

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
PH 1000

Retain This
Manual for
Reference

Revised
6-12-98

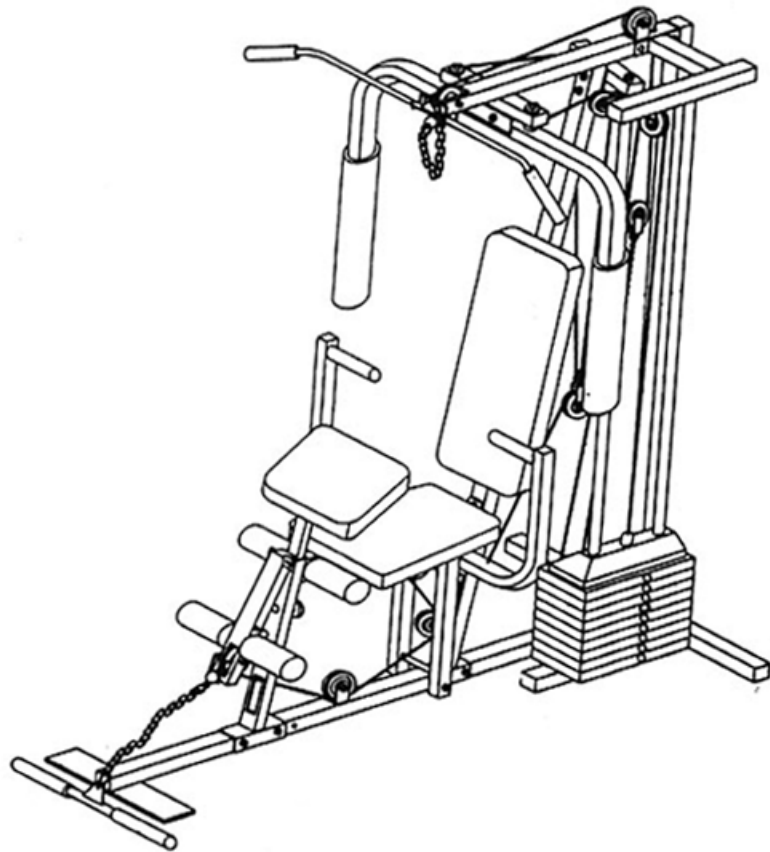
OWNER'S
MANUAL

IMPEX

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

POWERHOUSE HOME GYM

PH 1000



IMPEX FITNESS PRODUCTS

14777 DON JULIAN ROAD, CITY OF INDUSTRY, CA 91746

TEL: (800)999-8899 FAX: (626)961-9966

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BEFORE YOU BEGIN

Thank you for selecting the IMPEX POWERHOUSE 1000 HOME GYM. 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.

<p>TOLL—Free Customer Service Number 1—800—999—8899 Mon. —Fri. , 9 a. m. —5 p. m PST</p>

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.

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

M6



M8



M10

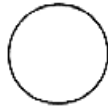


INCHES

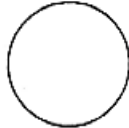
1/2"



5/8"



3/4"



REPLACEMENT PARTS

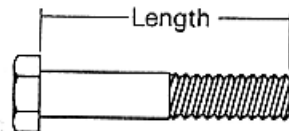
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

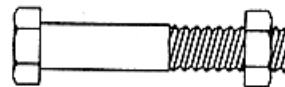


1-800-999-8899

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



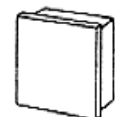
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

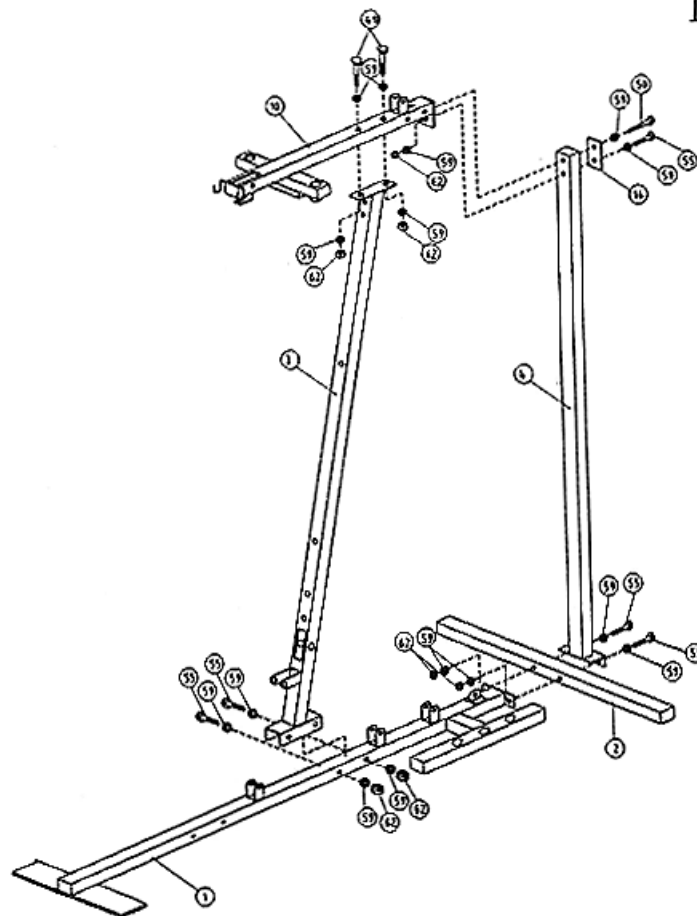
ASSEMBLY INSTRUCTION

Tools Required to Assemble the Machine: Two Adjustable Wrenches

STEP 1 (See Diagram 1)

- A.) Attach the Rear Stabilizer (#2) to the back of the Base Frame (#1). Then attach the Rear Vertical Beam (#4) to the back of the Rear Stabilizer (#2). Align the holes and secure it with two M10×3" Bolts (#55), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62). DO NOT tighten all the nuts and bolts yet.
- B.) Attach the Front Vertical Beam (#3) to the Base Frame (#1). Secure it with two M10×3" Bolts (#55), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62).
- C.) Attach the Upper Frame (#10) to the top of the Vertical Beams (#3) & (#4). Secure the front with two M10×2 3/4" Bolts (#49), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62). Secure the back with one M10×2 9/16" Bolt (#50) one M10×3" Bolt (#55), three Ø3/4" Washers (#59), one Bracket (#16), and one M10 Aircraft Nut (#62).

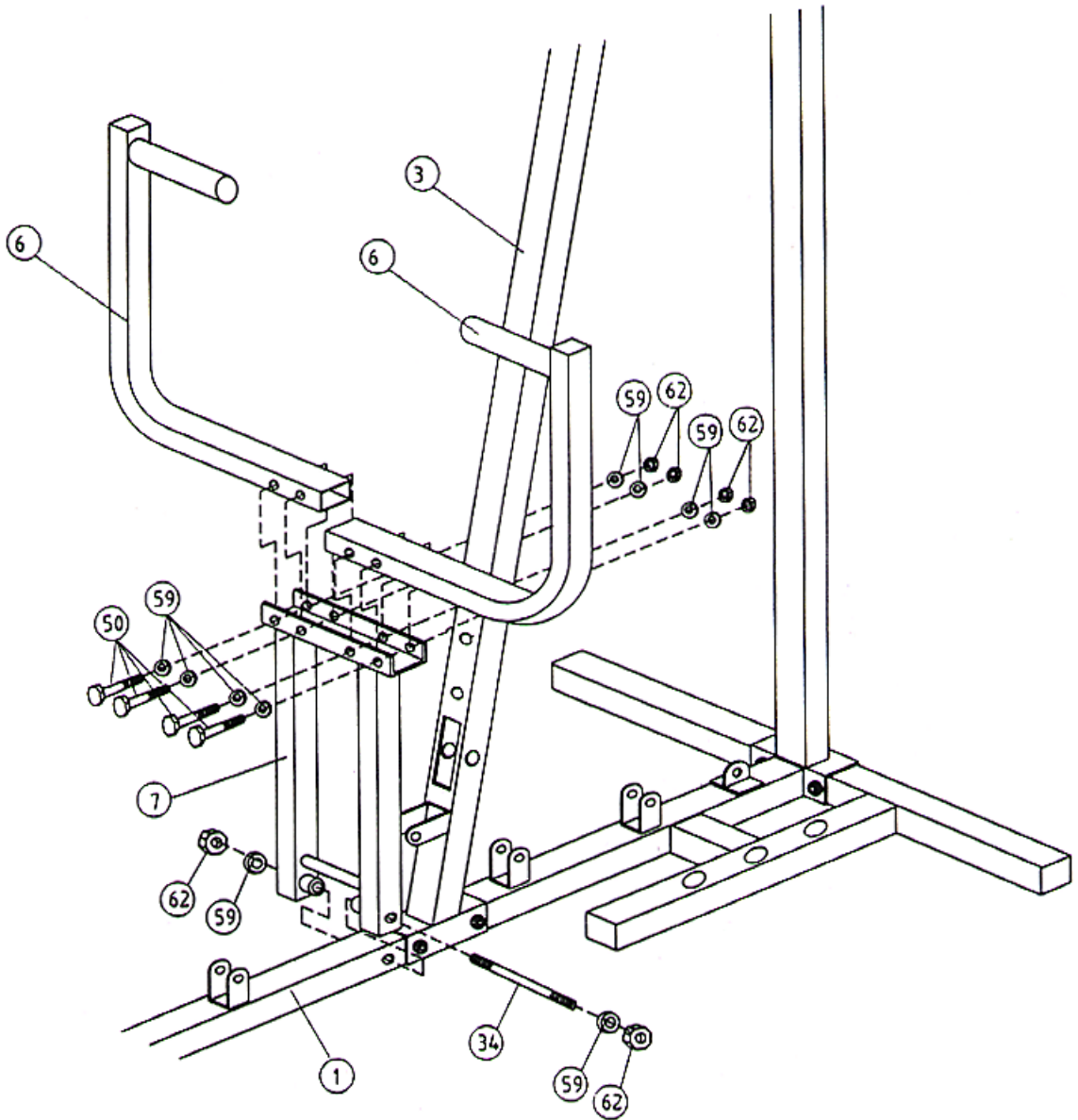
Diagram 1



STEP 2 (See Diagram 2)

- A.) Attach the Front Press Base (#7) to the Base Frame (#1). Align the holes and insert through the Axle (#34). Secure the Axle with two $\text{\O}3/4"$ Washers (#59) and M10 Aircraft Nuts (#62).
- B.) Attach the Front Press (#6) to the Front Press Base (#7). Secure it with four M10 \times 2 9/16" Bolts (#50), eight $\text{\O}3/4"$ Washers (#59), and four M10 Aircraft Nuts (#62).

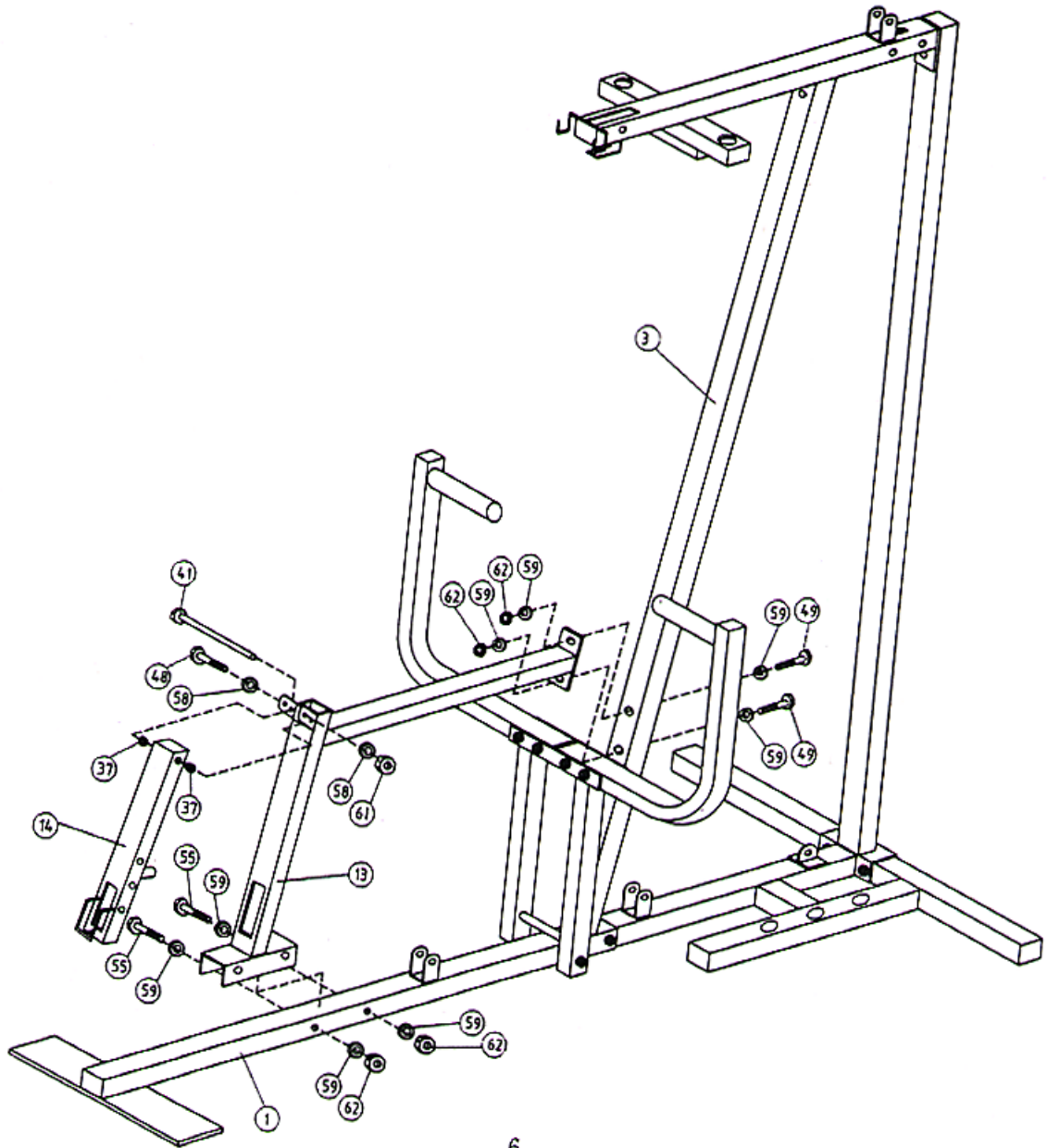
DIAGRAM 2



STEP 3 (See Diagram.3)

- A.) Attach the Seat Support (#13) to the Base Frame (#1) and Front Vertical Beam (#3). Secure it to the Base with two M10×3" Bolts (#55), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62). Then secure it to the Vertical Beam with two M10×2 3/4" Bolts (#49), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62).
- B.) Attach two Ø7/8"×5/16" Bushings (#37) to the hole on the top of the Leg Developer (#14). Attach the Leg Developer (#14) to the bracket on the top of the Seat Support (#13). Secure it with a M12×3 1/8" Bolt (#48), two Ø7/8" Washers (#58), and one M12 Aircraft Nut (#61).
- C.) Insert the Short Pin (#41) to secure the Leg Developer in position. Remove the Pin when using the Leg Developer.

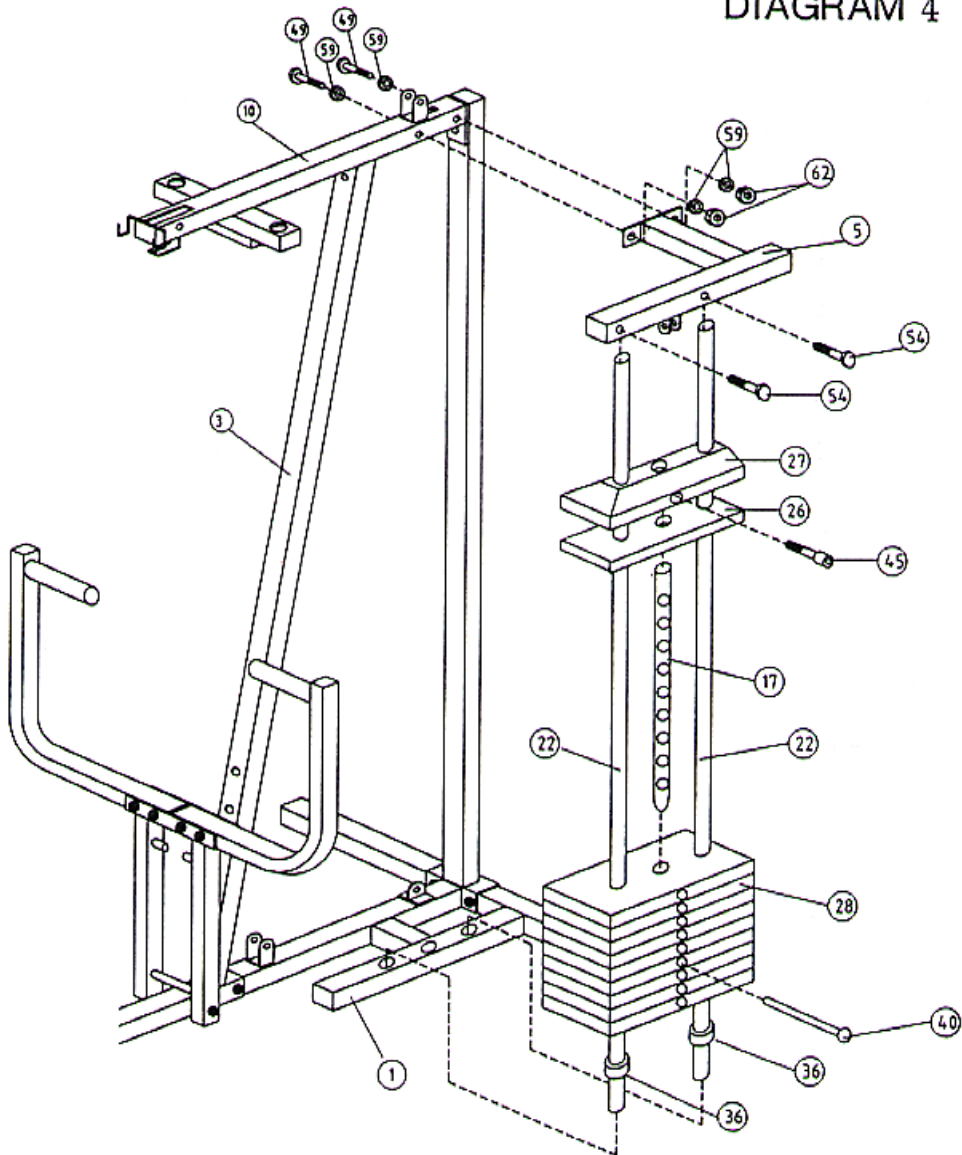
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Place two Rubber Bumpers (# 36) onto the Base Frame (# 1). Align the two holes and push two Weight Plate Guide Rods (# 22) through the bumpers into the Base Frame.
- B.) Slide nine Weight Plates (# 28) from the top of the Guide Rods (# 22) down to the Base Frame (# 1). NOTE: The groove on the Plates should always face down and toward the left side of the machine. Insert the Selector Rod (# 17) into the center hole on the Plates. Slide the Selector Stem (# 26) and its Cover (# 27) onto the Guide Rods (# 22). Align the hole and secure the Selector Stem (# 26) to the Selector Rod (# 17) with a M10×1 9/16" Socket Bolt (# 45).
- C.) Attach the Top Socket Assembly (#5) to the top of the Guide Rods (# 22). with two M6×5/8" Bolts (#54). Secure it to the Upper Frame (#10) with two M10×2 3/4" Bolts (#49), four Ø3/4" Washers (#59), and two M10 Aircraft Nuts (#62).
- D.) Securely tighten all the Nuts and Bolts previously installed.

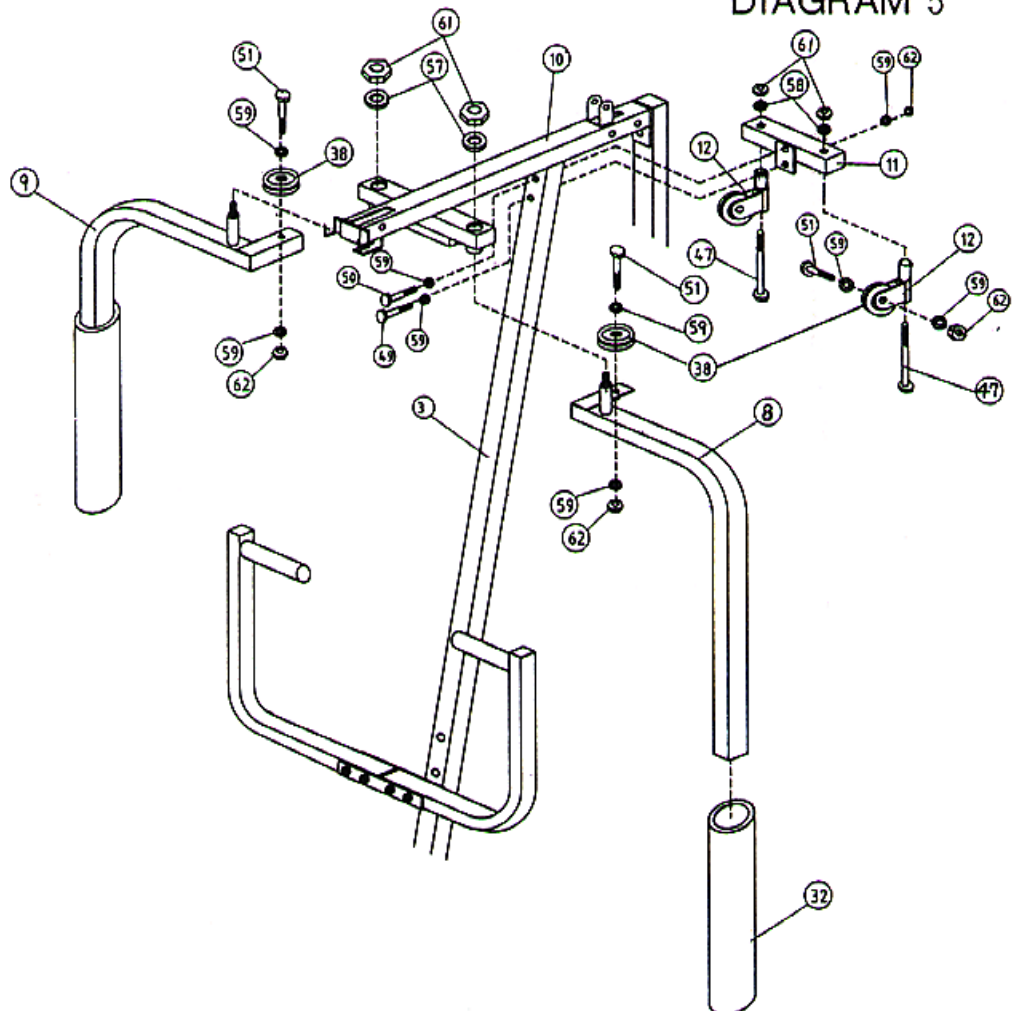
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Left Butterfly (#8) to the Upper Frame (#10). Secure it with a $\varnothing 1\frac{1}{2}$ " Washers (#57), and M12 Aircraft Nut (#61). Attach a Pulley (#38) to the Left Butterfly (#8). Secure it with a M10 \times 1 $\frac{3}{4}$ " Bolt (#51), two $\varnothing 3/4$ " Washers (#59), and one M10 Aircraft Nut (#62). Slide the Butterfly Pad (#32) onto the Butterfly Arm (#8).
- B.) Repeat the above Step(A) to install the Right Butterfly Arm (#9).
- C.) Attach the Butterfly Pulley Frame (#11) to the back of the Front Vertical Beam (#3). Secure it with one M10 \times 2 $\frac{9}{16}$ " Bolt (#50) one M10 \times 2 $\frac{3}{4}$ " Bolt (#49), three $\varnothing 3/4$ " Washers (#59), and one M10 Aircraft Nut (#62).
- D.) Attach a Butterfly Pulley Bracket (#12) to the bottom of the Butterfly Pulley Frame (#11). Secure it with a M12 \times 4 $\frac{5}{16}$ " Bolt (#47), $\varnothing 7/8$ " Washer (#58), and M12 Aircraft Nut (#61). Attach a Pulley (#38) to the Butterfly Pulley Bracket (#12). Secure it with one M10 \times 1 $\frac{3}{4}$ " Bolt (#51), two $\varnothing 3/4$ " Washers (#59), and one M10 Aircraft Nut (#62).
- E.) Repeat Step (C) above to install the other Pulley Bracket on the right side.

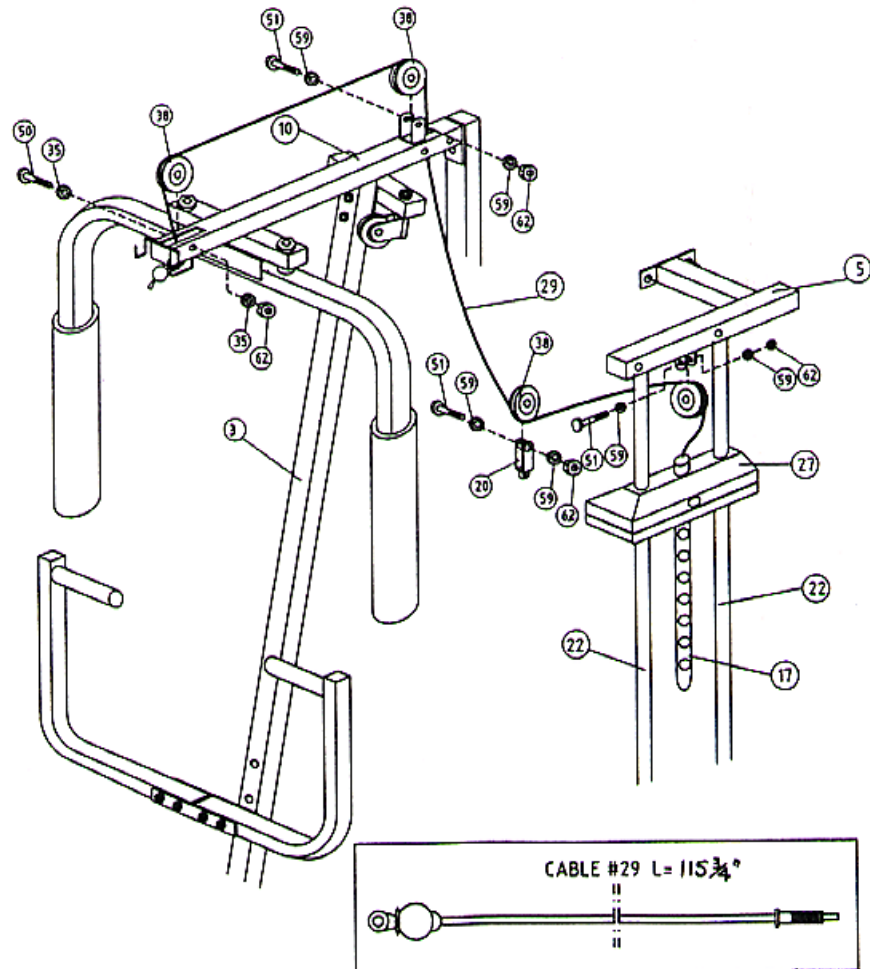
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Insert the Upper Cable (# 29) through the opening in the front of the Upper Frame (# 10). Note: The Ball Stopper on the Cable should be underneath the Frame, Attach a Pulley (# 38) to the opening and secure it with one M10×2 9/16" Bolt (# 50), two $\varnothing 7/8" \times 5/8"$ Bushings (# 35), and one M10 Aircraft Nut (# 62).
- B.) Draw the Cable (# 29) towards back of the machine and insert through the opening on the back of the Upper Frame (# 10). Attach a Pulley (# 38) to the bracket next to the opening. Secure it with one M10×1 3/4" Bolt (# 51), two $\varnothing 3/4"$ Washers (# 59), and one M10 Aircraft Nut (# 62).
- C.) Attach a Pulley (# 38) and Pulley Bracket (# 20) to the Cable (# 29). Secure it with one M10×1 3/4" Bolt (# 51), two $\varnothing 3/4"$ Washers (# 59), and one M10 Aircraft Nut (# 62).
- D.) Draw the Cable (# 29) towards the bracket on the bottom of the Top Socket Assembly (# 5). Attach a Pulley (# 38) to the bracket and secure it with one M10×1 3/4" Bolt (# 51), two $\varnothing 3/4"$ Washer (# 59), and one M10 Aircraft Nut (# 62).
- E.) Draw the Cable (# 29) downward towards the top of the Selector Stem (# 27). Screw the Cable into the top opening on the Selector Stem.

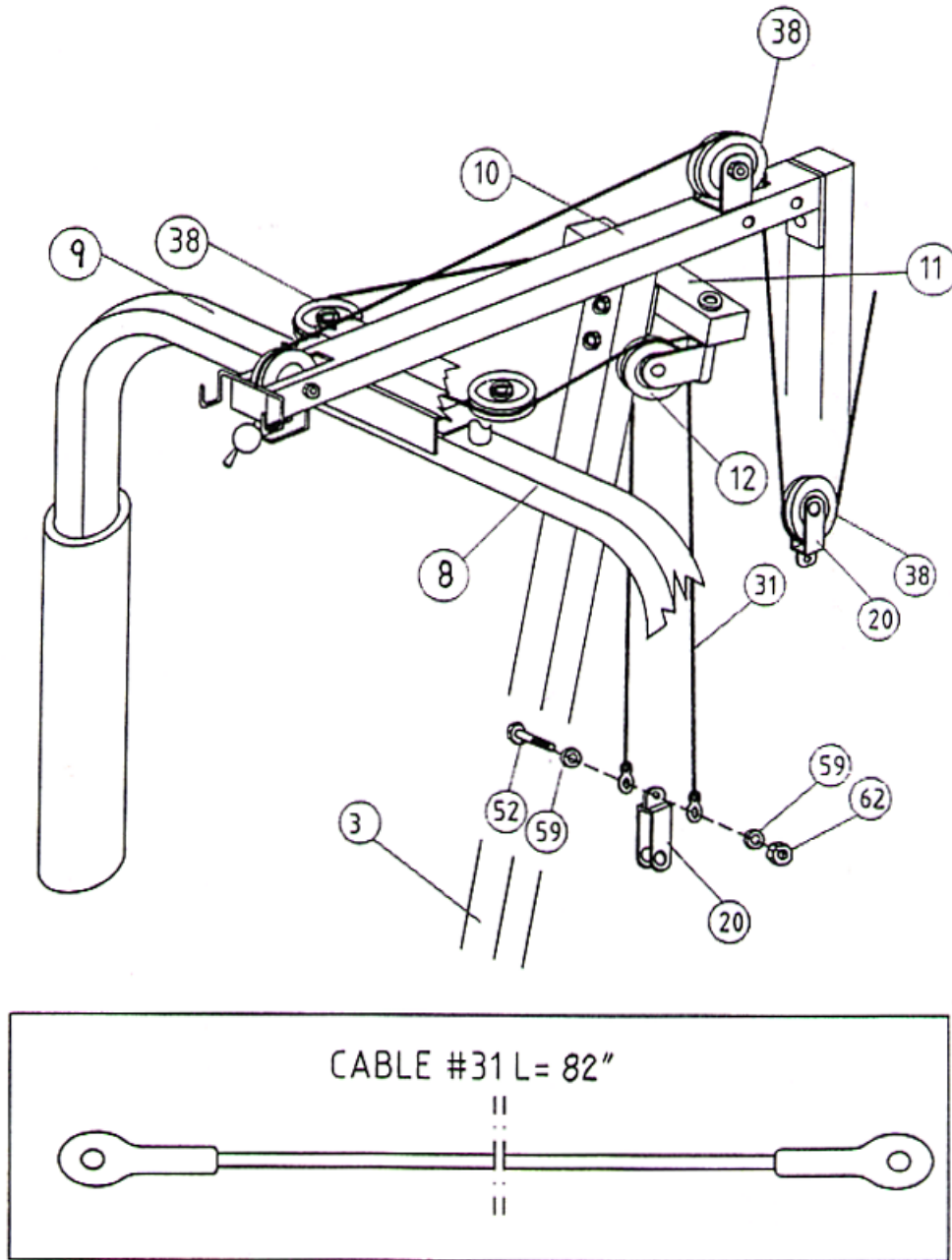
DIAGRAM 6



STEP 7 (See Diagram 7)

- A.) Insert one end of the Butterfly Cable (# 31) through the Butterfly Pulley Bracket (#12). Draw the Cable around the Pulleys on the top of the Butterfly Arms (# 8) & (# 9). Insert the Cable through the other Butterfly Pulley Bracket (#12) on the other side. Secure both ends of the Cable (# 31) to a Pulley Bracket (#20) with one M10×1" Bolt (#52), two Ø3/4" Washers (#59), and one M10 Aircraft Nut (#62).

DIAGRAM 7



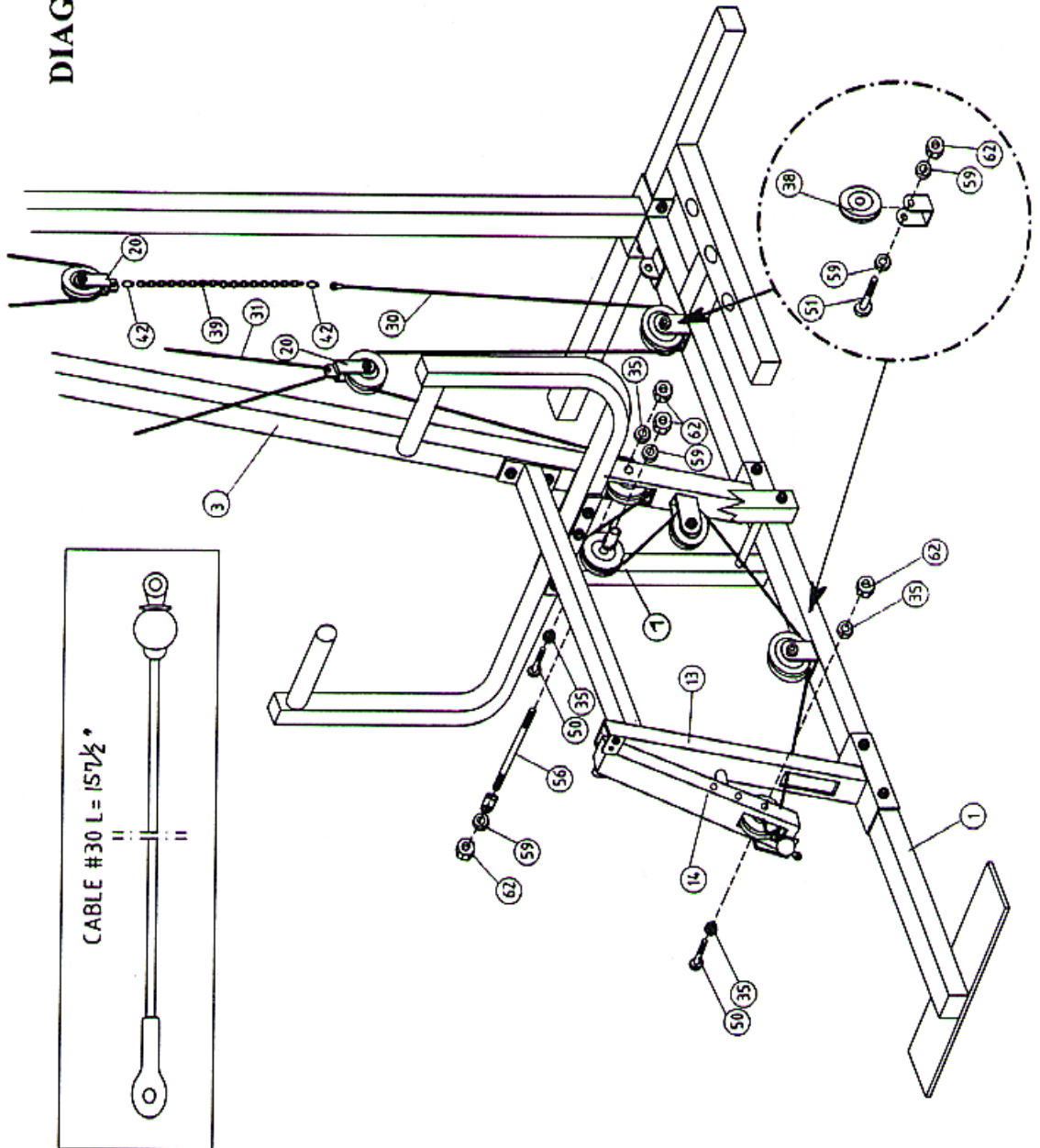
STEP 8 (See Diagram 8)

- A.) Insert the Lower Cable (#30) through the opening on the bottom of the Leg Developer (#14). Note: The Ball Stopper on the Cable should be in front of the Leg Developer. Attach a Pulley (#38) to the opening and secure it with one M10×2 9/16" Bolt (#50), two Ø7/8"×5/8" Bushings (#35), and one M10 Aircraft Nut (#62).
- B.) Draw the Cable to the bracket on the top of the Base Frame (#1). Attach a Pulley (#38) to the bracket and secure it with one M10×1 3/4" Bolt (#51), two Ø3/4" Washers (#59), and one M10 Aircraft Nut (#62).
- C.) Draw the Cable to the bracket on the bottom of the Front Vertical Beam (#3). Repeat Step(B) above to install the pulley.
- D.) Draw the Cable to the Front Press Base (#7). Attach a Pulley (#38) to the Cable. Insert the M10×8 1/2" Axle (#56) through the hole on the Base. Place the Pulley onto the Axle. Secure the Axle with two Ø3/4" Washers (#59) and M10 Aircraft Nuts (#62).
- E.) Draw the Cable (#30) through the opening on the bottom of the Front Vertical Beam (#3). Attach a Pulley (#38) to the opening and secure it with one M10×2 9/16" Bolt (#50), two Ø7/8"×5/8" Bushings (#35), and one M10 Aircraft Nut (#62).
- F.) Draw the Cable (#30) upwards to the Pulley Bracket (#20) previously installed for the Butterfly Cable. Repeat the above procedure to install another pulley.
- G.) Draw the Cable (#30) downwards to the bracket on the top of the Base Frame (#1). Repeat the above procedures to install another pulley.
- H.) Draw the Cable upwards to the Pulley Bracket (#20) previously installed for the Upper Cable. Connect the Cable to the Bracket with a Chain (#39) and two Hooks (#42).

STEP 9 (See Diagram 9)

- A.) Attach the Seat (#23) to the Seat Support (#13). Secure it with two Ø1/2" Washers (#60), and M8×2 5/8" Bolts (#46).
- B.) Attach the Backrest Pad (#24) to the Front Vertical Beam (#3). Secure it with two Ø1/2" Washers (#60), and M8×2 5/8" Bolts (#46).
- C.) Attach the Arm Curl Pad (#25) to the Arm Curl Stand (#15). Secure it with two Ø1/2" Washers (#60) and M8×5/8" Bolts (#53). Place the 2" Square Sleeve (#43) onto the top of the Seat Support (#13) and insert the Arm Curl Stand into the opening in front of the Seat. Secure it with a Knob Bolt (#44) underneath the Seat.
 - D.) Insert two Foam Roll Tubes (#21) halfway through the holes on the Leg Developer (#14) and the Seat Support (#13). Push four Foam Rolls (#33) onto the Tubes from both sides.
- E.) Attach the Arm Curl Handle (#19) to the Chain (#39) with a Hook (#42). Then attach the Chain to the Lower Cable (#30) with another Hook (#42).
- F.) Repeat the above procedure to attach the Lat Bar (#18) and the Upper Cable (#29).

DIAGRAM 8



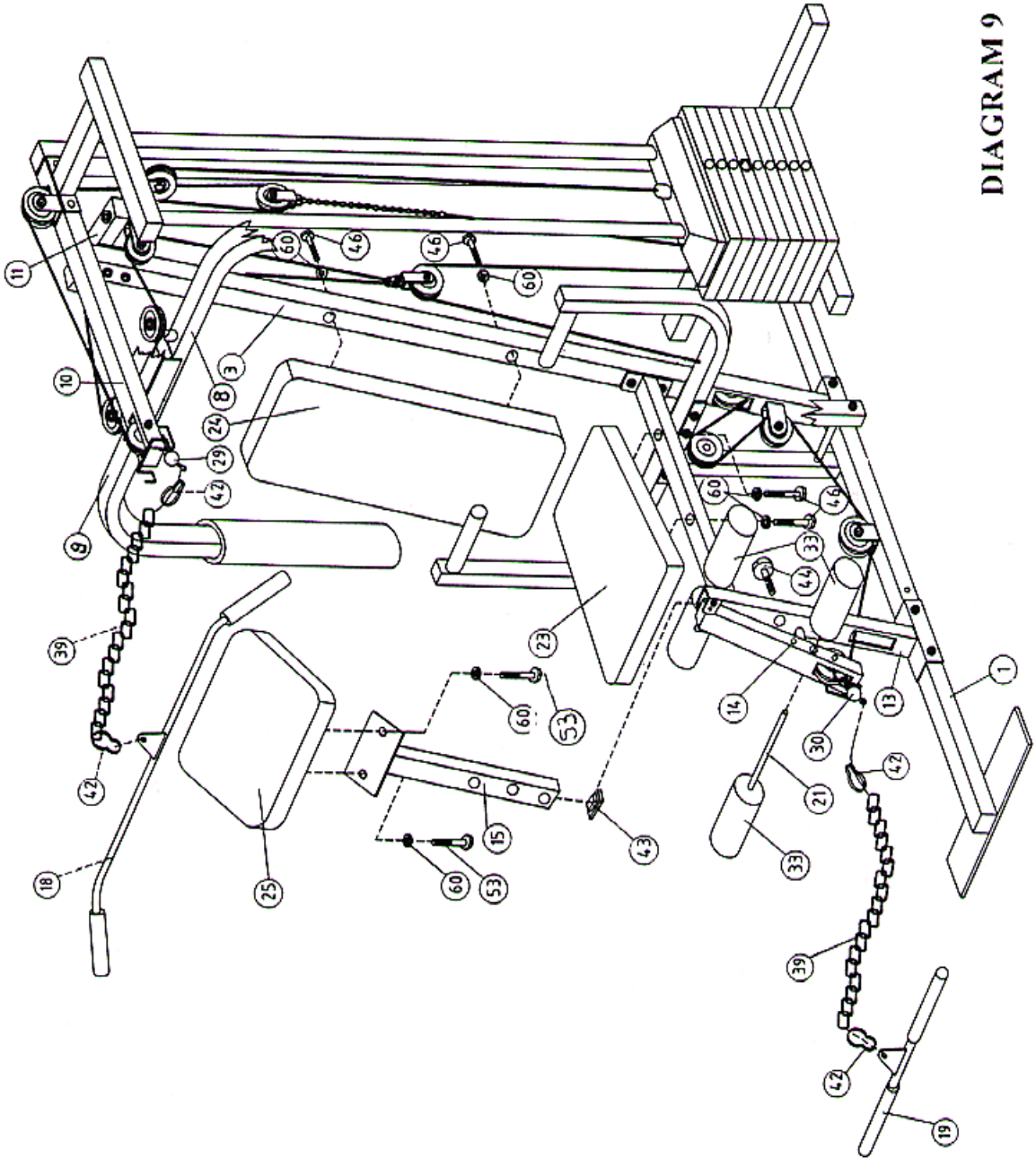


DIAGRAM 9

PARTS LIST

KEY No.	DESCRIPTION	QUANTITY
1	Base Frame	1
2	Rear Stabilizer	1
3	Front Vertical Beam	1
4	Rear Vertical Beam	1
5	Top Socket Assembly	1
6	Front Press	2
7	Front Press Base	1
8	Left Butterfly	1
9	Right Butterfly	1
10	Upper Frame	1
11	Butterfly Pulley Frame	1
12	Butterfly Pulley Bracket	2
13	Seat Support	1
14	Leg Developer	1
15	Arm Curl Stand	1
16	Bracket	1
17	Selector Rod	1
18	Lat Bar	1
19	Arm Curl Handle	1
20	Pulley Bracket	2
21	Foam Roll Tube	2
22	Weight Plate Guide Rod	2
23	Seat	1
24	Backrest Pad	1
25	Arm Curl Pad	1
26	Selector Stem	1
27	Selector Stem Cover	1
28	Weight Plate	9
29	Upper Cable(115 3/4")	1
30	Lower Cable(157 1/2")	1
31	Butterfly Cable(82")	1
32	Butterfly Pad	2
33	Foam Roll	4
34	Axle	1
35	Ø7/8" × 5/8" Bushing	6
36	Rubber Bumper	2
37	Ø7/8" × 5/16" Bushing	2
38	Pulley	17
39	Chain	3
40	Long Pin	1
41	Short Pin	1
42	Hook	6
43	2" Square Sleeve	1
44	Knob Bolt	1
45	M10 × 1 9/16" Socket Bolt	1
46	M8 × 2 5/8" Bolt	4
47	M12 × 4 5/16" Bolt	2
48	M12 × 3 1/8" Bolt	1
49	M10 × 2 3/4" Bolt	7
50	M10 × 2 9/16" Bolt	9
51	M10 × 1 3/4" Bolt	11
52	M10 × 1" Bolt	1
53	M8 × 5/8" Bolt	2
54	M6 × 5/8" Bolt	2
55	M10 × 3" Bolt	7
56	M10 × 8 1/2" Axle	1
57	Ø1 1/2" Washer	2
58	Ø7/8" Washer	4
59	Ø3/4" Washer	66
60	Ø1/2" Washer	6
61	M12 Aircraft Nut	5
62	M10 Aircraft Nut	37

WEIGHT RESISTANCE CHART

The following chart shows the approximate weight resistance at each station. The "Top" refers to the Selector Stem. The number refers to the weight plates. Weight resistance shows for the butterfly station is for each butterfly arm. The actual resistance at each station may vary due to friction and differences in each individual weight plates.

	Front	Butterfly	Leg	High	Low	Arm
Weight	Press	Arm	Developer	Pulley	Pulley	Curl
Plates	(lbs.)	(lbs.)	(lbs.)	(lbs.)	(lbs.)	(lbs.)
Top	15	10	20	10	20	20
1	30	20	40	20	40	40
2	45	30	60	30	60	60
3	60	40	80	40	80	80
4	75	50	100	50	100	100
5	90	60	120	60	120	120
6	105	70	140	70	140	140
7	120	80	160	80	160	160
8	135	90	180	90	180	180
9	150	100	200	100	200	200

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.

**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.

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase