

NOTE:
Please read all instructions
carefully before using this
product

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Retain This
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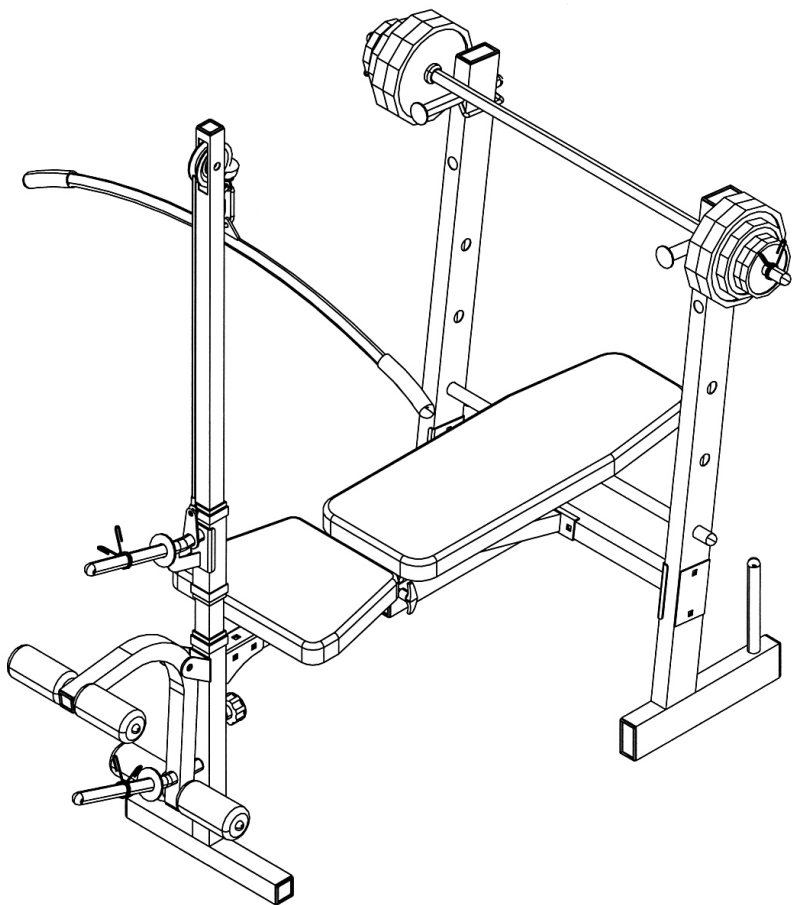
08-03-05

**OWNER'S
MANUAL**

IMPEX

APEX Combo Bench w/ Wt. Set

TSA-499



IMPEX INC.

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

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

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info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the APEX Combo Bench TSA-499 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

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.

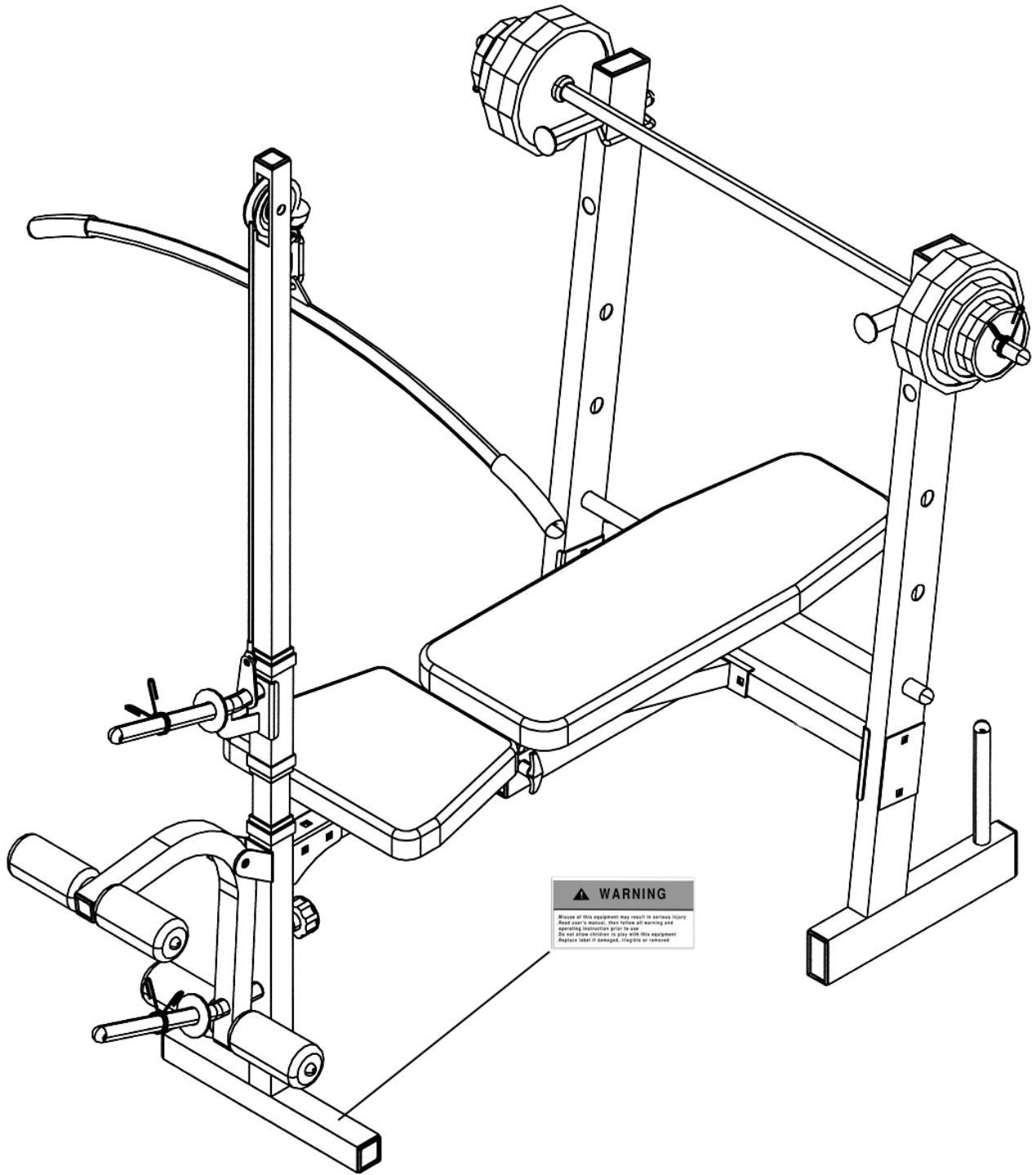
CARE AND MAINTENANCE

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 user's weight: 300 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.

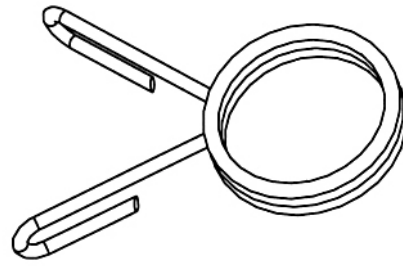
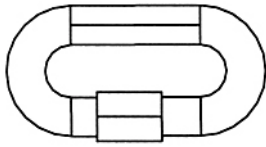
SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT

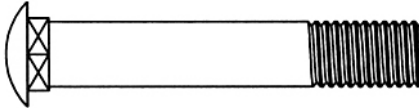


The Warning Label shown here has been placed on the Front Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

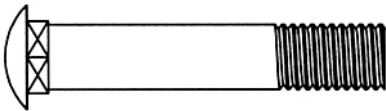
HARDWARE PACK



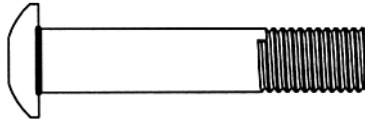
#36 C-clip (Qty 1) #37 Spring clip (Qty 4)



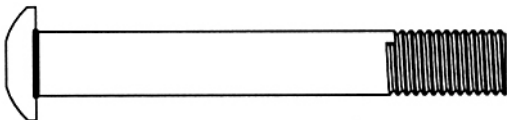
#41 M10 x 2 3/8" Carriage Bolt (Qty 8)



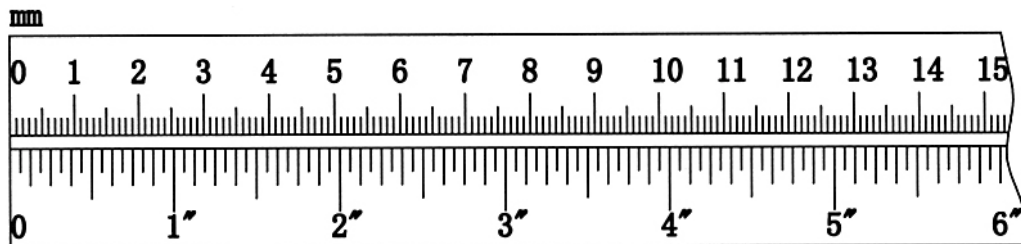
#42 M10 x 2 1/8" Carriage Bolt (Qty 1)



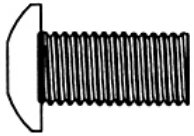
#43 M10 x 2 1/8" Allen Bolt (Qty 1)



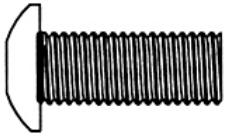
#44 M10 x 2 7/8" Allen Bolt (Qty 1)



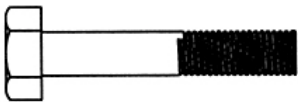
HARDWARE PACK



#45 M10 x 3/4" Allen Bolt (Qty 2)



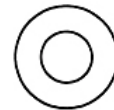
#52 M10 x 1" Allen Bolt (Qty 1)



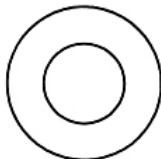
#46 M6 x 1 3/8" Hex Bolt (Qty 8)



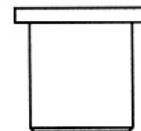
#48 M10 Aircraft Nut
(Qty 12)



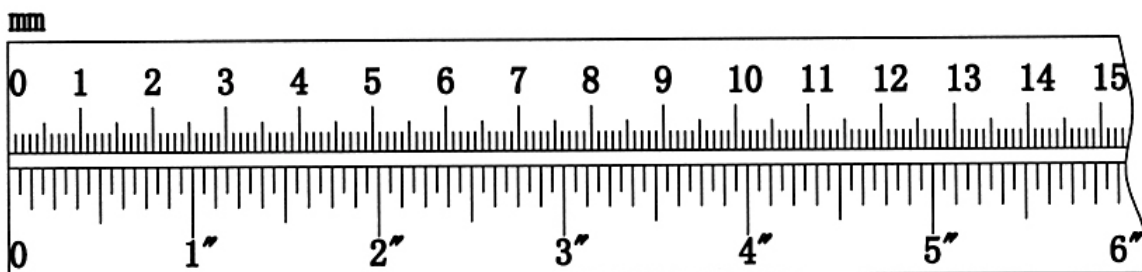
#50 Ø 1/2" Washer
(Qty 8)



#49 Ø3/4" Washer
(Qty 15)



#21 Pulley Bushing
(Qty 2)



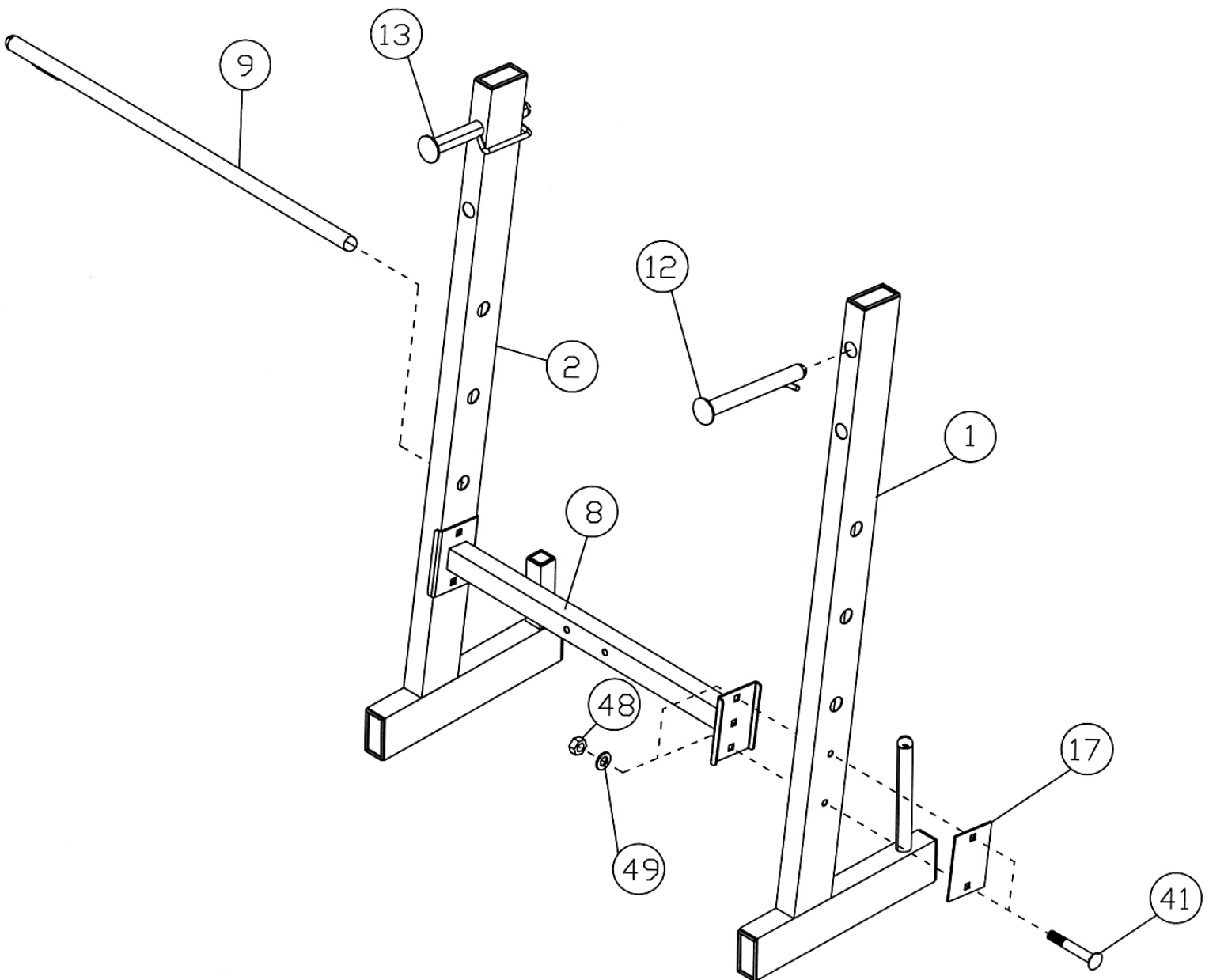
ASSEMBLY INSTRUCTION

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 Left & Right Upright Beams (#1 & 2) by a Cross Brace (#8) in the mid-span. Align the holes and secure each end with one 4 3/4" x 3 1/8" Bracket (#17), two M10 x 2 3/8" Carriage Bolts (#41), \varnothing 3/4" Washers (#49), and M10 Aircraft Nuts (#48).
- B.) Insert the Backrest Adjustment Bar (#9) through the selected holes on the Upright Beams.
- C.) Insert the Left & Right Safety Catches (#12 & 13) into the selected holes on the Left & Right Upright Beams.

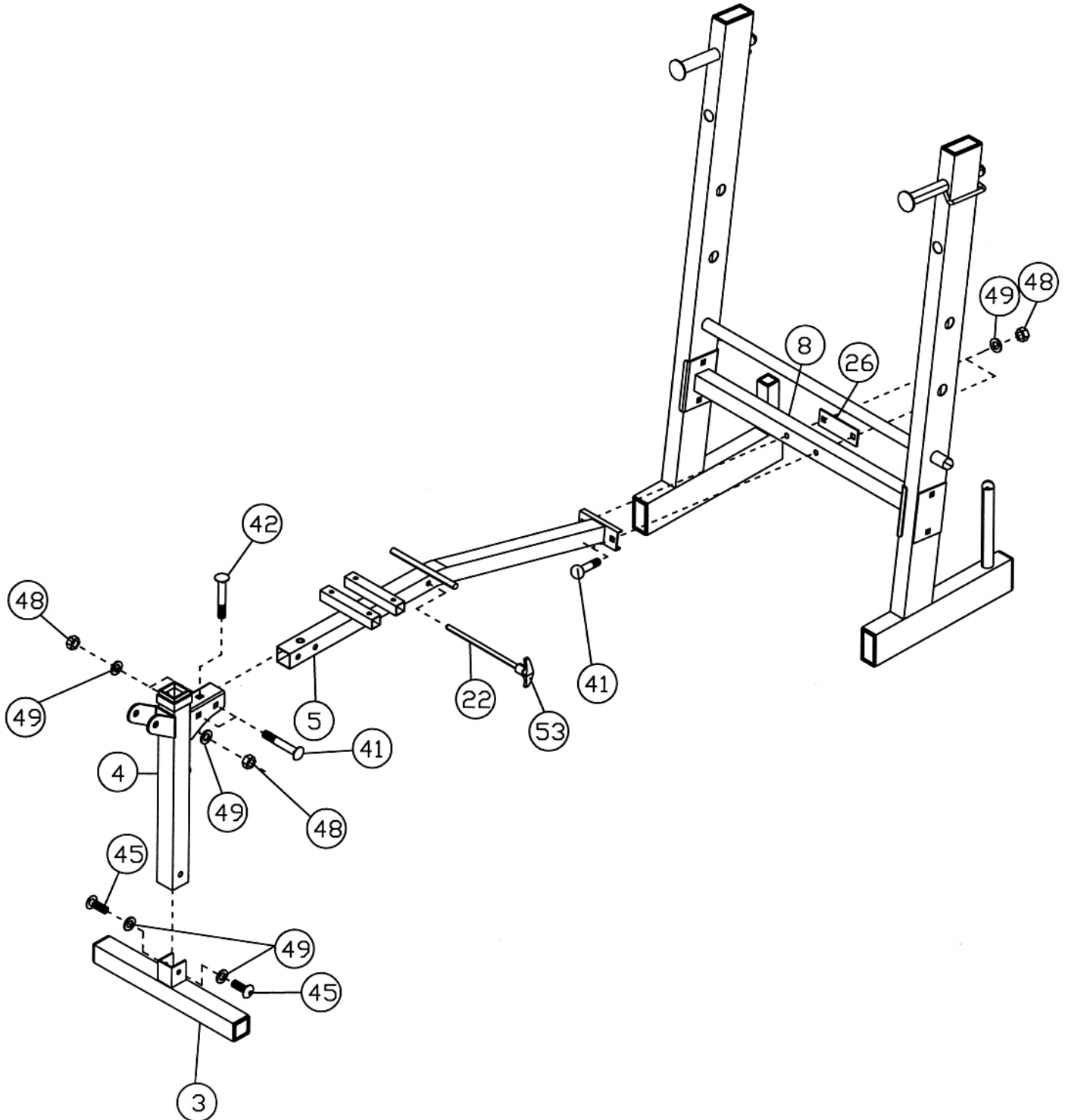
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Leg Developer Holder (#4) to the Front Stabilizer (#3). Secure it with two M10 x $\frac{3}{4}$ " Allen Bolts (#45) and $\text{\O} \frac{3}{4}$ " Washers (#49).
- B.) Attach the Leg Developer Holder to the Main Seat Support (#5). Secure it with two M10 x 2 $\frac{3}{8}$ " Carriage Bolts (#41), $\text{\O} \frac{3}{4}$ " Washers (#49), and M10 Aircraft Nuts (#48) horizontally. Secure it with one M10 x 2 $\frac{1}{8}$ " Carriage Bolt (#42), $\text{\O} \frac{3}{4}$ " Washer (#49), and M10 Aircraft Nut (#48) vertically.
- C.) Attach the Main Seat Support to the Cross Brace (#8). Secure it with a 4 $\frac{3}{8}$ " x 1 $\frac{1}{2}$ " Bracket (#26), two M10 x 2 $\frac{3}{8}$ " Carriage Bolts (#41), two $\text{\O} \frac{3}{4}$ " Washers (#49), and two M10 Aircraft Nuts (#48).
- D.) Insert the T-shaped Lock Pin (#22) into the hole on the Main Seat Support.

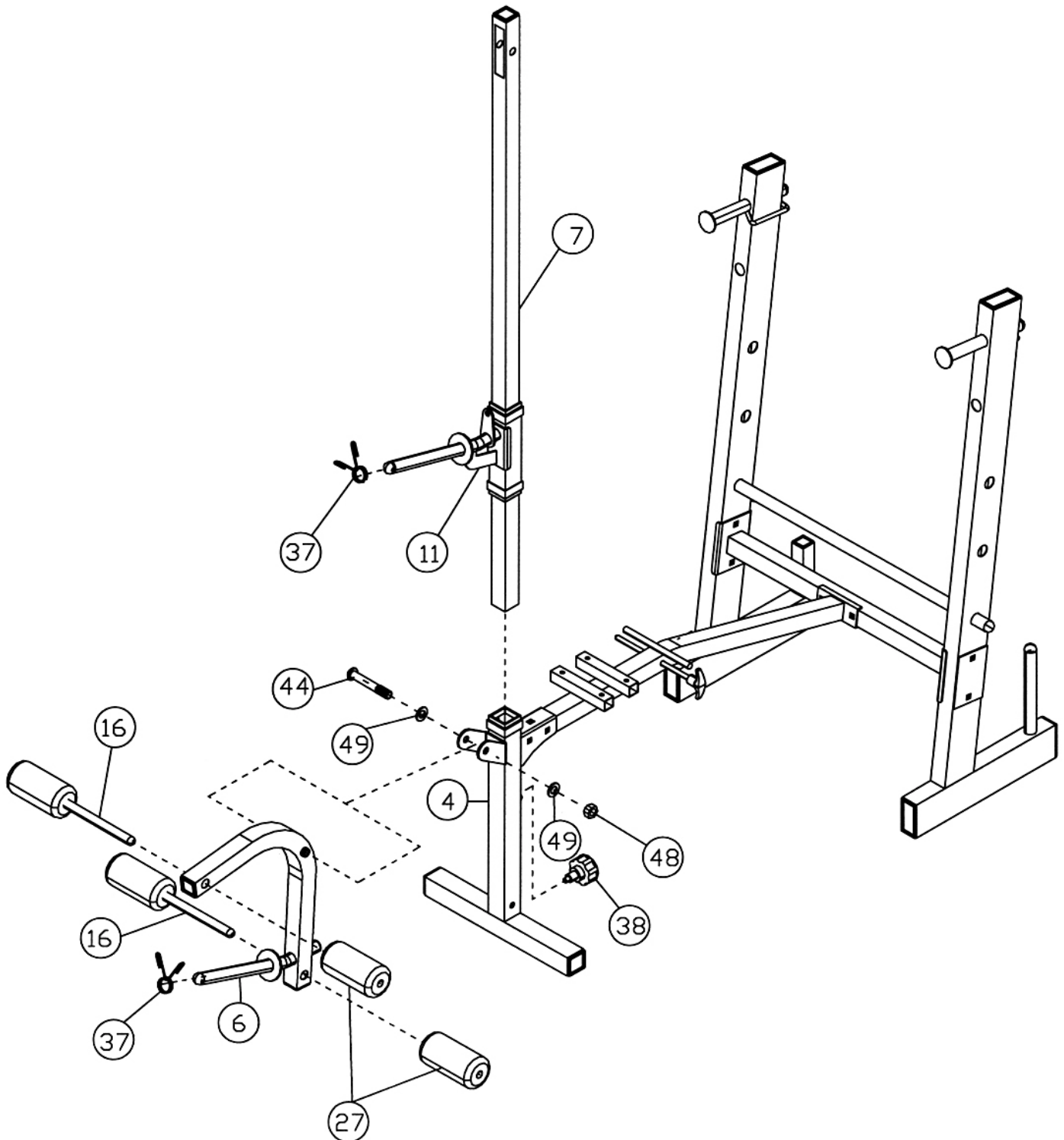
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#6) to the Leg Developer Holder (#4). Secure it with one M10 x 2 7/8" Allen Bolt (#44), two $\text{\O} \frac{3}{4}$ " Washers (#49), and one M10 Aircraft Nut (#48).
- B.) Insert two Foam Roll Tubes (#16) halfway through the holes on the Leg Developer (#6). Push four Foam Rolls (#27) onto the Tubes from both sides.
- C.) Attach a Spring Clip (#37) onto the weight post on the Leg Developer.
- D.) Slide the Sliding Weight Post (#11) onto the Lat Bar Frame (#7). Insert the Lat Bar Frame into the opening on the Leg Developer Holder.
- E.) Thread a Lock Knob (#38) into the hole on the back of Leg Developer Holder to secure the Lat Bar Frame. Attach a Spring Clip (#37) onto the weight post on the Sliding Weight Post.

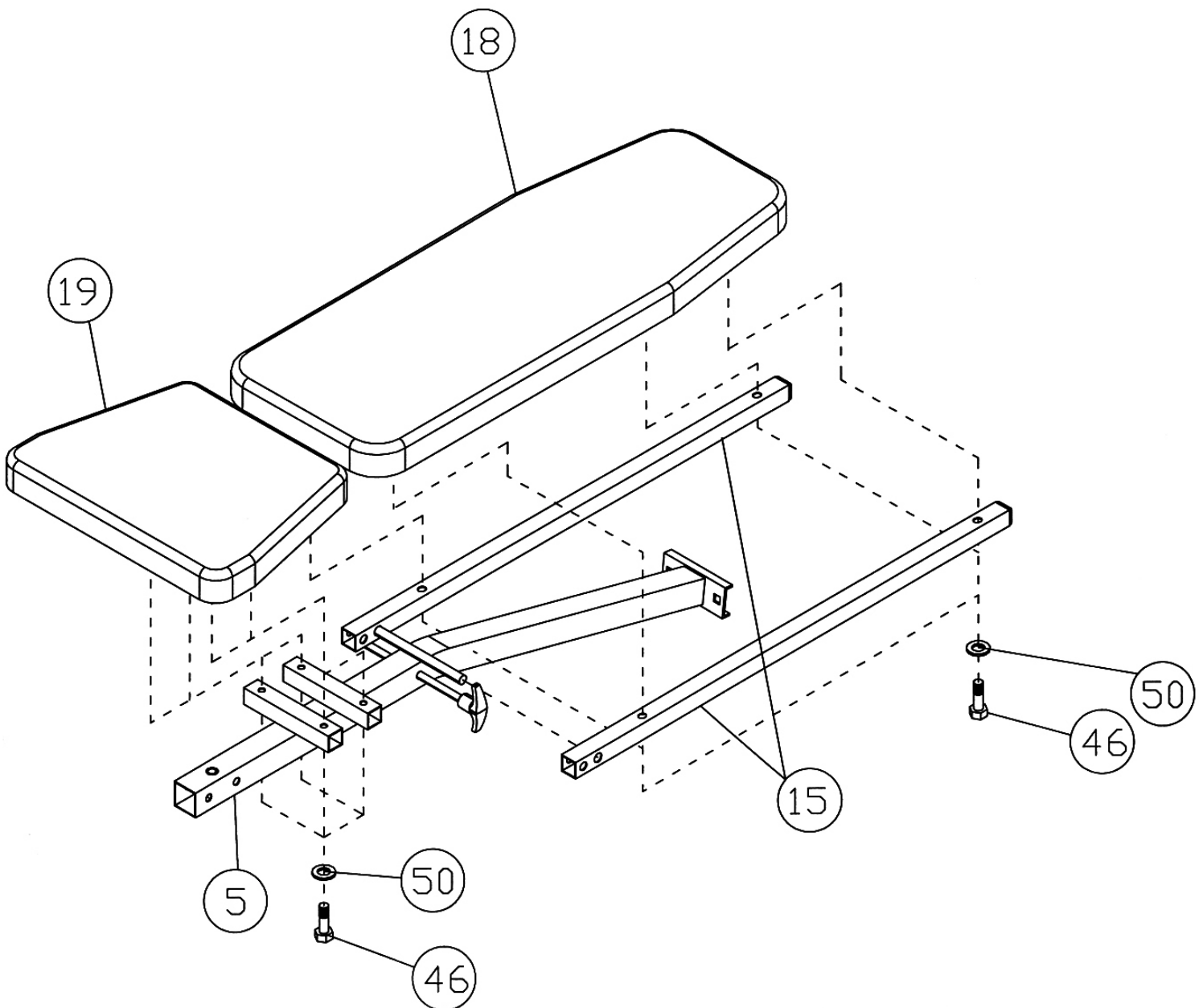
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the side-holes on the Backrest Supports (#15) to the pivot on the Main Seat Support (#5). Place the other end of Backrest Supports rest against the Backrest Adjustment Bar.
- B.) Attach the Backrest Board (#18) to the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#46) and $\text{\O} \frac{1}{2}$ " Washers (#50).
- C.) Place the Seat (#19) onto the Main Seat Support. Secure it with four M6 x 1 3/8" Hex Bolts (#46) and $\text{\O} \frac{1}{2}$ " Washers (#50).
- D.) Use the T-shaped Lock Pin to hold the Backrest Board at vertical position. Note: The Pin is not designed to sustain any weight. The only purpose is to hold the backrest board at vertical position while doing squat exercise from the back of the bench.

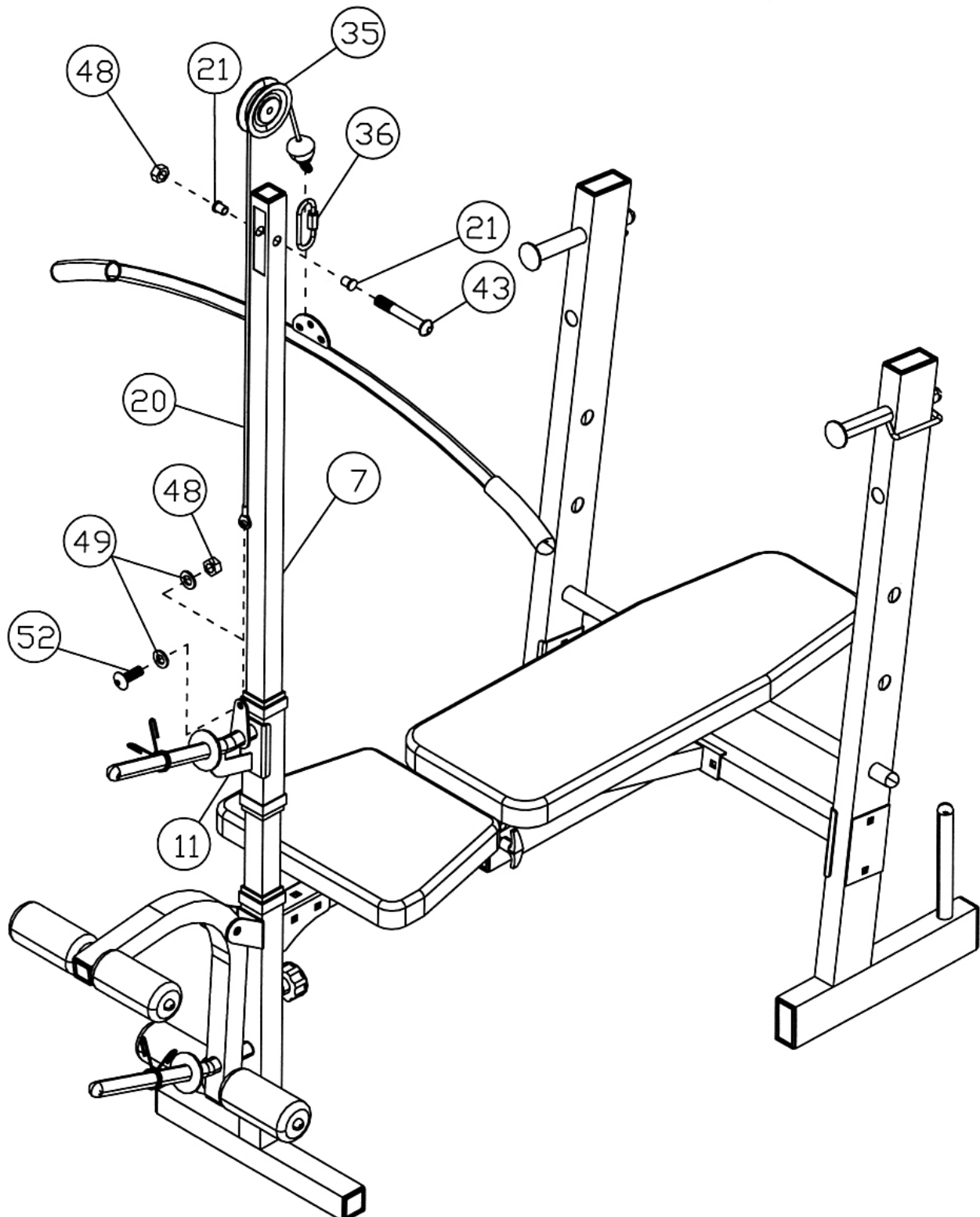
DIAGRAM 4

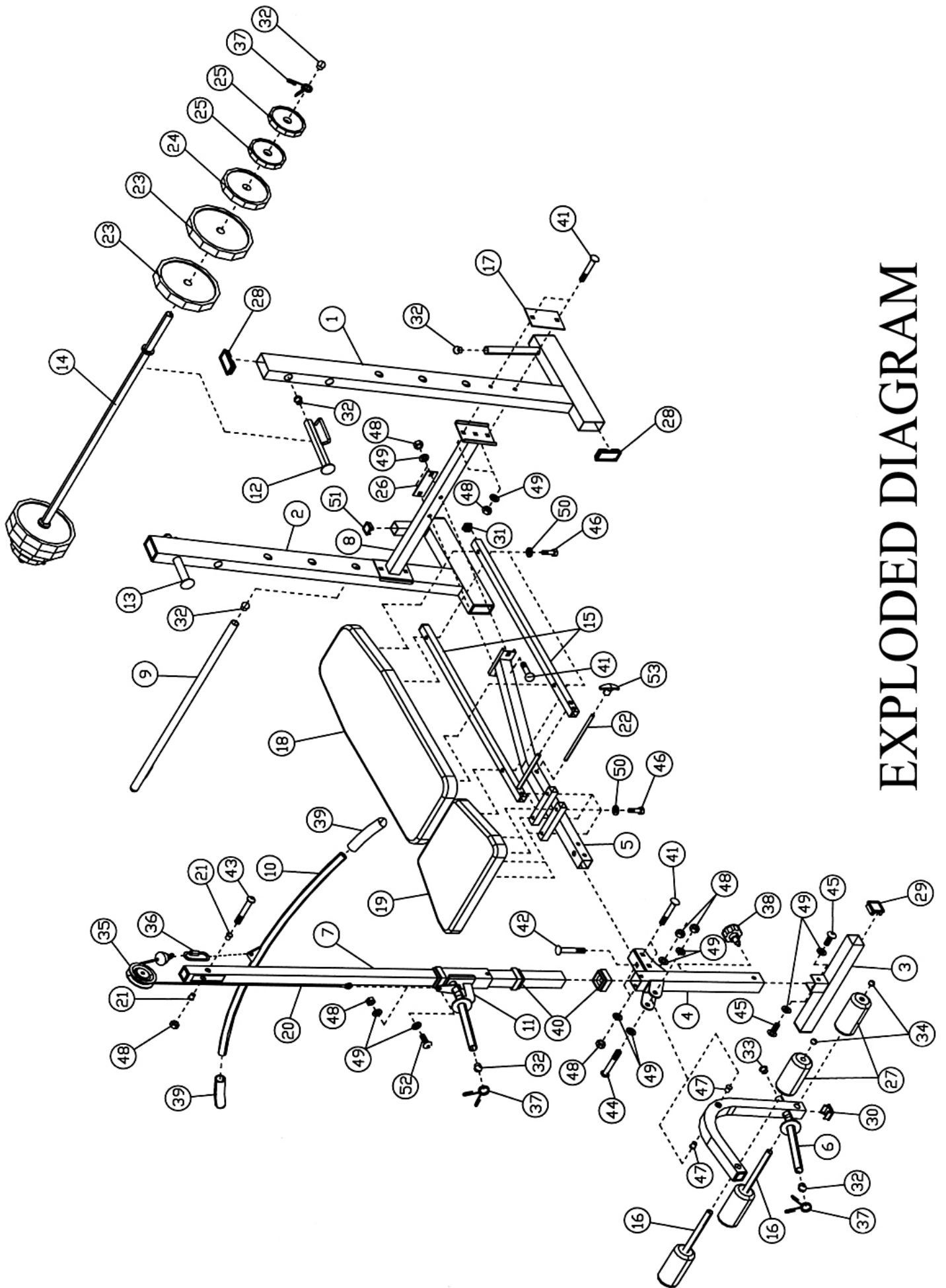


STEP 5 (See Diagram 5)

- A.) Attach the Cable (#20) to the open slot on the top of the Lat Bar Frame (#7). Attach a Pulley (#35) to the Cable. Secure the Pulley to the open slot with one M10 x 2 1/8" Allen Bolt (#43), two Pulley Bushings (#21), and one M10 Aircraft Nut (#48).
- B.) Draw the Cable around the Pulley and down to the bracket on the Sliding Weight Post (#11). Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#52), two Ø 3/4" Washers (#49), and one M10 Aircraft Nut (#48).
- C.) Connect the Lat Bar (#10) to the Cable with a C-clip (#36).

DIAGRAM 5





EXPLODED DIAGRAM

PARTS LIST

| KEY NO. | DESCRIPTION | Q'ty |
|---------|----------------------------|------|
| 1 | Left Upright Beam | 1 |
| 2 | Right Upright Beam | 1 |
| 3 | Front Stabilizer | 1 |
| 4 | Leg Developer Holder | 1 |
| 5 | Main Seat Support | 1 |
| 6 | Leg Developer | 1 |
| 7 | Lat Bar Frame | 1 |
| 8 | Cross Brace | 1 |
| 9 | Backrest Adjustment Bar | 1 |
| 10 | Lat Bar | 1 |
| 11 | Sliding Weight Post | 1 |
| 12 | Left Safety Catch | 1 |
| 13 | Right Safety Catch | 1 |
| 14 | Weight Bar | 1 |
| 15 | Backrest Support | 2 |
| 16 | Foam Roll Tube | 2 |
| 17 | 4 3/4" x 3 1/8" Bracket | 2 |
| 18 | Backrest Board | 1 |
| 19 | Seat | 1 |
| 20 | Cable | 1 |
| 21 | Pulley Bushing | 2 |
| 22 | T-Shaped Lock Pin | 1 |
| 23 | Weight Plate #10 | 4 |
| 24 | Weight Plate #5 | 2 |
| 25 | Weight Plate #2.5 | 4 |
| 26 | 4 3/8" x 1 1/2" Bracket | 1 |
| 27 | Foam Roll | 4 |
| 28 | 1 5/8" x 3 1/8" End Cap | 6 |
| 29 | 1 3/4" Square End Cap | 2 |
| 30 | 1 1/2" Square End Cap | 3 |
| 31 | 1" Square End Cap | 2 |
| 32 | Ø 1" Con-shaped End Cap | 9 |
| 33 | Ø 1" End Cap | 1 |
| 34 | Ø 3/4" Con-shaped End Cap | 4 |
| 35 | Pulley | 1 |
| 36 | C-clip | 1 |
| 37 | Spring Clip | 4 |
| 38 | Lock Knob | 1 |
| 39 | Lat Bar Grip | 2 |
| 40 | Sleeve | 3 |
| 41 | M10 x 2 3/8" Carriage Bolt | 8 |
| 42 | M10 x 2 1/8" Carriage Bolt | 1 |
| 43 | M10 x 2 1/8" Allen Bolt | 1 |
| 44 | M10 x 2 7/8" Allen Bolt | 1 |
| 45 | M10 x 3/4" Allen Bolt | 2 |
| 46 | M6 x 1 3/8" Hex Bolt | 8 |
| 47 | Bushing | 2 |
| 48 | M10 Aircraft Nut | 12 |
| 49 | Ø 3/4" Washer | 15 |
| 50 | Ø 1/2" Washer | 8 |
| 51 | 1 1/4" Square End Cap | 1 |
| 52 | M10 x 1" Allen Bolt | 1 |
| 53 | T-shaped Handle | 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

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

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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