

NOTE:  
Please read all instructions  
carefully before using this  
product

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Retain This  
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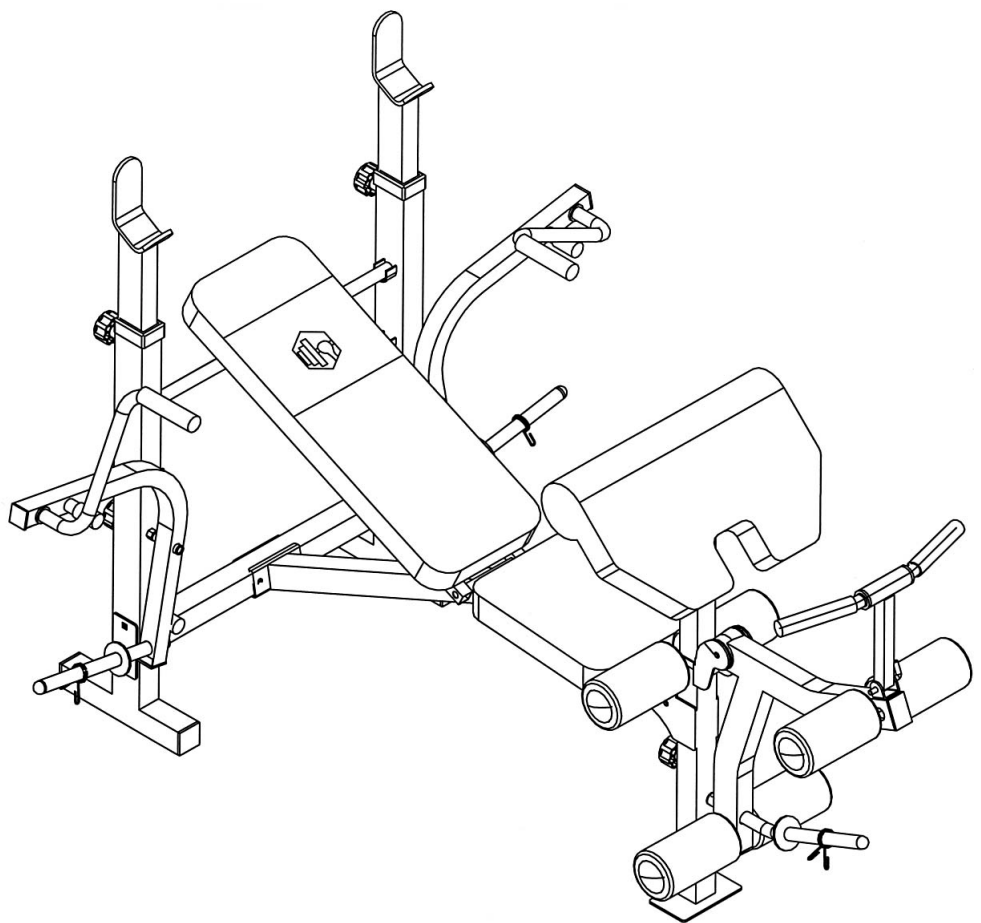
07-19-03

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## POWERHOUSE BENCH

### PHC-700



### IMPEX FITNESS PRODUCTS

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## BEFORE YOU BEGIN

Thank you for selecting the Powerhouse Bench PHC 700 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

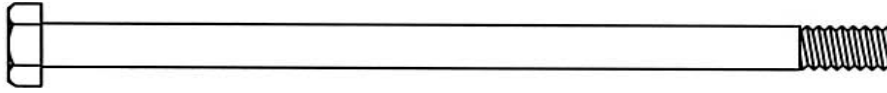
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

**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.**

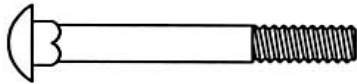
# HARDWARE PACK



#38 M12 x 7 1/4" Hex Bolt (Qty 1)



#54 M12 x 6 1/4" Hex Bolt (Qty 2)



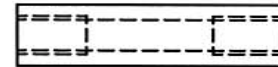
#37 M10 x 2 3/4" Carriage Bolt (Qty 9)



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



#39 M10 x 3/4" Allen Bolt (Qty 4)



#44 Axle (Qty 1)



#40 M8 x 3/4" Allen Bolt (Qty 2)



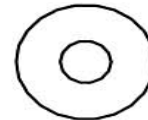
#42 M12 Aircraft Nut (Qty 1)



#43 M10 Aircraft Nut (Qty 9)



#53 M12 Regular Nut (Qty 2)



#55 Ø 1 1/4" Washer (Qty 2)



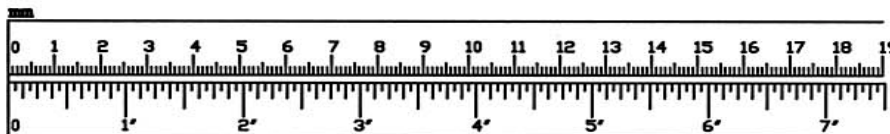
#45 Ø 3/4" Washer (Qty 11)



#46 Ø 5/8" Washer (Qty 2)



#47 Ø 1/2" Washer (Qty 8)



# ASSEMBLY INSTRUCTION

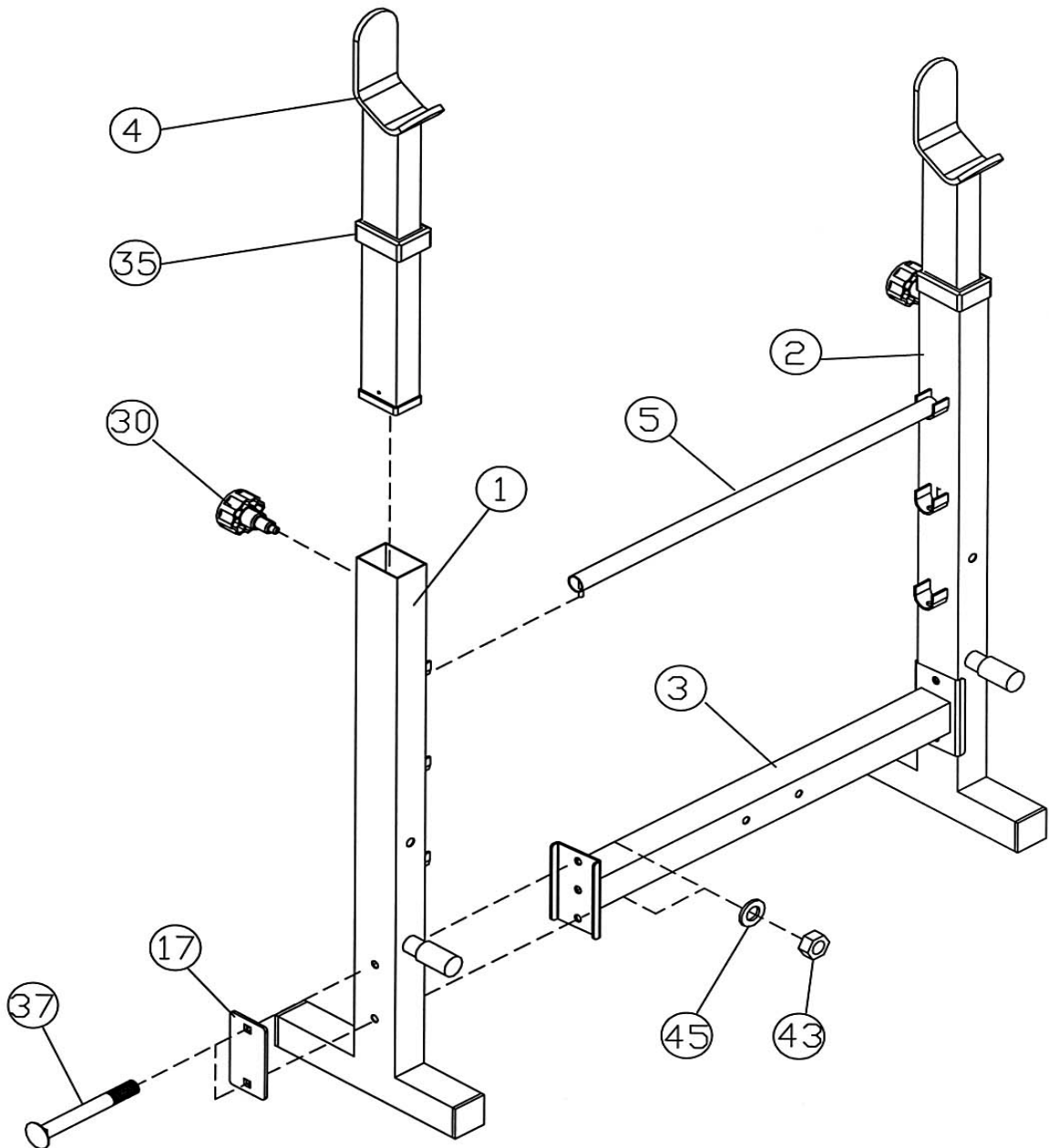
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**

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

## STEP 1 (See Diagram 1)

- A.) Connect the Right and Left Upright Beams (#1 & 2) by a Cross Brace (#3) in the mid-span. Align the holes and secure each end with one Bracket (#17), two M10 x 2 3/4" Carriage Bolts (#37), two  $\varnothing$  3/4" Washers (#45), and two M10 Aircraft Nuts (#43).
- B.) Place Backrest Adjustment Bar (#5) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest Board.
- C.) Insert two Crutches (#4) into the top openings on the Upright Beams. Secure them with two M18 Lock Knobs (#30) through selected holes to obtain desired height of the Supports.

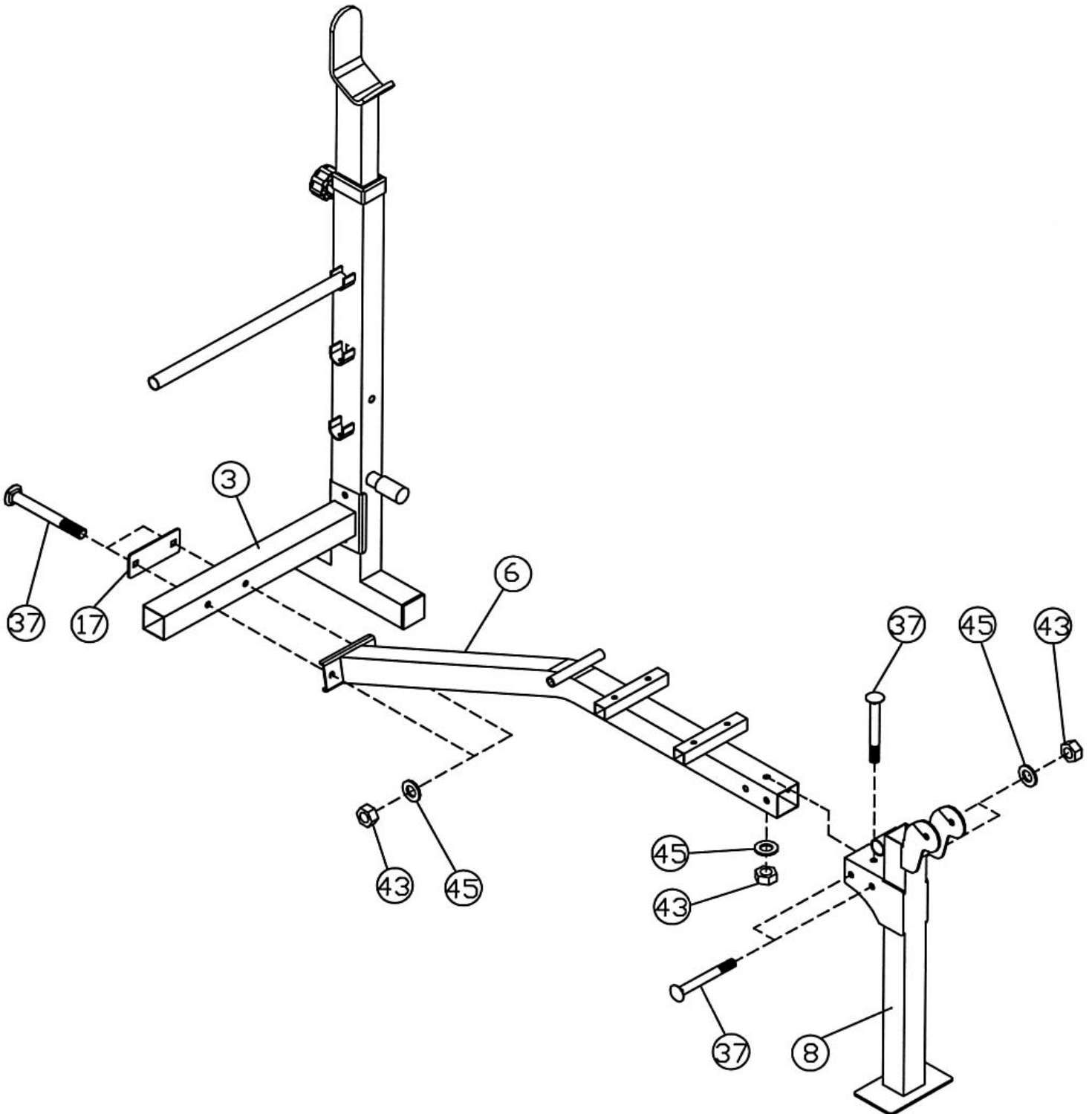
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#6) to the Cross Brace (#3). Secure it with a Bracket (#17), two M10 x 2 3/4" Carriage Bolts (#37), two  $\text{\O} \frac{3}{4}$ " Washers (#45), and two M10 Aircraft Nuts (#43).
- B.) Attach the Front Support (#8) to the Main Seat Support (#6). Secure it with three M10 x 2 3/4" Carriage Bolts (#37),  $\text{\O} \frac{3}{4}$ " Washers (#45), and M10 Aircraft Nuts (#43).

### DIAGRAM 2

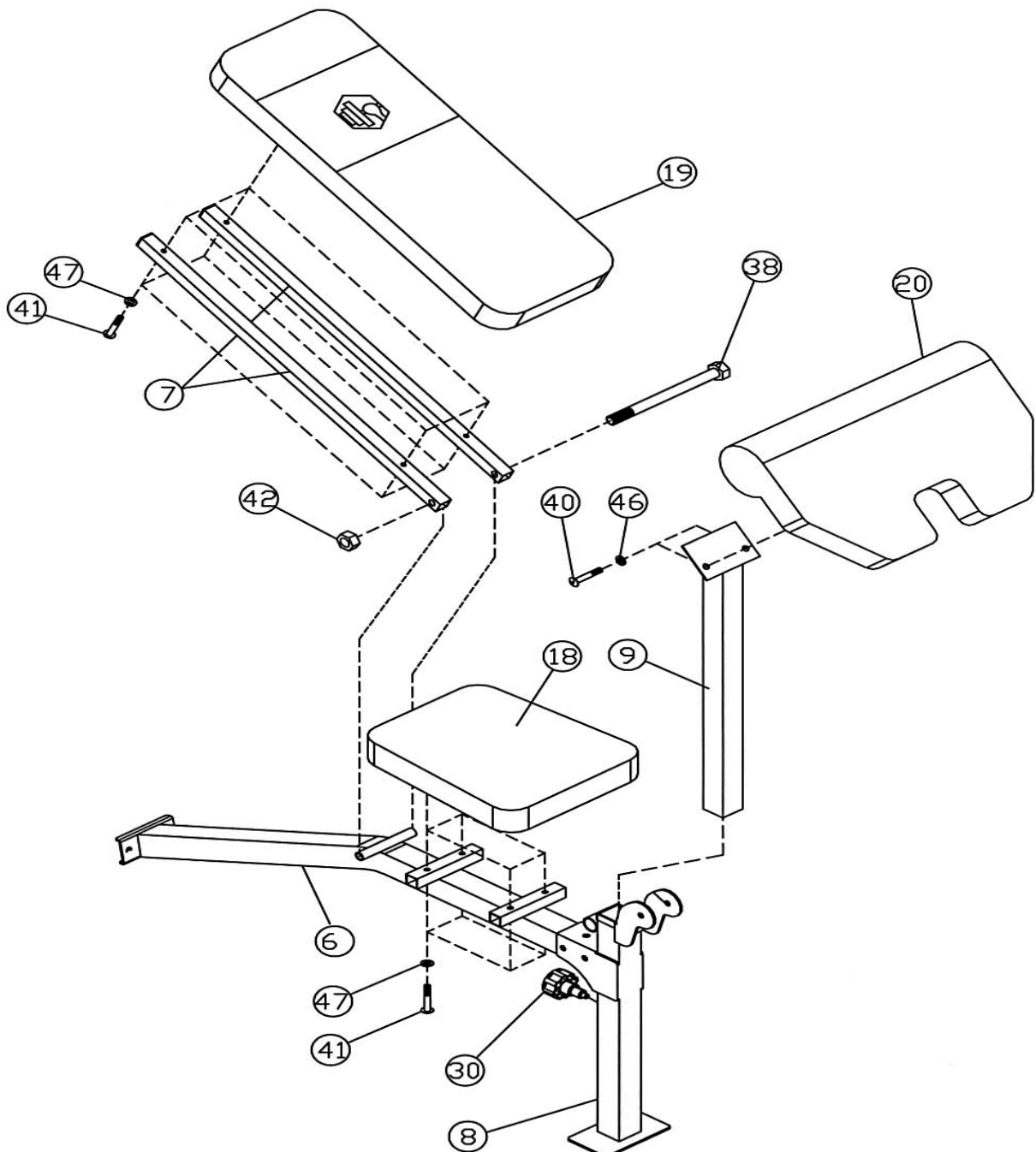




#### STEP 4 (See Diagram 4)

- A.) Attach the hole-side of the Backrest Supports (#7) to both ends of the pivot on the Main Seat Support (#6). Secure it with one M12 x 7 1/4" Hex Bolt (#38) and M12 Aircraft Nut (#42). Place the other end of Backrest Supports rest against the Backrest Adjustment Bar.
- B.) Place the Backrest Board (#19) onto the Backrest Supports (#7). Secure it with four M6 x 1 3/8" Hex Bolts (#41) and Ø 1/2" Washers (#47).
- C.) Place the Seat (#18) onto the Main Seat Support (#6). Secure it with four M6 x 1 3/8" Hex Bolts (#41) and Ø 1/2" Washers (#47).
- D.) Attach the Arm Curl Pad (#20) to the Arm Curl Stand (#9). Secure it with two M8 x 3/4" Allen Bolts (#40) and Ø 5/8" Washers (#46).
- E.) Insert the Arm Curl Stand (#9) into the top opening on the Front Support (#8). Secure it with a Lock Knob (#30).

**DIAGRAM 4**

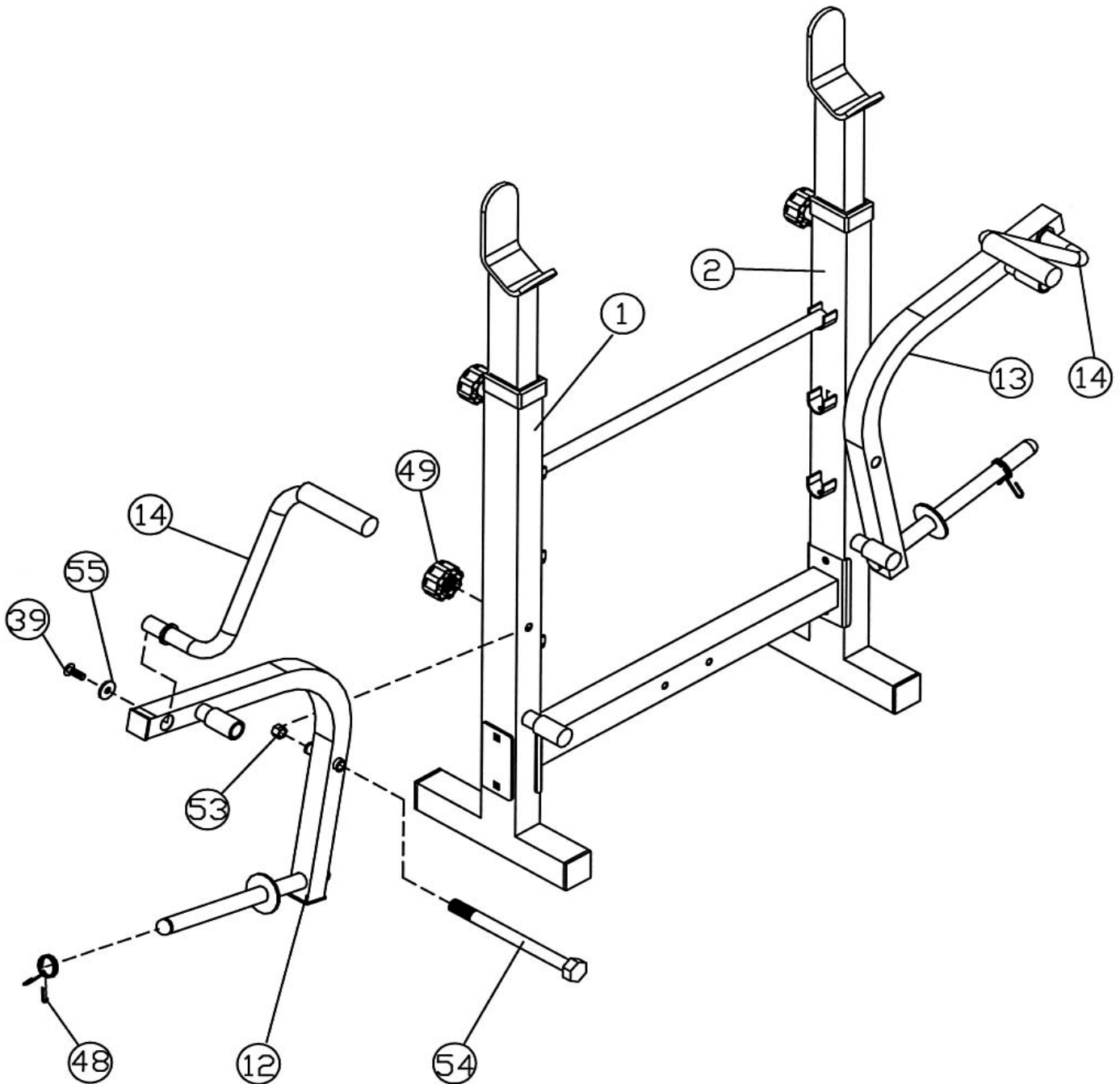




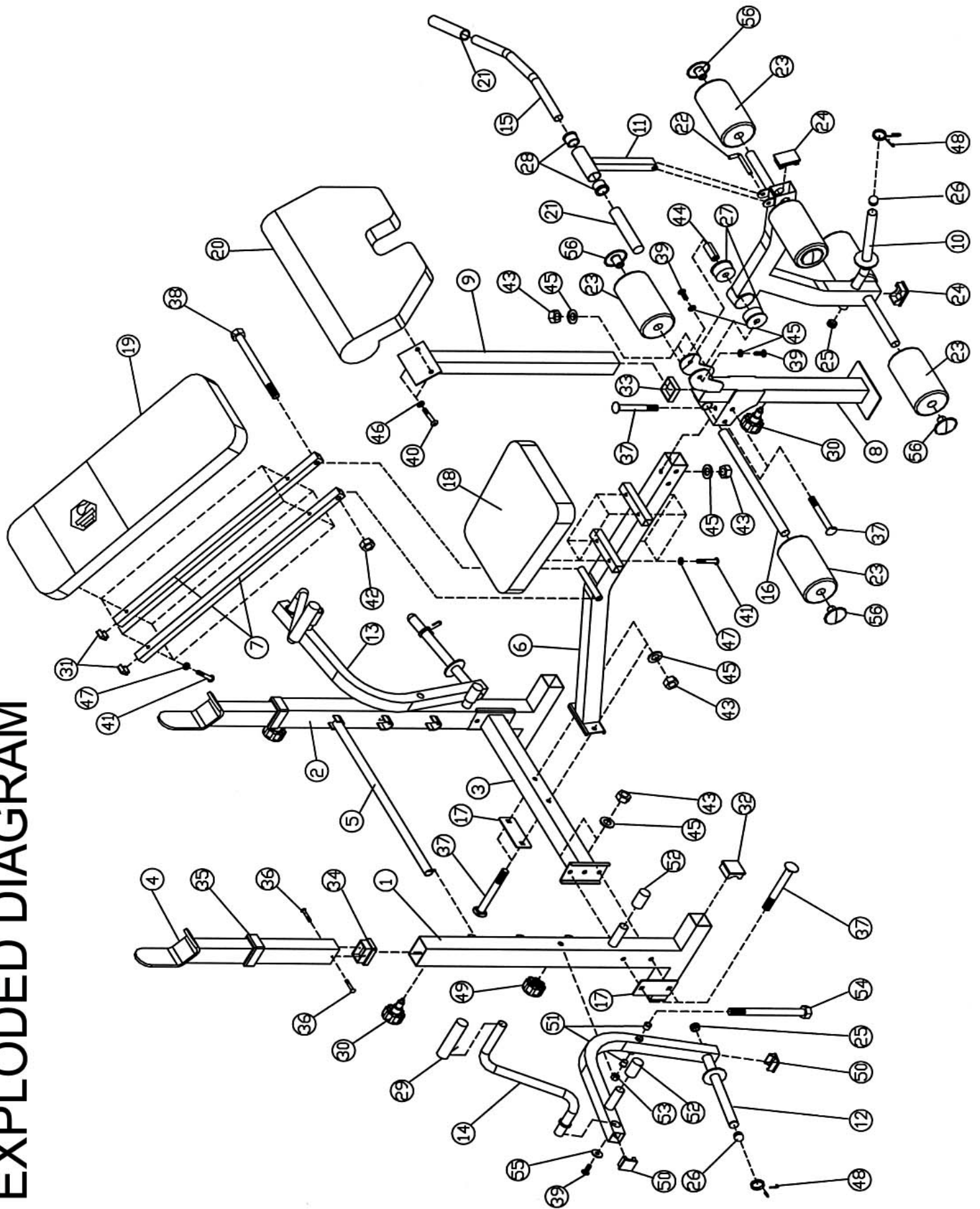
## STEP 5 (See Diagram 5)

- A.) Insert a M12 x 6 1/4" Hex Bolt (#54) through the Right Butterfly (#12). Secure the Bolt with a M12 Regular Nut (#53). Insert the Bolt through the hole on the Right Upright Beam (#1) and secure it with a M12 Lock Knob (#49).
- B.) Attach the Butterfly Handle (#14) to the Right Butterfly (#12). Secure it with one M10 x 3/4" Allen Bolt (#39) and  $\text{Ø}1\ 1/4$ " Washer (#55).
- C.) Attach Spring Clip (#48) to weight post on the Butterfly.
- D.) Repeat the Procedures A, B & C above to install the other side.

### DIAGRAM 5



# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Right Upright Beam	1
2	Left Upright Beam	1
3	Cross Brace	1
4	Crutch	2
5	Backrest Adjustment Bar	1
6	Main Seat Support	1
7	Backrest Support	2
8	Front Support	1
9	Arm Curl Stand	1
10	Leg Developer	1
11	Curl Handle	1
12	Right Butterfly	1
13	Left Butterfly	1
14	Butterfly Handle	2
15	Curl Handle Tube	1
16	Foam Tube	3
17	Bracket	3
18	Seat	1
19	Backrest Board	1
20	Arm Curl Pad	1
21	Curl Handle Grip	2
22	L-shape Pin	1
23	Foam Roll	6
24	1 5/8" x 2 3/8" End Cap	2
25	Ø 1" End Cap	3
26	Ø 1" Cone-shape End Cap	3
27	Axle Bushing	2
28	Spacer	2
29	Butterfly Handle Grip	2
30	M18 Lock Knob	3
31	1" Square End Cap	2
32	2" Square End Cap	4
33	Sleeve	1
34	Inner Cap	2
35	Upright Sleeve	2
36	Philips Screw	4
37	M10 x 2 3/4" Carriage Bolt	9
38	M12 x 7 1/4" Hex Bolt	1
39	M10 x 3/4" Allen Bolt	4
40	M8 x 3/4" Allen Bolt	2
41	M6 x 1 3/8" Hex Bolt	8
42	M12 Aircraft Nut	1
43	M10 Aircraft Nut	9
44	Axle	1
45	Ø 3/4" Washer	11
46	Ø 5/8" Washer	2
47	Ø 1/2" Washer	8
48	Spring Clip	3
49	M12 Lock Knob	2
50	1 1/2" End Cap	4
51	Ø 5/8" Bushing	4
52	Rubber Bumper	4
53	M12 Regular Nut	2
54	M12 x 6 1/4" Hex Bolt	2
55	Ø 1 1/4" Washer	2
56	Foam Roll End Cap	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](http://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](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

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