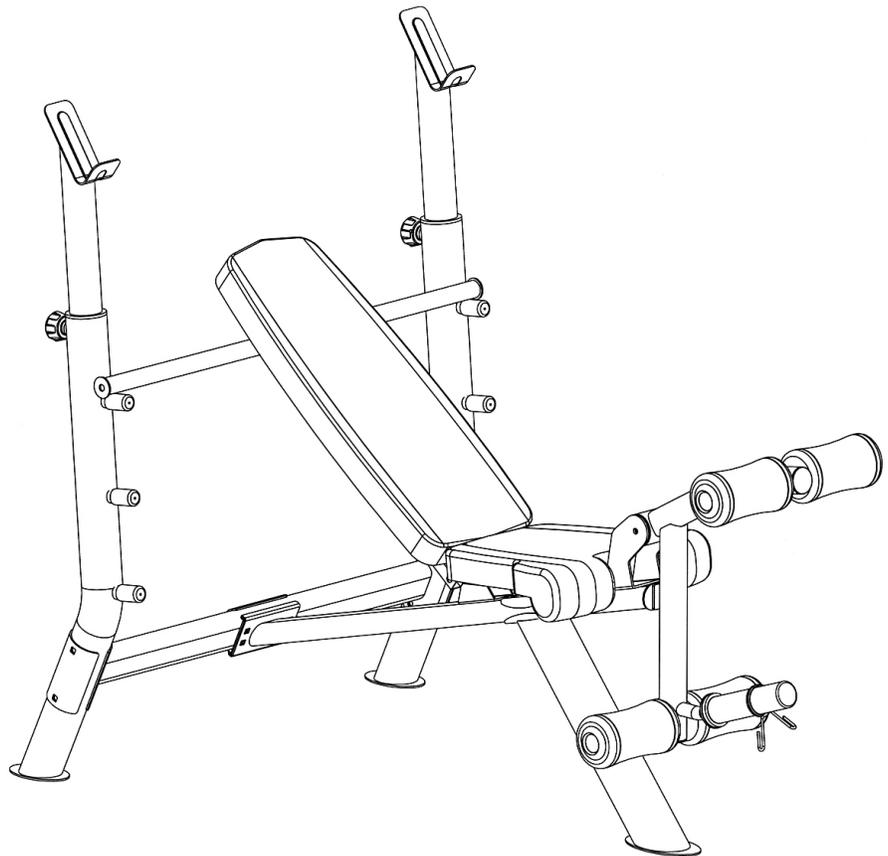




WEIGHT BENCH MSS-7500



NOTE:
Please read all
instructions carefully
before using this product

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Model
MSS-7500

Retain This
Manual for
Reference

06/11/09

**OWNER'S
MANUAL**

IMPEX® INC.

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BEFORE YOU BEGIN

Thank you for selecting the SA GEAR WEIGHT BENCH MSS-7500 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 your 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

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.
13. This machine is designed and intended for home and consumer use only, not for commercial use.
14. Maximum user's weight: 300 lbs.
15. Maximum weight on uprights: 600 lbs.
16. Maximum weight on leg developer: 100 lbs.

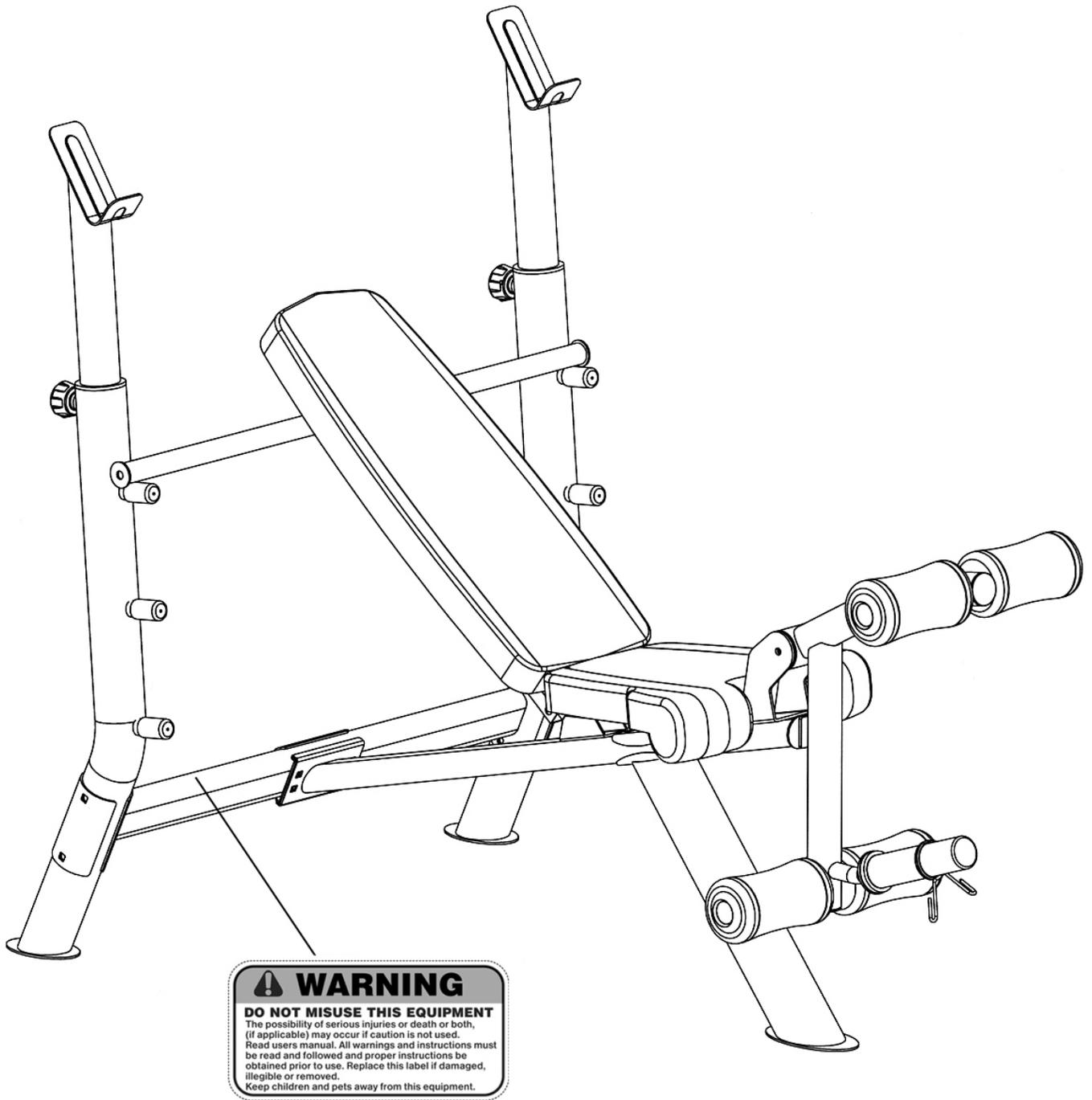
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

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.

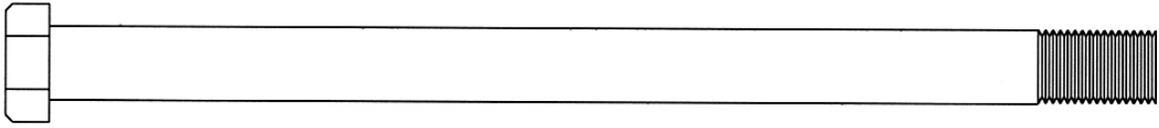
WARNING LABEL PLACEMENT



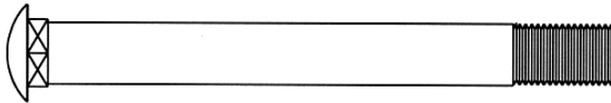
The Warning Labels shown here have been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

HARDWARE PACK

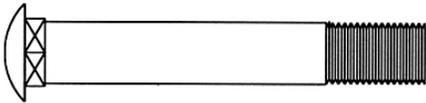
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



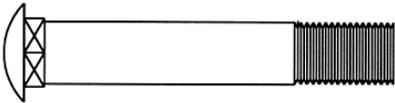
#29 M12 x 7⁰⁰ Hex Bolt (Qty 1)



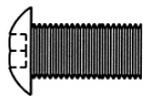
#30 M10 x 3 $\frac{3}{4}$ ⁰⁰ Carriage Bolt (Qty 4)



#31 M10 x 2 $\frac{1}{2}$ ⁰⁰ Carriage Bolt (Qty 4)



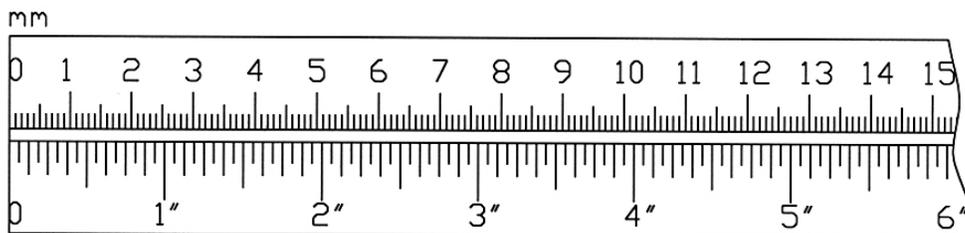
#32 M10 x 2 $\frac{3}{8}$ ⁰⁰ Carriage Bolt (Qty 2)



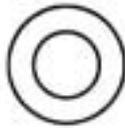
#33 M10 x $\frac{3}{4}$ ⁰⁰ Allen Bolt (Qty 2)



#34 M8 x 1 $\frac{5}{8}$ ⁰⁰ Allen Bolt (Qty 8)



NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#36 $\varnothing \frac{3}{4}$ " Washer
(Qty 12)



#37 $\varnothing 1$ " Washer
(Qty 2)



#35 $\varnothing \frac{5}{8}$ " Washer
(Qty 8)



#39 M12 Aircraft Nut
(Qty 1)



#20 Spring Clip (Qty 1)



#21 Leg Developer Axle (Qty 1)



#38 M10 Aircraft Nut
(Qty 10)

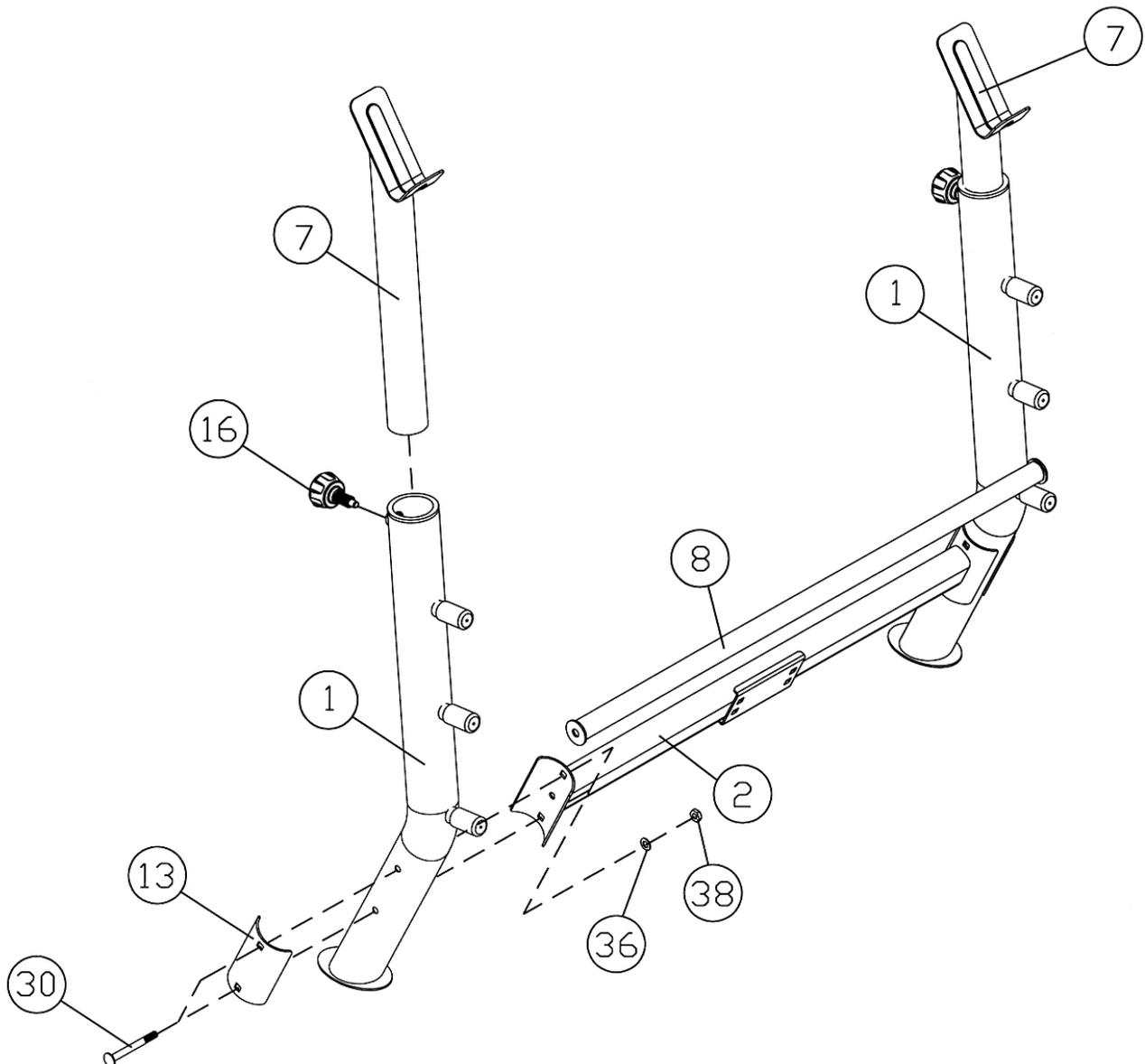
ASSEMBLY INSTRUCTION

Tools Required For Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended for two or more people to assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Secure each end of the Cross Brace to Upright Beam with two M10 x 3 3/4" Carriage Bolts (#30), one 5 1/2" Curved Bracket (#13), two Ø 3/4" Washers (#36), and two M10 Aircraft Nuts (#38).
- C.) Insert two Crutches (#7) into the openings on the two Upright Beams. Thread a M18 Lock Knob (#16) into the Upright Beam to lock each Crutch at desired height.
- D.) Place the Backrest Adjustment Bar (#8) onto the selected peg to obtain the backrest incline.

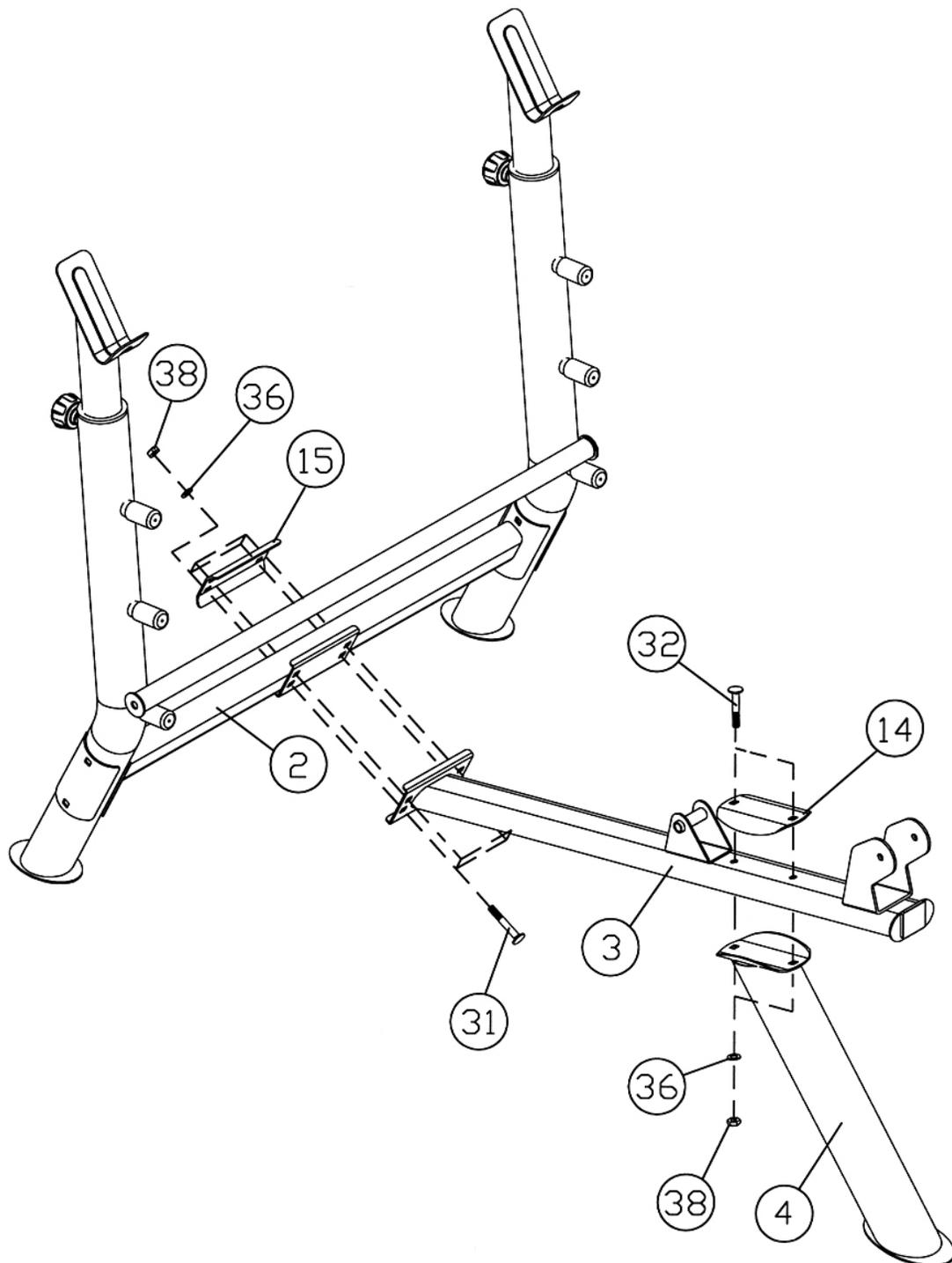
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#3) to the Front Post (#4). Secure it with two M10 x 2 3/8" Carriage Bolts (#32), one 6 1/4" x 3 1/4" Bracket (#14), two Ø 3/4" Washers (#36), and two M10 Aircraft Nuts (#38).
- B.) Attach the Main Seat Support to the Cross Brace (#2). Secure it with two M10 x 2 1/2" Carriage Bolts (#31), one 5 1/2" x 3" Curved Bracket (#15), two Ø 3/4" Washer (#36), and two M10 Aircraft Nut (#38).
- C.) **Securely tighten all Nuts and Bolts in Step-1 and Step-2.**

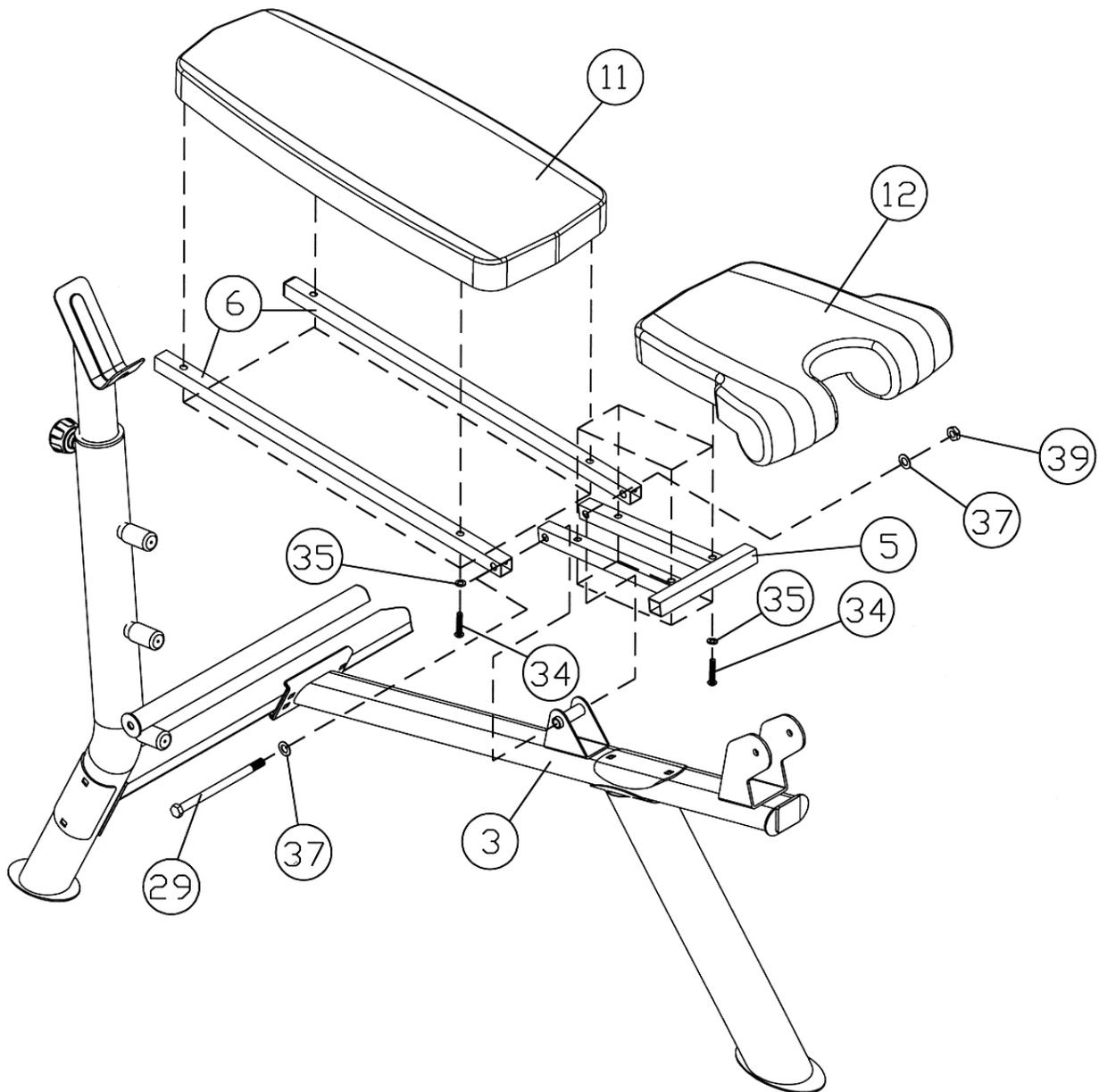
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Seat Bracket (#5) to the pivot on the Main Seat Support (#3). Attach the holes on the end of the two Backrest Supports (#6) to the Seat Bracket. Align the holes. Secure the two Backrest Supports, Seat Bracket together to the pivot with one M12 x 7" Hex Bolt (#26), two Ø 1" Washers (#37), and one M12 Aircraft Nut (#39). **Do not over tighten the Nuts and Bolts. Make sure the Backrest Supports are able to swivel.**
- B.) Attach the Backrest Board (#11) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and four Ø 5/8" Washers (#35).
- C.) Place the Seat Pad onto the Seat Bracket. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and four Ø 5/8" Washers (#35).

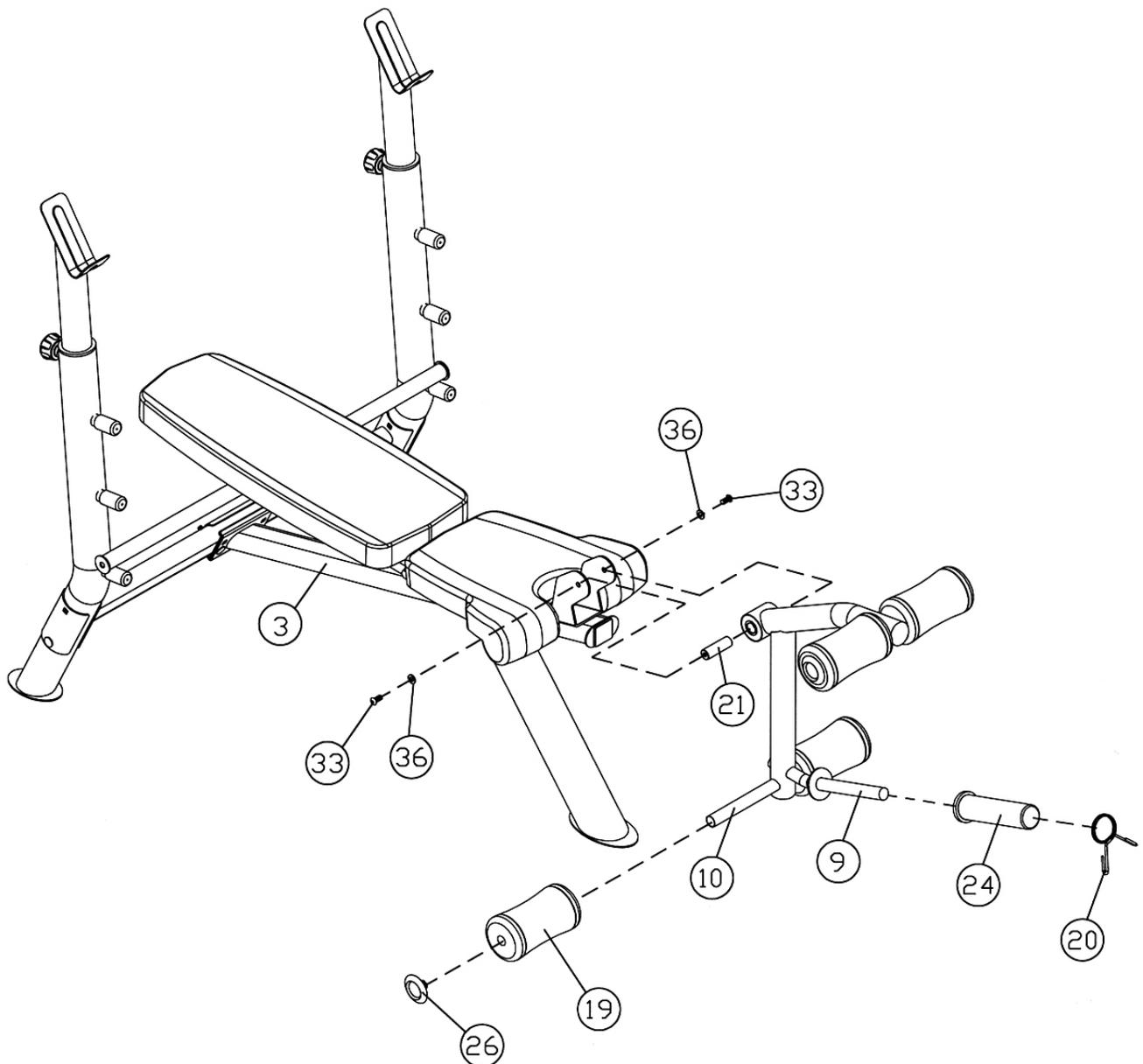
DIAGRAM 3

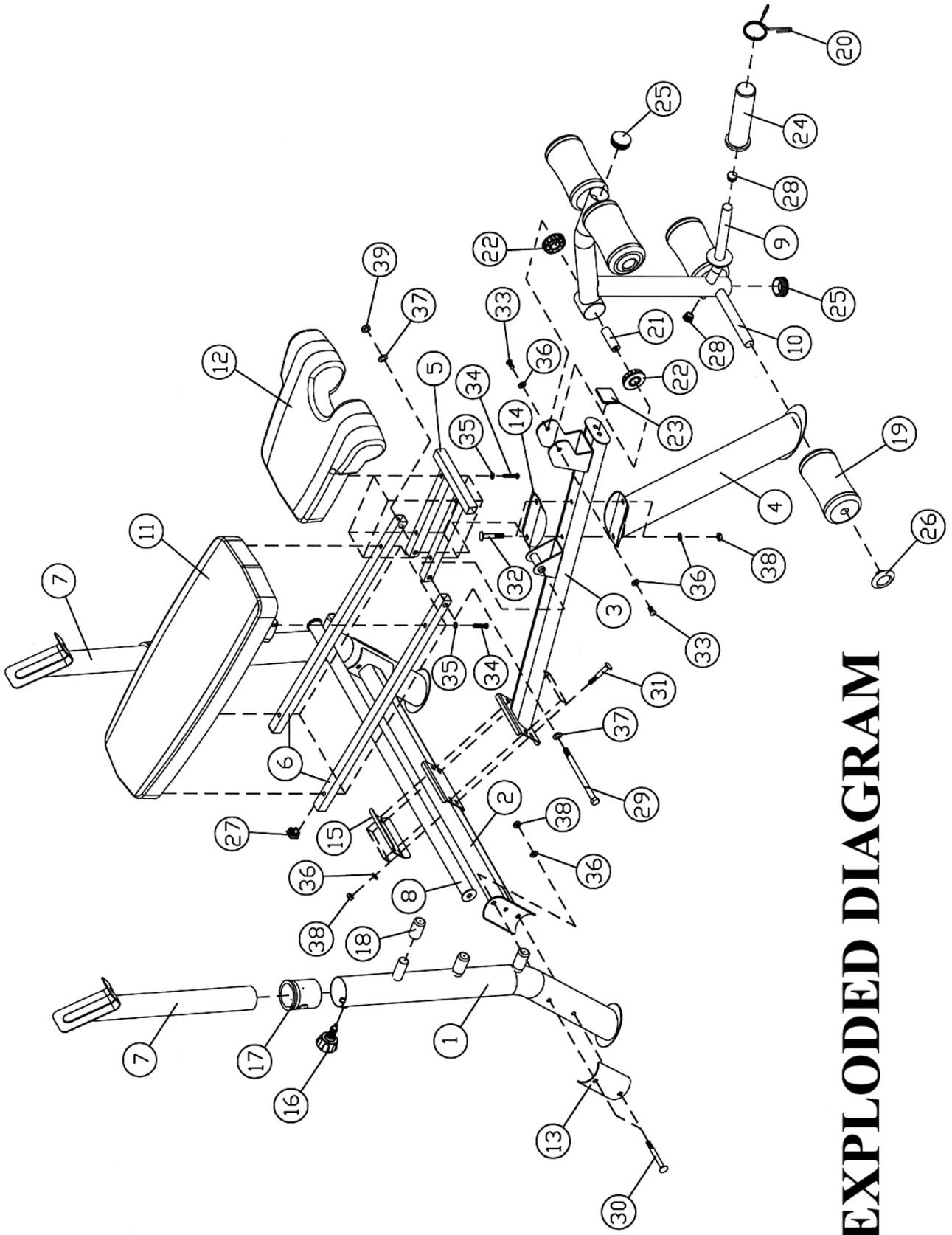


STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#9) to the open bracket on Main Seat Support (#3). Secure it with one Leg Developer Axle (#21), two M10 x 3/4" Allen Bolt (#33), and two Ø 3/4" Washers (#36). **Do not over tighten the Bolts. Make sure the Leg Developer is able to swivel.**
- B.) Insert two Foam Tubes (#10) halfway through the holes on the Leg Developer. Push four Foam Rolls (#19) onto the Tubes from both ends. Plug four Foam Roll End Caps (#26) into the ends.
- C.) Slide an Olympic Sleeve (#24) onto the weight post on Leg Developer. Attach a Spring Clip (#20) onto the Sleeve.

DIAGRAM 4





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Front Post	1
5	Seat Bracket	1
6	Backrest Support	2
7	Crutch	2
8	Backrest Adjustment Bar	1
9	Leg Developer	1
10	Foam Tube	2
11	Backrest Board	1
12	Seat Pad	1
13	5 ½" Curved Bracket	2
14	6 ¼" x 3 ¼" Bracket	1
15	5 ½" x 3" Curved Bracket	1
16	M18 Lock Knob	2
17	Sleeve	2
18	Rubber Cover	6
19	Foam Roll	4
20	Spring Clip	1
21	Leg Developer Axle	1
22	Plastic Bushing	2
23	Rubber Bumper	1
24	Olympic Sleeve	1
25	Ø 2" End Cap	2
26	Foam Roll End Cap	4
27	1" Square End Cap	2
28	Ø 1" End Cap	2
29	M12 x 7" Hex Bolt	1
30	M10 x 3 ¾" Carriage Bolt	4
31	M10 x 2 ½" Carriage Bolt	4
32	M10 x 2 3/8" Carriage Bolt	2
33	M10 x ¾" Allen Bolt	2
34	M8 x 1 5/8" Allen Bolt	8
35	Ø 5/8" Washer	8
36	Ø ¾" Washer	12
37	Ø 1" Washer	2
38	M10 Aircraft Nut	10
39	M12 Aircraft Nut	1
40	#4 Allen Wrench (Tool)	1
41	#5 Allen Wrench (Tool)	1
42	#6 Allen Wrench (Tool)	2

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 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