

NOTE:  
Please read all instructions  
carefully before using this  
product

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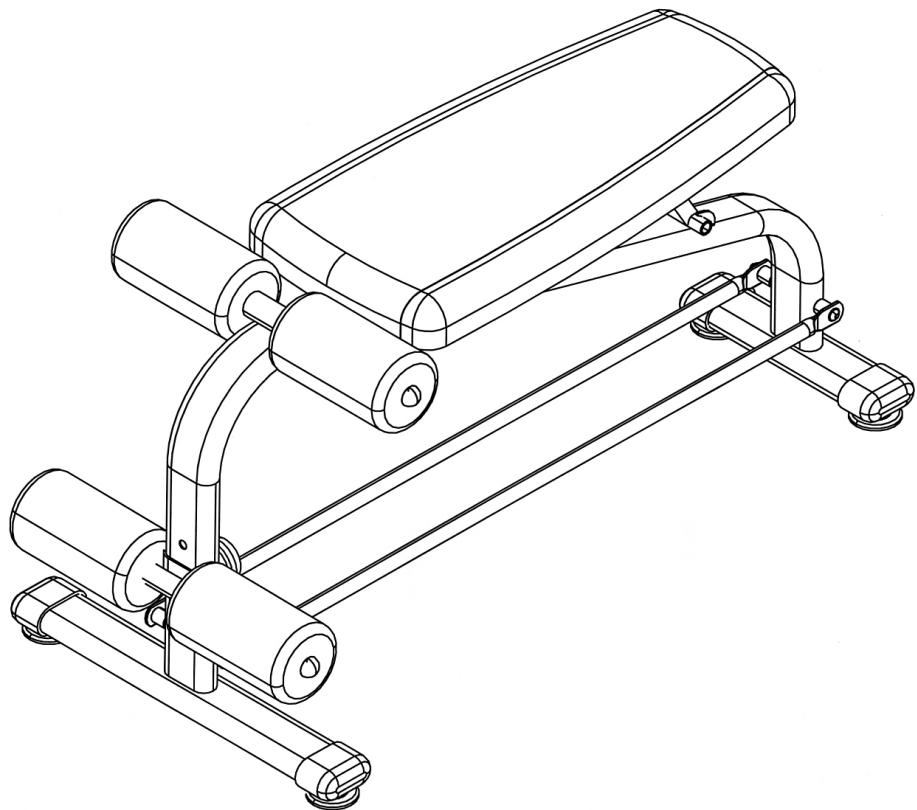
06-12-08

OWNER'S  
MANUAL

# IMPEX

## IRON GRIP STRENGTH DELUXE CRUNCH BOARD

### IGS-412



**IMPEX INC.**

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

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

[www.impex-fitness.com](http://www.impex-fitness.com)

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

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## BEFORE YOU BEGIN

Thank you for selecting the Deluxe Crunch Board IGS-412 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.

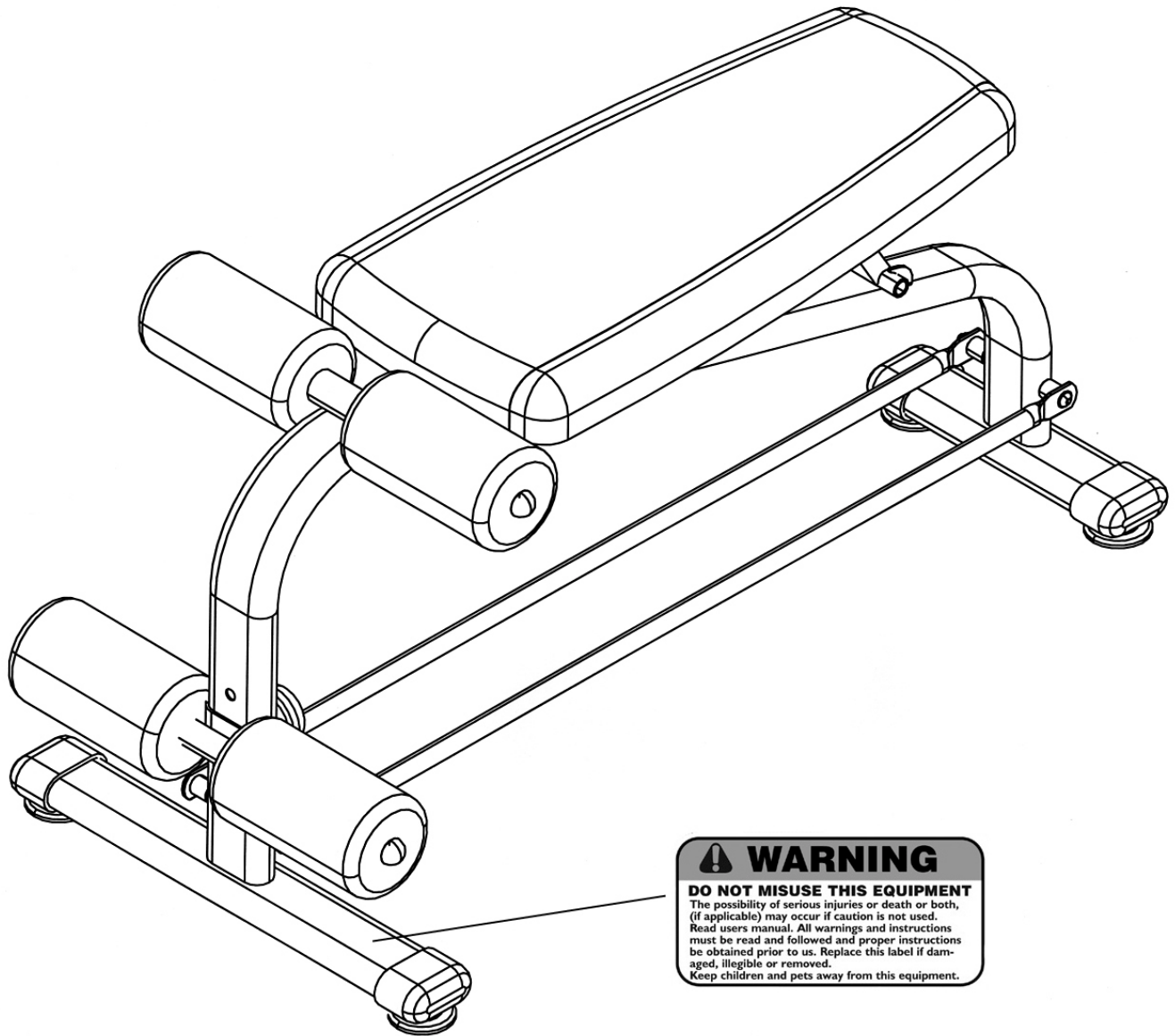
## **CARE AND MAINTENANCE**

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.**

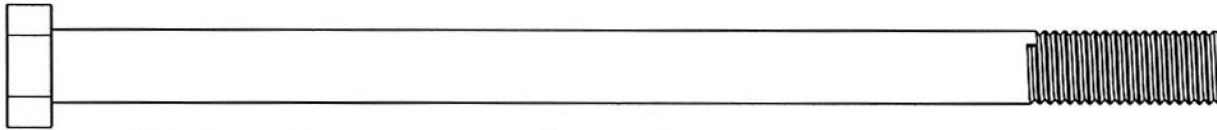
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL PLACEMENT

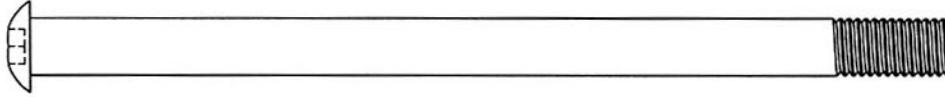


The Warning Label shown here has been placed on the Rear Base. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

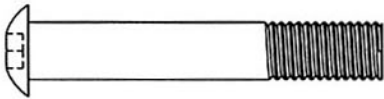
# HARDWARE PACK



#20 M12 6 7/8<sup>00</sup> Hex Bolt (Qty 1)



#16 M8 x 4 3/8<sup>00</sup> Allen Bolt (Qty 2)



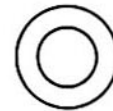
#17 M8 x 2<sup>00</sup> Allen Bolt (Qty 4)



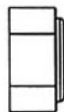
#22 M6 x 1 5/8<sup>00</sup> Hex Bolt (Qty 4)



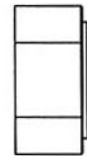
#23 Ø 1/2<sup>00</sup> Washer  
(Qty 4)



#19 Ø 5/8<sup>00</sup> Washer  
(Qty 8)

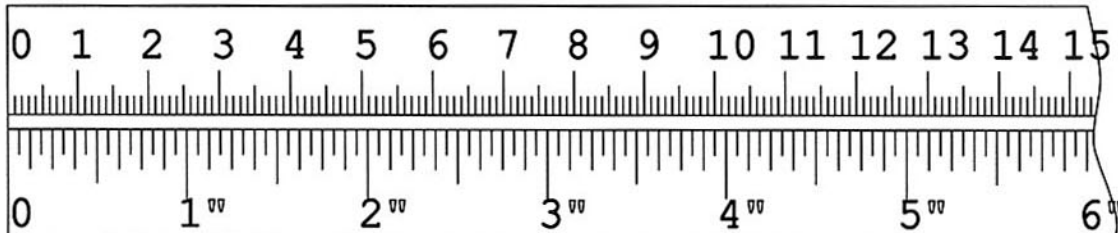


#18 M8 Aircraft Nut  
(Qty 2)



#21 M12 Aircraft Nut  
(Qty 1)

mm



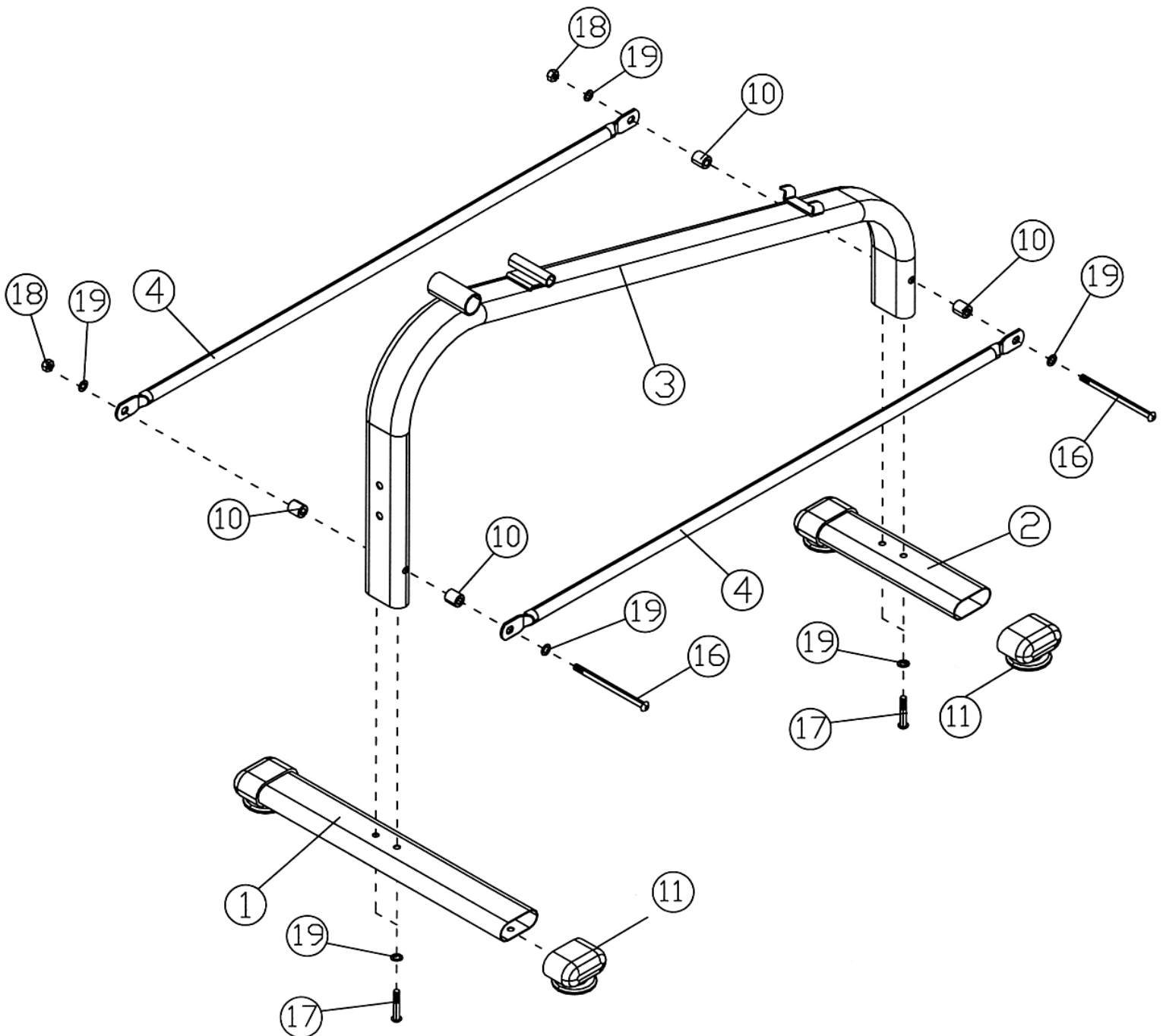
# ASSEMBLY INSTRUCTION

**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 Main Frame (#3) to the Front & Rear Bases (#1 & #2). Secure each end with two M8 x 2" Allen Bolts (#17) and two  $\text{\O} 5/8$ " Washers (#19).
- B.) Attach two Dumbbell Racks (#4) to the Main Frame from both sides. Secure each end with one M8x 4 3/8" Allen Bolt (#16), two  $\text{\O} 5/8$ " Washers (#19), two Spacers (#10), and one M8 Aircraft Nut (#18).
- C.) Push four Base End Caps (#11) onto the Bases from both ends.

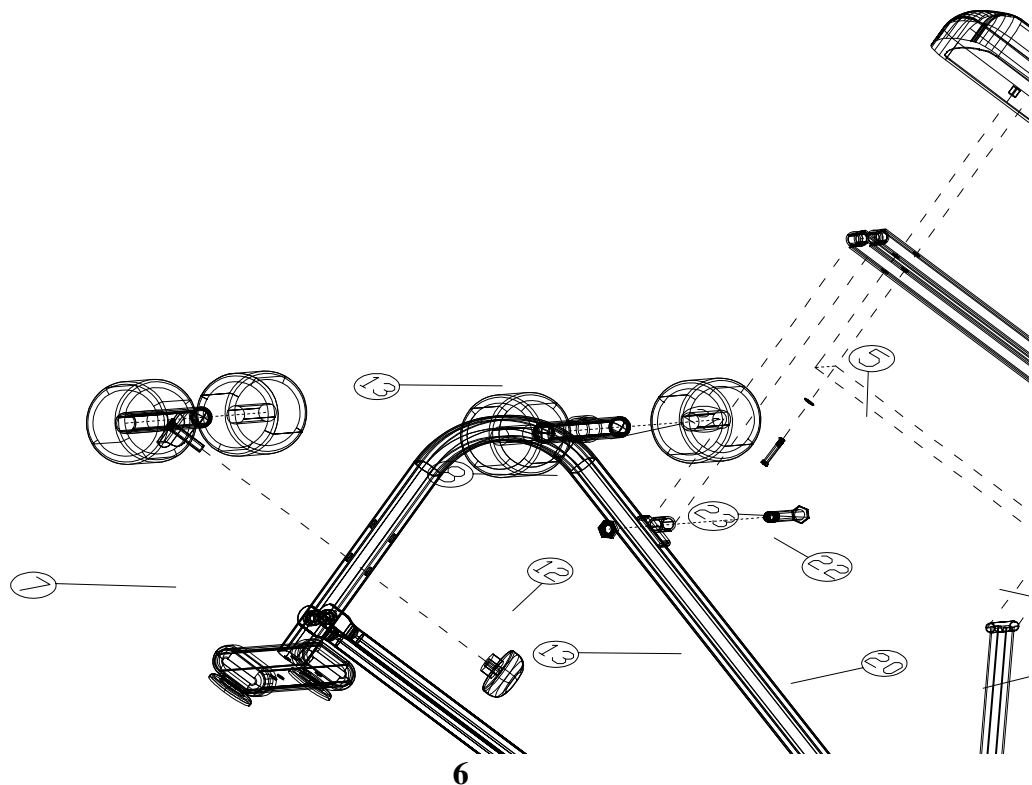
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Incline Support (#6) in between the two Seat Support Frames (#5).
- B.) Attach the pivot on the Seat Support Frames (#5) to the pivot on the Main Frame (#3). Secure them with one M12 x 6 7/8" Hex Bolt (#20) and M12 Aircraft Nut (#21).
- C.) Place the Seat Pad (#9) onto the Seat Support Frames (#5). Secure it with four M6 x 1 5/8" Hex Bolts (#22) and  $\varnothing$  1/2" Washers (#23).
- D.) Insert the Foam Tube (#8) halfway through the hole on the Main Frame. Push two Foam Rolls (#13) onto the Tube from both ends.
- E.) Attach the Cross Tube (#7) to the selected hole on the Main Frame. Secure it with a Lock Knob (#12). Push two Foam Rolls onto the Cross Tube from both ends.

**DIAGRAM 2**







## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Front Base	1
2	Rear Base	1
3	Main Frame	1
4	Dumbbell Rack	2
5	Seat Support Frame	2
6	Incline Support	1
7	Cross Tube	1
8	Foam Tube	1
9	Seat Pad	1
10	Spacer	4
11	Base End Cap	4
12	Lock Knob	1
13	Foam Roll	4
14	Ø 1" End Cap	4
15	1" Square End Cap	2
16	M8 x 4 3/8" Allen Bolt	2
17	M8 x 2" Allen Bolt	4
18	M8 Aircraft Nut	2
19	Ø 5/8" Washer	8
20	M12 x 6 7/8" Hex Bolt	1
21	M12 Aircraft Nut	1
22	M6 x 1 5/8" Hex Bolt	4
23	Ø 1/2" Washer	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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