

NOTE:
Please read all instructions
carefully before using this
product

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Model
IGS-06

Retain This
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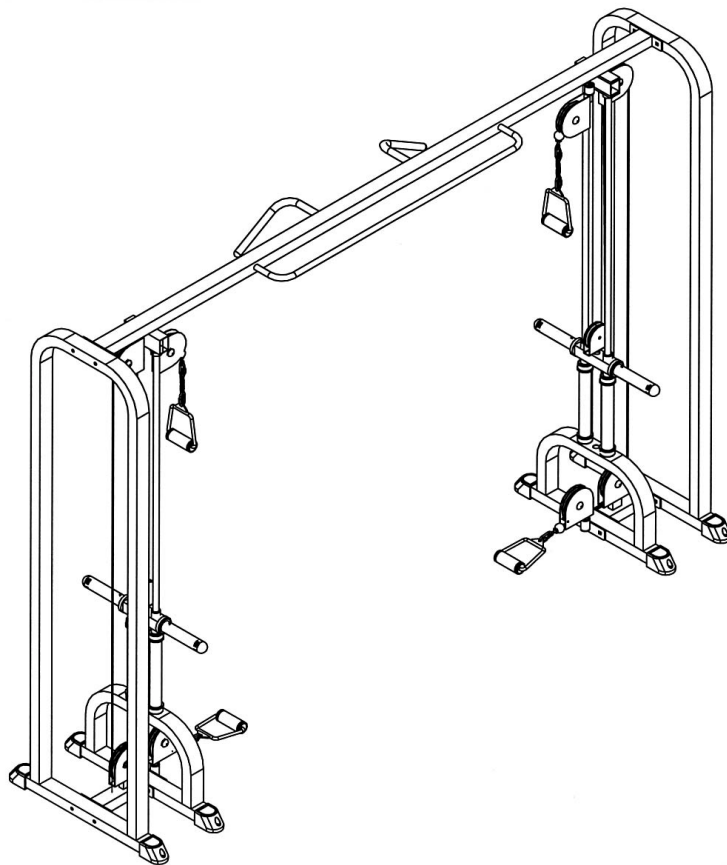
04-18-02

OWNER'S
MANUAL

IRON GRIP

SPORT™

IGS-06 CABLE CROSSOVER



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP SPORT Cable Crossover 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

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 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

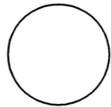


M10

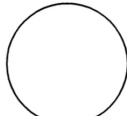
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

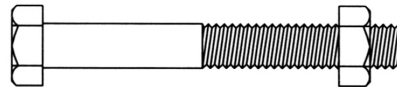
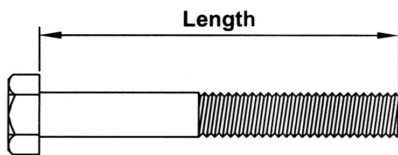
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

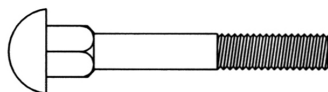


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NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

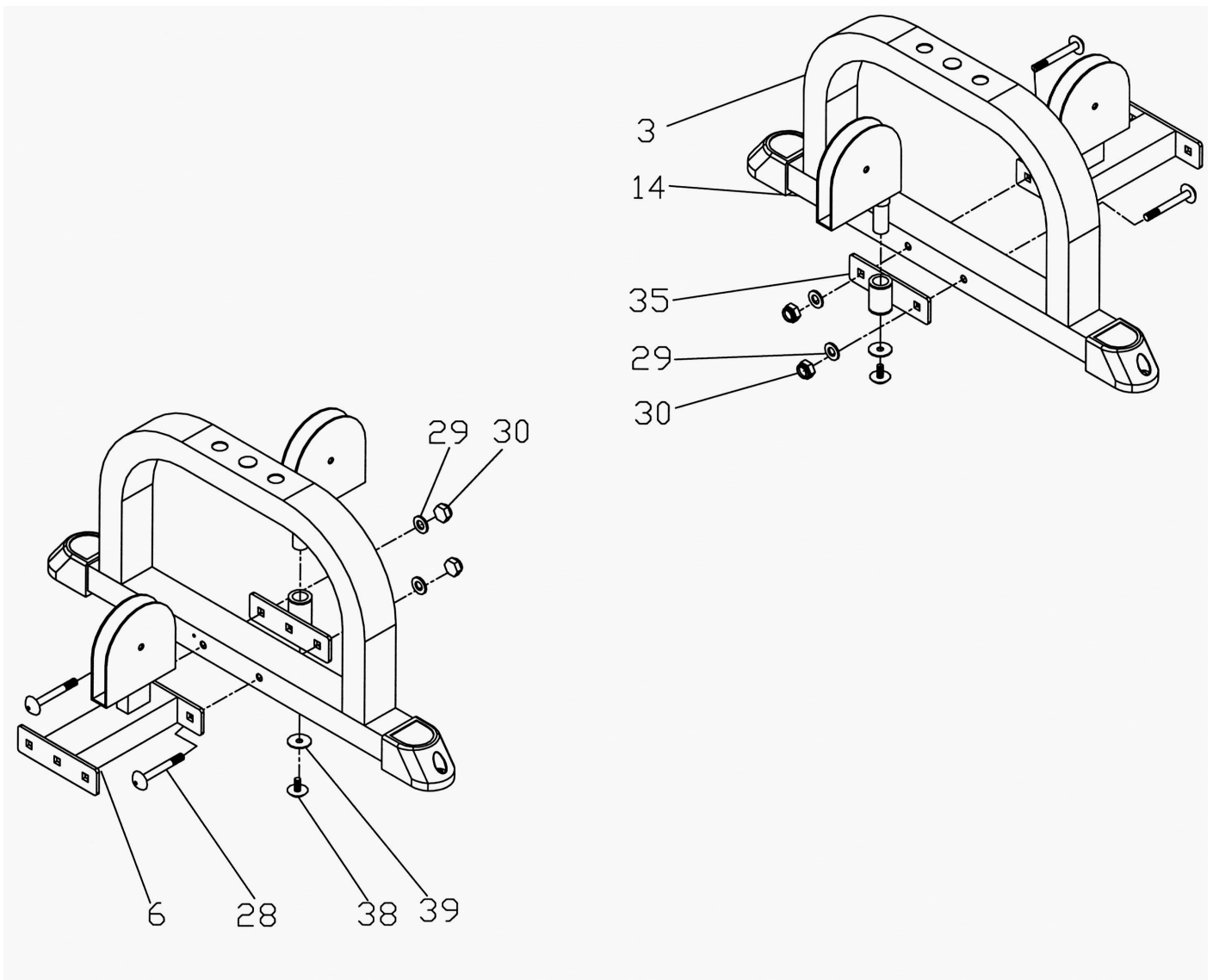
Tools Required Assembling the Machine: Adjustable Wrench and Allen Wrench

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

STEP 1 (See Diagram 1)

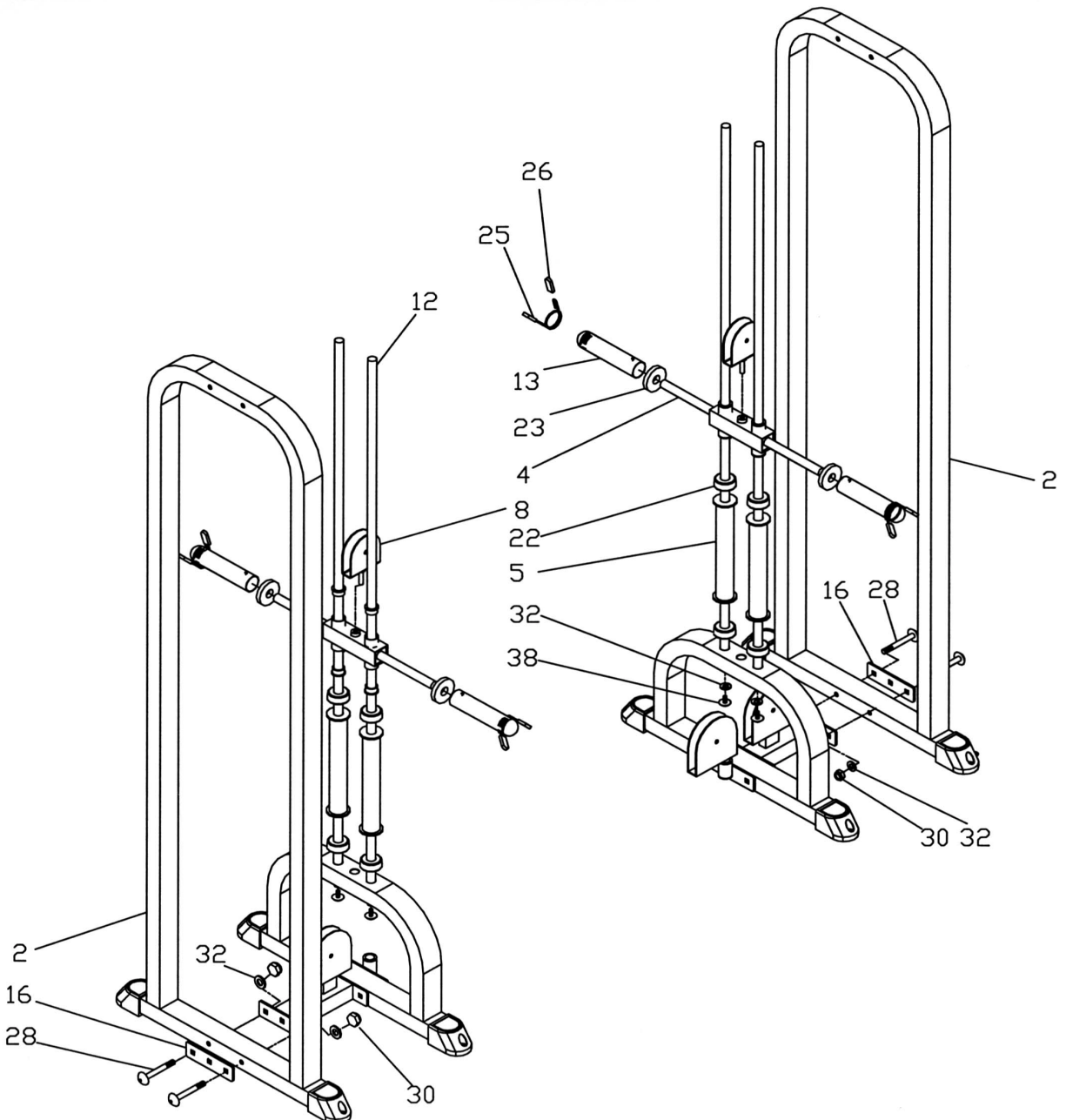
- A.) Attach a Floor Stabilizer (#6) and a Lower Pivot Bracket (#35) to the Base Frame (#3). Secure it with two M12 x 4" Carriage Bolts (#28), \varnothing 1" Washers (#29), and M12 Aircraft Nuts (#30).
- B.) Insert the Lower Pulley Bracket (#14) into the hole on the Lower Pivot Bracket (#35). Secure it with one M10 x 1" Allen Bolt (#38) and \varnothing 1 1/2" Washer (#39).
- C.) Repeat the procedure A and B above to install the other side.

DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach a Support Frame (#2) to the Floor Stabilizer (#6). Secure it with one Bracket (#16), two M12 x 4" Carriage Bolts (#28), \varnothing 1" Washers (#29), and M12 Aircraft Nuts (#30).
- B.) Insert two Guide Rods (#12) into the holes on top of the Base Frame (#3). Secure each Guide Rod with one M10 x 1" Allen Bolt (#38) and \varnothing 3/4" Washer (#32) from the bottom.
- C.) Slide one 1" Thick Rubber Bumper (#22) onto each Guide Rod from top. Note: WD40 or similar lubricant might be needed. Slide one Guide Rod Sleeve (#5) onto each Guide Rod from top. Then slide one more 1" Rubber Bumper (#22) onto each Guide Rod from the top.
- D.) Screw a Small Pulley Bracket (#8) to the top of the Weight Holder (#4). Slide the Weight Holder (#4) onto the two Guide Rods (#12) from the top. Slide one 1/2" Thick Rubber Bumper (#23) and Olympic Sleeve (#13) onto the Weight Holder from each end. Clip one Spring Clip (#25) onto each end of Olympic Sleeve.
- E.) Repeat the Step A, B, C, D above to install the other side.
- F.) It is strongly recommended to spray lubricant such as WD-40 on the Guide Rods to minimize friction.



STEP 3 (See Diagram 3 & Cable Loop Diagram)

- A.) Attach the horizontal beam on the Crossover Frame (#1) to the top of the two Guide Rods (#12). Note: Help of a second or third person is a must!! Secure the Guide Rods with two M10 x 1" Allen Bolts (#38) and $\varnothing \frac{3}{4}$ " Washers (#32). Repeat the same procedure to install the other side.
- B.) Secure each end of Crossover Frame to each Rear Support Frame (#2) with one Bracket (#16), two M12 x 4" Carriage Bolts (#28), two $\varnothing 1$ " Washers (#29), and two M12 Aircraft Nuts (#30).
- C.) Attach an Upper Pulley Bracket (#9) to the horizontal beam on the Crossover Frame (#1). Secure it with a M10 x 1" Allen Bolt (#38) and $\varnothing 1 \frac{1}{2}$ " Washer (#39). Repeat the same step to install the other side.
- D.) Attach the Cable (#20) to the Lower Pulley Bracket (#14). Attach a 6" Pulley (#18) to the Bracket. Secure it with one M10 x 2" Allen Bolts (#31), two $\varnothing \frac{3}{4}$ " Washers (#32), and one M10 Aircraft Nut (#33).
- E.) Pull the Cable (#20) to the open bracket on the Floor Stabilizer (#6). Repeat Step D above to install a 6" Pulley (#18).
- F.) Pull the Cable upward towards the open pulley bracket on the Crossover Frame (#1). Install another 6" Pulley (#18).
- G.) Draw the Cable downward to the Small Pulley Bracket (#8) on the Weight Holder (#4). Install a 4 $\frac{1}{2}$ " Pulley (#19) to the bracket.
- H.) Pull the Cable upward to the Upper Pulley Bracket (#9). Install a 6" Pulley.
- I.) Repeat the steps above to install the other side.
- J.) Attach a C-clip (#37) to the end of the Cable. Attach one end of a Chain (#36) to the C-clip and the other end to the Handle. Repeat to install the other three handles.

CABLE LOOP DIAGRAM

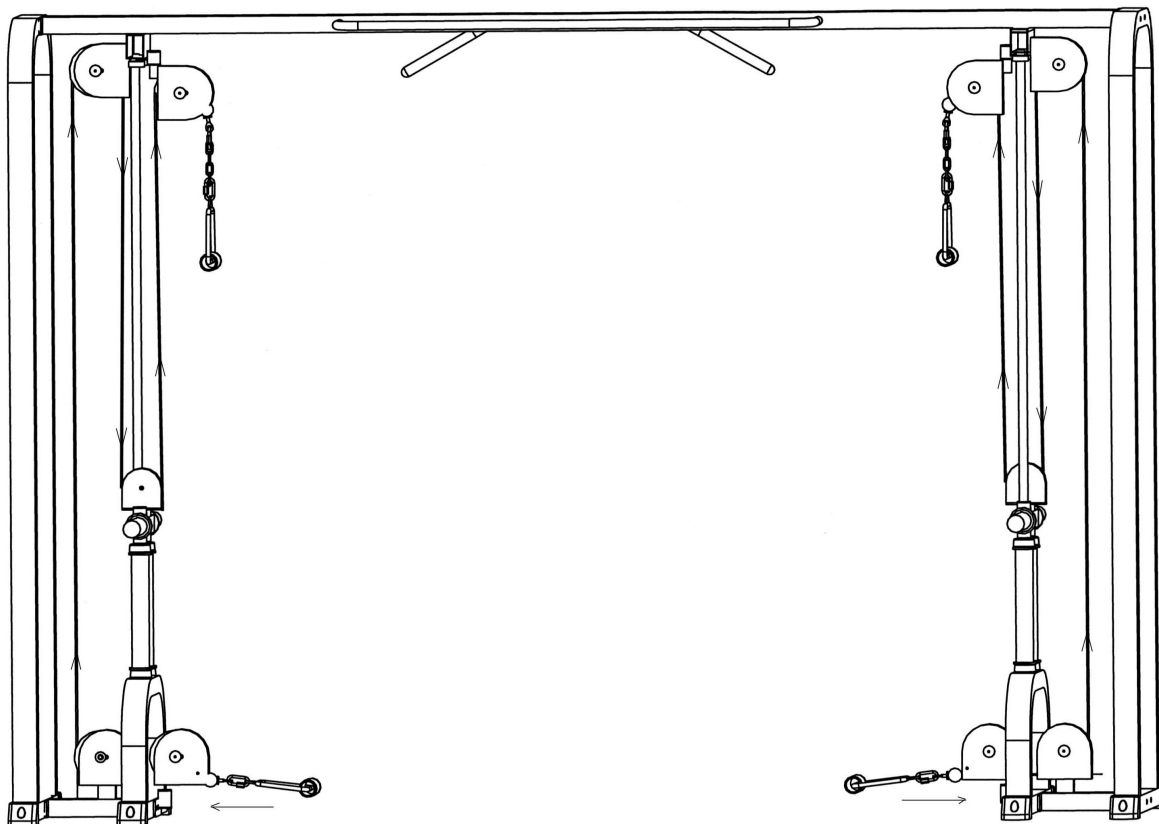
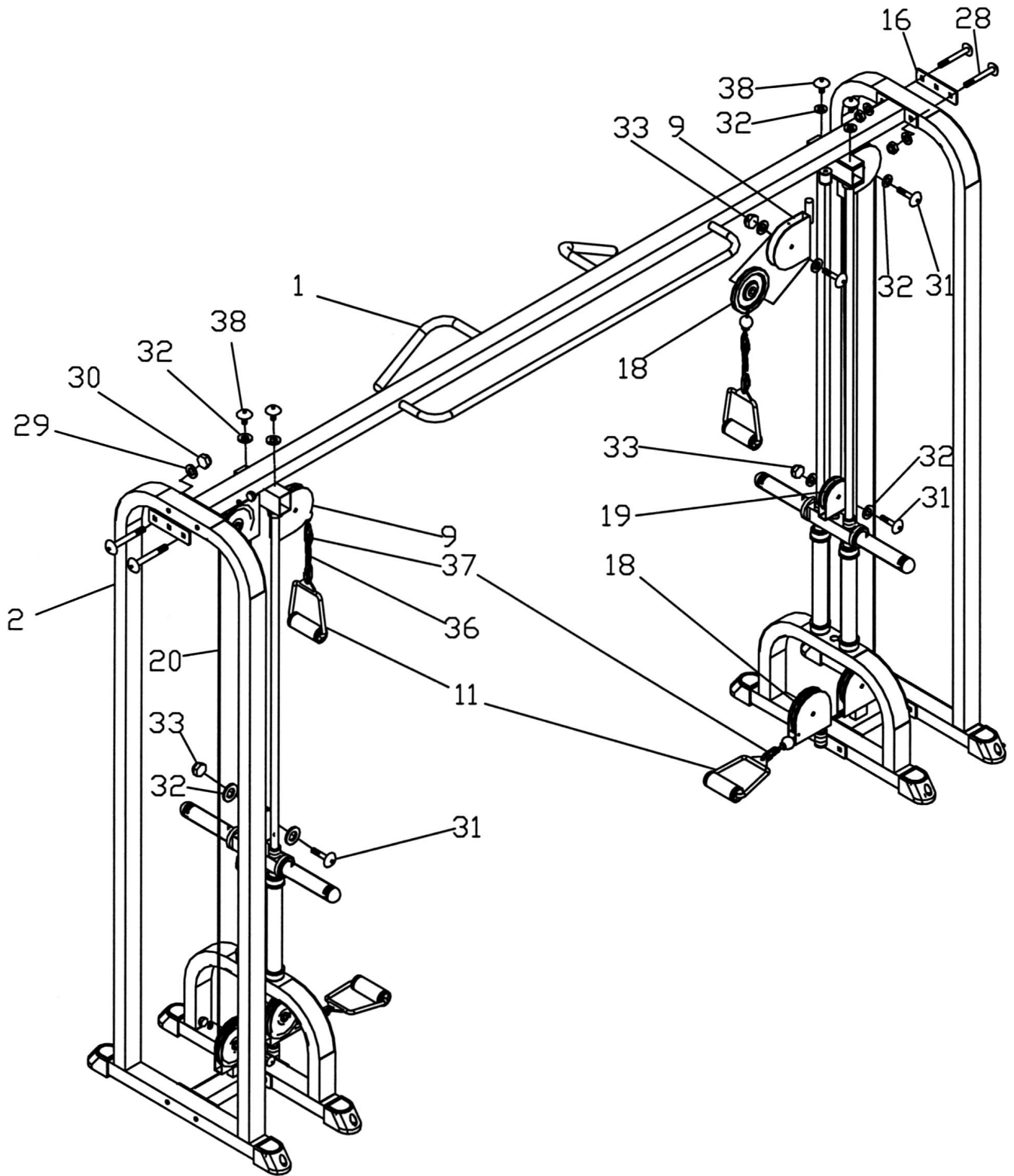
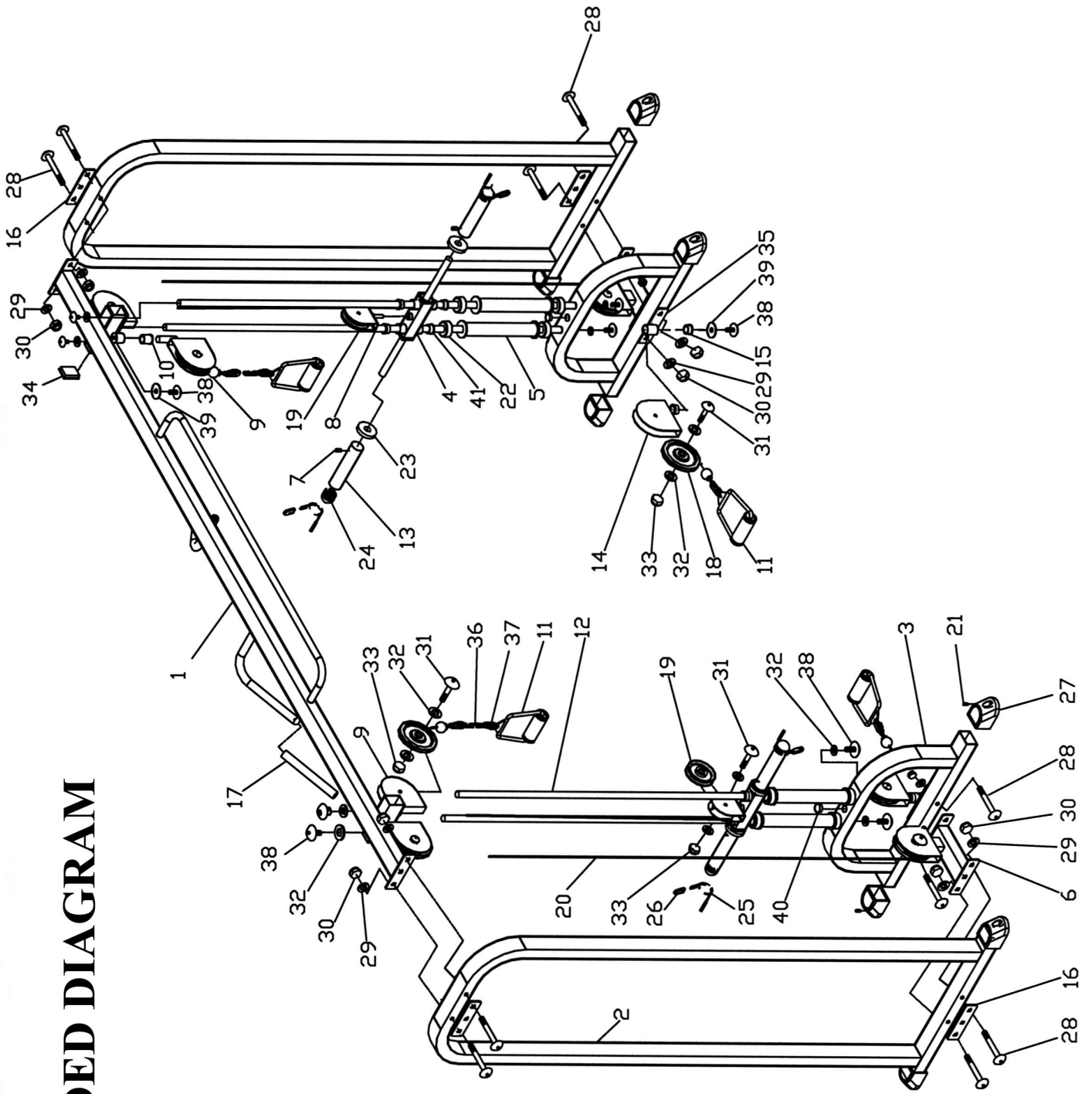


DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Crossover Frame	1
2	Support Frame	2
3	Base Frame	2
4	Weight Holder	2
5	Guide Rod Sleeve	4
6	Floor Stabilizer	2
7	Allen Bolt	4
8	Small Pulley Bracket	2
9	Large Upper Pulley Bracket	2
10	Ø 1" x 1 ½" Brass Bushing	2
11	Handle	4
12	Guide Rod	4
13	Olympic Sleeve	4
14	Lower Pulley Bracket	2
15	Ø 1" x ¾" Brass Bushing	4
16	Bracket	4
17	Chin Up Grip	2
18	6" Pulley	8
19	4 ½" Pulley	2
20	Cable	2
21	M10 x 1" Round Allen Bolt	8
22	1" Thick Rubber Bumper	8
23	½" Thick Rubber Bumper	4
24	Olympic Sleeve End Cap	4
25	Spring Clip	4
26	Spring Clip Sleeve	8
27	Horse Shoe End Cap	8
28	M12 x 4" Carriage Bolt	12
29	Ø 1" Washer	12
30	M12 Aircraft Nut	12
31	M10 x 2" Allen Bolt	10
32	Ø ¾" Washer	28
33	M10 Aircraft Nut	10
34	2" x 2 ¾" End Cap	4
35	Lower Pivot Bracket	4
36	Chain	2
37	C-clip	8
38	M10 x 1" Allen Bolt	12
39	Ø 1 ½" Washer	4
40	Cone-shaped End Cap	2
41	Plastic Bushing	8

IRON GRIP SPORT

By IMPEX FITNESS PRODUCTS

LIMITED LIFE TIME WARRANTY

IMPEX FITNESS PRODUCTS ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of LIFE TIME on the Frame and Weld, 3 YEARS on parts, and 6 MONTHS on upholstery 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 heavy 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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