

NOTE:
Please read all instructions
carefully before using this
product

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Model
CB-280

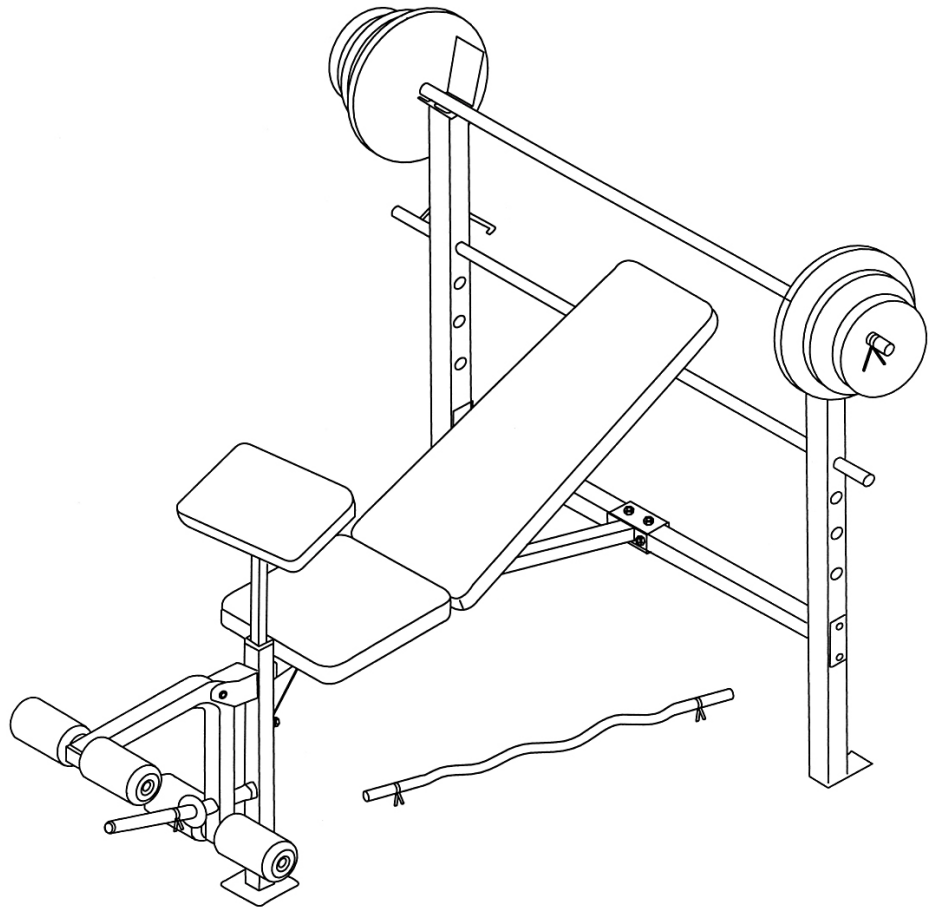
Retain This
Manual for
Reference

07-1704

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

COMPETITOR BENCH CB-280



IMPEX FITNESS PRODUCTS
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BEFORE YOU BEGIN

Thank you for selecting the COMPETITOR CB-280 Weight Bench 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

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

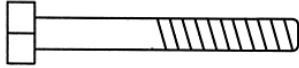
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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. A spotter is recommended during exercise.

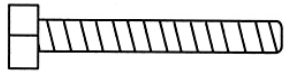
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

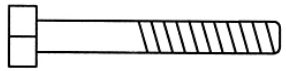
HARDWARE PACK



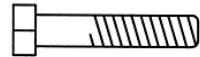
#20 M8 x 2 1/2" Hex Bolt (Qty4)



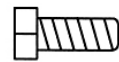
#21 M10 x 2 3/8" Hex Bolt (Qty 1)



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



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



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



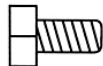
#30 M8 x 1/2" Hex Bolt (Qty 1)



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



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



#22 M6X 5/8" Hex Bolt(Qty4)



#25 ϕ 1/2" Washer (Qty 8)



#27 M10 Aircraft Nut (Qty 1)



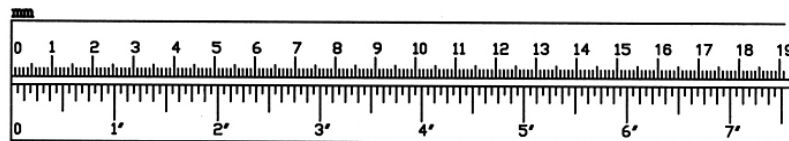
#24 M8 Aircraft Nut (Qty 10)



#31 ϕ 3/4" Washer (Qty 2)



#26 ϕ 5/8" Washer (Qty 13)



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.

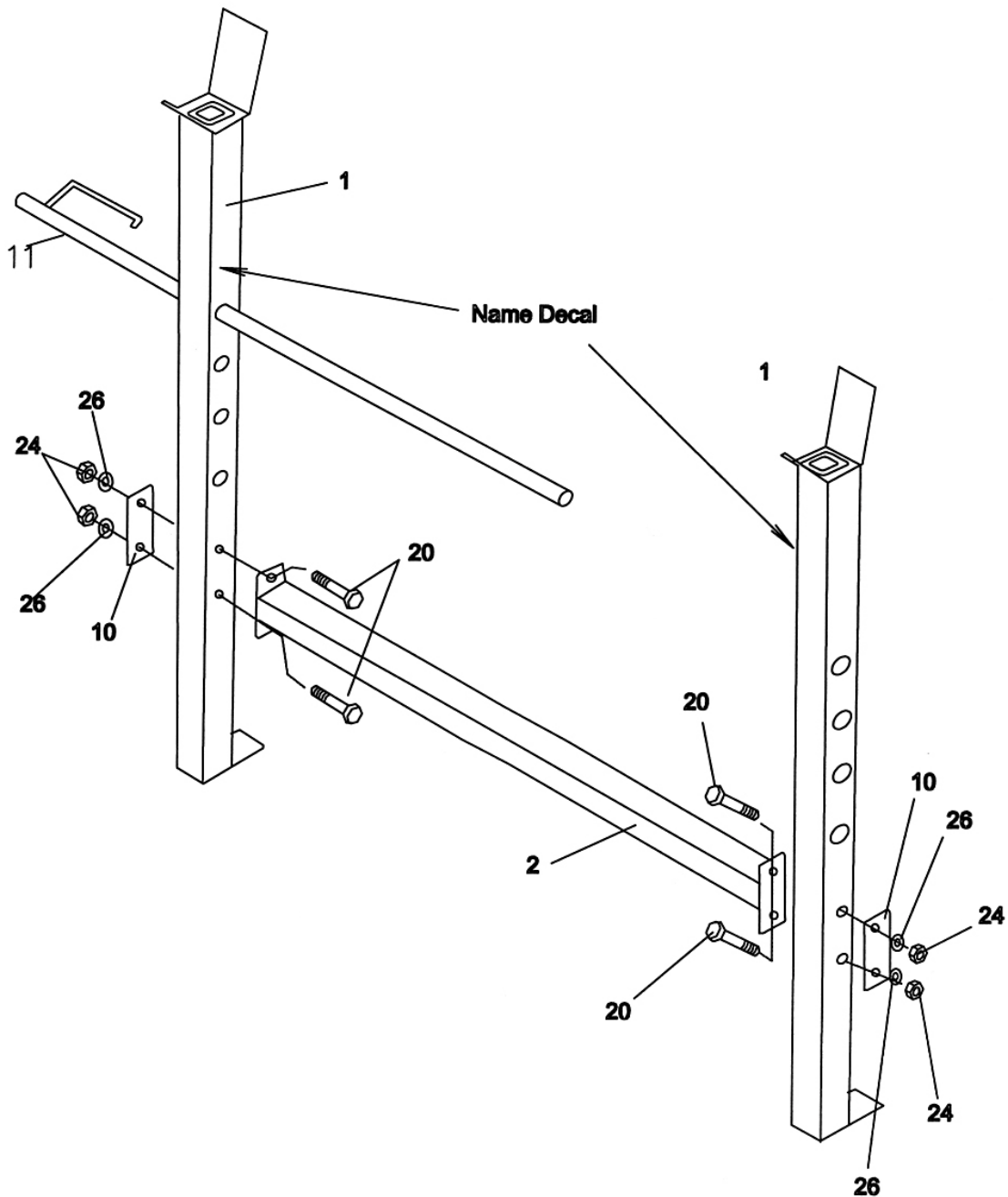
STEP 1 (See Diagram 1)

A.) Connect the two Rear Upright Beams (#1) by a Cross Brace (#2) in the Mid-span.

Secure them with two M8 x 2 1/2" Carriage Bolts (#20), one Bracket (#10), two Ø 5/8" Washers (#26), and two M8 Aircraft Nuts (#24) on each end of the Cross Brace.

B.) Insert the Backrest Adjustment Bar (#11) through a selected hole to obtain desired incline of Backrest.

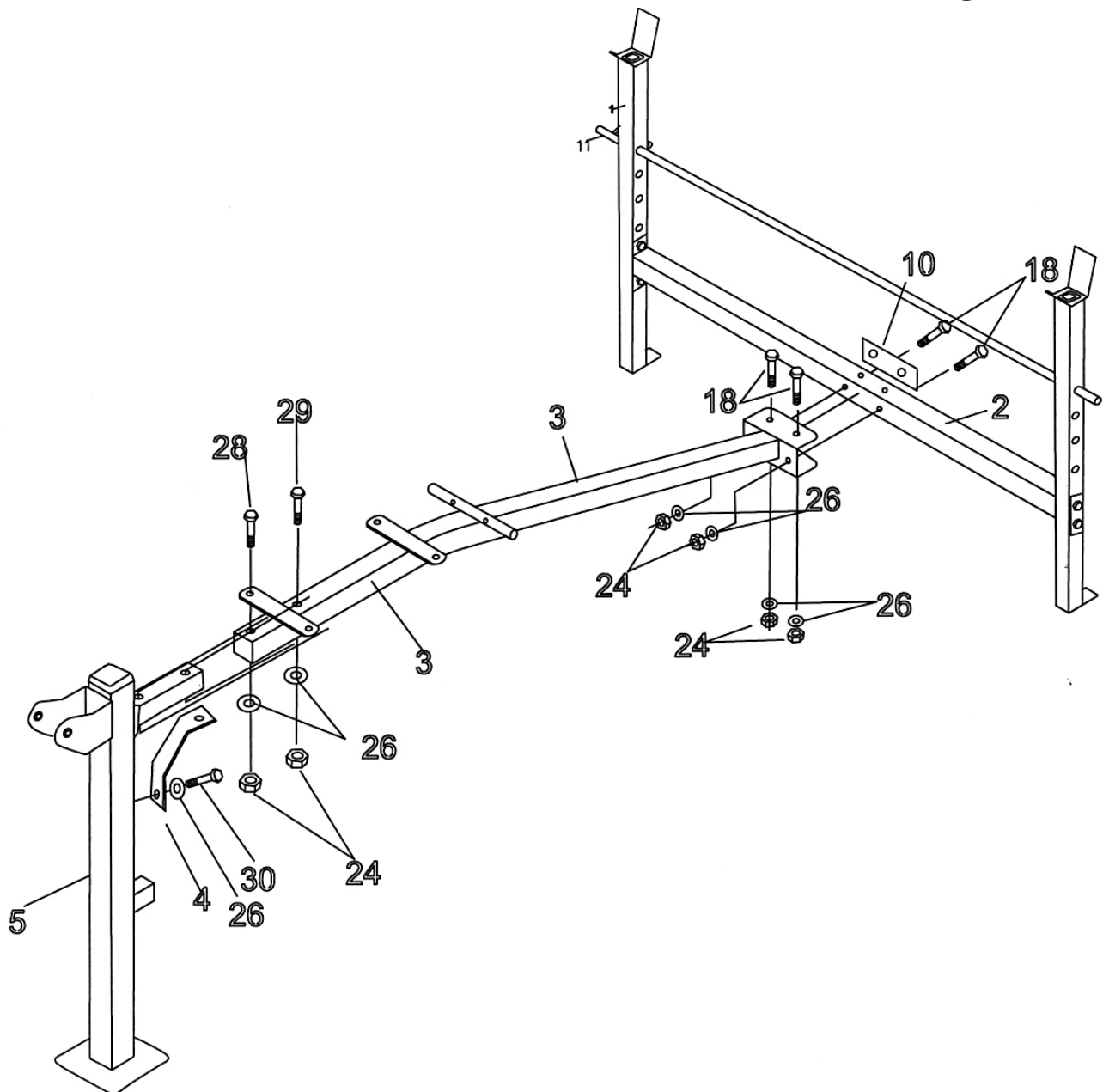
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach 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 Ø 5/8" Washers (#26), and four M8 Aircraft Nuts (#24). DO NOT tighten the Nuts and Bolts yet.
- B.) Attach the Front Support (#5) to the Main Seat Support (#3). Secure the first hole to the Main Seat Support with one M8 x 1 5/8" Carriage Bolt (#28), one Ø 5/8" Washer (#26), and one M8 Aircraft Nut (#24). DO NOT tighten the Nut and Bolt yet.
- C.) Attach one end of the Diagonal Support (#4) to the second hole on the Main Seat Support. Align the holes and secure them together with one M8 x 1 3/4" Carriage Bolt (#29), one Ø 5/8" Washer (#26), and one M8 Aircraft Nut (#24). Attach the other end of the Diagonal Support to the Front Support (#5). Secure it with one M8 x 1/2" Hex Bolt (#30) and Ø 5/8" Washer (#26).
- D.) Securely tighten all Nuts and Bolts previously installed.

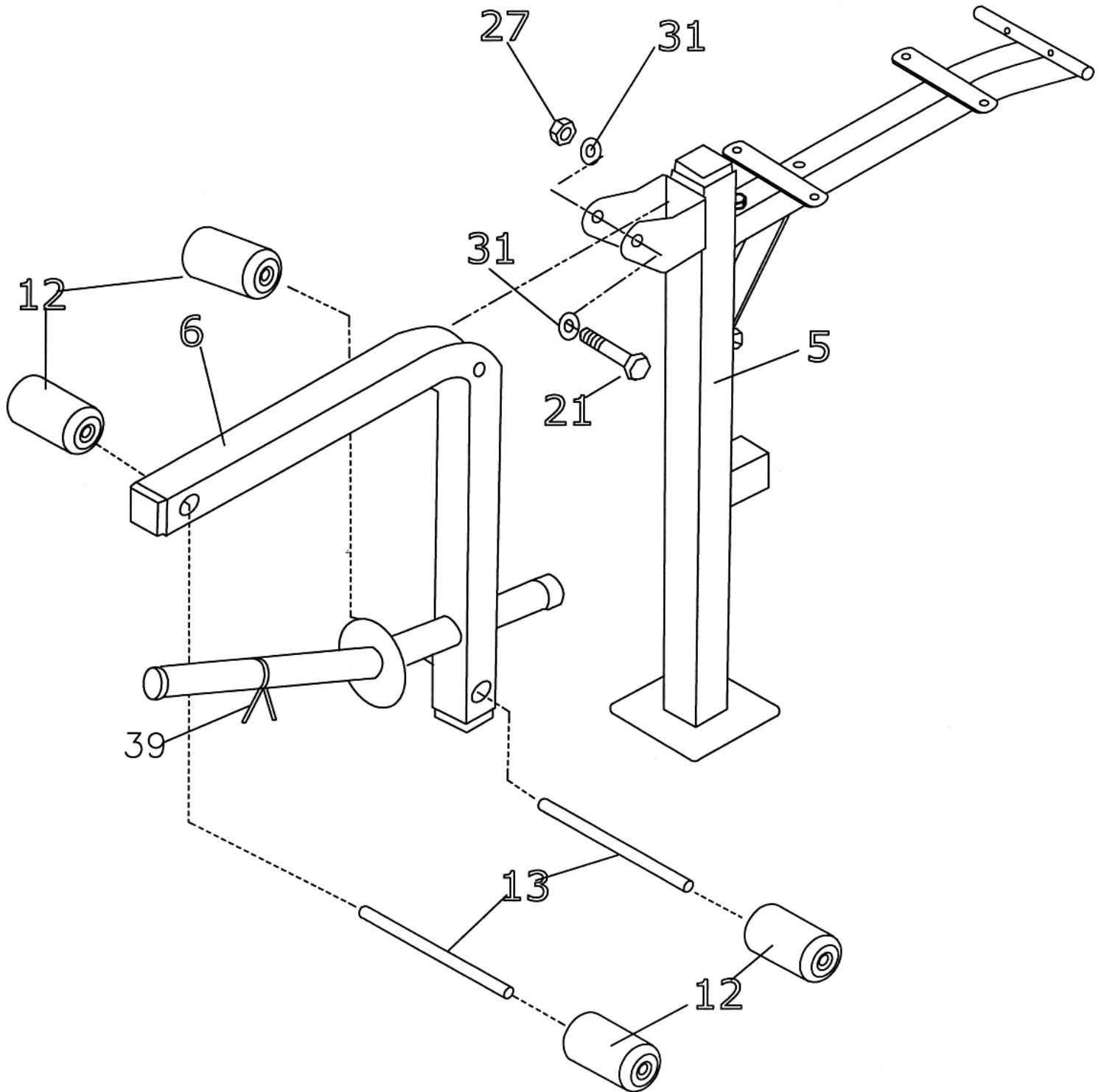
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#6) to the Front Support (#5). Secure it with one M10 x 2 3/8" Hex Bolt (#21), two Ø 3/4" Washers (#31), and one M10 Aircraft Nut (#27). Do not over tighten the Bolt. Make sure the Leg Developer is able to swivel.
- B.) Insert two Foam Tubes (#13) halfway through the holes on the Leg Developer. Push four Foam Rolls (#12) onto the Tubes from both sides.
- C.) Place a Spring Clip (#39) onto the weight post on the Leg Developer.

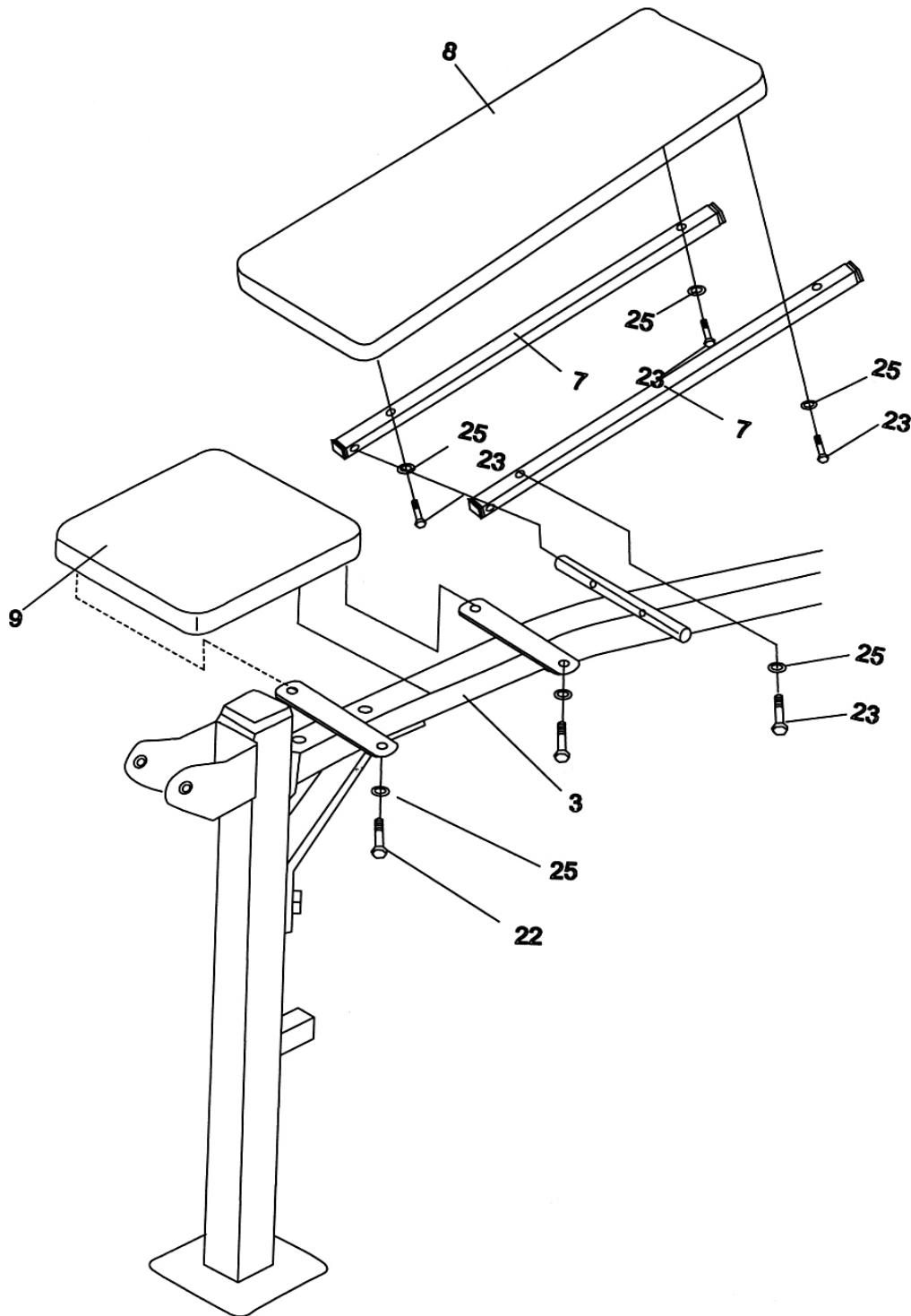
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the hole-side of the Backrest Supports (#7) onto both ends of the pivot on the Main Seat Support (#3). Place the other end rest against the Backrest Adjustment Bar (#11).
- B.) Place the Backrest Board (#8) onto the Backrest Supports. Secure it with four M6 x 1 5/8" Hex Bolts (#23) and Ø 1/2" Washers (#25).
- C.) Place the Seat Pad (#9) onto the Main Seat Support. Secure it with four M6 x 5/8" Hex Bolts (#22) and Ø 1/2" Washers (#25).

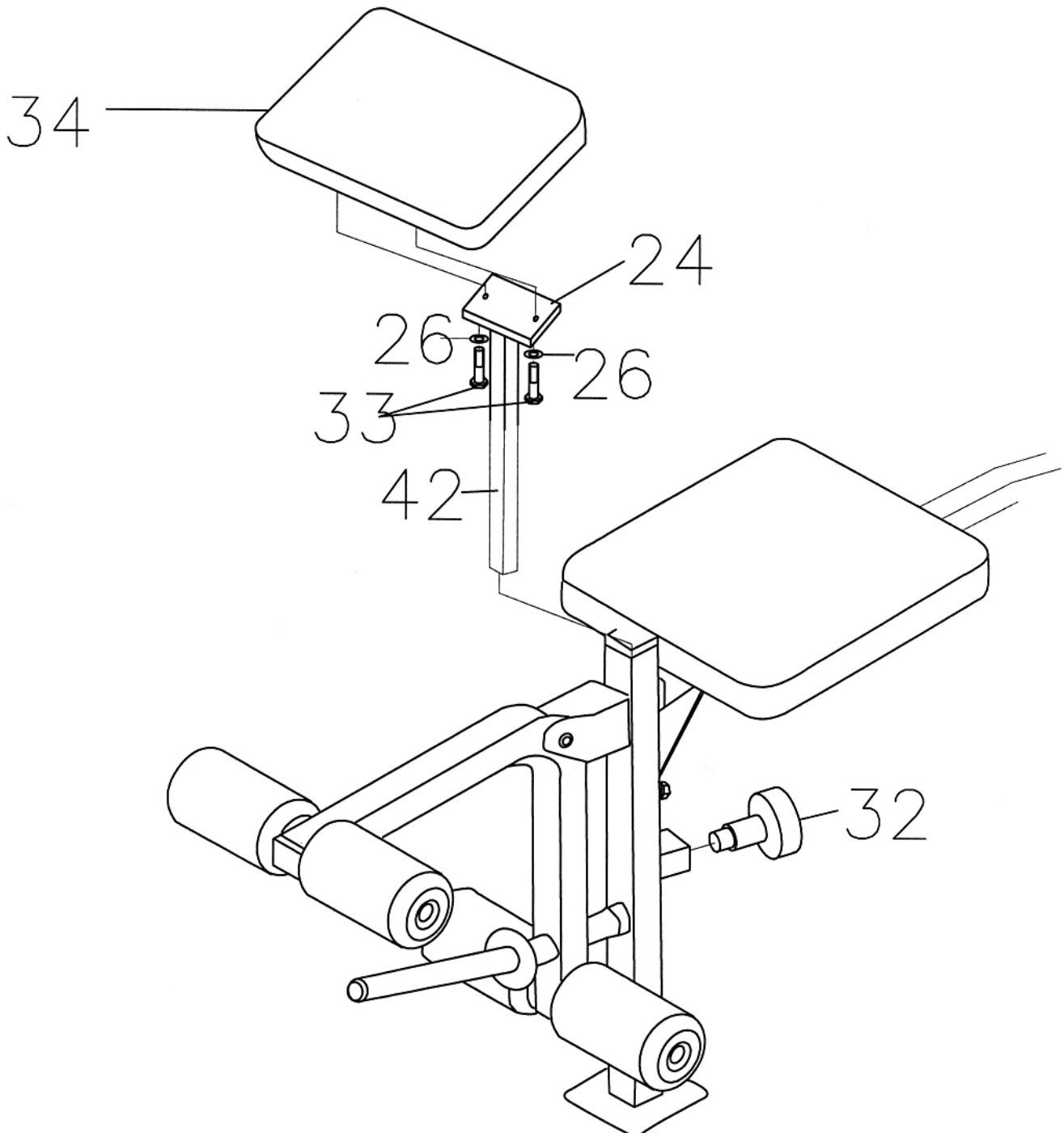
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#34) to the Arm Curl Stand (#42). Secure it with two M8 x 3/4" Hex Bolts (#33) and Ø 5/8" Washers (#26).
- B.) Insert the Arm Curl Stand into the top opening on the Front Support and secure it with a Lock Knob (#32).

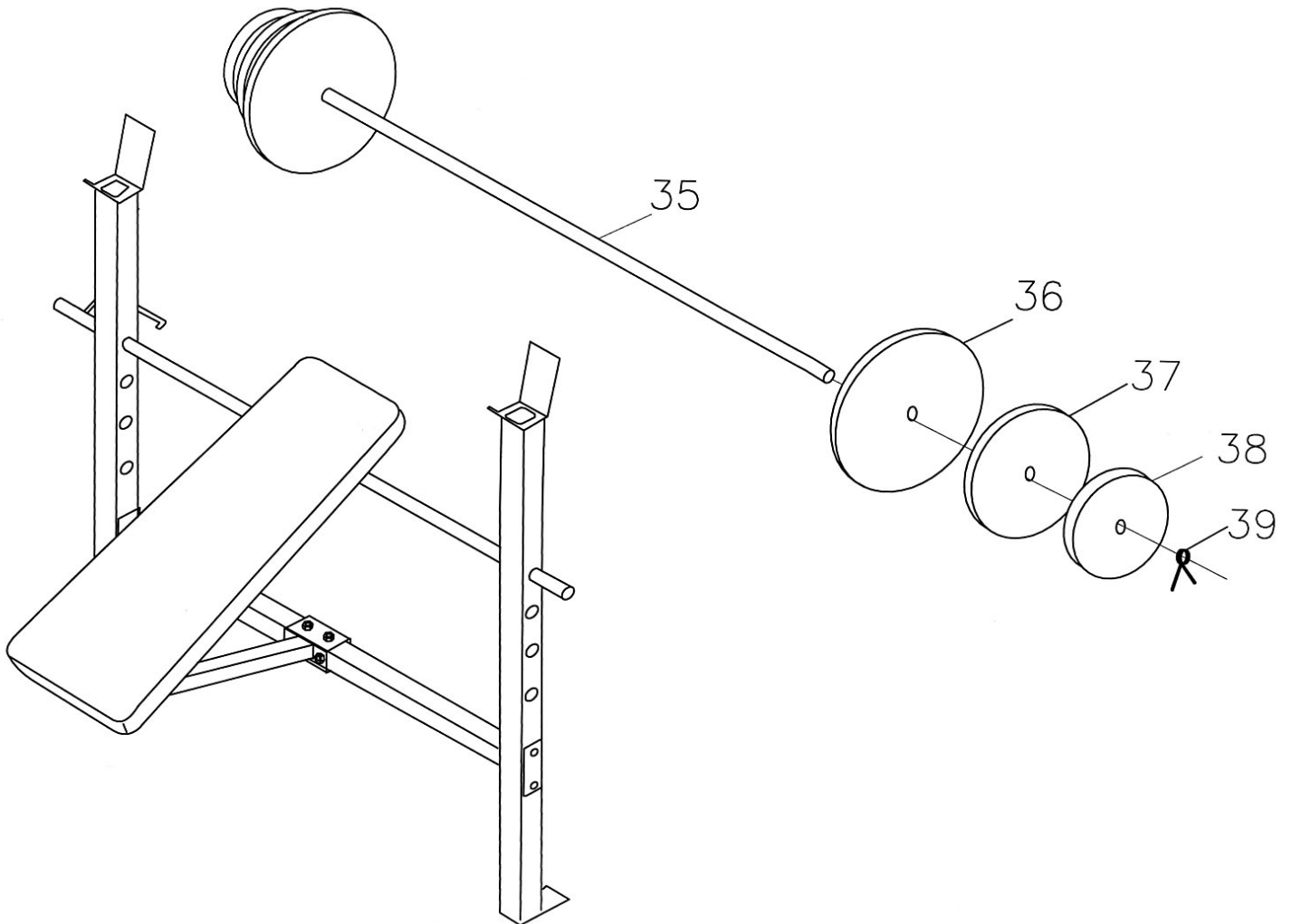
DIAGRAM 5



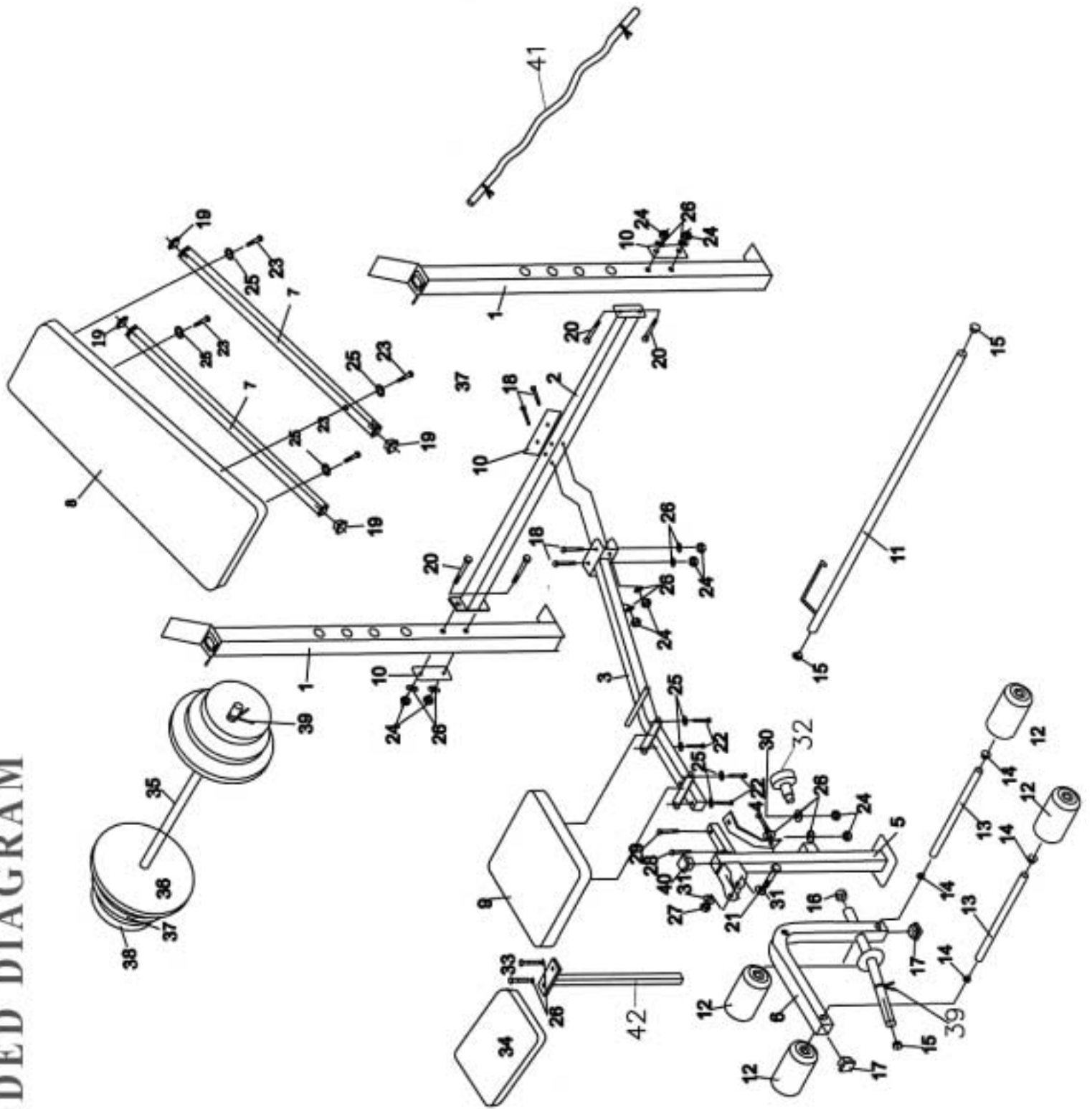
STEP 6 (See Diagram 6)

- A.) Slide the 25lb (#36), 15lb (#37), and 10lb (#38) Weight Plates onto the Weight Bar (#35). Note: Plates must be installed in pairs, one on each side.
- B.) Attach two Spring Clips (#39) onto the Weight Bar.

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Rear 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" Round End Cap	4
15	Ø 1" Round End Cap	7
16	Rubber Bumper	1
17	1 ½" Square End Cap	2
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" Hex Bolt	4
23	M6 x 1 5/8" Hex Bolt	4
24	M8 Aircraft Nut	10
25	Ø ½" Washer	8
26	Ø 5/8" Washer	13
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 ½" Hex Bolt	1
31	Ø ¾" Washer	2
32	Lock Knob	1
33	M8 x ¾" Hex Bolt	2
34	Arm Curl Pad	1
35	48" Weight Bar	1
36	25lb Weight Plate	2
37	15lb Weight Plate	2
38	10lb Weight Plate	2
39	Spring Clip	5
40	Sliding Sleeve	1
41	48" Curl Bar	1
42	Arm Curl Stand	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 for products return 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 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