NOTE:
Please read all instructions carefully before using this product

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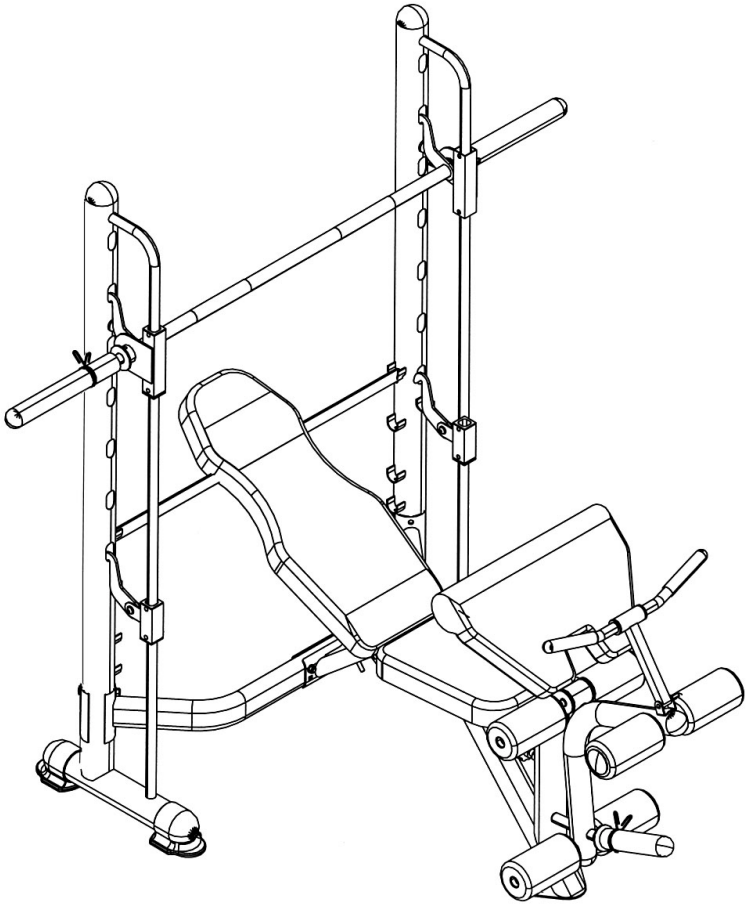
Model
TSA-5762

Retain This Manual for Reference

06-27-05

OWNER'S MANUAL

IRON GRIP STRENGTH
Deluxe Olympic Bench
TSA-5762



IMPEX INC.
14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746
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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH Deluxe Olympic Bench TSA-5762 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. 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.

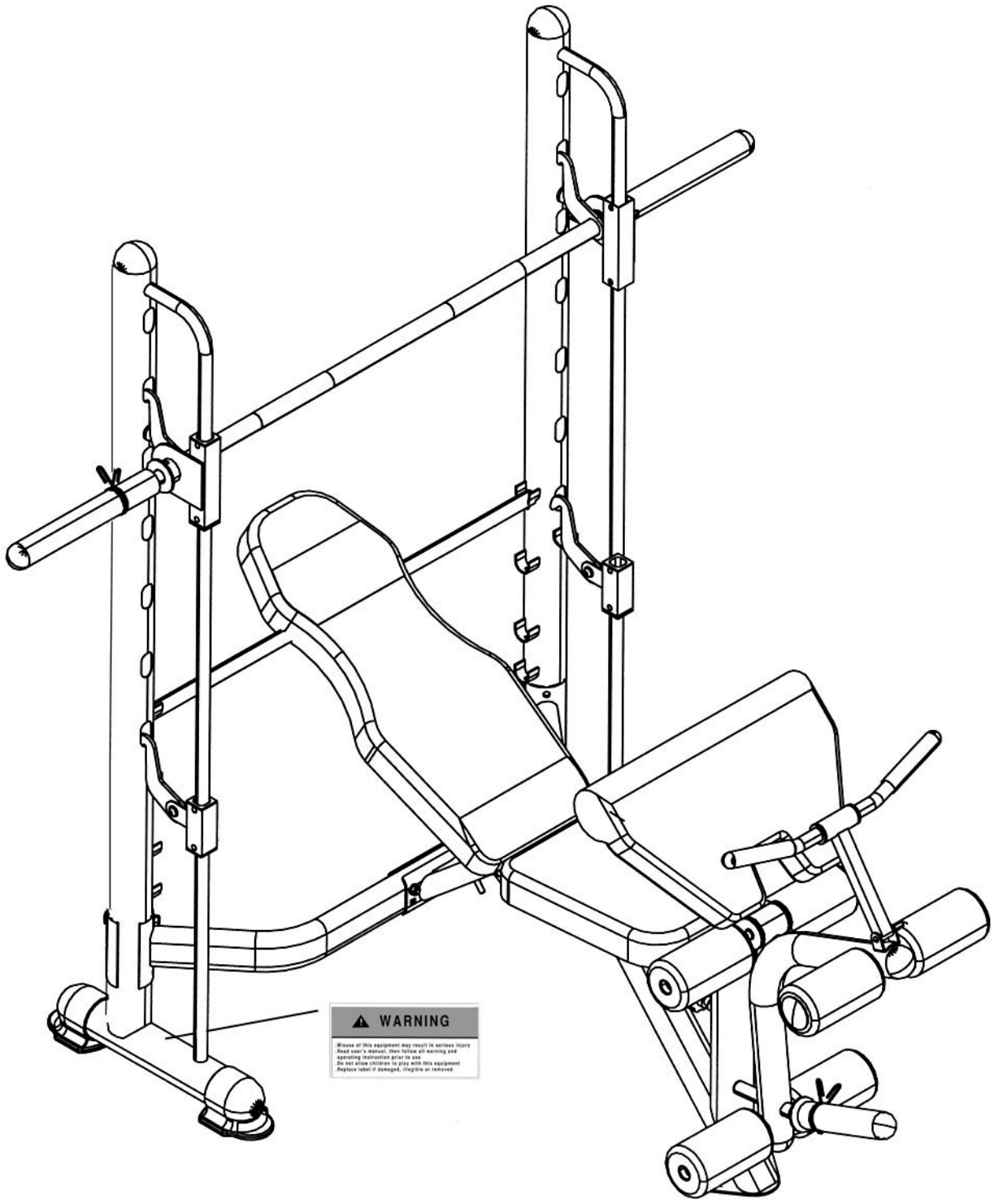
CARE AND MAINTENANCE

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.
3. Maximum weight capacity 300 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.

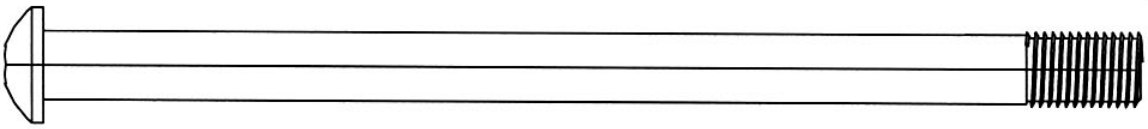
SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT

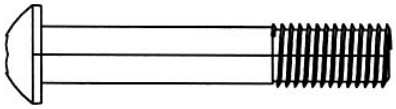


The Warning Label shown here has been placed on the Upright Beam. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

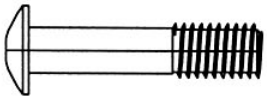
HARDWARE PACK



#53 M12 x 7 1/2" Allen Bolt (Qty 1)



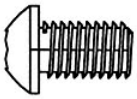
#51 M10 x 2 3/8" Allen Bolt (Qty 2)



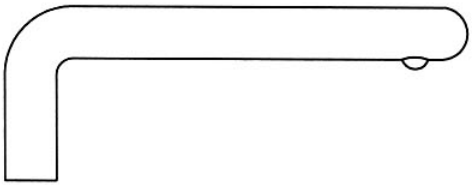
#54 M8 x 1 5/8" Allen Bolt (Qty 4)



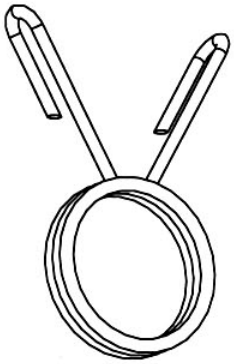
#52 M10 x 1" Allen Bolt (Qty 6)



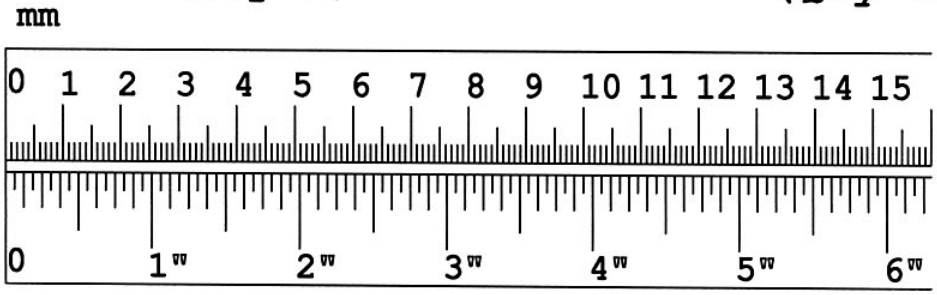
#55 M8 x 5/8" Allen Bolt (Qty 6)



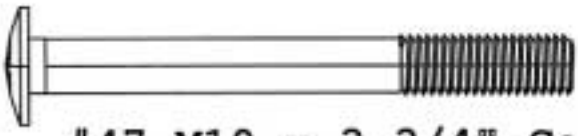
#26 L-shaped Lock Pin (Qty 1)



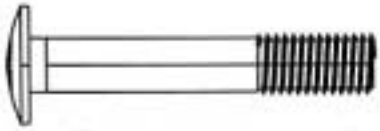
#27 Spring Clip (Qty 3)



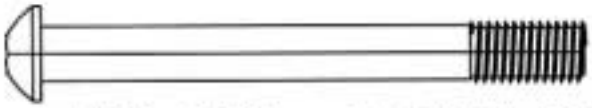
HARDWARE PACK



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



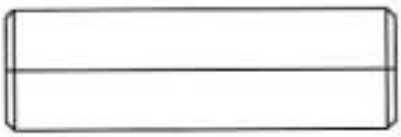
#48 M10 x 2 3/8" Carriage Bolt (Qty 4)



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



#50 M10 x 2 3/4" Allen Bolt (Qty 1)



#28 Axle (Qty 1)



#60 Ø 1" Washer
(Qty 2)



#59 Ø 3/4" Washer
(Qty 22)



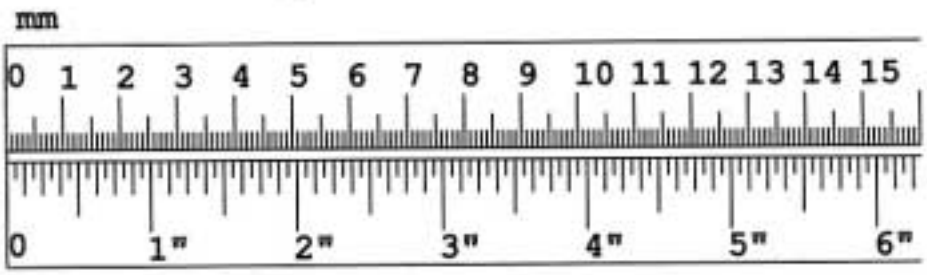
#58 Ø 5/8" Washer
(Qty 10)



#45 M12 Aircraft Nut
(Qty 1)



#46 M10 Aircraft Nut
(Qty 11)



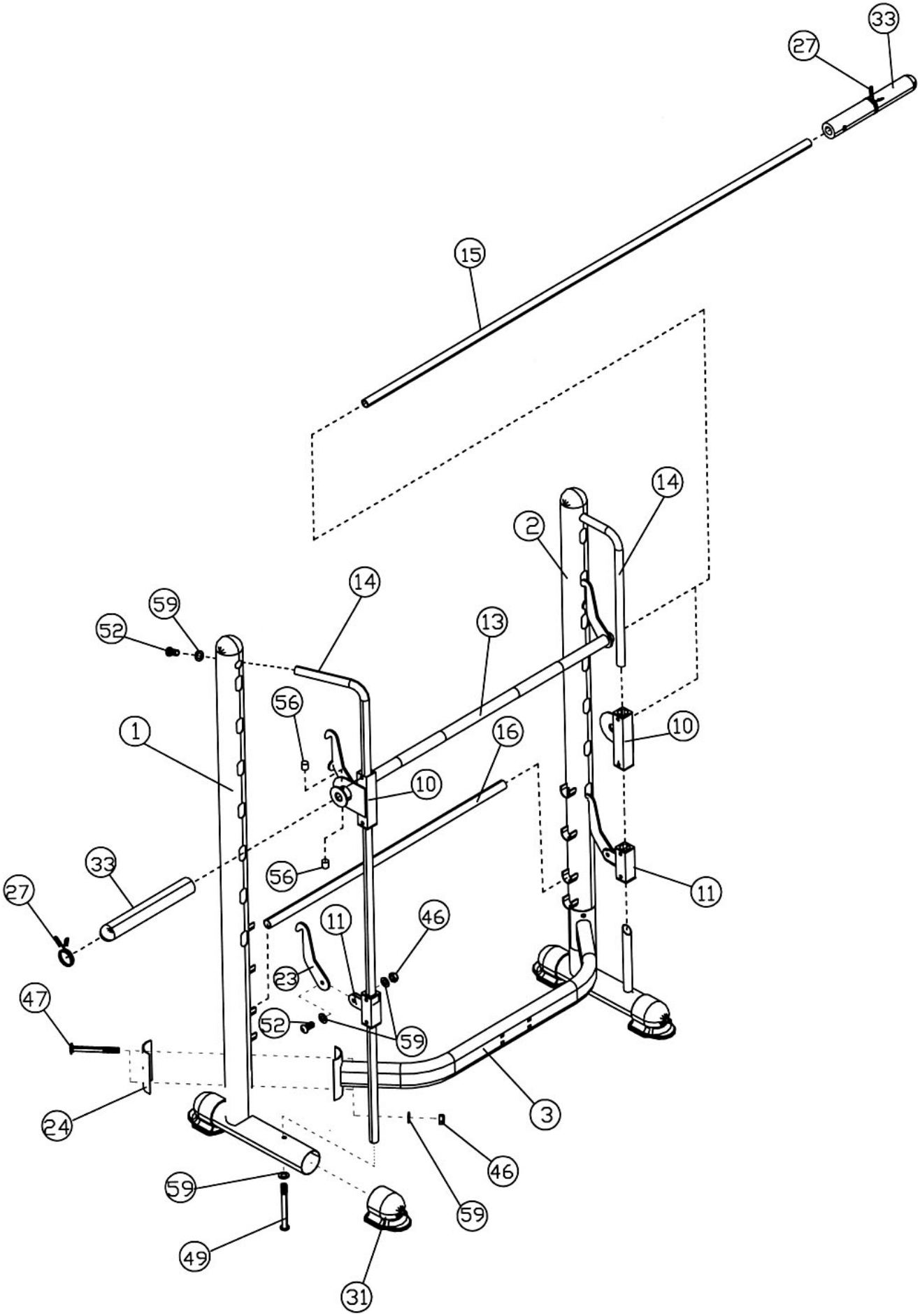
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

A.) Push four ∅3" End Caps (#31) onto the bases of Right & Left Upright Beams (#1 & #2).
B.) Connect the Left & Right Upright Beams (#1 & #2) by a Cross Brace (#3) in the mid-span. Align the holes and secure each end with two M10 x 3 ¾" Carriage Bolts (#47), one 5 ½" x 3 3/8" Bent Bracket (#24), two ∅ ¾" Washers (#59), and two M10 Aircraft Nuts (#46).
C.) Place the Backrest Adjustment Bar (#16) onto the selected slot on the Upright Beams.
D.) Slide a Glider (#10) onto a Guide Rod (#14) from the bottom.
E.) Slide a Safety Stop (#11) onto the Guide Rod from the bottom. Attach a Safety Catch Hook (#23) to the Safety Stop. Secure it with one M10 x 1" Allen Bolt (#52), two Ø ¾" Washers (#59), and one M10 Aircraft Nut (#46).
F.) Attach and secure the top of the Guide Rod to the Right Upright Beam (#1) with one M10 x 1" Allen Bolt (#52) and Ø ¾" Washer (#59). Secure the bottom to the base with one M10 x 3 ¾" Allen Bolt (#49) and Ø ¾" Washer (#59).
G.) Repeat Procedures D, E, and F above to install the other side.
H.) NOTE: Help of another person to install the Weight Bar in this step is strongly recommended. Place the Lifting Sleeve (#13) in between the two Gliders (#10). Align the holes and insert the Weight Bar (#15) into the Glider from one end through the Lifting Sleeve to the other Glider on the opposite side. Secure the Weight Bar with two M8 x 3/8" Allen Bolts (#56).
I.) Attach two Long Olympic Sleeves (#33) onto the Weight Bar from both ends. Secure the Sleeve to the Weight Bar with the screw on the Sleeve. Attach a Spring Clip (#27) to each Sleeve.

DIAGRAM 1


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49
31

STEP 2 (See Diagram 2)

A.) Attach the Main Seat Support (#4) to the Cross Brace (#3). Secure it with one 5 ½" x 3" Bent Bracket (#25), four M10 x 2 3/8" Carriage Bolts (#48), four Ø ¾" Washers (#59) and four M10 Aircraft Nuts (#46).

B.) Attach the seat support frame on the Leg Developer Holder (#5) to the bracket on the Main Seat Support (#4). Secure it with one M10 x 2 ¾" Allen Bolt (#50), two Ø ¾" Washers (#59), and one M10 Aircraft Nut (#46). Do not tighten the Nut and Bolt yet.

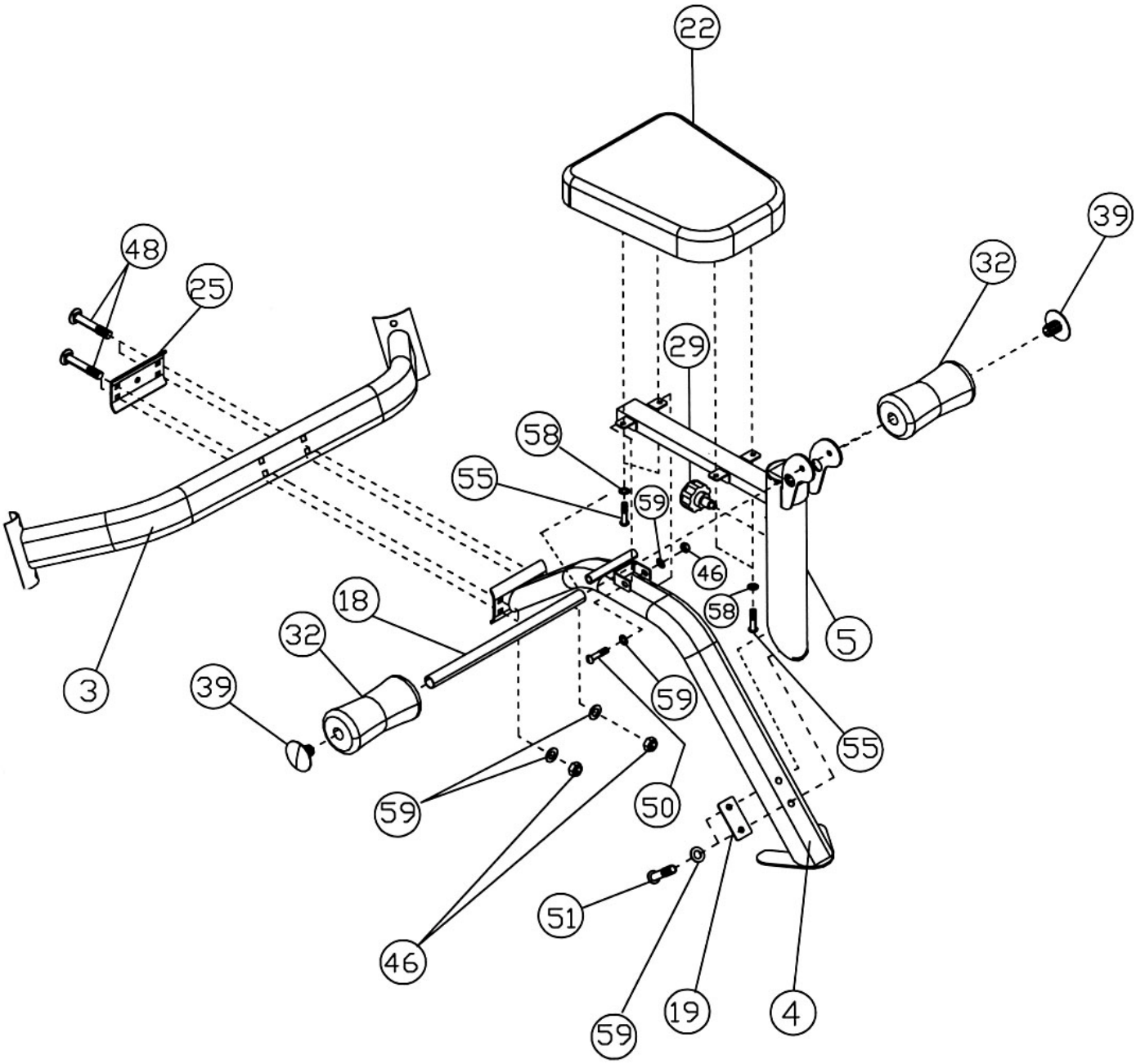
C.) Attach the bottom of Leg Developer Holder (#5) to the Main Seat Support. Secure it with one Bracket (#19), two M10 x 2 3/8" Allen Bolts (#51) and two Ø ¾" Washers (#59). Securely tighten all the Nuts and Bolts previously installed.

D.) Place the Seat (#22) onto the seat support frame on the Leg Developer Holder. Secure it with four M8 x 5/8" Allen Bolts (#55) and Ø 5/8" Washers (#58).

E.) Thread the Lock Knob (#29) into the hole on the Leg Developer Holder.

F.) Insert a Foam Tube halfway through the hole on the Leg Developer Holder. Push two Vinyl Foam Rolls (#32) onto the Tube from both ends. Push two Foam Roll End Caps (#39) into the ends.

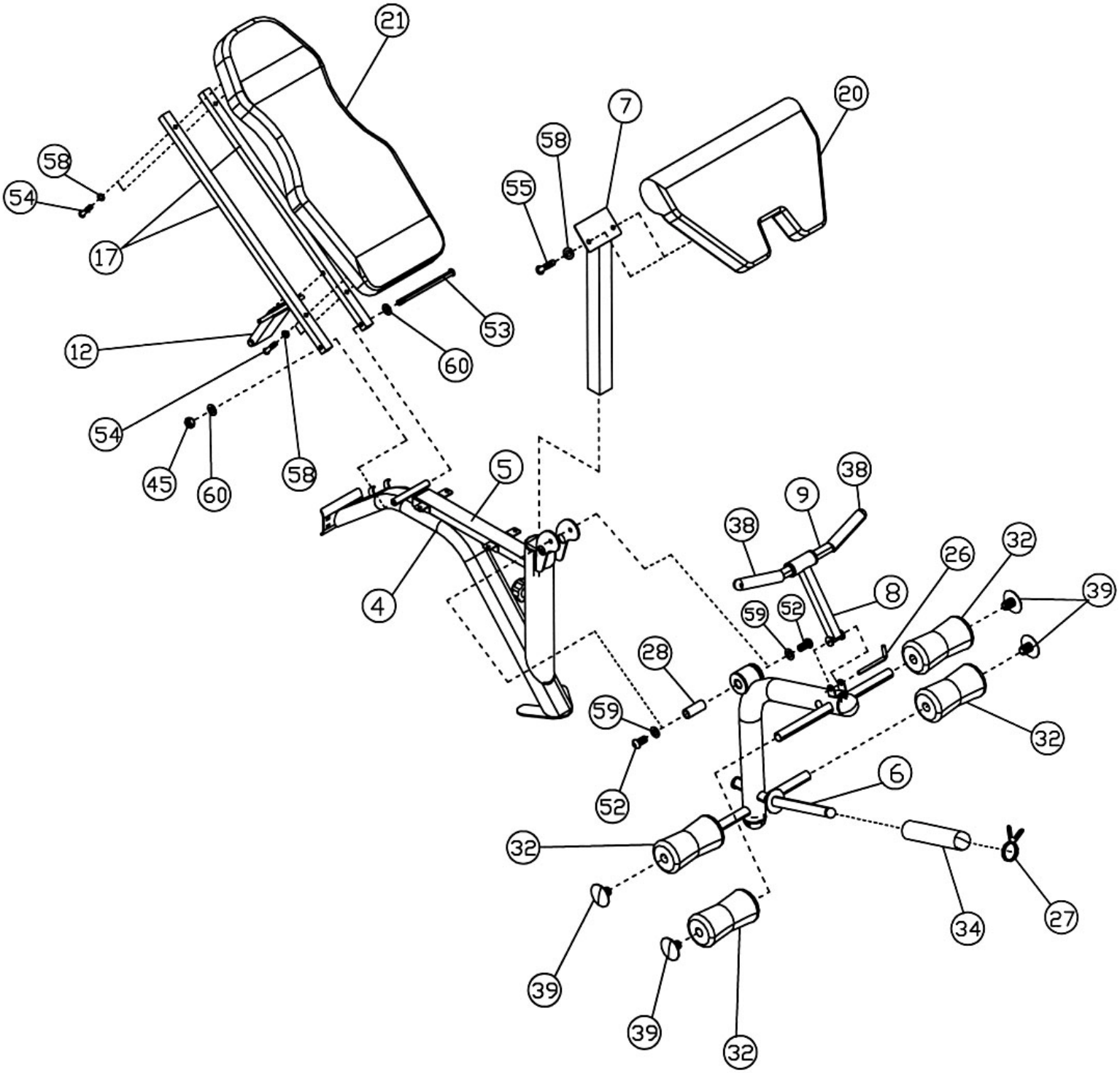
DIAGRAM 2



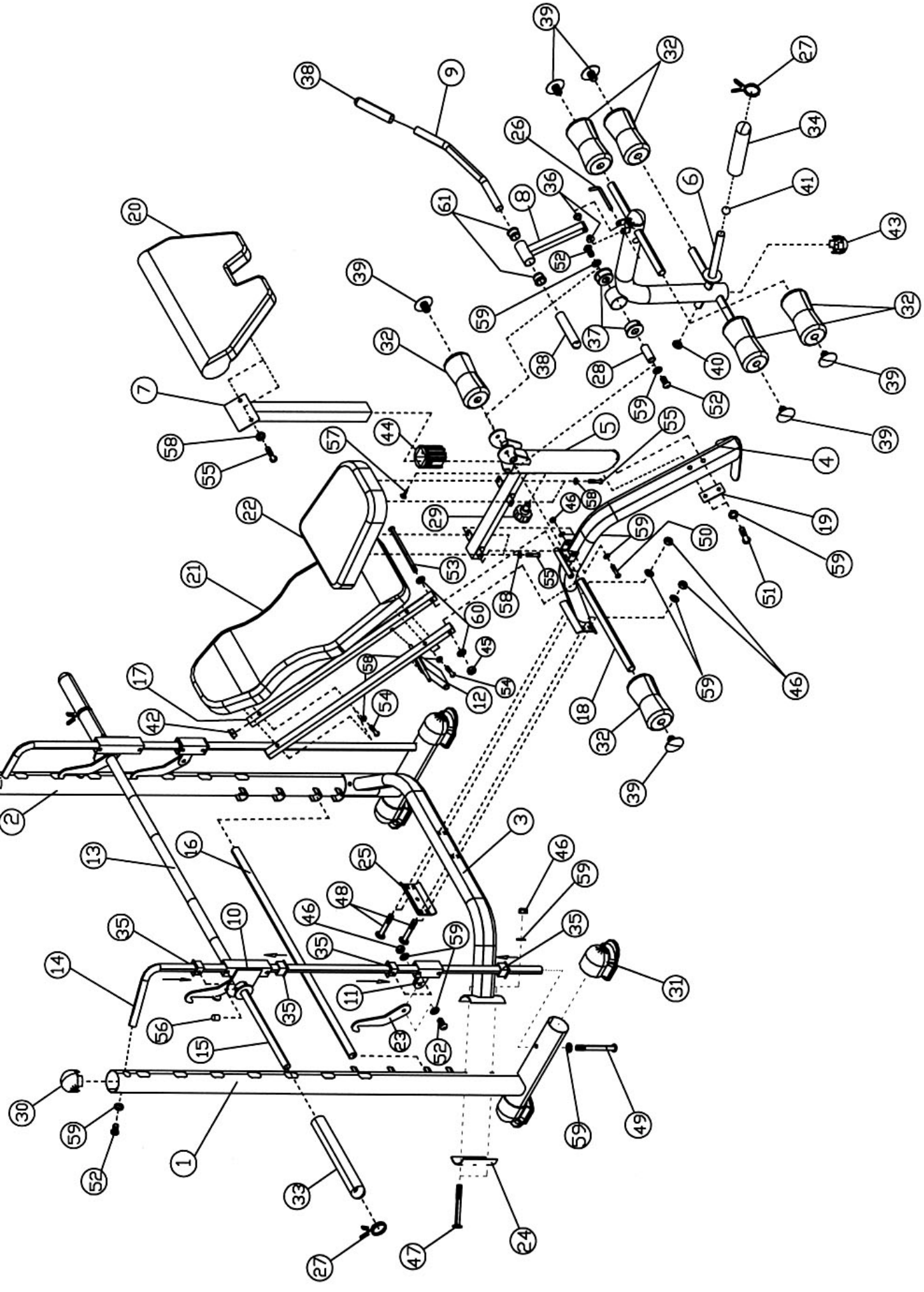
STEP 3 (See Diagram 3)

A.) Attach the Backrest Incline Support (#12) in between the two side-holes on the Backrest Supports (#17). Attach the Backrest Supports to the pivot on the Main Seat Support (#4). Secure it with one M12 x 7 ½" Allen Bolt (#53), two ∅ 1" Washers (#60), and one M12 Aircraft Nut (#45).
B.) Place the other end of Backrest Supports rest against the Backrest Adjustment Bar.
C.) Place the Backrest Board (#21) onto the Backrest Supports (#17). Secure it with four M8 x 1 5/8" Allen Bolts (#54) and Ø 5/8" Washers (#58).
D.) Attach the Leg Developer (#6) to the Leg Developer Holder (#5). Secure it with one Axle (#28), two M10 x 1" Allen Bolts (#52), and two Ø ¾" Washers (#59).
E.) Insert two Foam Tubes (#18) halfway through the holes on the Leg Developer. Push four Vinyl Foam Rolls (#32) onto the Tubes. Push four Foam Roll End Caps (#39) into the Tubes from both ends.
F.) Attach a Short Olympic Sleeve (#34) to the weight post on the Leg Developer. Attach a Spring Clip (#27) to the Sleeve.
G.) Attach the Curl Bar Handle (#9) to the bracket on the Leg Developer. Secure it with a L-shaped Lock Pin (#26).
H.) Attach the Arm Curl Pad (#20) to the Arm Curl Stand (#7). Secure it with two M8 x 5/8" Allen Bolts (#55) and Ø 5/8" Washers (#58). Insert the Arm Curl Stand into the opening on top of Leg Developer Holder. Secure it with the Lock Knob.
I.) Remove the Arm Curl Stand and Curl Bar Handle when doing Leg exercises.

DIAGRAM 3


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EXPLODED DIAGRAM



PARTS LIST

KEY NO	DESCRIPTION	Q'ty
1	Right Upright Beam	1
2	Left Upright Beam	1
3	Cross Brace	1
4	Main Seat Support	1
5	Leg Developer Holder	1
6	Leg Developer	1
7	Arm Curl Stand	1
8	Curl Bar Handle Support	1
9	Curl Bar Handle	1
10	Glider	2
11	Safety Stop	2
12	Backrest Incline Support	1
13	Lifting Sleeve	1
14	Guide Rod	2
15	Weight Bar	1
16	Backrest Adjustment Bar	1
17	Backrest Support	2
18	Foam Tube	3
19	Bracket	1
20	Arm Curl Pad	1
21	Backrest Board	1
22	Seat	1
23	Safety Catch Hook	2
24	5 ½" x 3 3/8" Bent Bracket	2
25	5 ½" x 3" Bent Bracket	1
26	L-shaped Lock Pin	1
27	Spring Clip	3
28	Axle	1
29	Lock Knob	1
30	∅ 3" Con-shaped End Cap	2
31	Ø 3" End Cap	4
32	Vinyl Foam Roll	6
33	Long Olympic Sleeve	2
34	Short Olympic Sleeve	1
35	1 ½" Sleeve	8
36	Bushing	2
37	Axle Bushing	2
38	Grip	2
39	Foam Roll End Cap	6
40	Ø 1" End Cap	1
41	∅ 1" Con-shaped End Cap	1
42	1" Square End Cap	2
43	Ø 2 3/8" End Cap	2
44	Ø 3" Sleeve	1
45	M12 Aircraft Nut	1
46	M10 Aircraft Nut	11
47	M10 x 3 ¾" Carriage Bolt	4
48	M10 x 2 3/8" Carriage Bolt	4
49	M10 x 3 ¾" Allen Bolt	2
50	M10 x 2 ¾" Allen Bolt	1
51	M10 x 2 3/8" Allen Bolt	2
52	M10 x 1" Allen Bolt	6
53	M12 x 7 ½" Allen Bolt	1
54	M8 x 1 5/8" Allen Bolt	4
55	M8 x 5/8" Allen Bolt	6
56	M8 x 3/8" Allen Bolt	4
57	Philips Screw	1
58	Ø 5/8" Washer	10
59	Ø ¾" Washer	22
60	Ø 1" Washer	2
61	Ø 1 ½" Bushing	2
	#4 Allen Wrench	1
	#5 Allen Wrench	1
	#6 Allen Wrench	2
	#8 Allen Wrench	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 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