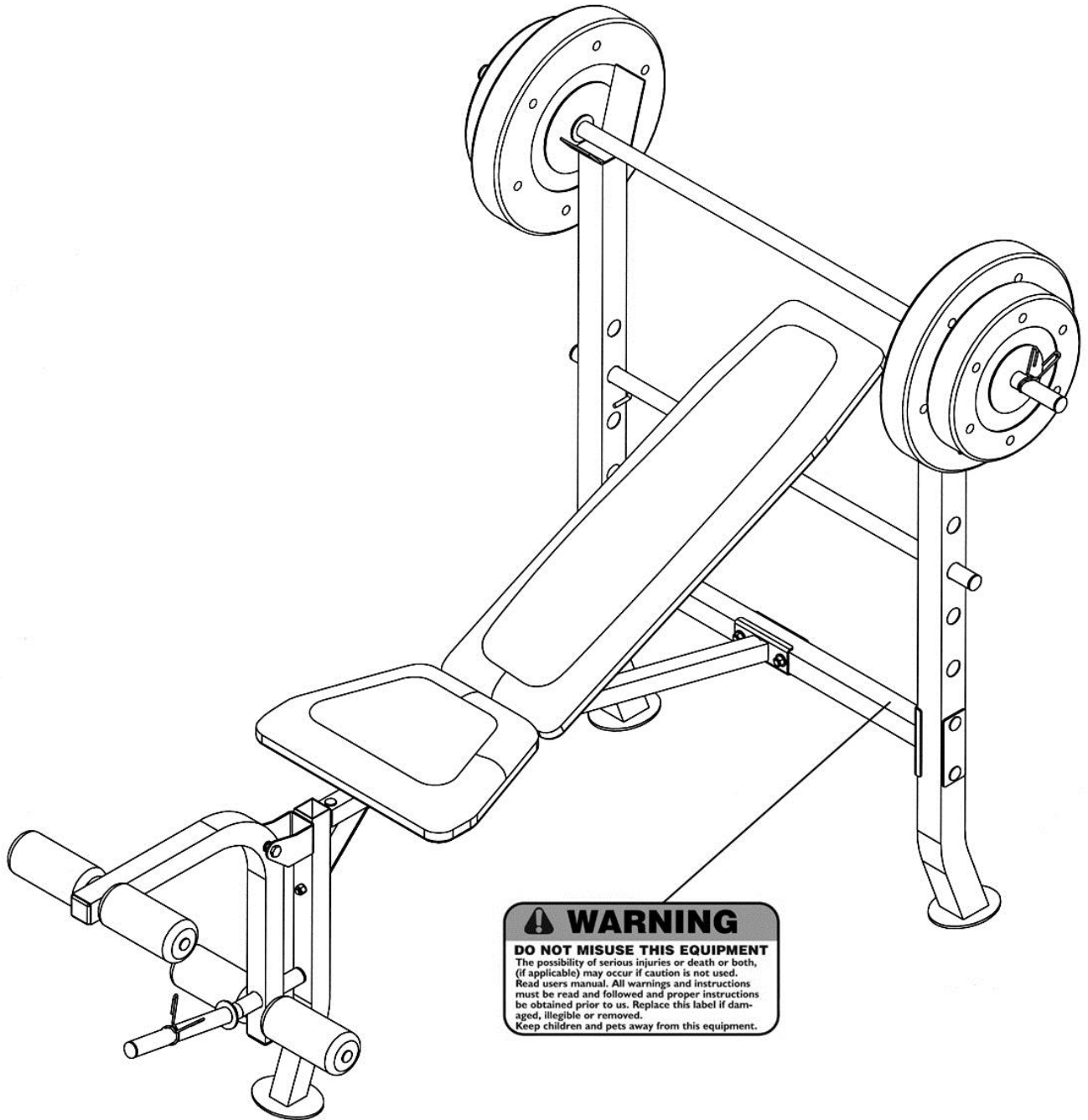
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Maximum weight capacity on the uprights: 300 lbs.
4. Maximum weight on bench (including user weight): 600 lbs.
5. Maximum weight capacity on the leg developer: 100 lbs.

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.

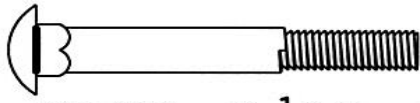
WRANING LABEL PLACEMENT



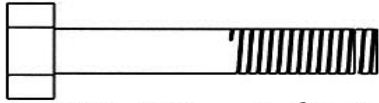
The warning label shown here have been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

Hardware Pack

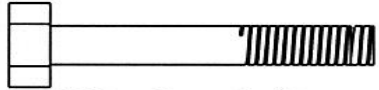
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



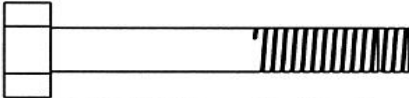
#23 M10 x 2 1/2" Carriage Bolt (Qty 4)



#24 M10 x 2 1/8" Carriage Bolt (Qty 2)



#30 M8 x 2 1/8" Hex Bolt (Qty 1)



#27 M10 x 2 3/8" Hex Bolt (Qty 1)



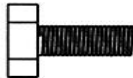
#26 M8 x 1 3/4" Carriage Bolt (Qty 1)



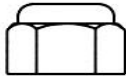
#25 M8 x 1 5/8" Carriage Bolt (Qty 1)



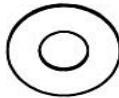
#28 M6 x 1 3/8" Hex Bolt (Qty 4)



#29 M6 x 5/8" Hex Bolt (Qty 4)



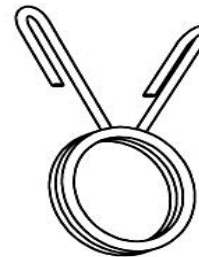
#35 M10 Aircraft Nut (Qty 7)



#33 Ø 3/4" Washer (Qty 7)



#32 Ø 5/8" Washer (Qty 3)



#19 Spring Clip (Qty 3)

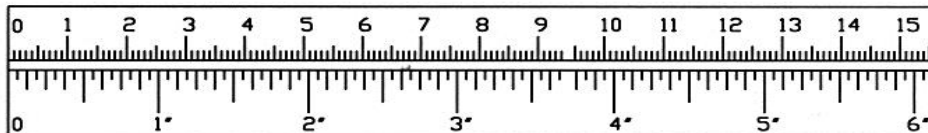


#34 M8 Aircraft Nut (Qty 3)



#31 Ø 1/2" Washer (Qty 8)

mm



ASSEMBLY INSTRUCTION

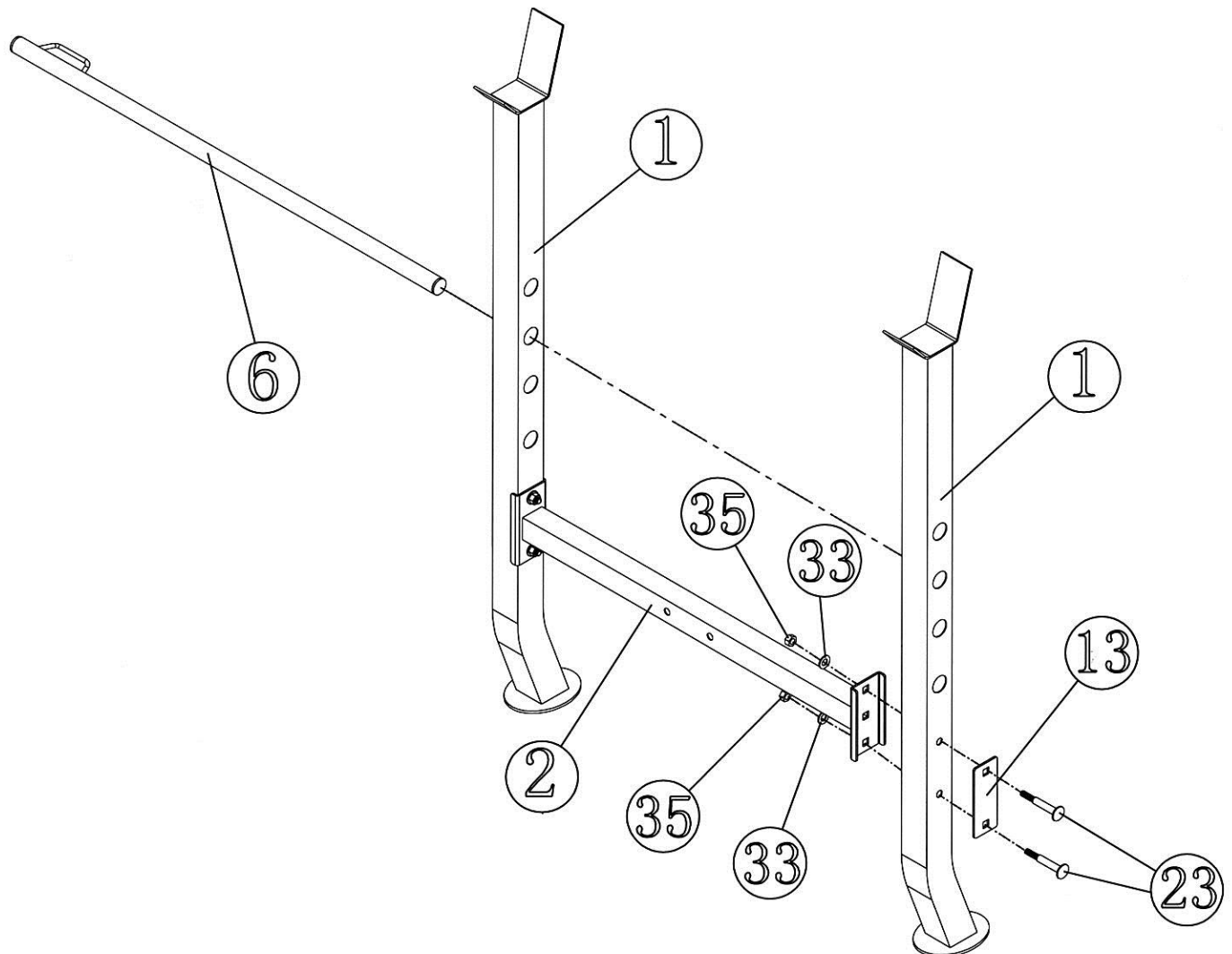
Tools Required for Assembling the Machine: Two Adjustable Wrenches.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span.
- C.) Secure each end of Cross Brace to each Upright Beam with two M10 x 2 1/2" Carriage Bolts (#23), one 4 3/4" x 3 1/2" Bracket (#13), two Ø 3/4" Washers (#33), and two M10 Aircraft Nuts (#35).
- D.) Insert the Backrest Adjustment Bar (#6) through the selected holes on the Upright Beams to obtain desired Backrest incline.

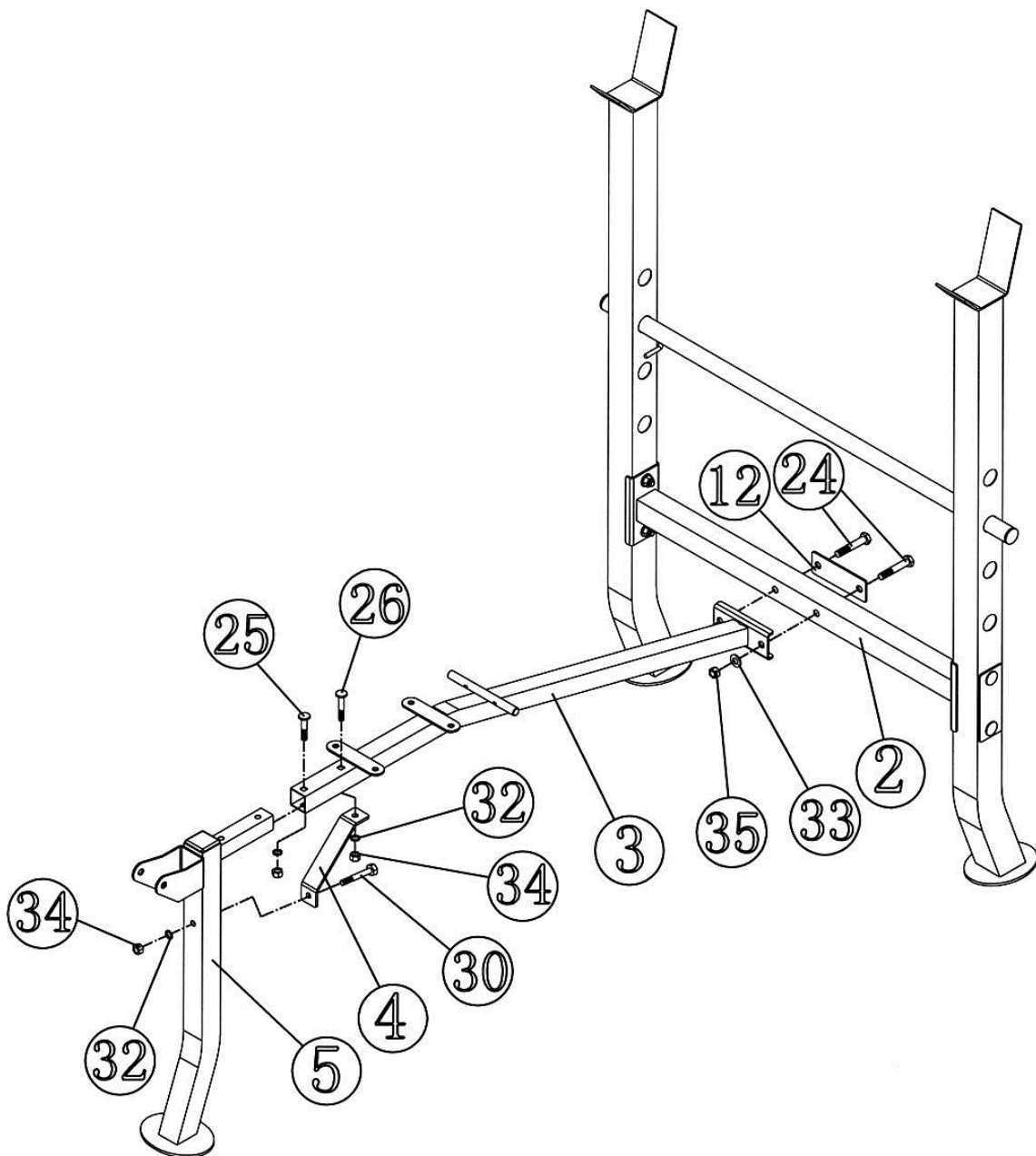
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Main Seat Support (#3) to the Cross Brace (#2). Secure it with two M10 x 2 1/8" Carriage Bolts (#24), one 4 3/8" x 3 3/8" Bracket (#12), two Ø 3/4" Washers (#33), and two M10 Aircraft Nuts (#35).
- C.) Attach the Front Post (#5) to the Main Seat Support. Secure the first hole with one M8 x 1 5/8" Carriage Bolt (#25), one Ø 5/8" Washer (#32), and one M8 Aircraft Nut (#34).
- D.) Attach the Diagonal Support (#4) to the Main Seat Support. Secure it to the second hole on Front Post and Main Seat Support together with one M8 x 1 3/4" Carriage Bolt (#26), one Ø 5/8" Washer (#32), and one M8 Aircraft Nut (#34). The longer bolt (#26) will accommodate the added thickness of the Diagonal Support.
- E.) Attach the other end of Diagonal Support to the Front Post. Secure it with one M8 x 2 1/8" Hex Bolt (#30), one Ø 5/8" Washer (#32), and one M8 Aircraft Nut (#34).
- F.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

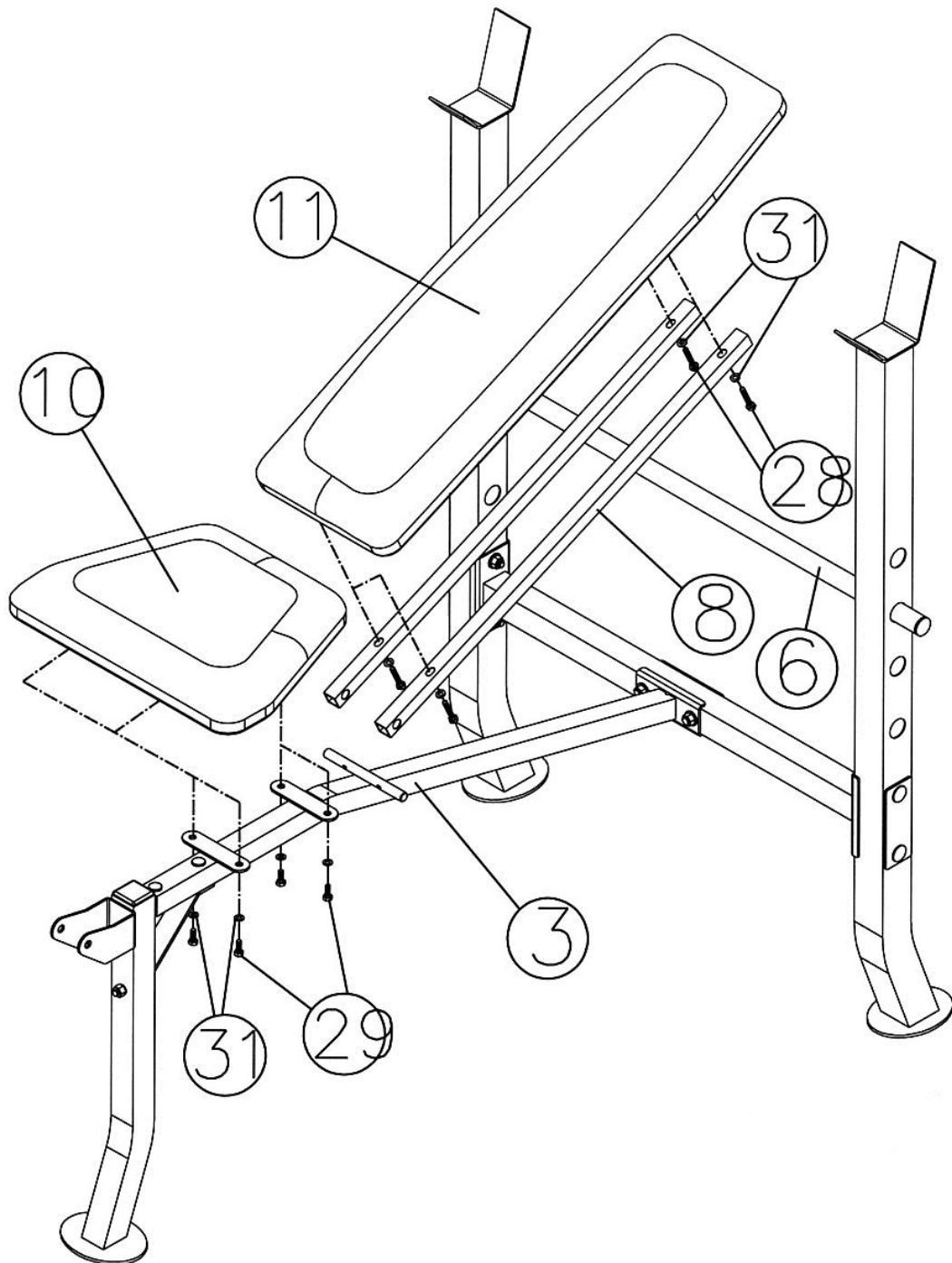
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the side-holes on the two Backrest Supports (#8) to the pivot on the Main Seat Support (#3). Place the other end of the Backrest Supports rest against the Backrest Adjustment Bar (#6).
- B.) Attach the Backrest Board (#11) to the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#28) and four Ø 1/2" Washers (#31).
- C.) Place the Seat Pad (#10) onto the Main Seat Support (#3). Secure it with four M6 x 5/8" Hex Bolts (#29) and four Ø 1/2" Washers (#31).

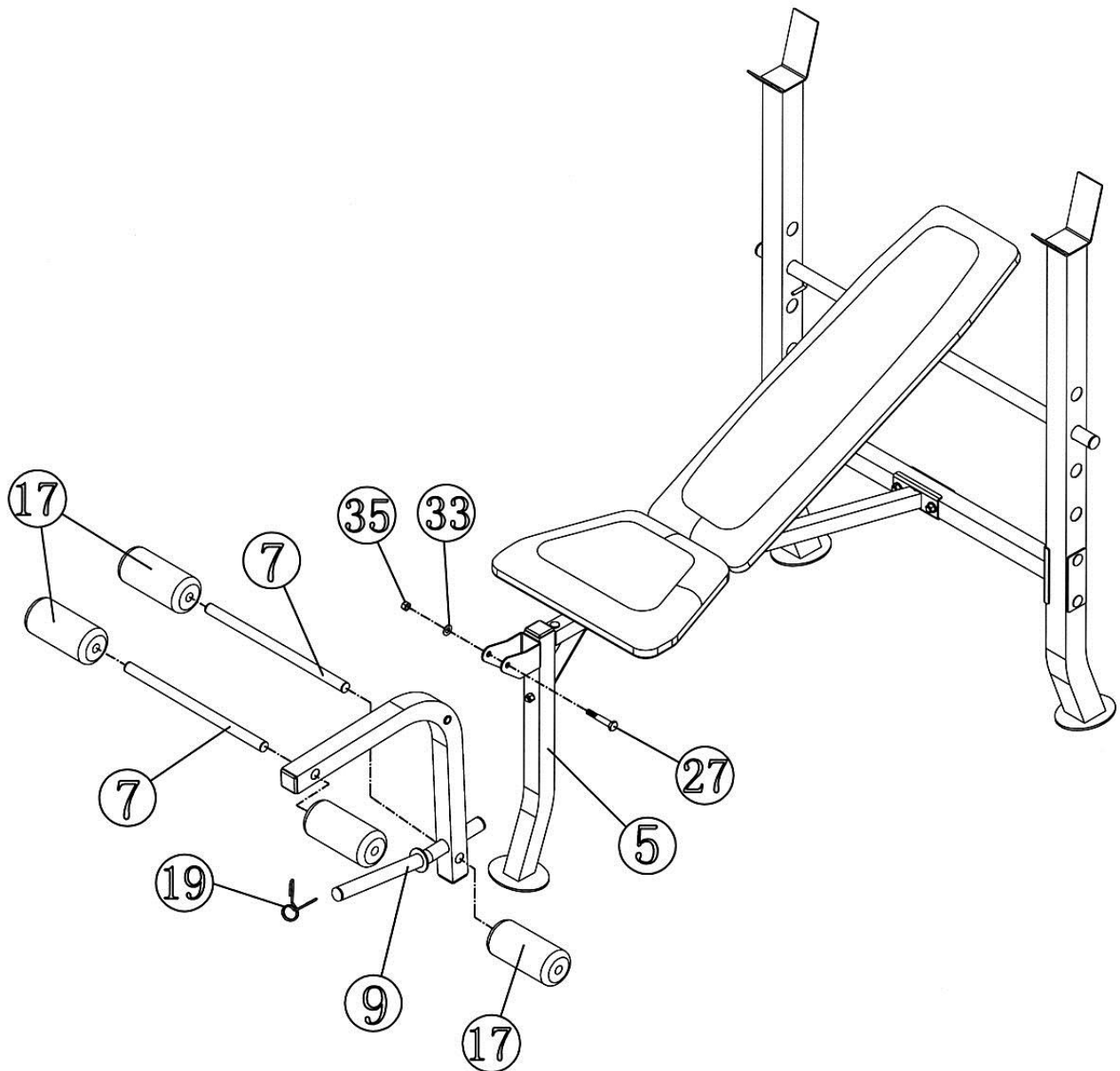
DIAGRAM 3

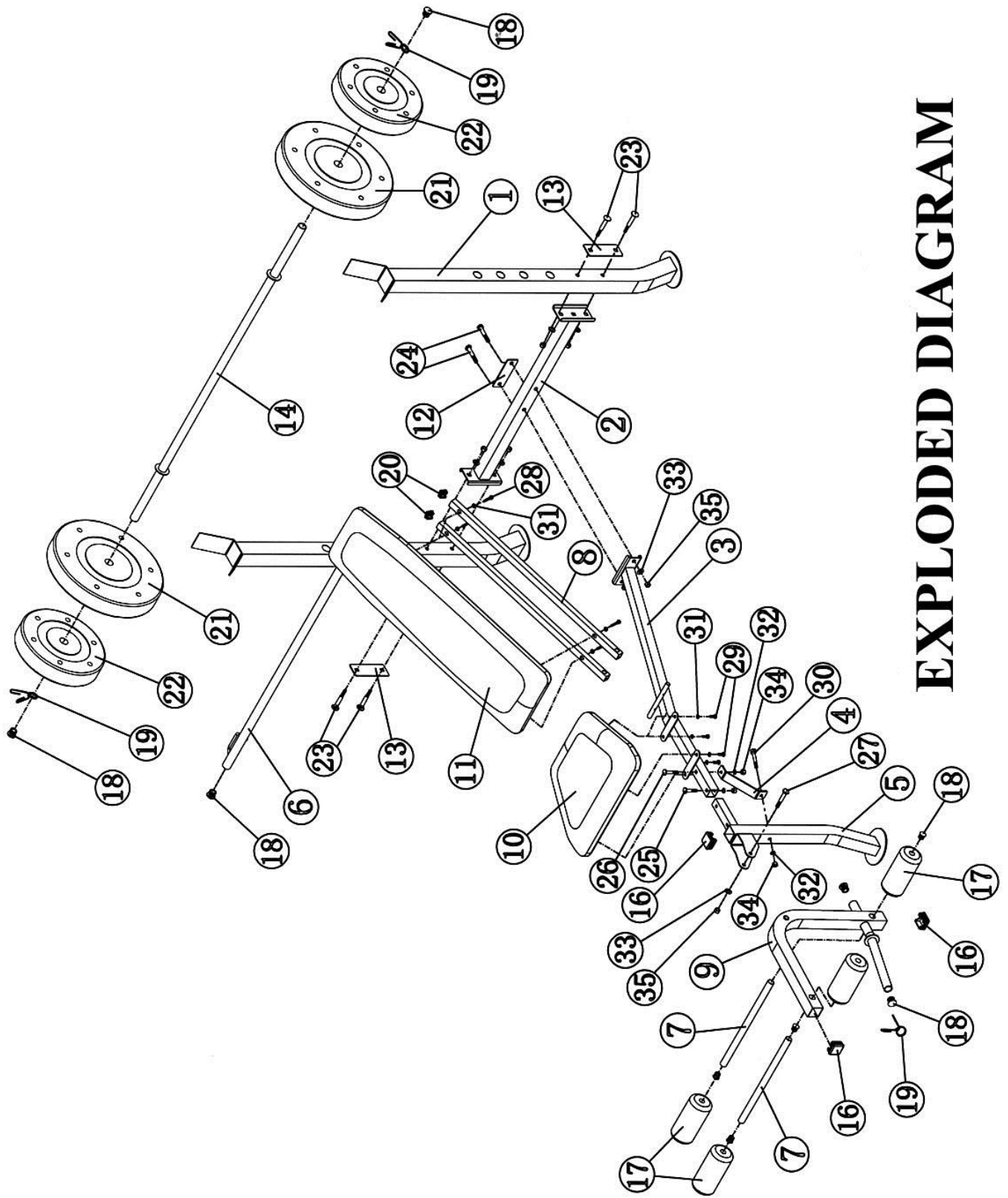


STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#9) to the open bracket on the Front Post (#5). Secure it with one M10 x 2 3/8" Hex Bolt (#27), one Ø 3/4" Washer (#33), and one M10 Aircraft Nut (#35).
- B.) Insert two Foam Tubes (#7) half way through the holes on the Leg Developer.
- C.) Push four Foam Rolls (#17) onto the Foam Tubes.
- D.) Attach a Spring Clip (#19) to the weight post on Leg Developer.

DIAGRAM 4





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Diagonal Support	1
5	Front Post	1
6	Backrest Adjustment Bar	1
7	Foam Tube	2
8	Backrest Support	2
9	Leg Developer	1
10	Seat Pad	1
11	Backrest Board	1
12	4 3/8" x 3 3/8" Bracket	1
13	4 3/4" x 3 1/2" Bracket	2
14	Weight Bar	1
15	Ø 3/4" End Cap	4
16	1 1/2" End Cap	3
17	Foam Roll	4
18	Ø 1" End Cap	6
19	Spring Clip	3
20	3/4" Square End Cap	2
21	Weight Plate 25#	2
22	Weight Plate 15#	2
23	M10 x 2 1/2" Carriage Bolt	4
24	M10 x 2 1/8" Carriage Bolt	2
25	M8 x 1 5/8" Carriage Bolt	1
26	M8 x 1 3/4" Carriage Bolt	1
27	M10 x 2 3/8" Hex Bolt	1
28	M6 x 1 3/8" Hex Bolt	4
29	M6 x 5/8" Hex Bolt	4
30	M8 x 2 1/8" Hex Bolt	1
31	Ø 1/2" Washer	8
32	Ø 5/8" Washer	3
33	Ø 3/4" Washer	7
34	M8 Aircraft Nut	3
35	M10 Aircraft Nut	7

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. 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.
2801 S. Towne Ave.
Pomona, CA 91766

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.

support@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