

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
TC 3000

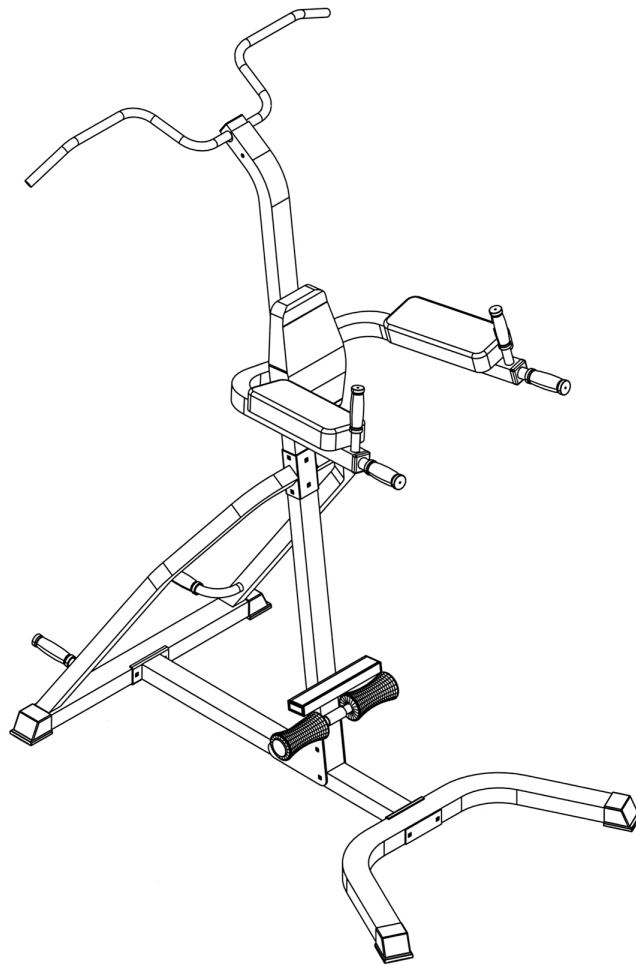
Retain This  
Manual for  
Reference

05-17-02

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## POWER STATION TC 3000



### IMPEX FITNESS PRODUCTS

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## BEFORE YOU BEGIN

Thank you for selecting the POWER STATION TC 3000 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.

**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

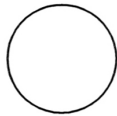


M10

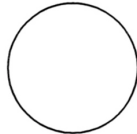
## INCHES



1/2"



5/8"



3/4"

## REPLACEMENT PARTS

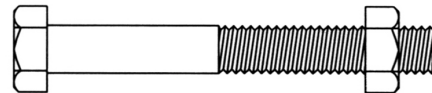
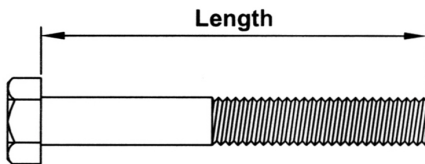
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

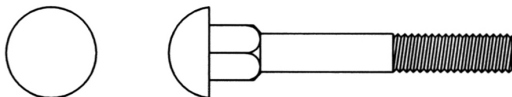


**1-800-999-8899**

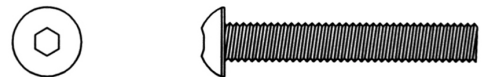
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



## HEX HEAD BOLT



## CARRIAGE BOLT



## ALLEN BOLT



## AIRCRAFT NUT



## FLAT WASHER

# ASSEMBLY INSTRUCTION

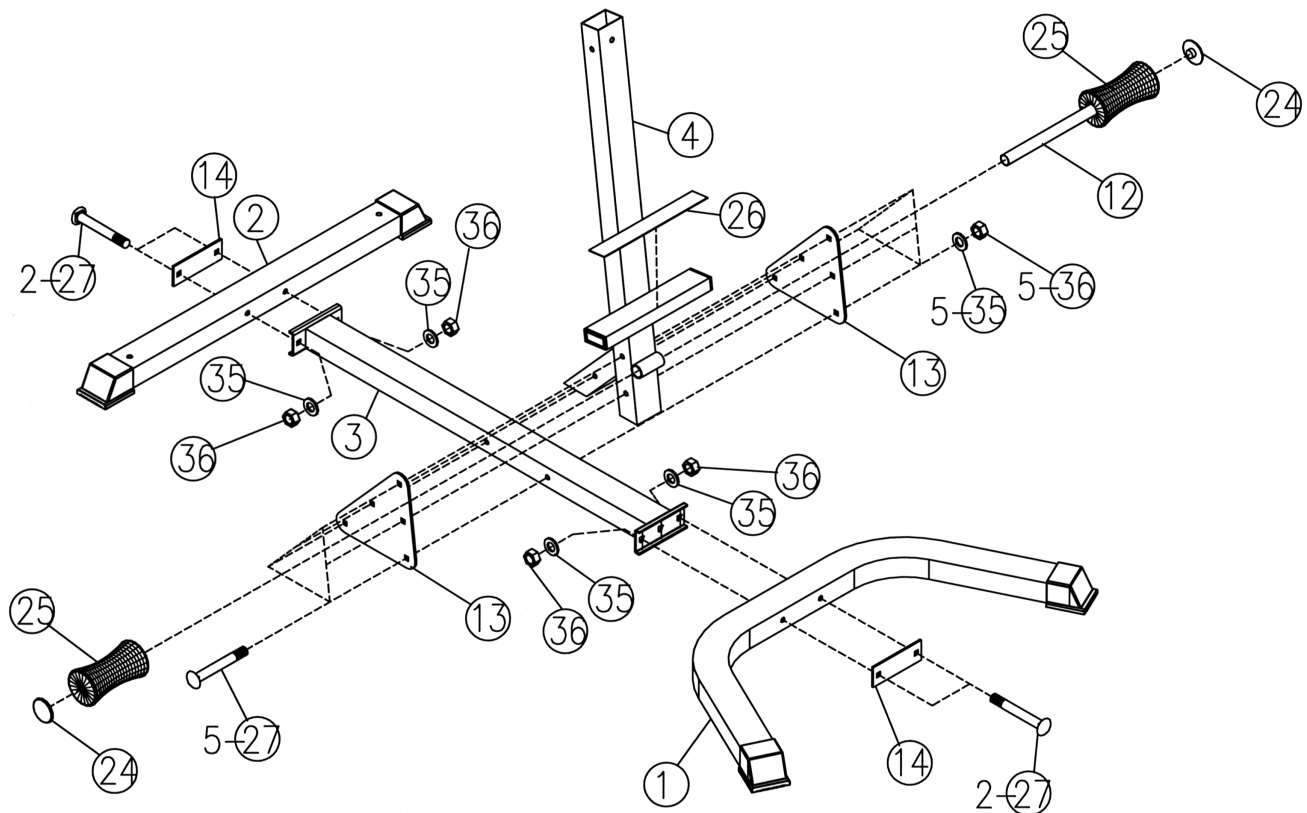
**Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches**

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

## STEP 1 (See Diagram 1)

- A.) Connect the Front Stabilizer (#1) to the Base Frame (#3). Secure it with two M10 x 3 3/4" Carriage Bolts (#27), one Bracket (#14), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#36). Repeat the same step to connect the Rear Stabilizer (#2) to the Base Frame (#3).
- B.) Attach the Lower Vertical Frame (#4) to the Base Frame (#3). Secure it with two Triangle Brackets (#13), one on each side of the Frame, five M10 x 3 3/4" Carriage Bolts (#27), Ø 3/4" Washers (#35), and M10 Aircraft Nuts (#36).
- C.) Insert the Foam Roll Tube (#12) halfway through the pivot on the Frame. Slide two Foam Rolls (#25) onto the Foam Tube from both sides. Plug two Foam Caps (#24) to both ends.
- D.) Attach the Non-slip Pad (#26) onto the top of the step on the Lower Vertical Frame.

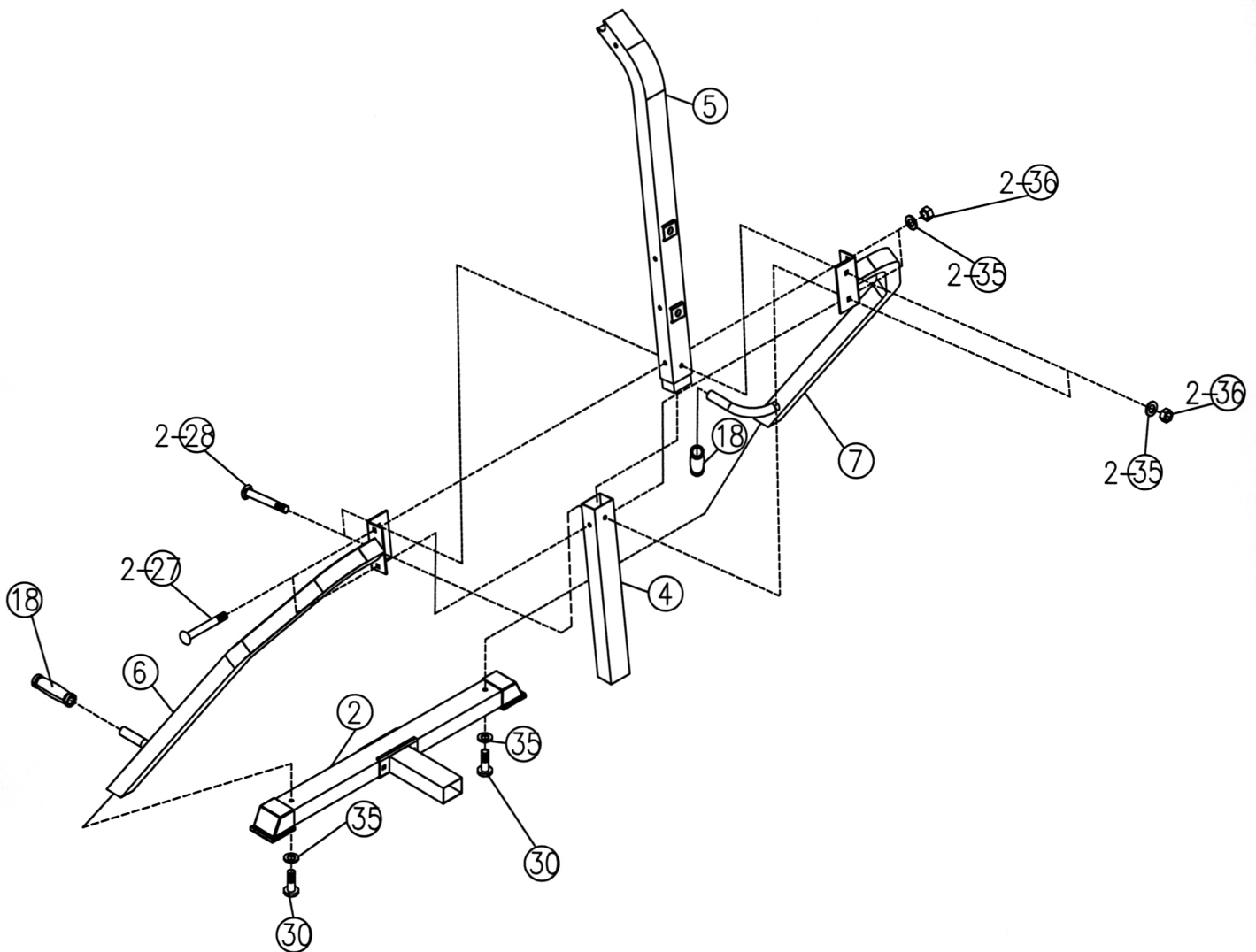
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach Left Support Frame (#6) onto the Rear Stabilizer (#2). Secure it with a M10 x 2 1/2" Allen Bolt (#30) and  $\varnothing$  3/4" Washer (#35) from the bottom up. Repeat the same step to install the Right Support Frame (#7) to the Rear Stabilizer.
- B.) Insert the Upper Vertical Frame (#5) into the Lower Vertical Frame (#4). Attach top of the Left & Right Support Frame (#6) & (#7) to both sides of the Frame. Align the holes and secure the Support Frames to the Vertical Frame with two M10 x 3 3/4" Carriage Bolts (#27),  $\varnothing$  3/4" Washers (#35), and M10 Aircraft Nuts (#36). Secure the Vertical Frame with two M10 x 3" Carriage Bolts (#28),  $\varnothing$  3/4" Washers (#35), M10 Aircraft Nuts (#36).
- C.) Slide two Short Grips (#18) onto the curl handles on the Support Frames.

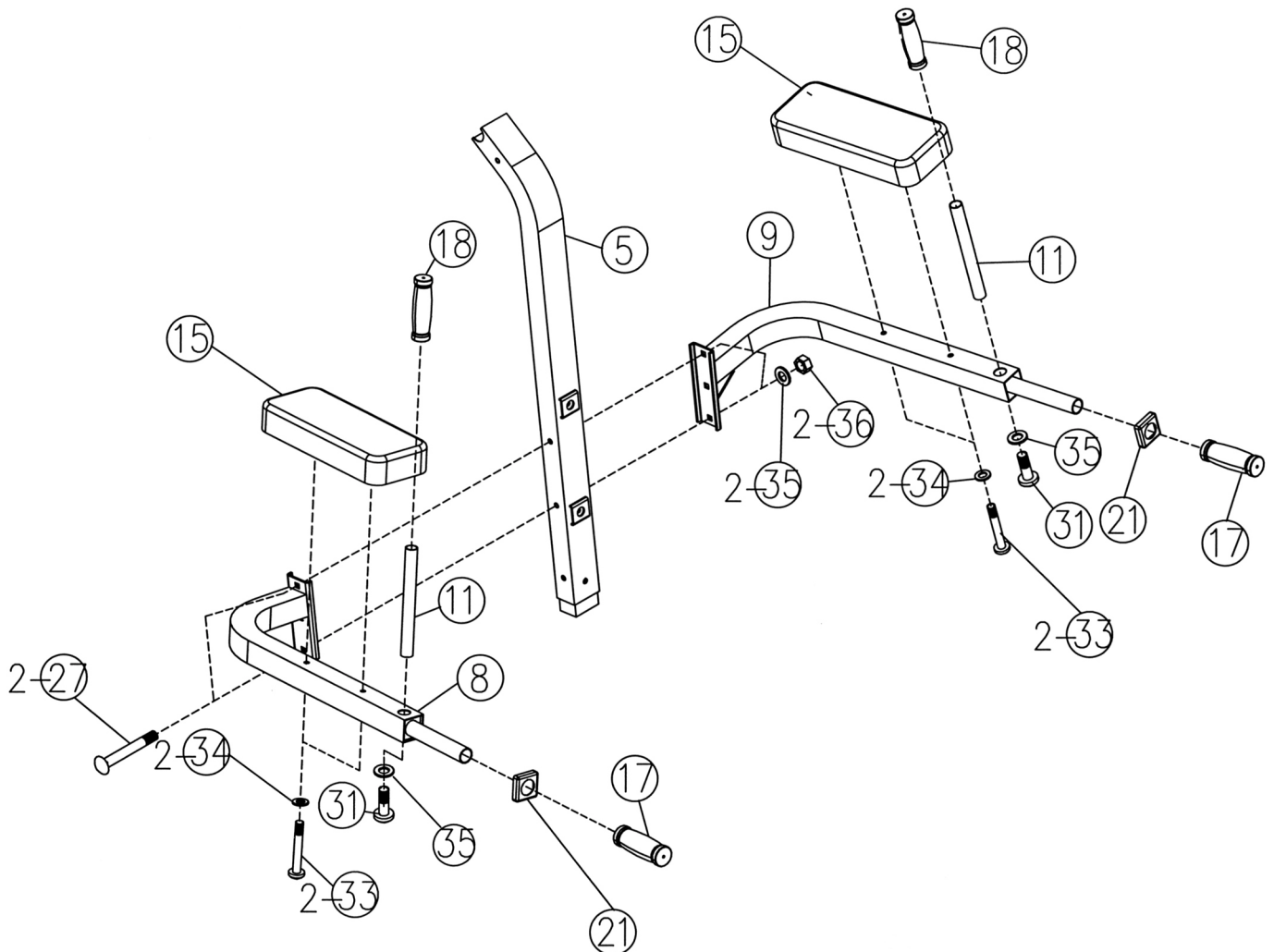
### DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the Left Dip Support (#8) and Right Dip Support (#9) to the Upper Vertical Frame (#5). Secure them with two M10 x 3 3/4" Carriage Bolts (#27),  $\varnothing$  3/4" Washers (#35), and M10 Aircraft Nuts (#36).
- B.) Attach two Arm Pads (#15) to Left and Right Dip Supports. Secure each Pad with two M8 x 2 1/4" Allen Bolts (#33) and  $\varnothing$  5/8" Washers (#34).
- C.) Insert two Vertical Handles (#11) into the holes on the Dip Supports. Secure them with one M10 x 5/8" Allen Bolt (#31) and  $\varnothing$  3/4" Washer (#35) underneath each handle. Slide two  $\varnothing$  1" Grips (#18) onto the Handles.
- E.) Slide two Sleeves (#21) onto the Handles on the Dip Supports. Then slide two  $\varnothing$  1 3/8" Grips (#17) onto the handles.

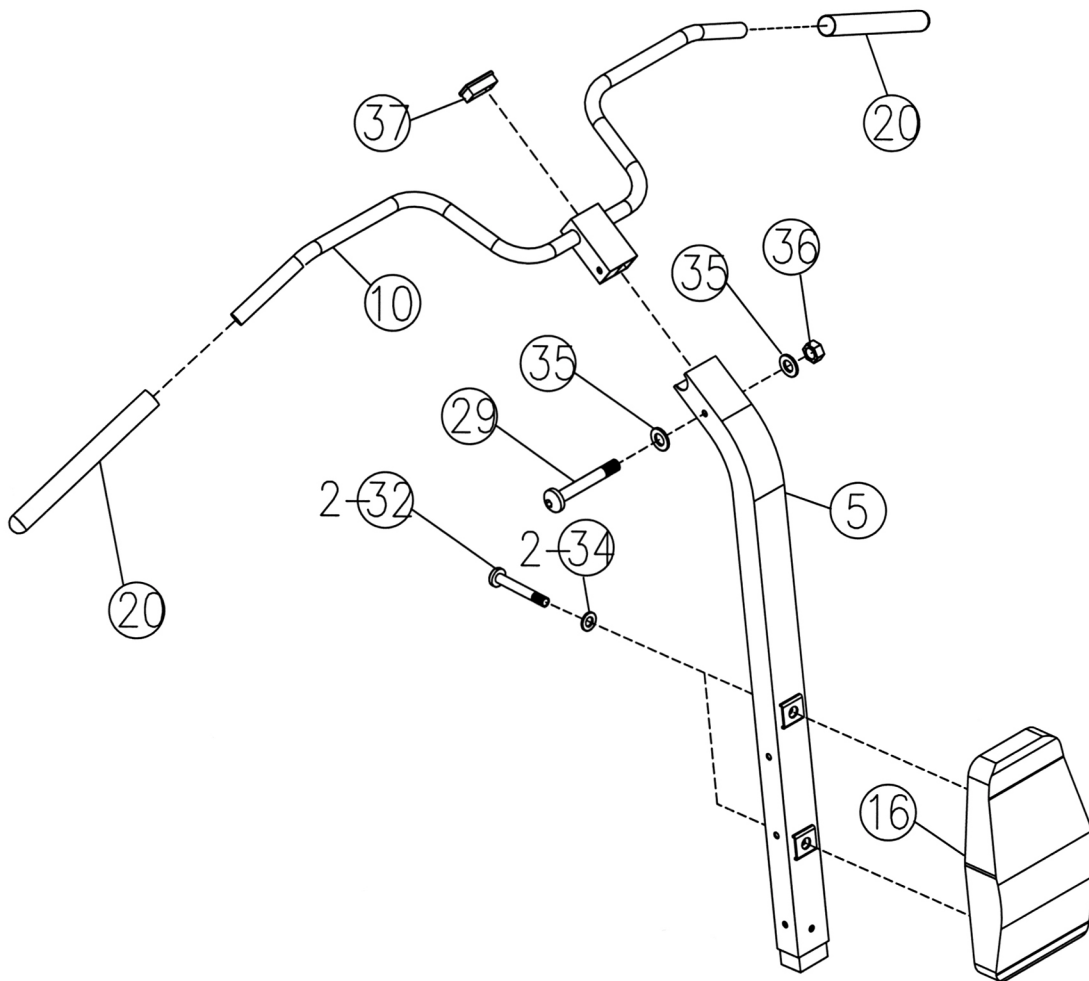
### DIAGRAM 3



#### STEP 4 (See Diagram 4)

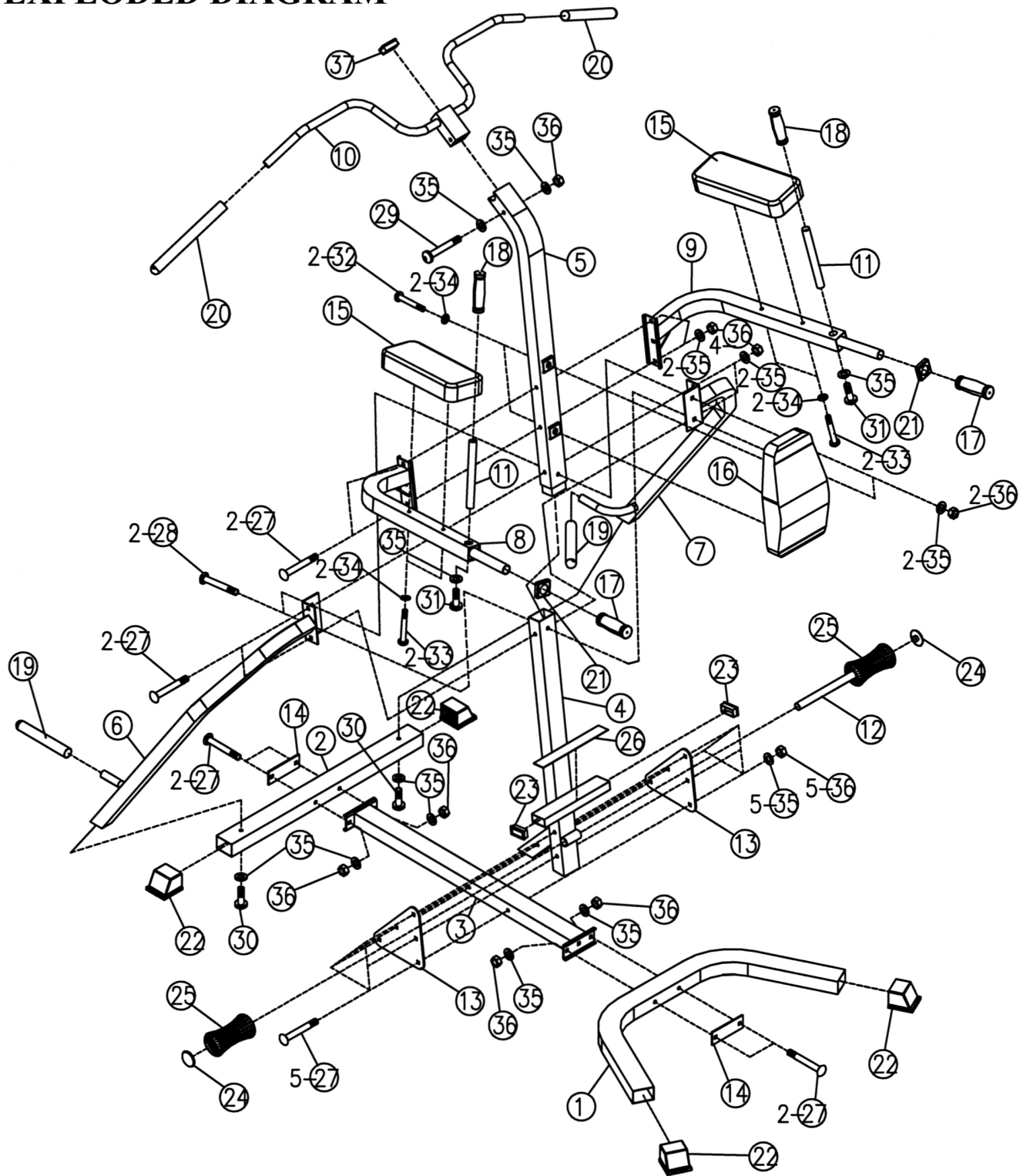
- A.) Attach Backrest Pad (#16) to the Upper Vertical Frame (#5). Secure it with two M8 x 2 3/4" Allen Bolts (#32) and  $\varnothing$  5/8" Washers (#34).
- B.) Insert the Chin-up Bar (#10) into the top opening on the Upper Vertical Frame (#5). Secure it with one M10 x 3 1/4" Allen Bolt (#29), two  $\varnothing$  3/4" Washers (#35), and one M10 Aircraft Nut (#36).
- C.) Slide two Chin-up Handle Grips (#20) onto both ends of the Bar (#10).
- E.) Insert the 2 1/2" End Cap (#37) to the opening on the Chin-up Bar (#10).

### DIAGRAM 4





# EXPLODED DIAGRAM



## Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Front Stabilizer	1
2	Rear Stabilizer	1
3	Base Frame	1
4	Lower Vertical Frame	1
5	Upper Vertical Frame	1
6	Left Support Frame	1
7	Right Support Frame	1
8	Left Dip Support	1
9	Right Dip Support	1
10	Chin Up Bar	1
11	Vertical Handle	2
12	Foam Roll Tube	1
13	Triangle Bracket	2
14	Bracket	2
15	Arm Pad	2
16	Backrest Pad	1
17	Ø 1 ¼" Grip	2
18	Ø 1" Grip	4
19	Manual	1
20	Chin-up Handle Grip	2
21	Sleeve	2
22	2 ¾" End Cap	4
23	2 ¼" End Cap	2
24	Foam Cap	2
25	Foam Roll	2
26	Non-slip Pad	1
27	M10 x 3 ¾" Carriage Bolt	13
28	M10 x 3 " Carriage Bolt	2
29	M10 x 3 ¼" Allen Bolt	1
30	M10 x 2 ½" Allen Bolt	2
31	M10 x 5/8" Allen Bolt	2
32	M8 x 2 ¾" Allen Bolt	2
33	M8 x 2 ¼" Allen Bolt	4
34	Ø 5/8" Washer	6
35	Ø ¾" Washer	21
36	M10 Aircraft Nut	16
37	2 ½" End Cap	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 [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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