

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
TR-2

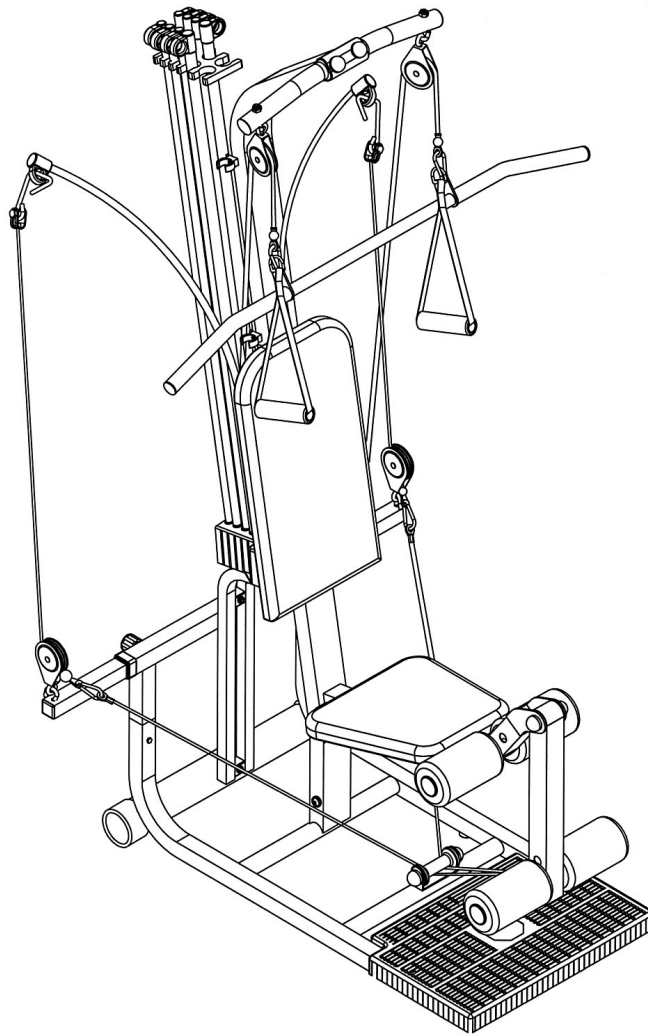
Retain This  
Manual for  
Reference

09-14-04  
V4  
OWNER'S  
MANUAL

# IMPEX

## TECH ROD GYM

### TR-2



**IMPEX INC.**

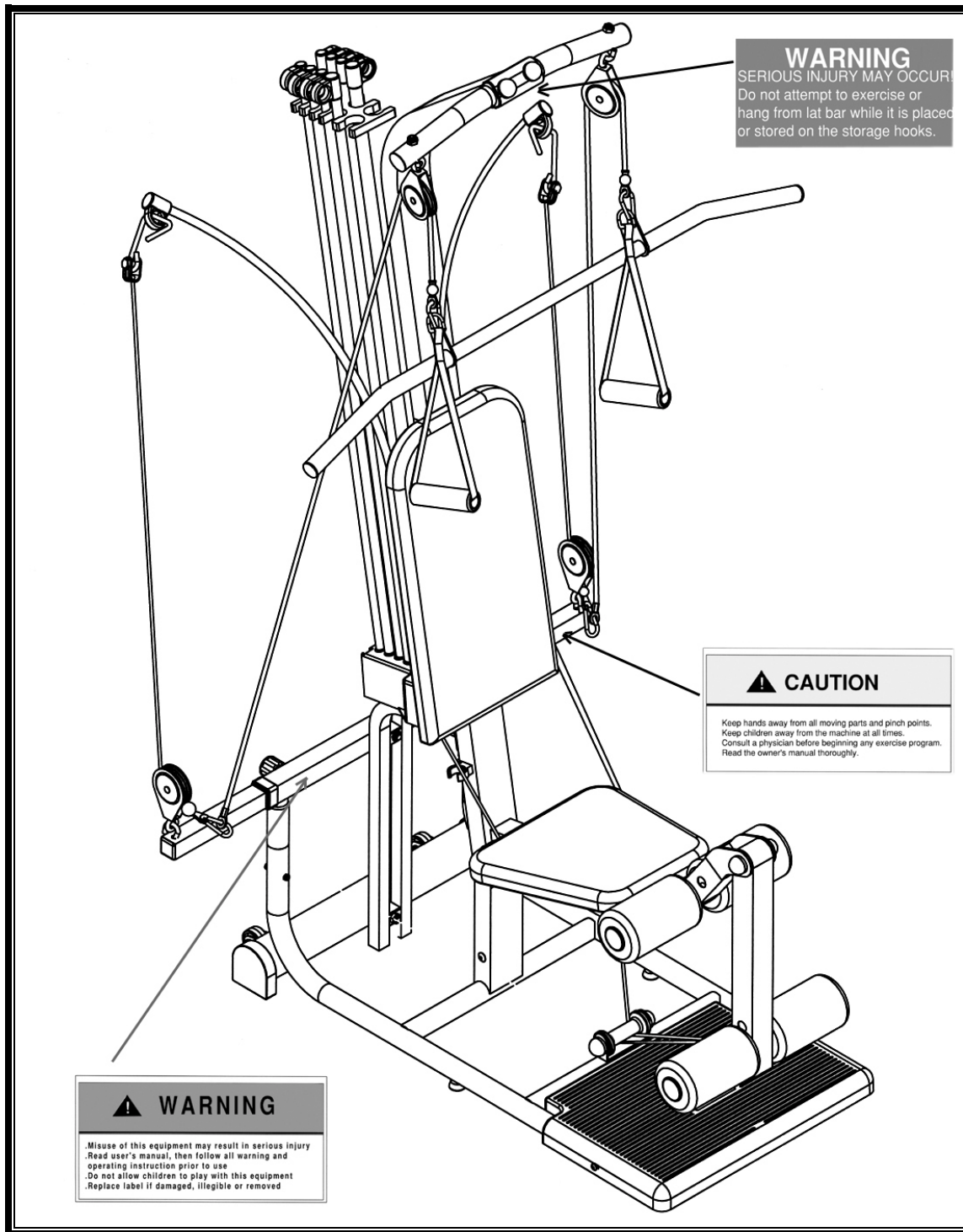
14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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

[www.impex-fitness.com](http://www.impex-fitness.com)

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

# WARNING LABELS PLACEMENT



The Warning Labels shown here have been placed on Lower Pulley Support Base. If this Labels are missing or illegible, please call Customer Service at 1-800-999-8899 for free replacement. Apply the Label in the location shown.

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	3
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	17
RESISTANCE CHART.....	18
PARTS LIST.....	19
WARRANTY.....	20
ORDERING PARTS.....	20

---

## BEFORE YOU BEGIN

Thank you for selecting the TECH ROD GYM TR-2 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 and feet 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. Misuse of this machine may result in serious injury.
13. The maximum user's weight capacity is 250lbs.
14. Please refer to the exercise demonstration picture in EXERCISE CHART to use this machine for appropriate and desired exercises.

## **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.

**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

#3 M8 x  $\frac{5}{8}$ " Allen Bolt (Qty 2)



#4  $\frac{5}{8}$ " Washer (Qty 3)



#6 M6 x  $\frac{3}{4}$ " Hex Bolt (Qty 8)



#7  $\frac{1}{2}$ " Washer (Qty 8)



#9 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 10)



#10  $\frac{3}{4}$ " Washer (Qty 16)



#12 M10 x 3" Hex Bolt (Qty 1)



#13 M10 x 4  $\frac{7}{8}$ " Hex Bolt (Qty 1)



#14 M6 x 1  $\frac{3}{4}$ " Hex Bolt (Qty 2)



#15 M6 Aircraft Nut (Qty 2)



#16 M10 Aircraft Nut (Qty 2)



#20 M10 x 2  $\frac{3}{8}$ " Hex Bolt (Qty 2)



#21 M10 Nut Cap (Qty 4)



#25  $\frac{1}{4}$ " x  $\frac{3}{4}$ " Philips Screw (Qty 4)



#28 Lock Knob (Qty 3)



#29 M8 Nut Cap (Qty 2)



#40  $\frac{1}{4}$ " x  $\frac{3}{4}$ " Philips Screw (Qty 2)



#46 M8 x 3  $\frac{1}{8}$ " Hex Bolt (Qty 1)



#47 M8 Aircraft Nut (Qty 1)



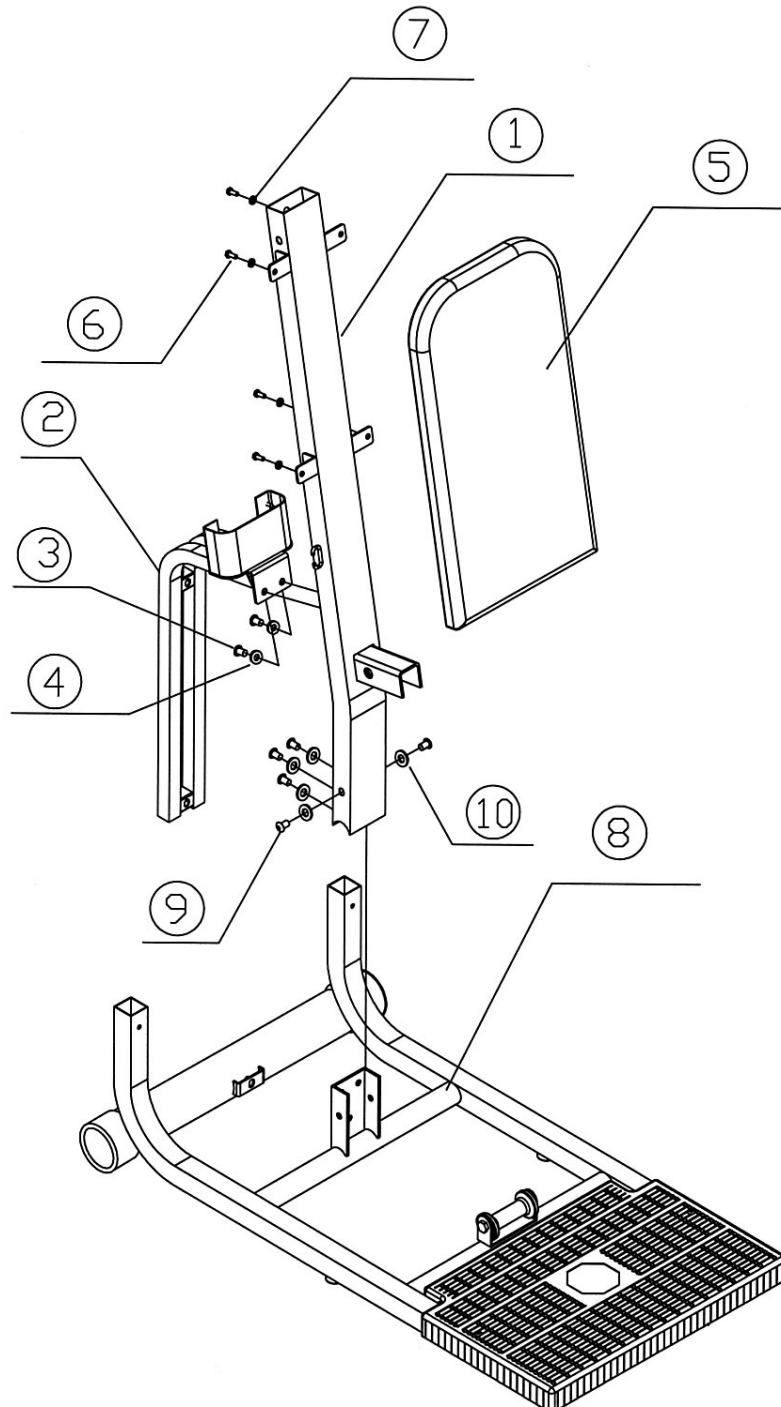
# ASSEMBLY INSTRUCTION

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)

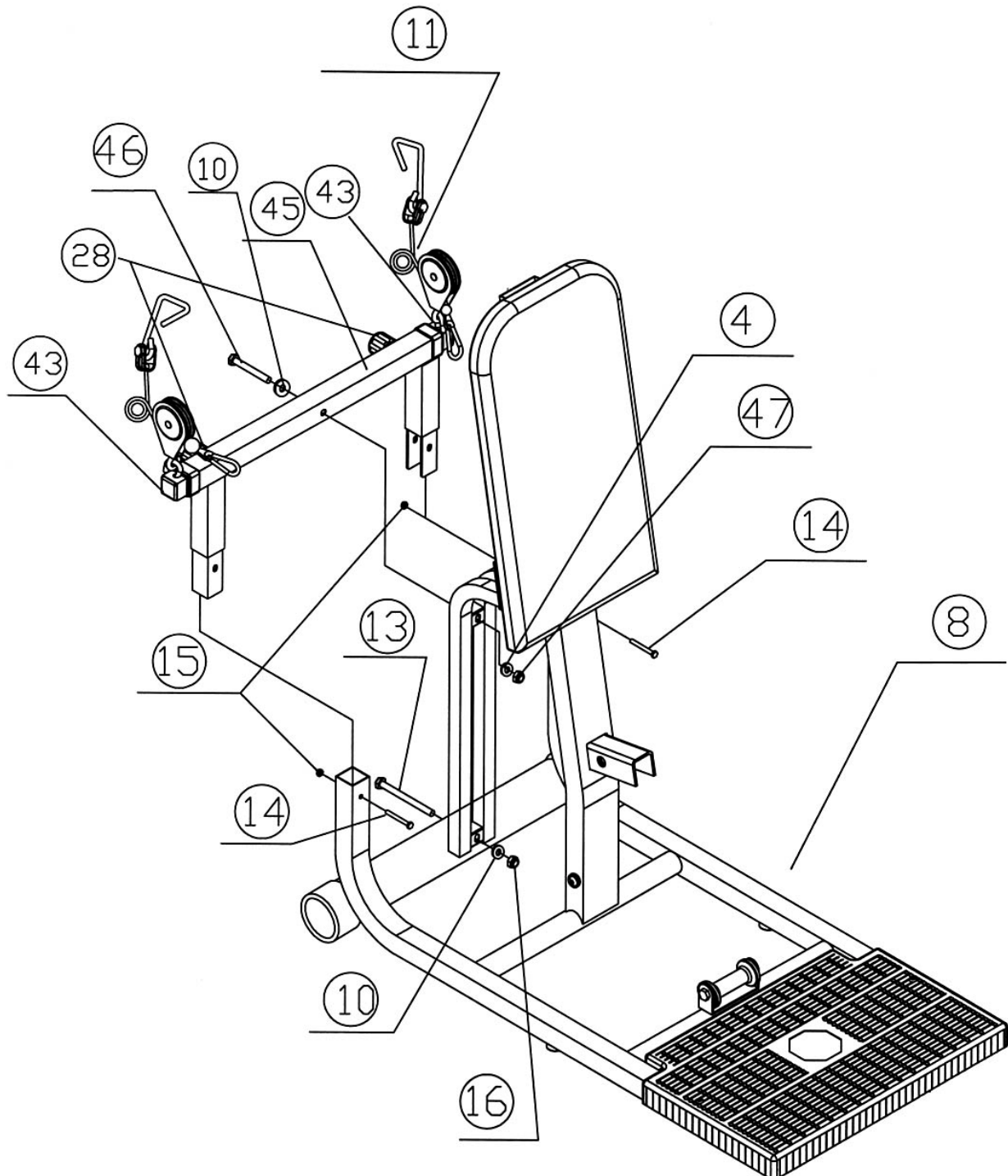
- A.) Place the Base Platform (#8) on flat surface. Attach the Vertical Frame (#1) to the open bracket on the Base Platform. Secure it with five M10 x 5/8" Allen Bolts (#9) and  $\text{\O}3/4$ " Washers (#10). DO NOT tighten the Bolts yet.
- B.) Attach the upper Rear Support Frame (#2) to the Vertical Frame (#1). Secure it with two M8 x 5/8" Allen Bolts (#3) and  $\text{\O}5/8$ " Washers (#4). DO NOT tighten the Bolts yet.
- C.) Attach the Back Pad (#5) to the Vertical Frame. Secure it with four M6 x  $3/4$ " Hex Bolts (#6) and  $\text{\O}1/2$ " Washers (#7).



## STEP 2 (See Diagram 2)

- A.) Attach the lower Rear Support Frame (#2) to the Base Platform (#8). Secure it with one M10 x 4 7/8" Hex Bolt (#13),  $\text{\O} \frac{3}{4}$ " Washer (#10), and M10 Aircraft Nut (#16). DO NOT tighten the Nut and Bolt yet.
- B.) Insert bottom of Lower Pulley Support Base (#45) into the openings on the Base Platform. Secure it with one M6 x 1 3/4" Hex Bolt (#14) and M6 Aircraft Nut (#15) to each opening. Use the Lock Knob (#28) on Lower Pulley Support Base to select the desired extension of the Extension Tube (#43).
- C.) Attach the Lower Pulley Support Base (#45) to the Rear Support Frame (#2). Secure it with one M8 x 3 1/8" Hex Bolt (#46), one  $\text{\O} \frac{3}{4}$ " Washer (#10), one  $\text{\O} \frac{5}{8}$ " Washer (#4), and one M8 Aircraft Nut (#47).
- D.) Securely tighten all Nuts and Bolts previously installed.

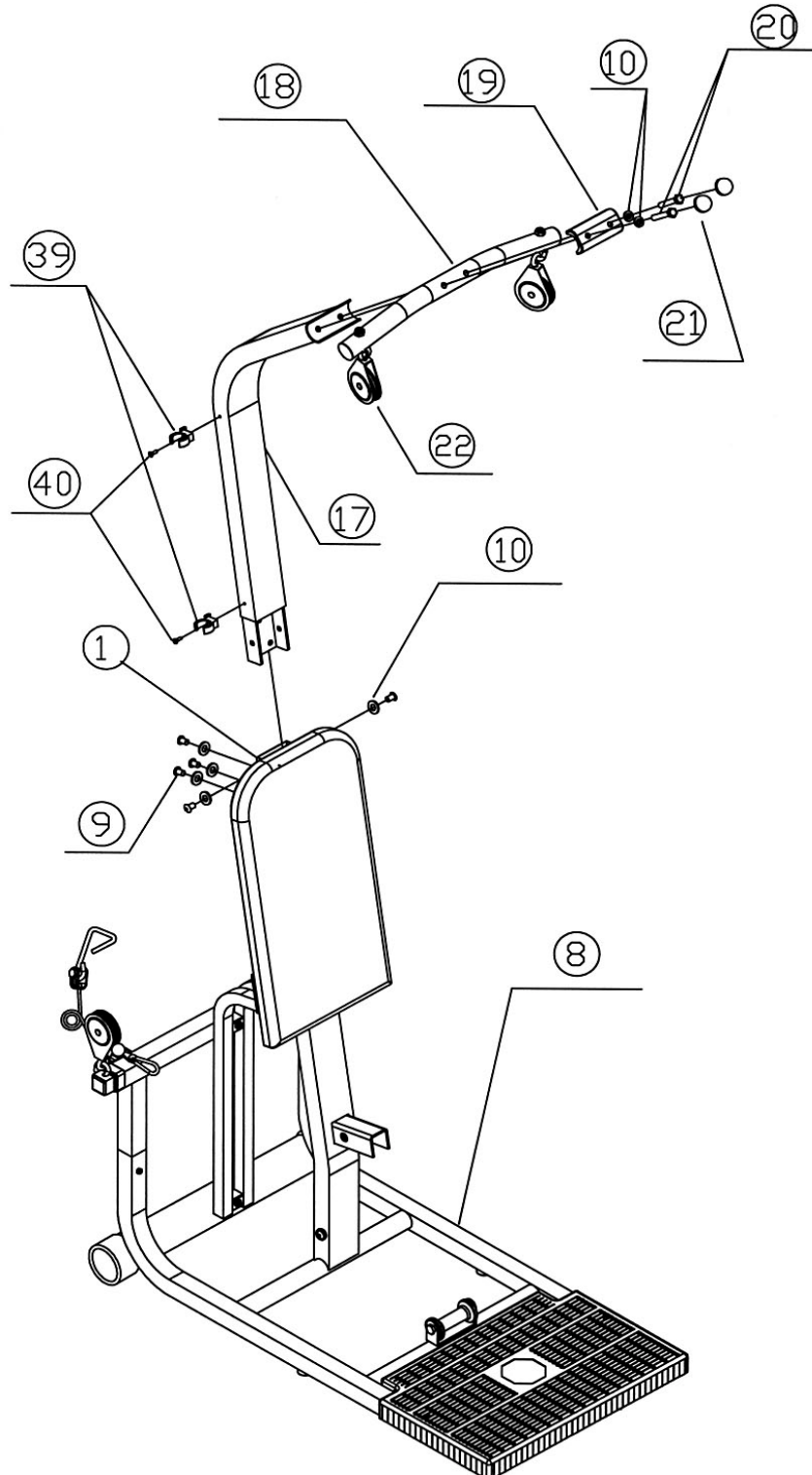
### DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the High Pulley Support Bar (#18) to the Upper Frame (#17). Securely tighten with one Bracket (#19), two M10 x 2 3/8" Hex Bolts (#20) and two Ø3/4" Washers (#10). Cover the two Hex Bolts with two M10 Nut Caps (#21).
- B.) Attach the Upper Frame (#17) to the Vertical Frame (#1). Securely tighten with five M10 x 5/8" Allen Bolts (#9) and Ø3/4" Washers (#10).
- C.) Attach two Lat Bar Holders (#39) to the side of the Vertical Frame (#1). Secure them with two Ø 1/4" x 3/4" Philips Screws (#40). When not using the Lat Bar, store it to the side of the Vertical Frame with these two Holders.

**DIAGRAM 3**

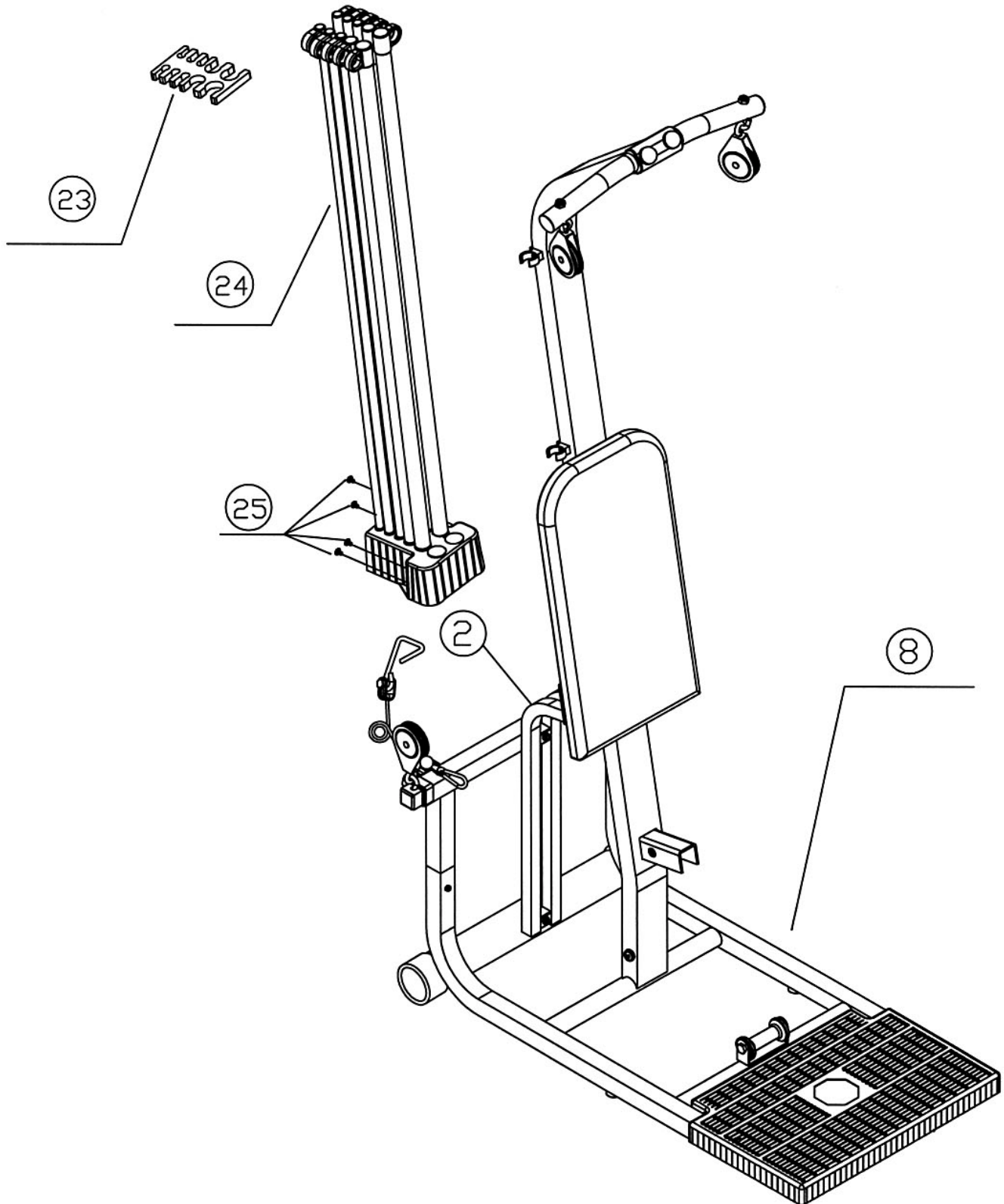




#### STEP 4 (See Diagram 4)

- A.) Attach the Tech Rod Set (#24) to the Rear Support Frame (#2). Secure it with four  $\varnothing$  1/4" x 3/4" Philips Screws (#25).
- B.) Slide the Tech Rod Organizer (#23) onto the top of the Rods to hold each Rod in position.

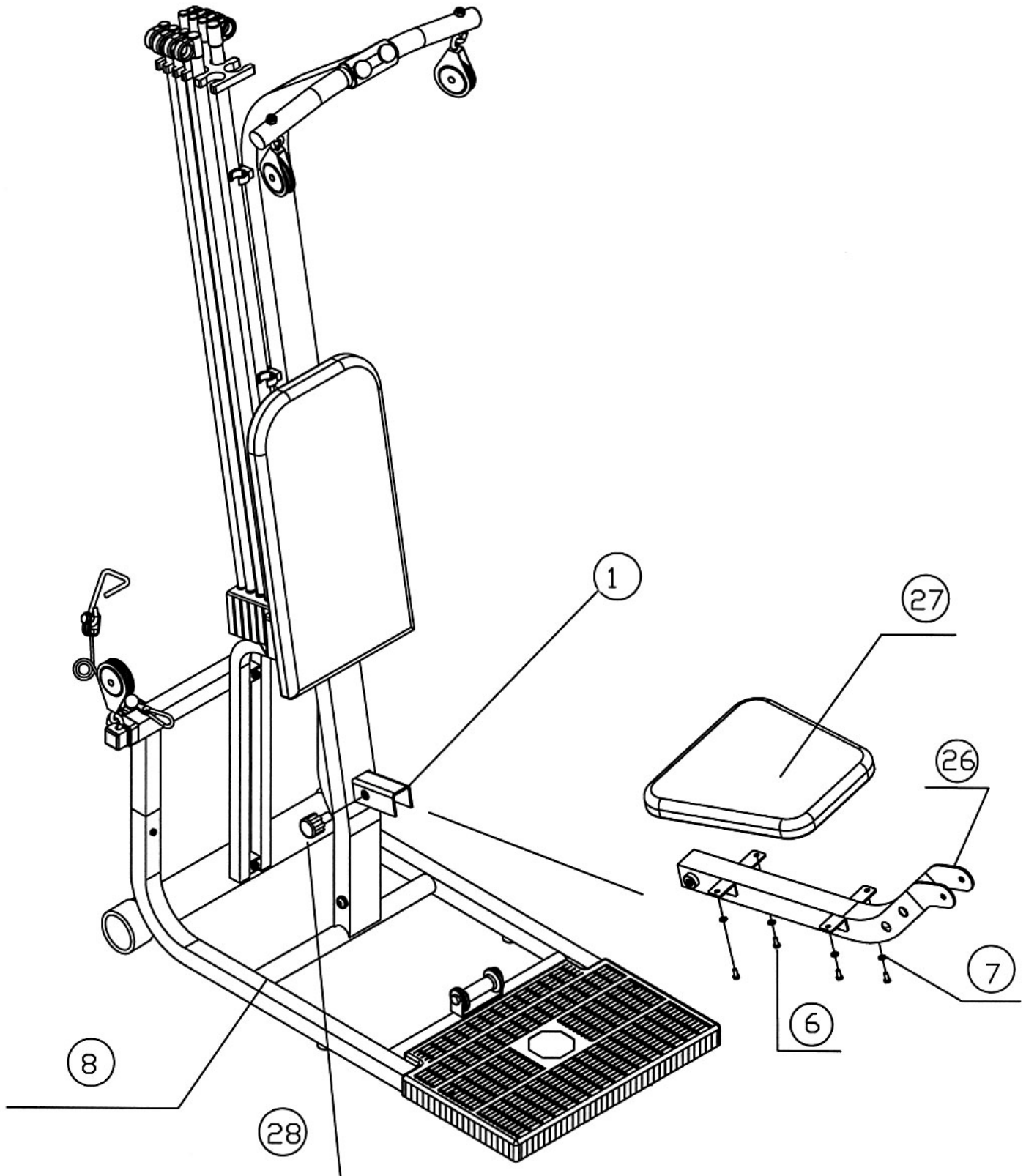
**DIAGRAM 4**



### STEP 5 (See Diagram 5)

- A.) Place the Seat Pad (#27) onto the Seat Support (#26). Secure it with four M6 x 3/4" Hex Bolts (#6) and Ø1/2" Washers (#7).
- B.) Attach the Seat Support (#26) to the open bracket on the Vertical Frame (#1). Use a Lock Knob (#28) to securely lock the Seat Support in position.

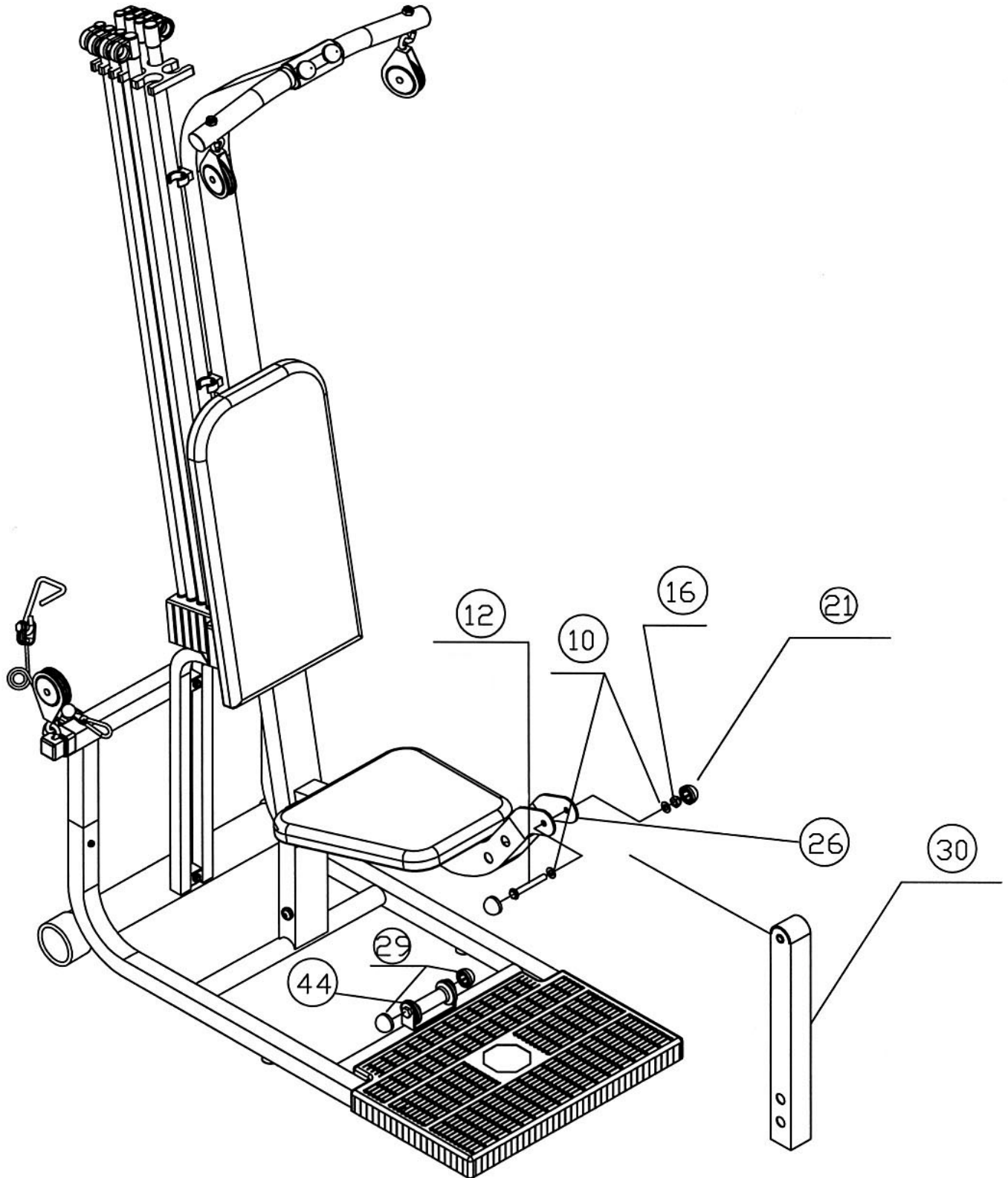
### DIAGRAM 5



## STEP 6 (See Diagram 6)

- A.) Attach the Leg Developer (#30) to the front of Seat Support (#26). Secure it with one M10 x 3" Hex Bolt (#12), two Ø¾" Washers (#10), and one M10 Aircraft Nut (#16).
- B.) Cover the Nut and Bolt with two M10 Nut Caps (#21). Cover the Nuts on the Cable Roller (#44) with two M8 Nut Caps (#29).

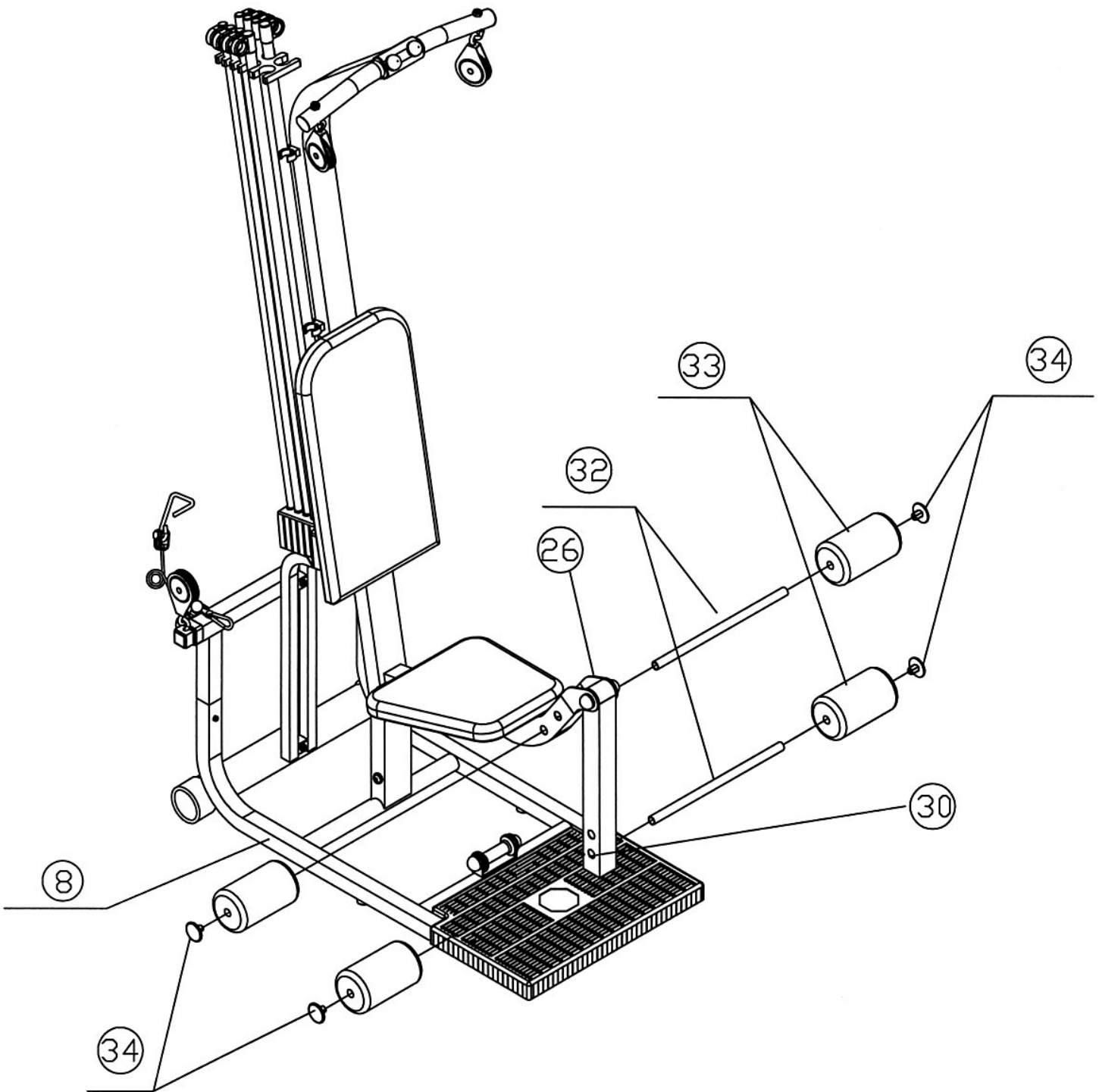
### DIAGRAM 6



## STEP 7 (See Diagram 7)

- A.) Insert a Foam Tube (#32) halfway through the hole on the Seat Support (#26). Insert a Foam Tube halfway through the hole on the Leg Developer (#30).
- B.) Push four Foam Rolls (#33) onto the Foam Tubes from both ends. Plug four Foam Roll End Caps (#34) into the ends of the Tubes.

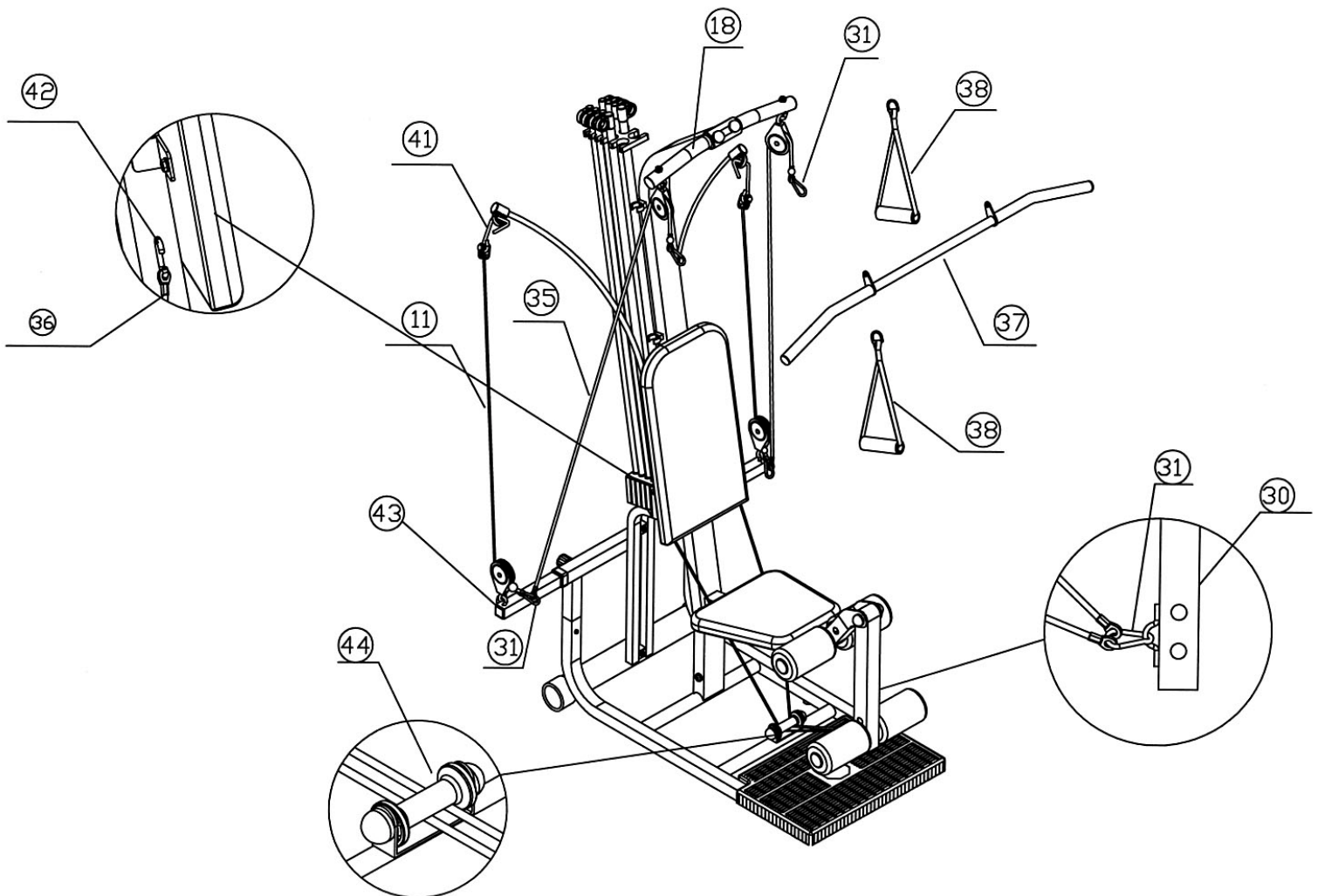
### DIAGRAM 7



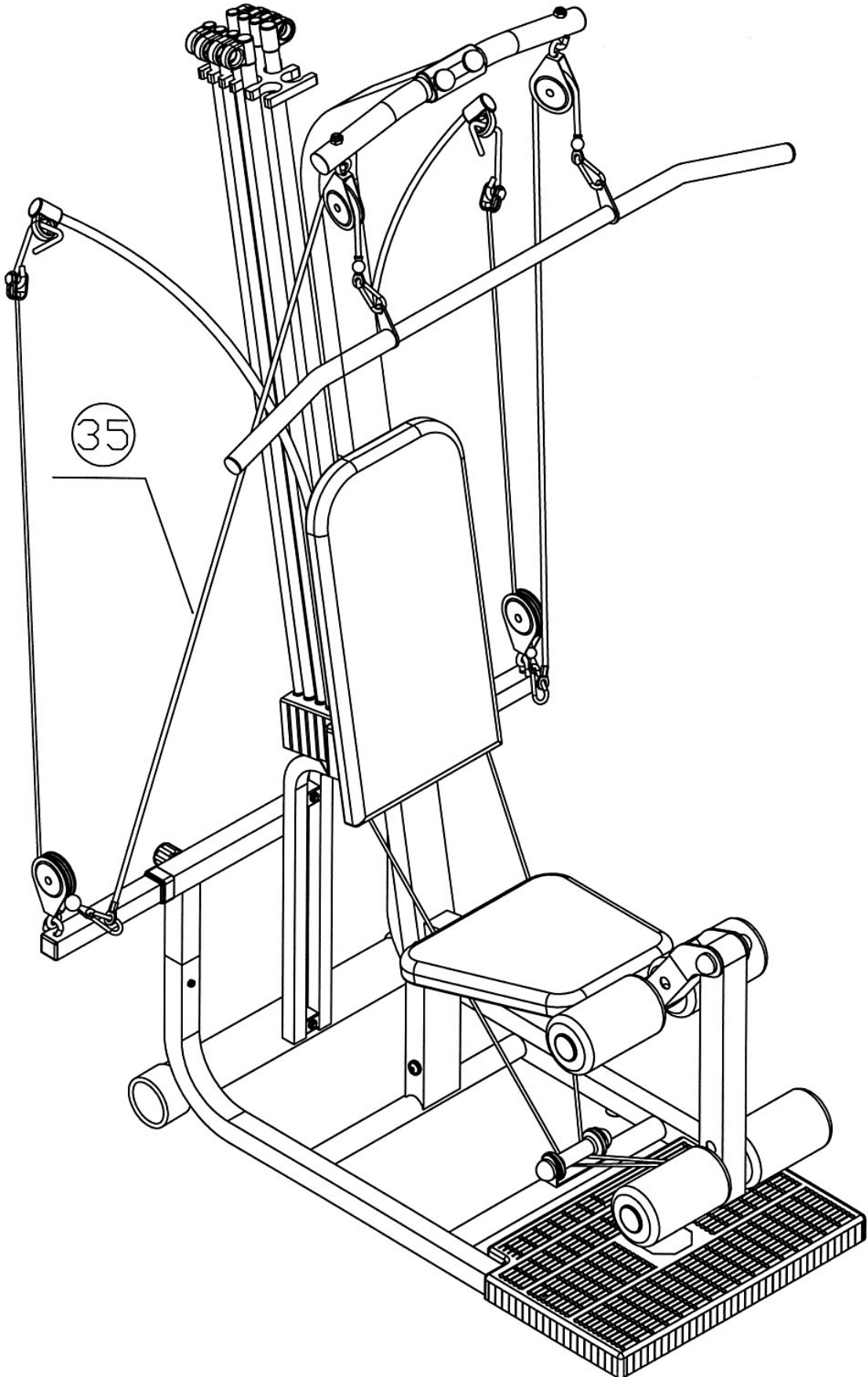
## STEP 8 (See Diagram 8 & Lat Bar Cable Loop Diagram)

- A.) Follow the below instructions to use the Lat Bar.
- B.) Attach a Tech Rod Cable (#11) to the Right Pulley on the Extension Tube (#43). Attach the other end, L Shaped Connector (#41) to one of the Tech Rod.
- C.) Attach one 57" Lat Cable (#35) to the right Pulley on the Upper Pulley Support Bar (#18). Draw the Cable over the Pulley then downward to the right Pulley on the Extension Tube (#43). Connect the Lat Cable to the End Hook (#31) on the right Tech Rod Cable (#11). Repeat the same procedure to install the other Lat Cable.
- D.) Connect the Lat Bar (#37) or two Hand Straps (#38) to the End Hooks (#31) on the two Lat Cables.
- E.) Connect the end of two 40" Leg Developer Cables (#36) to the Leg Developer (#30) using an End Hook (#31). Draw the other end of the Cable underneath the Cable Roller to the Cable Hanger (#42) on the side of the Vertical Frame. Repeat the same procedure to install the other Leg Developer Cable. This is just a storage position for the Leg Developer Cables.
- F.) Use the L-shape Connector (#41) on the Tech Rod Cable to connect the selected Tech Rods.

### DIAGRAM 8



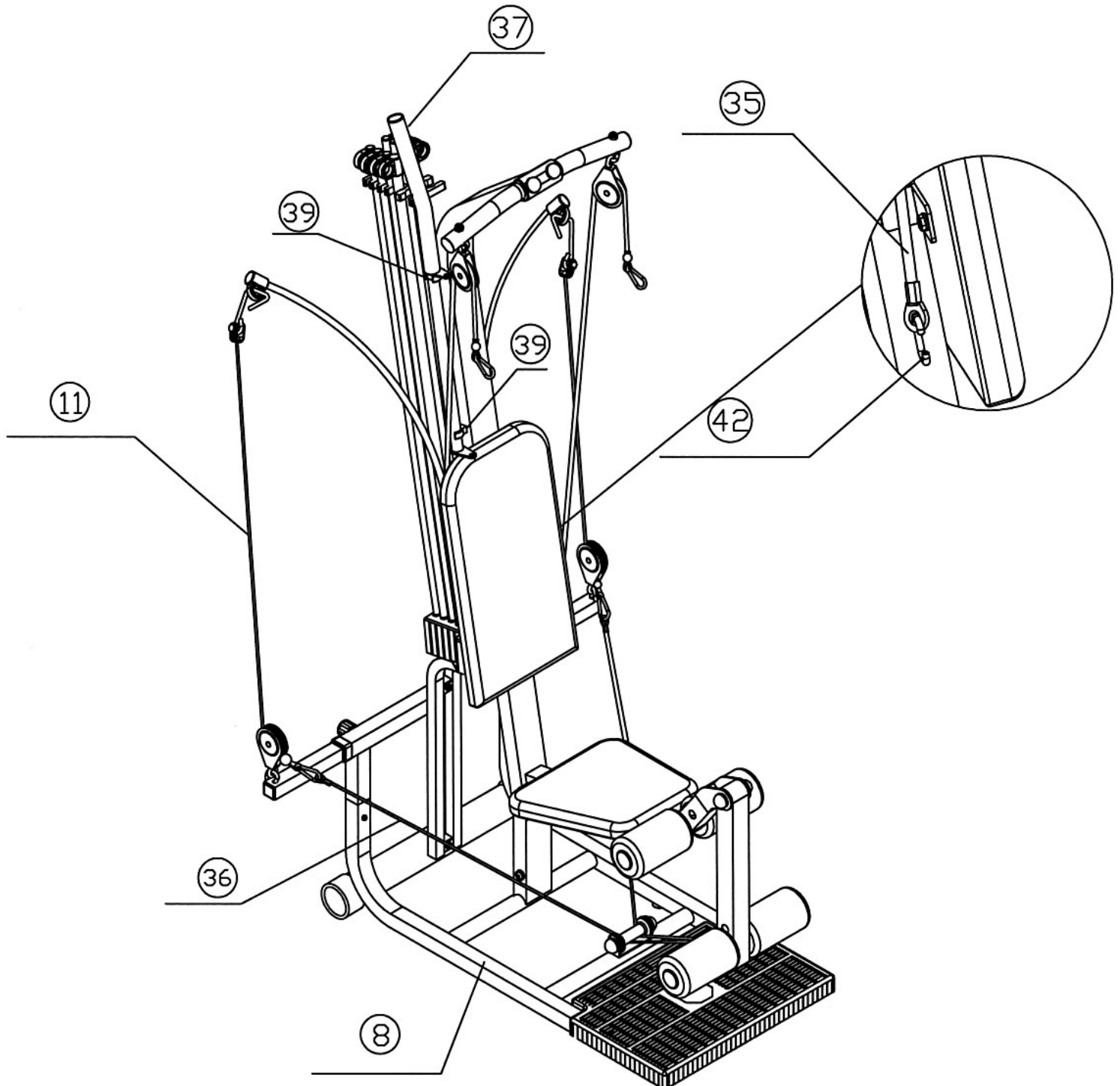
# LAT BAR CABLE LOOP DIAGRAM



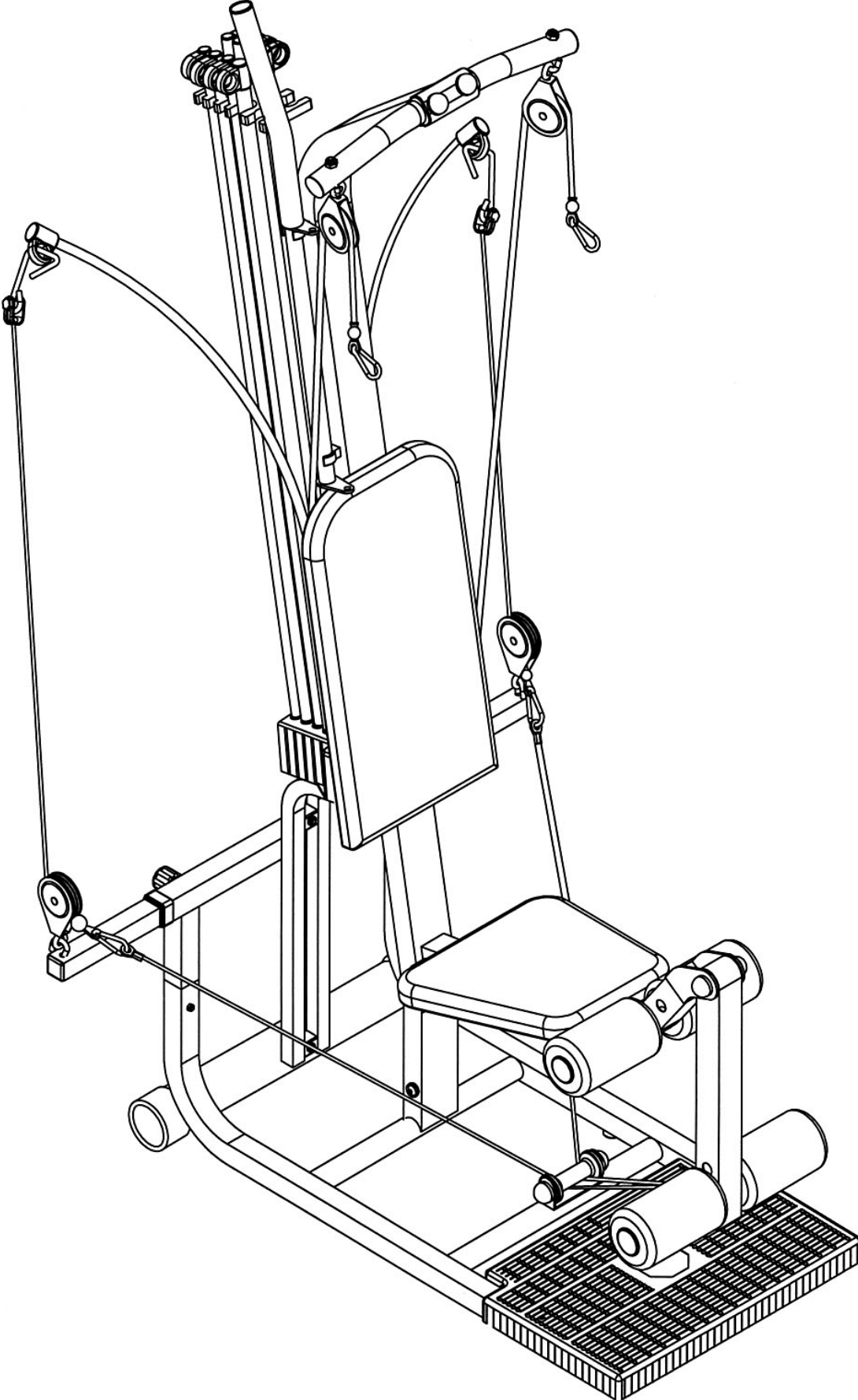
## STEP 9 (See Diagram 9 & Leg Developer Cable Loop Diagram)

- A.) Follow the below instructions to use the Leg Developer.
- B.) Detach the end of the Lat Bar Cables from the End Hooks on Tech Rod Cables and hook the Cable ends onto the Cable Hangers on the side of the Vertical Frame.
- C.) Store the Lat Bar onto the Lat Bar Holders (#39) on the side of the Vertical Frame.
- D.) Connect the end of the 40" Leg Developer Cables (#36) from Cable Hangers to the Tech Rod Cables (#11).

### DIAGRAM 9



# LEG DEVELOPER CABLE LOOP DIAGRAM

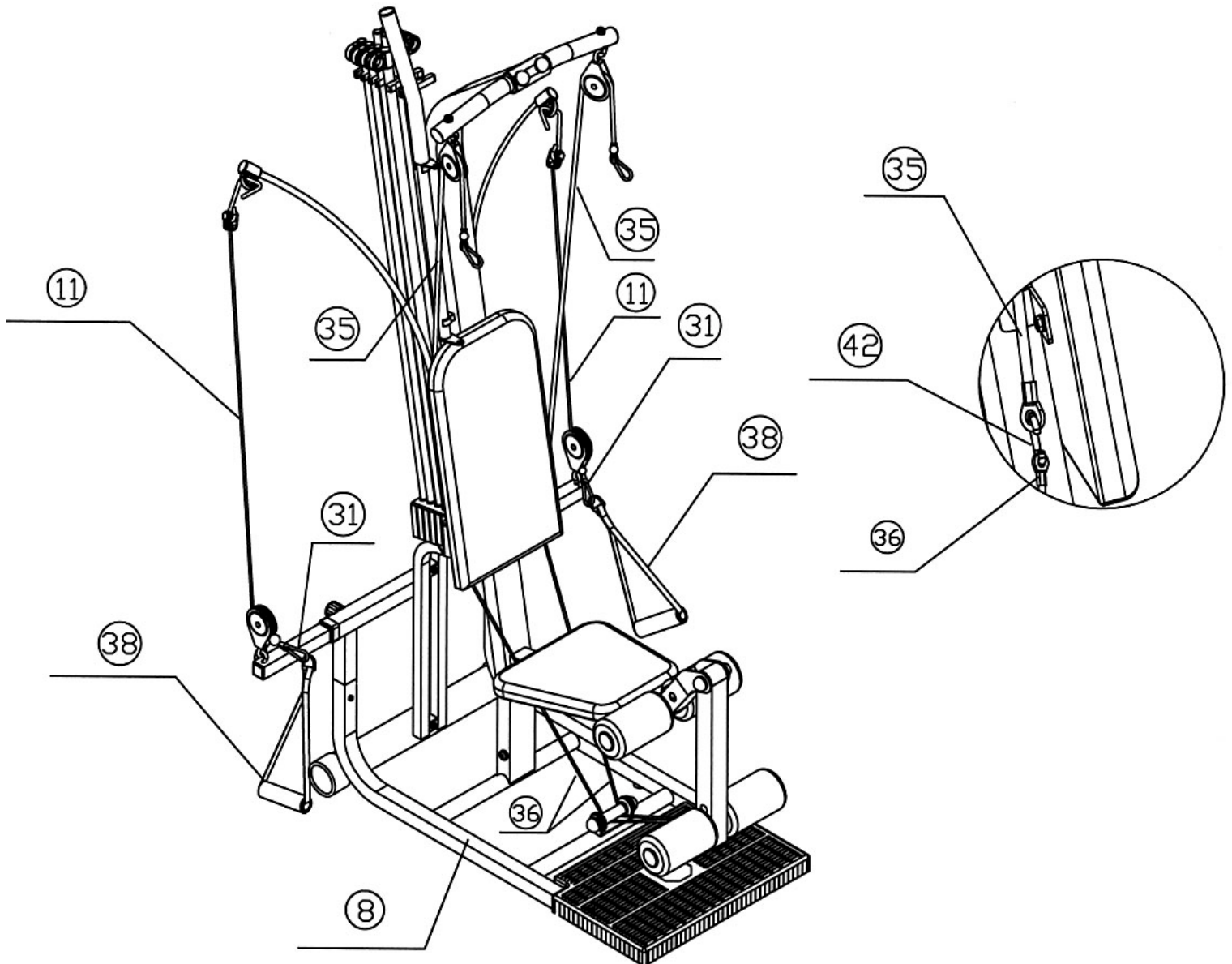




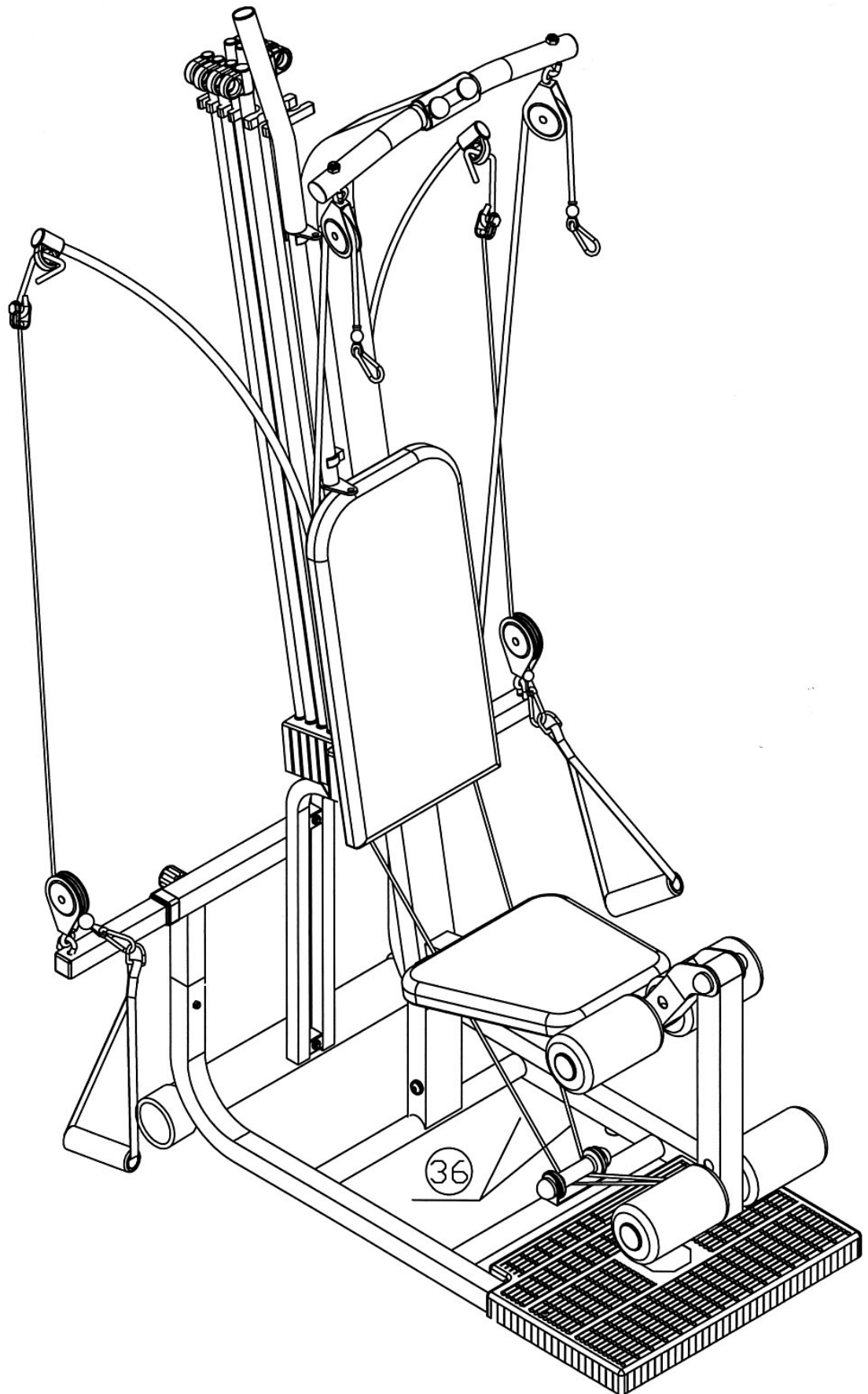
## STEP 10 (See Diagram10 & Cable Loop Diagram)

- A.) Follow the below instructions when doing bench press or butterfly exercises.
- B.) Attach the ends of Lat Bar Cables (#35) and Leg Developer Cables (#36) onto the Cable Hangers (#42) on the side of the Vertical Frame.
- C.) Connect the two Hand Straps (#38) to the Tech Rod Cables (#11) for various exercises. Please refer to the Exercise Chart.

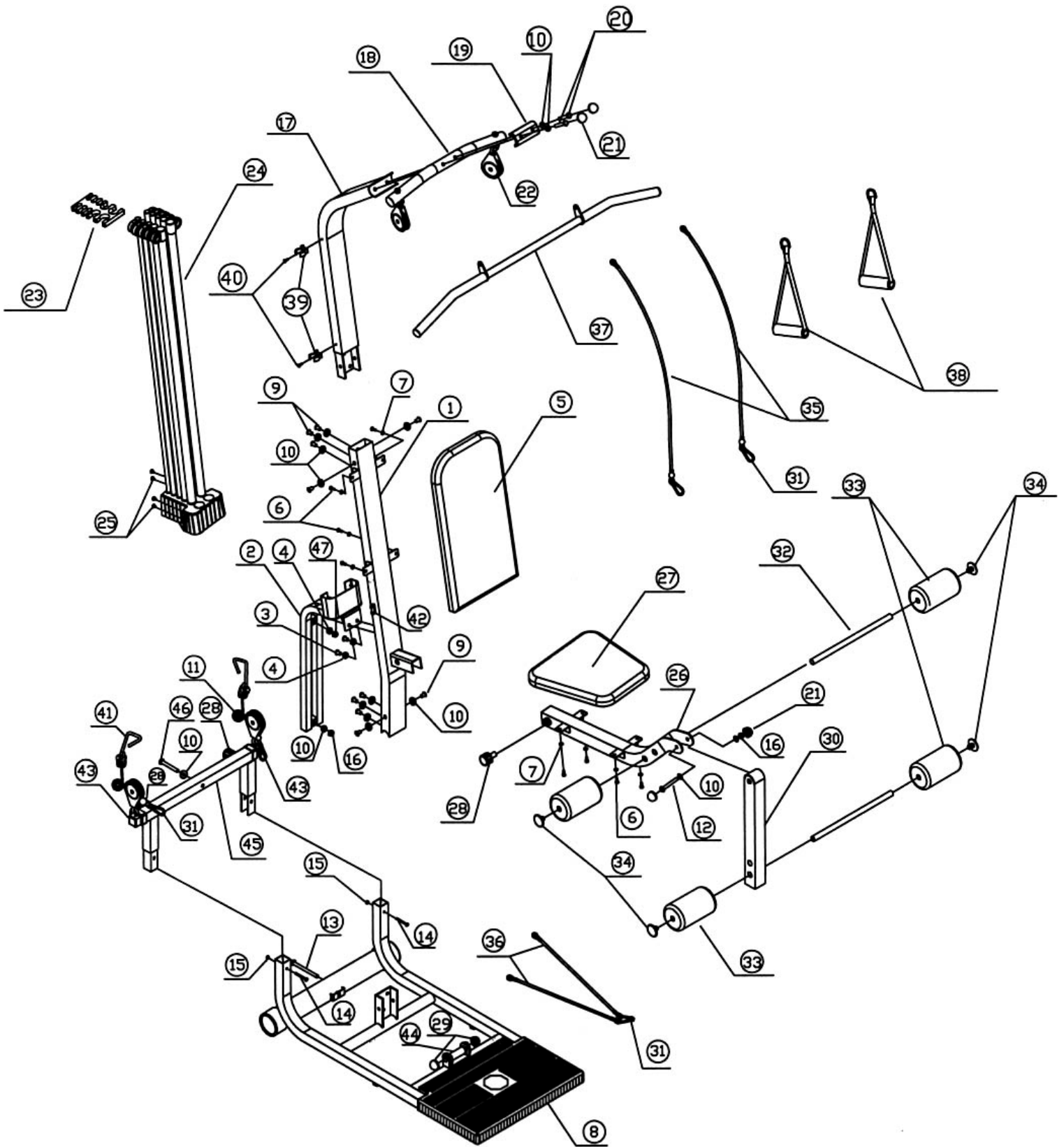
### DIAGRAM 10



# TECH ROD CABLE LOOP DIAGRAM



# EXPLODED DIAGRAM



## TECH ROD RESISTANCE CHART

<b>TECH ROD (each side)</b>	<b>Bench Press/ Butterfly</b>	<b>LAT CABLE</b>	<b>LEG DEVELOPER CABLE</b>
5LB	5 LB	5 LB	3 LB
10LB	10 LB	10 LB	8 LB
10LB	10 LB	10 LB	8 LB
25LB	25 LB	25 LB	20 LB
50LB	50 LB	50 LB	35 LB
TOTAL	100LB	100LB	74LB

**\*Numbers are approximate. Actual resistance may vary.**

**\*Value is for each cable.**

## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Vertical Frame	1
2	Rear Support Frame	1
3	M8 x 5/8" Allen Bolt	2
4	Ø 5/8" Washer	3
5	Back Pad	1
6	M6 x 3/4" Hex Bolt	8
7	Ø 1/2" Washer	8
8	Base Platform	1
9	M10 x 5/8" Allen Bolt	10
10	Ø 3/4" Washer	16
11	Tech Rod Cable	2
12	M10 x 3" Hex Bolt	1
13	M10 x 4 7/8" Hex bolt	1
14	M6 x 1 3/4" Hex Bolt	2
15	M6 Aircraft Nut	2
16	M10 Aircraft Nut	2
17	Upper Frame	1
18	High Pulley Support Bar	1
19	Bracket	1
20	M10 x 2 3/8" Hex Bolt	2
21	M10 Nut Cap	4
22	Pulley Set	4
23	Tech Rod Organizer	1
24	Tech Rod Set	1
25	Ø 1/4" x 3/4" Philips Screw	4
26	Seat Support	1
27	Seat Pad	1
28	Lock Knob	3
29	M8 Nut Cap	2
30	Leg Developer	1
31	End Hook	5
32	Foam Tube	2
33	Foam Roll	4
34	Foam Roll End Cap	4
35	57" Lat Cable	2
36	40" Leg Developer Cable	2
37	Lat Bar	1
38	Hand Strap	2
39	Lat Bar Holder	2
40	Ø 1/4" x 3/4" Philips Screw	2
41	L-shape Connector	2
42	Cable Hanger	2
43	Extension Tube	2
44	Cable Roller	1
45	Lower Pulley Support Base	1
46	M8 x 3 1/8" Hex Bolt	1
47	M8 Aircraft Nut	1

# **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

## Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>