

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
DBR-56

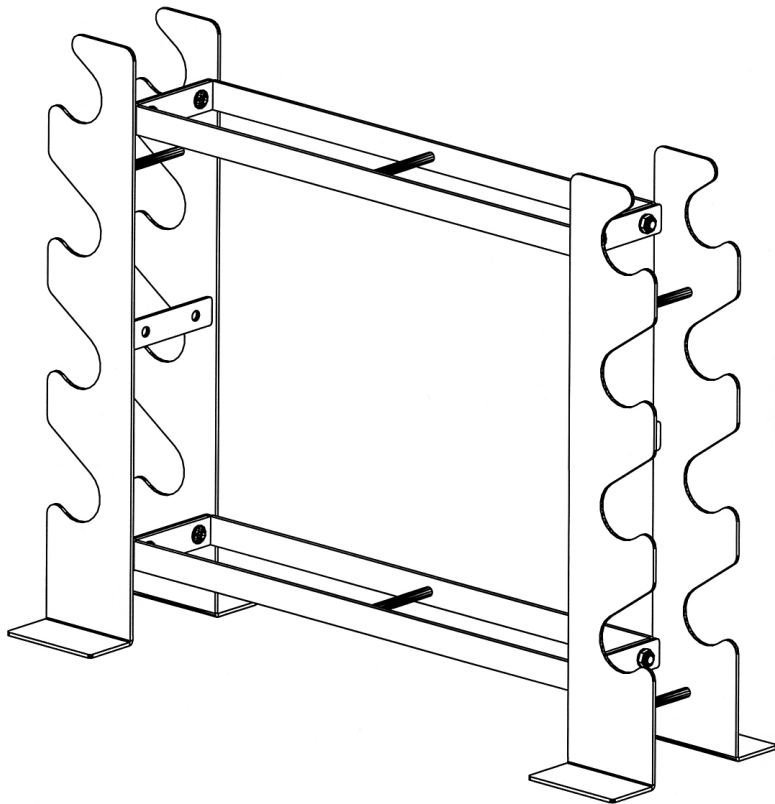
Retain This
Manual for
Reference

06-04-08

OWNER'S
MANUAL

IMPEX

APEX Compact Dumbbell Rack DBR 56



IMPEX[®] INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	5
PARTS LIST.....	6
WARRANTY.....	7
ORDERING PARTS.....	7

BEFORE YOU BEGIN

Thank you for selecting the APEX Dumbbell Rack DBR-56 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

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

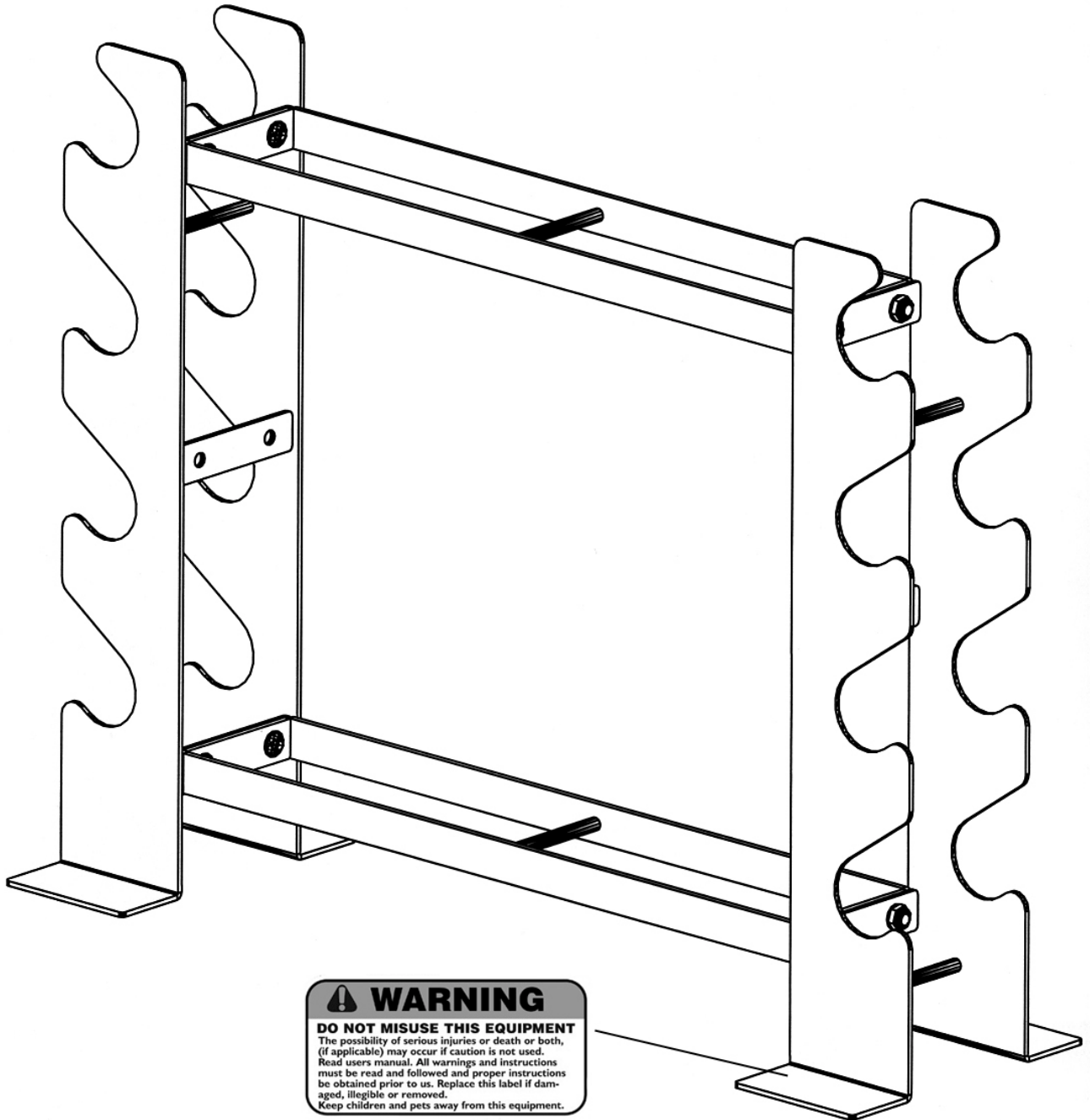
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. Never leave children unattended in the same room with the equipment.**
2. Only one person at a time should be using the equipment.
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 equipment on a clear, leveled surface. DO NOT use the equipment 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 equipment 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 equipment.
9. Disabled person should not use the equipment without a qualified trainer or physician in attendance.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if it is not functioning properly.
12. Maximum weight capacity for the rack: 400 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.

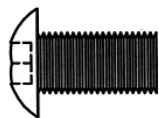
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

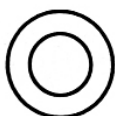


The Warning Label shown here has been placed on the Upright. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

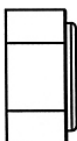
HARDWARE PACK



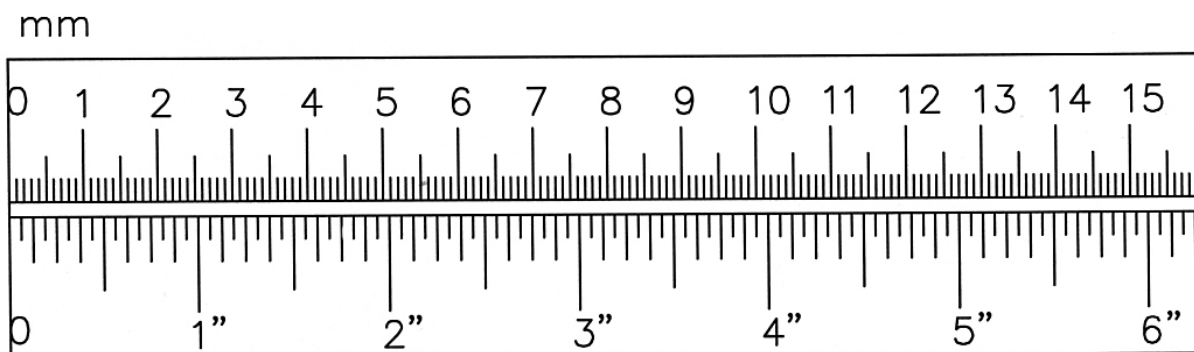
#3 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 8)



#4 $\varnothing \frac{5}{8}$ " Washer (Qty 16)



#5 M8 Aircraft Nut (Qty 8)



ASSEMBLY INSTRUCTION

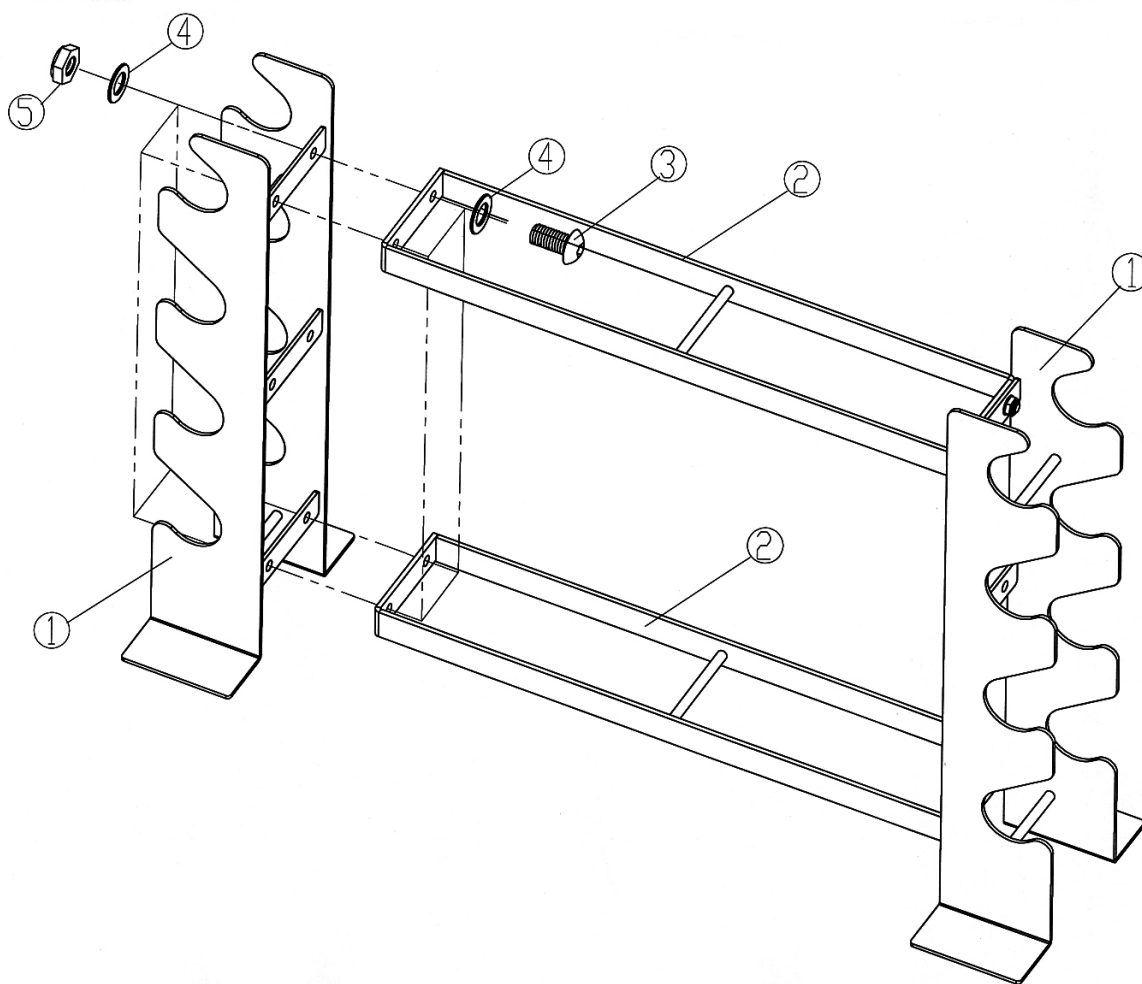
Tools Required Assembling the Machine: One Adjustable Wrench and Allen Wrench

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

STEP 1 (See Diagram Below)

- A.) Connect one Horizontal Rack (#2) to the two Uprights (#1). Secure each end with two M8 x 5/8" Allen Bolts (#3), four \varnothing 5/8" Washers (#4), and two M8 Aircraft Nuts (#5). Do NOT tighten all the Nuts and Bolts yet.
- B.) Repeat the above procedure A to install the other Horizontal Rack.
- C.) Securely tighten all Nuts and Bolts.

EXPLODED DIAGRAM



Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Horizontal Rack	2
3	M8 x 5/8" Allen Bolt	8
4	Ø 5/8" Washer	16
5	M8 Aircraft Nut	8

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

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