

NOTE:  
Please read all instructions  
carefully before using this  
product

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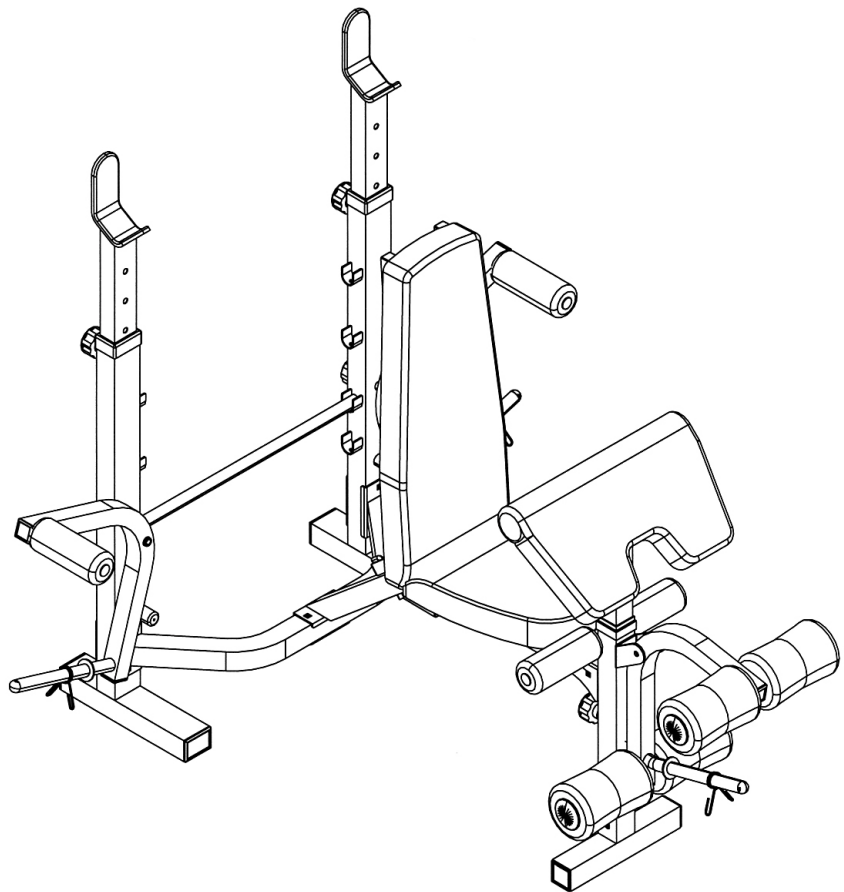
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**OWNER'S  
MANUAL**

# IMPEX

## IRON GRIP STRENGTH Standard Bench

### TSA-5682



**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 Standard Bench TSA-5682 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto: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.

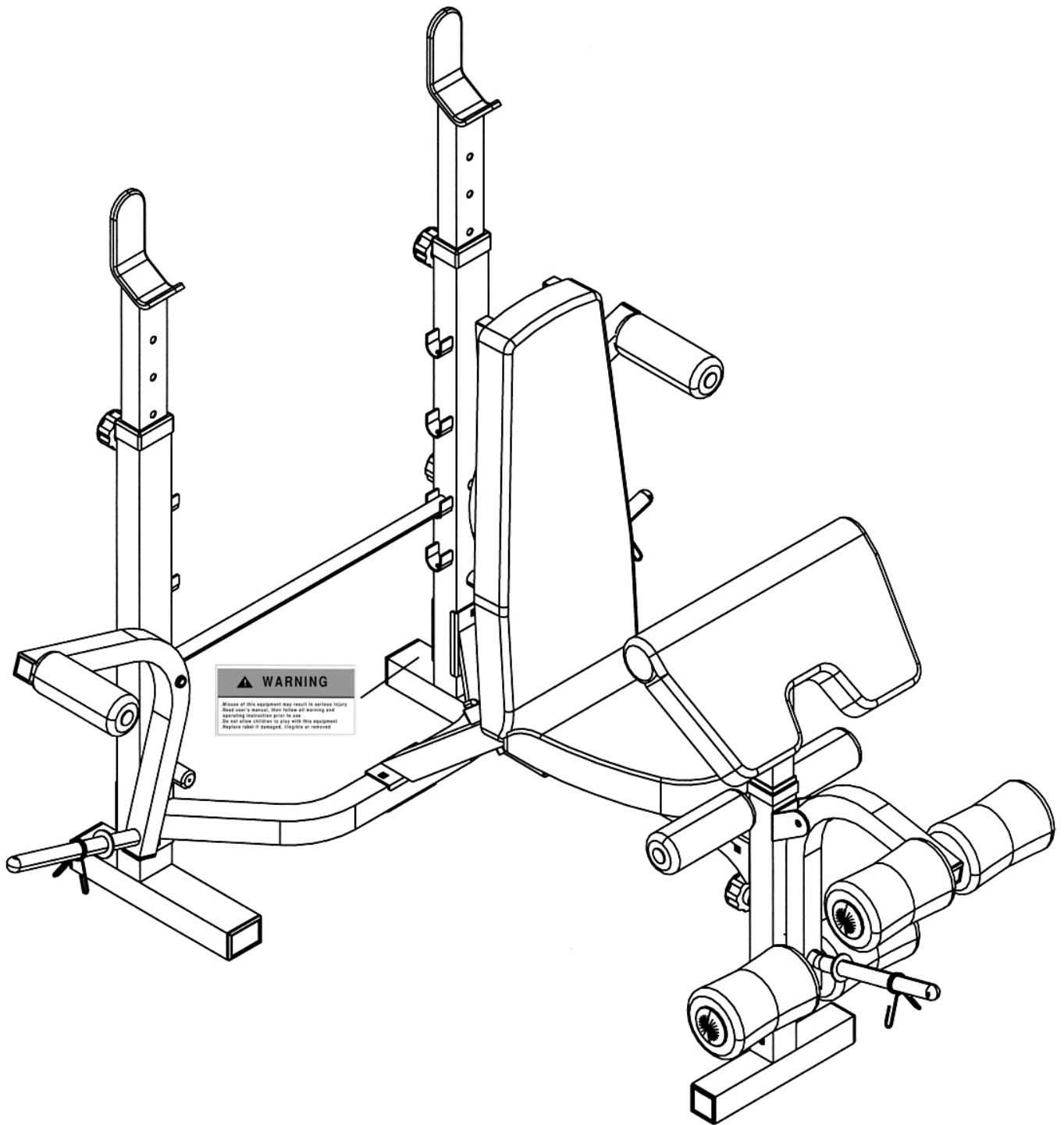
## **CARE AND MAINTENANCE**

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.**

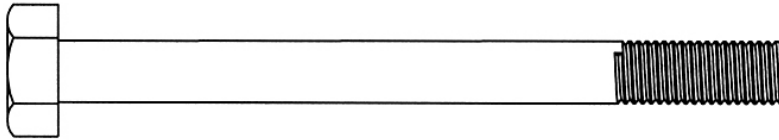
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL PLACEMENT

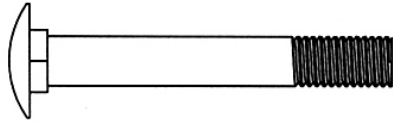


The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

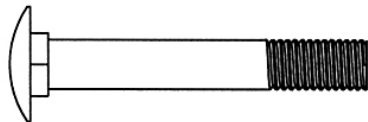
# HARDWARE PACK



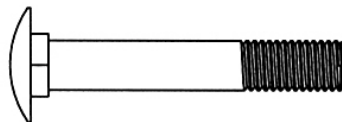
#39 M12 x 5 1/2" Hex Bolt (Qty 2)



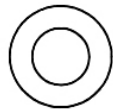
#38 M10 x 2 3/4" Carriage Bolt (Qty 4)



#37 M10 x 2 1/2" Carriage Bolt (Qty 4)



#36 M10 x 2 3/8" Carriage Bolt (Qty 1)



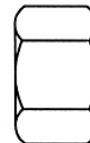
#26 Ø 3/4" Washer  
(Qty 14)



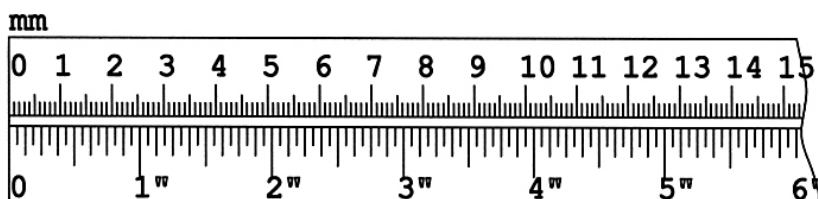
#25 Ø 5/8" Washer  
(Qty 10)



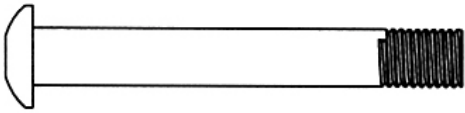
#47 M10 Aircraft Nut  
(Qty 10)



#35 M12 Regular Nut  
(Qty 2)



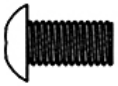
## HARDWARE PACK



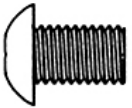
#40 M10 x 2 7/8" Allen Bolt (Qty 1)



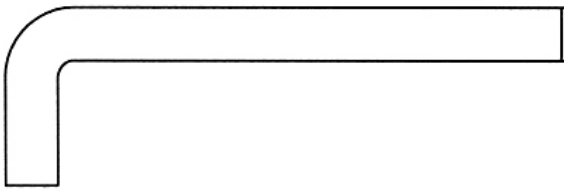
#43 M8 x 1 5/8" Allen Bolt (Qty 8)



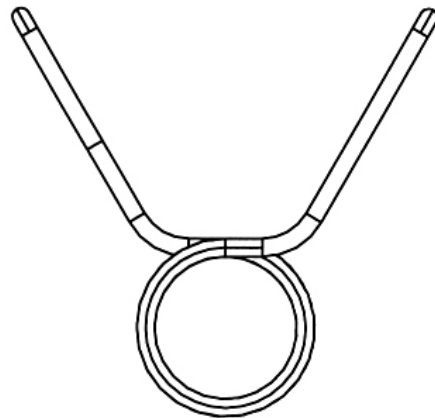
#42 M8 x 5/8" Allen Bolt (Qty 2)



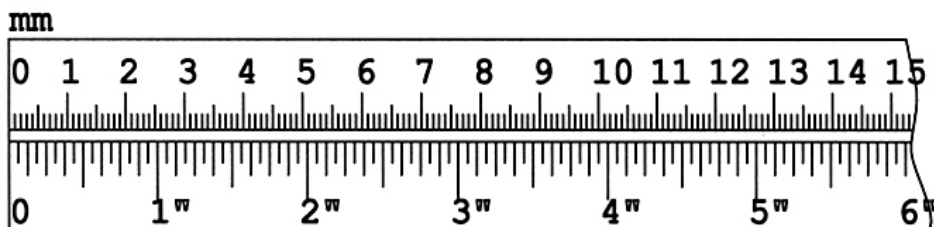
#41 M10 x 5/8" Allen Bolt (Qty 3)



#49 L-shaped Pin (Qty 1)



#24 Spring Clip (Qty 3)

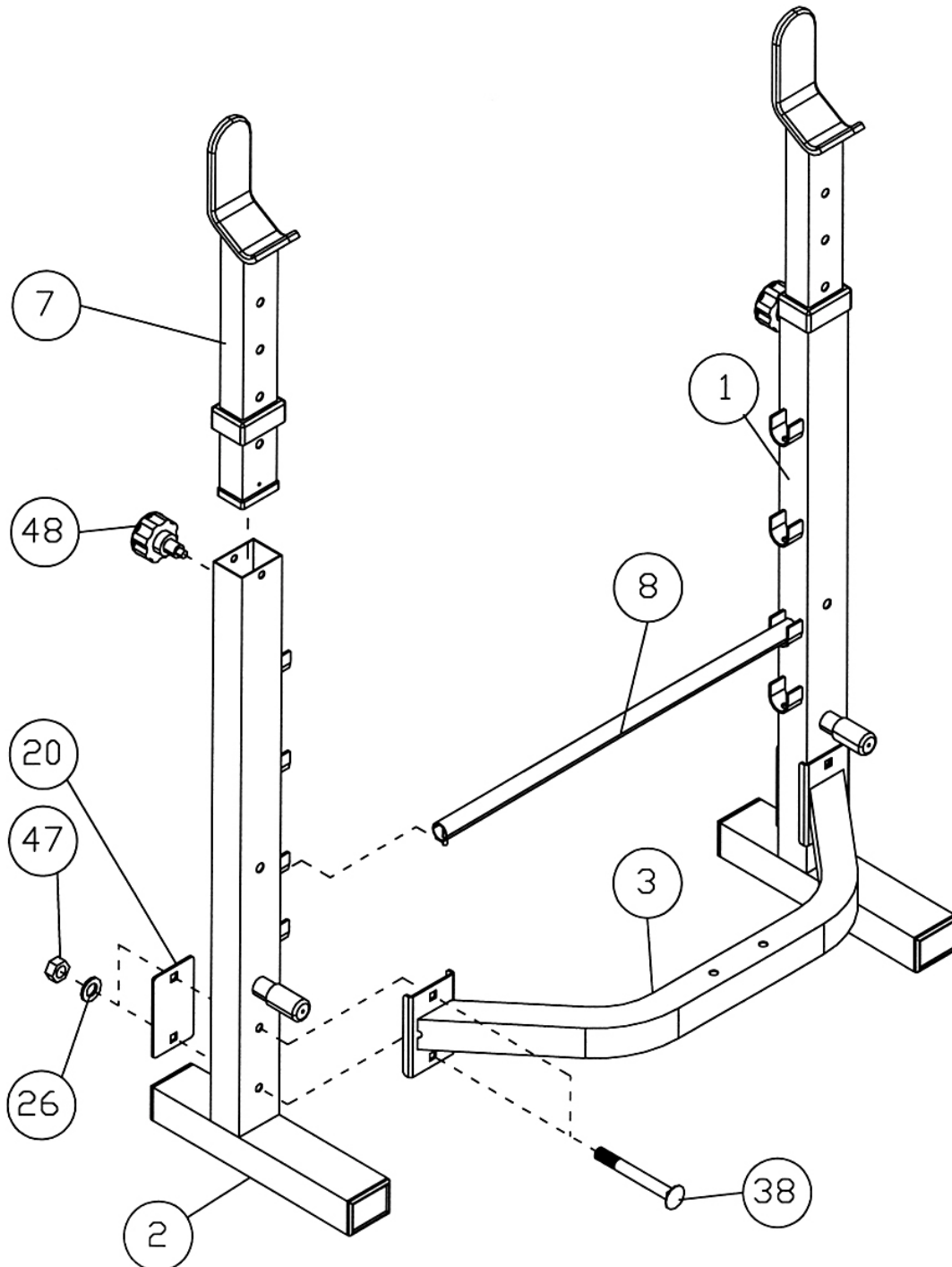


# ASSEMBLY INSTRUCTION

**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)

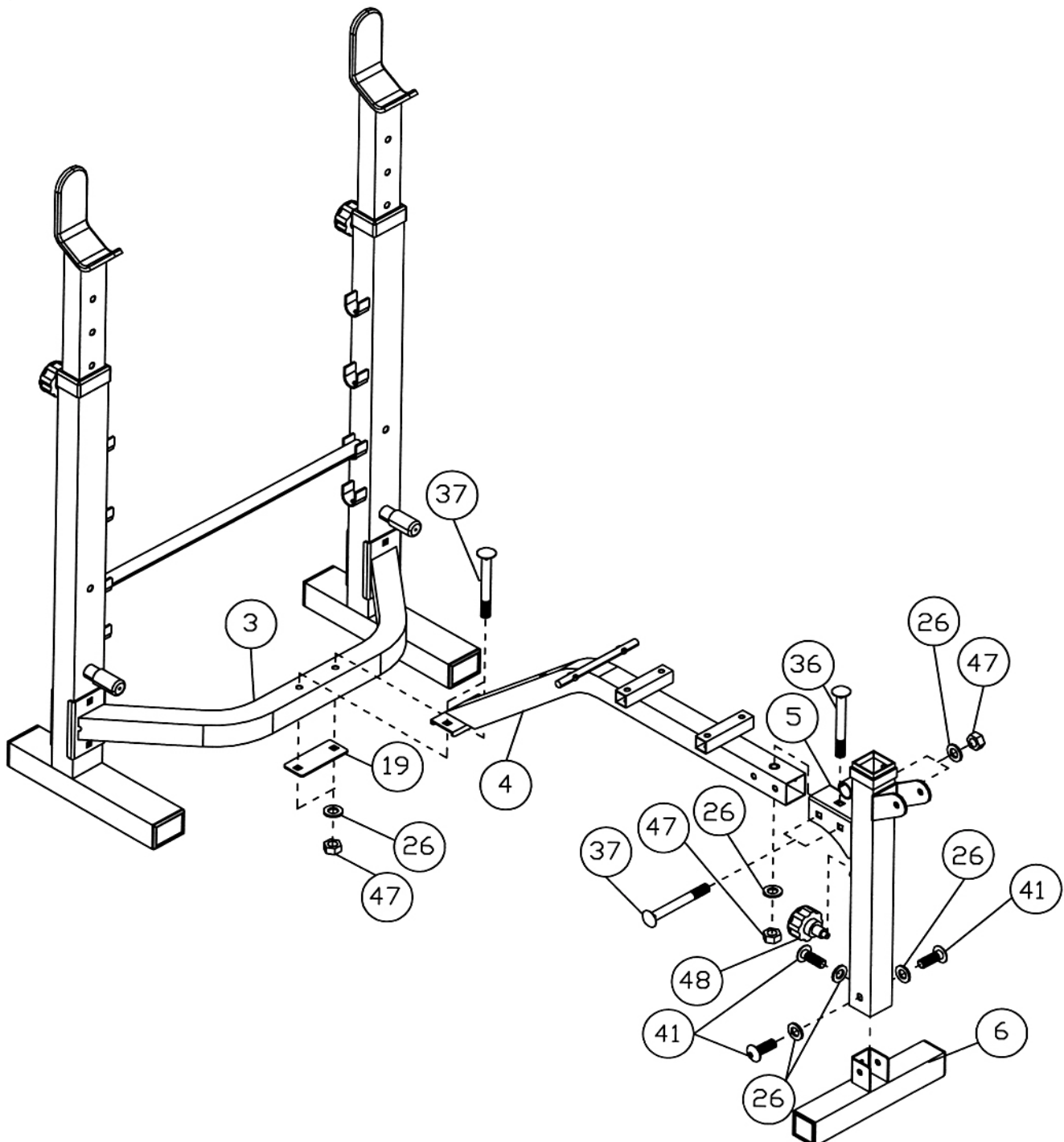
- A.) Connect the Left & Right Upright Beams (#1 & 2) by a Cross Brace (#3) in the mid-span. Align the holes and secure each end of the Cross Brace with one 4 3/4" x 2 3/4" Bracket (#20), two M10 x 2 3/4" Carriage Bolts (#38), two Ø 3/4" Washers (#26), and M10 Aircraft Nuts (#47).
- B.) Place Backrest Adjustment Bar (#8) between the two Upright Beams.
- C.) Insert two Crutches (#7) into the top openings on the Upright Beams. Secure them with two M18 Lock Knobs (#48) through selected holes to obtain desired height of the Supports.



## STEP 2 (See Diagram 2)

- A.) Attach Main Seat Support (#4) to the Cross Brace (#3). Secure it with a 4 3/8" x 1 3/4" Bracket (#19), two M10 x 2 3/4" Carriage Bolts (#37), two Ø 3/4" Washers (#26), and two M10 Aircraft Nuts (#47).
- B.) Attach the Leg Developer Holder (#5) to the Front Stabilizer (#6). Secure it with three M10 x 5/8" Allen Bolts (#41) and Ø 3/4" Washers (#26).
- C.) Attach the Leg Developer Holder to the Main Seat Support. Secure it with two M10 x 2 1/2" Carriage Bolts (#37), two Ø 3/4" Washers (#26), and M10 Aircraft Nuts (#43) horizontally. Secure it with one M10 x 2 3/8" Carriage Bolt (#36), Ø 3/4" Washer (#26) and M10 Aircraft Nut (#47) vertically.
- D.) Thread a M18 Lock Knob (#48) into the hole on the Leg Developer Holder.

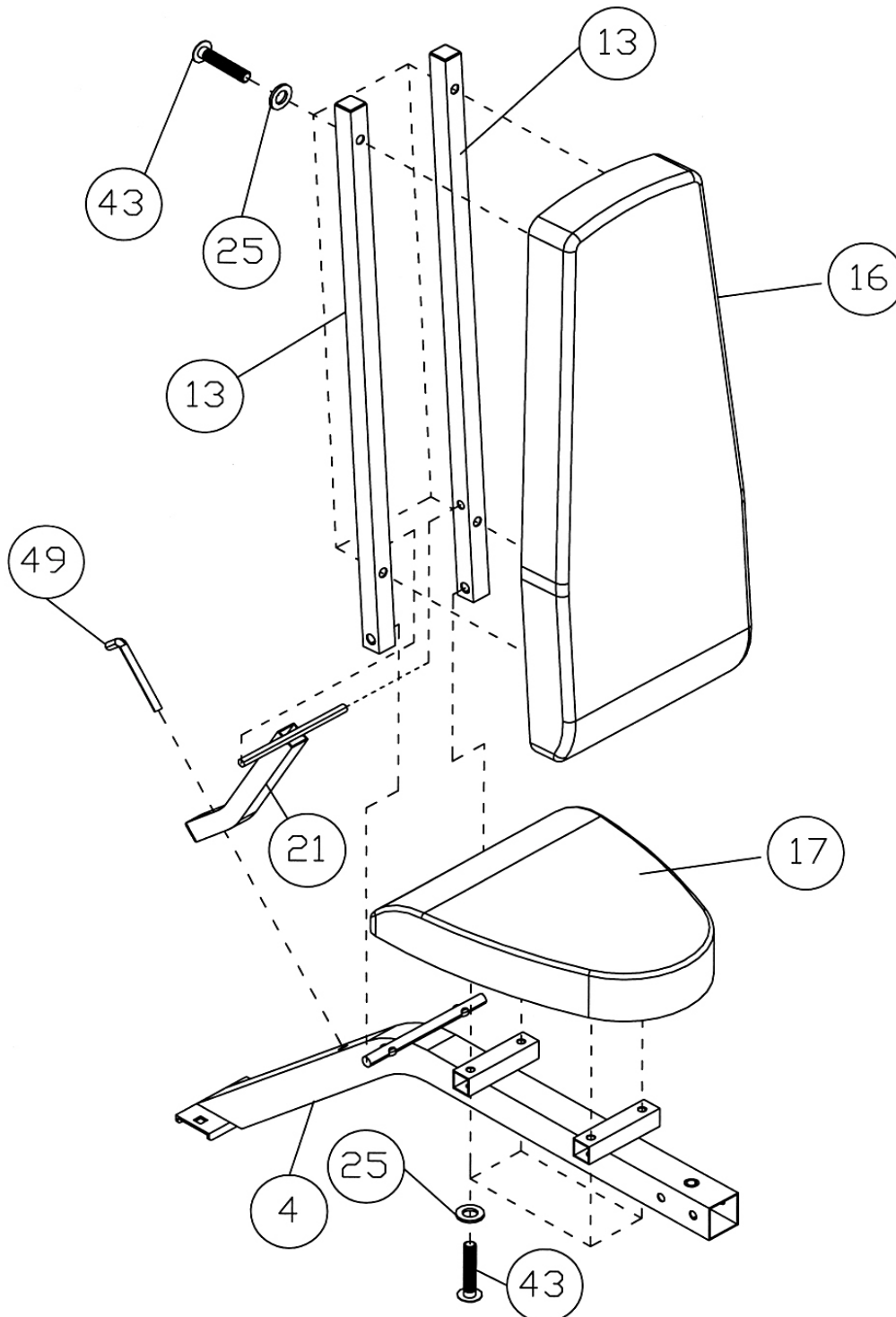
**DIAGRAM 2**





### STEP 3 (See Diagram 3)

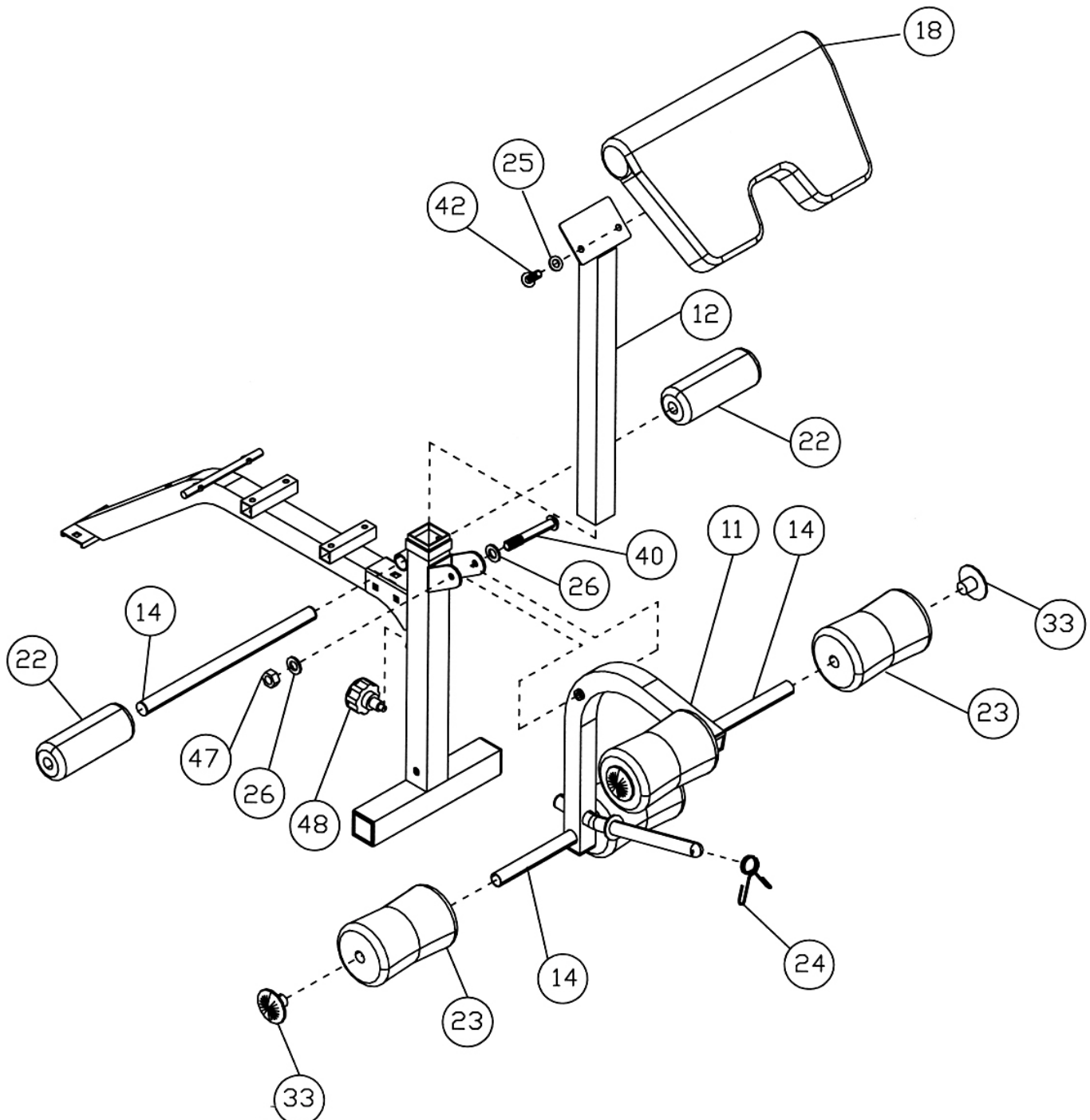
- A.) Attach the Backrest Incline Support (#21) in between the two Backrest Supports (#13). Attach the lower side-holes on the Backrest Supports to the pivot on the Main Seat Support (#4).
- B.) Place the Backrest Board (#16) onto the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#43) and Ø 5/8" Washers (#25).
- C.) Place the Seat (#17) onto the Main Seat Support. Secure it with four M8 x 1 5/8" Allen Bolts (#43) and Ø 5/8" Washers (#25).
- D.) When using the Squat from the rear of the bench, lift up the Backrest Board to a near vertical position and secure it with a L-shaped Pin (#49) into the open slot on the Main Seat Support. The only purpose of the Backrest Incline Support and the Pin is to get the Backrest Board out of the way while doing the squat exercise. They are not designed to support any weight or perform any exercise.



#### STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#11) to the Leg Developer Holder. Secure it with one M10 x 2 7/8" Allen Bolt (#40), two Ø 3/4" Washers (#26), and one M10 Aircraft Nut (#47).
- B.) Insert one Foam Tube (#14) halfway through the hole on the Leg Developer Holder. Push two Ø 2 3/4" Foam Rolls (#22) onto the Tube from both ends.
- C.) Insert two Foam Tubes halfway through the holes on the Leg Developer. Push four Ø 4" Foam Rolls (#23) onto the Tubes from both ends. Insert four Foam Roll End Caps (#33) into the ends.
- D.) Attach the Arm Curl Pad (#18) to the Arm Curl Stand (#12). Secure it with two M8 x 5/8" Allen Bolts (#42) and Ø 5/8" Washers (#25).
- E.) Pull the M18 Lock Knob (#48) and insert the Arm Curl Stand into the opening on the Leg Developer Holder. Remove the Arm Curl Stand when doing leg exercises.
- F.) Attach a Spring Clip (#24) to the weight post on the Leg Developer.

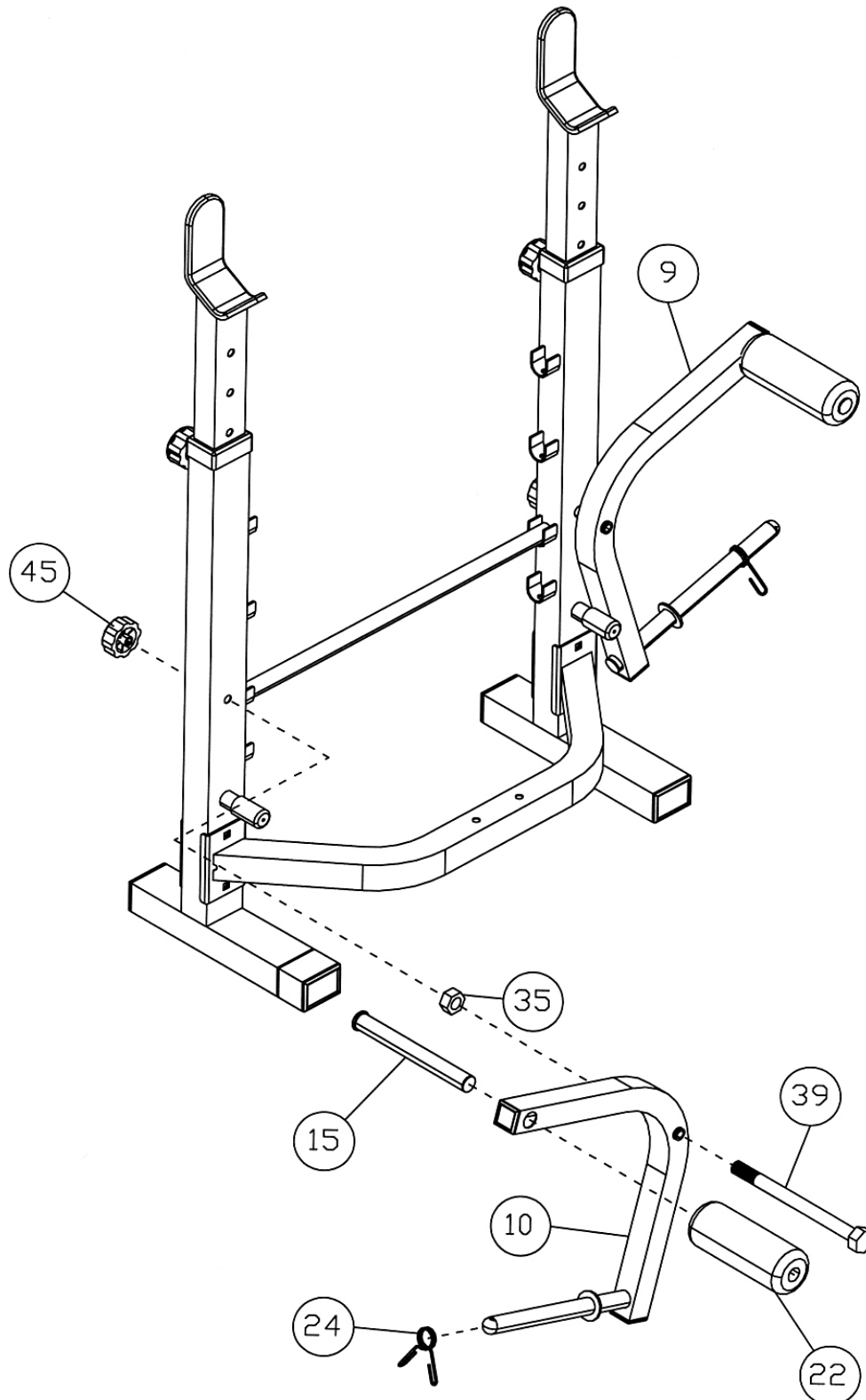
**DIAGRAM 4**



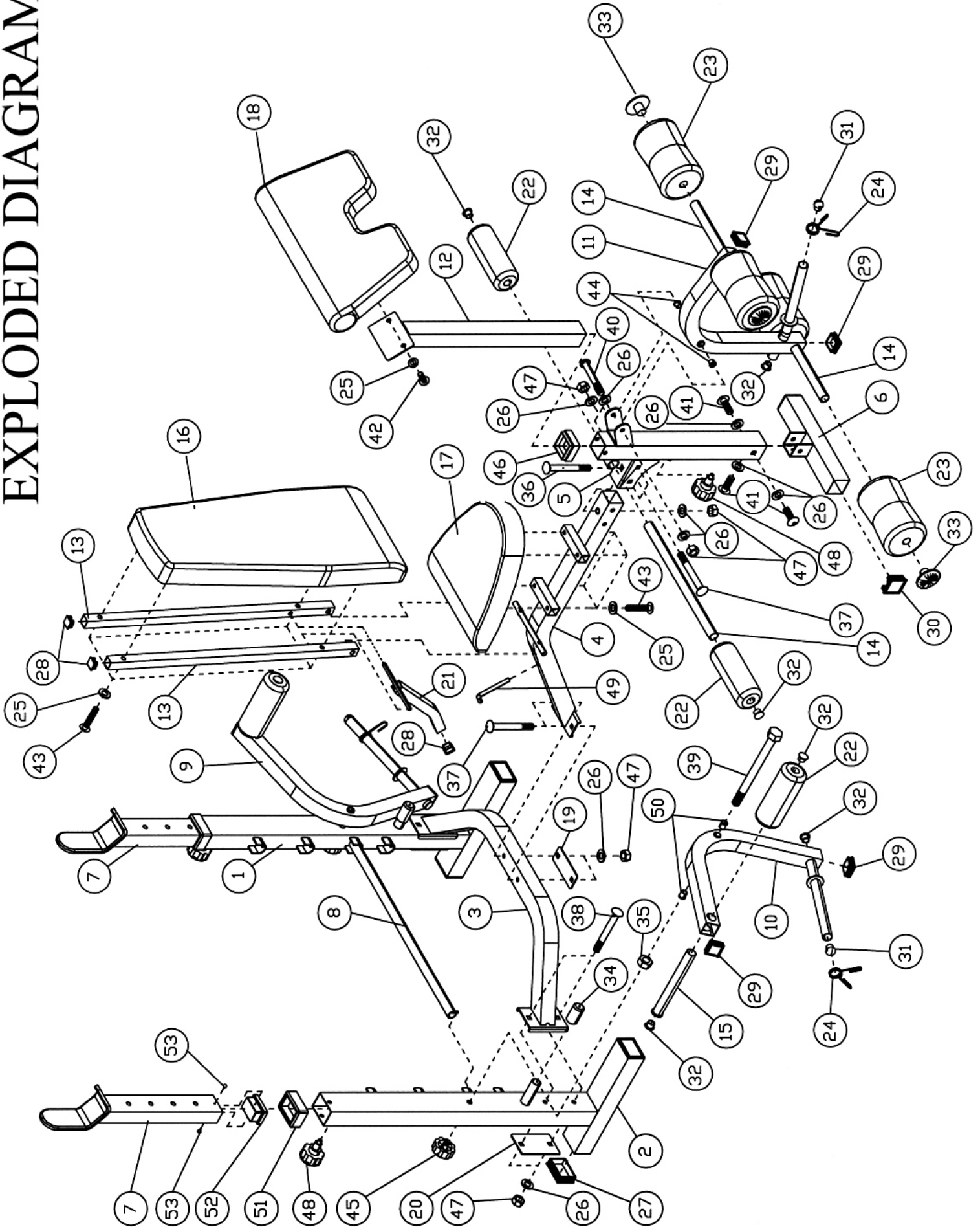
### STEP 5 (See Diagram 5)

- A.) Insert a M12 x 5 1/2" Hex Bolt (#39) through the Right Butterfly (#10). Secure the Bolt with a M12 Regular Nut (#53). Insert the Bolt through the hole on the Right Upright Beam and secure it with a M12 Knob (#45).
- B.) Insert a Butterfly Handle (#15) through the hole on the Right Butterfly from the rear. Push a Ø 2 3/4" Foam Roll (#22) onto the Handle.
- C.) Attach a Spring Clip (#24) to the weight post on the Butterfly.
- D.) Repeat Procedures A, B & C above to install the Left Butterfly (#9).

**DIAGRAM 5**



# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Main Seat Support	1
5	Leg Developer Holder	1
6	Front Stabilizer	1
7	Crutch	2
8	Backrest Adjustment Bar	1
9	Left Butterfly	1
10	Right Butterfly	1
11	Leg Developer	1
12	Arm Curl Stand	1
13	Backrest Support	2
14	Foam Tube	3
15	Butterfly Handle	2
16	Backrest Board	1
17	Seat	1
18	Arm Curl Pad	1
19	4 3/8" x 1 3/4" Bracket	1
20	4 3/4" x 2 3/4" Bracket	2
21	Backrest Incline Support	1
22	Ø 2 3/4" Foam Roll	4
23	Ø 4" Foam Roll	4
24	Spring Clip	3
25	Ø 5/8" Washer	10
26	Ø 3/4" Washer	14
27	2 3/4" x 2" End Cap	4
28	1" Square End Cap	3
29	1 1/2" Square End Cap	6
30	2" Square End Cap	2
31	Ø 1" Cone-shaped End Cap	3
32	Ø 1" End Cap	9
33	Foam Roll End Cap	4
34	Rubber Bumper	2
35	M12 Regular Nut	2
36	M10 x 2 3/8" Carriage Bolt	1
37	M10 x 2 1/2" Carriage Bolt	4
38	M10 x 2 3/4" Carriage Bolt	4
39	M12 x 5 1/2" Hex Bolt	2
40	M10 x 2 7/8" Allen Bolt	1
41	M10 x 5/8" Allen Bolt	3
42	M8 5/8" Allen Bolt	2
43	M8 x 1 5/8" Allen Bolt	8
44	Bushing	2
45	M12 Lock Knob	2
46	2" x 2" Sleeve	1
47	M10 Aircraft Nut	10
48	M18 Lock Knob	3
49	L-shaped Pin	1
50	Butterfly Bushing	4
51	Upright Beam Sleeve	2
52	Inner Cap	2
53	Philip Screw	4

# ***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](http://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](mailto: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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