

NOTE:
Please read all instructions
carefully before using this
product

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Model
CB-430

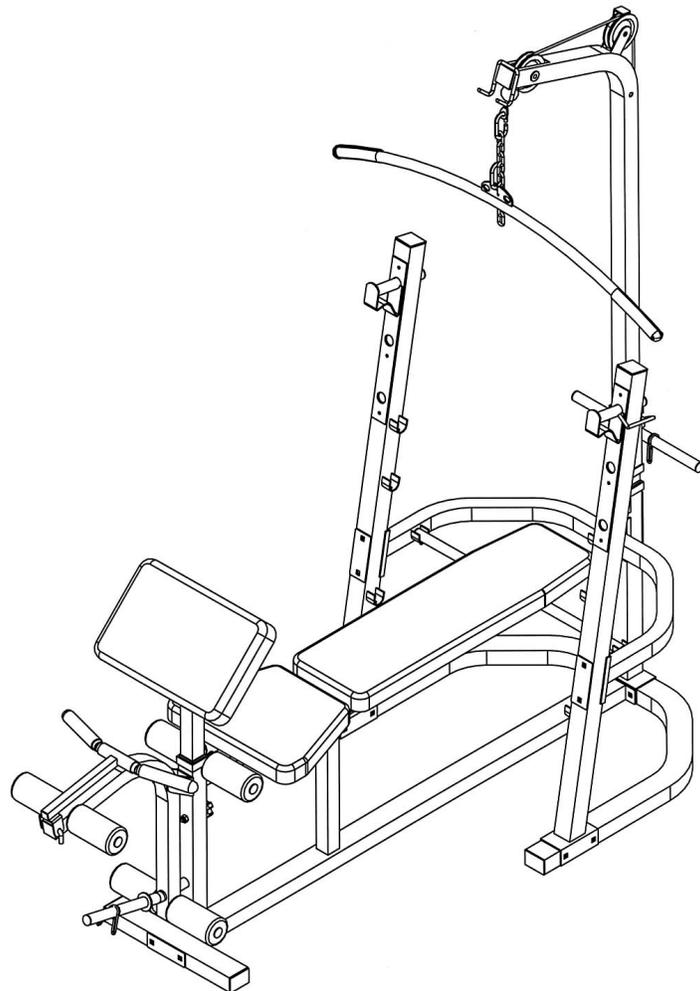
Retain This
Manual for
Reference

07-03-03

**OWNER'S
MANUAL**

IMPEX
FITNESS PRODUCTS

COMPETITOR BENCH CB-430



IMPEX FITNESS PRODUCTS

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

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BEFORE YOU BEGIN

Thank you for selecting the COMPETITOR CB-430 Bench 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

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

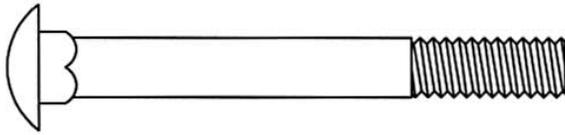
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.
12. A spotter is recommended during exercise.

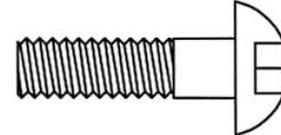
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

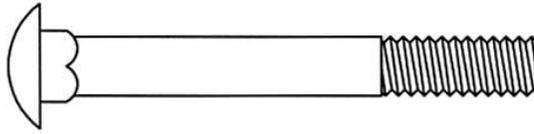
HARDWARE IDENTIFIER



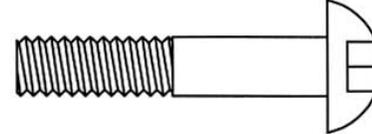
#52 M10*3 $\frac{3}{8}$ " CARRIAGE BOLT (Qty 2)



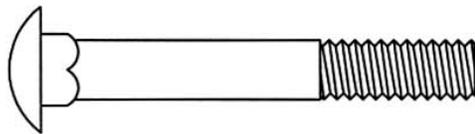
#53 M10*1 $\frac{3}{8}$ " ALLEN BOLT (Qty 1)



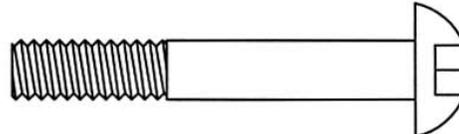
#54 M10*3 $\frac{1}{8}$ " CARRIAGE BOLT (Qty 6)



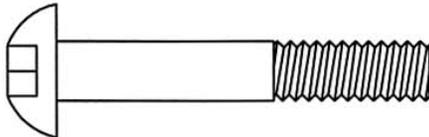
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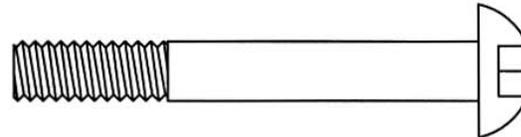
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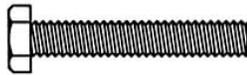
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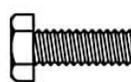
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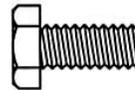
#59 M10*3" ALLEN BOLT (Qty 1)



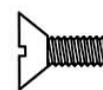
#58 M6*1 $\frac{3}{8}$ "
HEX BOLT (Qty 4)



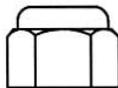
#60 M6* $\frac{5}{8}$ "
HEX BOLT (Qty 4)



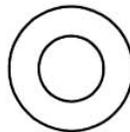
#61 M8* $\frac{5}{8}$ "
HEX BOLT (Qty 2)



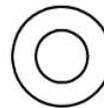
#62 M5* $\frac{3}{8}$ "
PHILIPS SCREW (Qty 6)



#63 M10 (Qty 21)
AIRCRAFT NUT



#64 $\varnothing \frac{3}{4}$ " (Qty 27)
WASHER



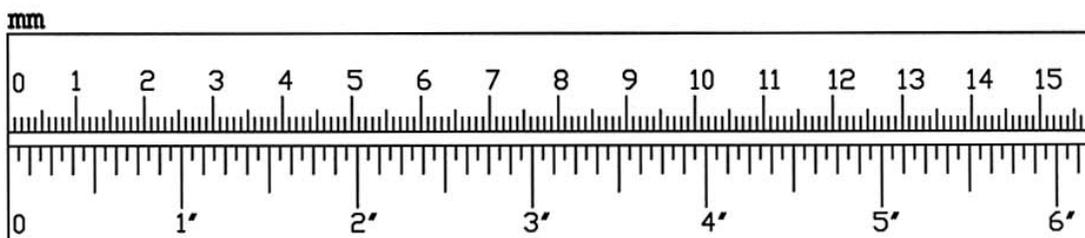
#65 $\varnothing \frac{5}{8}$ " (Qty 2)
WASHER



#66 $\varnothing \frac{1}{2}$ " (Qty 8)
WASHER



#43 $\varnothing \frac{5}{8}$ " x $\frac{1}{2}$ " Pulley Bushing (Qty 2)



ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

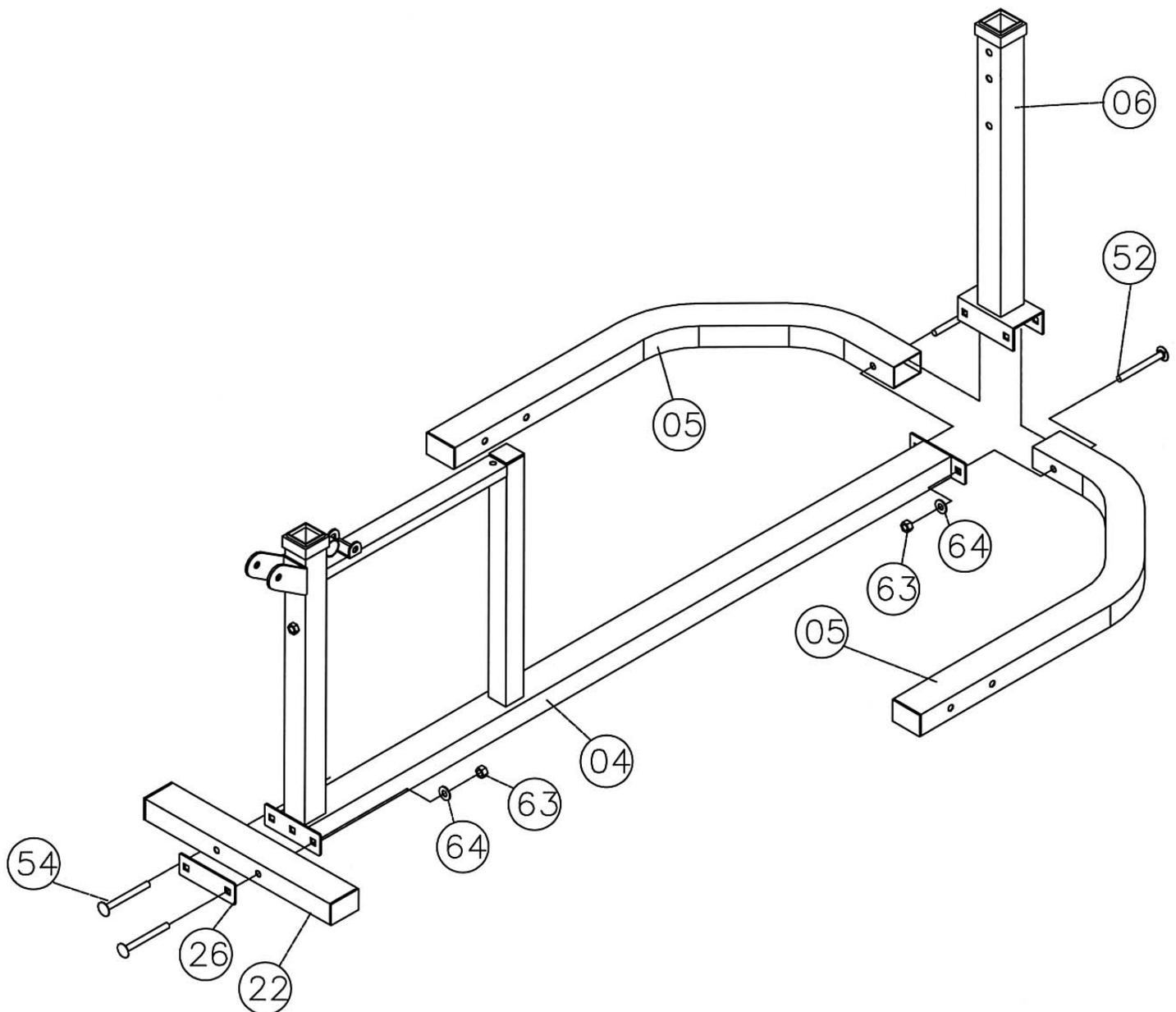
NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

STEP 1 (See Diagram 1)

A.) Attach the Front Stabilizer (#22) to the Main Frame (#4). Secure it with two M10 x 3 1/8" Carriage Bolts (#54), one 4 3/4" x 1 5/8" Bracket (#26), two \varnothing 3/4" Washers (#64), and two M10 Aircraft Nuts (#63).

B.) Connect the two Rear Stabilizers (#5) with the Lat Bar Base (#6). Attach the Main Frame (#4) to the Lat Bar Base. Secure them together with two M10 x 3 3/8" Carriage Bolts (#52), \varnothing 3/4" Washers (#64), and M10 Aircraft Nuts (#63).

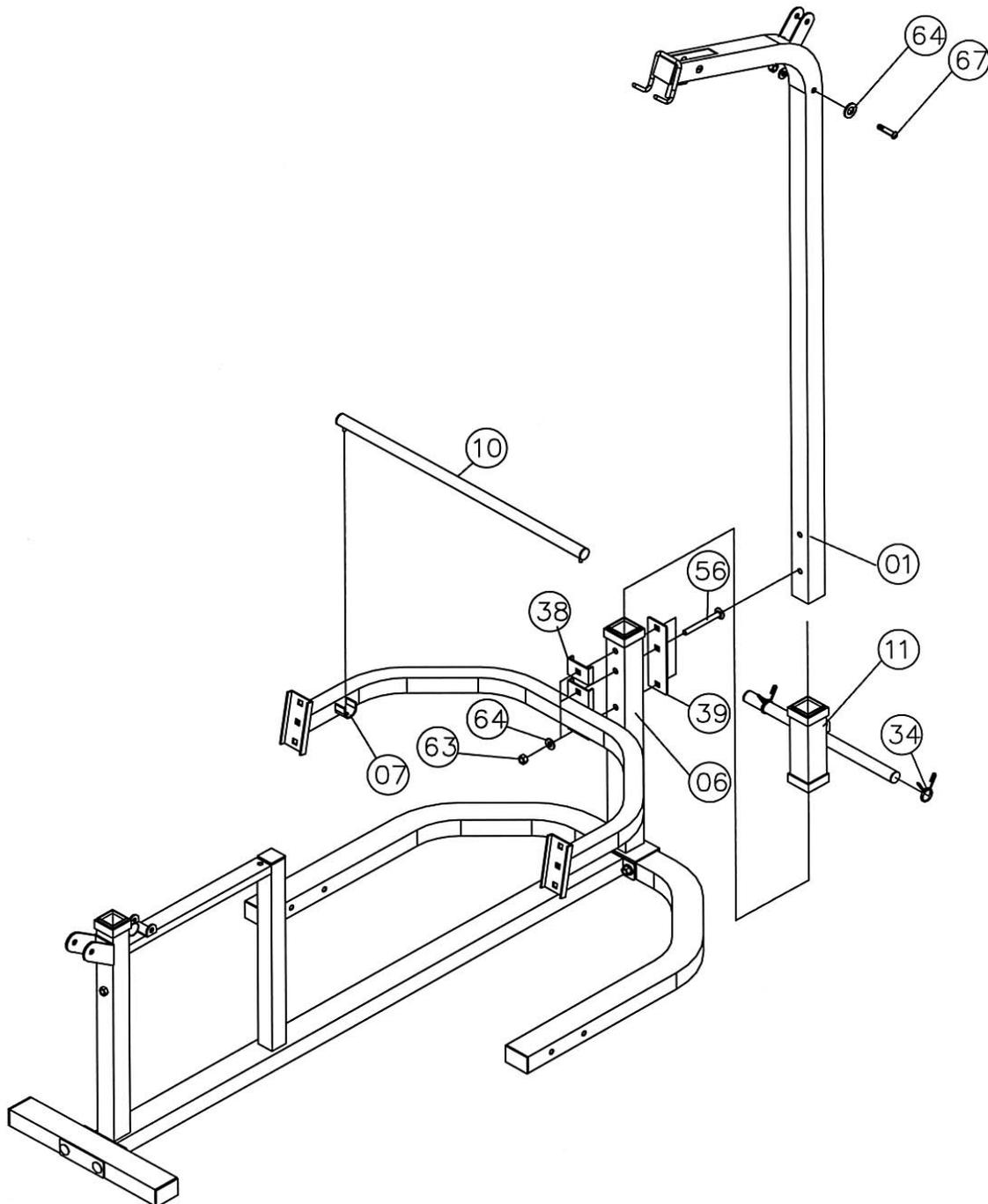
Diagram 1



STEP 2 (See Diagram 2)

- A.) Slide the Sliding Weight Post (#11) onto the Lat Bar Frame (#1). Insert the Lat Bar Frame into the opening on the Lat Bar Base (#6).
- B.) Attach the Cross Brace (#7) to the Lat Bar Base. Align the holes on the Lat Bar Frame, Lat Bar Base, and Cross Brace. Secure them with three M10 x 2 3/4" Carriage Bolts (#56), one 1 5/8" x 2" Bracket (#38), one 6 3/4" x 2" Bracket (#39), three Ø 3/4" Washers (#64), and three M10 Aircraft Nuts (#63). Do not tighten the nuts and bolts yet.
- C.) Place the Backrest Adjustment Bar (#10) onto the holders on the Cross Brace.
- D.) Attach two Spring Clips (#34) onto the weight posts on the Sliding Weight Post (#11).
- E.) Insert one M10 x 2 3/8" Allen Bolt (#67) through the hole on the Lat Bar Frame. Secure it with two Ø 3/4" Washers (#64) and one M10 Aircraft Nut (#63).

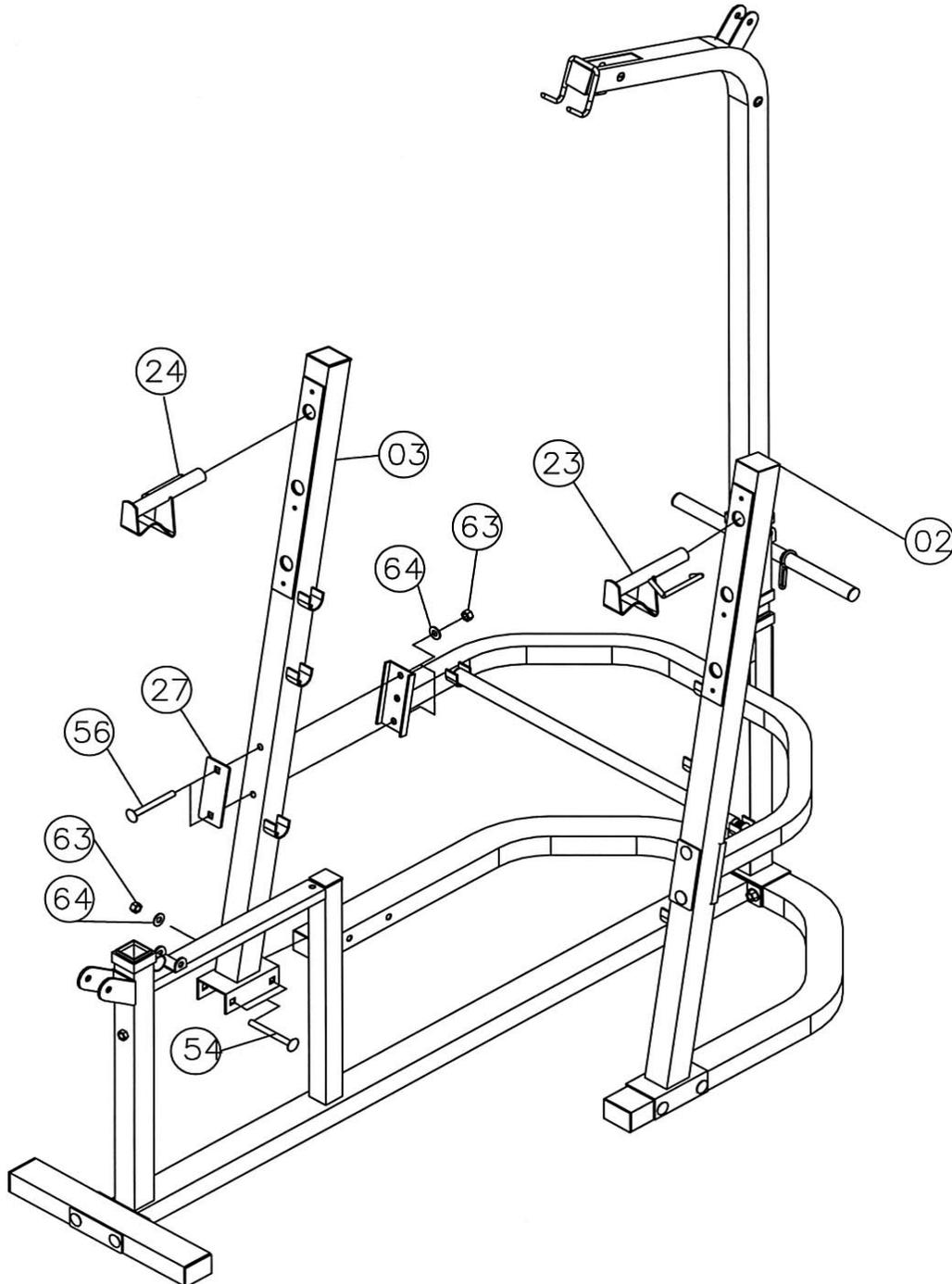
DIAGRAM 2



STEP 3 (See Diagram 3)

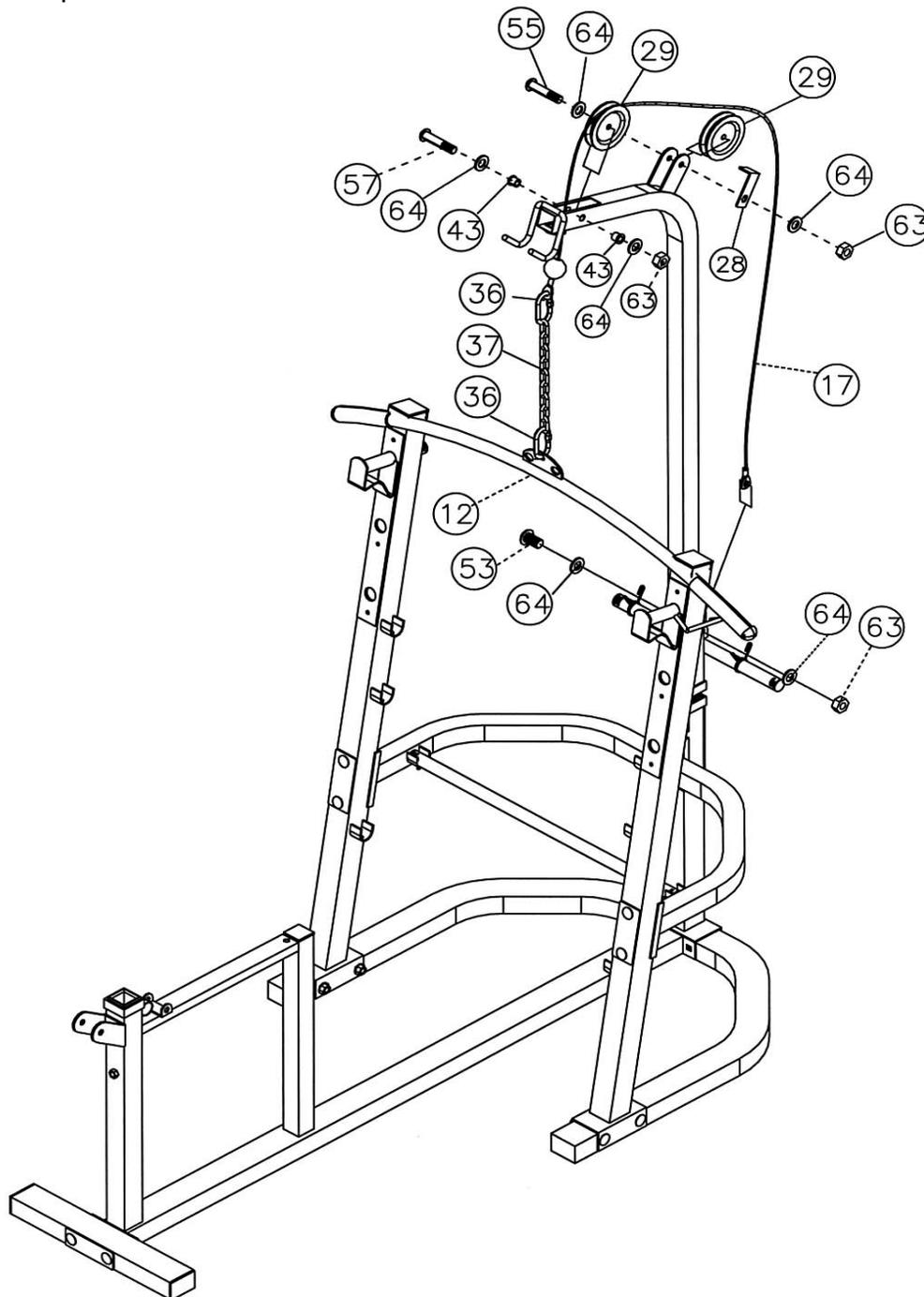
- A.) Attach the bottom of Right Upright Beam (#3) to the Rear Stabilizer (#5). Attach the Right Upright Beam to the Cross Brace (#7).
- B.) Secure the Right Upright Beam to the Rear Stabilizer with two M10 x 3 1/8" Carriage Bolts (#54), \varnothing 3/4" Washers (#64), and M10 Aircraft Nuts (#63).
- C.) Secure the Right Upright Beam to the Cross Brace with two M10 x 2 3/4" Carriage Bolts (#56), one 4 3/4" x 2" Bracket (#27), two \varnothing 3/4" Washers (#64), and two M10 Aircraft Nuts (#63).
- D.) Repeat Steps A, B, and C above to install the Left Upright Beam (#2).
- E.) Insert the Left & Right Bar Holders (#23 & 24) into the selected holes on the Upright Beam.

DIAGRAM 3



STEP 4 (See Diagram 4)

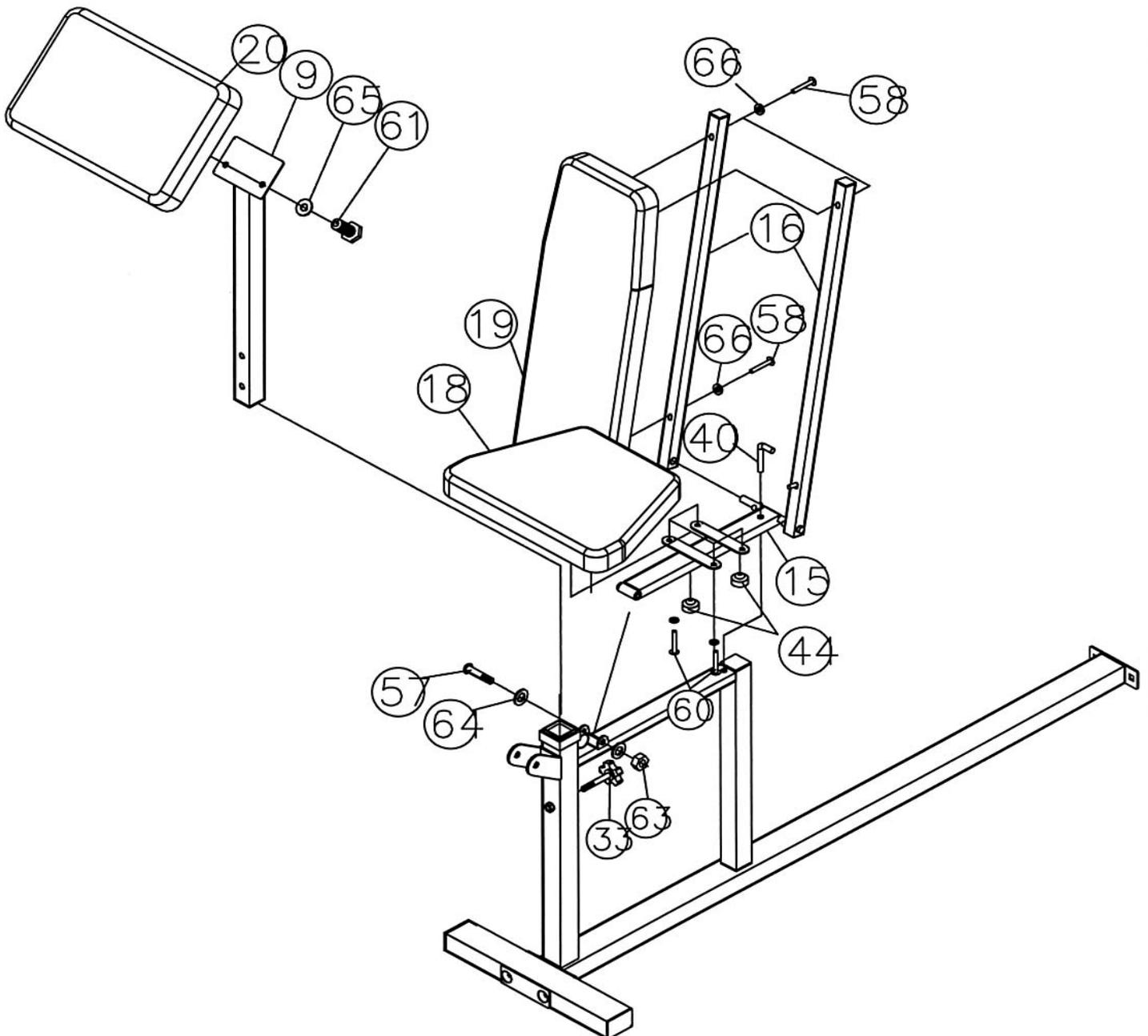
- A.) Attach the Cable (#17) to the opening on the top of the Lat Bar Frame (#1). Make sure the ball stopper of the Cable is underneath the Frame.
- B.) Attach a Pulley (#29) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#57), two Ø 5/8" Pulley Bushings (#43), two Ø 3/4" Washers (#64), and one M10 Aircraft Nut (#63).
- C.) Draw the Cable to the bracket on the top of Lat Bar Frame. Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#55), one L-shaped Pulley Bracket (#28), two Ø 3/4" Washers (#64), and one M10 Aircraft Nut (#63).
- D.) Pull the Cable down to the Sliding Weight Post (#11). Secure the Cable to the Post with one M10 x 1 3/8" Allen Bolt (#53), two Ø 3/4" Washers (#64), and one M10 Aircraft Nut (#63).
- E.) Connect a Chain (#37) to the Lat Bar (#12) with a C-clip (#36). Connect the Chain to the Cable with another C-clip.



STEP 5 (See Diagram 5)

- A.) Attach the Seat Support (#15) to the bracket on the Main Frame. Secure it with one M10 x 2 ½" Allen Bolt (#57), two Ø ¾" Washers (#64), and one M10 Aircraft Nut (#63).
- B.) Attach the holes on the Backrest Supports (#16) to the pivot on the Seat Support (#15). Attach the Backrest Board (#19) to the Backrest Supports (#16). Secure it with four M6 x 1 3/8" Hex Bolts (#58) and Ø ½" Washers (#66).
- C.) Place the Seat (#18) onto the Seat Support (#15). Secure it with four M6 x 5/8" Hex Bolts (#60) and Ø ½" Washers (#66). Insert a L-shaped Pin (#40) into the hole on the Seat Support to lock the Seat and Backrest Board in position. Remove the Pin when folding the Backrest Board forward to allow access to the "Walk-in Squat".
- D.) Attach the Arm Curl Pad (#20) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Hex Bolts (#61) and Ø 5/8" Washers (#65).
- E.) Insert the Arm Curl Stand into the opening on the Main Frame. Secure it with a M10 Lock Knob (#33).

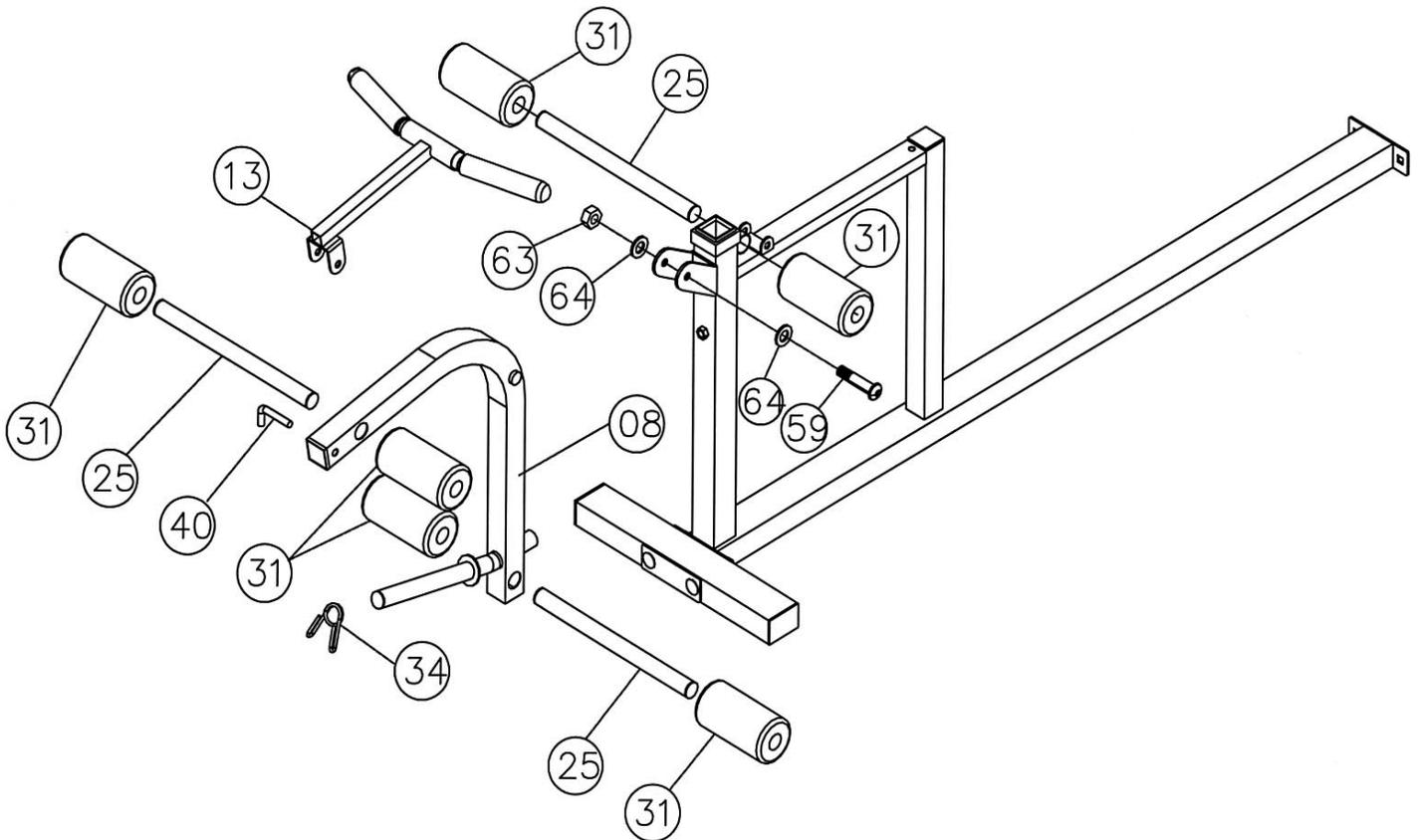
DIAGRAM 5



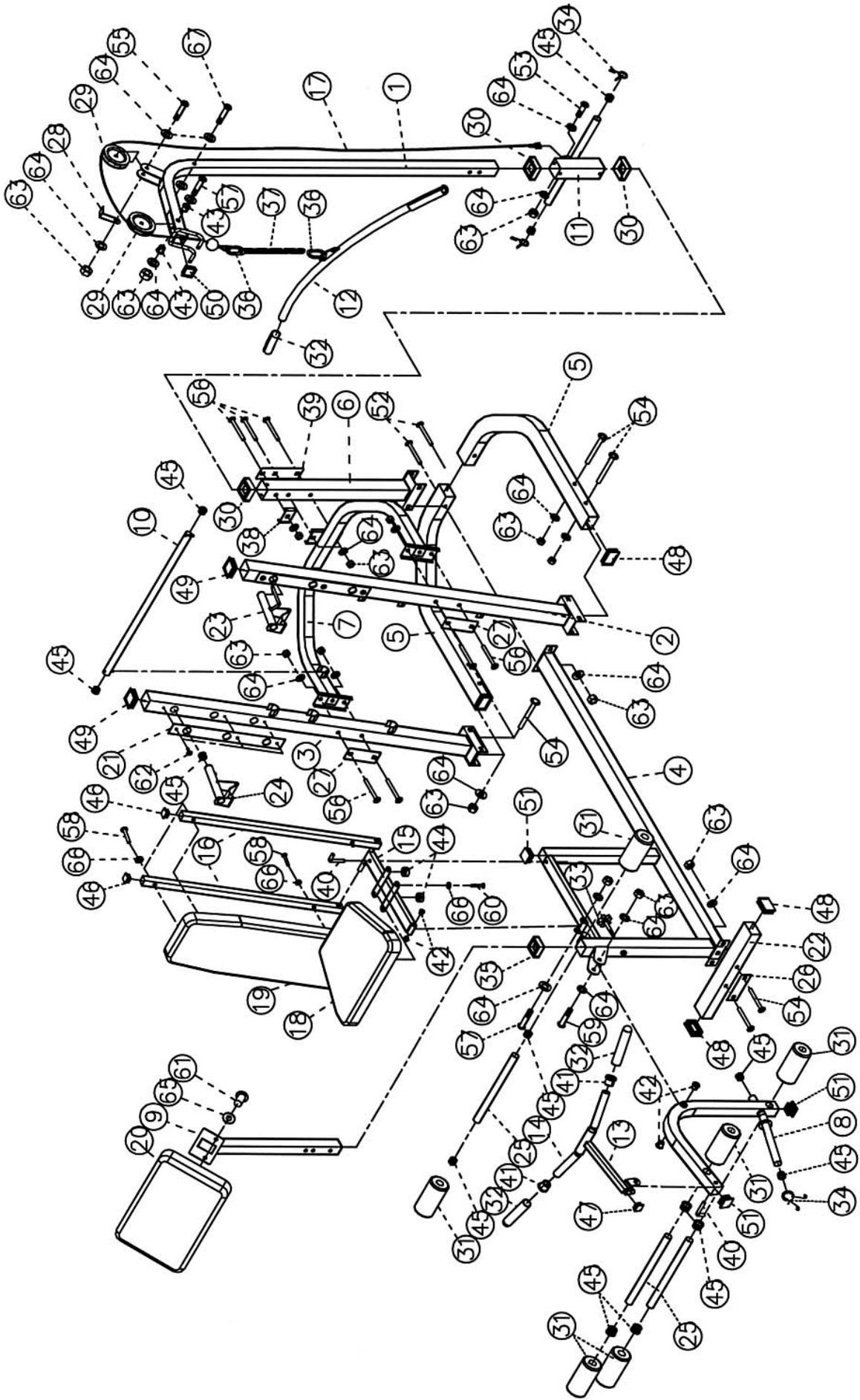
STEP 6 (See Diagram 6)

- A.) Attach the Leg Developer (#8) to the Main Frame. Secure it with M10 x 3" Allen Bolt (#59), two $\varnothing \frac{3}{4}$ " Washers (#64), and one M10 Aircraft Nut (#63).
- B.) Insert one Foam Tube (#25) halfway through the hole on the Main Base Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer.
- C.) Push six Foam Rolls (#31) onto the Foam Tubes from both ends.
- D.) Attach the Curl Bar Handle Frame (#13) to the Leg Developer. Secure it with a L-shaped Pin (#40). Remove the Pin and the Curl Bar when doing Leg Developer exercises.
- E.) Attach a Spring Clip (#34) to the weight post on the Leg Developer.

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Lat Bar Frame	1	46	1" Square End Cap	2
2	Left Upright Beam	1	47	¾" Square End Cap	1
3	Right Upright Beam	1	48	1 5/8" x 2 3/8" End Cap	4
4	Main Frame	1	49	2" Square End Cap	2
5	Rear Stabilizer	2	50	1 ¾" Square End Cap1	
6	Lat Bar Base	1	51	1 ½" Square End Cap3	
7	Cross Brace	1	52	M10 x 3 3/8" Carriage Bolt	2
8	Leg Developer	1	53	M10 x 1 3/8" Allen Bolt	1
9	Arm Curl Stand	1	54	M10 x 3 1/8" Carriage Bolt	6
10	Backrest Adjustment Bar	1	55	M10 x 2" Allen Bolt	1
11	Sliding Weight Post	1	56	M10 x 2 ¾" Carriage Bolt	7
12	Lat Bar	1	57	M10 x 2 ½" Allen Bolt	2
13	Curl Bar Handle Frame	1	58	M6 x 1 3/8" Hex Bolt	4
14	Curl Bar Handle	1	59	M10 x 3" Allen Bolt	1
15	Seat Support	1	60	M6 x 5/8" Hex Bolt	4
16	Backrest Support	2	61	M8 x 5/8" Hex Bolt	2
17	Cable	1	62	M5 x 3/8" Philips Screw	6
18	Seat	1	63	M10 Aircraft Nut	21
19	Backrest Board	1	64	Ø ¾" Washer	27
20	Arm Curl Pad	1	65	Ø 5/8" Washer	2
21	Chrome Panel	2	66	Ø ½" Washer	8
22	Front Stabilizer	1	67	M10 x 2 3/8" Allen Bolt	1
23	Left Bar Holder	1			
24	Right Bar Holder	1			
25	Foam Tube	3			
26	4 ¾" x 1 5/8" Bracket	1			
27	4 ¾" x 2" Bracket	2			
28	L-shaped Pulley Bracket	1			
29	Pulley	2			
30	2" Sleeve	3			
31	Foam Roll	6			
32	Grip	4			
33	M10 Lock Knob	1			
34	Spring Clip	3			
35	1 ¾" Sleeve	1			
36	C-clip	2			
37	Chain	1			
38	1 5/8" x 2" Bracket	1			
39	6 ¾" x 2" Bracket	1			
40	L-shaped Pin	2			
41	Ø 1 3/8" Curl Bar Handle Bushing	2			
42	Ø ½" Bushing	4			
43	Ø 5/8" Pulley Bushing	2			
44	Rubber Bumper	2			
45	Ø 1" End Cap	14			

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 for products return 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.

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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 www.impex-fitness.com

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1. Model
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3. Part Number
4. Date of Purchase

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