

NOTE:
Please read all instructions
carefully before using this
product

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Model
PHC-2000

Retain This
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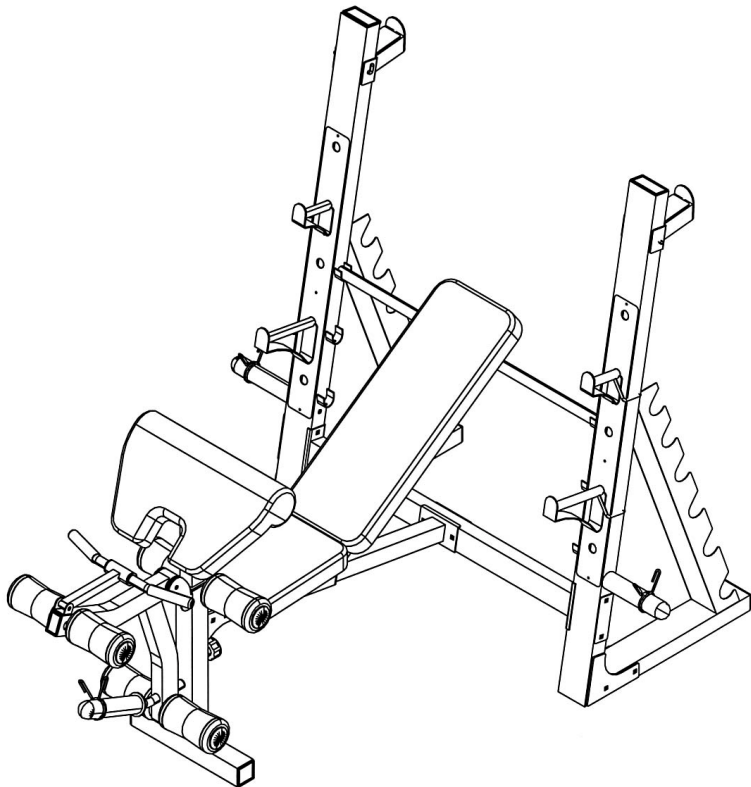
07-28-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

POWERHOUSE OLYMPIC BENCH

PHC 2000



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE PHC-2000 OLYMPIC 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 TOOL-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

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

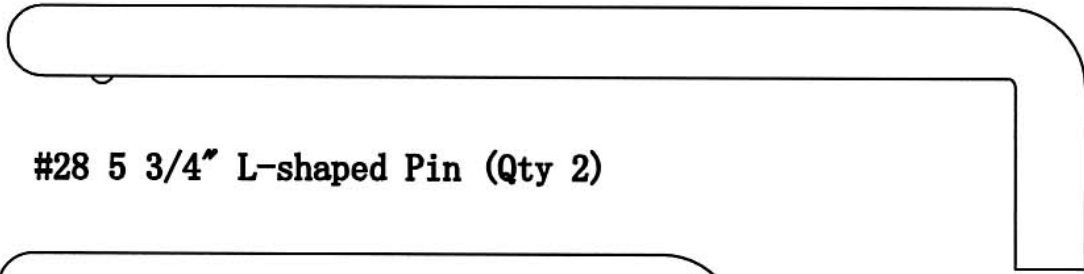
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

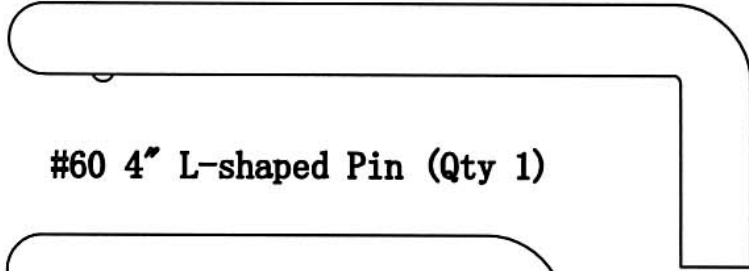
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

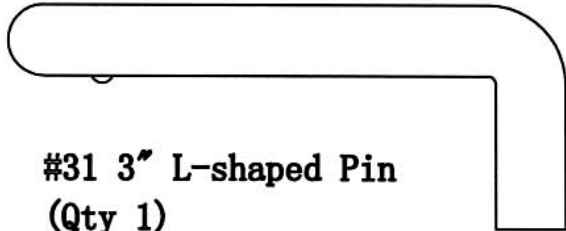
HARDWARE PACK



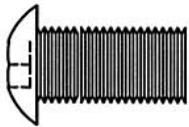
#28 5 3/4" L-shaped Pin (Qty 2)



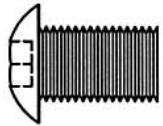
#60 4" L-shaped Pin (Qty 1)



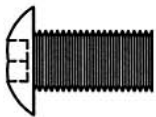
#31 3" L-shaped Pin (Qty 1)



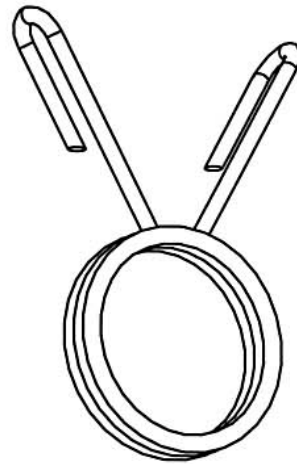
#59 M10 x 3/4" Allen Bolt (Qty 2)



#52 M10 x 5/8" Allen Bolt (Qty 13)



#54 M8 x 5/8" Allen Bolt (Qty 6)

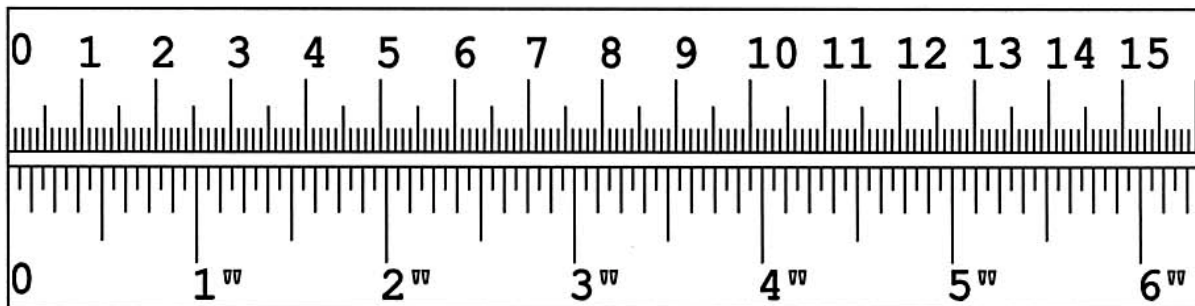


#35 Spring Clip (Qty 3)

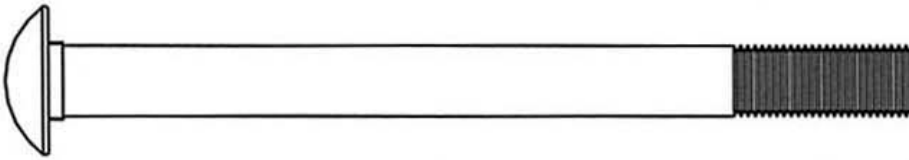


#36 Axle (Qty 1)

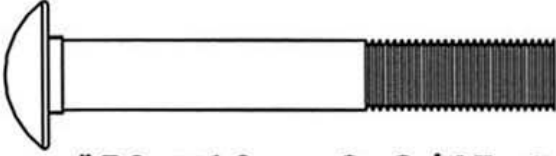
mm



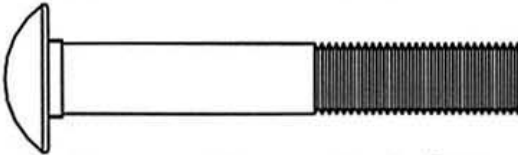
HARDWARE PACK



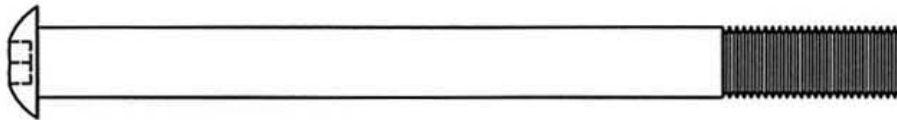
#49 M10 x 4 3/4" Carriage Bolt (Qty 8)



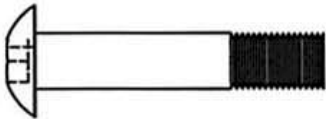
#50 M10 x 2 3/4" Carriage Bolt (Qty 4)



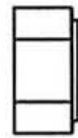
#51 M10 x 2 1/2" Carriage Bolt (Qty 1)



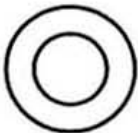
#53 M10 x 4 3/4" Allen Bolt (Qty 1)



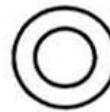
#55 M8 x 1 5/8" Allen Bolt (Qty 4)



#58 M10 Aircraft Nut (Qty 14)

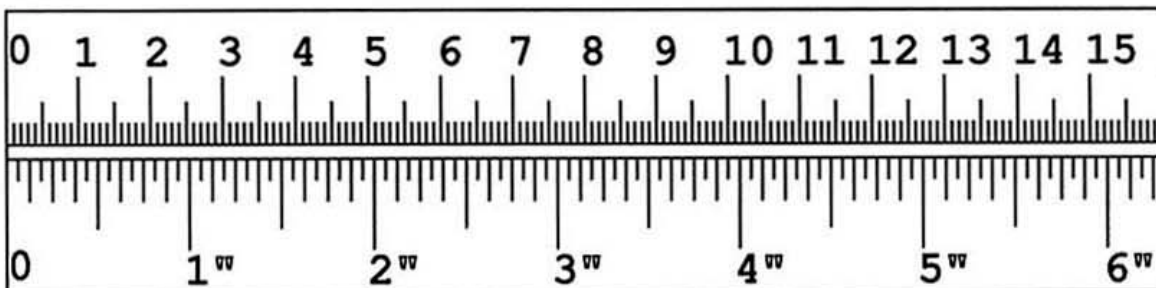


#56 \varnothing 3/4" Washer (Qty 30)



#57 \varnothing 5/8" Washer (Qty 10)

mm



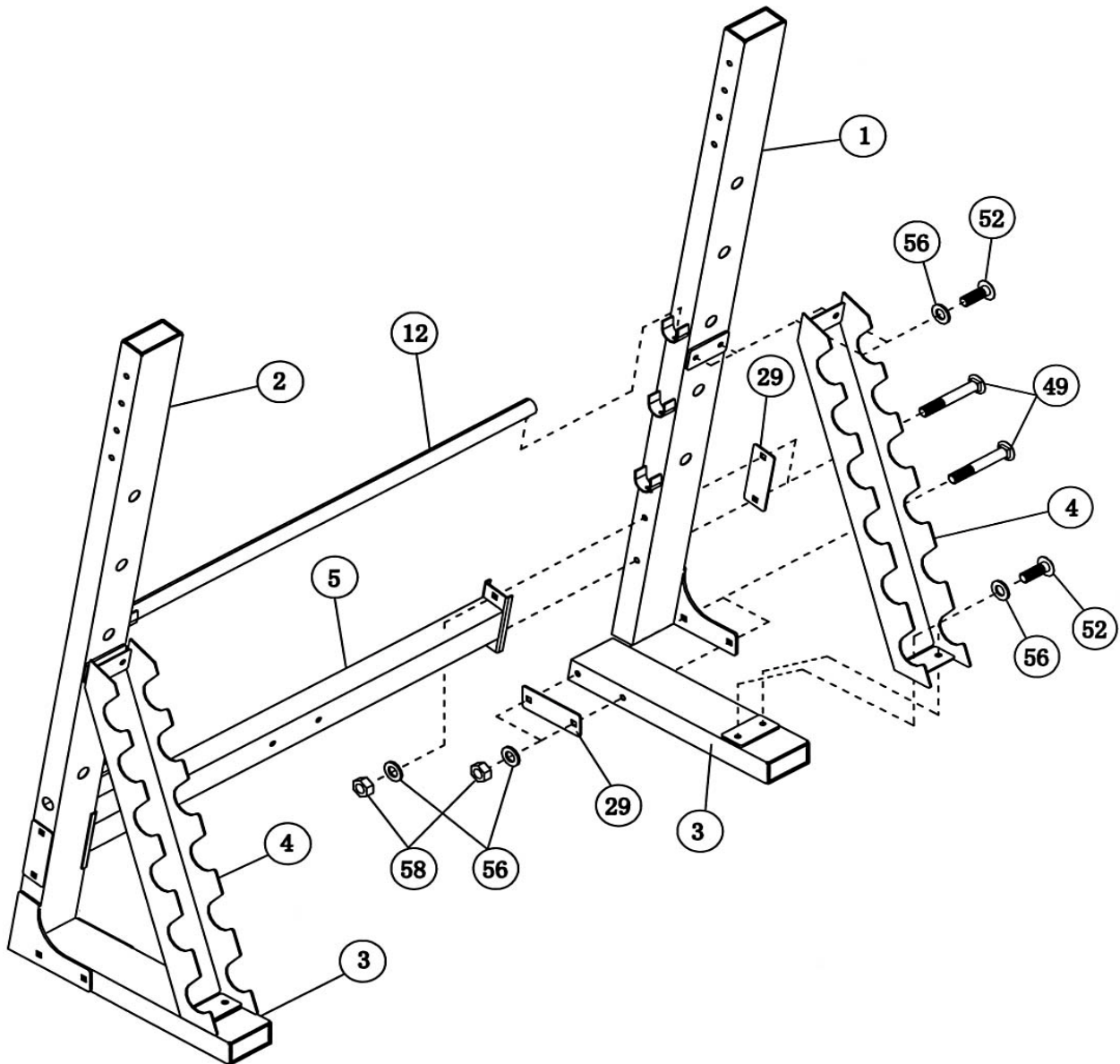
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.
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 Right Upright Beam (#1) to a Rear Stabilizer (#3). Secure it with two M10 x 4 3/4" Carriage Bolts (#49), one 5 1/2" x 2" Bracket (#29), two Ø 3/4" Washers (#56), and two M10 Aircraft Nuts (#58). Do not tighten the Nut and Bolts yet.
- B.) Attach the bottom of the Dumbbell Rack (#4) to the Rear Stabilizer (#3). Secure it with two M10 x 5/8" Allen Bolts (#52) and Ø 3/4" Washers (#56).
- C.) Attach the top of the Dumbbell Rack to the Right Upright Beam (#1). Secure it with two M10 x 5/8" Allen Bolts (#52) and Ø 3/4" Washers (#56).
- D.) Repeat Steps A, B, and C above to install the Left side.
- E.) Connect the Left & Right Upright Beams with a Cross Brace (#5) in the mid-span. Secure each end with two M10 x 4 3/4" Carriage Bolts (#49), one 5 1/2" x 2" Bracket (#29), two Ø 3/4" Washers (#56), and two M10 Aircraft Nuts (#58). Securely tighten all Nuts and Bolts.
- F.) Place the Backrest Adjustment Bar (#12) onto the selected slot between the Upright Beams.

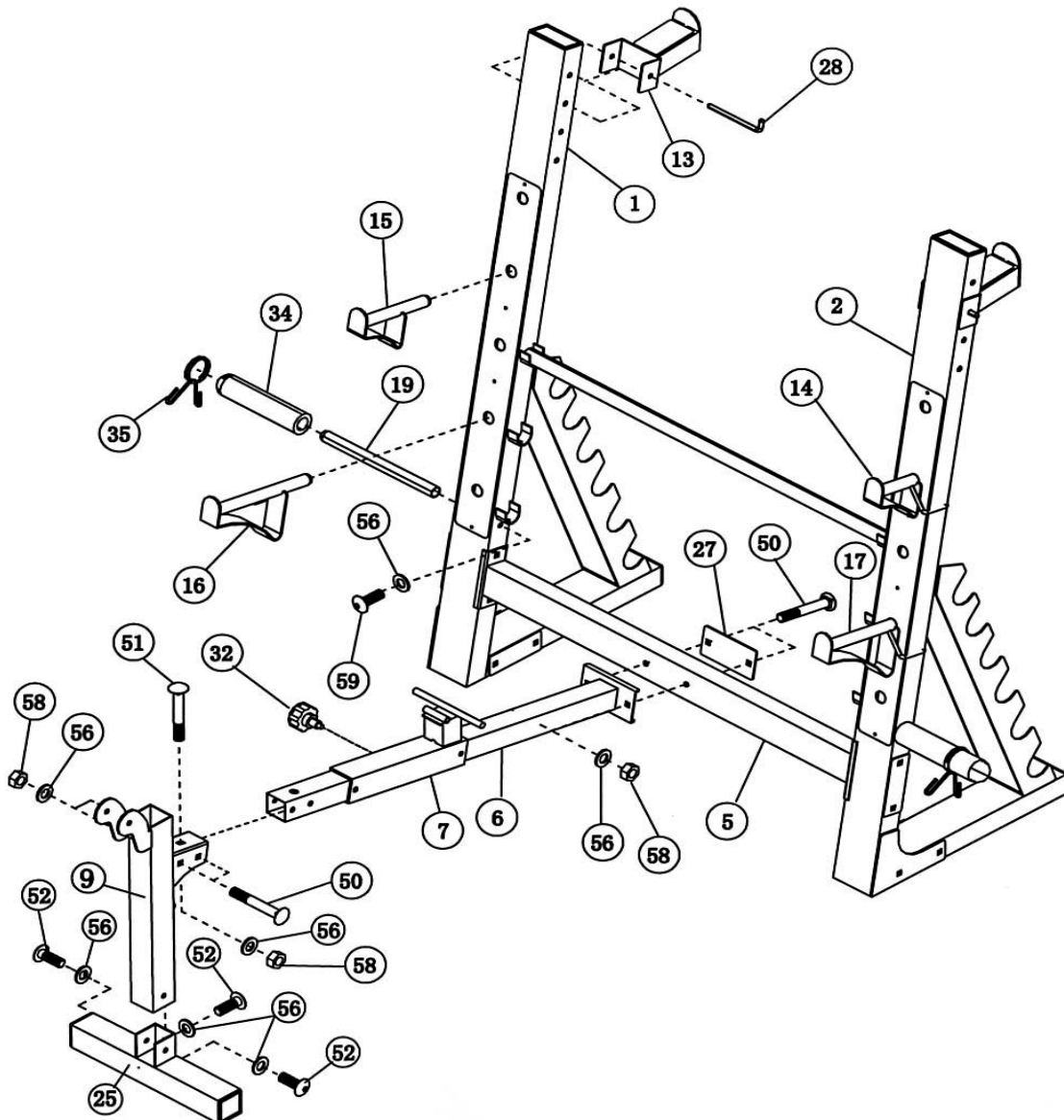
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Slide the Sliding Block (#7) onto the Main Seat Support (#6). Thread a M18 x $\frac{3}{8}$ " Lock Knob (#32) into the selected hole to hold the Sliding Block in position.
- B.) Attach the Leg Developer Holder (#9) to the Front Stabilizer (#25). Secure it with three M10 x $\frac{5}{8}$ " Allen Bolts (#52) and $\frac{3}{4}$ " Washers (#56).
- C.) Attach the Main Seat Support (#6) to the Leg Developer Holder. Secure it with one M10 x $2\frac{1}{2}$ " Carriage Bolt (#51) from the top, two M10 x $2\frac{3}{4}$ " Carriage Bolts (#50) from the side, three $\frac{3}{4}$ " Washers (#56) and three M10 Aircraft Nuts (#58).
- D.) Attach the Main Seat Support (#6) to the Cross Brace (#5). Secure it with two M10 x $2\frac{3}{4}$ " Carriage Bolts (#50), one $5\frac{1}{2}$ " x $2\frac{3}{4}$ " Bracket (#27), two $\frac{3}{4}$ " Washers (#56), and two M10 Aircraft Nuts (#58).
- E.) Attach the two Squat Bar Catches (#13) to the back of the two Upright Beams. Secure each Catch with a $5\frac{3}{4}$ " L-shaped Pin (#28).
- F.) Insert a Weight Post (#19) into the side hole on the Upright Beam. Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#59) and $\frac{3}{4}$ " Washer (#56). Slide an Olympic Sleeve (#34) onto the Weight Post. Attach a Spring Clip (#35) to the Sleeve. Repeat for the other side.
- G.) Insert the Right & Left Bar Catches (#14 & 15), Right & Left Safety Catch (#16 & 17) into the selected holes on the Upright Beams (#1 & 2).

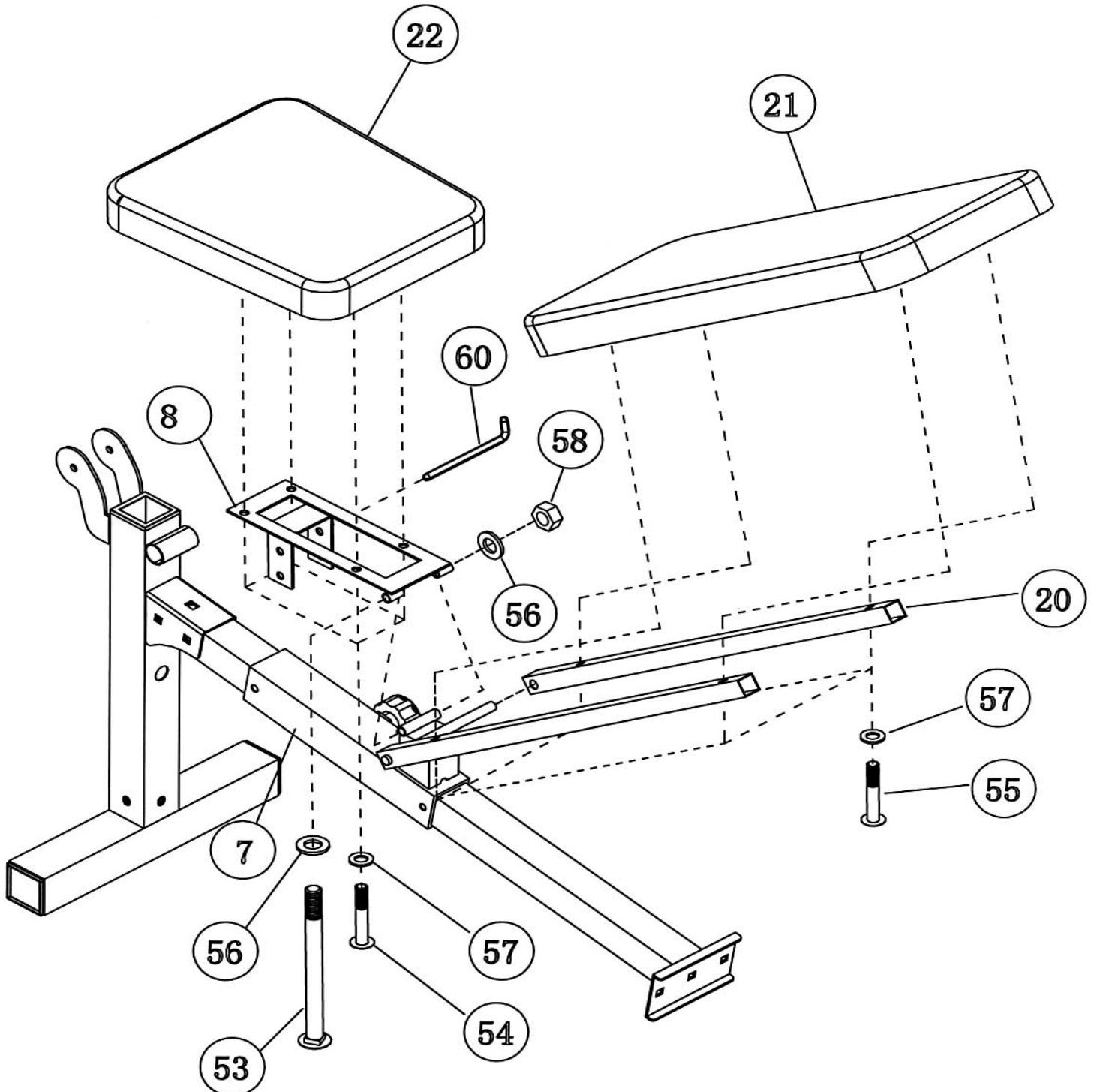
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the holes on the end of the Backrest Supports (#20) to the pivot on the Sliding Block (#7). Attach the Backrest Board (#21) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#55) and Ø5/8" Washers (#57).
- B.) Attach the Seat Bracket (#8) to the pivot on the Sliding Block. Secure it with one M10 x 4 3/4" Allen Bolt (#53), two Ø 3/4" Washers (#56), and one M10 Aircraft Nut (#58).
- C.) Place the Seat (#22) onto the Seat Bracket. Secure it with four M8 x 5/8" Allen Bolts (#54) and Ø 5/8" Washers (#57).
- D.) Insert a 4" L-shaped Pin (#60) into the selected hole on the Seat Bracket to obtain the desired Seat inclined position.

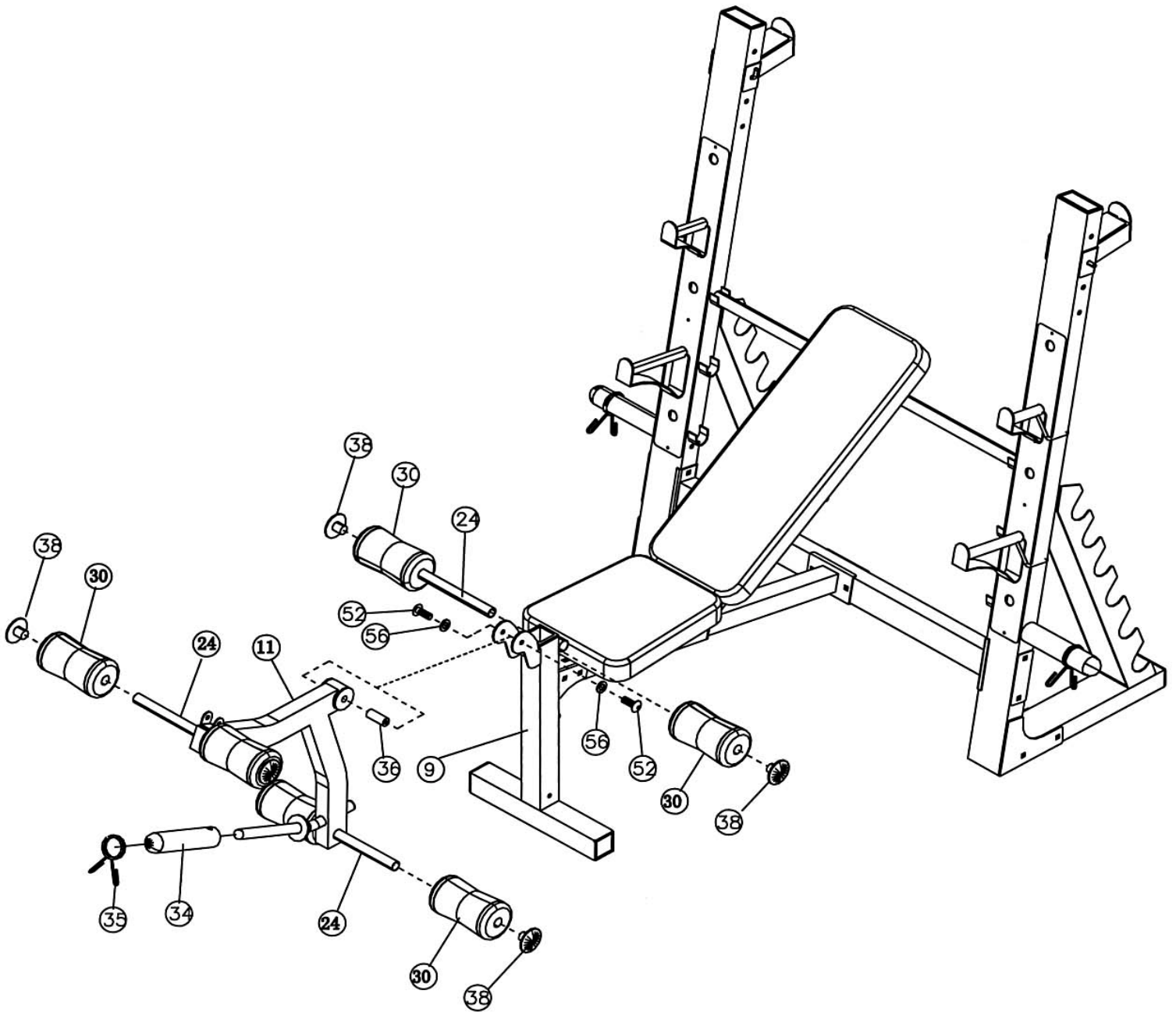
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#11) to the Leg Developer Holder (#9). Secure it with an Axle (#36), two M10 x 5/8" Allen Bolts (#52) and two $\text{\O} \frac{3}{4}$ " Washers (#56).
- B.) Insert one Foam Tube (#24) halfway through the hole on the Leg Developer Holder. Insert two Foam Tubes halfway through the holes on the Leg Developer. Push six Foam Roll Rolls (#30) onto the Tubes from both ends. Plug six Foam Roll End Caps (#38) into the ends.
- C.) Slide an Olympic Sleeve (#34) onto the weight post on the Leg Developer. Attach a Spring Clip (#35) to the Sleeve.

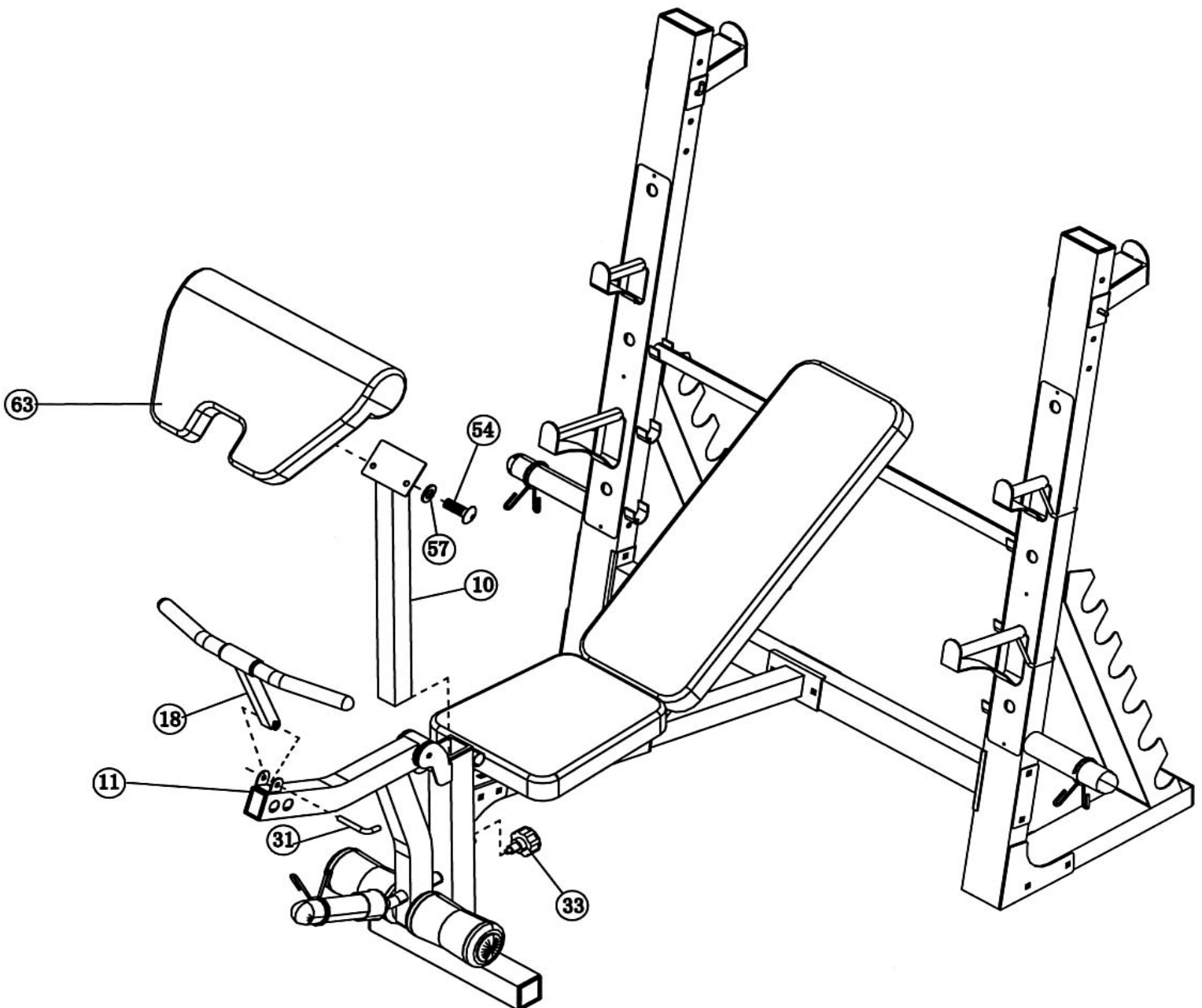
DIAGRAM 4

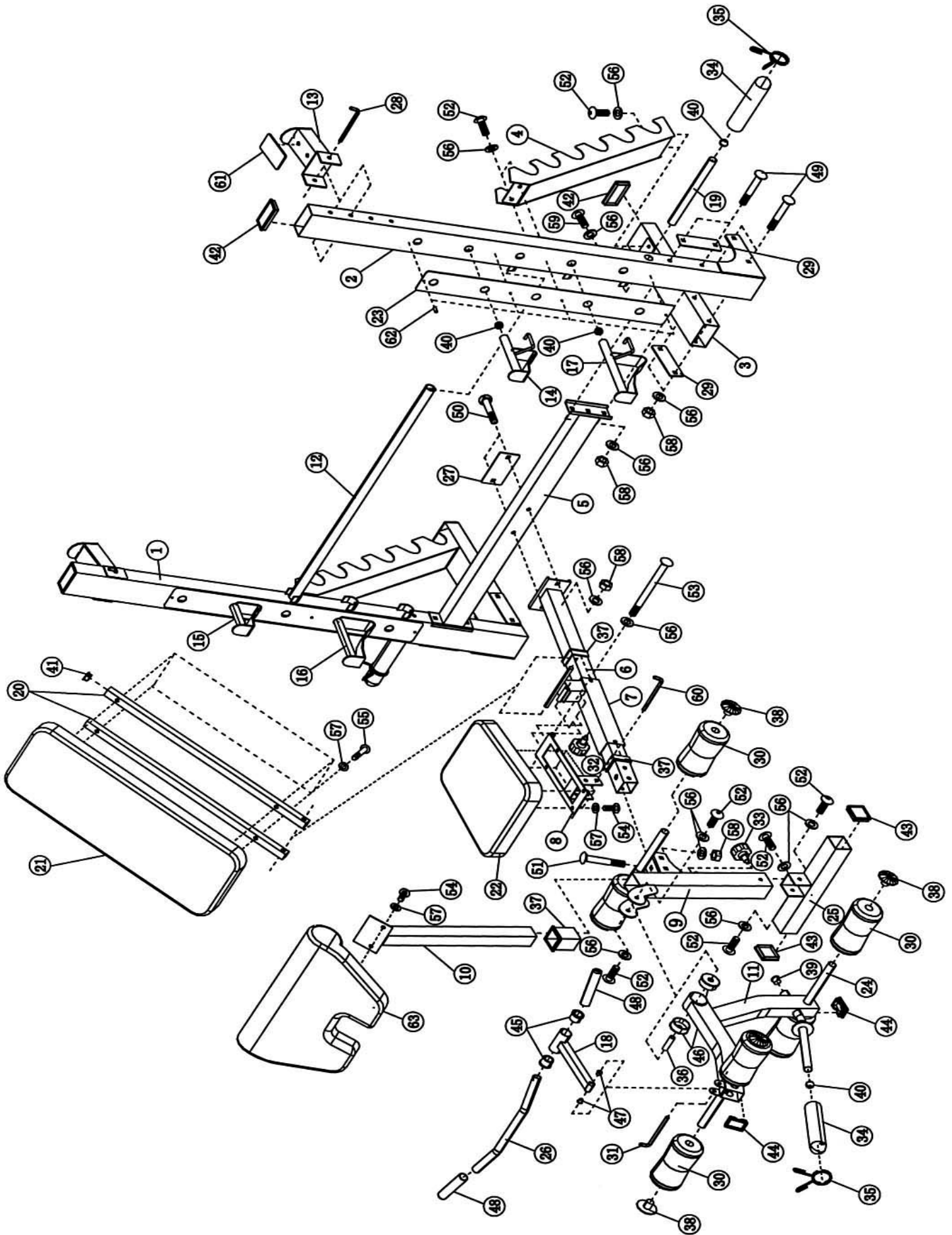


STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#63) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen Bolts (#54) and $\text{\O} 5/8$ " Washers (#57).
- B.) Insert the Arm Curl Stand into the top opening on the Leg Developer Holder. Use a M18 x $\text{\O} 1/2$ " Lock Knob (#33) to secure the Stand.
- C.) Attach the Curl Bar Handle Frame (#18) to the bracket on the Leg Developer (#11). Secure it with a 3" L-shaped Pin (#31).
- D.) Remove the Arm Curl Stand and the Curl Bar Handle when using the Leg Developer.

DIAGRAM 5





EXPLODED DIAGRAM

PARTS LIST

KEY NO. DESCRIPTION

Q'ty

KEY NO.	DESCRIPTION	Q'ty			
1	Right Upright Beam	1	51	M10 x 2 1/2" Carriage Bolt	1
2	Left Upright Beam	1	52	M10 x 5/8" Allen Bolt	13
3	Rear Stabilizer	2	53	M10 x 4 3/4" Allen Bolt	1
4	Dumbbell Rack	2	54	M8 x 5/8" Allen Bolt	6
5	Cross Brace	1	55	M8 x 1 5/8" Allen Bolt	4
6	Main Seat Support	1	56	Ø 3/4" Washer	30
7	Sliding Block	1	57	Ø 5/8" Washer	10
8	Seat Bracket	1	58	M10 Aircraft Nut	14
9	Leg Developer Holder	1	59	M10 x 3/4" Allen Bolt	2
10	Arm Curl Stand	1	60	4" L-shaped Pin	1
11	Leg Developer	1	61	Rubber Bumper	2
12	Backrest Adjustment Bar	1	62	Chrome Panel Screw	8
13	Squat Bar Catch	2	63	Arm Curl Pad	1
14	Left Bar Catch	1	64	2 3/8" x 2" Sleeve	1
15	Right Bar Catch	1			
16	Right Safety Catch	1			
17	Left Safety Catch	1			
18	Curl Bar Handle Frame	1			
19	Weight Post	2			
20	Backrest Support	2			
21	Backrest Board	1			
22	Seat	1			
23	Chrome Panel	2			
24	Foam Tube	3			
25	Front Stabilizer	1			
26	Curl Bar Handle	1			
27	5 1/2" x 2 3/4" Bracket	1			
28	5 3/4" L-shaped Pin	2			
29	5 1/2" x 2" Bracket	4			
30	Foam Roll	6			
31	3" L-shaped Pin	1			
32	M18 x 3/4" Lock Knob	1			
33	M18 x 1 1/8" Lock Knob	1			
34	Olympic Sleeve	3			
35	Spring Clip	3			
36	Axle	1			
37	2 3/8" x 1 3/4" Sleeve	1			
38	Foam Roll End Cap	6			
39	Ø 1" End Cap	1			
40	Ø 1" Cone-Shaped End Cap	7			
41	1" Square End Cap	2			
42	4" x 2" End Cap	4			
43	2 3/8" Square End Cap	2			
44	1 5/8" x 2 3/8" End Cap	2			
45	Ø 1 1/2" Bushing	2			
46	Ø 2 3/8" Bushing	2			
47	Ø 3/4" Bushing	2			
48	Curl Bar Handle Grip	2			
49	M10 x 4 3/4" Carriage Bolt	8			
50	M10 x 2 3/4" Carriage Bolt	4			

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**

**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