

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
IGS-705

Retain This  
Manual for  
Reference

07-30-08

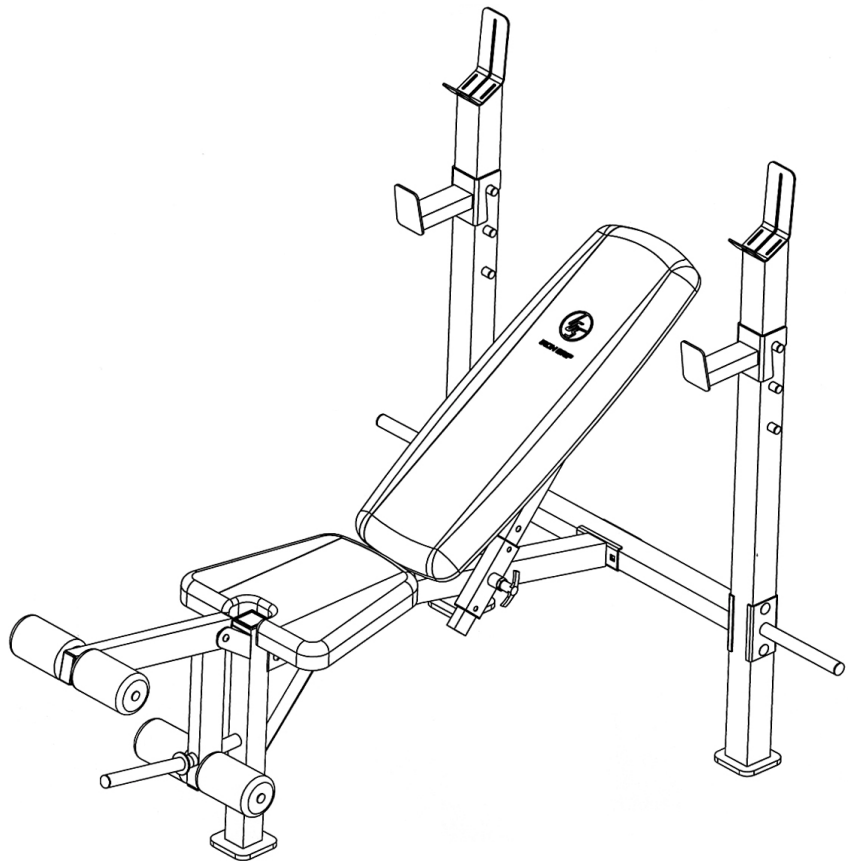
OWNER'S  
MANUAL

# IMPEX

## IRON GRIP STRENGTH

### WEIGHT BENCH

### IGS-705



**IMPEX<sup>®</sup> INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH Weight Bench IGS-705 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.

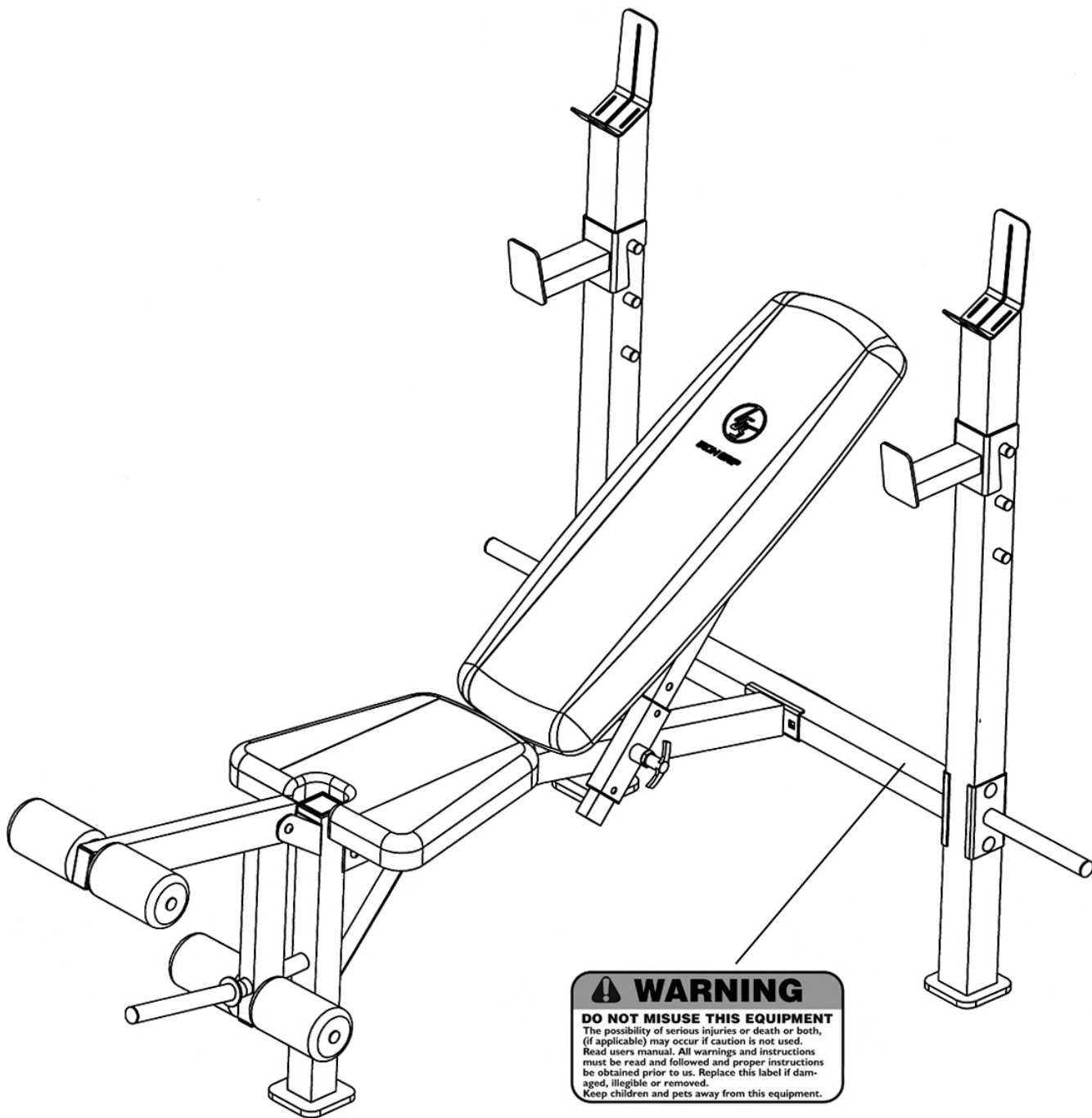
## **CARE AND MAINTENANCE**

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 weight capacity on the uprights: 200 lbs.
4. Maximum user's weight: 300 lbs.
5. Maximum weight capacity on the leg developer: 100 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.**

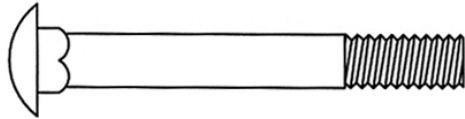
# WRANING LABEL REPLACEMENT



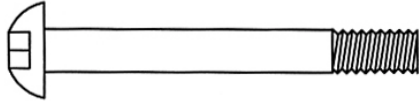
The warning label shown here have been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

# Hardware Pack

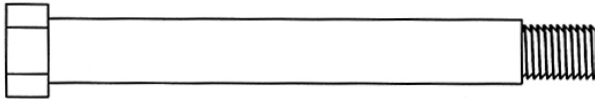
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



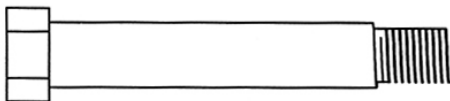
#26 M10 x 3  $\frac{1}{8}$ " Carriage Bolt (Qty 6)



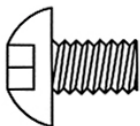
#29 M8 x 2  $\frac{3}{4}$ " Allen Bolt (Qty 1)



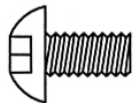
#30 M10 x 4" Hex Bolt (Qty 2)



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



#27 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 3)



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



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



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



#35  $\varnothing$   $\frac{3}{4}$ " Washer (Qty 12)



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



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

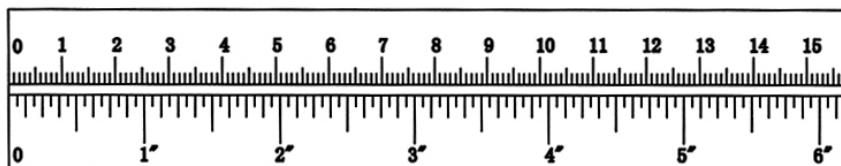


#33 M10 Aircraft Nut (Qty 9)



#34 M8 Aircraft Nut (Qty 1)

mm



# ASSEMBLY INSTRUCTION

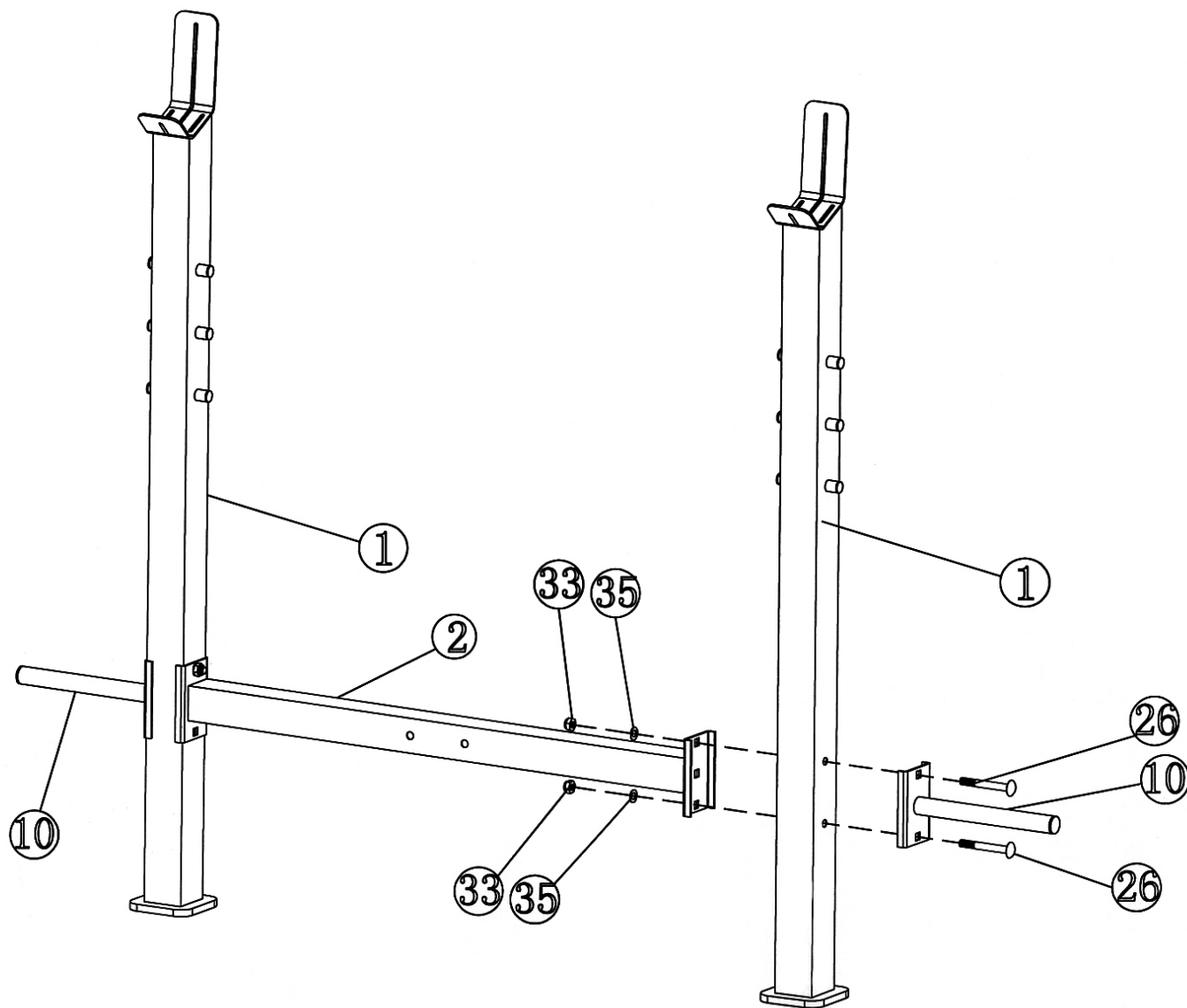
**Tools Required Assembling the Machine: Two Adjustable Wrenches.**

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

## STEP 1 (See Diagram 1)

- A.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span.
- B.) Secure each end of Cross Brace to each Upright Beam with two M10 x 3 1/8" Carriage Bolts (#26), one Weight Post (#10), two  $\text{\O} \frac{3}{4}$ " Washers (#35), and two M10 Aircraft Nuts (#33).

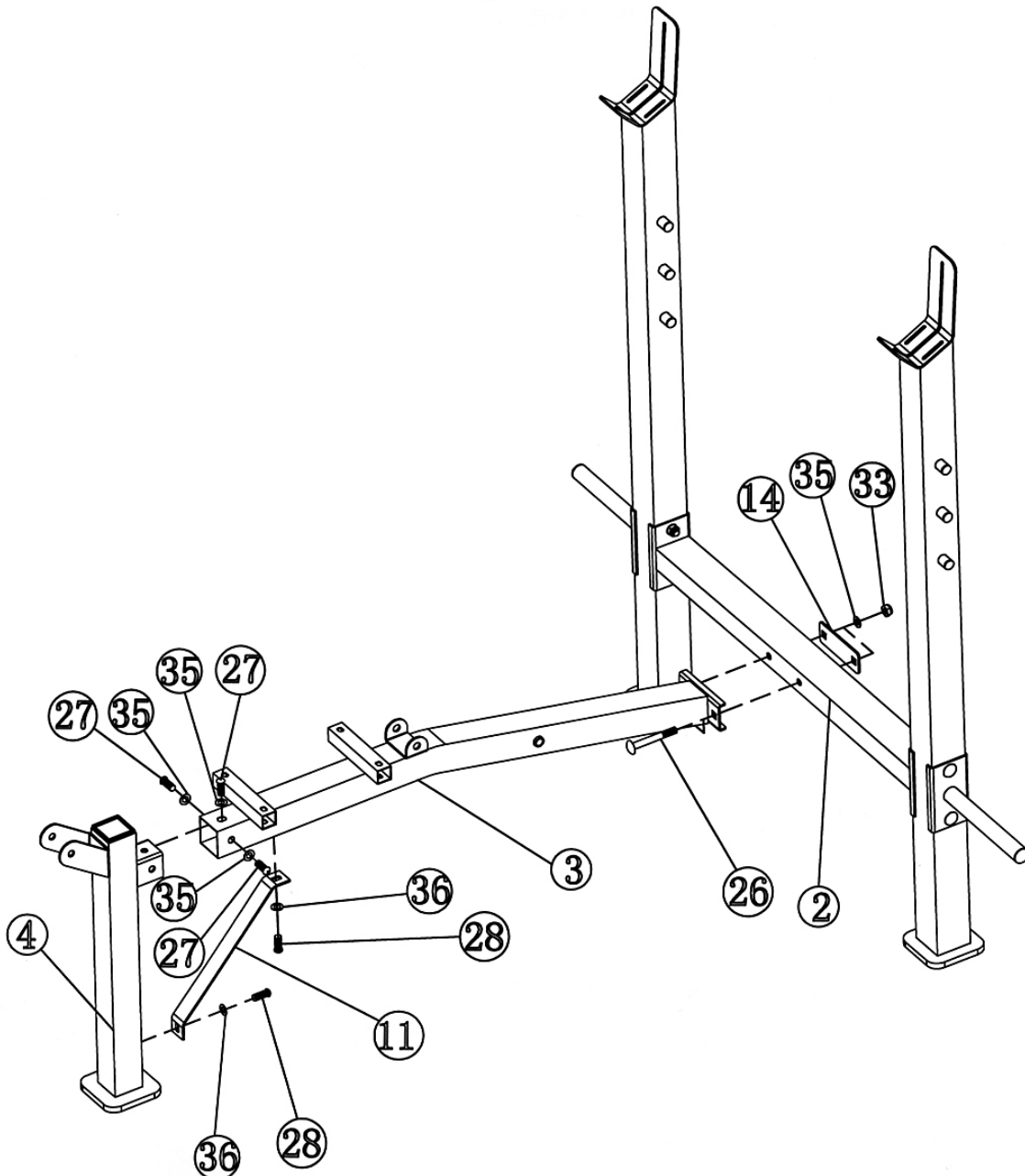
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) **Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Attach the Main Seat Support (#1) to Cross Brace (#2). Secure it with two M10 x 3 1/8" Carriage Bolt (#26), one Bracket (#14), two Ø 3/4" Washer (#35), and two M10 Aircraft Nut (#33).
- C.) Attach the Leg Developer Holder (#4) to the Main Seat Support. Secure it with three M10 x 5/8" Allen Bolts (#27) and three Ø 3/4" Washers (#35).
- D.) Attach the Diagonal Support (#11) to the Main Seat Support and Leg Developer Holder. Secure each end with one M8 x 5/8" Allen Bolt (#28) and Ø 5/8" Washer (#36).
- E.) **Securely tighten all Nuts and Bolts.**

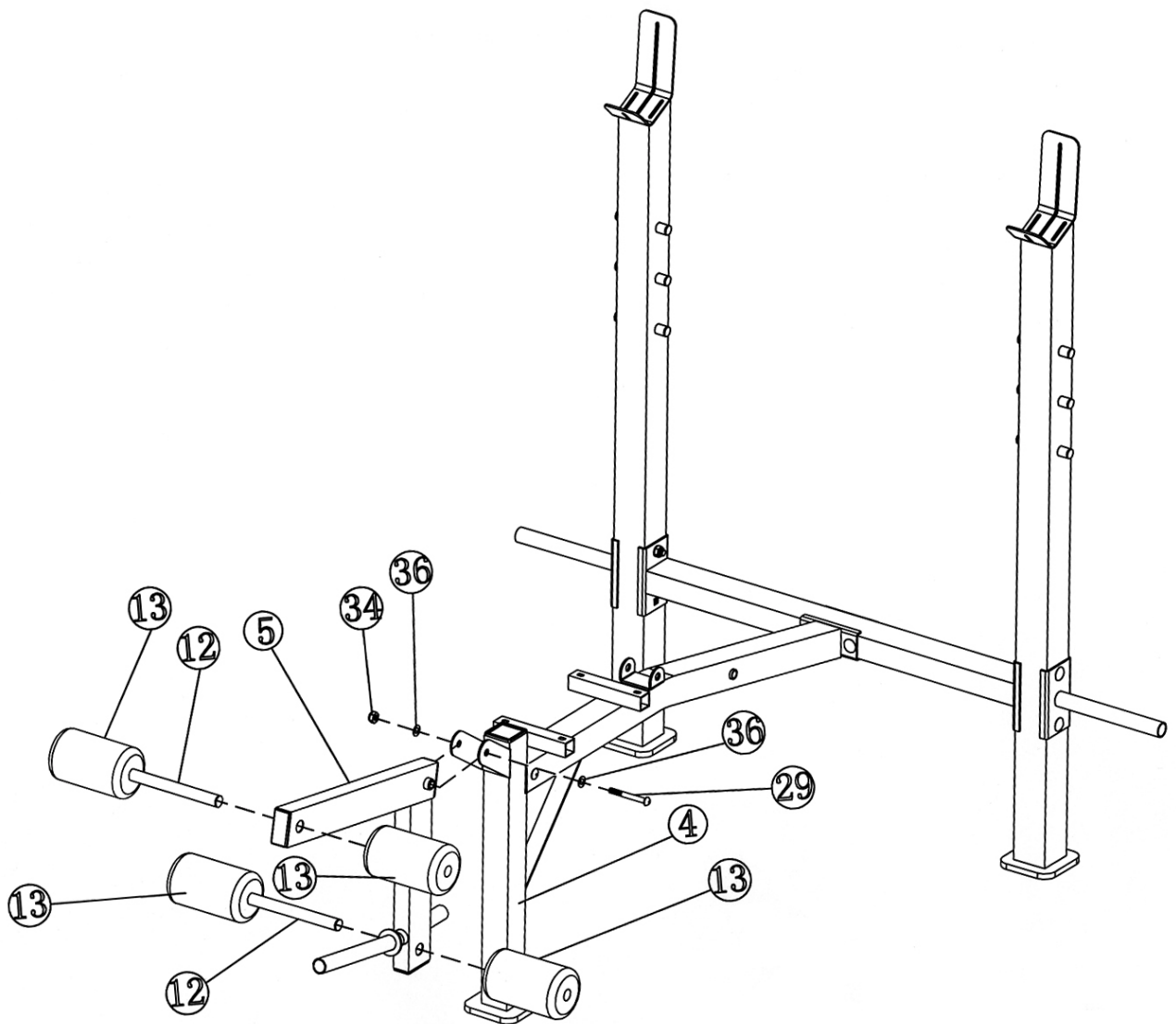
### DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#5) to the Leg Developer Holder (#4). Secure it with one M8 x 2 3/4" Allen Bolt (#29), two Ø 5/8" Washers (#36), and one M8 Aircraft Nut (#34). **Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.**
- B.) Insert two Foam Tubes (#12) halfway through the holes on Leg Developer. Push four Foam Rolls (#13) onto the Tubes from each end.

### DIAGRAM 3

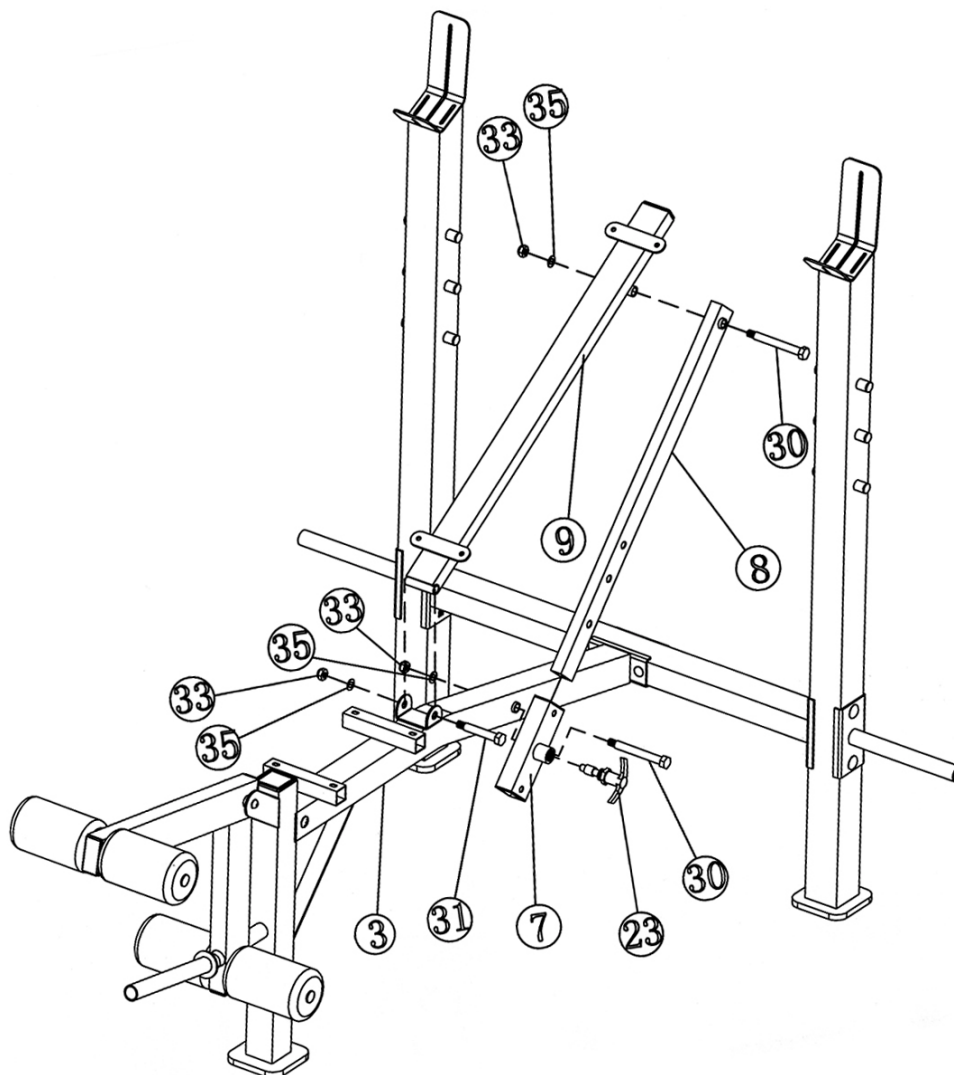




## STEP 4 (See Diagram 4)

- A.) Attach the Sliding Block (#7) to the Main Seat Support (#3). Secure it with one M10 x 4" Hex Bolt (#30), one  $\text{\O} \frac{3}{4}$ " Washer (#35), and one M10 Aircraft Nut (#33).
- B.) Attach the pivot on the Backrest Support (#9) to the bracket on Main Seat Support. Secure it with one M10 x 3" Hex Bolt (#31), one  $\text{\O} \frac{3}{4}$ " Washer (#35), and one M10 Aircraft Nut (#33).
- C.) Insert the Incline Adjustment Frame through the Sliding Block. Use the T-shaped Lock Pin (#23) to hold the Frame at the selected Incline.
- D.) Attach the Incline Adjustment Frame to the Backrest Support. Secure them together with one M10 x 4" Hex Bolt (#30),  $\text{\O} \frac{3}{4}$ " Washer (#35), and one M10 Aircraft Nut (#33).

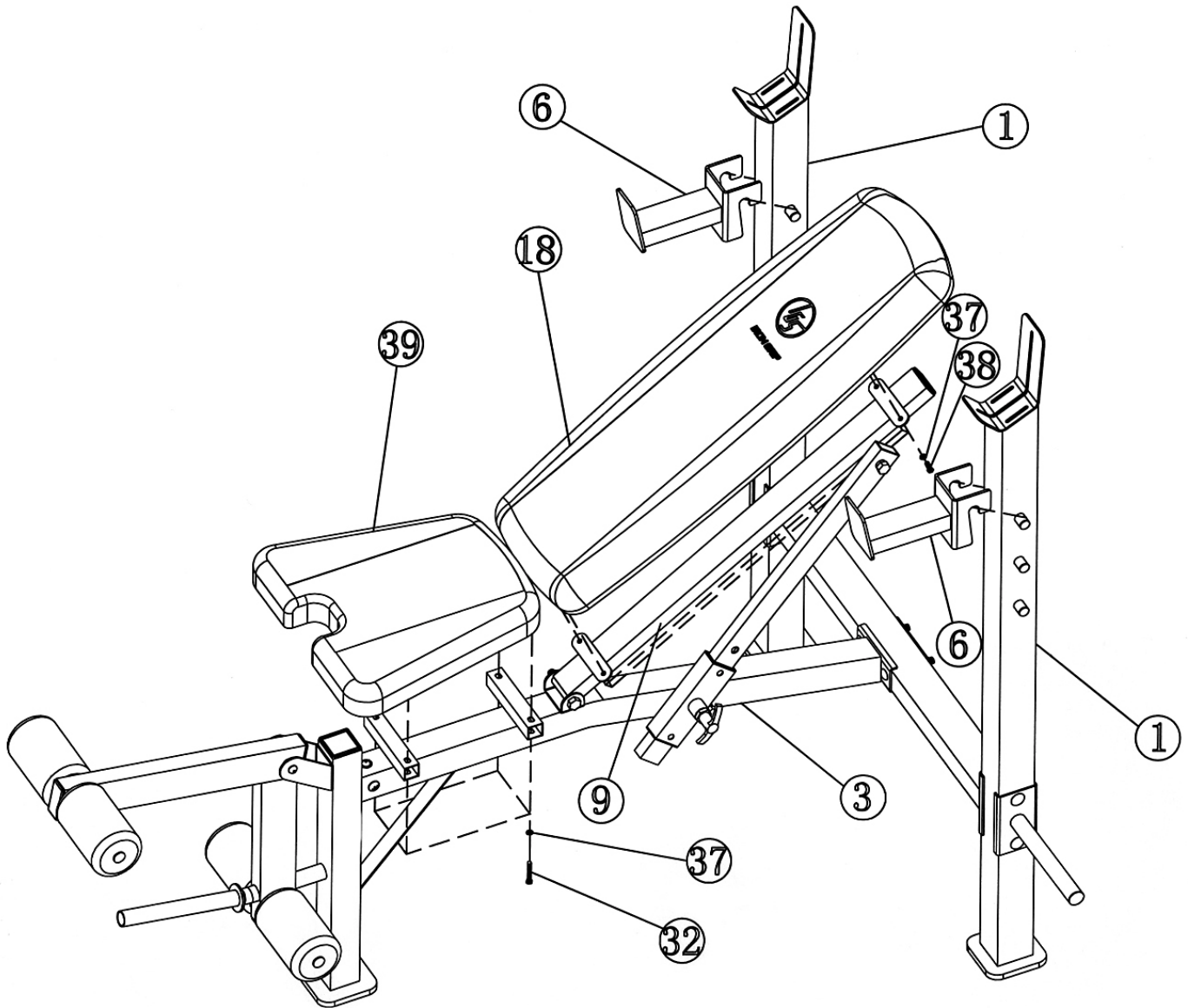
### DIAGRAM 4



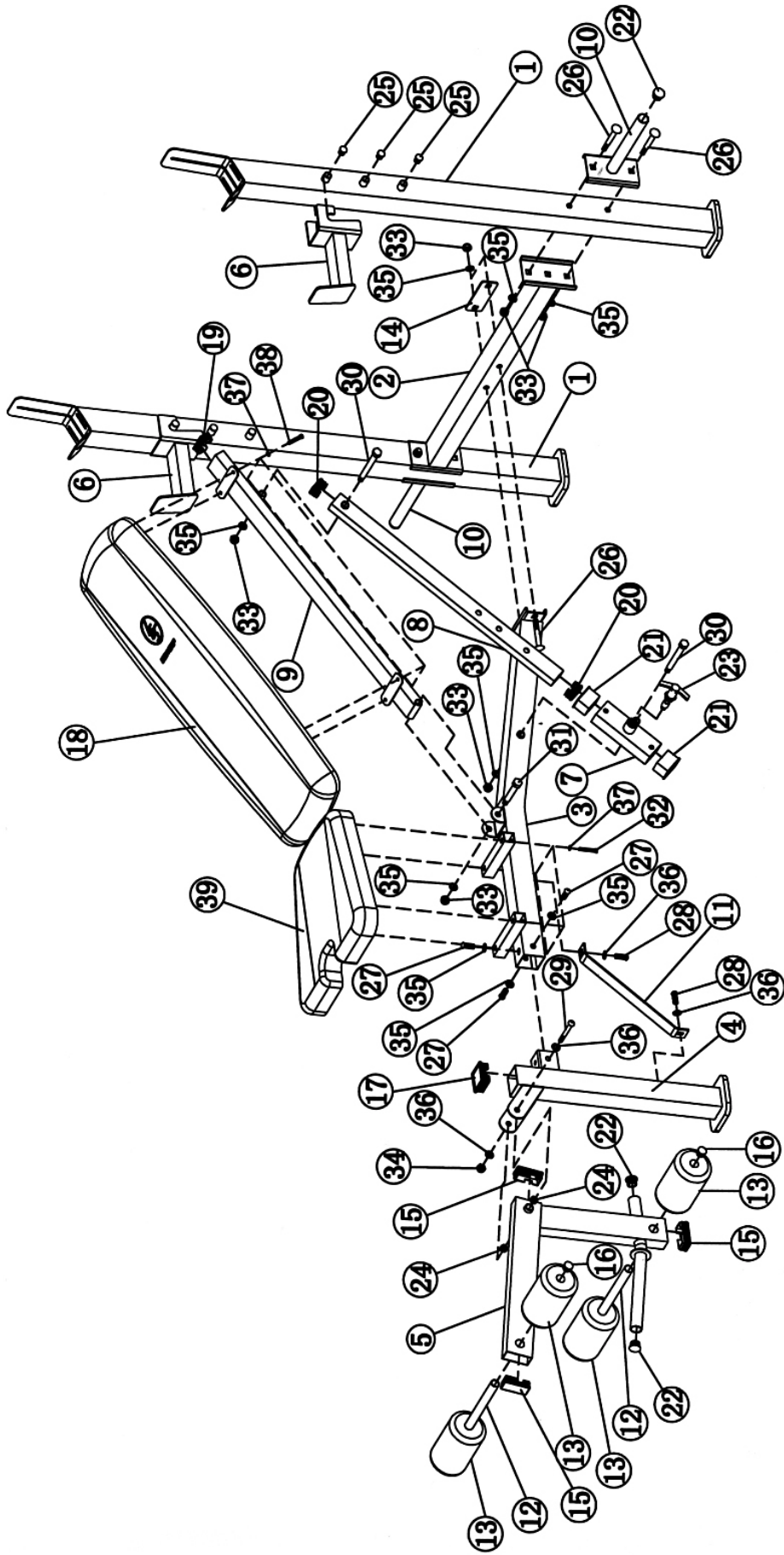
### Step-5 (See Diagram 5)

- A.) Attach the Backrest Board (#18) to Backrest Support (#9). Secure it with four M6 x 3/4" Hex Bolts (#38) and four Ø 1/2" Washers (#37).
- B.) Attach the Seat Pad (#39) onto the Main Seat Support (#3). Secure it with four M6 x 1 1/4" Hex Bolts (#32) and four Ø 1/2" Washers (#37).
- C.) Attach the two Bar Catches (#6) to the two Upright Beams (#1).

## DIAGRAM 5



# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Leg Developer Holder	1
5	Leg Developer	1
6	Bar Catch	2
7	Sliding Block	1
8	Incline Adjustment Frame	1
9	Backrest Support	1
10	Weight Post	2
11	Diagonal Support	1
12	Foam Tube	2
13	Foam Roll	4
14	Bracket	1
15	1 1/8" x 2 3/8" End Cap	3
16	Ø 3/4" End Cap	4
17	2" Square End Cap	1
18	Backrest Board	1
19	1" x 2" End Cap	1
20	3/4" x 1 5/8" End Cap	2
21	2" Sleeve	2
22	Ø 1" End Cap	4
23	T-shaped Lock Pin	1
24	Bushing	2
25	Ø 5/8" End Cap	12
26	M10 x 3 1/8" Carriage Bolt	6
27	M10 x 5/8" Allen Bolt	3
28	M8 x 5/8" Allen Bolt	2
29	M8 x 2 3/4" Allen Bolt	1
30	M10 x 4" Hex Bolt	2
31	M10 x 3" Hex Bolt	1
32	M6 x 1 1/4" Hex Bolt	4
33	M10 Aircraft Nut	9
34	M8 Aircraft Nut	1
35	Ø 3/4" Washer	12
36	Ø 5/8" Washer	4
37	Ø 1/2" Washer	8
38	M6 x 3/4" Hex Bolt	4
39	Seat Pad	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 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<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

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