

NOTE:
Please read all
instructions carefully
before using this product

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**Model
WM-MXS**

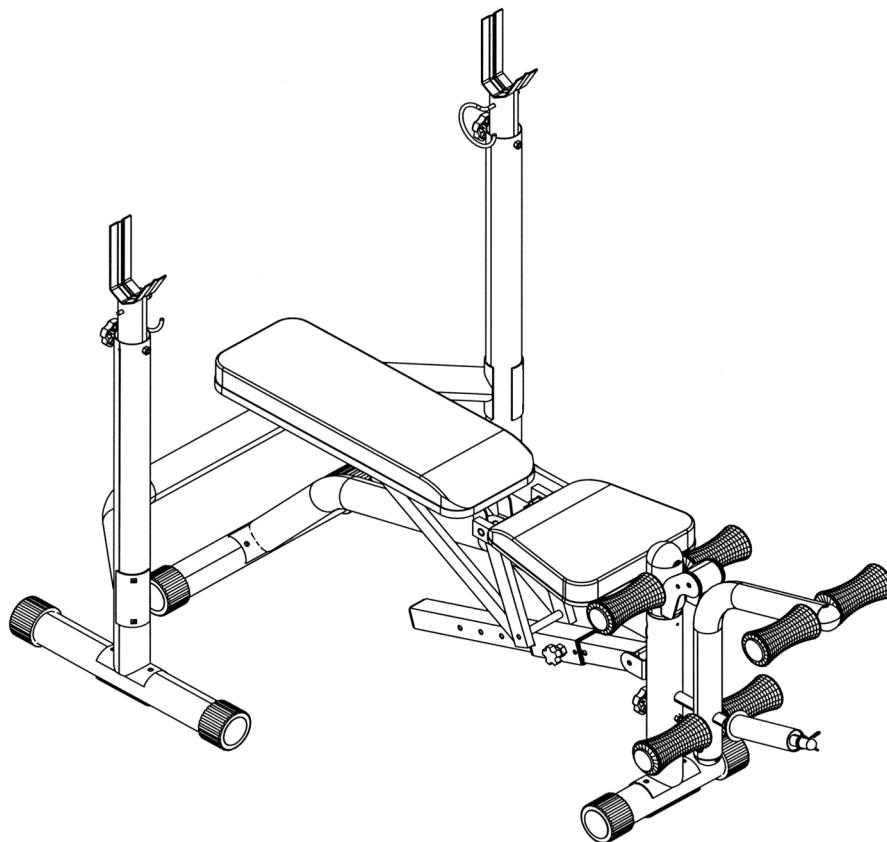
**Retain This
Manual for
Reference**

May 31, 2001

**OWNER'S
MANUAL**

IMPEX
F I T N E S S P R O D U C T S

WM-MXS OLYMPIC BENCH



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the **WM-MXS 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 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.**

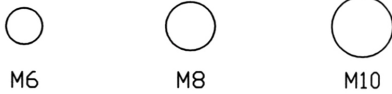
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

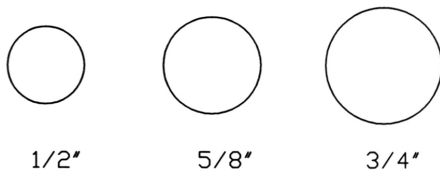
HARDWARE IDENTIFIER

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

MILLIMETERS



INCHES



REPLACEMENT PARTS

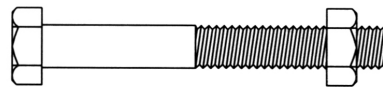
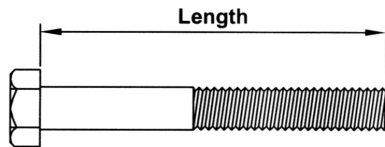
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

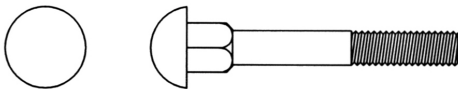


1-800-999-8899

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

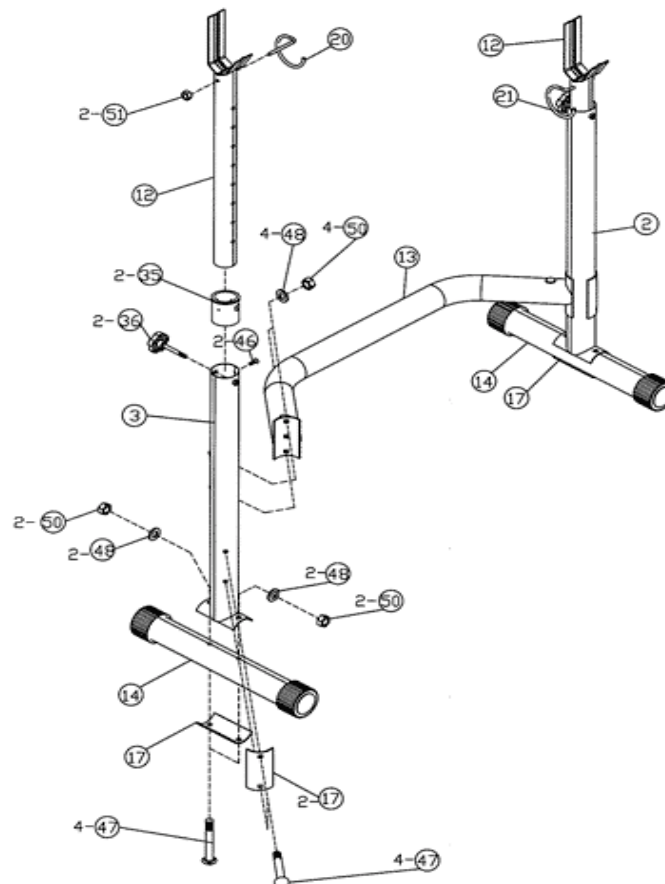
Tools required to assembly the machine:

Two Adjustable Wrenches and Two Allen Wrenches

STEP 1 (SEE Diagram 1)

- A.) Connect the Right Upright Beam (#3) to the Rear Stabilizer (#14). Secure them with one Bracket (#17), two M10x 3 3/4" Carriage Bolts (#47), two M10 Aircraft Nuts (#50) and two Ø7/8" Washers (#48). Repeat the same procedure to assemble the Left Upright Beam (#2).
- B.) Connect these two Upright Beams by a Cross Brace (#13) in the mid span. Secure them with one Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), two M10 Aircraft Nuts (#50) and two Ø 7/8" Washers (#48) on each side.
- C.) Insert two Crutches (#12) into the opening holes on top of Left & Right Upright Beams. Insert two Lock Knobs (#36) through selected holes to obtain desired height.
- D.) Insert the Left and Right Safety Hooks (#20) & (#21) into the holes on top of the Crutches (#12). Secure them with two M8 Aircraft Nuts (#51).

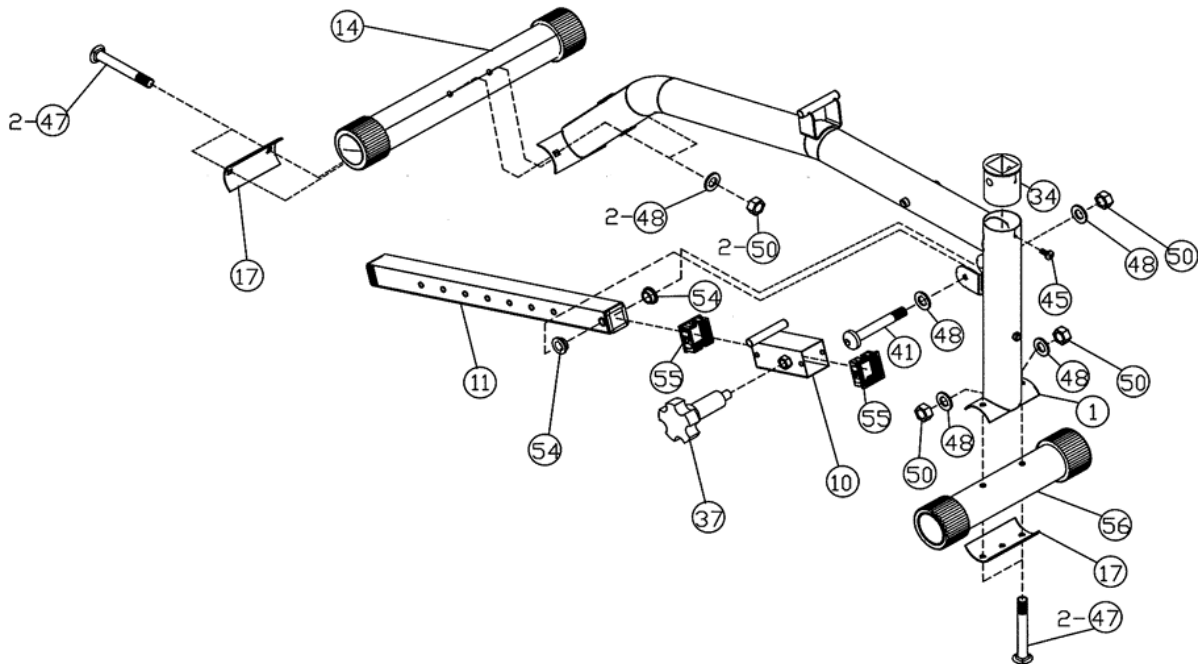
DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

- A.) Connect the Main Seat Support (#1) to the Rear Stabilizer (#14). Secure them with one Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), Ø 7/8" Washers (#48) and M10 Aircraft Nuts (#50).
- B.) Connect the Main Seat Support (#1) to the Front Stabilizer (#56). Secure them with one Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), Ø 7/8" Washers (#48) and M10 Aircraft Nuts (#50).
- C.) Slide the Sliding Block (#10) onto the Chromed Incline Adjustment Bar (#11). Align the holes then thread a Pull Pin (#37) into the hole to hold the Sliding Block at the position.
- D.) Attach two Bushings (#54) to the Chromed Incline Adjustment Bar (#11). Then attach the Bushings and Bar to the bracket on the Main Seat Support (#1). Secure it with one M10 x 3" Allen Bolt (#41), two Ø7/8" Washers (#48), and one M10 Aircraft Nut (#50).

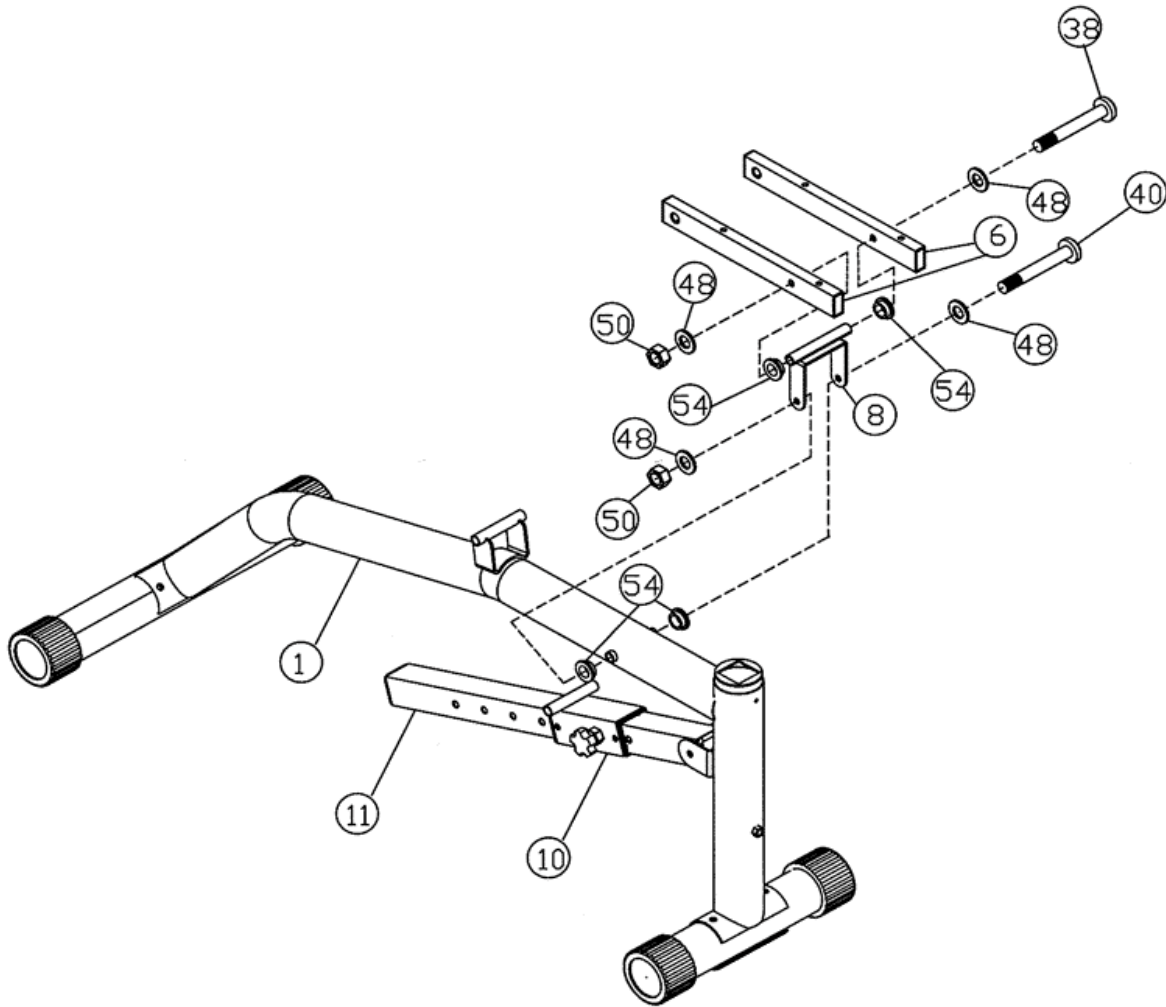
DIAGRAM 2



STEP 3 (SEE DIAGRAM 3)

- A.) Attach two Bushings (#54) to the pivot on the Main Seat Support (#1). Attach the Seat Incline Support Bracket (#8) to the Bushings and align the holes. Secure it with a M10 x 4 1/2" Allen Bolt (#40), two Ø7/8" Washers (#48), and a M10 Aircraft Nut (#50). Do Not over tighten this nut and bolt. The Bracket needs to be able to swing.
- B.) Attach two Bushings (#54) to the Seat Incline Support Bracket (#8). Attach two Seat Support Frames (#6) to the Bracket and align the holes. Secure them with a M10 x 8 1/4" Allen Bolt (#38), two Ø7/8" Washers (#48), and a M10 Aircraft Nut (#50).

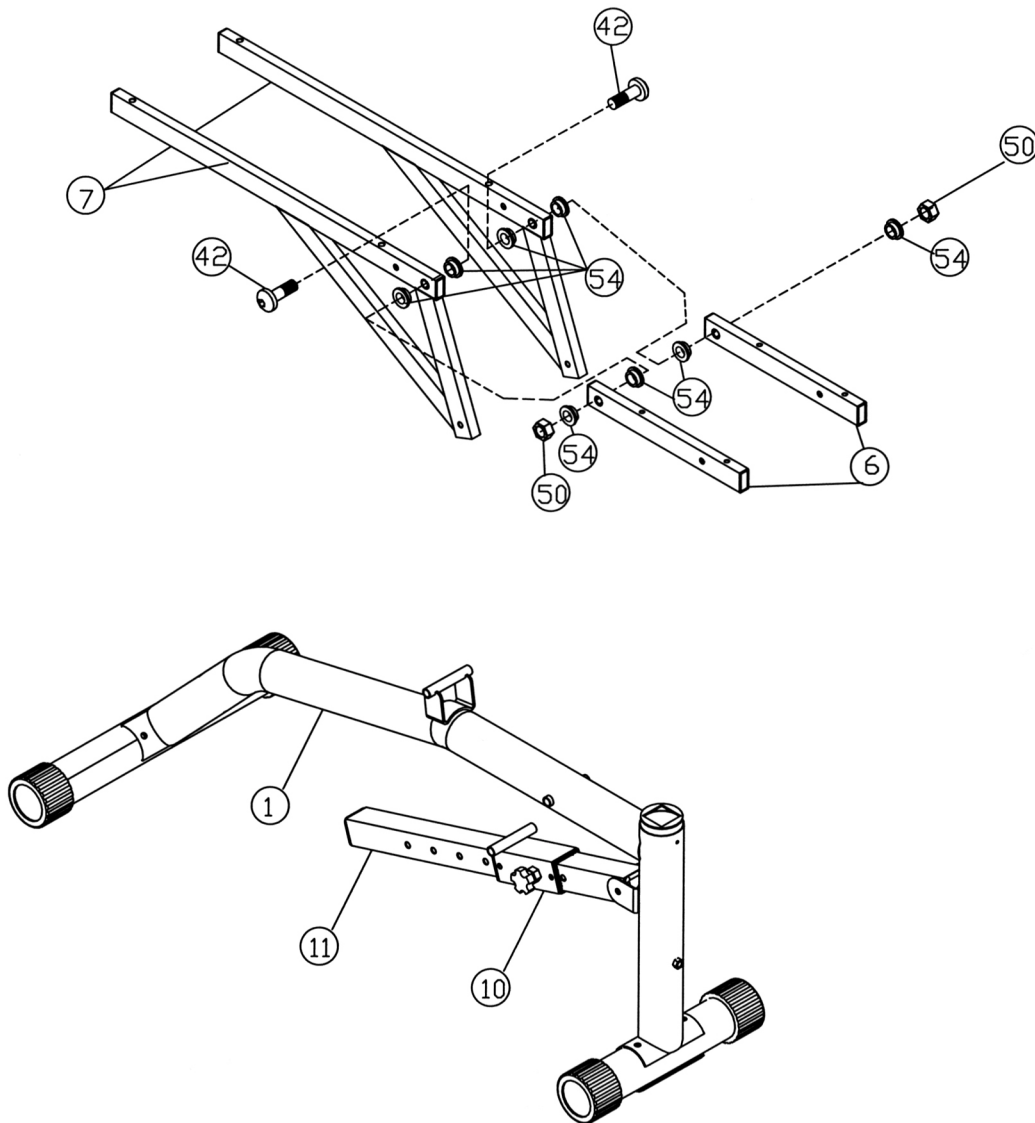
DIAGRAM 3



STEP 4 (SEE DIAGRAM 4)

- A.) Attach four Bushings (#54) to the Seat Support Frame (#6).
- B.) Attach four Bushings (#54) to the Backrest Supports (#7). Attach one Backrest Support (#7) to the Seat Support Frame (#6). Align the holes. Please note the Backrest Support (#7) should be on the inside of the Seat Support Frame (#6). Secure them with one M10 x 2 3/8" Allen Bolt (#42) and M10 Aircraft Nut (#50). Repeat the same procedure to install the other side.

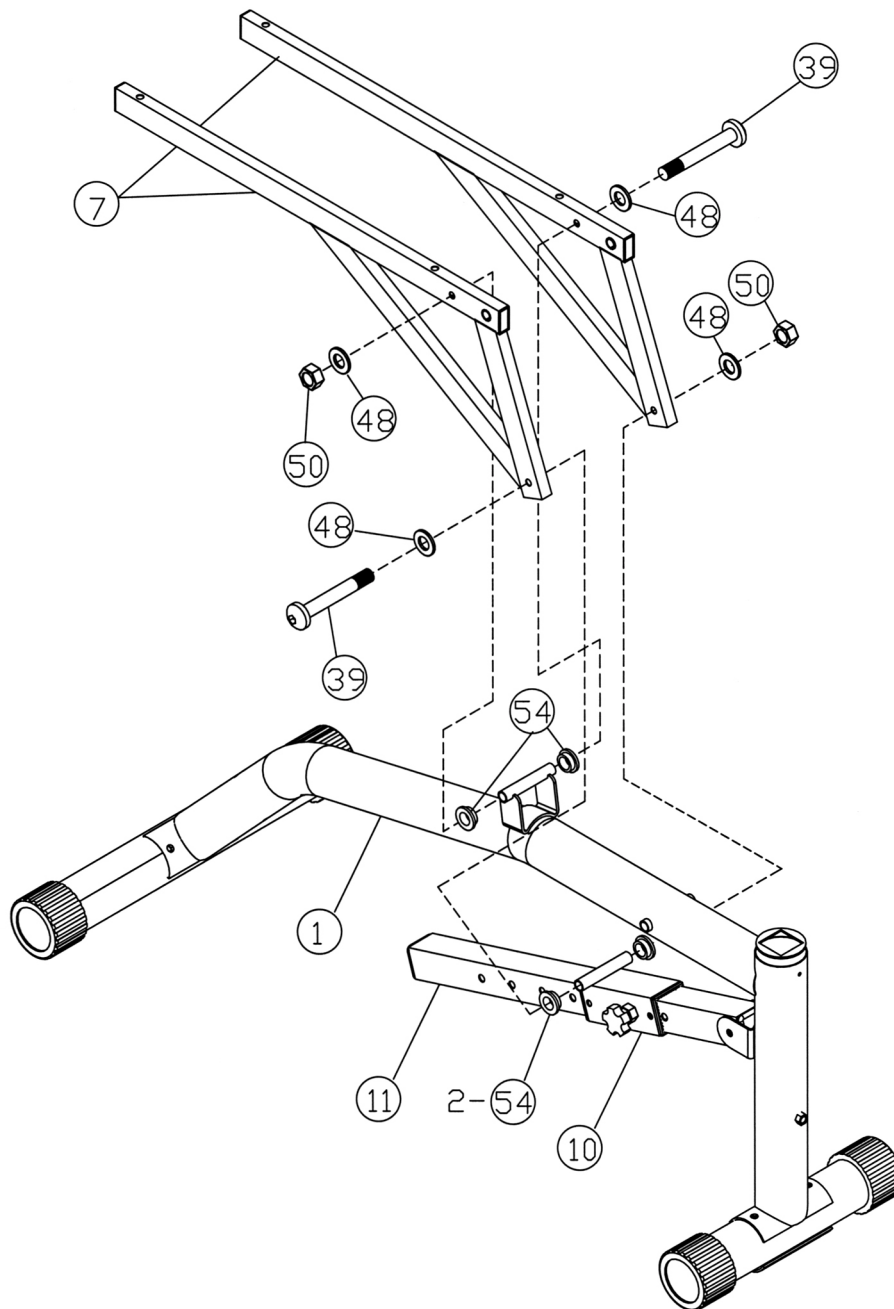
DIAGRAM 4



STEP 5 (SEE DIAGRAM 5)

- A.) Attach two Bushings (#54) to the pivot on the Main Seat Support (#1).
- B.) Attach the two Backrest Supports (#7) to the Pivot and align the holes. Secure them with one M10 x 6 1/4" Allen Bolts (#39), two Ø7/8" Washers (#48), and one M10 Aircraft Nut (#50).
- C.) Attach two Bushings (#54) to the pivot on the Sliding Block (#10).
- D.) Align the holes on the two Backrest Supports (#7) to the Pivot. Secure them with a M10 x 6 1/4" Allen Bolt (#39), two Ø7/8" Washers (#48), and a M10 Aircraft Nut (#50).

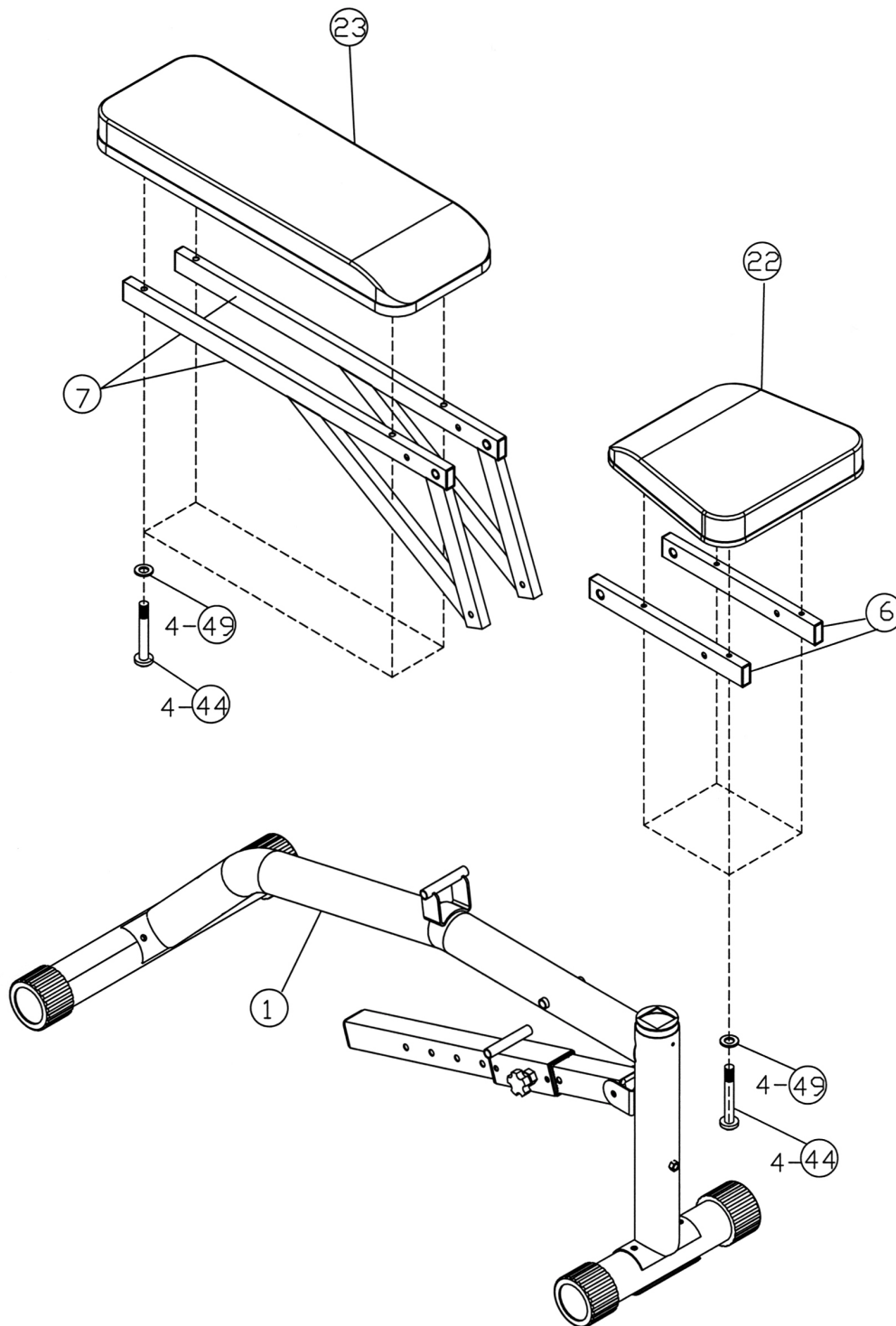
DIAGRAM 5



STEP 6 (SEE DIAGRAM 6)

- A.) Attach the Seat (#22) to the Seat Support Frame (#6). Secure it with four $\text{\O}3/4$ " Washers (#49) and M8 x 2" Allen Bolts (#44).
- B.) Attach the Backrest Board (#23) to the Backrest Support (#7). Secure it with four $\text{\O}3/4$ " Washers (#49) and M8 x 2" Allen Bolts (#44).

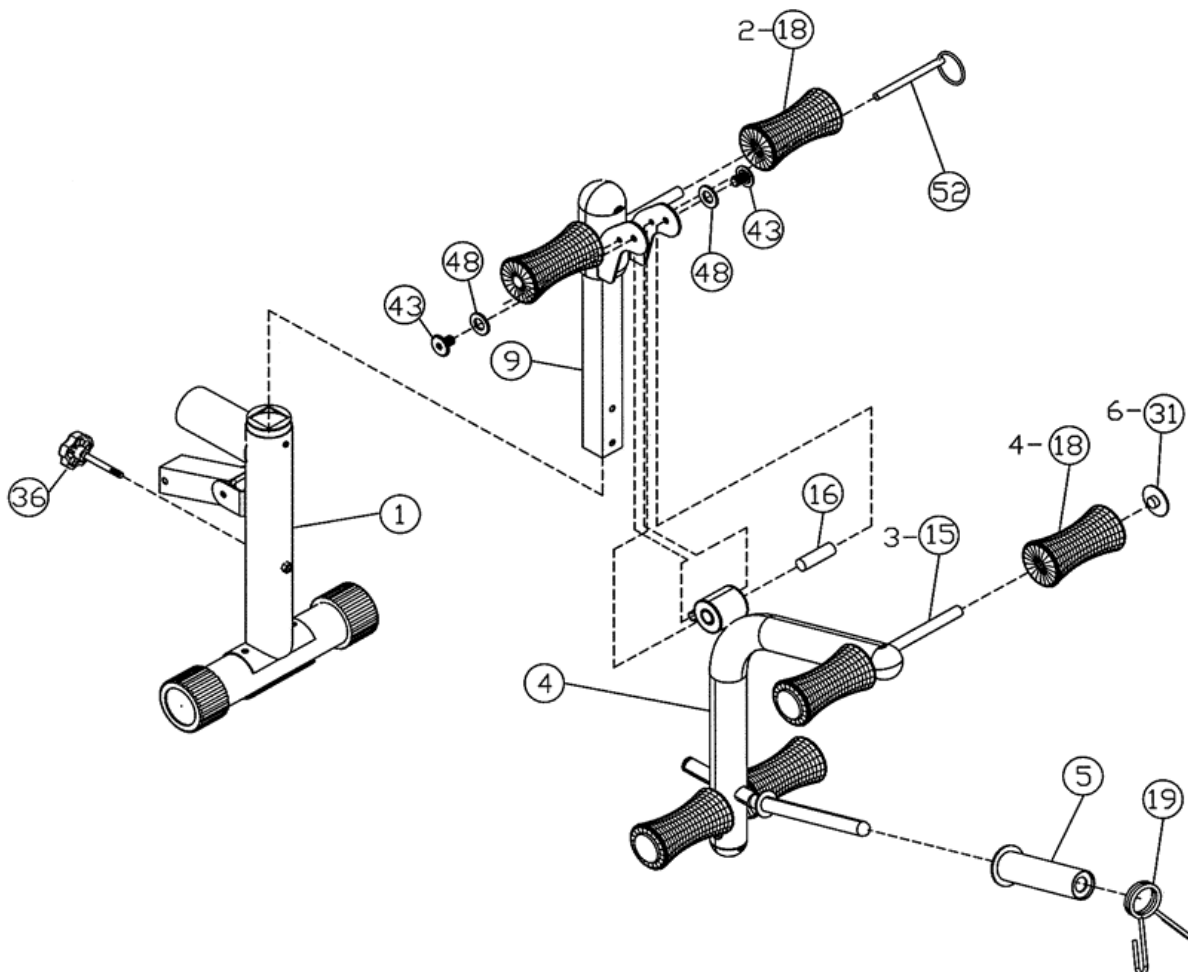
DIAGRAM 6

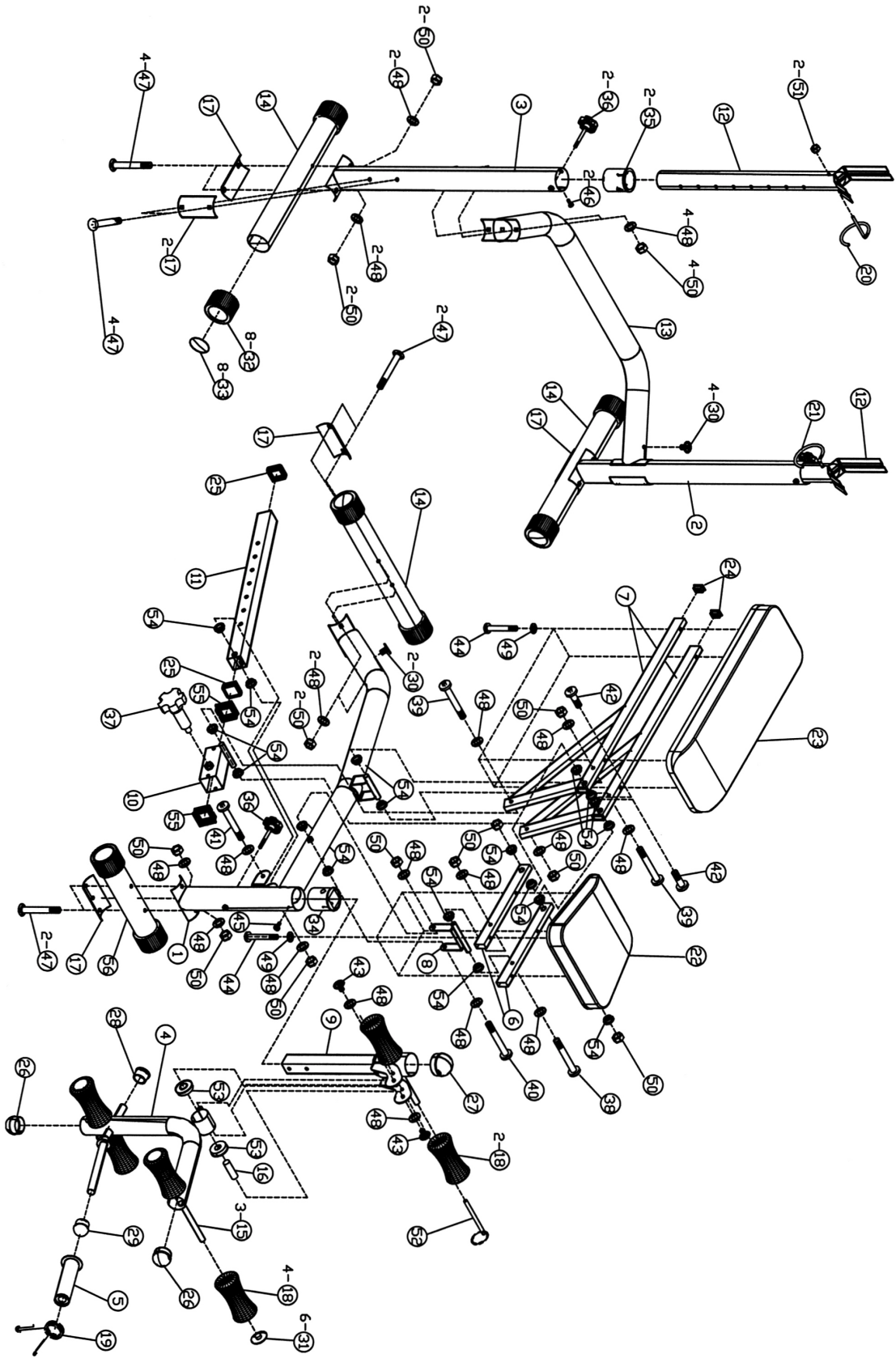


STEP 7 (SEE DIAGRAM 7)

- A.) Insert Leg Developer Holder (#9) into the top opening on the Main Seat Support (#1). Insert a Lock Knob (#36) into selected hole to obtain desired height.
- B.) Insert an Axle (#16) into the pivot on the Leg Developer (#4). Attach Leg Developer (#4) onto the bracket on the Leg Developer Holder (#9). Secure it with two M10 x 3/4" Allen Bolts (#43) and \varnothing 7/8" Washers (#48).
- C.) Slide one Foam Roll Tube (#15) halfway through the top hole on the Leg Developer Holder (#9). Then slide two Foam Roll Tubes (#15) halfway through holes on the Leg Developer (#4). Push six Foam Rolls onto three tubes. Plug the ends with six Foam Roll End Caps (#31).
- D.) Slide an Olympic Sleeve (#5) onto the weight holder on the Leg Developer (#4). Place a Spring Clip (#19) onto the Olympic Sleeve (#5).
- E.) Insert Lock Pin (#52) into the hole on the bracket on the Leg Developer Holder (#4) to lock the Leg Developer in place. Remove the Pin when using the Leg Developer.

DIAGRAM 7





EXPLODED DIAGRAM

PARTS LIST
KEY NO.

DESCRIPTION QUANTITY

KEY NO.	DESCRIPTION	QUANTITY
1	Main Seat Support	1
2	Left Upright Beam	1
3	Right Upright Beam	1
4	Leg Developer	1
5	Olympic Sleeve	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Seat Incline Support Bracket	1
9	Leg Developer Holder	1
10	Sliding Block	1
11	Incline Adjustment Bar	1
12	Crutch	2
13	Cross Brace	1
14	Rear Stabilizer	3
15	Foam Roll Tube	3
16	Axle	1
17	Bracket	6
18	Foam Roll	6
19	Spring Clip	1
20	Right Safety Hook	1
21	Left Safety Hook	1
22	Seat	1
23	Backrest Board	1
24	1 1/2" x 3/4" Square End Cap	10
25	2" Square Sleeve	2
26	2 3/8" Round End Cap	2
27	3" Round End Cap	1
28	1" Round End Cap	1
29	1" Cone Shape End Cap	1
30	Plug	6
31	Foam Roll End Cap	6
32	Ø3" Round End Cap	8
33	Cap Cover	8
34	Leg Developer Sleeve	1
35	Ø3" Round Sleeve	2
36	Lock Knob	3
37	Pull Pin	1
38	M10 x 8 1/4" Allen Bolt	1
39	M10 x 6 1/4" Allen Bolt	2
40	M10 x 4 1/2" Allen Bolt	1
41	M10 x 3" Allen Bolt	1
42	M10 x 2 3/8" Allen Bolt	2
43	M10 x 3/4" Allen Bolt	2
44	M8 x 2" Allen Bolt	8
45	1/2" Screw	1
46	1/4" Screw	2
47	M10 x 3 3/4" Carriage Bolt	12
48	Ø 7/8" Washer	24
49	Ø 3/4" Washer	8
50	M10 Aircraft Nut	19
51	M8 Aircraft Nut	2
52	Lock Pin	1
53	Plastic Spacer	2
54	7/8" Bushing	18
55	Square Sleeve 2 3/8" x 2"	2
56	Front Stabilizer	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 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 a 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

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