

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
PWR 6

Retain This  
Manual for  
Reference

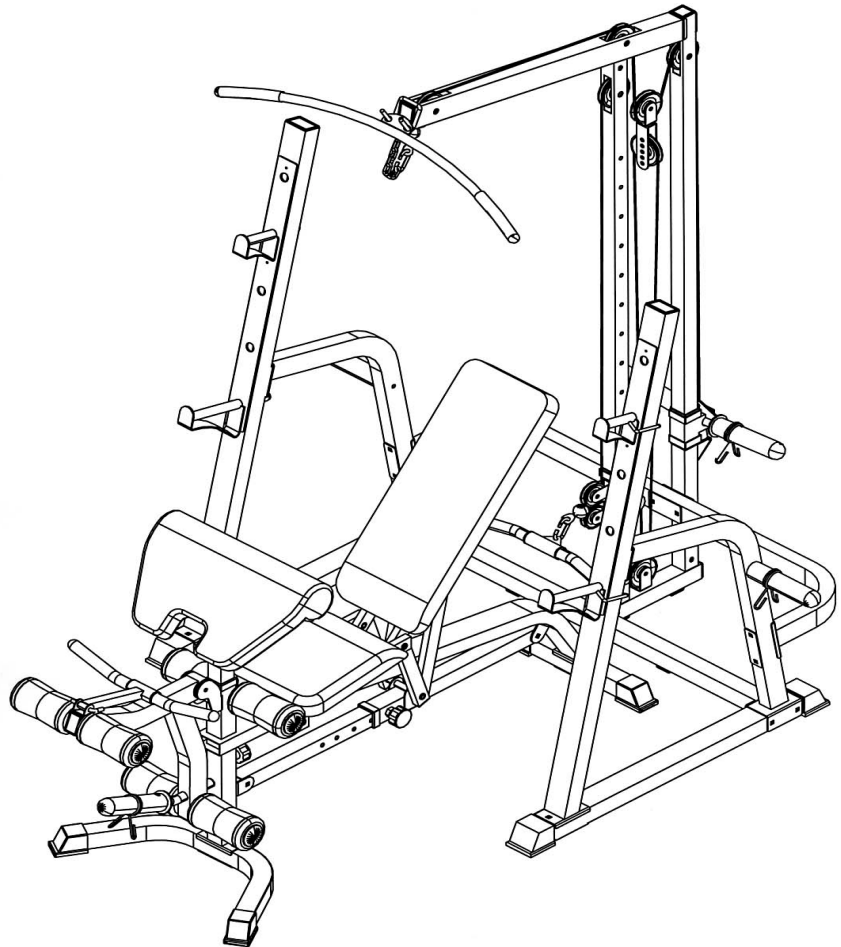
06-30-03

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## POWERHOUSE CLUB

### PWR 6



### IMPEx FITNESS PRODUCTS

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## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	3
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	17
PARTS LIST.....	19
WARRANTY.....	20
ORDERING PARTS.....	20

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## BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE CLUB PWR6 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](http://www.impex-fitness.com)**

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

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

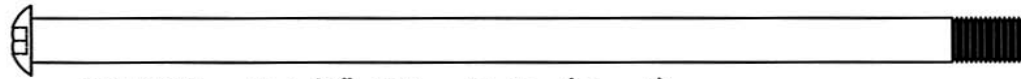
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

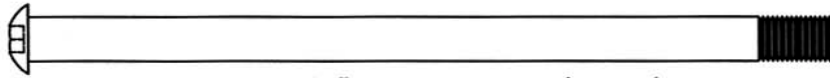
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR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

**SAVE THESE INSTRUCTIONS.**

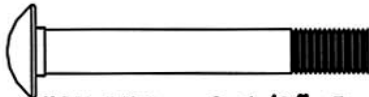
# HARDWARE PACK



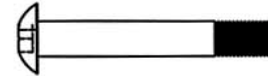
#39 M10 x 8 1/4" Allen Bolt (Qty 1)



#38 M10 x 6 3/4" Allen Bolt (Qty 1)



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



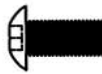
#40 M8 x 2" Allen Bolt (Qty 8)



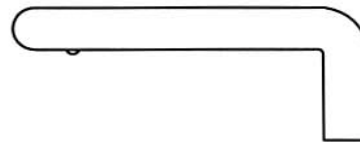
#37 M10 x 1 3/4" Allen Bolt (Qty 2)



#36 M 10 x 3/4" Allen Bolt (Qty 7)



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



#21 L-shaped Lock Pin (Qty 1)



#44 M10 Aircraft Nut (Qty 28)



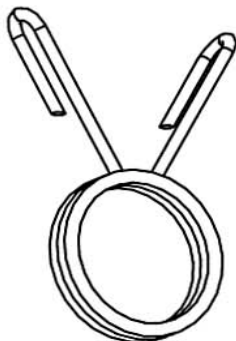
#27 Bushing (Qty 16)



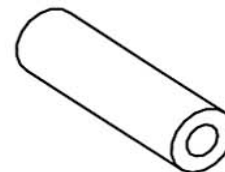
#42 Ø 3/4" Washer (Qty 52)



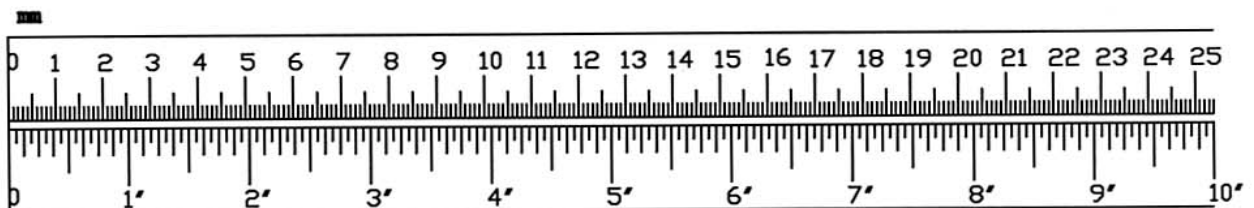
#43 Ø 5/8" Washer (Qty 10)



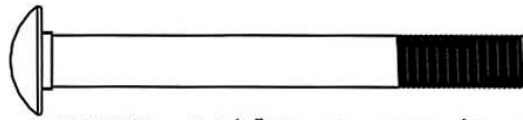
#22 Spring Clip (Qty 5)



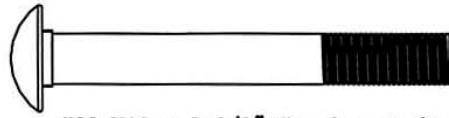
#17 Axle (Qty 1)



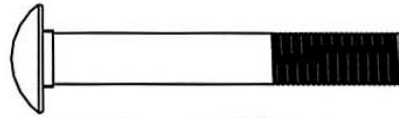
# HARDWARE PACK



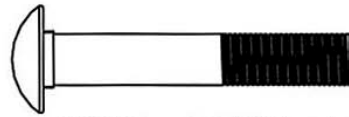
#83 M10 x 3 3/4" Carriage Bolt (Qty 4)



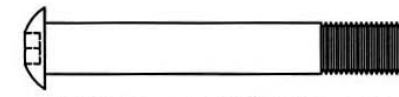
#82 M10 x 3 1/8" Carriage Bolt (Qty 4)



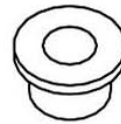
#81 M10 x 2 3/4" Carriage Bolt (Qty 4)



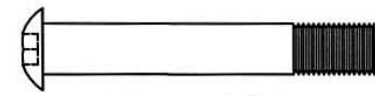
#80 M10 x 2 3/8" Carriage Bolt (Qty 2)



#84 M10 x 2 3/4" Allen Bolt (Qty 1)



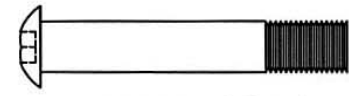
#78 1/2" Pulley Bushing (Qty 2)



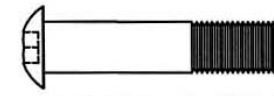
#85 M10 x 2 1/2" Allen Bolt (Qty 3)



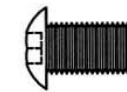
#79 5/8" Pulley Bushing (Qty 6)



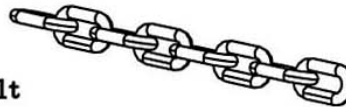
#87 M10 x 2 3/8" Allen Bolt (Qty 3)



#86 M10 x 1 3/4" Allen Bolt (Qty 4)



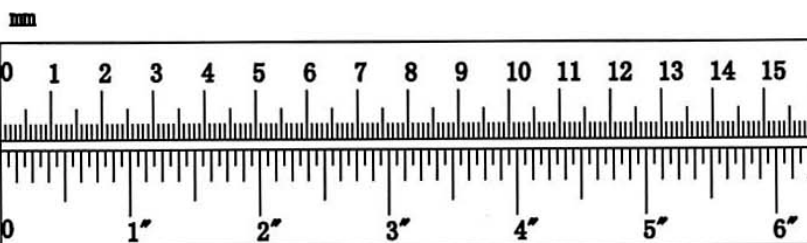
#88 M10 x 5/8" Allen Bolt (Qty 10)



#91 Chain (Qty 1)



#90 Hook (Qty 2)



# ASSEMBLY INSTRUCTION

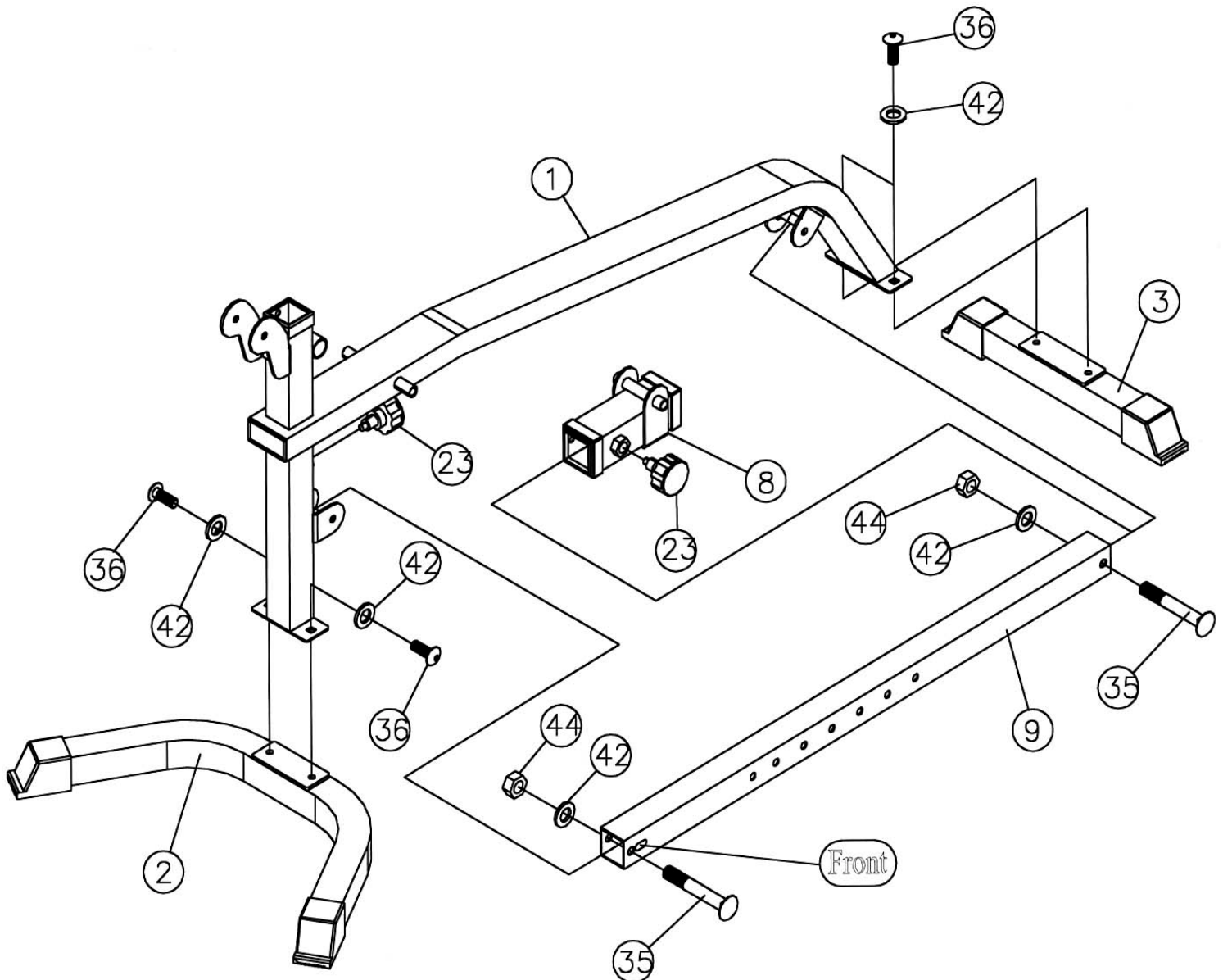
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

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

## STEP 1 (See Diagram 1)

- A.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x 3/4" Allen Bolts (#36) and Ø 3/4" Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.
- B.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Knob Lock (#23) to hold the Sliding Block in position.
- C.) Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 2 1/2" Carriage Bolt (#35), Ø 3/4" Washer (#42), and M10 Aircraft Nut (#44).

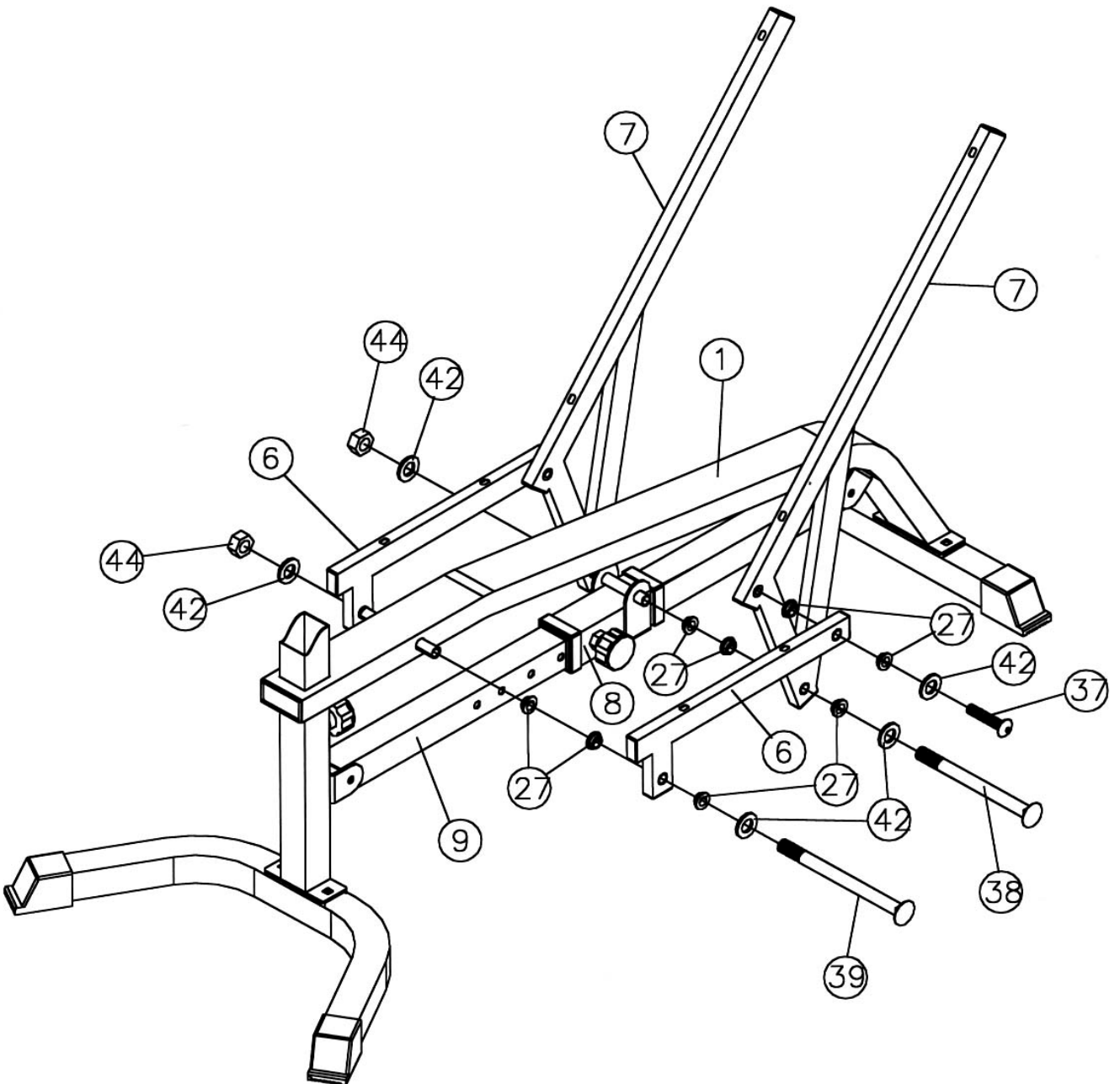
**DIAGRAM 1**





**STEP 2 (See Diagram 2)**

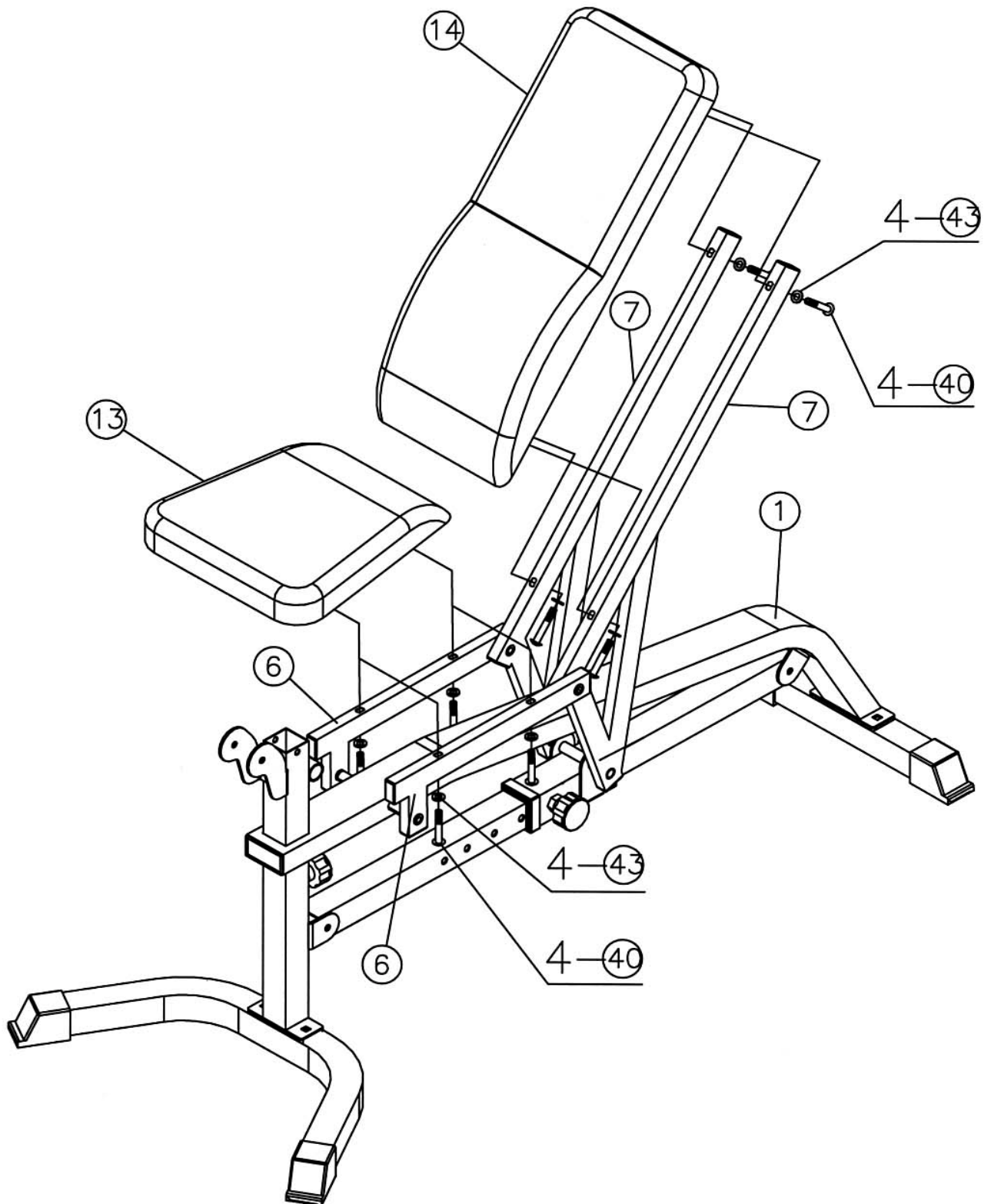
- A.) Attach four Bushings (#27) to a Seat Support Frame (#6).
- B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 3/4" Allen Bolt (#37) and Ø 3/4" Washer (#42). Repeat the same procedure to install the other side.
- C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 3/4" Allen Bolt (#38), two Ø 3/4" Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 1/4" Allen Bolt (#39), two Ø 3/4" Washers (#42), and one M10 Aircraft Nut (#44).
- E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.



**STEP 3 (See Diagram 3)**

- A.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#40) and  $\varnothing$  5/8" Washers (#43).
- B.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#40) and  $\varnothing$  5/8" Washers (#43).

**DIAGRAM 3**

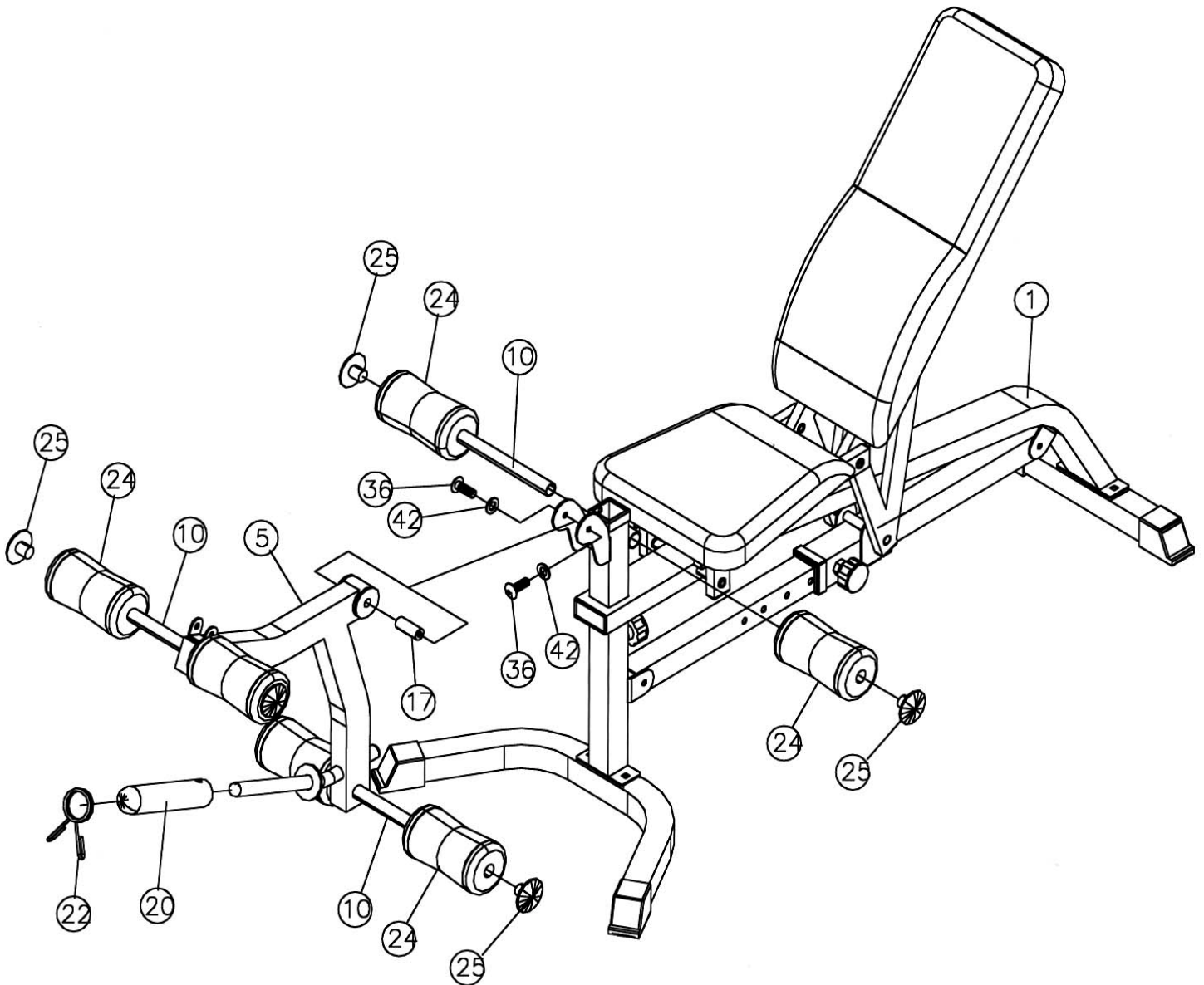




#### STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x 3/4" Allen Bolts (#36), and two  $\varnothing$  3/4" Washers (#42).
- B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.
- C.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.

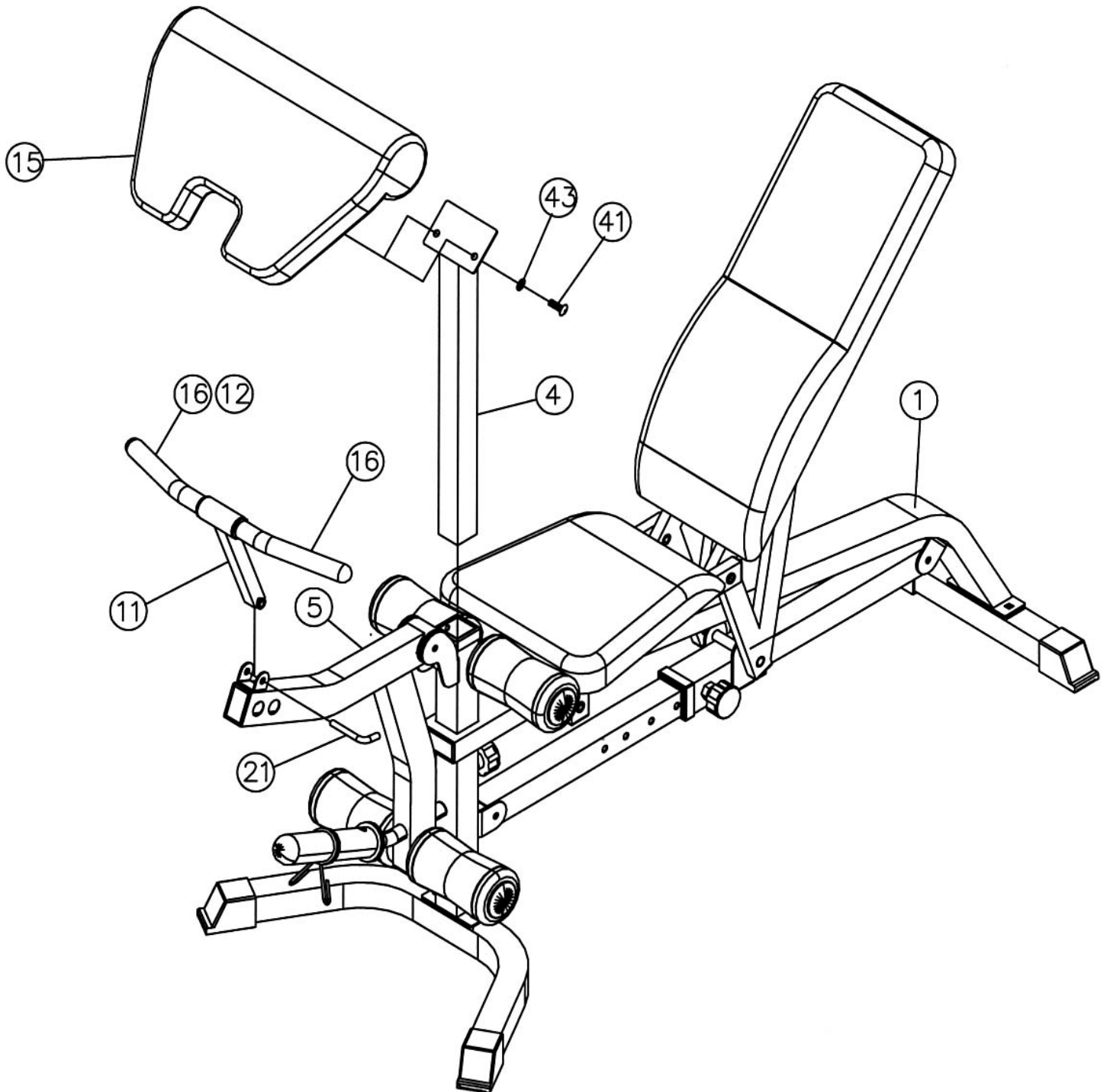
### DIAGRAM 4



**STEP 5 (See Diagram 5)**

- A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two  $\varnothing$  5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
- B.) Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Lock it with a L-shaped Pin (#21).
- C.) Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.

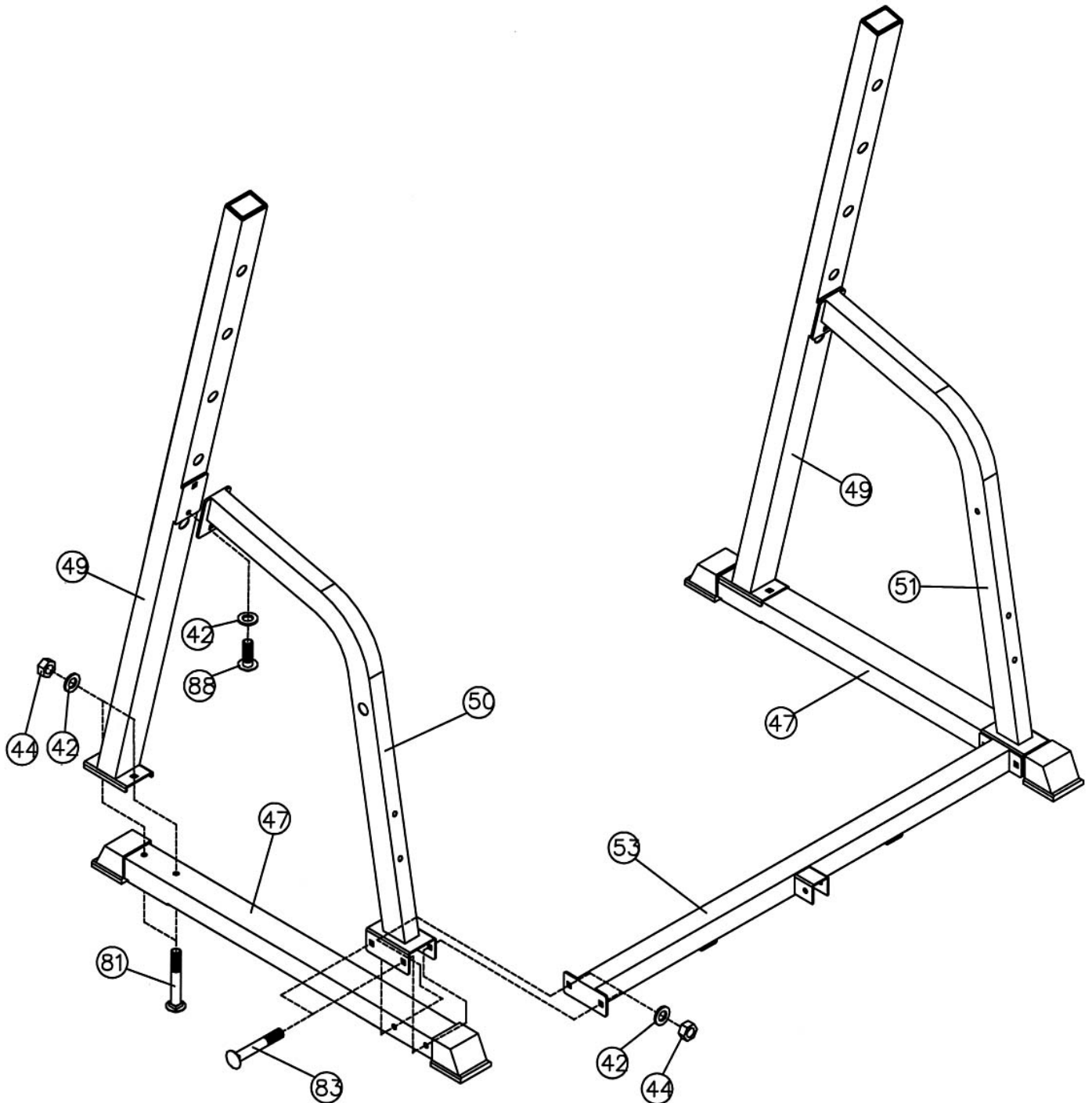
**DIAGRAM 5**



### STEP 6 (See Diagram 6)

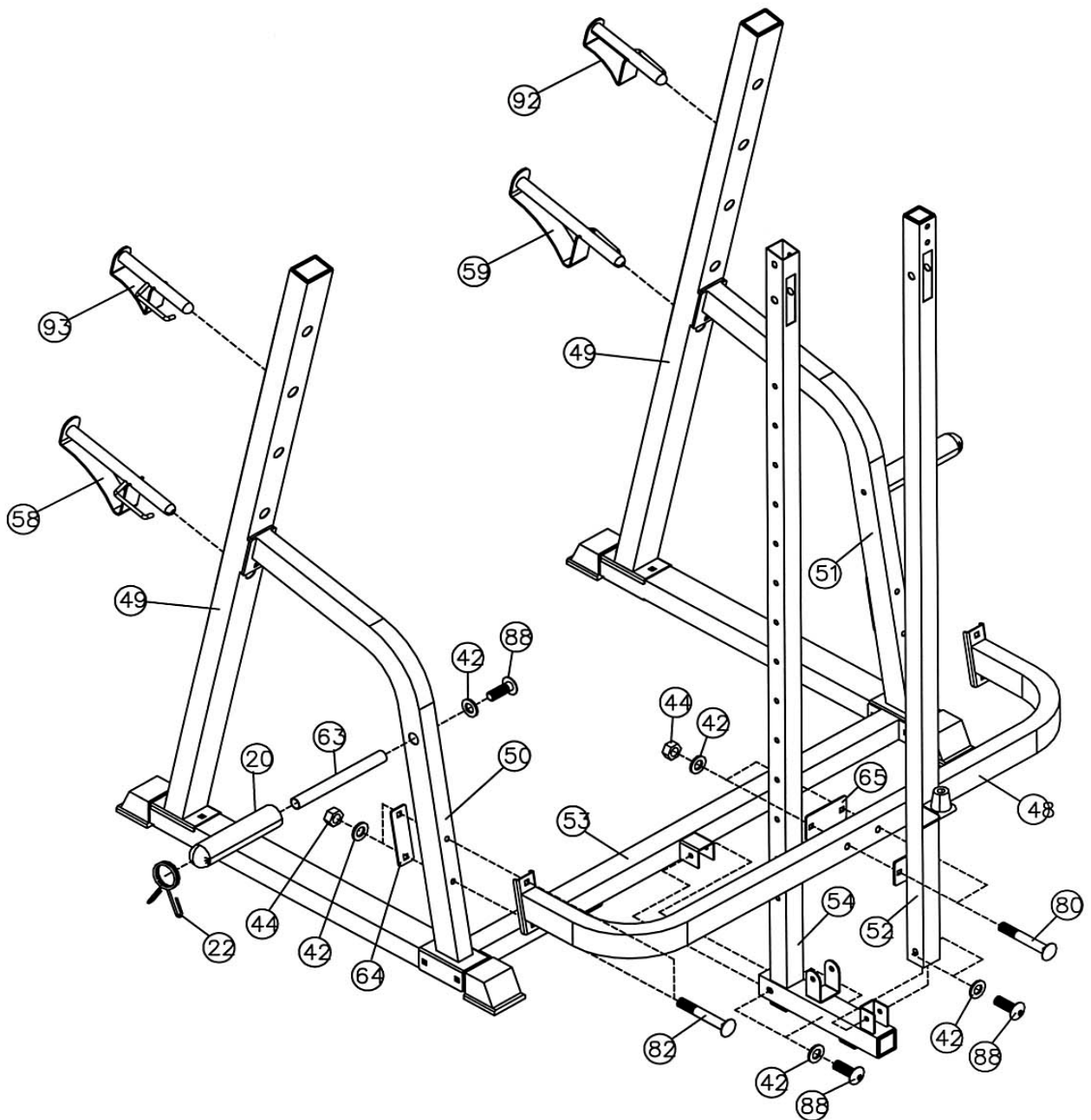
- A.) Attach an Upright Beam (#49) to a Floor Stabilizer (#47). Secure it with two M10 x 2 3/4" Carriage Bolts (#81),  $\varnothing$  3/4" Washers (#42), and M10 Aircraft Nuts (#44). Do not tighten the nuts and bolts yet.
- B.) Attach the upper end of Left Support (#50) to the Upright Beam. Secure it with one M10 x 5/8" Allen Bolt (#88) and  $\varnothing$  3/4" Washer (#42).
- C.) Attach the lower end of Left Support (#50) to the Floor Stabilizer (#47). Attach one end of the Rear Stabilizer (#53) to the Floor Stabilizer. Align the holes and secure them with two M10 x 3 3/4" Carriage Bolts (#83),  $\varnothing$  3/4" Washers (#42) and M10 Aircraft Nuts (#44).
- D.) Repeat Steps A, B and C above to install the other side.
- E.) Securely tighten all Nuts and Bolts.

### DIAGRAM 6



## STEP 7 (See Diagram 7)

- A.) Attach the Front Vertical Frame (#54) to the Rear Stabilizer (#53). Secure it with two M10 x 5/8" Allen Bolts (#88) and  $\varnothing$  3/4" Washers (#42). Do not tighten all the nuts and bolts yet.
- B.) Attach the Cross Brace (#48) to the Left & Right Supports (#50 & 51). Secure each end of Cross Brace with two M10 x 3 1/8" Carriage Bolts (#82), one 5" x 1 5/8" Bracket (#64), two  $\varnothing$  3/4" Washers (#42), and two M10 Aircraft Nuts (#44).
- C.) Attach the Rear Vertical Frame (#52) to the rear bracket on the Front Vertical Frame (#54) and the Cross Brace (#48). Secure it to the Front Vertical Frame with two M10 x 5/8" Allen Bolts (#88) and  $\varnothing$  3/4" Washers (#42). Secure it to the Cross Brace with two M10 x 2 3/8" Carriage Bolts (#80), one 4 3/8" x 2 3/8" Bracket (#65), two  $\varnothing$  3/4" Washers (#42) and M10 Aircraft Nuts (#44). Securely tighten all nuts and bolts previously installed.
- D.) Insert two Weight Posts (#63) to the holes on the Left & Right Supports (#50 & 51). Secure each Weight Post with one M10 x 5/8" Allen Bolt (#88) and  $\varnothing$  3/4" Washer (#42). Slide an Olympic Sleeve (#20) onto each Weight Post. Attach a Spring Clip (#22) to the Olympic Sleeve.
- E.) Insert the Left & Right Bar Holders (#93 & 92) into the selected holes on the Upright Beams. Insert the Left & Right Safety Catches (#58 & 59) into the selected holes on the Upright Beams.

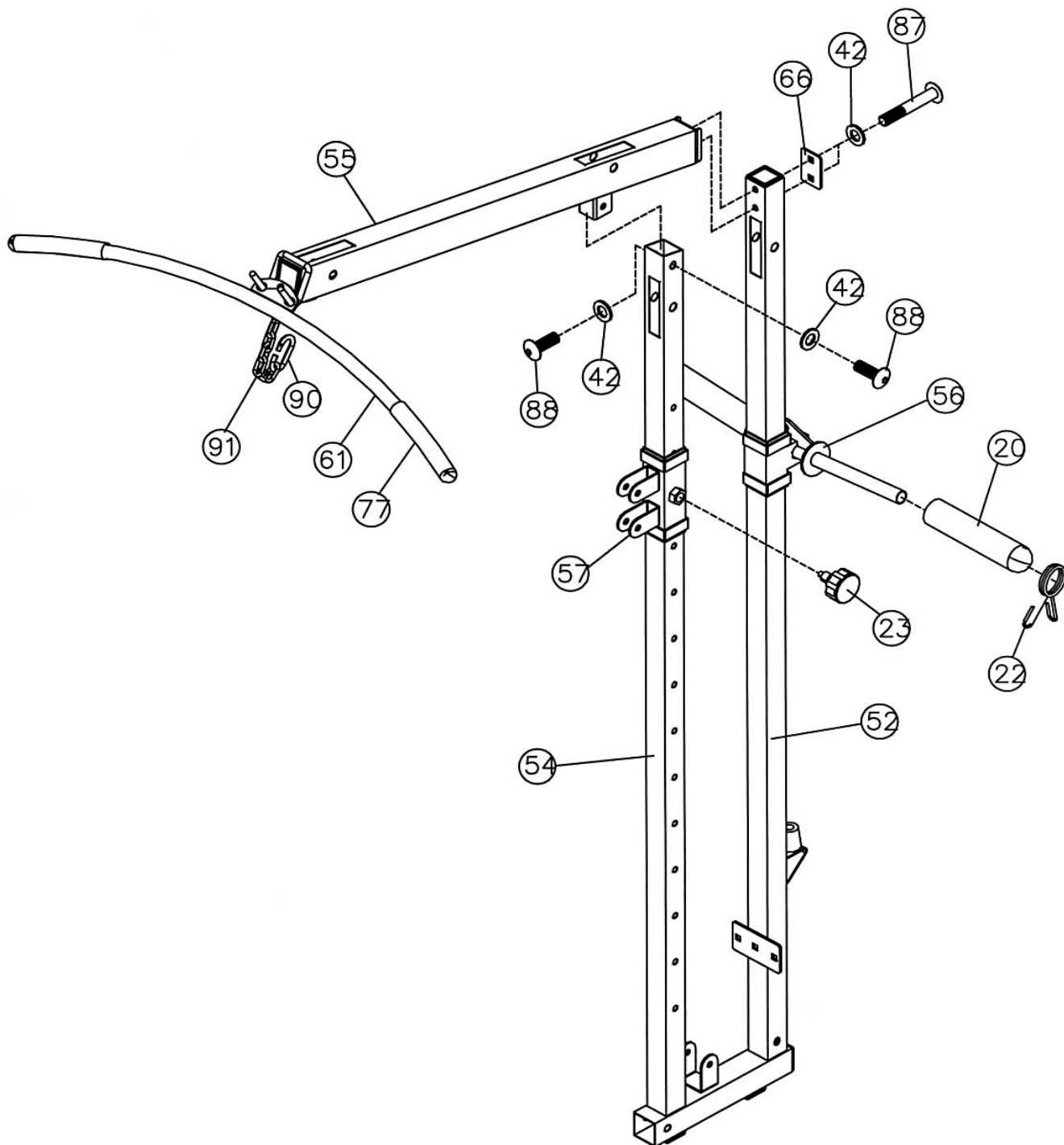




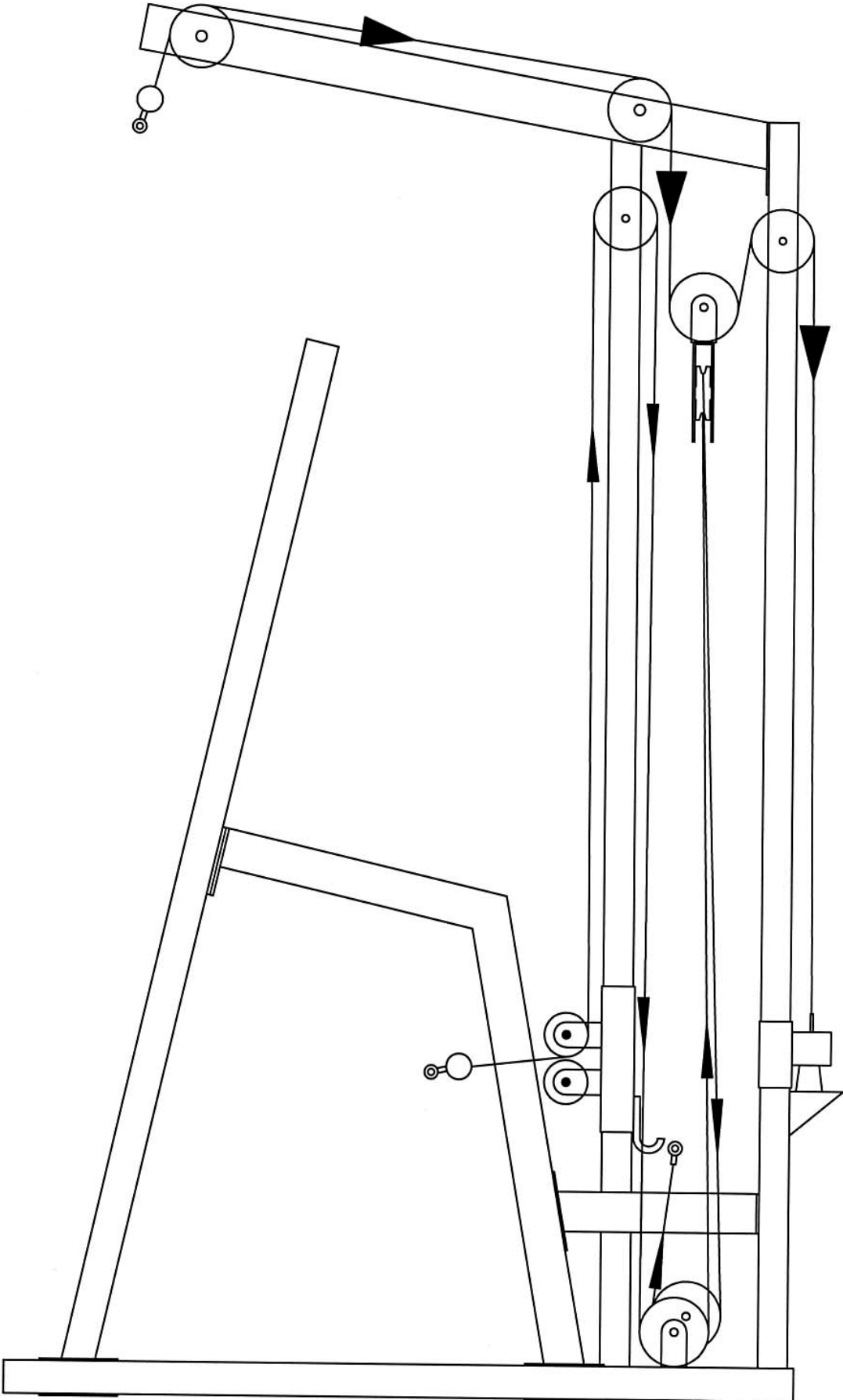
### STEP 8 (See Diagram 8)

- A.) Slide the Sliding Weight Post (#56) onto the Rear Vertical Frame (#52). Slide the Sliding Pulley Bracket (#57) onto the Front Vertical Frame (#54). Use a Lock Knob (#23) to hold the Sliding Pulley Bracket in position.
- B.) Insert the Upper Frame (#55) into the top opening on the Front Vertical Frame (#54). Attach the rear end of Upper Frame to the Rear Vertical Frame.
- C.) Secure the Upper Frame with two M10 x 5/8" Allen Bolts (#88) and  $\varnothing$  3/4" Washers (#42). Secure the Upper Frame with two M10 x 2 3/8" Allen Bolts (#87), one 2 3/4" x 1 3/4" Bracket (#66) and two  $\varnothing$  3/4" Washers (#42).
- D.) Slide two Olympic Sleeves (#20) onto the posts on the Sliding Weight Post. Attach two Spring Clips (#22) to the Olympic Sleeves.
- E.) Connect the Chain (#91) to the Lat Bar (#61) with a Hook (#90).

**DIAGRAM 8**



**CABLE LOOP DIAGRAM**

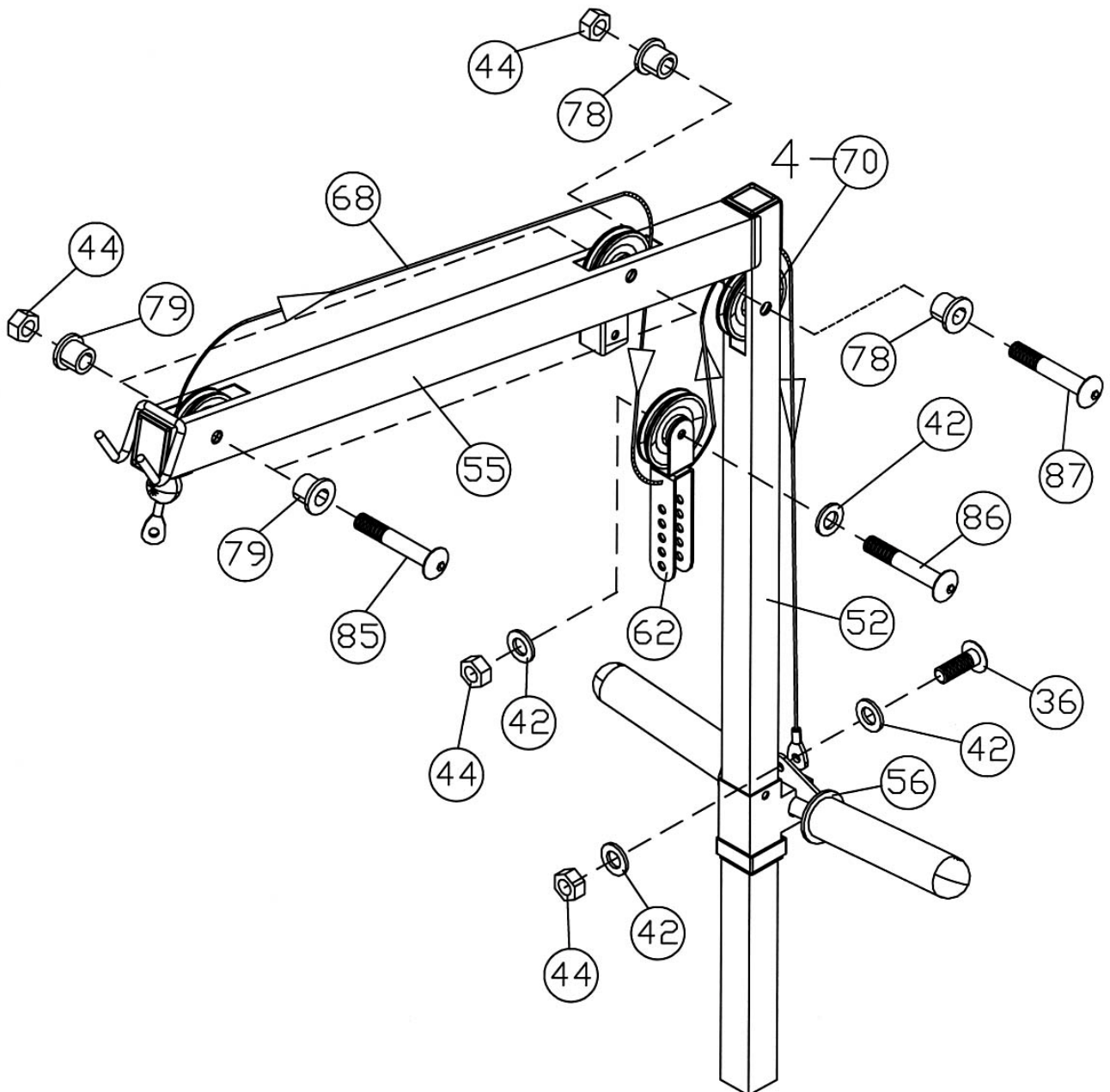




### STEP 9 (See Diagram 9 & Cable Loop Diagram)

- A.) Attach the 100" Upper Cable (#68) to the opening on the front Upper Frame (#55). Make sure the ball stopper of the Cable is under the Frame.
- B.) Attach a Pulley (#70) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#85), two 5/8" Pulley Bushings (#79), and one M10 Aircraft Nut (#44).
- C.) Draw the Cable along the Upper Frame towards the back of the machine to the opening on the Upper Frame. Repeat Step B above to install a Pulley.
- D.) Draw the Cable around the Pulley and downward. Attach a Pulley to the Double Floating Pulley Bracket (#62). Secure it with one M10 x 1 3/4" Allen Bolt (#86), two Ø 3/4" Washers (#42), and one M10 Aircraft Nut (#44). Let the Bracket hanging for now.
- E.) Draw the Cable around the Pulley and up to the opening on the top of the Rear Vertical Frame (#52). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#87), two 1/2" Pulley Bushings (#78), and one M10 Aircraft Nut (#44).
- F.) Draw the Cable down to the Sliding Weight Post (#56). Secure the end of the Cable with one M10 x 3/4" Allen Bolt (#36), two Ø 3/4" Washers (#42) and one M10 Aircraft Nut (#44).

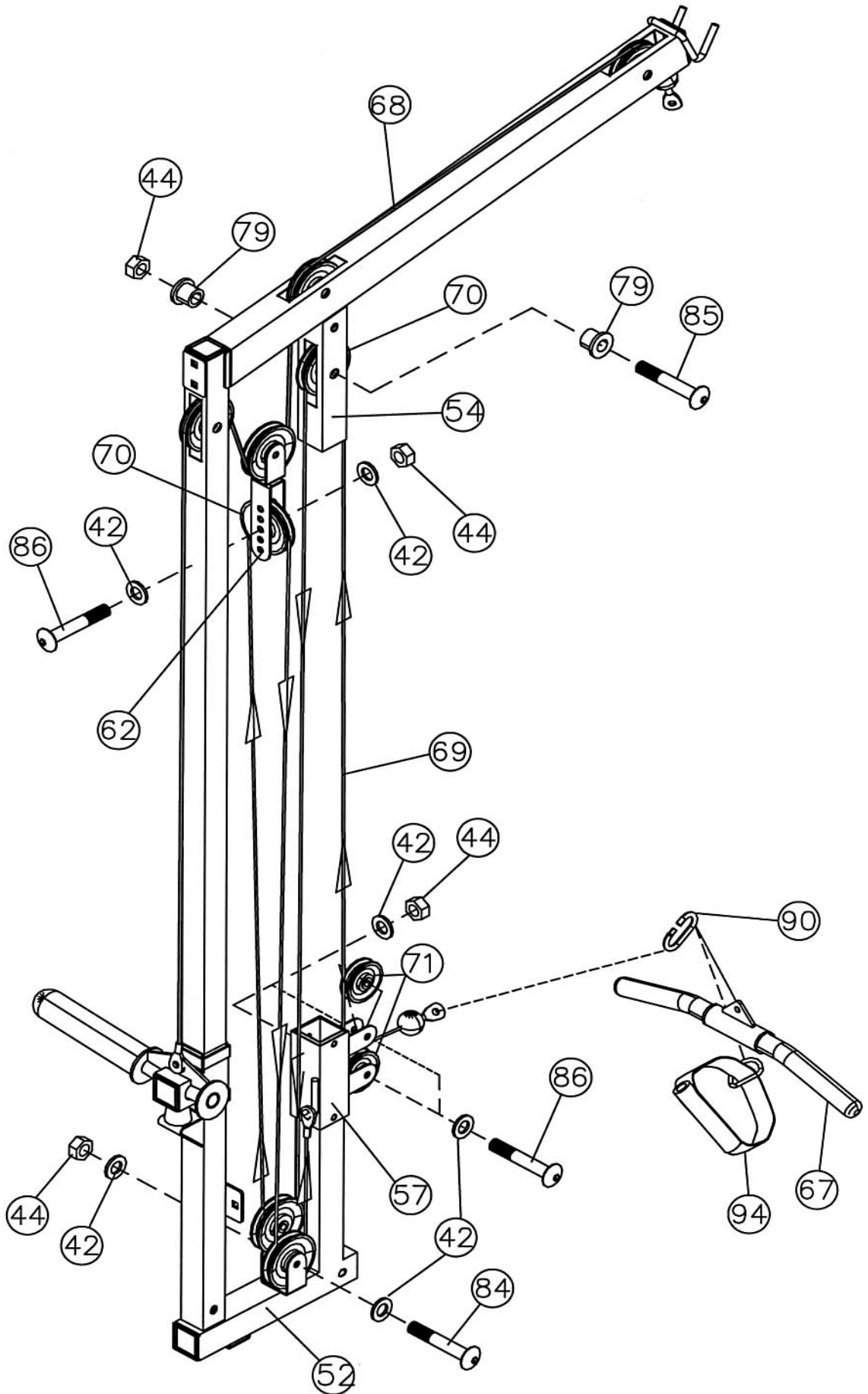
**DIAGRAM 9**



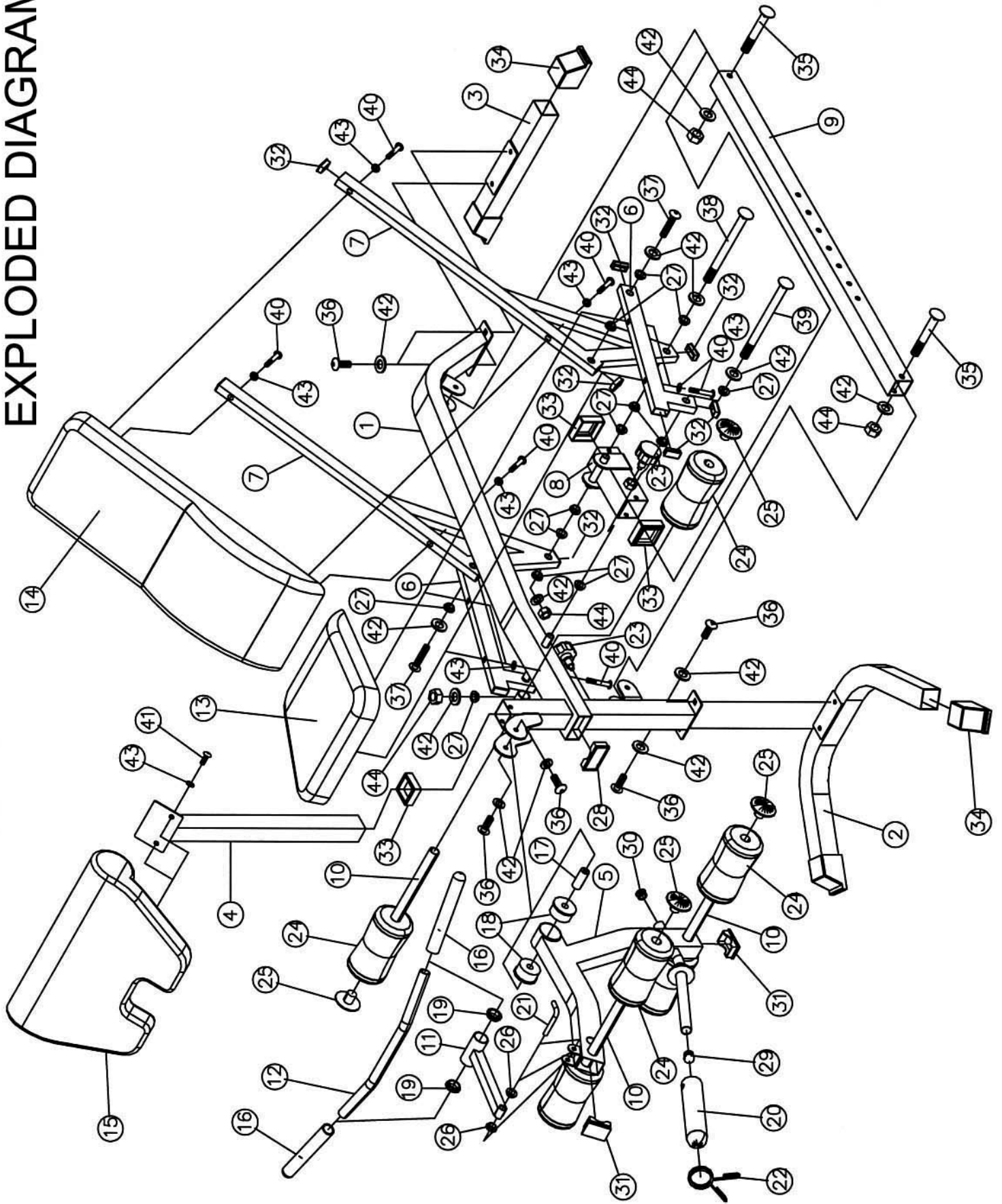
## **STEP 10 (See Diagram10 & Cable Loop Diagram)**

- A.) Attach the 268" Lower Cable (#69) to the Sliding Pulley Bracket (#57). Attach two Small Pulleys (#71) to the Brackets. Secure them with two M10 x 1 3/4" Allen Bolts (#86), four  $\varnothing$  3/4" Washers (#42), and two M10 Aircraft Nuts (#44).
- B.) Draw the Cable upward to the opening on top of the Front Vertical Frame (#54). Attach a Pulley (#70) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#85), two 5/8" Pulley Bushings (#79), and one M10 Aircraft Nut (#44).
- C.) Draw the Cable over the Pulley and down to the open bracket on the Front Vertical Frame (#52). Install a Pulley with one M10 x 2 3/4" Allen Bolt (#84), two  $\varnothing$ 3/4" Washers (#42), and M10 Aircraft Nut (#44). Push the Pulley to the left side and do not tighten the nut and bolt yet.
- D.) Pull the Cable around the Pulley then up to the Double Floating Pulley Bracket (#62) previously installed in Step 9.
- E.) Attach a Pulley to a selected hole on the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#86), two  $\varnothing$  3/4" Washers (#42), and one M10 Aircraft Nut (#44). After completing the cable installation, check the tightness of the cables. If the cable is too loose, move up the pulley. If the cable is too tight, move down the pulley.
- F.) Draw the Cable around the Pulley then down to the bracket on the Front Vertical Frame. Attach another Pulley to the right of the Pulley previously installed in Step C. Secure the two Pulleys together with the same nut and bolt previously installed.
- G.) Draw the Cable around the Pulley then up and clip to the back of Sliding Pulley Bracket (#57).
- H.) Connect the Shiver Bar (#67) or the Single Handle (#94) to the Cable by a Hook (#90) for various exercises.

DIAGRAM 10

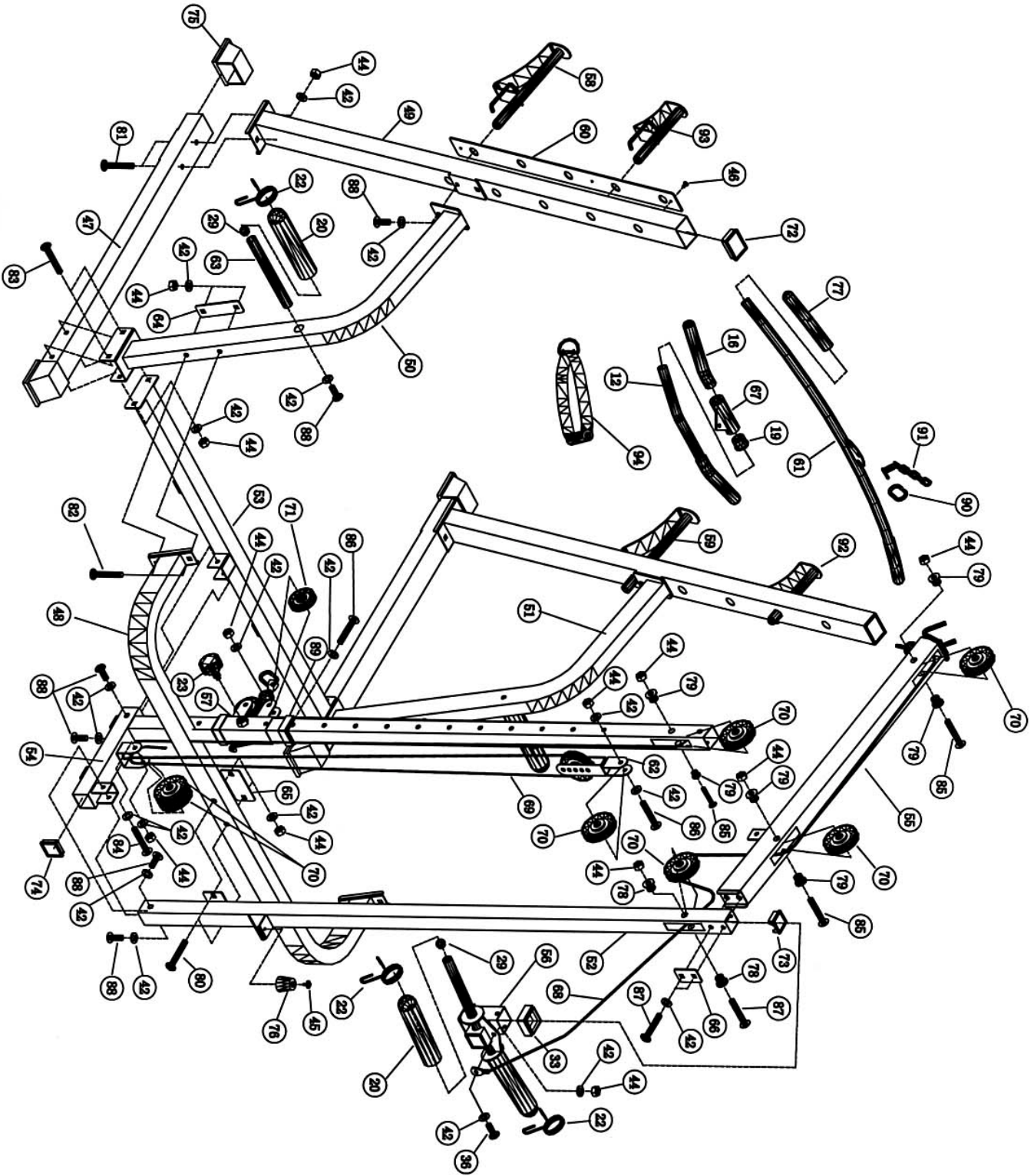


# EXPLODED DIAGRAM-1





# EXPLODED DIAGRAM-2



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Frame	1	51	Right Support	1
2	Front Stabilizer	1	52	Rear Vertical Frame	1
3	Rear Stabilizer	1	53	Rear Stabilizer	1
4	Arm Curl Stand	1	54	Front Vertical Frame	1
5	Leg Developer	1	55	Upper Frame	1
6	Seat Support Frame	2	56	Sliding Weight Post	1
7	Backrest Support	2	57	Sliding Pulley Bracket	1
8	Sliding Block	1	58	Left Safety Catch	1
9	Incline Adjustment Bar	1	59	Right Safety Catch	1
10	Foam Tube	3	60	Chrome Panel	2
11	Curl Bar Support Frame	1	61	Lat Bar	1
12	Curl Handle Tube	2	62	Double Floating Pulley Bracket	1
13	Seat Pad	1	63	Weight Post	2
14	Backrest Board	1	64	5" x 1 5/8" Bracket	2
15	Arm Curl Pad	1	65	4 3/8" x 2 3/8" Bracket	1
16	Curl Handle Grip	4	66	2 3/4" x 1 3/4" Bracket	1
17	Axle	1	67	Shiver Bar	1
18	Ø 2 3/8" Bushing	2	68	100" Upper Cable	1
19	Ø 1 1/2" Bushing	4	69	268" Lower Cable	1
20	Olympic Sleeve	5	70	Pulley	8
21	L-shaped Lock Pin	1	71	Small Pulley	2
22	Spring Clip	5	72	2 3/4" x 2" End Cap	3
23	Lock Knob	3	73	1 3/4" Square End Cap	1
24	Foam Roll	6	74	2" Square End Cap	2
25	Foam Roll End Cap	6	75	2" x 2 3/4" Stabilizer End Cap	4
26	Ø 3/4" x 1/2" Bushing	2	76	Rubber Bumper	1
27	Bushing	16	77	Lat Bar Grip	2
28	3 1/8" x 1 5/8" End Cap	1	78	1/2" Pulley Bushing	2
29	Ø 1" Cone-shaped End Cap	9	79	5/8" Pulley Bushing	6
30	Ø 1" End Cap	1	80	M10 x 2 3/8" Carriage Bolt	2
31	1 5/8" x 2 3/8" End Cap	2	81	M10 x 2 3/4" Carriage Bolt	4
32	1 5/8" x 3/4" End Cap	12	82	M10 x 3 1/8" Carriage Bolt	4
33	2" Sliding Block Sleeve	5	83	M10 x 3 3/4" Carriage Bolt	4
34	Stabilizer End Cap	4	84	M10 x 2 3/4" Allen Bolt	1
35	M10 x 2 1/2" Carriage Bolt	2	85	M10 x 2 1/2" Allen Bolt	3
36	M10 x 3/4" Allen Bolt	7	86	M10 x 1 3/4" Allen Bolt	4
37	M10 x 1 3/4" Allen Bolt	2	87	M10 x 2 3/8" Allen Bolt	3
38	M10 x 6 3/4" Allen Bolt	1	88	M10 x 5/8" Allen Bolt	10
39	M10 x 8 1/4" Allen Bolt	1	89	2 3/8" x 2" Sleeve	2
40	M8 x 2" Allen Bolt	8	90	Hook	2
41	M8 x 5/8" Allen Bolt	2	91	Chain	1
42	Ø 3/4" Washer	52	92	Right Bar Holder	1
43	Ø 5/8" Washer	10	93	Left Bar Holder	1
44	M10 Aircraft Nut	28	94	Single Handle	1
45	M6 x 16 Philips Screw	1			
46	Chrome Panel Screw	6			
47	Floor Stabilizer	2			
48	Cross Brace	1			
49	Upright Beam	2			
50	Left Support	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 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