

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

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**Model  
WM340**

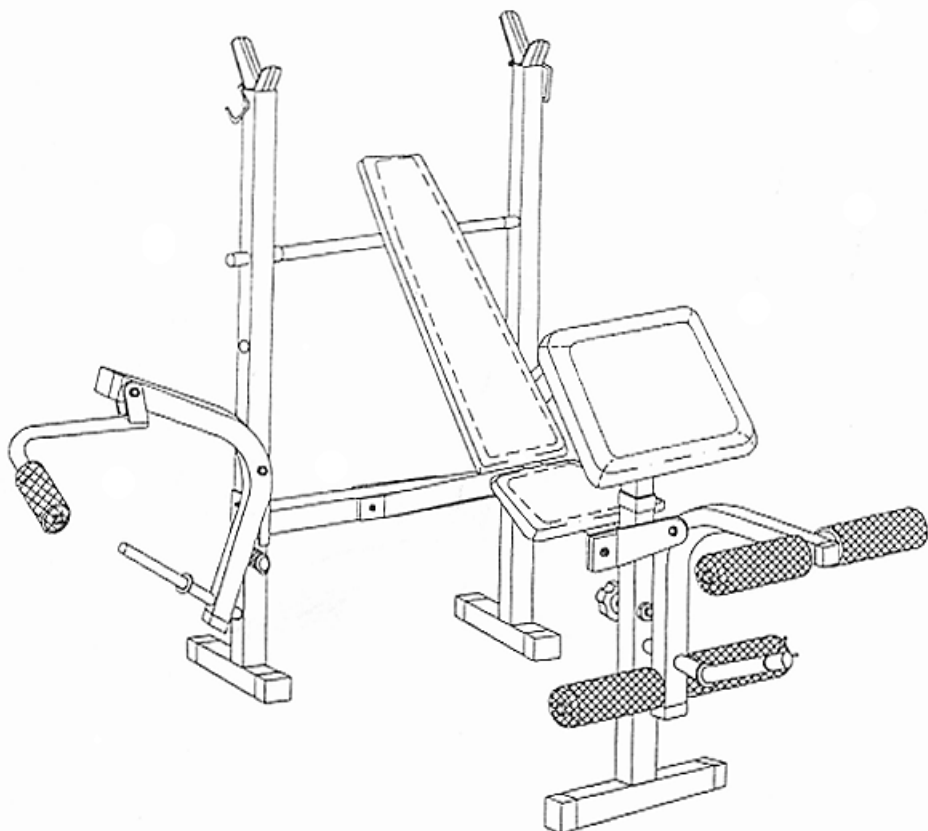
**Retain This  
Manual for  
Reference**

**May 22, 1999  
OWNER'S  
MANUAL**

# IMPEX

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

## COMPETITOR 340



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## BEFORE YOU BEGIN

Thank you for selecting the COMPETITOR 340 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.

<p>Toll-Free Customer Service Number 1-800-999-8899 Mon. - Fri., 9 a.m. - 5 p.m. PST <a href="mailto:Impex@impex-fitness.com">Impex@impex-fitness.com</a></p>
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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.

**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

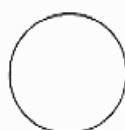


## INCHES

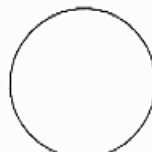
1/2"



5/8"



3/4"



## REPLACEMENT PARTS

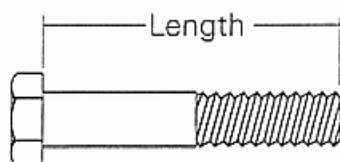
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

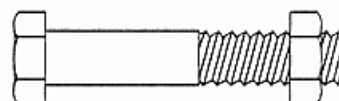


1-800-999-8899

**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

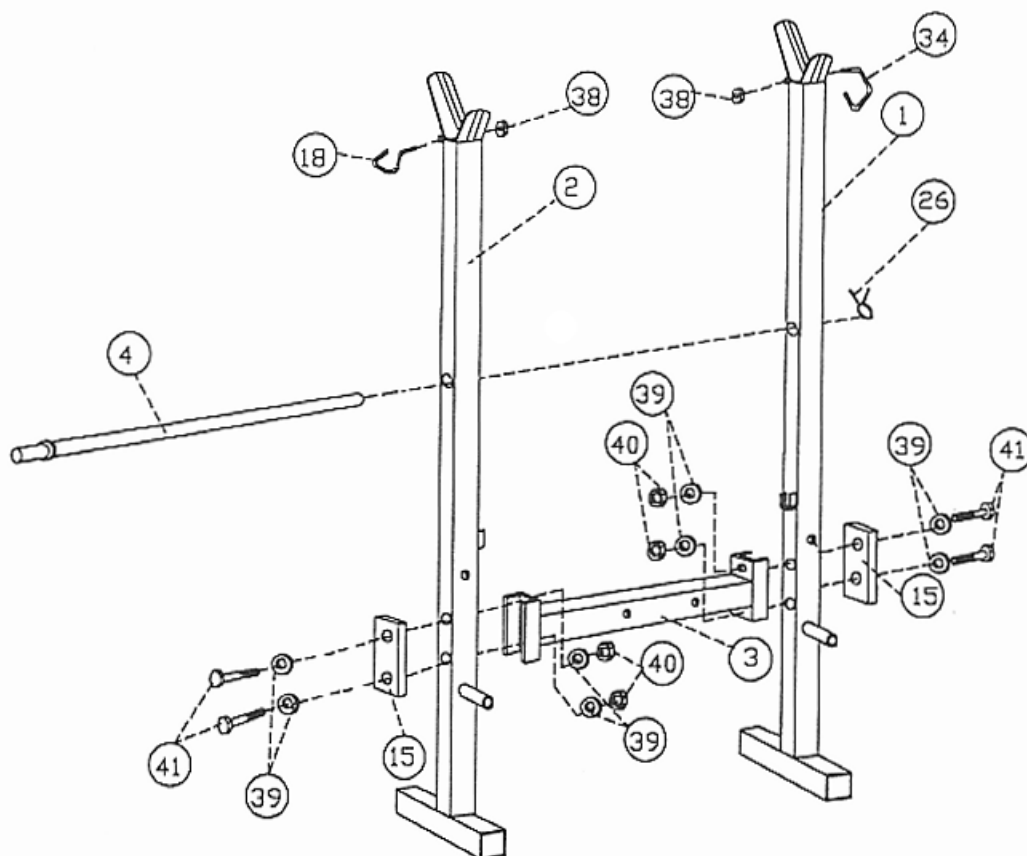
# ASSEMBLY INSTRUCTION

Tools required to assembly the machine:  
Two Adjustable Wrenches

## STEP 1 (SEE DIAGRAM 1)

- A.) Connect the two Upright Beams (#1)&(#2) by a Cross Brace (#3) in the Mid-span. Fasten them by two M10 x 2 <sup>3</sup>/<sub>8</sub>" Bolts (#41), one Bracket (#15), four Ø <sup>7</sup>/<sub>8</sub>" Washers (#39), and two M10 Aircraft Nuts (#40) on each side of the Cross Brace.
- B.) Insert the Backrest Adjustment Bar (#4) through a selected hole to obtain desired incline of Backrest. Secure it with a Ø <sup>3</sup>/<sub>4</sub>" Spring Clip (#26).
- C.) Attach both Left and Right Safety Hooks (#18) & (#34) to top of the Upright Beams (#1) & (#2). Secure them with two M5 Aircraft Nuts (#38).

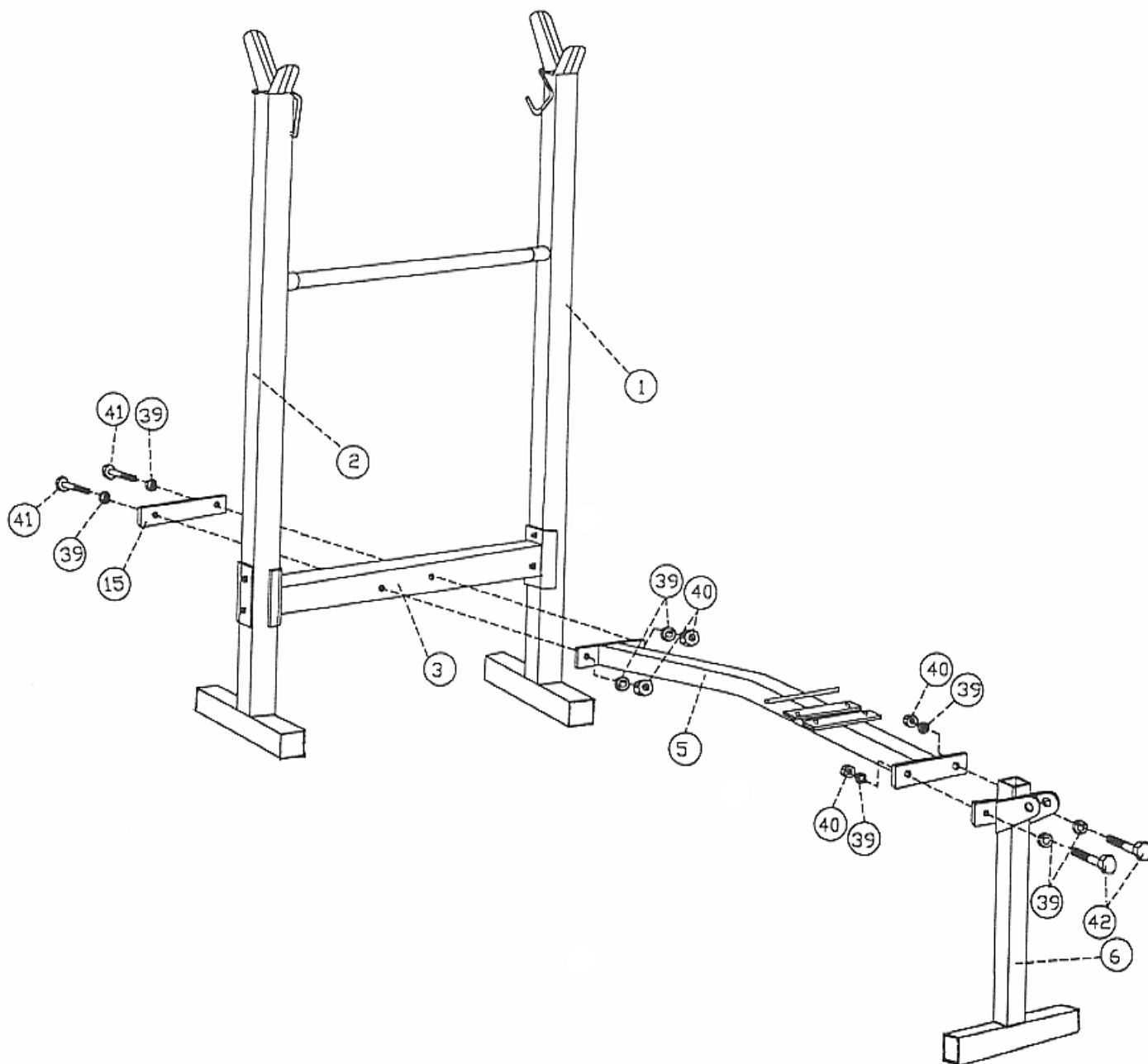
DIAGRAM 1



## STEP 2 (SEE DIAGRAM 2)

- A.) Connect the Front Stabilizer (#6) to the Main Seat Support (#5) and fasten it with two M10x1" Bolts (#42), four  $\varnothing 7/8"$  Washers (#39), and two M10 Aircraft Nuts (#40).
- B.) Connect the Main Seat Support (#5) to the Cross Brace (#3) and secure it with two M10 x 2  $3/8"$  Bolts (#41), four  $\varnothing 7/8"$  Washers (#39), one Bracket (#15), and two M10 Aircraft Nuts (#40).

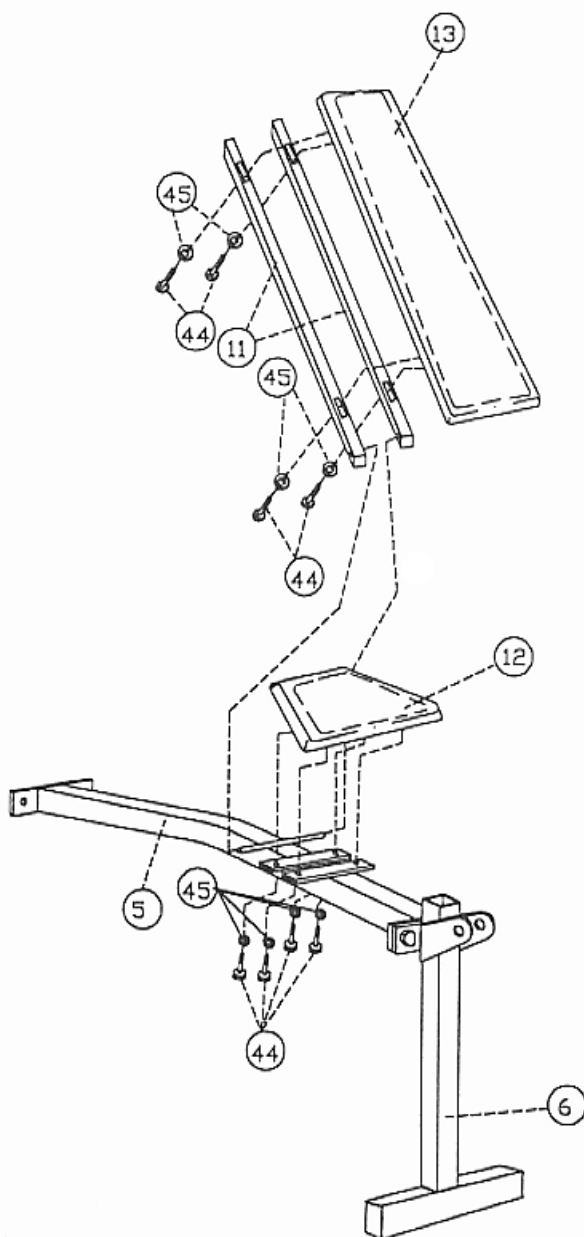
DIAGRAM 2



### STEP 3 (SEE DIAGRAM 3)

- A.) Attach the hole-side of the Backrest Supports (#11) onto both ends of the Pivot on the Main Seat Support (#5). The other side rest against the Backrest Adjustment Bar (#4).
- B.) Place the Upholstered Backrest Board (#13) onto the Backrest Supports (#11). Fasten it with four M6 x 1  $\frac{3}{8}$ " Bolts (#44) and  $\varnothing 1\frac{1}{2}$ " Washers (#45).
- C.) Place the Seat Cushion (#12) onto the bracket on the Main Seat Support (#5). Align the four holes and fasten the Seat with four M6 x 1  $\frac{3}{8}$ " Bolts (#44) and  $\varnothing 1\frac{1}{2}$ " Washers (#45).

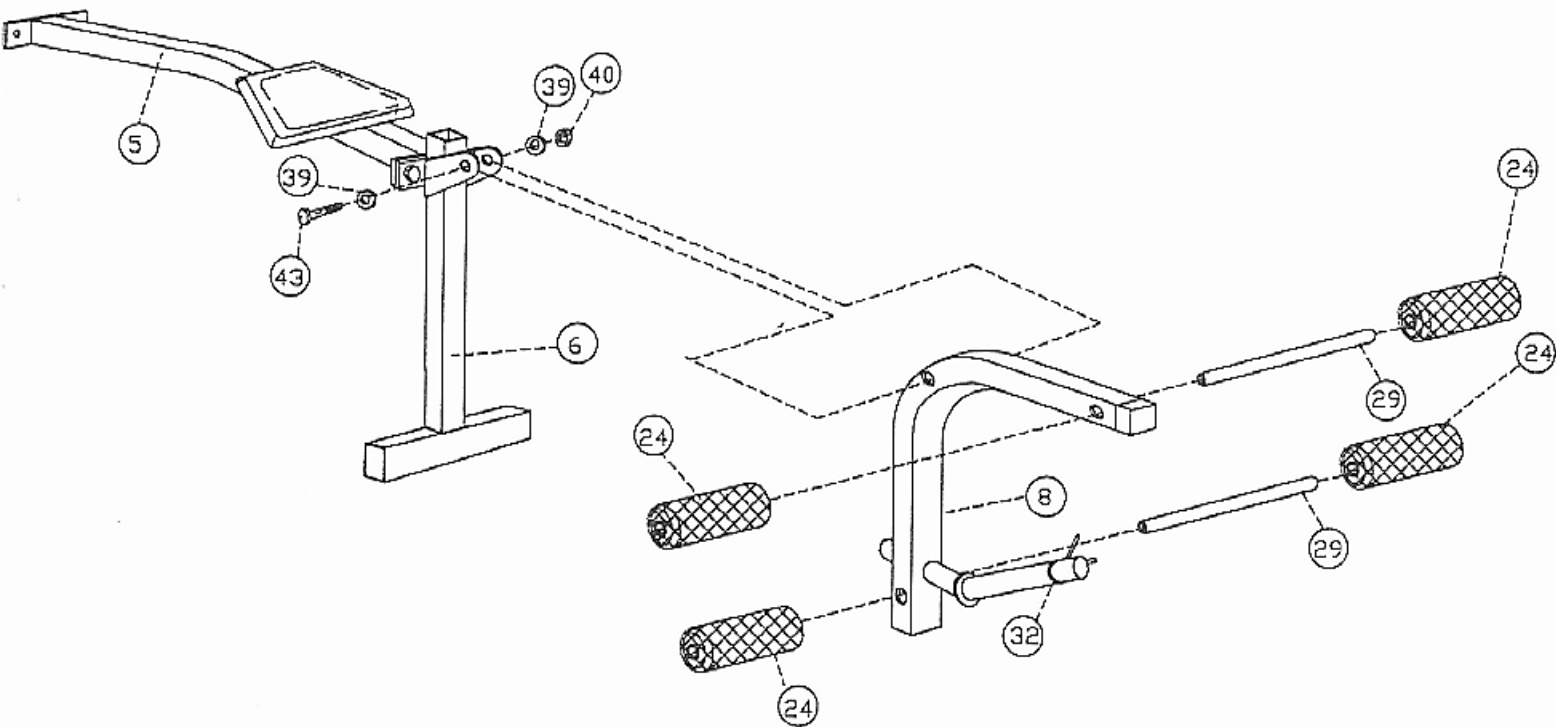
DIAGRAM 3



## STEP 4 (SEE DIAGRAM 4)

- A.) Install the Leg Developer (#8) onto the bracket on the top of the Front Stabilizer (#6) using one M10 x 2 <sup>3</sup>/<sub>4</sub>" Bolt (#43), two Ø <sup>7</sup>/<sub>8</sub>" Washers (#39), and one M10 Aircraft Nut (#40).
- B.) Insert two Foam Roll Tubes (#29) halfway through the holes on the Leg Developer (#8). Push four Foam Rolls (#24) onto the tube from both sides.
- C.) Place the Ø1" Spring Clip (#32) onto the weight holder on the Leg Developer (#8).

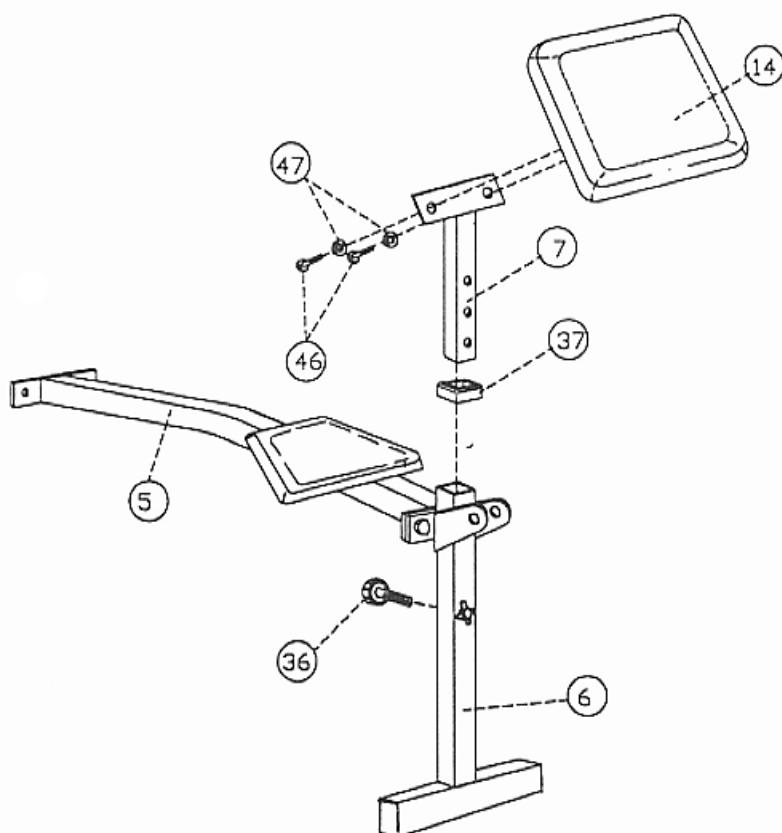
DIAGRAM 4



## STEP 5 (SEE DIAGRAM 5)

- A.) Insert the Arm Curl Stand (#7) into the opening on the top of the Front Stabilizer (#6). Secure it with a Knob Bolt (#36).
- B.) Attach the Arm Curl Pad (#14) to the Arm Curl Stand (#7). Secure it with two  $\varnothing 3/4"$  Washers (#47) and M8 x  $5/8"$  Bolts (#46).

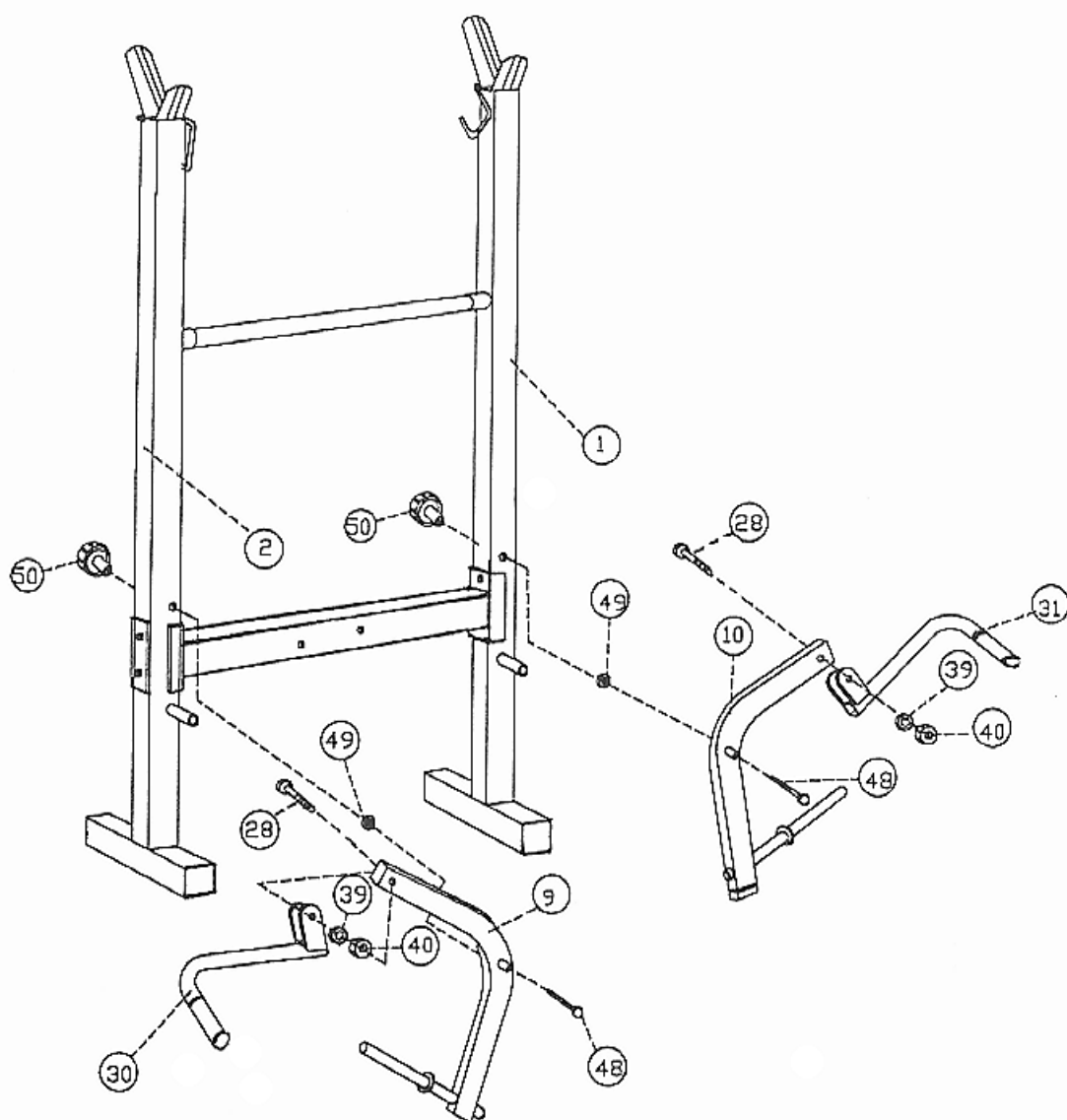
DIAGRAM 5

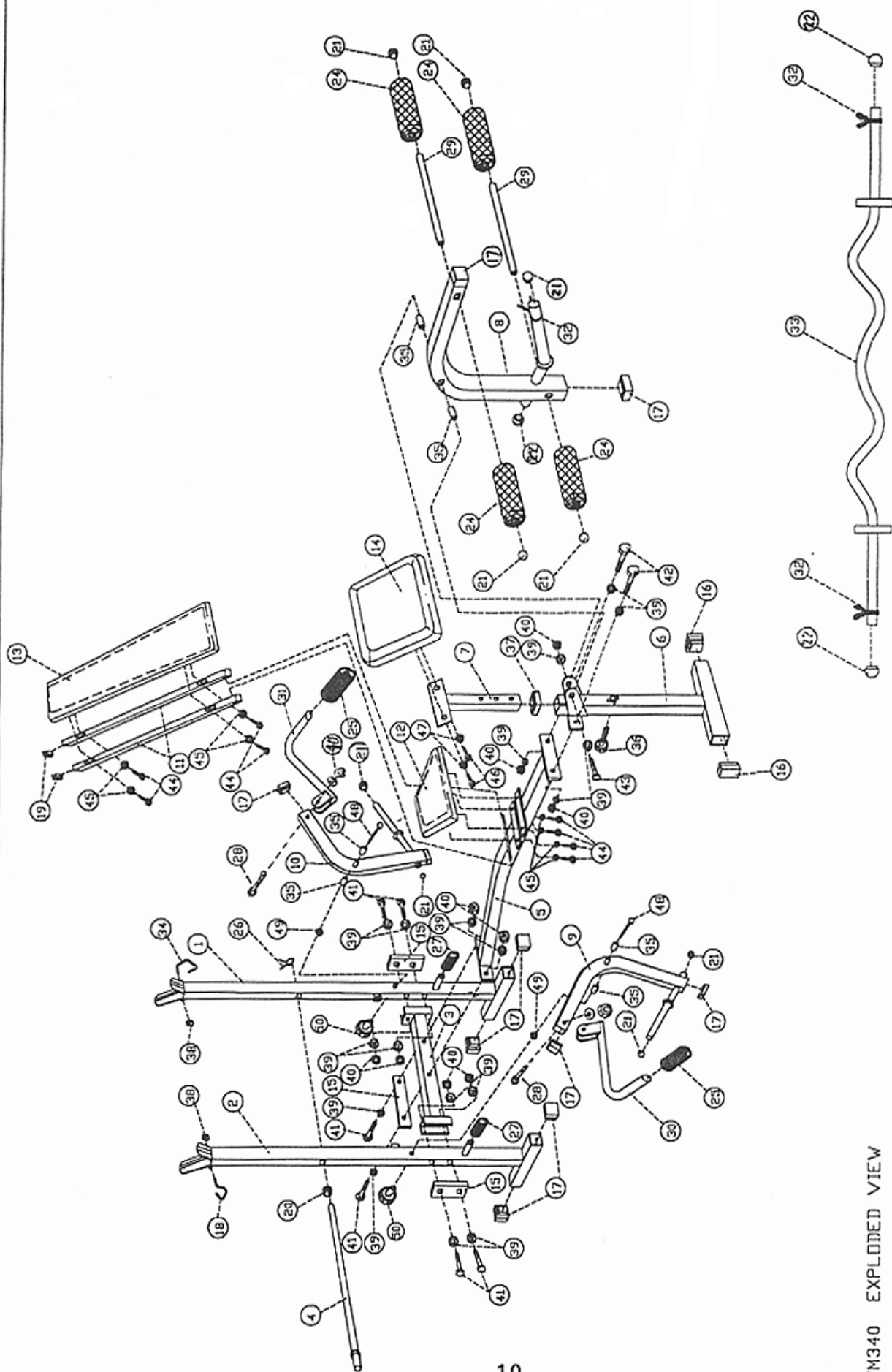


**STEP 6 (SEE DIAGRAM 6)**

- A.) Insert a M10 x 4 1/4" Bolt (#48) through the hole on the Right Butterfly (#9). Attach a M10 Regular Nut (#49) onto the Bolt. Insert the Bolt through the hole on the Right Upright Beam (#2). Secure the Bolt with a Knob (#50) behind the Upright Beam.
- B.) Attach the Right Butterfly Handle (#30) to the Right Butterfly Arm (#9). Secure it with a M10 x 2 1/4" Bolt (#28), 7/8" Washer (#39) and M10 Aircraft Nut (#40).
- C.) Repeat the above two steps (A) & (B) to install the other Butterfly to the Left Upright Beam (#1).

DIAGRAM 6





# WM 340 PART LIST

<u>Part No.</u>	<u>Description</u>	<u>Qty</u>
1.	Left Upright Beam	1
2.	Right Upright Beam	1
3.	Cross Brace	1
4.	Backrest Adjustment Bar	1
5.	Main Seat Support	1
6.	Front Stabilizer	1
7.	Arm Curl Stand	1
8.	Leg Developer	1
9.	Right Butterfly	1
10.	Left Butterfly	1
11.	Backrest Support	2
12.	Seat Cushion	1
13.	Upholstered Backrest Board	1
14.	Arm Curl Pad	1
15.	Bracket	3
16.	1 3/4" Square End Cap	2
17.	1 1/2" Square End Cap	10
18.	Right Safety Hook	1
19.	1" Square Cap	2
20.	Ø 3/4" Round End Cap	1
21.	Ø 1" Round End Cap	9
22.	Ø 1" Flat End Cap	3
23.	Manual	1
24.	Leg Developer Foam Roll	4
25.	Grip	2
26.	Ø 3/4" Spring Clip	1
27.	Butterfly Stopper	2
28.	M10 x 2 1/4" Bolt	2
29.	Foam Roll Tube	2
30.	Right Butterfly Handle	1
31.	Left Butterfly Handle	1
32.	Ø 1" Spring Clip	5
33.	Curl Bar	1
34.	Left Safety Hook	1
35.	Bushing	6
36.	Knob Bolt	1
37.	Arm Curl Sleeve	1
38.	M5 Aircraft Nut	2
39.	Ø 7/8" Washer	20
40.	M10 Aircraft Nut	11
41.	M10 x 2 3/8" Bolt	6
42.	M10 x 1" Bolt	2
43.	M10 x 2 3/4" Bolt	1
44.	M6 x 1 3/8" Bolt	8
45.	Ø 1/2" Washer	8
46.	M8 x 5/8" Bolt	2
47.	Ø 3/4" Washer	2
48.	M10 x 4 1/4" Bolt	2
49.	M10 Regular Nut	2
50.	Knob	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](http://www.impex-fitness.com)**  
**[impex@impex-fitness.com](mailto: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