

NOTE:
Please read all
instructions carefully
before using this product

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**Model
PH 1500**

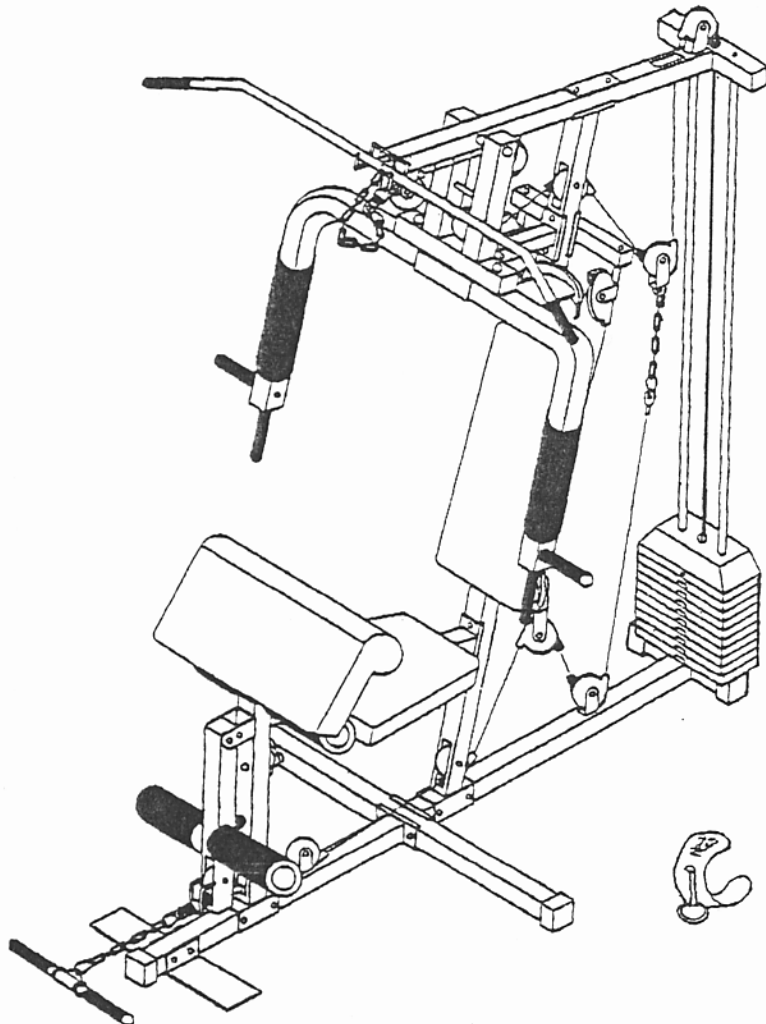
**Retain This
Manual for
Reference**

Aug. 25, 2000

**OWNER'S
MANUAL**

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

**POWERHOUSE 1500
HOME GYM**



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the **POWERHOUSE 1500 HOME GYM** 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

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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.

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

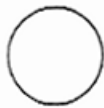


M10

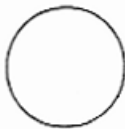


INCHES

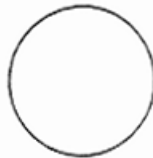
1/2"



5/8"



3/4"



REPLACEMENT PARTS

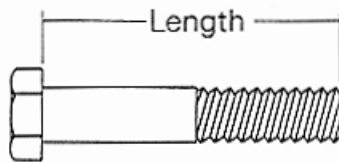
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

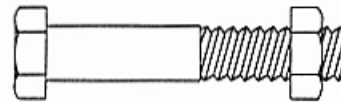


1-800-999-8899

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.



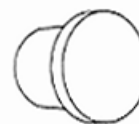
HEX HEAD BOLT



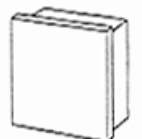
AIRCRAFT NUT



FLAT WASHER



ROUND PLUG



SQUARE PLUG

ASSEMBLY INSTRUCTION

Tools required to assembly the machine:

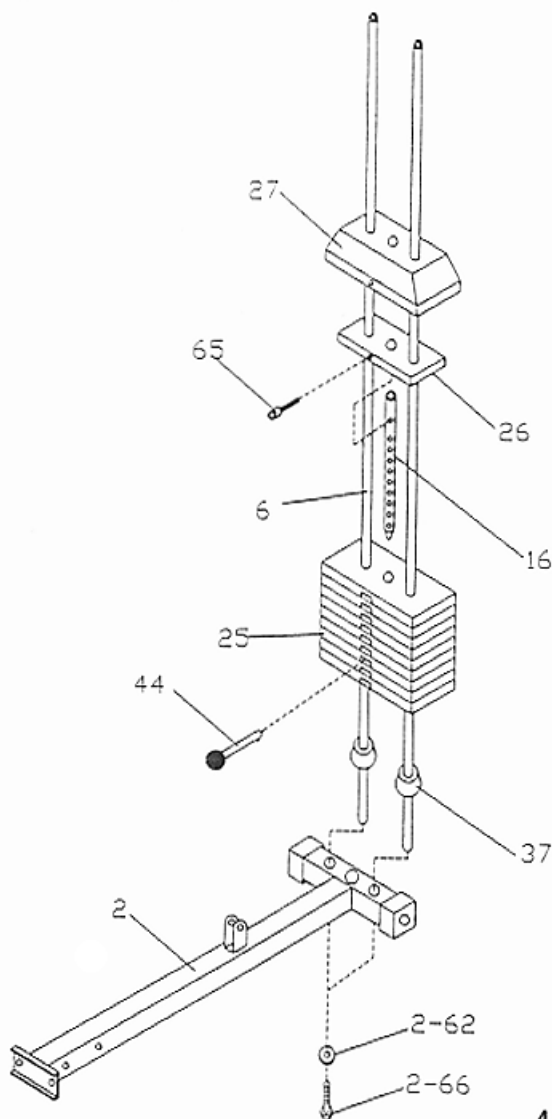
Two Adjustable Wrenches & One Allen Wrench.

NOTE: It is strongly recommended that this machine be assembled by two or more people to avoid possible injury.

STEP 1 (SEE DIAGRAM 1)

- A.) Place the Rear Base Frame (#2) on the floor. Place two Rubber Bumpers (#37) onto the Base Frame (#2). Align the holes and push two Weight Plate Guide Rods (#6) through the Bumpers into the Base.
- B.) Carefully lift up the Base and install two M12 x 1" Bolts (#66) and \varnothing 1" Washers (#62).
- C.) Slide nine Weight Plates (#25) from top of the Guide Rods (#6) down to the base.
Note: The groove on the Plates should always face down and toward the same side of the machine. It could be either front or back of the machine. If you are going to put the machine against a wall, the groove should face the front.
- D.) Insert the Selecting Rod (#16) into the center hole on the Plates. Slide the Selector Stem (#27) onto the Guide Rods. Align the hole and secure the Selector Stem (#27) to the Selecting Rod (#16) with a M10 x 1 5/8" Socket Bolt (#65).

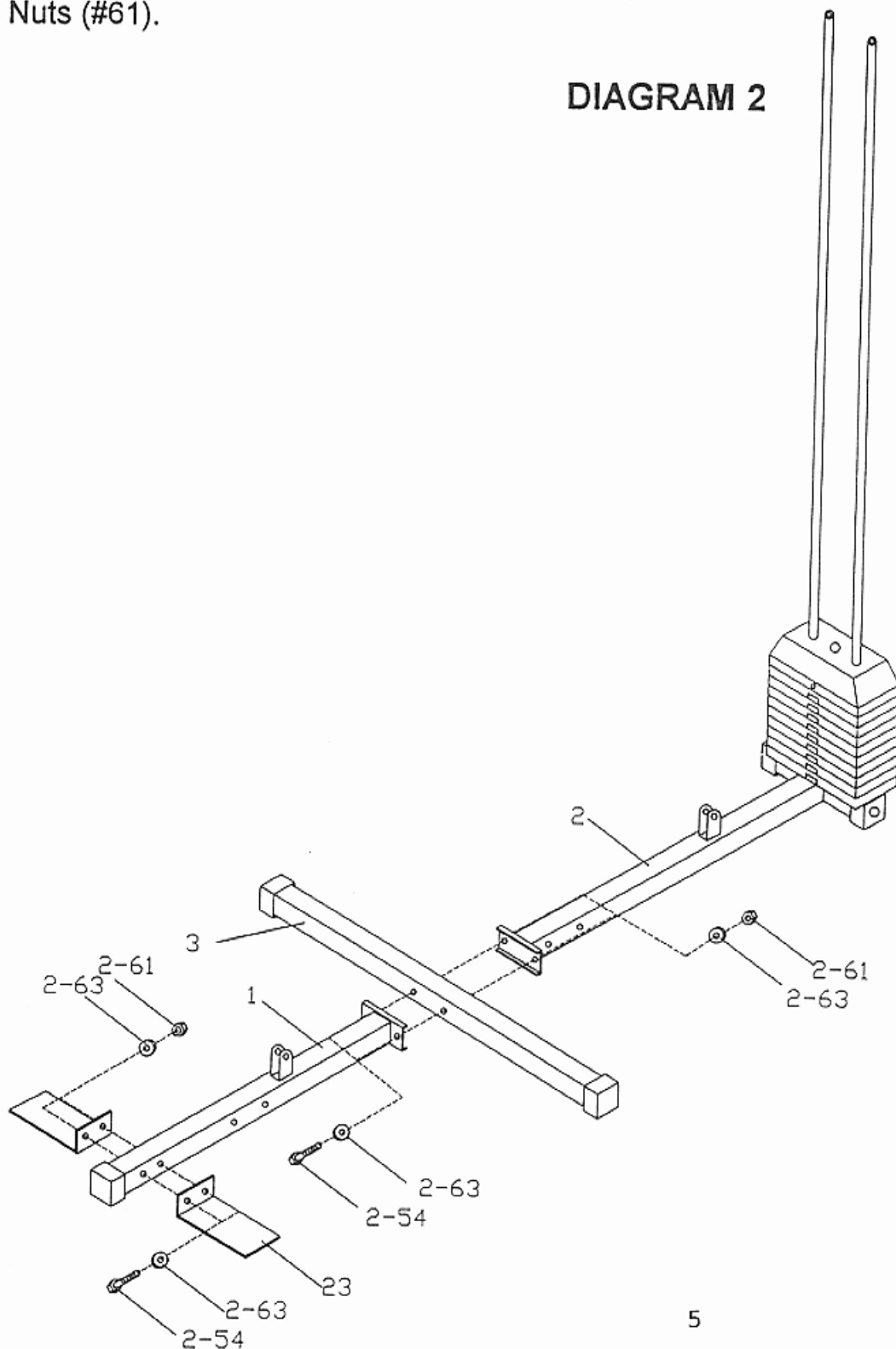
DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

- A.) Attach the Stabilizer Bar (#3) to the Rear Base Frame (#2). Attach the Front Base Frame (#1) to the Stabilizer Bar (#3). Align the holes and secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), and two M10 Aircraft Nuts (#61). NOTE: Do not tighten the nuts and bolts yet. Only finger tightens the nuts and bolts now.
- B.) Attach two Foot Plates (#23) to the Front Base Frame (#1). Secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), and two M10 Aircraft Nuts (#61).

DIAGRAM 2



STEP 3

(SEE DIAGRAM 3)

- A.) Attach the Front Vertical Frame (#4) to the Rear Base Frame (#2). Secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), and two M10 Aircraft Nuts (#61).
- B.) Attach the Upper Frame (#5) to the top of the Front Vertical Frame (#4). Secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), one 4 3/4"x2" Bracket (#49), and two M10 Aircraft Nuts (#61).
- C.) Secure the rear of the Upper Frame (#5) to the top of the Weight Plates Guide Rods (#6) using two M12 x 1" Bolts (#66) and Ø1" Washers (#62).

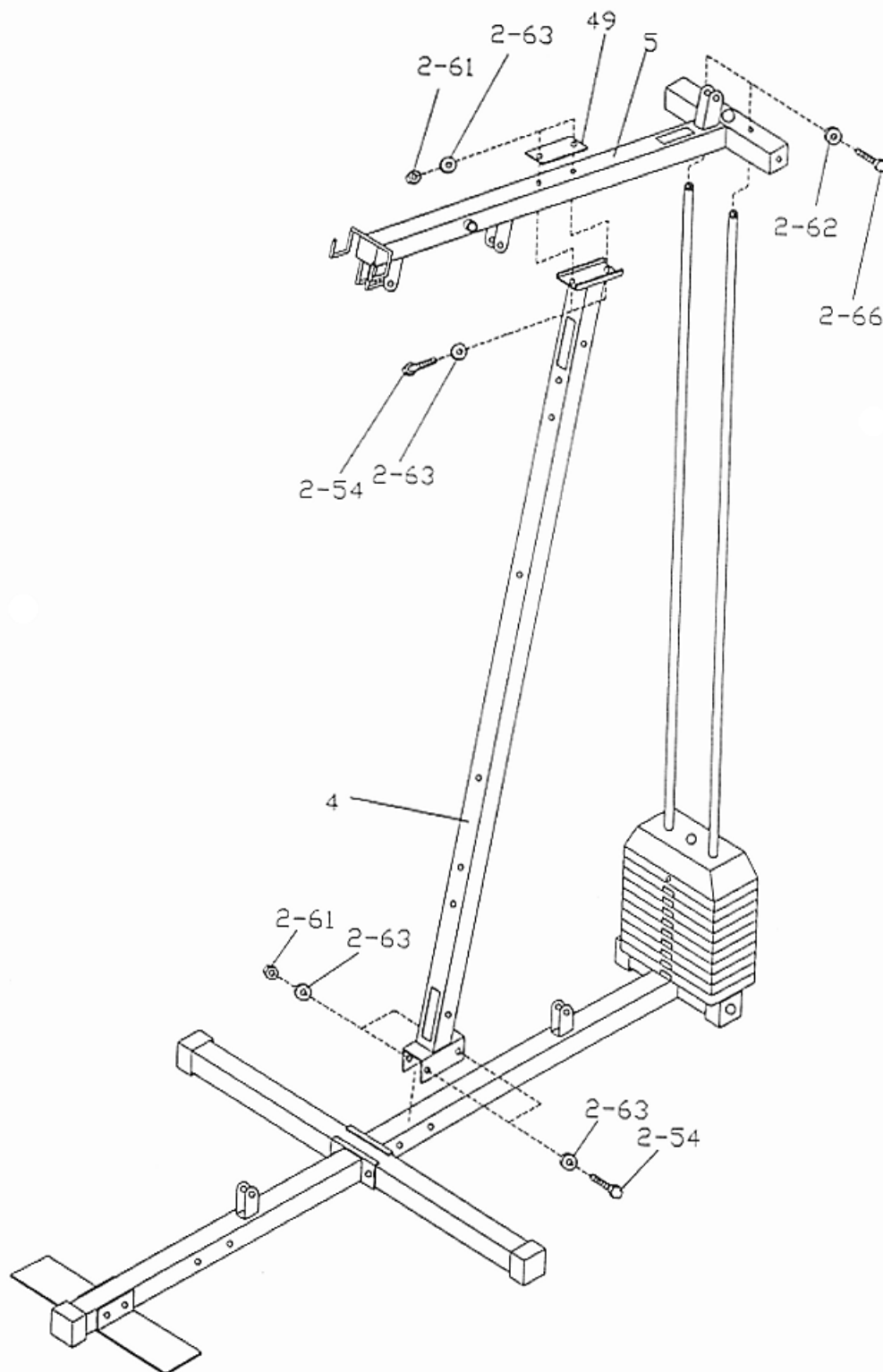
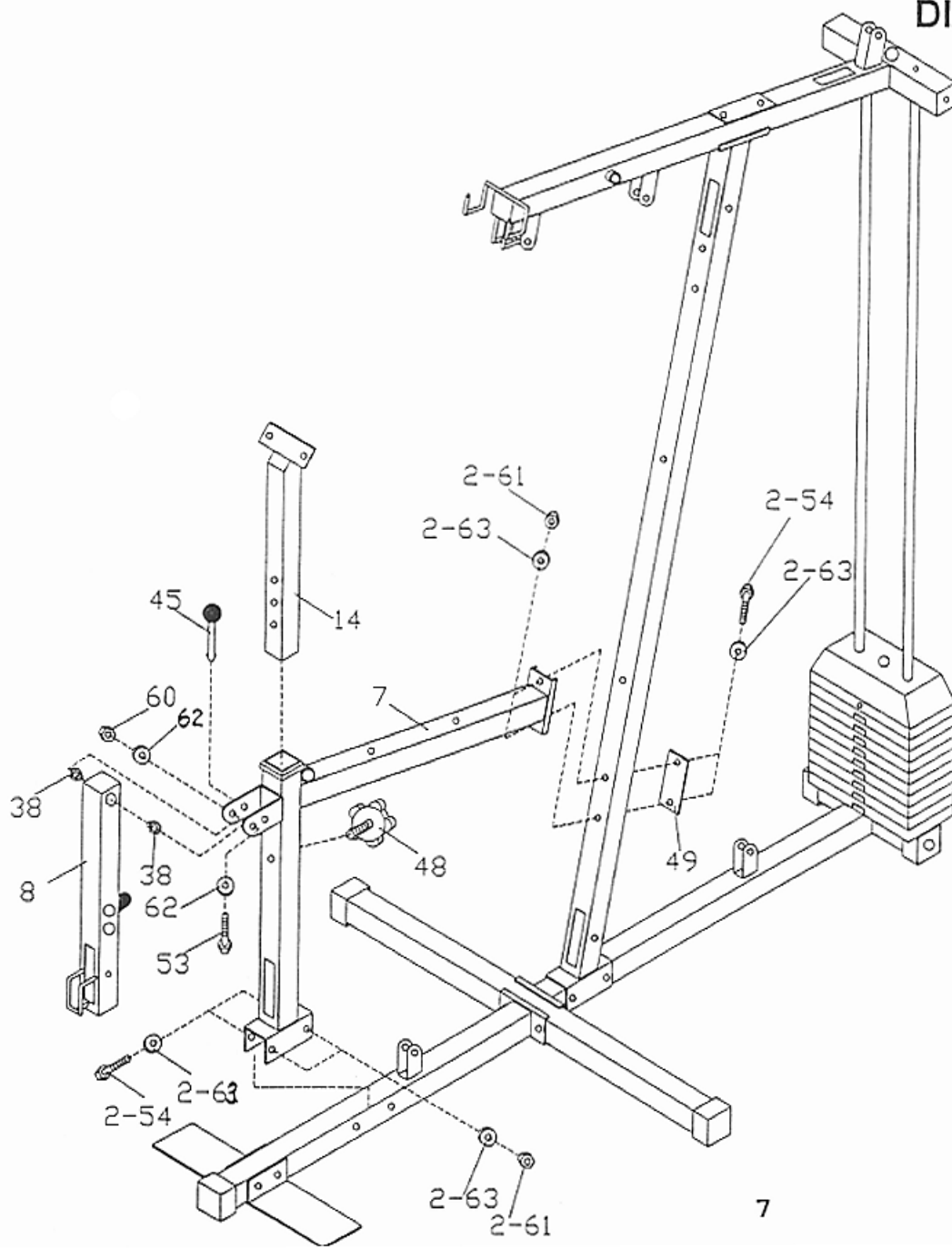


DIAGRAM 3

STEP 4 (SEE DIAGRAM 4)

- A.) Attach the base of Front Main Seat Support (#7) to the Front Base Frame (#1). Secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), and two M10 Aircraft Nuts (#61).
- B.) Attach the back of the Front Main Seat Support (#7) to the Front Vertical Frame (#4). Secure it with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), one 4 3/4" x 2" Bracket (#49), and two M10 Aircraft Nuts (#61).
- C.) Insert the Arm Curl Stand (#14) into the opening on the Front Main Seat Support (#7). Secure it with a Knob Bolt (#48).
- D.) Attach two D-Shaped Bushings (#38) to the Leg Developer (#8). Attach the Leg Developer to the bracket on the Front Main Seat Support (#7). Secure it with one M12 x 3 3/8" Bolt (#53), two Ø1" Washers (#62), and one M12 Aircraft Nut (#60).
- E.) Insert a Short Pin (#45) to lock the Leg Developer in place. Remove the Pin when using the Leg Developer.

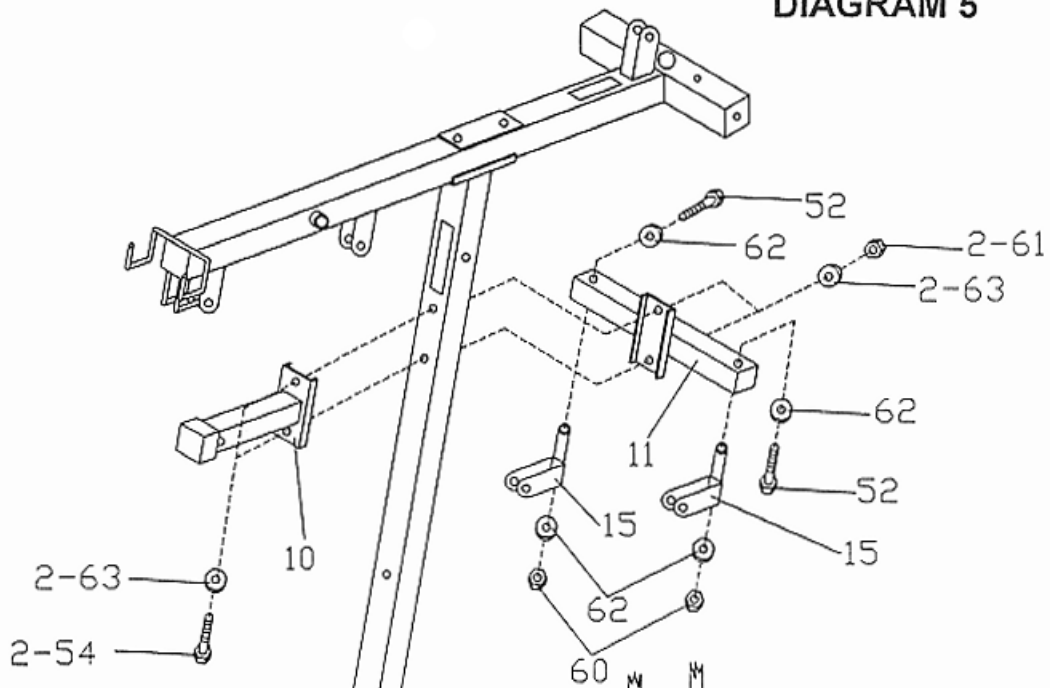
DIAGRAM 4



STEP 5 (SEE DIAGRAM 5)

- A.) Attach the Front Press Stopper (#10) and the Butterfly Pulley Frame (#11) to the Front Vertical Frame (#4). Secure them with two M10 x 2 3/4" Bolts (#54), four Ø7/8" Washers (#63), and two M10 Aircraft Nuts (#61).
- B.) Attach a Pulley Bracket (#15) to the Butterfly Pulley Frame (#11). Secure it with a M12 x 5 1/2" Bolt (#52), two Ø1" Washers (#62), and one M12 Aircraft Nut (#60).
- C.) Repeat the above procedure B to install another Bracket to the other side.

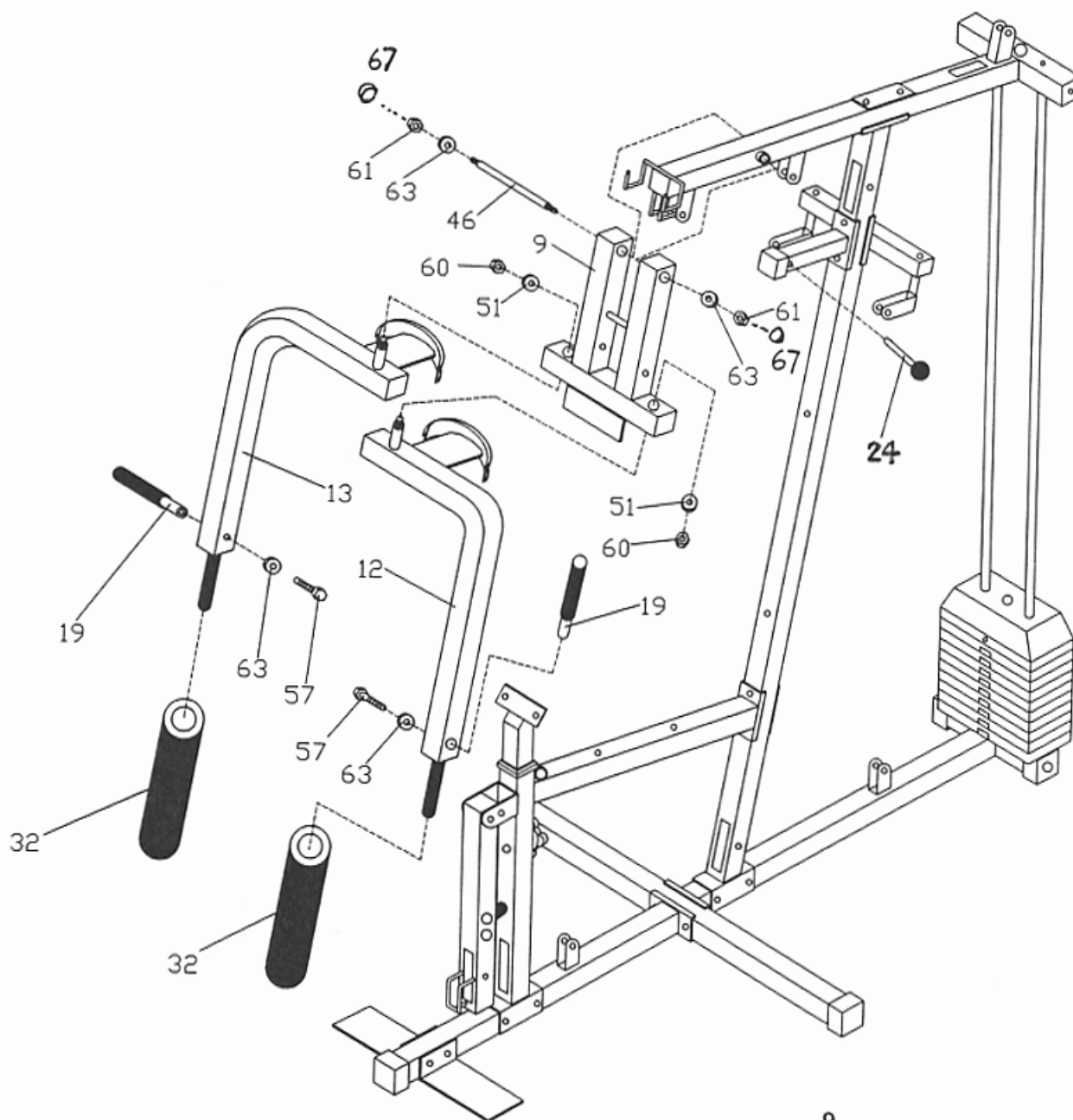
DIAGRAM 5



STEP 6 (SEE DIAGRAM 6)

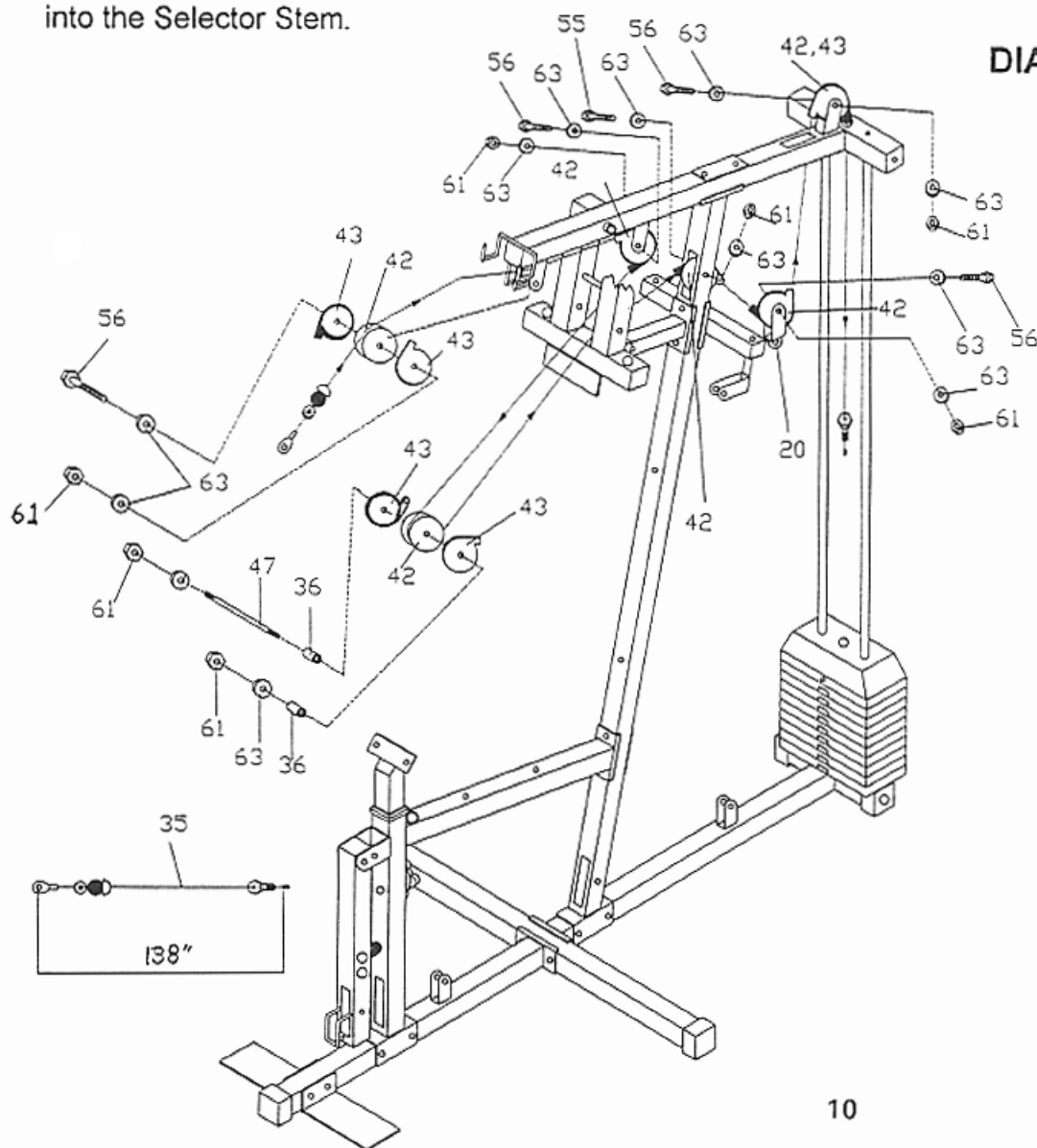
- A.) Attach the Front Press Base (#9) to the Upper Frame (#5). Align the holes and secure it with a $\varnothing 5/8"$ x 8" Axle (#46), two $\varnothing 7/8"$ Washers (#63), and two M10 Aircraft Nuts (#61). Then cover both ends of the Axle with two Cone-Shaped Caps (#67). Insert a Long Pin (#24) to lock the Base in place. NOTE: Remove the Pin when doing front press exercises. Insert the pin when doing butterfly exercises.
- B.) Attach the Left Butterfly Arm (#12) to the Front Press Base (#9). Secure it with a $\varnothing 1\ 1/2"$ Washer (#51) and M12 Aircraft Nut (#60). Slide a Butterfly Roam Roll (#32) onto the Arm (#12).
- C.) Attach a Front Press Handle (#19) to the Left Butterfly Arm (#12). Secure it with a $\varnothing 7/8"$ Washer (#63), and M10 x 1" Bolt (#57).
- D.) Repeat the above procedures B & C to assemble the Right Butterfly Arm (#13).

DIAGRAM 6



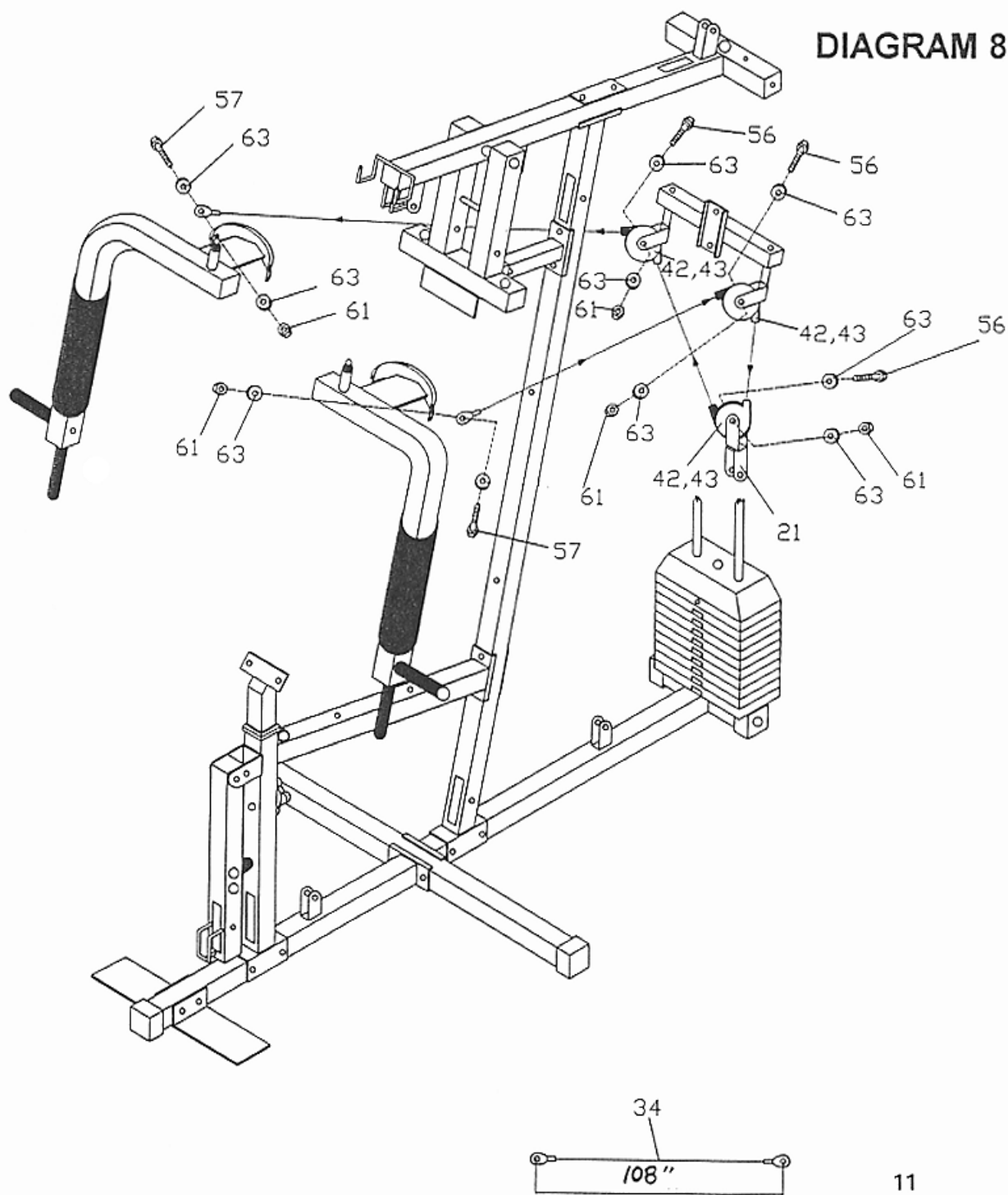
STEP 7 (SEE DIAGRAM 7)

- A.) Attach the 138" Upper Cable (#35) to the front of the Upper Frame (#5). Attach a Pulley (#42) and two Pulley Covers (#43) to the Cable. Attach the Pulley set to the bracket at the front of the Upper Frame. Secure it with one M10 x 1 3/4" Bolt (#56), two Ø7/8" Washers (#63) and one M10 Aircraft Nut (#61).
- B.) Draw the Cable to the bracket underneath the Upper Frame (#5). Install a set of Pulley and Covers. Secure it with a M10 x 1 3/4" Bolt (#56), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61).
- C.) Draw the Cable to the Front Press Base (#9). Install a set of Pulley and Covers. Attach the Pulley set to the hole in between the Base. Attach two 1" Spacers (#36) to both sides of the Pulley. Align the hole and insert a Ø3/8" x 7 7/8" Axle (#47). Secure the Axle with two Ø7/8" Washers (#63) and M10 Aircraft Nuts (#61).
- D.) Draw the Cable back to the Front Vertical Frame (#4). Install another set of Pulley. Secure it with one M10 x 2 3/8" Bolt (#55), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61).
- E.) Draw the Cable towards the back of the machine. Install another set of Pulley. Secure it with a Single Pulley Bracket (#20), one M10 x 1 3/4" Bolt (#56), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61). Let the Bracket hanging for now.
- F.) Draw the Cable through the top of the Upper Frame (#5). Install another set of Pulley.
- G.) Draw the Cable downward towards the Selector Stem. Screw the end of the Cable into the Selector Stem.



STEP 8 (SEE DIAGRAM 8)

- A.) Attach one end of the 108" Butterfly Cable (#34) to the Left Butterfly Arm. Secure it with a M10 x 1" Bolt (#57), two $\text{\O}7/8$ " Washers (#63), and one M10 Aircraft Nut (#61).
- B.) Attach the other end of the Cable to the Right Butterfly Arm.
- C.) Draw the Cable (#34) to the bracket underneath the Butterfly Pulley Frame (#11). Install another set of Pulley. Secure it with a M10 x 1 $\frac{3}{4}$ " Bolt (#56), two $\text{\O}7/8$ " Washers (#63), and one M10 Aircraft Nut (#61). Repeat the same procedure to install the other side.
- D.) Pull the Cable downward and attach a Pulley set in the mid-span. Attach a Double Pulley Bracket (#21) to the Pulley. Secure it with one M10 x 1 $\frac{3}{4}$ " Bolt (#56), two $\text{\O}7/8$ " Washers (#63), and one M10 Aircraft Nut (#61). Let the Bracket hanging for now.



STEP 9 (SEE DIAGRAM 9)

- A.) Insert the 109" Lower Cable (#33) through the opening on bottom of the Leg Developer (#8) and Front Main Seat Support (#7). Attach a set of Pulley to the Cable and secure it with one M10 x 2 3/8" Bolt (#55), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61).
- B.) Draw the Cable to the bracket on the Front Base Frame. Install another set of Pulley. Secure it with one M10 x 1 1/4" Bolt (#56), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61).
- C.) Draw the Cable to the opening on the bottom of the Front Vertical Frame (#4). Install another set of Pulley and Covers.
- D.) Draw the Cable upward to the Double Pulley Bracket (#21) previously installed in Step 8. Install a set of Pulley and Covers.
- E.) Draw the Cable downward to the bracket on the Rear Base Frame. Install a set of Pulley and Covers.
- F.) Draw the Cable upward to the Single Pulley Bracket (#20) previously installed in Step 7. Attach a Long Chain (#40) to the Cable with a Hook (#39). Attach the other end of the Chain to the Bracket with a M10 x 1" Bolt (#57), two Ø7/8" Washers (#63), and one M10 Aircraft Nut (#61).

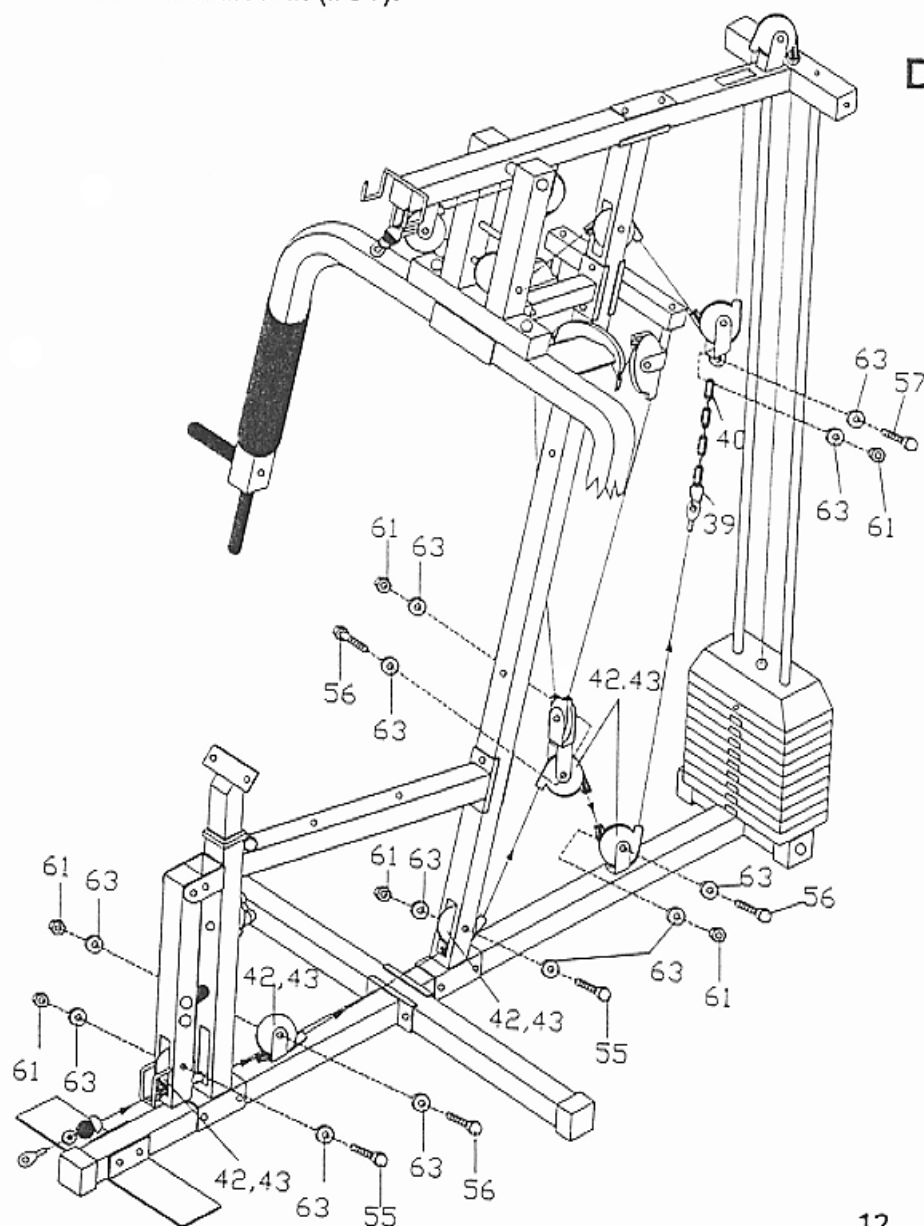


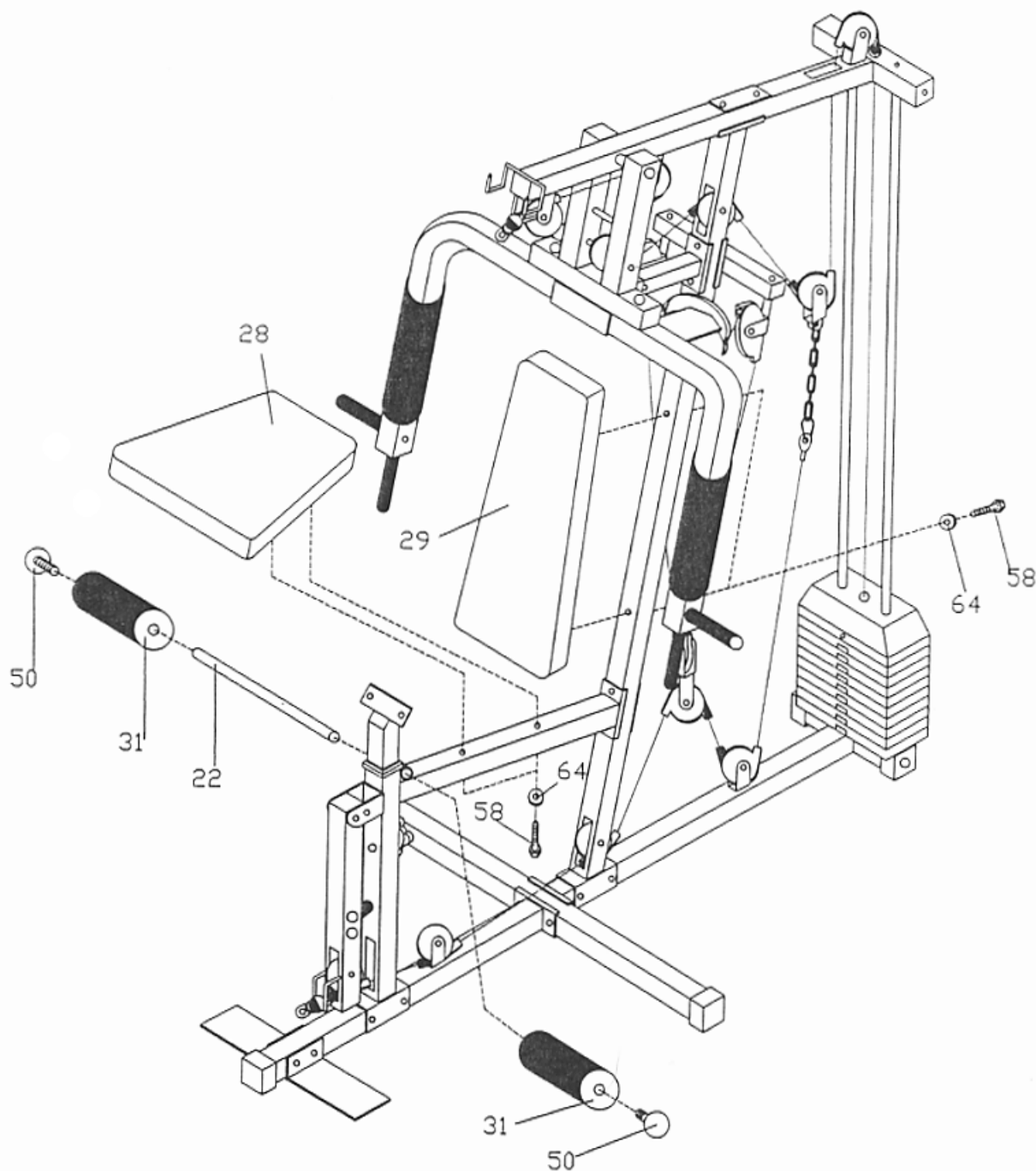
DIAGRAM 9

STEP 10

(SEE DIAGRAM 10)

- A.) Attach the Backrest Pad (#29) to the Front Vertical Frame. Secure it with two M8 x 2 1/2" Bolts (#58) and Ø1/2" Washers (#64).
- B.) Attach the Seat (#28) to the Front Main Seat Support (#7). Secure it with two M8 x 2 1/2" Bolts (#58) and Ø1/2" Washers (#64).
- C.) Insert a Foam Roll Tube (#22) halfway through the short tube in front of the Seat. Push two Foam Rolls (#31) onto the Tube from both sides. Plug two Ø1" End Caps (#50) to close the opening.

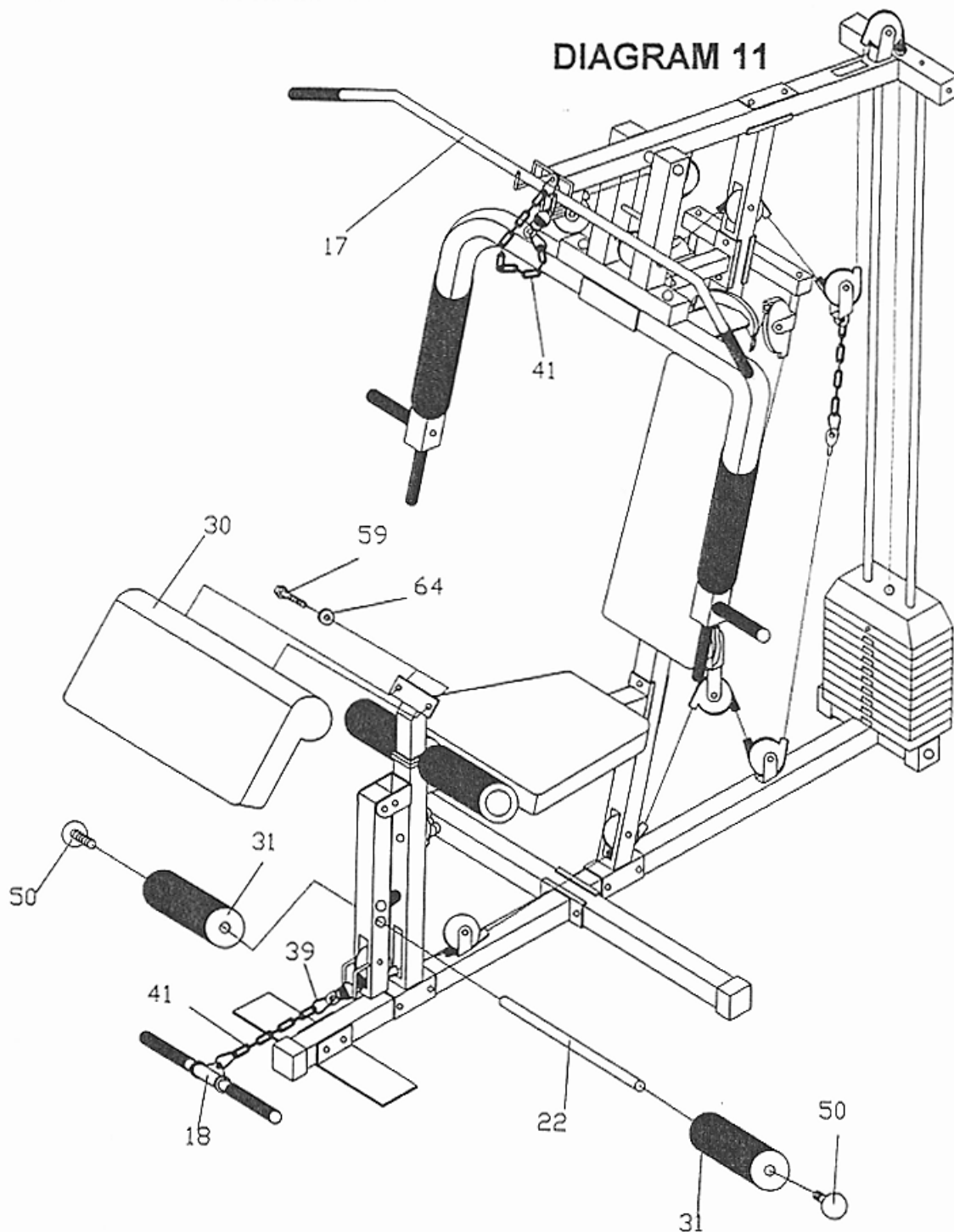
DIAGRAM 10



STEP 11

(SEE DIAGRAM 11)

- A.) Insert a Foam Roll Tube (#22) halfway through the Leg Developer (#8). Push two Foam Rolls (#31) onto the Tube from both sides. Plug two Ø1" End Caps (#50) to close the opening.
- B.) Attach the Arm Curl Pad (#30) to the Arm Curl Stand. Secure it with two Ø1/2" Washers (#64), and M8 x 5/8" Bolts (#59).
- C.) Attach a Short Chain (#41) to the Lower Cable using a Hook (#39). Attach the Shiver Bar (#18) to the other end of the Cable with a Hook.
- D.) Attach a Short Chain (#41) to the Upper Cable using a Hook (#39). Attach the Lat Bar (#17) to the other end of the Cable with a Hook.



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. The "Top" refers to the 10 lb. selector stem. The other numbers refer to the number of plates below the stem.

WEIGHT PLATES	FRONT PRESS (lbs.)	LEG CURL (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	ARM CURL (lbs.)	BUTTER FLY (lbs.)
Top	20	20	10	20	20	10
1	40	40	20	40	40	20
2	60	60	30	60	60	30
3	80	80	40	80	80	40
4	100	100	50	100	100	50
5	120	120	60	120	120	60
6	140	140	70	140	140	70
7	160	160	80	160	160	80
8	180	180	90	180	180	90
9	200	200	100	200	200	100

* Weight resistance shown for the butterfly station is for each arm.

- Actual resistance may vary.

PARTS LIST

<u>Part No.</u>	<u>Description</u>	<u>Q'ty</u>			
1.	Front Base Frame	1	36.	1" Spacer	2
2.	Rear Base Frame	1	37.	Rubber Bumper	2
3.	Stabilizer Bar	1	38.	D-Shaped Bushing	2
4.	Front Vertical Frame	1	39.	Hook	5
5.	Upper Frame	1	40.	Long Chain	1
6.	Weight Plates Guide Rod	2	41.	Short Chain	2
7.	Front Main Seat Support	1	42.	Pulley	14
8.	Leg Developer	1	43.	Pulley Cover	28
9.	Front Press Base	1	44.	Selector Pin	1
10.	Front Press Stopper	1	45.	Short Pin	2
11.	Butterfly Pulley Frame	1	46.	Ø5/8" x 8" Axle	1
12.	Left Butterfly Arm	1	47.	Ø3/8" x 7 7/8" Axle	1
13.	Right Butterfly Arm	1	48.	Knob Bolt	1
14.	Arm Curl Stand	1	49.	4 3/4" x 2" Bracket	2
15.	Butterfly Pulley Bracket	2	50.	Ø1" Foam Roll End Cap	4
16.	Selecting Rod	1	51.	Ø1 1/2" Washer	2
17.	Lat Bar	1	52.	M12 x 5 1/2" Bolt	2
18.	Shiver Bar	1	53.	M12 x 3 3/8" Bolt	1
19.	Front Press Handle	2	54.	M10 x 2 3/4" Bolt	14
20.	Single Pulley Bracket	1	55.	M10 x 2 3/8" Bolt	3
21.	Double Pulley Bracket	1	56.	M10 x 1 3/4" Bolt	10
22.	Foam Roll Tube	2	57.	M10 x 1" Bolt	5
23.	Foot Plate	2	58.	M8 x 2 1/2" Bolt	4
24.	Long Pin	1	59.	M8 x 5/8" Bolt	2
25.	Weight Plates	9	60.	M12 Aircraft Nut	5
26.	Top Plate	1	61.	M10 Aircraft Nut	34
27.	Selector Stem	1	62.	Ø1" Washer	10
28.	Seat	1	63.	Ø7/8" Washer	66
29.	Backrest Pad	1	64.	Ø1/2" Washer	6
30.	Arm Curl Pad	1	65.	M10 x 1 5/8" Socket Bolt	1
31.	Foam Roll	4	66.	M12 x 1" Bolt	4
32.	Butterfly Roam Roll	2	67.	Cone-Shaped Cap	2
33.	109" Lower Cable	1	68.	Ankle Strap	1
34.	108" Butterfly Cable	1			
35.	138" Upper Cable	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.

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.

www.impex-fitness.com
impex@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