

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
IVK-402

Retain This  
Manual for  
Reference

09-20-05

OWNER'S  
MANUAL



## Dumbbell Rack IVK-402



**IMPEX INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the IVANKO Dumbbell Rack IVK-402 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. **DO NOT RETURN THE UNIT TO THE STORE!** To avoid unnecessary delays, please call our *TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

<p>Toll-Free Customer Service Number 1-800-999-8899 Mon. – Fri. 9 a.m. – 5 p.m. PST <a href="http://www.impex-fitness.com">www.impex-fitness.com</a> <a href="mailto:info@impex-fitness.com">info@impex-fitness.com</a></p>
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# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise equipment 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 equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
4. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when exercising.
5. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
6. Do not place any sharp object around the equipment.
7. Disabled person should not use the equipment without a qualified person or physician in attendance.
8. Before using the equipment to exercise, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.
10. The Dumbbell Rack can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
11. Maximum weight capacity 400 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 REPLACEMENT

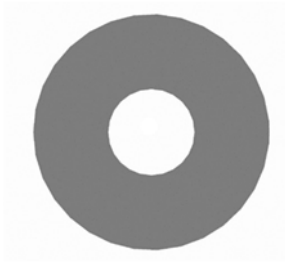


The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

## HARDWARE PACK



#13 M10 Aircraft Nut (Qty 20)



#14  $\text{\O}$  3/4" Washer (Qty 40)



#15 M10 x 3" Allen Bolt (Qty 20)



#16 1/2" Philips Screw (Qty 12)

# ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Adjustable Wrench and Allen Wrench

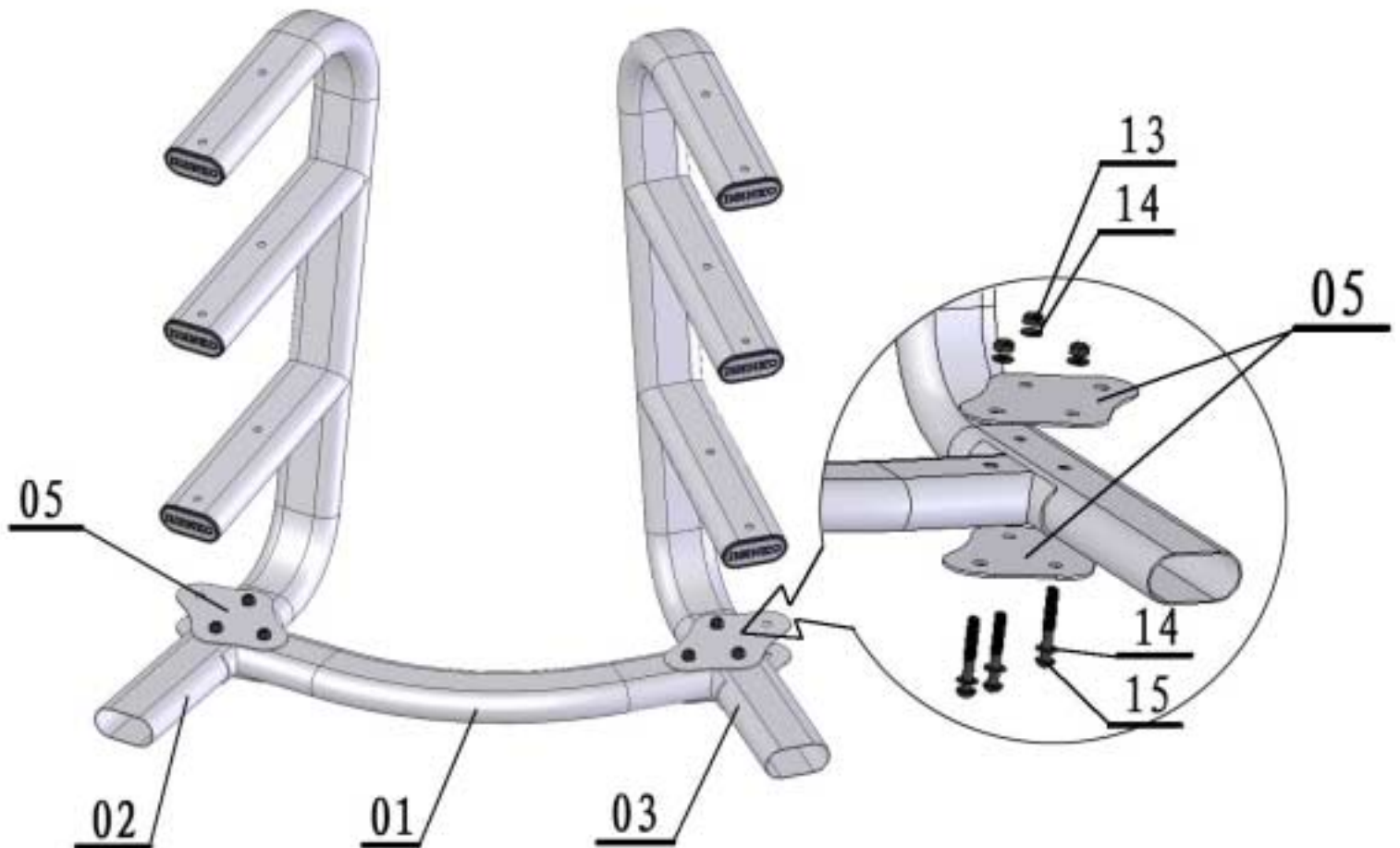
**NOTE:** It is strongly recommended two or more people assembling this equipment to avoid possible injury.

## STEP 1 (See Diagram 1)

A.) Place the Cross Brace (#1) in between the Left & Right Upright Beams (#2 & #3).

B.) Secure each end with three M10 x 3" Allen Bolts (#15), two Brackets (#5), six  $\text{\O} \frac{3}{4}$ " Washers (#14), and three M10 Aircraft Nuts (#13). Do not tighten the Nuts and Bolts yet.

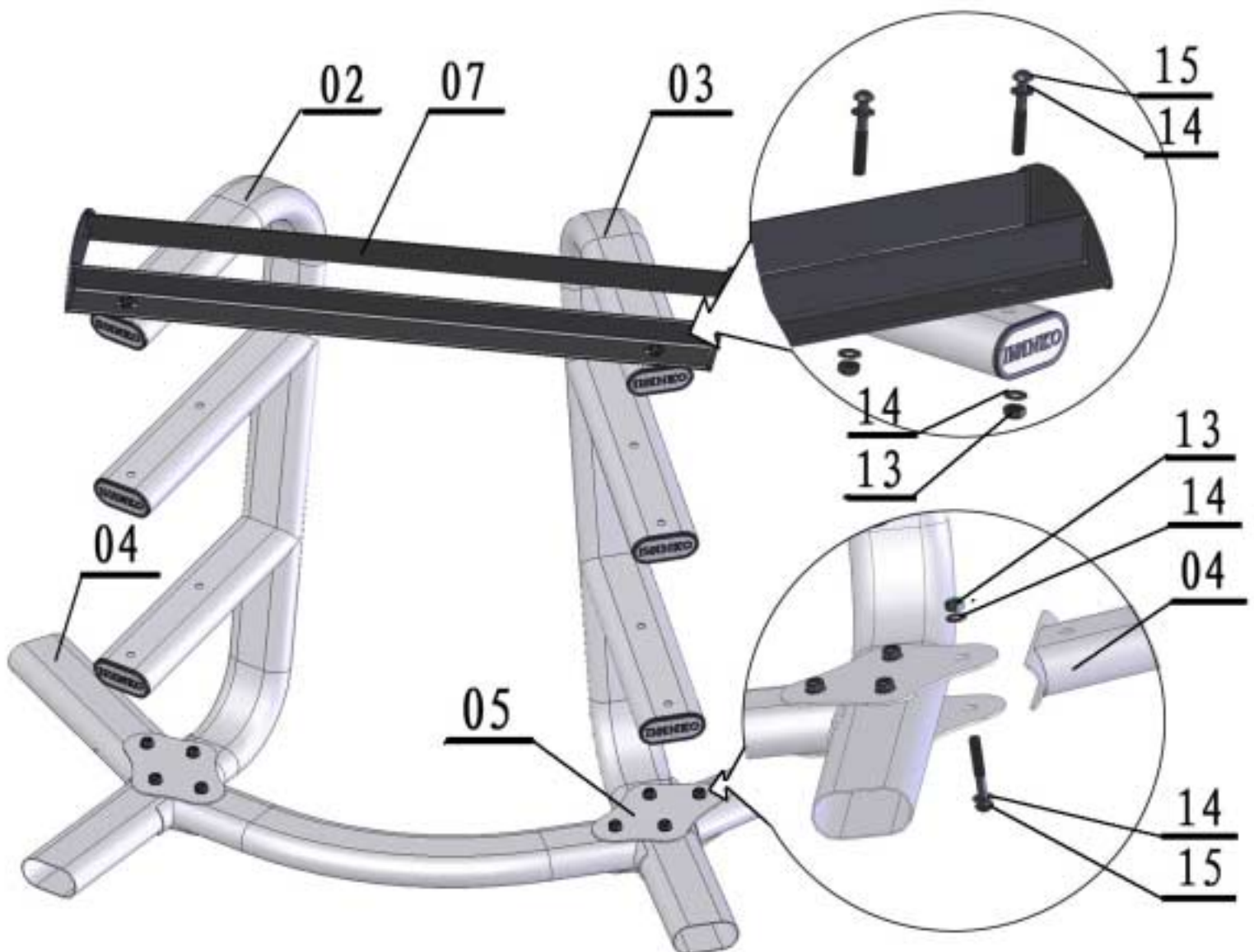
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach one Floor Stabilizer (#4) in between the two Brackets (#5) to the Right Upright Beam (#3).
- B.) Secure it with one M10 x 3" Allen Bolt (#15), two  $\text{\O} \frac{3}{4}$ " Washers (#14), and one M10 Aircraft Nut (#13). Repeat the same procedure to install the other side.
- C.) Place the Upper Dumbbell Rack (#7) onto the top dumbbell support on the Left & Right Upright Beams. Secure each end with two M10 x 3" Allen Bolts (#15), four  $\text{\O} \frac{3}{4}$ " Washers (#14), and two M10 Aircraft Nuts (#13). Do NOT tighten the Nuts and Bolts yet.

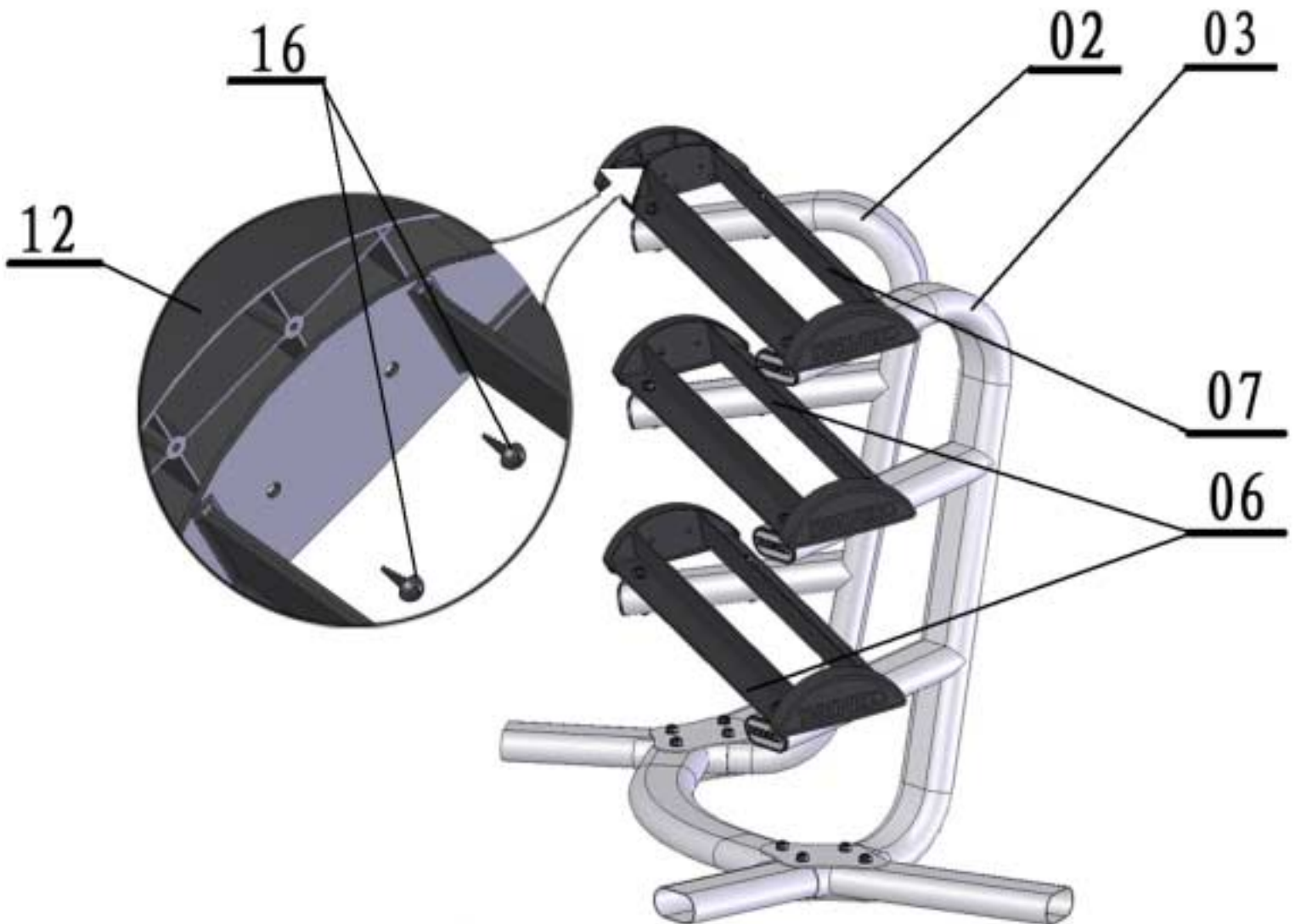
### DIAGRAM 2



**STEP 3 (See Diagram 3)**

- A.) Place the Lower Dumbbell Rack (#6) onto the second level of dumbbell support on the Right and Left Upright Beams.
- B.) Secure each end with two M10 x 3" Allen Bolts (#15), four Ø ¾" Washers (#14), and two M10 Aircraft Nuts (#13). Repeat the same procedure to install the other Lower Dumbbell Rack.
- C.) Cover all ends of Upper and Lower Dumbbell Racks with six Dumbbell Rack End Caps (#12). Secure each End Cap with two ½" Philips Screws (#16).

**DIAGRAM 3**

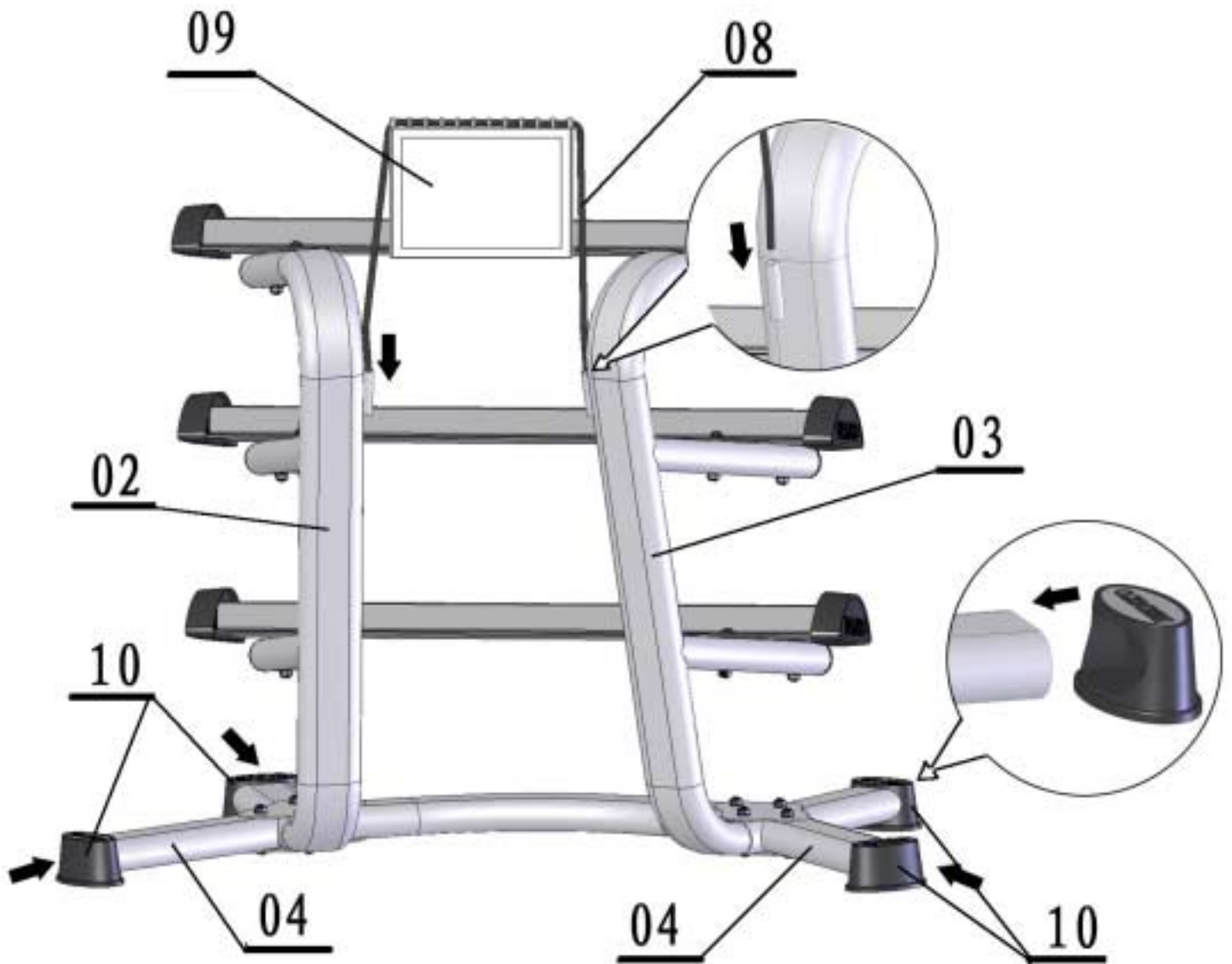




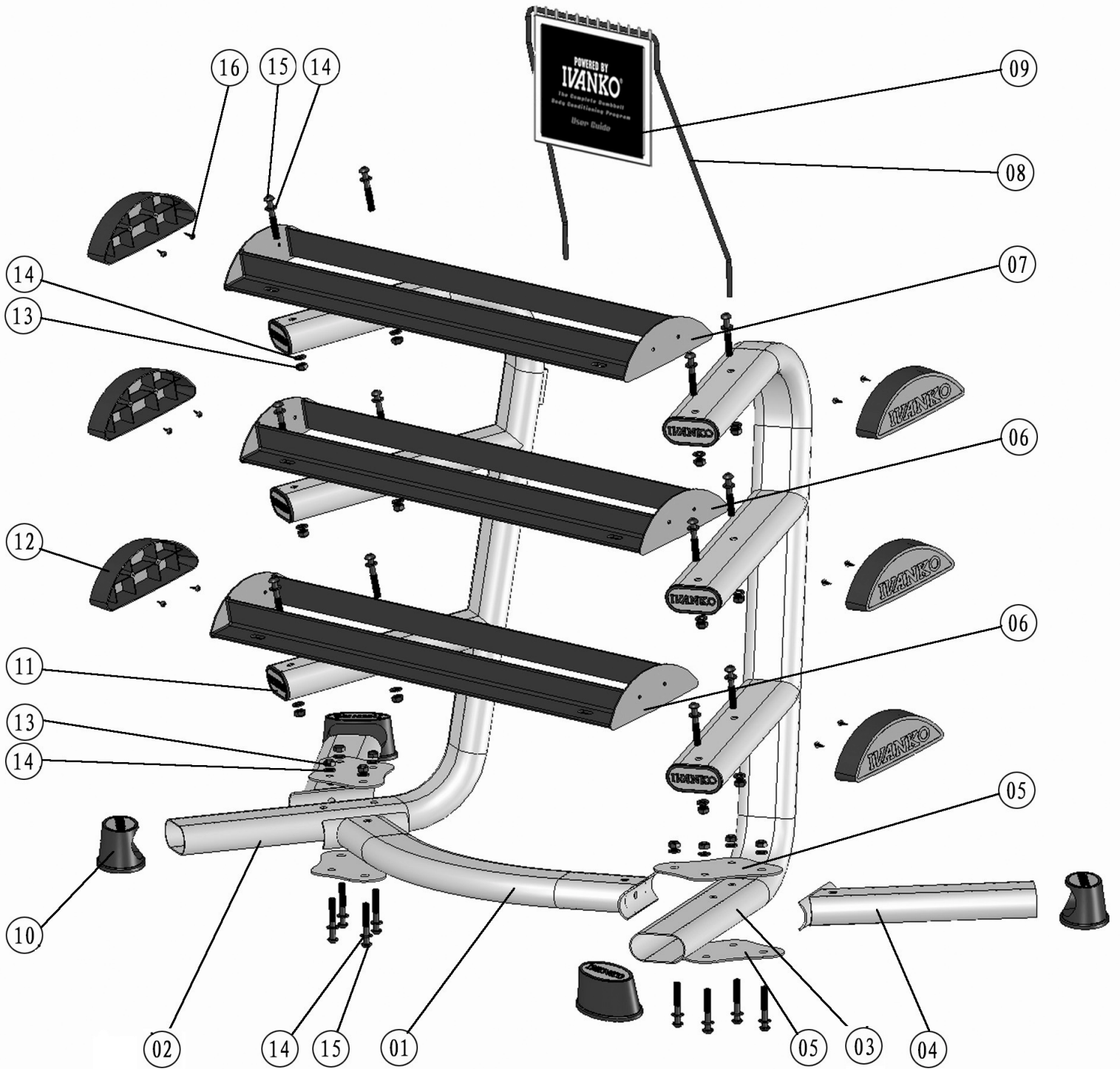
**STEP 4 (See Diagram 4)**

- A.) Plug four Base End Caps (#10) onto the base of Upright Beams (#2 & #3) and Floor Stabilizers (#4).
- B.) Slide the Training Book (#9) onto the Book Rack (#8). Attach the Rack to the back of the Upright Beams.
- C.) Securely tighten all Nuts and Bolts previously installed.

**DIAGRAM 4**



# EXPLODED DIAGRAM



## Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Cross Brace	1
2	Left Upright Beam	1
3	Right Upright Beam	1
4	Floor Stabilizer	2
5	Bracket	4
6	Lower Dumbbell Rack	2
7	Upper Dumbbell Rack	1
8	Book Rack	1
9	Training Book	1
10	Base End Cap	4
11	2" x 2 3/4" End Cap	6
12	Dumbbell Rack End Cap	6
13	M10 Aircraft Nut	20
14	Ø 3/4" Washer	40
15	M10 x 3" Allen Bolt	20
16	1/2" Philips Screw	12

# ***IVANKO***

***By 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 2 YEARS 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](http://www.impex-fitness.com)**

**IMPEX INC.**  
**14777 Don Julian Rd.,**  
**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 Part
3. Part Number
4. Date of Purchase