

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

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**Model  
WM-203**

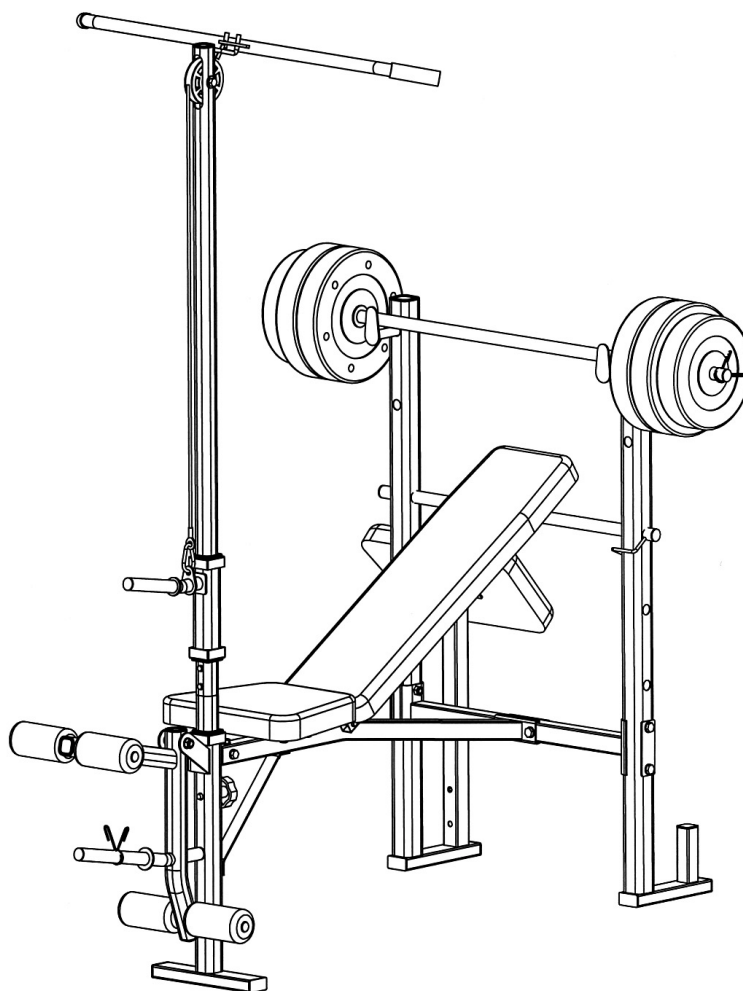
Retain This  
Manual for  
Reference

**08-09-07**

**OWNER'S  
MANUAL**

# IMPEX

## COMPETITOR WM-203 COMBO BENCH



**IMPEX<sup>®</sup> INC.**

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

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## BEFORE YOU BEGIN

Thank you for selecting the Competitor WM-203 COMBO BENCH 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](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto: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.
13. Maximum user weight: 200 lbs.
14. Maximum weight capacity on the uprights: 100 lbs.
15. Maximum weight capacity on the leg developer: 100 lbs.
16. Maximum weight capacity on the lat bar: 100 lbs.

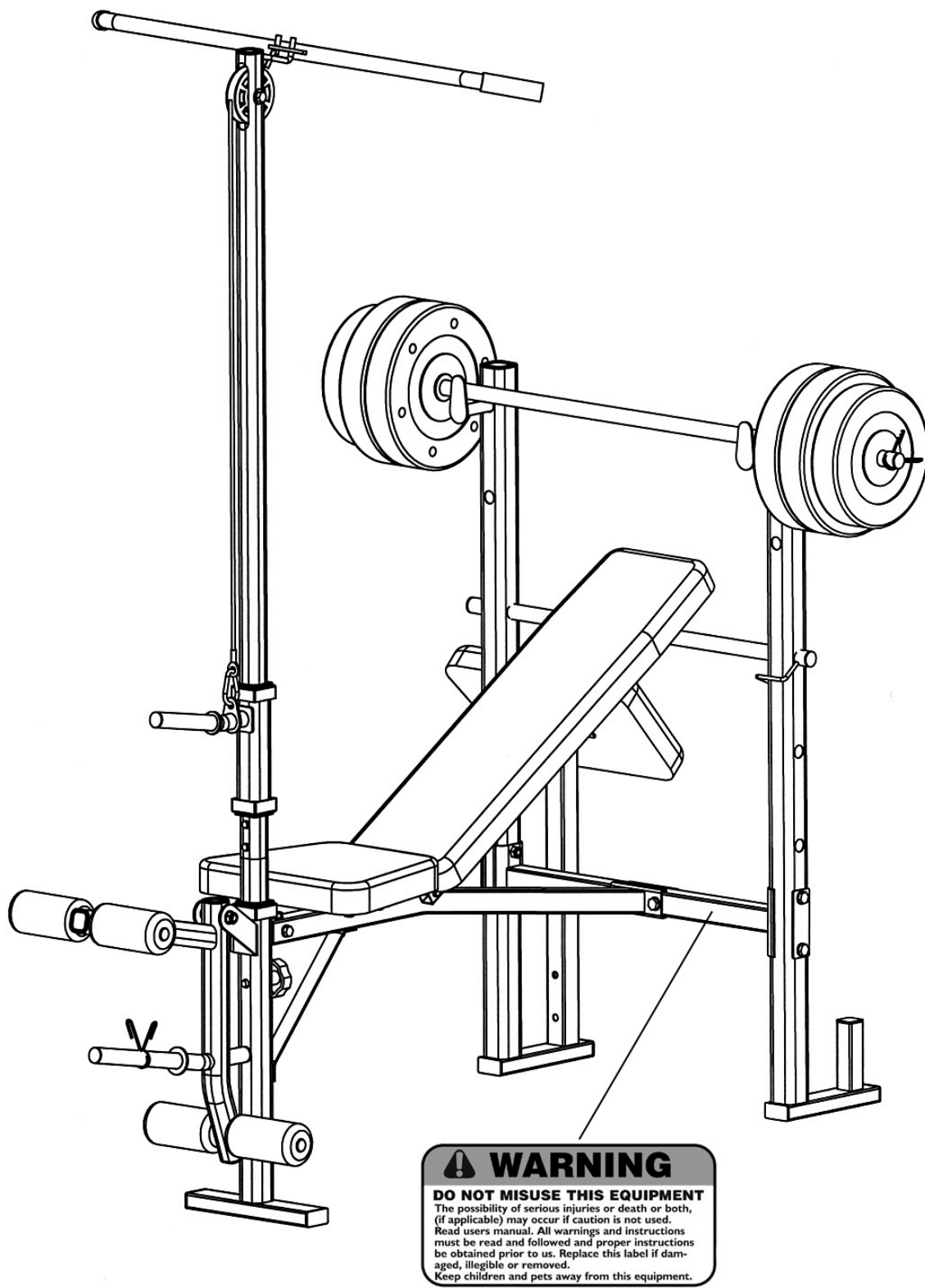
### **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**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.**

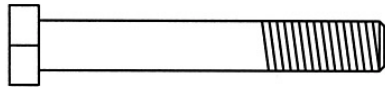
## WARNING LABEL REPLACEMENT



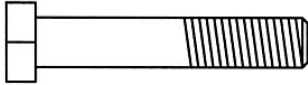
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

# HARDWARE PACK

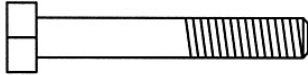
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



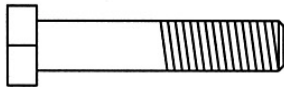
#38 M10 x 2 3/4" Hex Bolt (Qty 5)



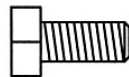
#39 M10 x 2 1/8" Hex Bolt (Qty 2)



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



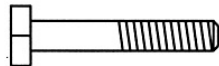
#40 M10 x 2" Hex Bolt (Qty 1)



#41 M8 x 3/4" Hex Bolt (Qty 10)



#36 Spring Clip (Qty 3)



#43 M6 x 1 1/2" Hex Bolt (Qty 8)



#47 M10 Aircraft Nut (Qty 8)



#48 M8 Aircraft Nut (Qty 1)



#44 Ø 3/4" Washer (Qty 7)



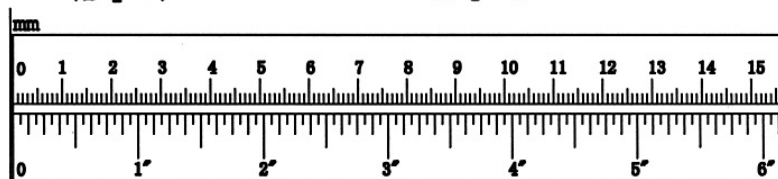
#45 Ø 5/8" Washer (Qty 11)



#46 Ø 1/2" Washer (Qty 8)



#29 Pulley Bushing (Qty 2)



# ASSEMBLY INSTRUCTION

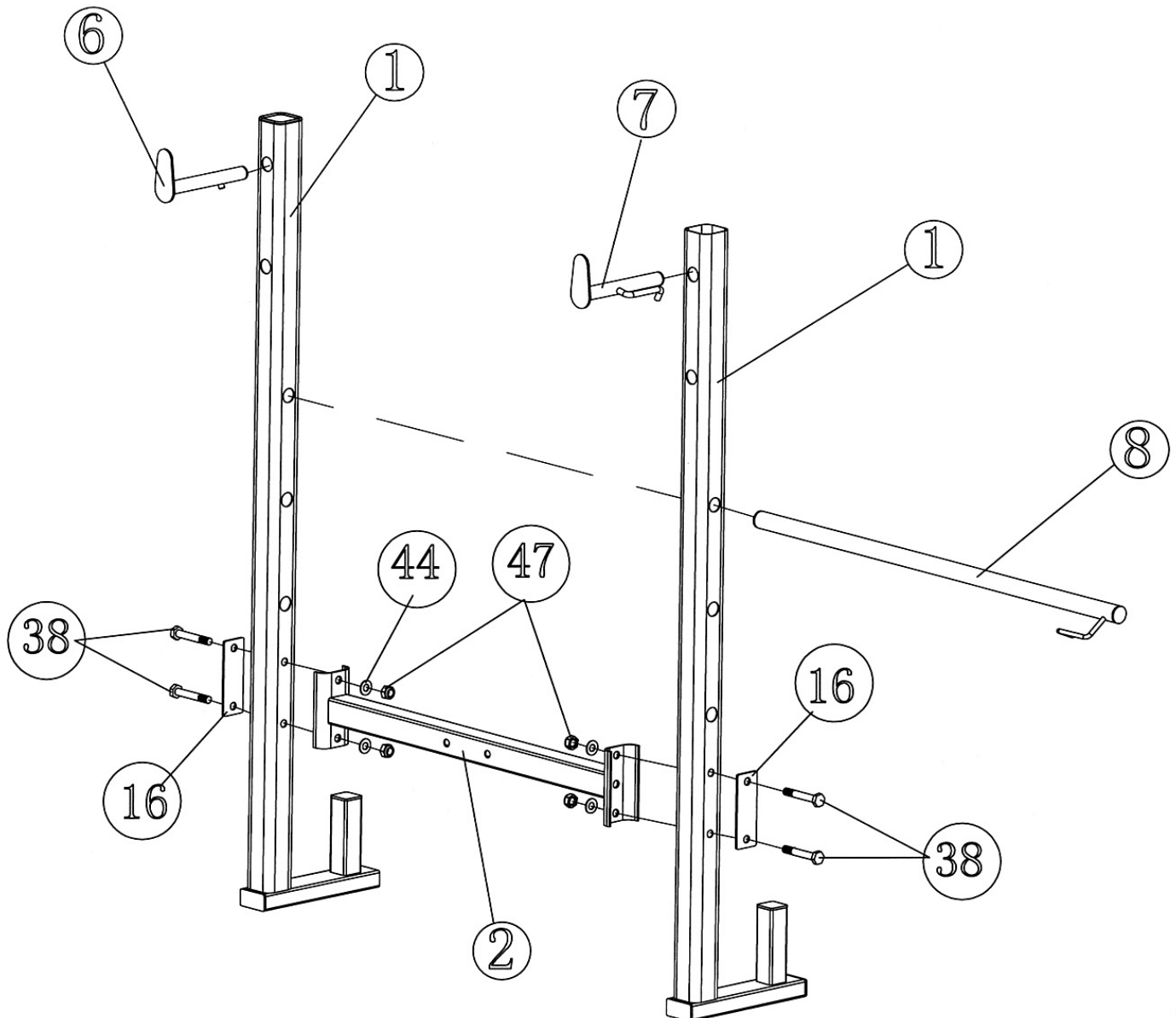
Tools required assembling the machine: Two Adjustable Wrenches.

**NOTE:** It is strongly recommended two or more people assembling this equipment to avoid possible injury.

## STEP 1 (See Diagram 1)

- A.) Connect the two Rear Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Secure them with two M10 x 2 3/4" Hex Bolts (#38), one Bracket (#16), two Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#47) on each end of the Cross Brace.
- B.) Insert the Backrest Adjustment Bar (#8) through a selected hole on the Rear Upright Beams to obtain desired incline of Backrest.
- C.) Insert Left & Right Bar Catches (#6) & (#7) into the selected holes on the Rear Upright Beams to obtain the desired height to hold the weight bar.

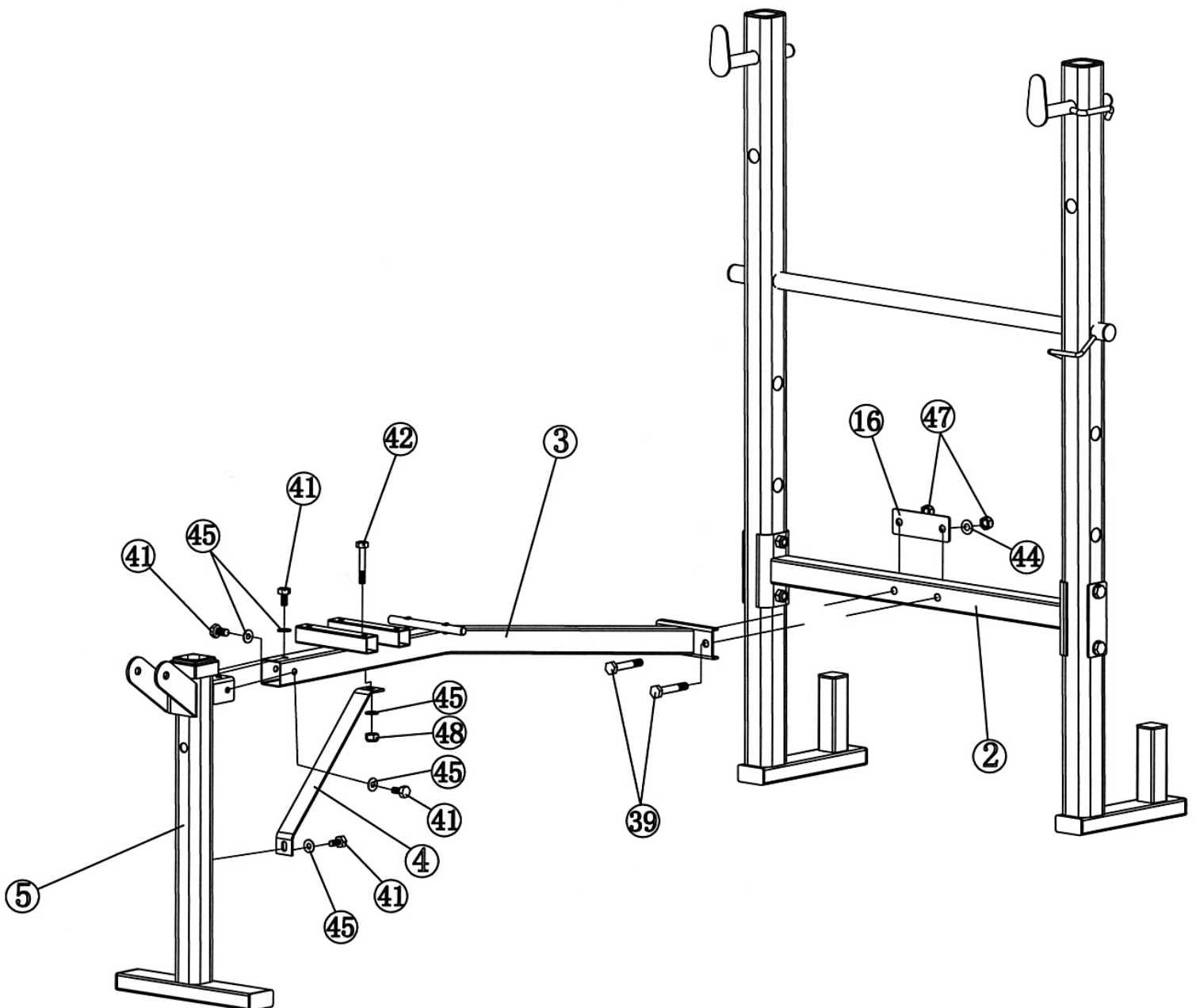
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Connect the Front Stabilizer (#5) to the Main Seat Support (#3) and secure them with three M8 x  $\frac{3}{4}$ " Hex Bolts (#41) and  $\varnothing$  5/8" Washers (#45). DO NOT tighten the nuts and bolts yet.
- B.) Connect the Main Seat Support to the Cross Brace (#2). Secure it with two M10 x 2  $\frac{1}{8}$ " Bolts (#39),  $\varnothing$   $\frac{3}{4}$ " Washers (#44), and M10 Aircraft Nuts (#47). DO NOT tighten the nuts and bolts yet.
- C.) Connect one end of the Diagonal Support (#4) to the Main Seat Support (#3). Secure it with one M8 x 2  $\frac{1}{8}$ " Hex Bolt (#42),  $\varnothing$  5/8" Washer (#45) and M8 Aircraft Nut (#48). Connect the other end to the Front Stabilizer (#5). Secure it with one M8 x  $\frac{3}{4}$ " Hex Bolt (#41) and  $\varnothing$  5/8" Washer (#45).
- D.) Securely tighten all the nuts and bolts previously installed.

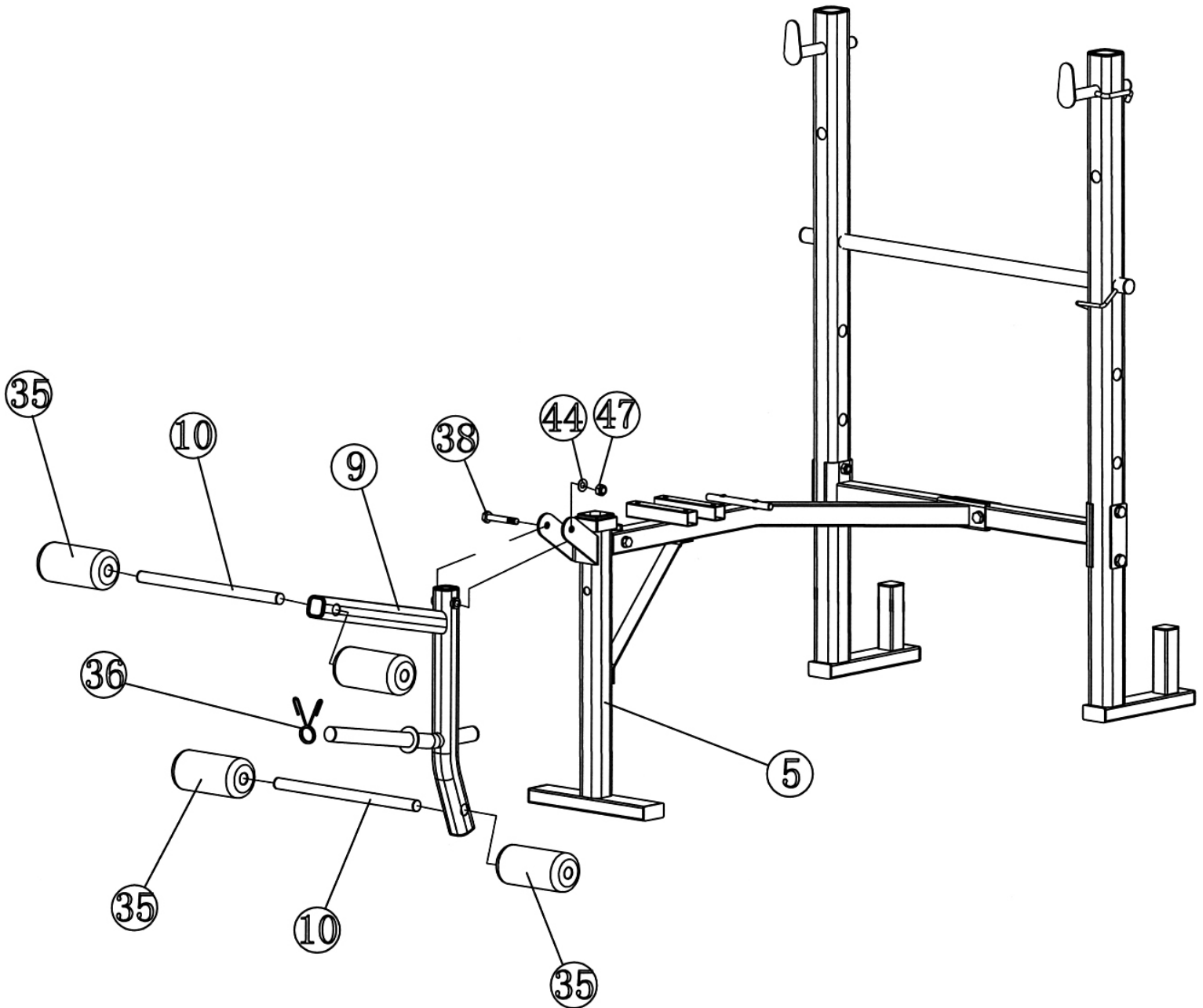
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#9) to the bracket on the Front Stabilizer (#5). Secure it with one M10 x 2 3/4" Hex Bolt (#38), Ø 3/4" Washer (#44), and M10 Aircraft Nut (#47). Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.
- B.) Insert two Foam Tubes (#10) halfway through the holes on the Leg Developer. Push four Foam Rolls (#35) onto the Tubes from both sides.
- C.) Attach a Spring Clip (#36) onto the weight post on the Leg Developer.

**DIAGRAM 3**

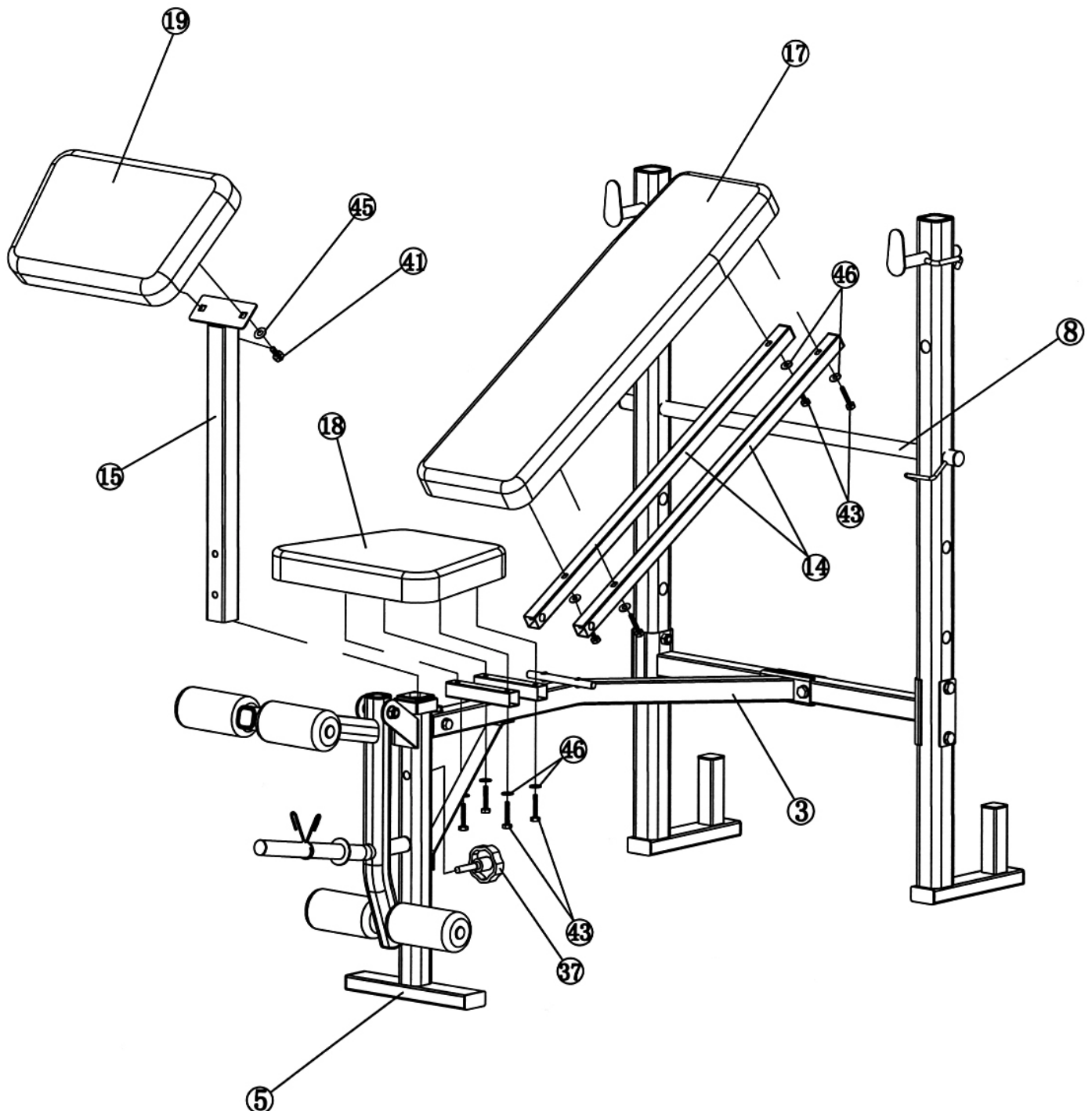




## STEP 4 (See Diagram 4)

- A.) Attach the Backrest Supports (#14) onto both ends of the Pivot on the Main Seat Support (#3). Place the other end rest against the Backrest Adjustment Bar (#8).
- B.) Place the Backrest Board (#17) onto the Backrest Supports. Secure it with four M6 x 1 ½" Hex Bolts (#43) and Ø ½" Washers (#46).
- C.) Place the Seat Pad (#18) onto the bracket on the Main Seat Support (#3). Align the holes and secure it with four M6 x 1 ½" Hex Bolts (#43) and Ø ½" Washers (#46).
- D.) Attach the Arm Curl Pad (#19) to the Arm Curl Stand (#15). Secure it with two M8 x ¾" Hex Bolts (#41) and Ø 5/8" Washers (#45).
- E.) Insert the Arm Curl Stand into the opening on the top of the Front Stabilizer (#5). Use a Lock Knob (#37) to secure it at desired height.

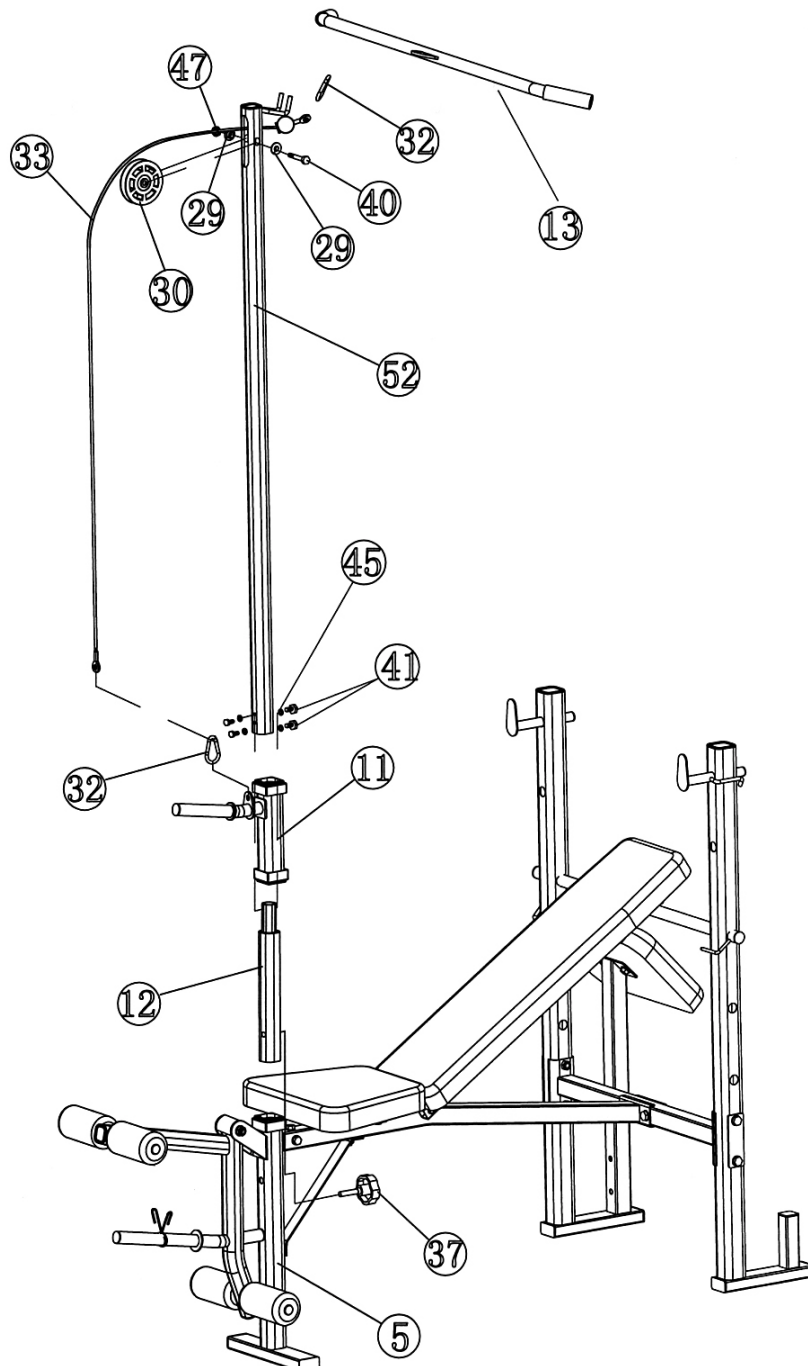
**DIAGRAM 4**

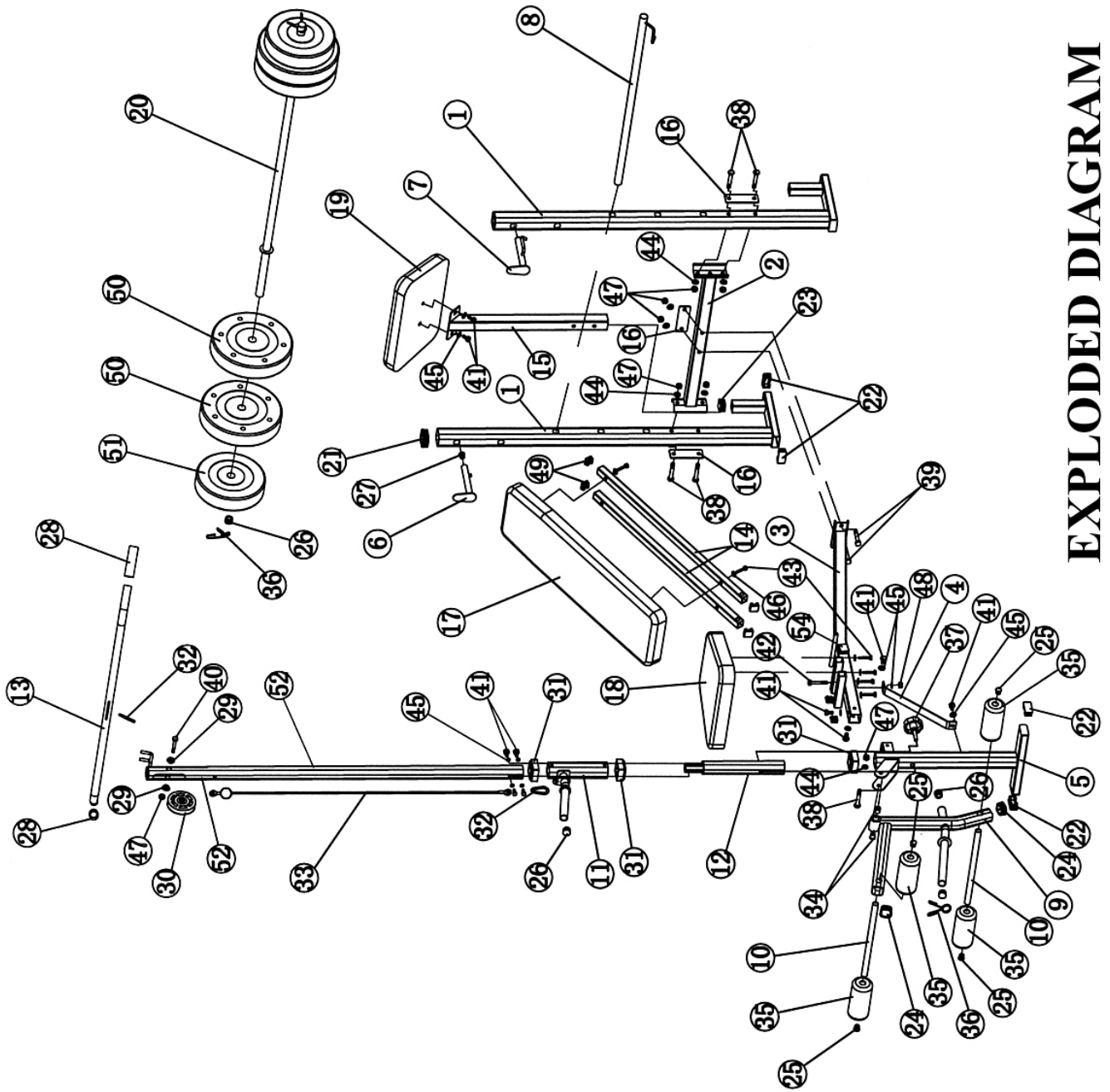


## STEP 5 (See Diagram 5)

- A.) Attach the ball end of the Cable to the Pulley (#30). Place the Pulley in the open slot on the Upper Lat Bar Frame. Secure it with one M10 x 2" Hex Bolt (#40), two Pulley Bushings (#29), and one M10 Aircraft Nut (#47).
- B.) Slide the Weight Holder (#11) onto the Lower Lat Bar Frame (#12) from the bottom. Connect the Cable to the Holder with a Hook (#32).
- C.) Connect the Upper Lat Bar Frame (#52) to the Lower Lat Bar Frame. Secure it with four M8 x 3/4" Hex Bolts (#41) and four Ø 5/8" Washers (#45).
- D.) Connect the Lat Bar (#13) to the Cable with a Hook (#32). When using the Lat Pull Down, remove the Arm Curl and place it in the storage post behind the Rear Upright Beam. Then Insert the Lat Bar Frame into the opening on the Front Stabilizer.

**DIAGRAM 5**





EXPLODED DIAGRAM

**PARTS LIST**

| <b>KEY NO.</b> | <b>DESCRIPTION</b>      | <b>QUANTITY</b> |
|----------------|-------------------------|-----------------|
| 1              | Rear Upright Beam       | 2               |
| 2              | Cross Brace             | 1               |
| 3              | Main Seat Support       | 1               |
| 4              | Diagonal Support        | 1               |
| 5              | Front Stabilizer        | 1               |
| 6              | Right Bar Catch         | 1               |
| 7              | Left Bar Catch          | 1               |
| 8              | Backrest Adjustment Bar | 1               |
| 9              | Leg Developer           | 1               |
| 10             | Foam Tube               | 2               |
| 11             | Weight Holder           | 1               |
| 12             | Lower Lat Bar Frame     | 1               |
| 13             | Lat Bar                 | 1               |
| 14             | Backrest Support        | 2               |
| 15             | Arm Curl Stand          | 1               |
| 16             | Bracket                 | 3               |
| 17             | Backrest Board          | 1               |
| 18             | Seat Pad                | 1               |
| 19             | Arm Curl Pad            | 1               |
| 20             | Weight Bar              | 1               |
| 21             | 2' Square End Cap       | 2               |
| 22             | 1" x 2" End Cap         | 6               |
| 23             | 1 ¼" End Cap            | 2               |
| 24             | 1 ½" End Cap            | 4               |
| 25             | Ø ¾" End Cap            | 4               |
| 26             | Ø 1" End Cap            | 7               |
| 27             | Ø ¾" Bar Catch End Cap  | 2               |
| 28             | Lat Bar Grip            | 2               |
| 29             | Pulley Bushing          | 2               |
| 30             | Pulley                  | 1               |
| 31             | Sleeve                  | 3               |
| 32             | Hook                    | 2               |
| 33             | Cable                   | 1               |
| 34             | Leg Developer Spacer    | 2               |
| 35             | Foam Roll               | 4               |
| 36             | Spring Clip             | 3               |
| 37             | Lock Knob               | 1               |
| 38             | M10 x 2 ¾" Hex Bolt     | 5               |
| 39             | M10 x 2 1/8" Hex Bolt   | 2               |
| 40             | M10 x 2" Hex Bolt       | 1               |
| 41             | M8 x ¾" Hex Bolt        | 10              |
| 42             | M8 x 2 1/8" Hex Bolt    | 1               |
| 43             | M6 x 1 ½" Hex Bolt      | 8               |
| 44             | Ø ¾" Washer             | 7               |
| 45             | Ø 5/8" Washer           | 11              |
| 46             | Ø ½" Washer             | 8               |
| 47             | M10 Aircraft Nut        | 8               |
| 48             | M8 Aircraft Nut         | 1               |
| 49             | 1" Square End Cap       | 2               |
| 50             | 15 lbs Weight Plate     | 4               |
| 51             | 10 lbs Weight Plate     | 2               |
| 52             | Upper Lat Bar Frame     | 1               |

# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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. Register on-line [www.impex-fitness.com](http://www.impex-fitness.com)

**IMPEX<sup>®</sup> 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](mailto: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