

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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**Model  
WM-343**

**Retain This  
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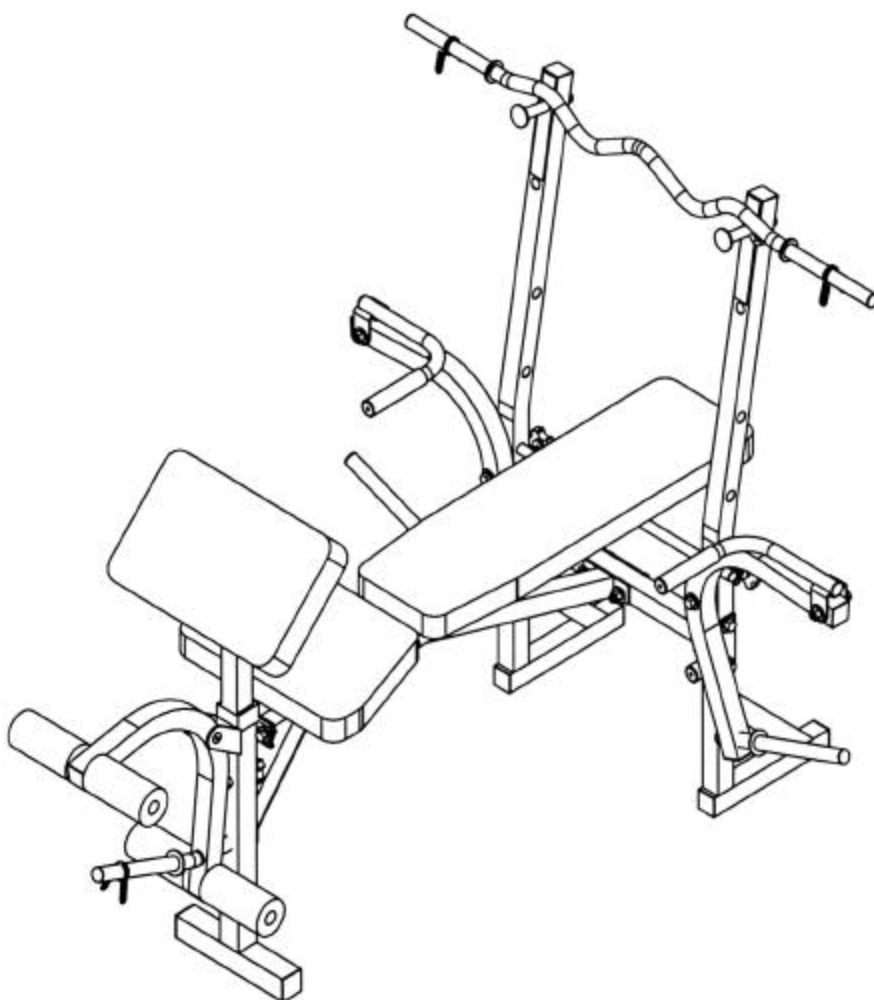
**May 29, 2001**

**OWNER'S  
MANUAL**

**IMPEX**  
F I T N E S S P R O D U C T S

# COMPETITOR

## WM-343 BENCH



**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 **COMPETITOR WM-343 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

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.**

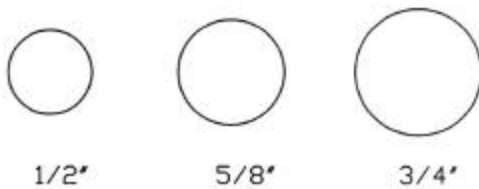
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

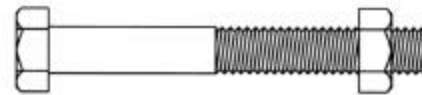
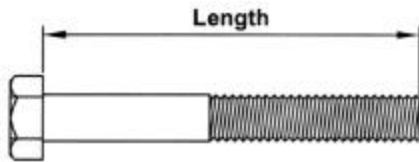
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

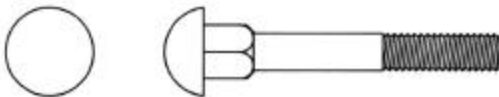


**1-800-999-8899**

**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

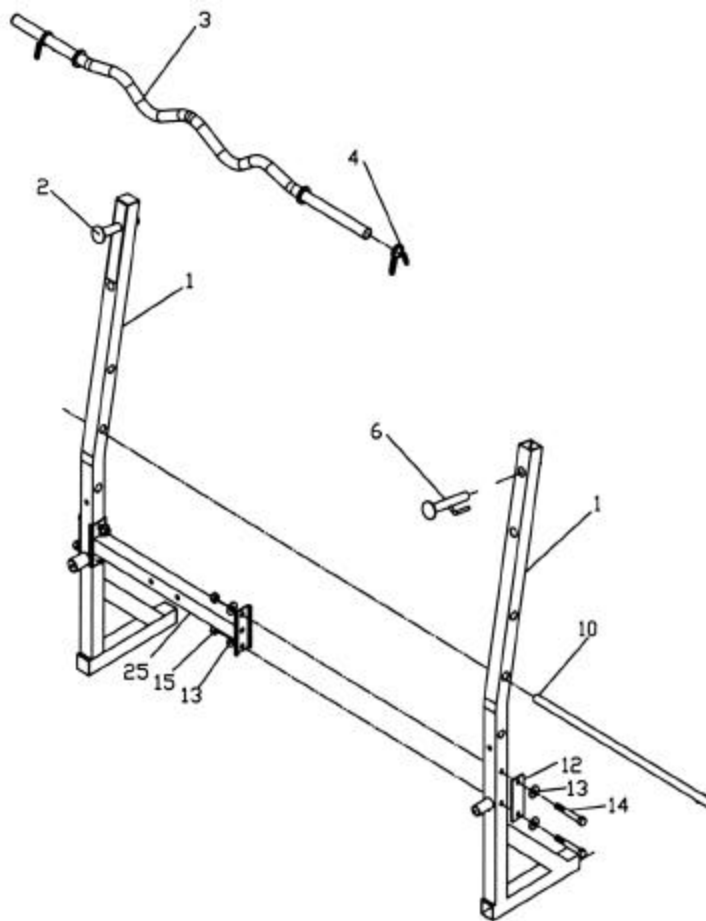
# ASSEMBLY INSTRUCTION

Tools required to assembly the machine:  
Two Adjustable Wrenches

## STEP 1 (SEE Diagram 1)

- A.) Connect the two Rear Upright Beams (#1) by a Cross Brace (#25) in the Mid-span. Fasten them by two M10x 2 3/8" Bolts (#14), four  $\varnothing$  7/8" Washers (#13), one Bracket (#12), and two M10 Aircraft Nuts (#15) on each side of the Cross Brace. DO NOT tighten the nuts and bolts yet.
- B.) Insert the Backrest Adjustment Bar (#10) through a selected hole to obtain desired incline of Backrest.
- C.) Insert two Bar Catches (#2) & (#6) into the selected hole on the Rear Upright Beams (#1) to obtain the desired height to hold the Curl Bar (#3). Place two Spring Clips (#4) onto the Curl Bar on both ends.

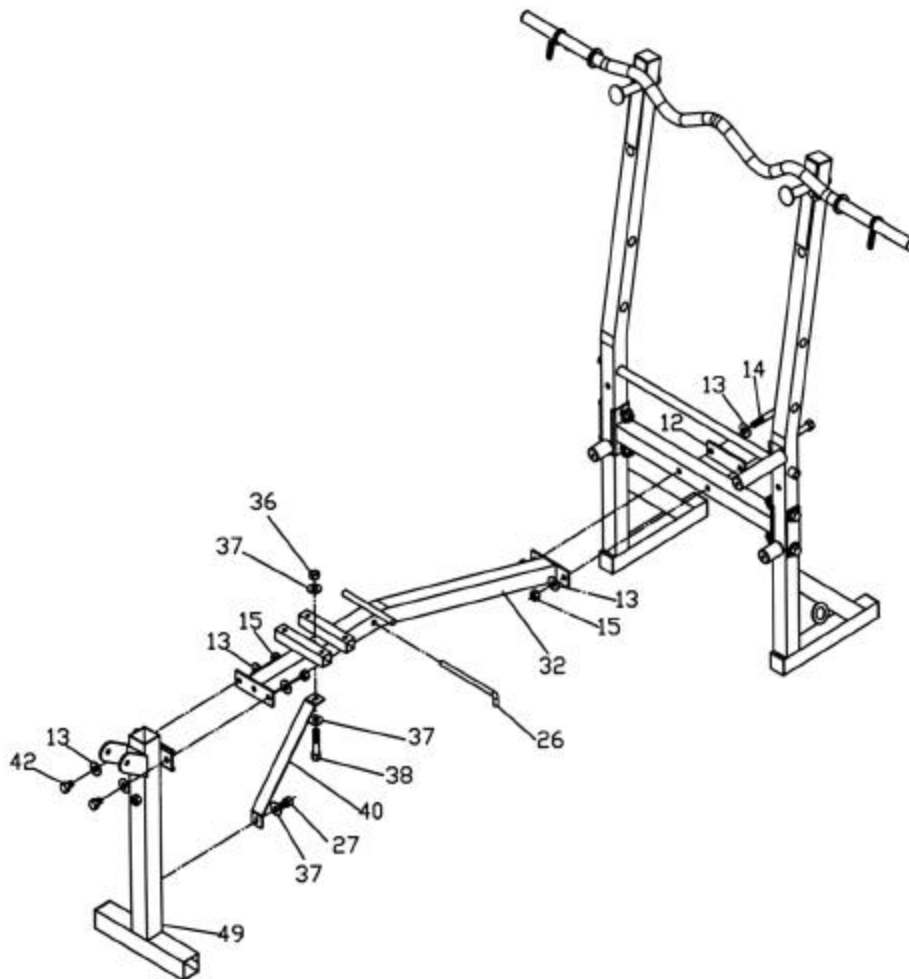
**DIAGRAM 1**



## STEP 2 (SEE DIAGRAM 2)

- A.) Connect the Front Stabilizer (#49) to the Main Seat Support (#32) and secure them with two M10 x 1" Bolts (#42), four  $\varnothing$  7/8" Washers (#13), and two M10 Aircraft Nuts (#15). DO NOT tighten the nuts and bolts yet.
- B.) Connect the Main Seat Support (#32) to the Cross Brace (#25) and secure it with two M10 x 2 3/8" Bolts (#14), four  $\varnothing$  7/8" Washers (#13), one Bracket (#12), and two M10 Aircraft Nuts (#15).
- C.) Connect one end of Diagonal Support (#40) to the Main Seat Support (#32). Secure it with one M8 x 2 1/8" Bolt (#38), two  $\varnothing$  3/4" Washers (#37) and one M8 Aircraft Nut (#36). Connect the other end to the Front Stabilizer. Secure it with one M8 x 5/8" Bolt (#27) and  $\varnothing$  3/4" Washer (#37).
- D.) Securely tighten all the nuts and bolts previously installed.
- E.) Insert Lock Pin (#26) into the hole on the Main Seat Support (32). Only use the pin when changing the backrest board to a vertical position.

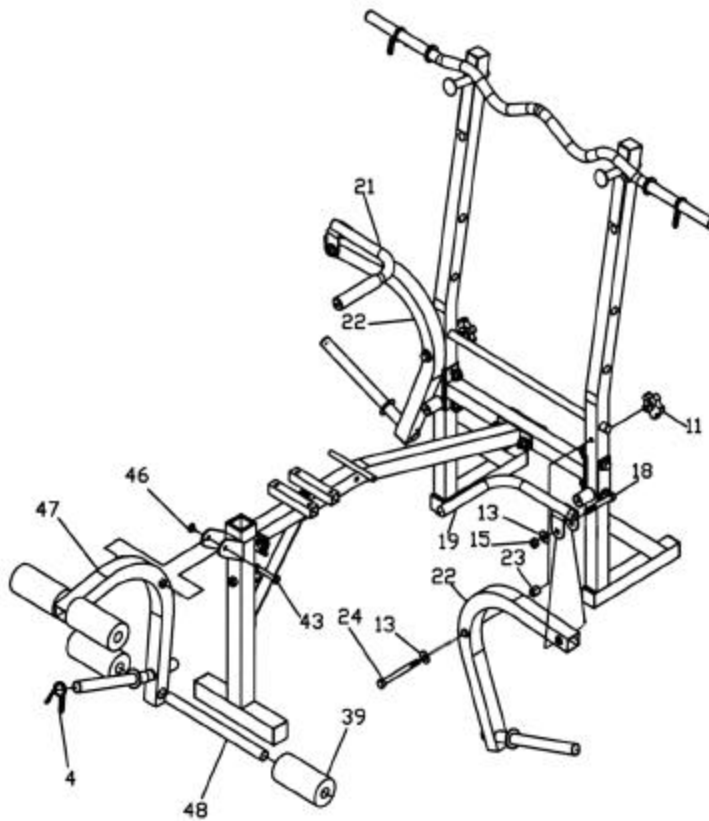
**DIAGRAM 2**



### STEP 3 (SEE DIAGRAM 3)

- A.) Attach a  $\varnothing 7/8$ " Washer (#13) onto a M10 x 4 1/2 Bolt (#24). Insert the Bolt through the Butterfly (#22). Place a M10 Regular Nut onto the Bolt. Then insert the Bolt through the hole on the Rear Upright Beam (#1). Secure the Bolt with a Knob (#11) behind the Upright Beam. Repeat the same step to install the other Butterfly.
- B.) Attach the Left Butterfly Handle (#19) to the Left Butterfly (#22). Secure it with a M10 x 2 1/4 Bolt (#18),  $\varnothing 7/8$ " Washer (#13), and M10 Aircraft Nut (#15). Repeat the same step to install the Right Butterfly Handle (#21).
- C.) Attach the Leg Developer (#47) onto the bracket on the Front Stabilizer (#49). Secure it with a Hex Socket Axle (#43) and Hex Socket Screw (#46).
- D.) Insert two Foam Roll Tubes (#48) halfway through the hole on the Leg Developer (#47). Push four Foam Rolls (#39) onto the tube from both sides.
- E.) Place a Spring Clip (#4) onto the weight holder on the Leg Developer.

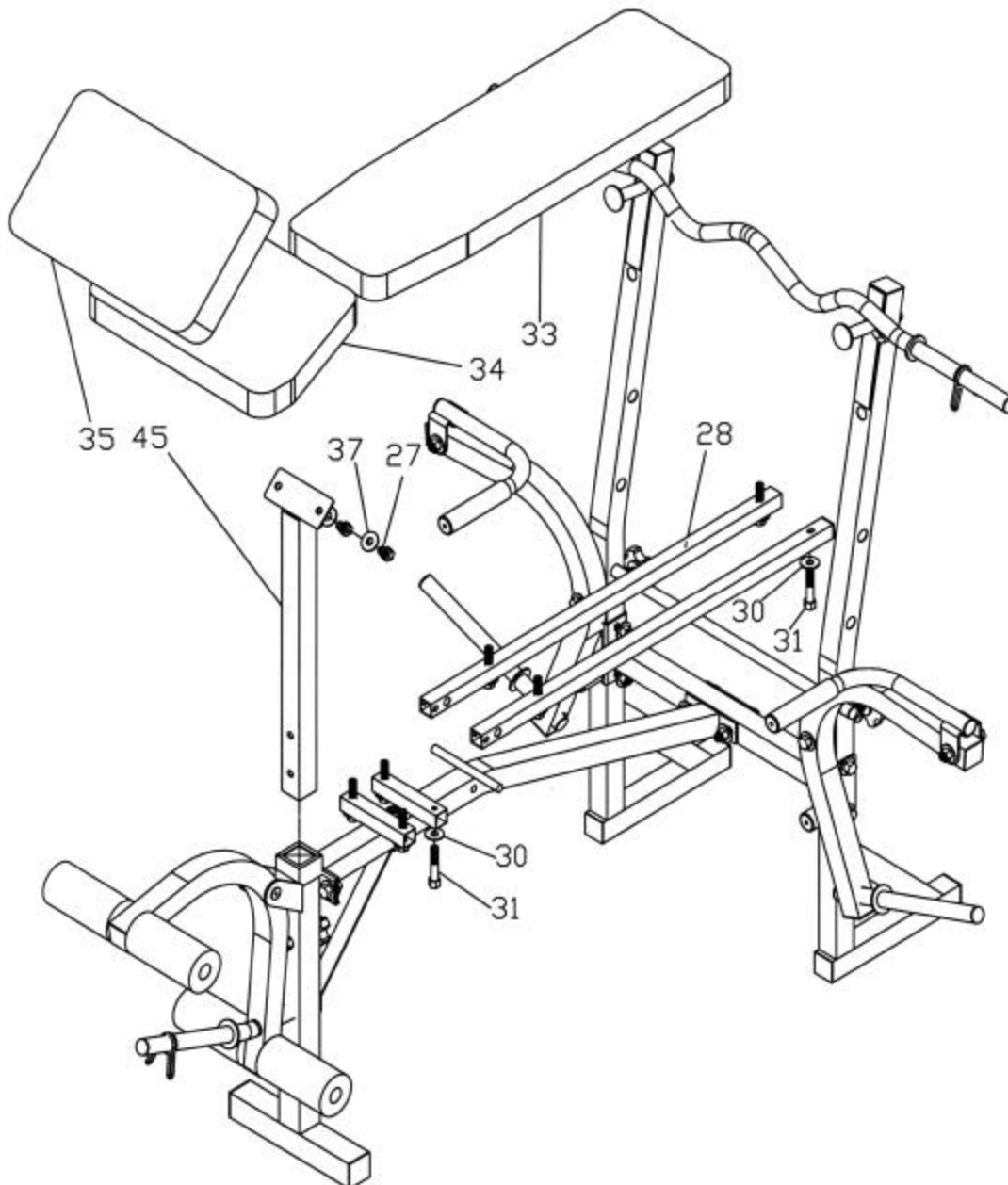
**DIAGRAM 3**



## STEP 4 (SEE DIAGRAM 4)

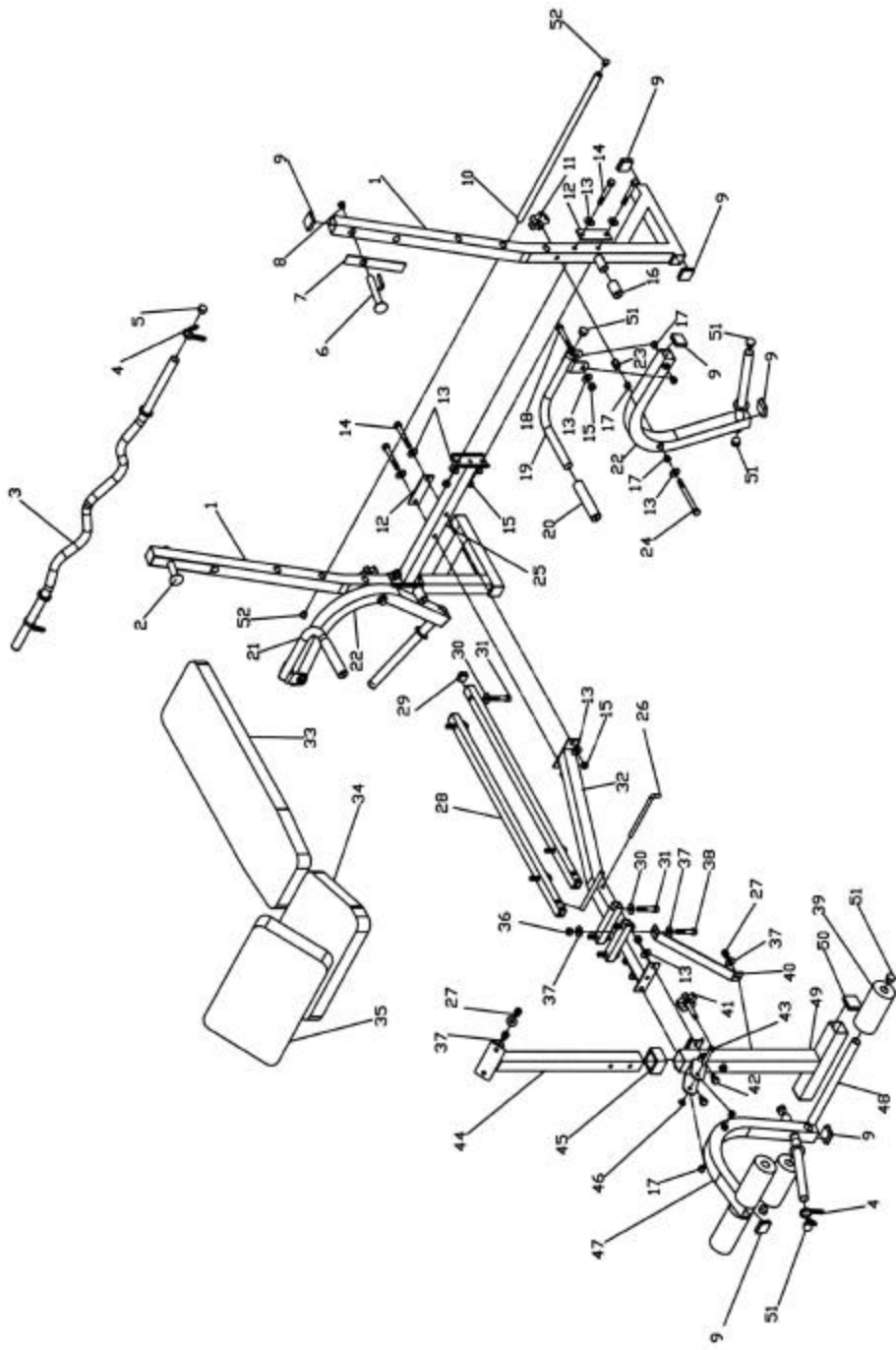
- A.) Attach the hole-side of the Backrest Supports (#28) onto both ends of the Pivot on the Main Seat Support (#32). The other side rest against the Backrest Adjustment Bar (#10).
- B.) Place the Backrest Board (#33) onto the Backrest Support (#28). Fasten it with four M6 x 1 3/8" Bolts (#31) and  $\varnothing$  1/2" Washers (#30).
- C.) Place Seat Cushion (#34) onto the bracket on the Main Seat Support (#32). Align the holes and fasten the Seat with four M6 x 1 3/8" Bolts (#31) and  $\varnothing$  1/2" Washers (#30).
- D.) Insert the Arm Curl Stand (#44) into the opening on the top of the Front Stabilizer (#49). Secure with a Knob Bolt (#41).
- E.) Attach the Arm Curl Pad (#35) to the Arm Curl Stand (#44). Secure it with two M8 x 5/8" Bolts (#27) and  $\varnothing$  3/4" Washers (#37).

**DIAGRAM 4**





**EXPLODED DIAGRAM**



# PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Rear Upright Beam	2
2	Right Bar Catch	1
3	Curl Bar	1
4	Spring Clip	3
5	Æ1" Curl Bar Flat End Cap	2
6	Left Bar Catch	1
7	Bar Catch Panel	2
8	7/8" Flat End Cap	2
9	1 1/2" Square End Cap	12
10	Backrest Adjustment Bar	1
11	Knob	2
12	Bracket	3
13	Æ 7/8" Washer	20
14	M10 x 2 3/8" Bolt	6
15	M10 Aircraft Nut	10
16	1 1/8" Plastic Stopper	2
17	3/8" Bushing	10
18	M10 x 2 1/4" Carriage Bolt	2
19	Left Butterfly Handle	1
20	Grip	2
21	Right Butterfly Handle	1
22	Butterfly	2
23	M10 Regular Nut	2
24	M10 x 4 1/2" Bolt	2
25	Cross Brace	1
26	Lock Pin	1
27	M8 X 5/8" Bolt	3
28	Backrest Support	2
29	1" Flat End Cap	2
30	Æ 1/2" Washer	8
31	M6 x 1 3/8" Bolt	8
32	Main Seat Support	1
33	Backrest Board	1
34	Seat Cushion	1
35	Arm Curl Pad	1
36	M8 Aircraft Nut	1
37	Æ3/4" Washer	5
38	M8 x 2 1/8" Bolt	1
39	Foam Roll	4
40	Diagonal Support	1
41	Knob Bolt	1
42	M10 X 1" Bolt	2
43	Hex Socket Axle	1
44	Arm Curl Stand	1
45	1 3/4" Square Sleeve	1
46	Hex Socket Screw	1
47	Leg Developer	1
48	Foam Roll Tube	2
49	Front Stabilizer	1
50	1 3/4" Square End Cap	2
51	1" Round End Cap	12
52	3/4" Round End Cap	2

# **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 a 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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