

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
IGS-10

Retain This
Manual for
Reference

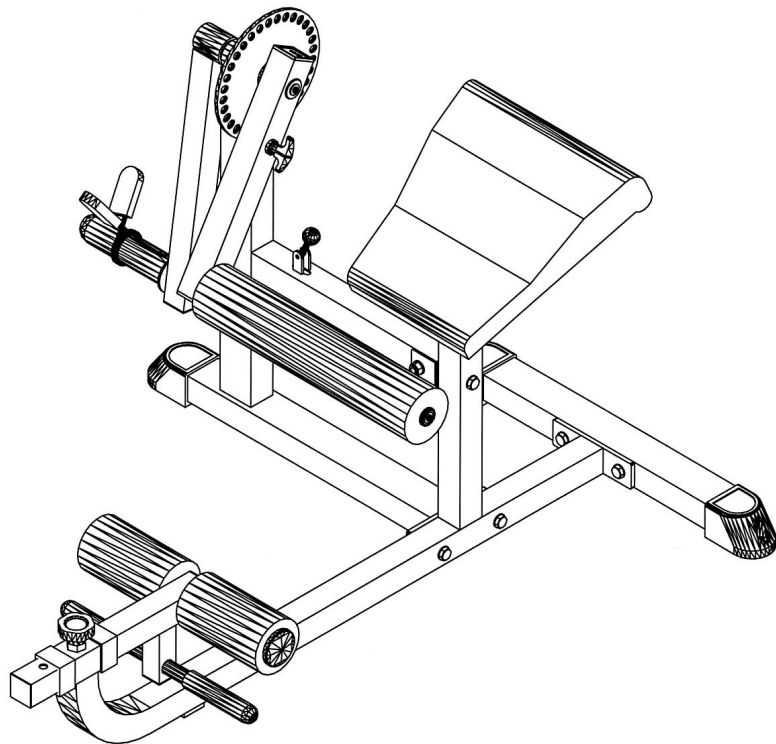
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OWNER'S
MANUAL

IRON GRIP

SPORT™

IGS-10 AB/BACK BENCH



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP SPORT IGS-10 Ab/Back 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

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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 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.

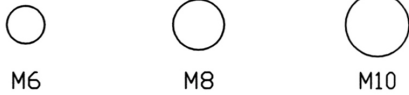
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

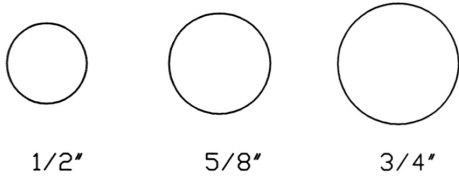
HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



INCHES



REPLACEMENT PARTS

Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

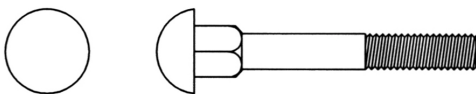


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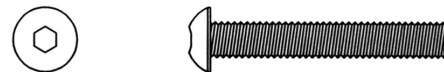
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

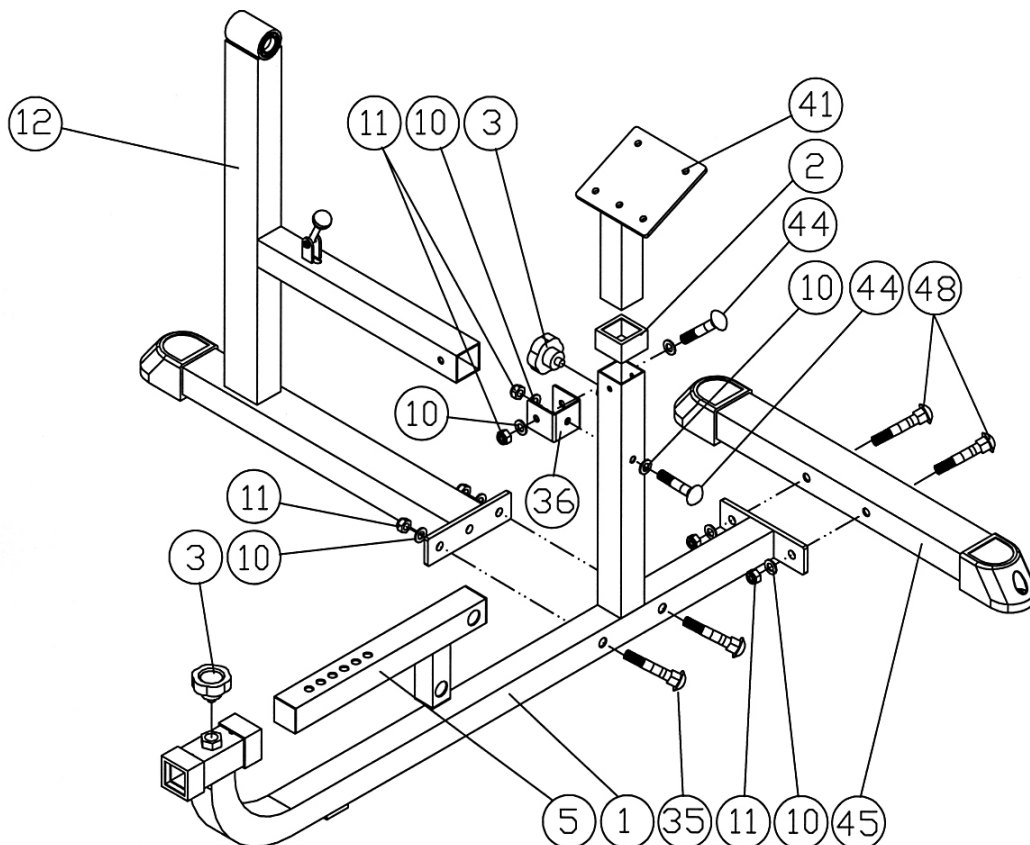
Tools Required Assembling the Machine: Adjustable Wrench, Allen Wrench and Hammer

NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Rear Stabilizer (#45) to the Base Frame (#1). Secure it with two M10 x 3 1/2" Carriage Bolts (#48), $\text{\O} 3/4$ " Washers (#10) and M10 Aircraft Nuts (#11).
- B.) Attach a U-shaped Bracket (#36) to the Base Frame (#1). Secure it with a M10 x 2 3/4" Allen Bolt (#44), two $\text{\O} 3/4$ " Washers (#10) and a M10 Aircraft Nut (#11).
- C.) Attach the Main Frame (#12) to the Base Frame (#1). Secure the bottom beam with two M10 x 2 3/4" Carriage Bolts (#35), $\text{\O} 3/4$ " Washers (#10), and M10 Aircraft Nuts (#11). Secure the upper beam to the U-shaped Bracket (#36) with a M10 x 2 3/4" Allen Bolts (#44), two $\text{\O} 3/4$ " Washers (#10), and one M10 Aircraft Nut (#11).
- D.) Insert the Seat Adjustment Frame (#41) into the opening on the Base Frame (#1). Insert a Lock Knob (#3) to secure the seat position.
- E.) Insert the Foot Adjustment Frame (#5) into the opening on the front of the Base Frame. Insert a Lock Knob (#3) to secure the position.

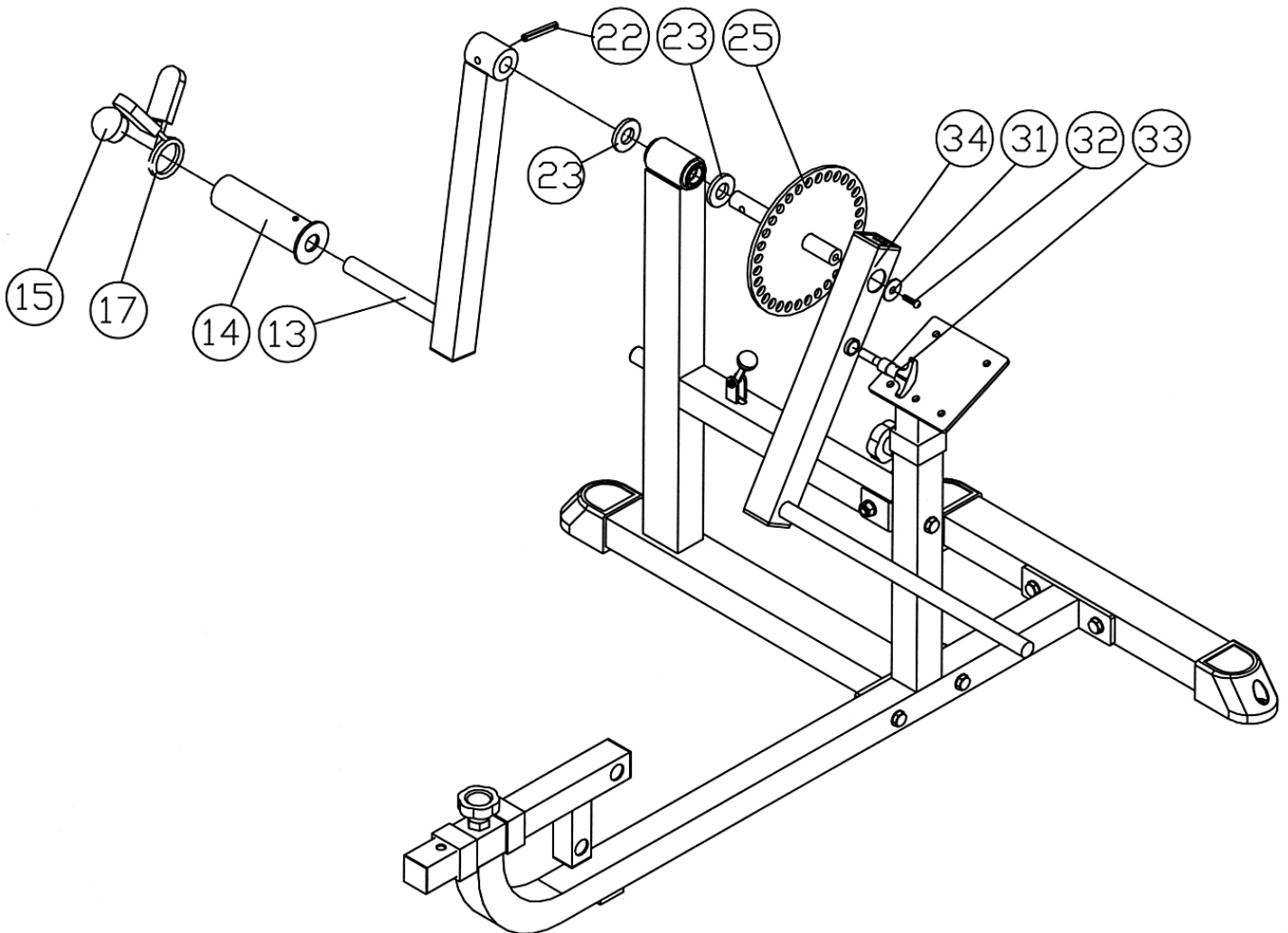
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Slide a $\varnothing 1 \frac{1}{2}$ " Plastic Washer (#23) onto the axle on the Adjustment Plate (#25). Insert the axle through the barrel on the Main Frame. Slide another $\varnothing 1 \frac{1}{2}$ " Plastic Washer (#23) onto the axle.
- B.) Slide the Weight Holder Bar (#13) onto the axle. Align the holes and insert a Roll Pin (#22) through the hole. Use a hammer to drive in the Roll Pin.
- C.) Attach the Swing Arm (#34) to the axle. Secure it with a M10 x $\frac{3}{4}$ " Allen Bolt (#32) and $\varnothing 1 \frac{3}{8}$ " Washer (#31). Attach the T-shaped Pull Pin (#33) onto the Swing Arm to lock the plate in position.
- D.) Slide the Olympic Sleeve (#14) onto the Weight Holder Bar (#13). Clip the Spring Clip (#17) onto the Olympic Sleeve. Plug the Olympic Sleeve End Cap (#15) into the end.

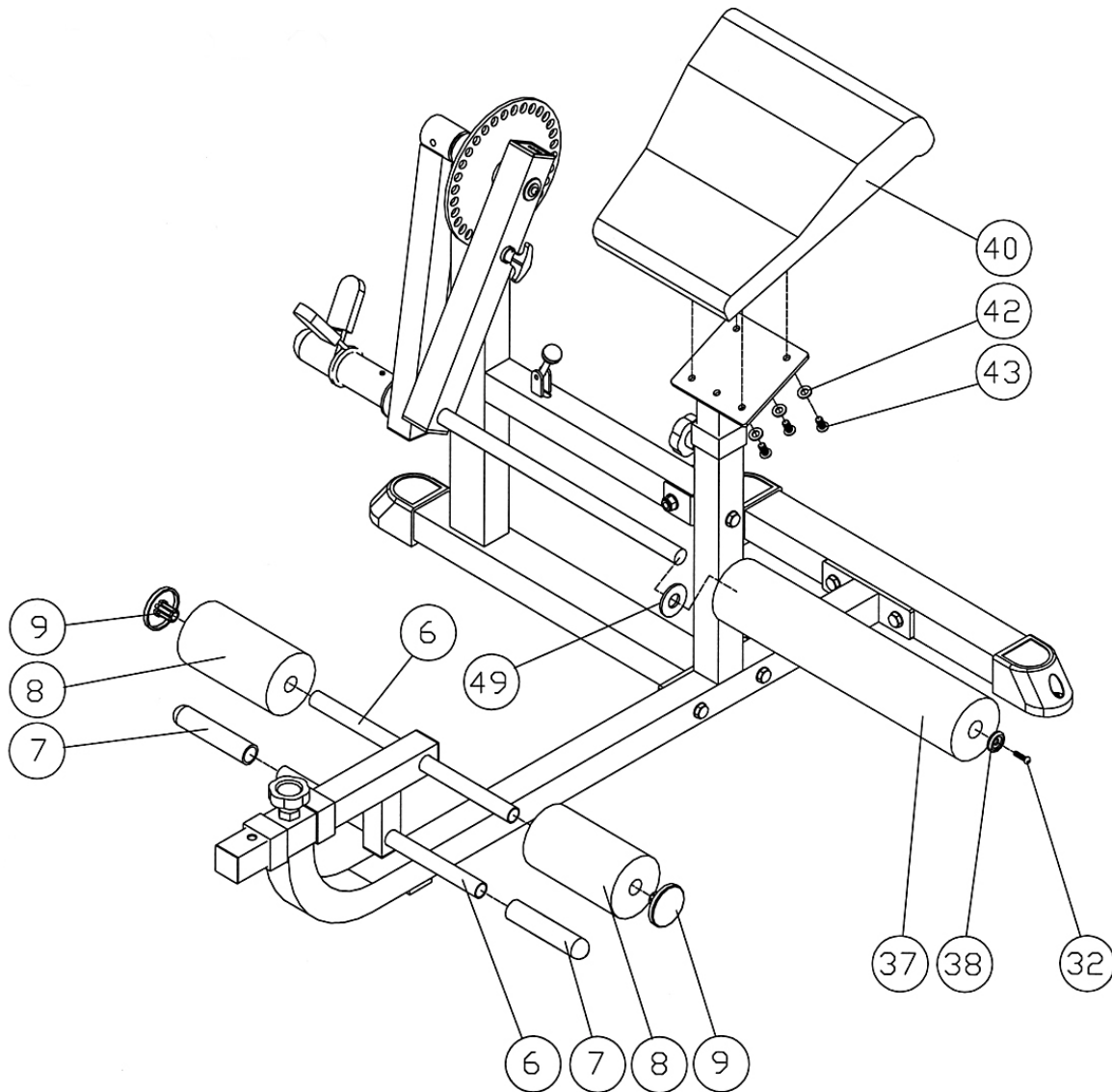
DIAGRAM 2



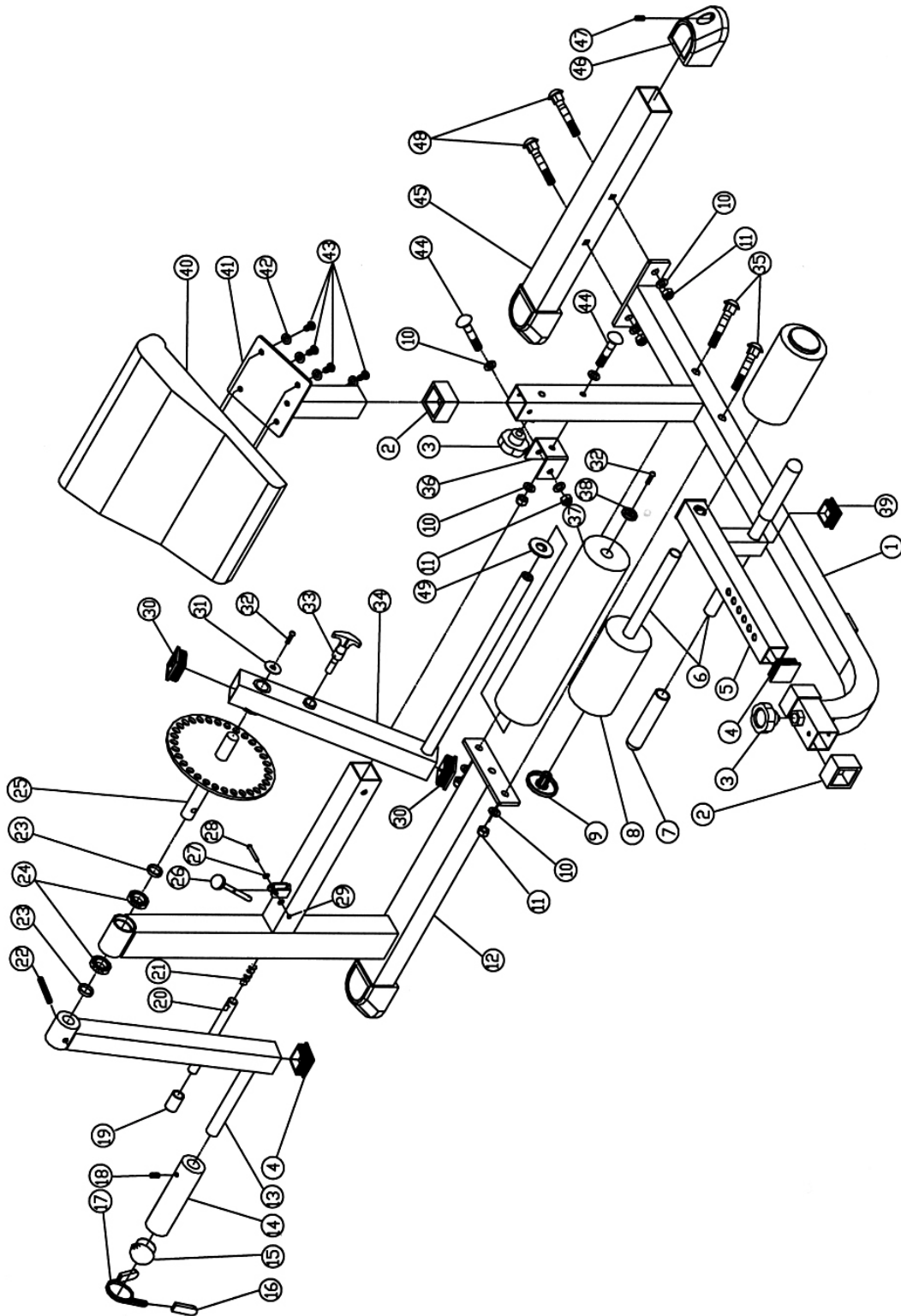
STEP 3 (See Diagram 3)

- A.) Attach the Seat Pad (#40) to the Seat Adjustment Frame (#41). Secure it with four M8 x 1 3/8" Allen Bolts (#43) and \varnothing 5/8" Washers (#42).
- B.) Slide a \varnothing 2" Washer (#49) onto the rod on the Swing Arm (#34). Push the Large Foam Roll (#37) onto the rod. Secure it with a \varnothing 2" End Cap (#38) and M10 x 3/4" Allen Bolt (#32).
- C.) Insert two Foam Roll Tubes (#6) halfway through the holes on the Foot Adjustment Frame (#5). Push two Foam Rolls (#8) onto the top tube. Plug two \varnothing 1" Foam Roll End Caps (#9) to the ends.
- D.) Slide two Handle Grips onto the bottom tube.

DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Base Frame	1
2	2" Square Sleeve	3
3	Lock Knob	2
4	1 ¾" Square End Cap	3
5	Foot Adjustment Frame	1
6	Foam Roll Tube	2
7	Handle Grip	2
8	Foam Roll	2
9	Ø 1" Foam Roll End Cap	2
10	Ø ¾" Washer	8
11	M10 Aircraft Nut	6
12	Main Frame	1
13	Weight Holder Bar	1
14	Olympic Sleeve	1
15	Olympic Sleeve End Cap	1
16	Spring Clip Sleeve	2
17	Spring Clip	1
18	M10 x ½" Allen Bolt	1
19	Bumper	1
20	Stopper	1
21	Spring	1
22	Roll Pin	1
23	Ø1 ½" Plastic Washer	2
24	Bearing	2
25	Adjustment Plate	1
26	Lever	1
27	Ø1/2" Washer	2
28	M6 x 1 1/8" Philips Screw	1
29	M6 Aircraft Nut	1
30	2" Square End Cap	2
31	Ø 1 3/8" Washer	1
32	M10 x ¾" Allen Bolt	2
33	T-shaped Pull Pin	1
34	Swing Arm	1
35	M10 x 2 ¾" Carriage Bolt	2
36	U-shaped Bracket	1
37	Large Foam Roll	1
38	Ø2" End Cap	1
39	1 ½" Square End Cap	1
40	Seat Pad	1
41	Seat Adjustment Frame	1
42	Ø 5/8" Washer	4
43	M8 x 1 3/8" Allen Bolt	4
44	M10 x 2 ¾" Allen Bolt	2
45	Rear Stabilizer	1
46	Stabilizer End Cap	3
47	Stabilizer End Cap Screw	3
48	M10 x 3 ½" Carriage Bolt	2
49	Ø2" Washer	1

IRON GRIP SPORT

By IMPEX FITNESS PRODUCTS

LIMITED LIFE TIME WARRANTY

IMPEX FITNESS PRODUCTS ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of LIFE TIME on the Frame and Weld, 3 YEARS on parts, and 6 MONTHS on upholstery 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 heavy 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