

NOTE:  
Please read all instructions  
carefully before using this  
product

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Retain This  
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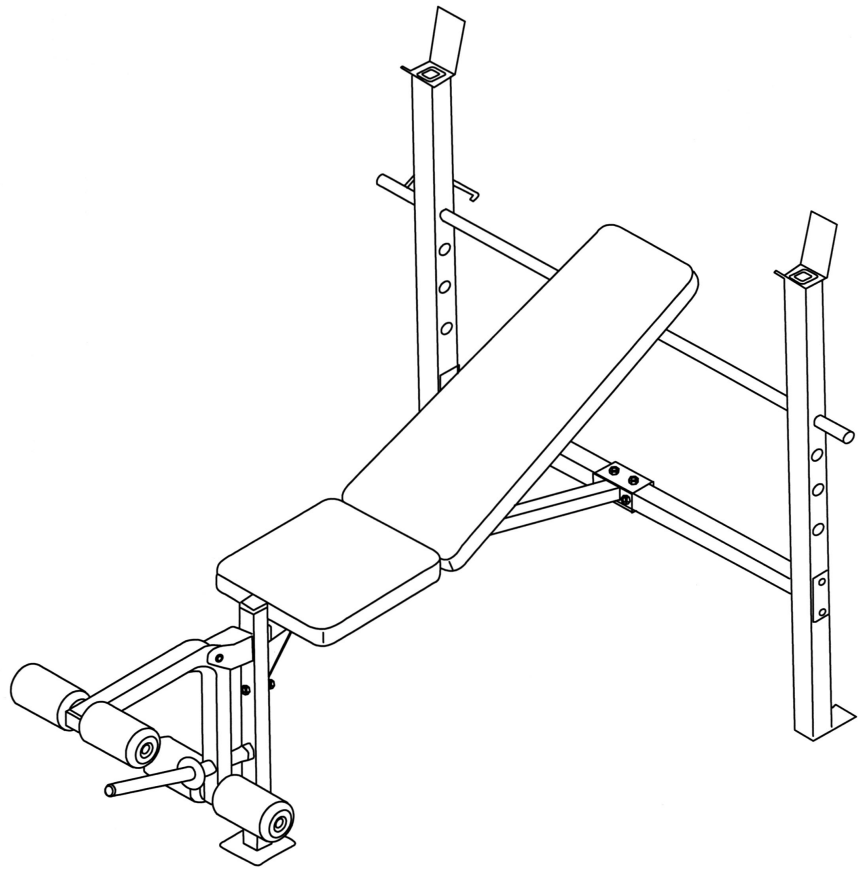
07-25-03

OWNER'S  
MANUAL

**IMPEX**  
FITNESS PRODUCTS

## COMPETITOR BENCH

### CB-200



### IMPEX FITNESS PRODUCTS

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

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

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## BEFORE YOU BEGIN

Thank you for selecting the Competitor Bench CB200 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**

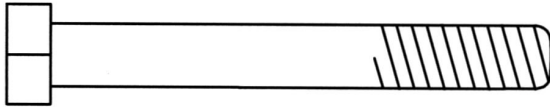
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

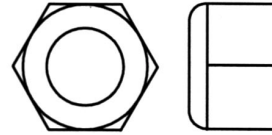
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

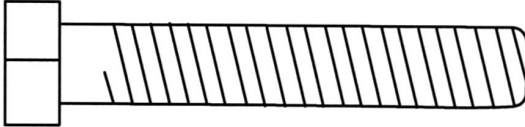
# Hardware Pack



#20 M8 x 2 1/2" Hex Bolt (Qty 4)



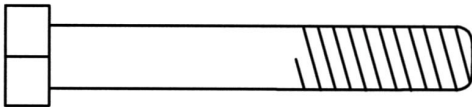
#27 M10 Aircraft Nut (Qty 1)



#21 M10 x 2 3/8" Hex Bolt (Qty 1)



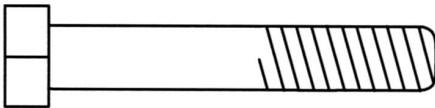
#24 M8 Aircraft Nut (Qty 11)



#18 M8 x 2 3/8" Hex Bolt (Qty 4)



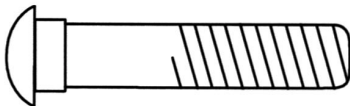
#25 Ø 1/2" Washer (Qty 8)



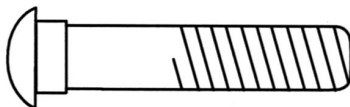
#30 M8 x 2 1/8" Hex Bolt (Qty 1)



#26 Ø 5/8" Washer (Qty 11)



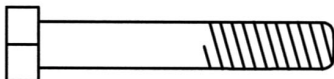
#28 M8 x 1 5/8" Carriage Bolt (Qty 1)



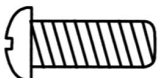
#29 M8 x 1 3/4" Carriage Bolt (Qty 1)



#31 Ø 3/4" Washer (Qty 1)



#23 M6 x 1 5/8" Hex Bolt (Qty 4)



#22 M6 x 5/8" Phillip Screw (Qty 4)

# ASSEMBLY INSTRUCTION

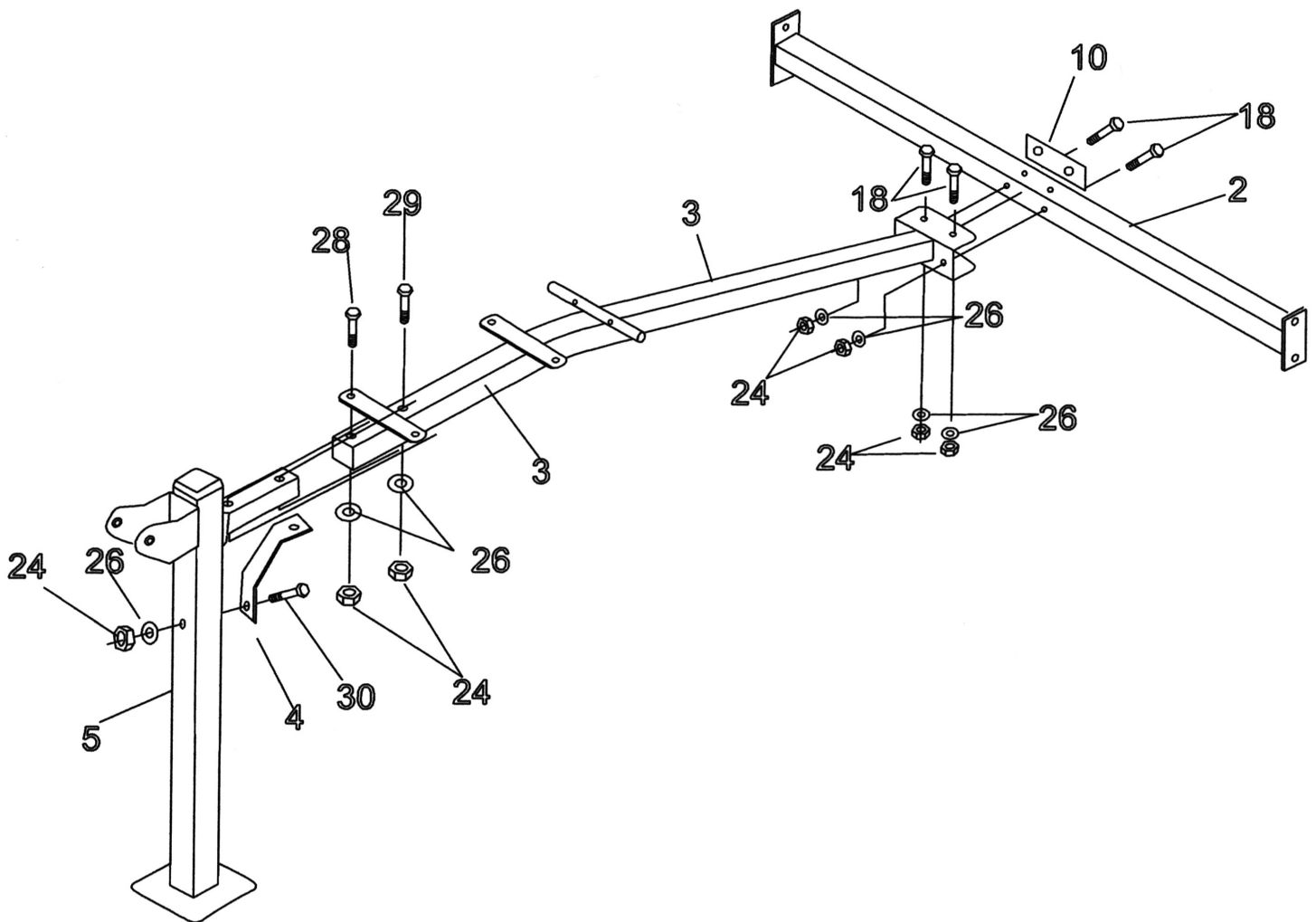
**Tools Required Assembling the Machine: Two Adjustable Wrenches and One Philips Screwdriver.**

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

## STEP 1 (See Diagram 1)

- A.) Connect the Front Support (#5) to the Main Seat Support (#3). Secure the front hole with one M8 x 1 5/8" Carriage Bolt (#28), Ø5/8" Washer (#26), and M8 Aircraft Nut (#24). Secure the other hole with one M8 x 1 3/4" Carriage Bolt (#29), Diagonal Support (#4), Ø5/8" Washer (#26), and M8 Aircraft Nut (#24).
- B.) Secure the other end of Diagonal Support (#4) to the Front Support (#5) with one M8 x 2 1/8" Hex Bolt (#30), Ø5/8" Washer (#26) and M8 Aircraft Nut (#24).
- C.) Connect the Main Seat Support (#3) to the Cross Brace (#2). Secure it with four M8 x 2 3/8" Hex Bolts (#18), one Bracket (#10), four Ø5/8" Washers (#26), and four M8 Aircraft Nuts (#24).

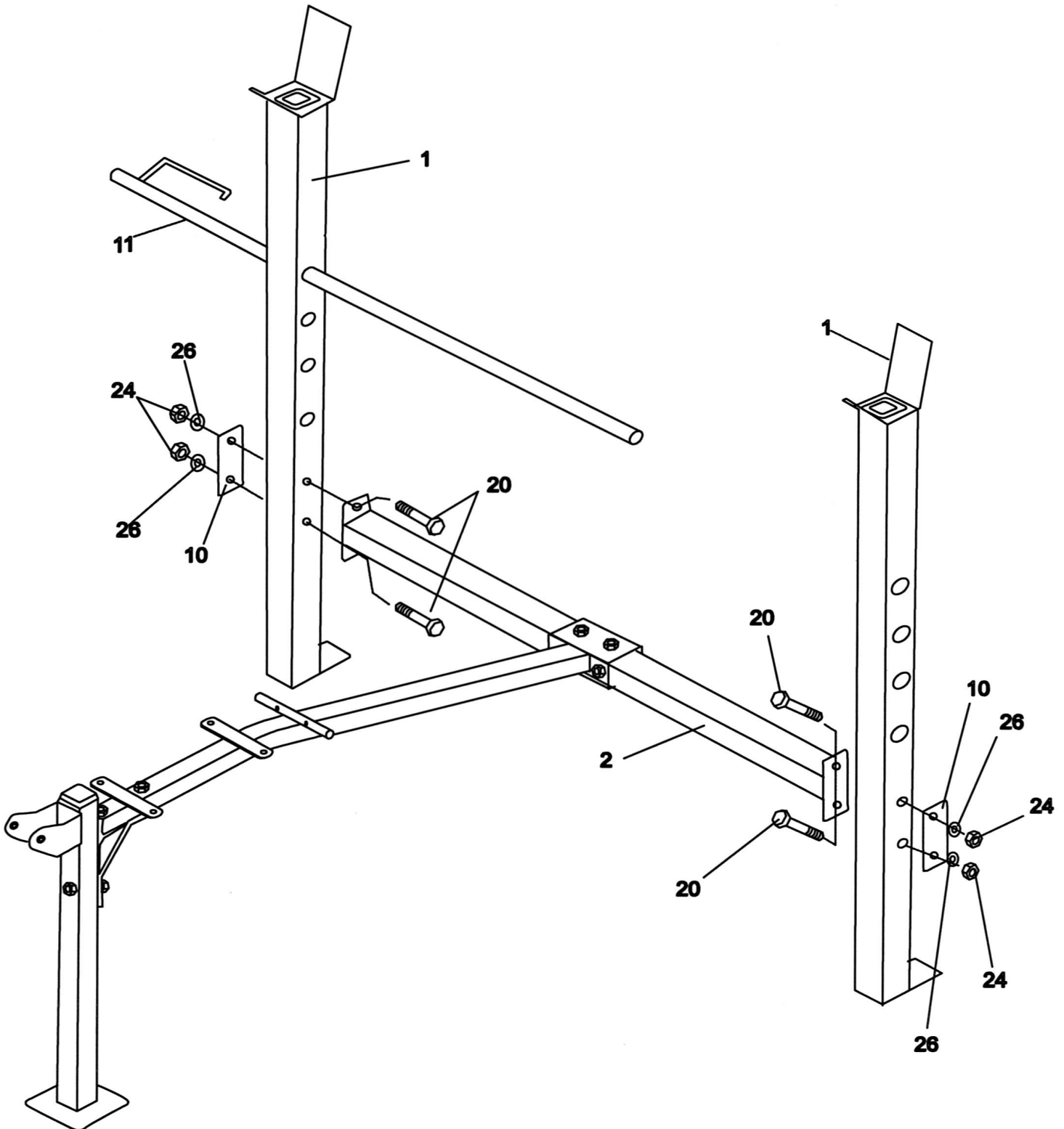
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Place the Cross Brace (#2) in the mid-span of the two Upright Beams (#1).
- B.) Secure each end of the Cross Brace with two M8 x 2 ½" Hex Bolts (#20), one Bracket (#10), two Ø5/8" Washers (#26), and two M8 Aircraft Nuts (#24).
- C.) Insert the Backrest Adjustment Bar (#11) through the selected holes for desired incline position.

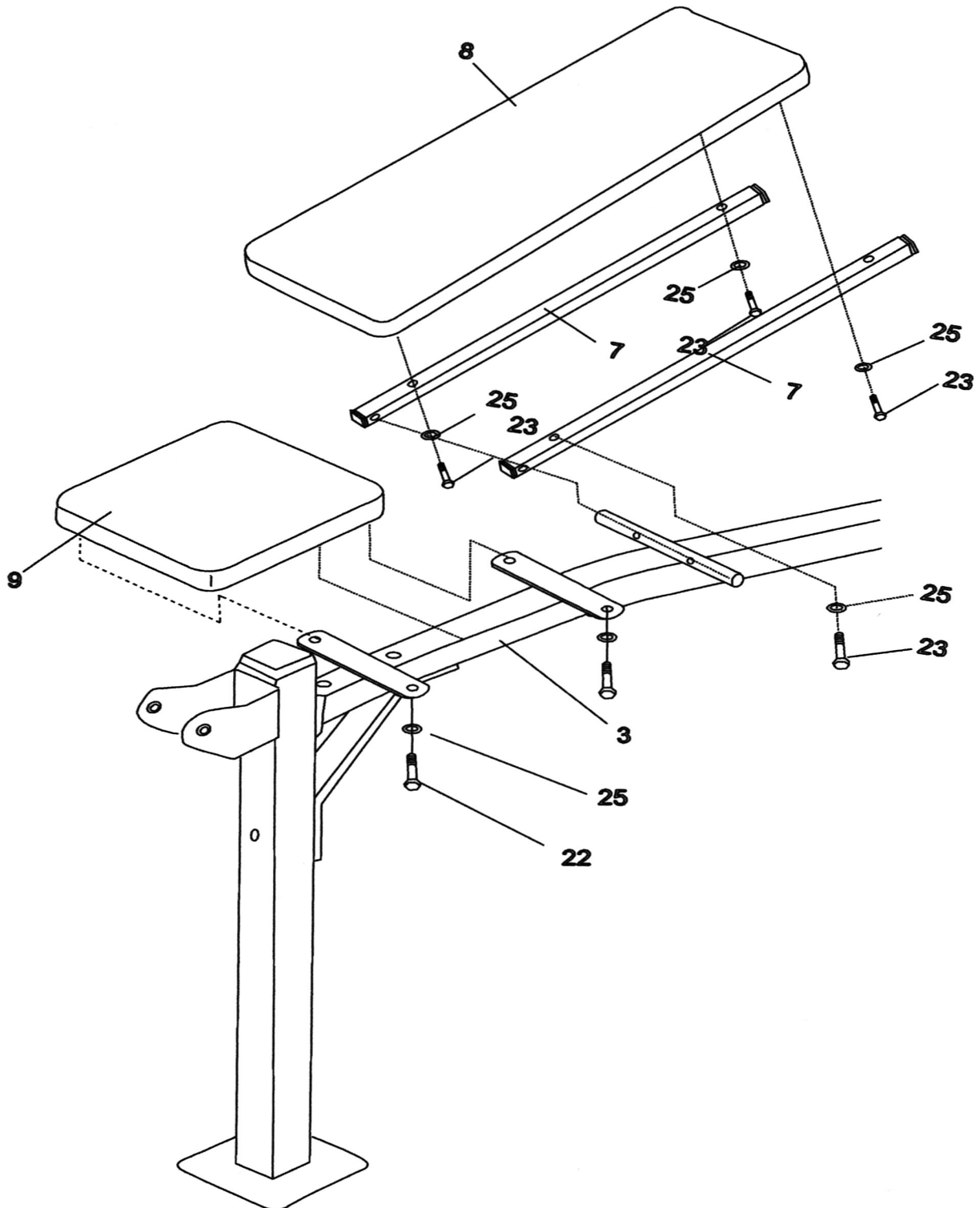
**DIAGRAM 2**



**STEP 3 (See Diagram 3)**

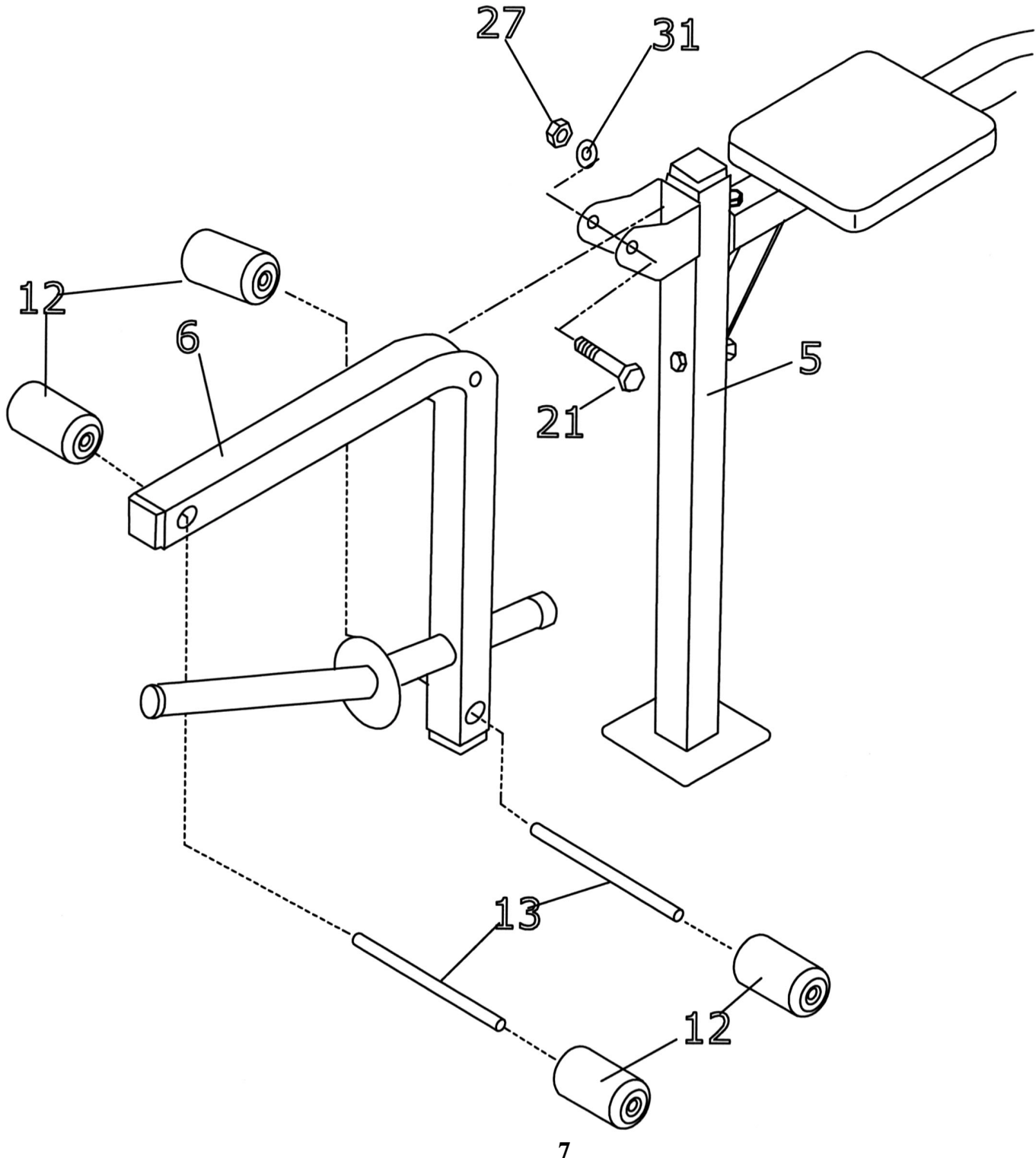
- A.) Attach the hole-side of Backrest Supports (#7) to the pivot on the Main Seat Support (#3). Place the other end of Backrest Supports rest against the Backrest Adjustment Bar (#11).
- B.) Place the Backrest Board (#8) onto the Backrest Supports (#7). Secure it with four M6 x 1 5/8" Hex Bolts (#23) and  $\text{\O} \frac{1}{2}$ " Washers (#25).
- C.) Place the Seat (#9) onto the Main Seat Support (#3). Secure it with four M6 x 5/8" Philips Screws (#22) and  $\text{\O} \frac{1}{2}$ " Washers (#25).

**DIAGRAM 3**



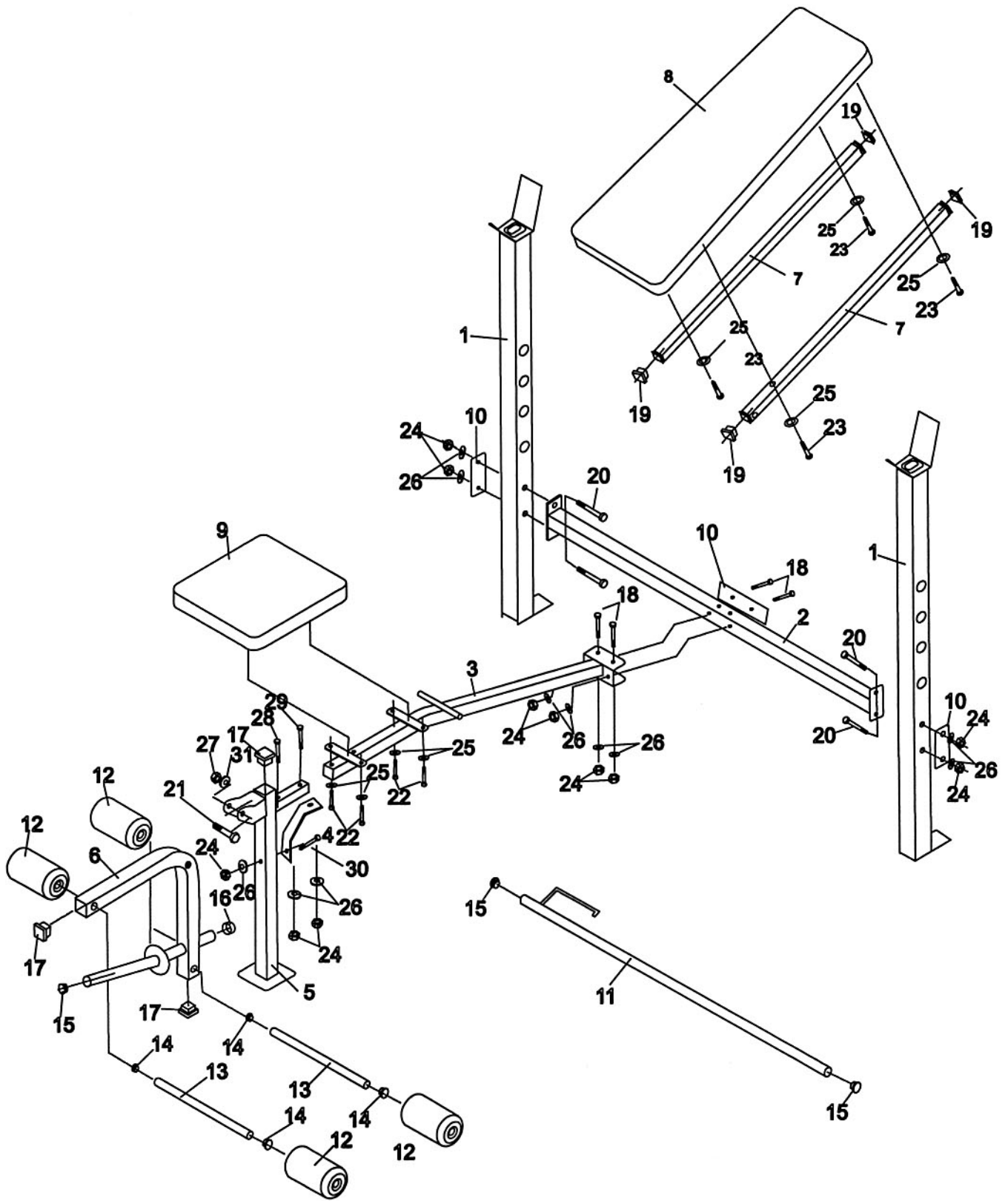
- A.) Attach the Leg Developer (#6) to the open bracket on the Front Support (#5).  
Secure it with one M10 x 2 3/8" Hex Bolt (#21),  $\varnothing$  3/4" Washer (#31), and M10 Aircraft Nut (#27).
- B.) Insert two Foam Tubes (#13) halfway through the holes on the Leg Developer. Push four Foam Rolls (#12) onto the Tubes.

**DIAGRAM 4**



**EXPLODED DIAGRAM**





## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Diagonal Support	1
5	Front Support	1
6	Leg Developer	1
7	Backrest Support	2
8	Backrest Board	1
9	Seat	1
10	Bracket	3
11	Backrest Adjustment Bar	1
12	Foam Roll	4
13	Foam Tube	2
14	Ø ¾" End Cap	4
15	Ø 1" End Cap	3
16	Rubber Bumper	1
17	1 ½" Square End Cap	3
18	M8 x 2 3/8" Hex Bolt	4
19	1" Square End Cap	4
20	M8 x 2 ½" Hex Bolt	4
21	M10 x 2 3/8" Hex Bolt	1
22	M6 x 5/8" Philips Screw	4
23	M6 x 1 5/8" Hex Bolt	4
24	M8 Aircraft Nut	11
25	Ø ½" Washer	8
26	Ø 5/8" Washer	11
27	M10 Aircraft Nut	1
28	M8 x 1 5/8" Carriage Bolt	1
29	M8 x 1 ¾" Carriage Bolt	1
30	M8 x 2 1/8" Hex Bolt	1
31	Ø ¾" Washer	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