

NOTE:
Please read all instructions
carefully before using this
product

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Model
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Retain This
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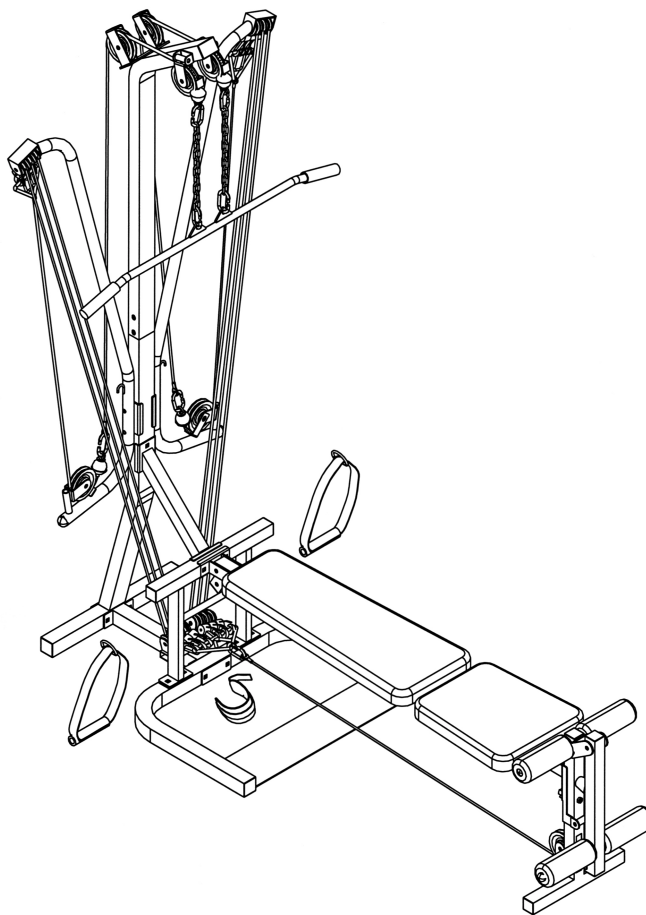
06-04-02

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

BODYFLEX GYM

WM 1407



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the POWERHOUSE WM1407 BODYFLEX GYM 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

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

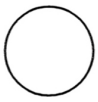


M8

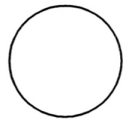


M10

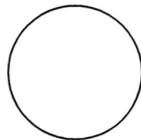
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

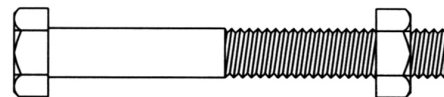
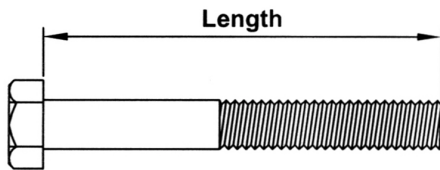
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

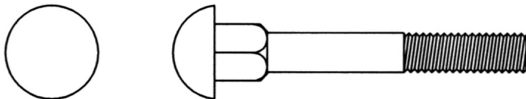


1-800-999-8899

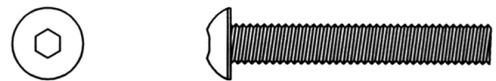
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

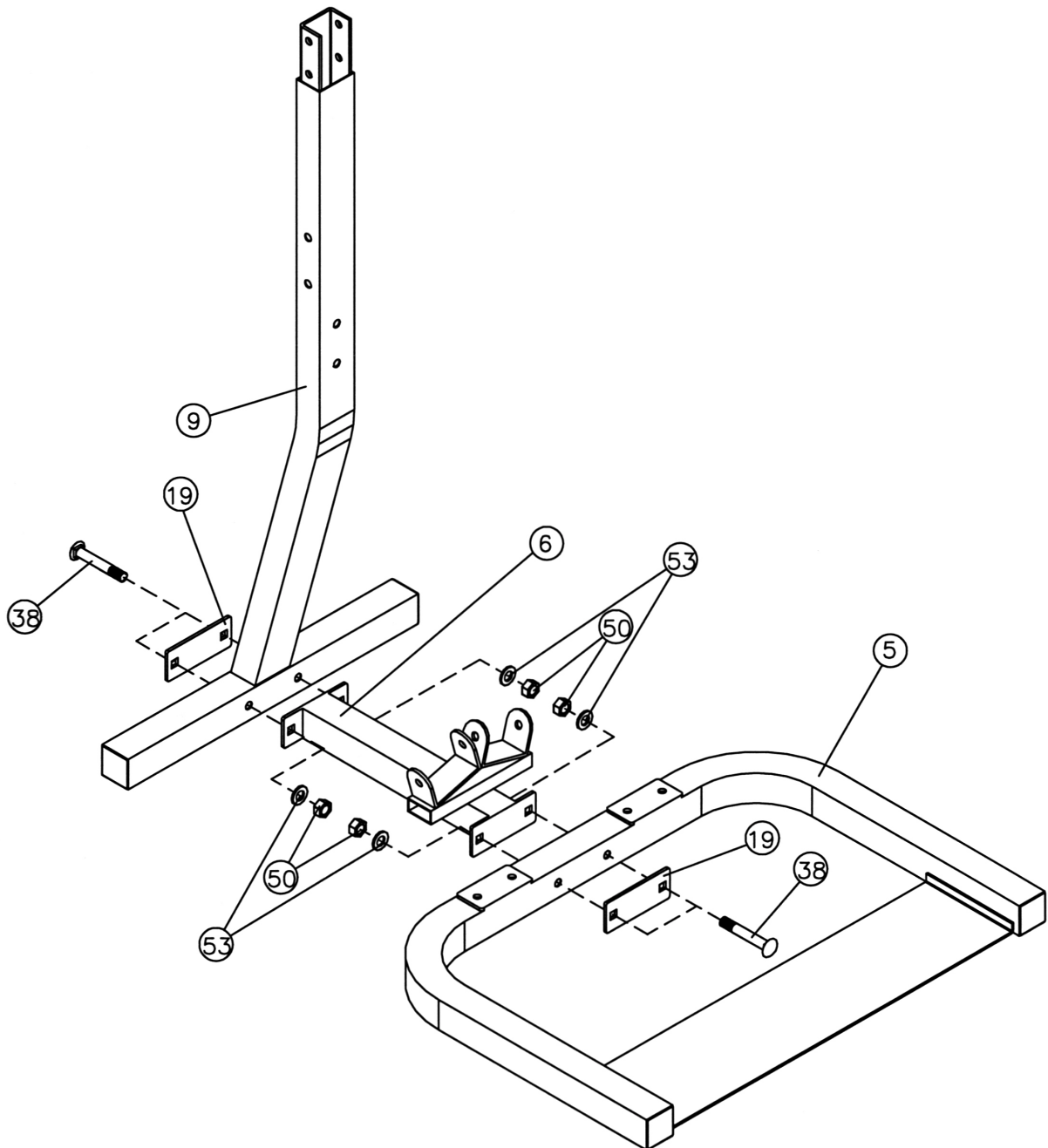
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.
NOTE: It is strongly recommended two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Base Frame (#5) to the Rear Base Frame (#6). Align the holes then secure them with one 4 3/8" x 1 3/4" Bracket (#19), two M10 x 2 1/2" Carriage Bolts (#38), two $\text{\O} \frac{3}{4}$ " Washers (#53), and two M10 Aircraft Nuts (#50).
- B.) Attach the Rear Vertical Frame (#9) to the other end of Rear Base Frame (#6). Align the holes then secure them with one 4 3/8" x 1 3/4" Bracket (#19), two M10 x 2 1/2" Carriage Bolts (#38), two $\text{\O} \frac{3}{4}$ " Washers (#53), and two M10 Aircraft Nuts (#50).

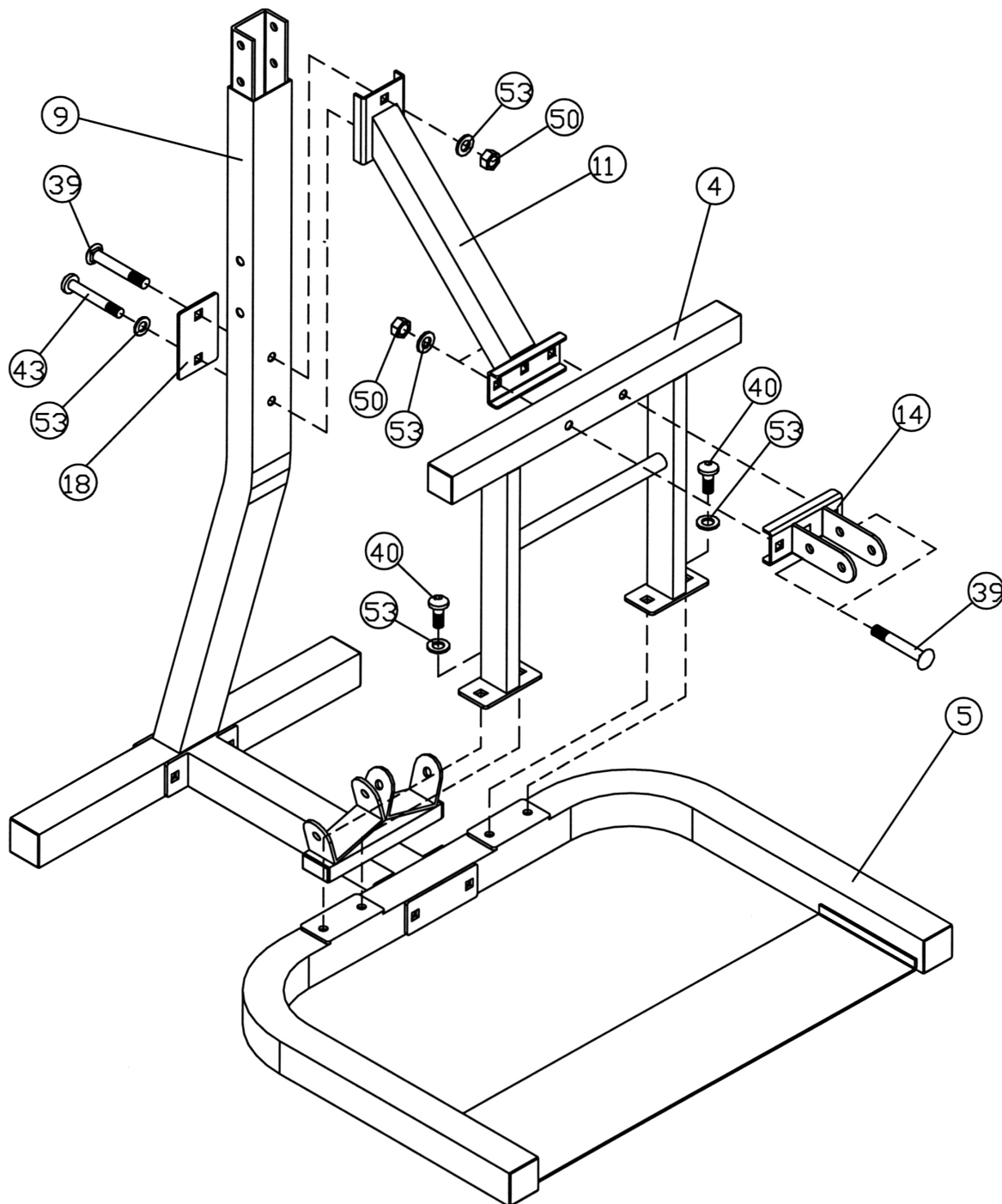
DIAGRAM 1



STEP 2 (See Diagram 2)

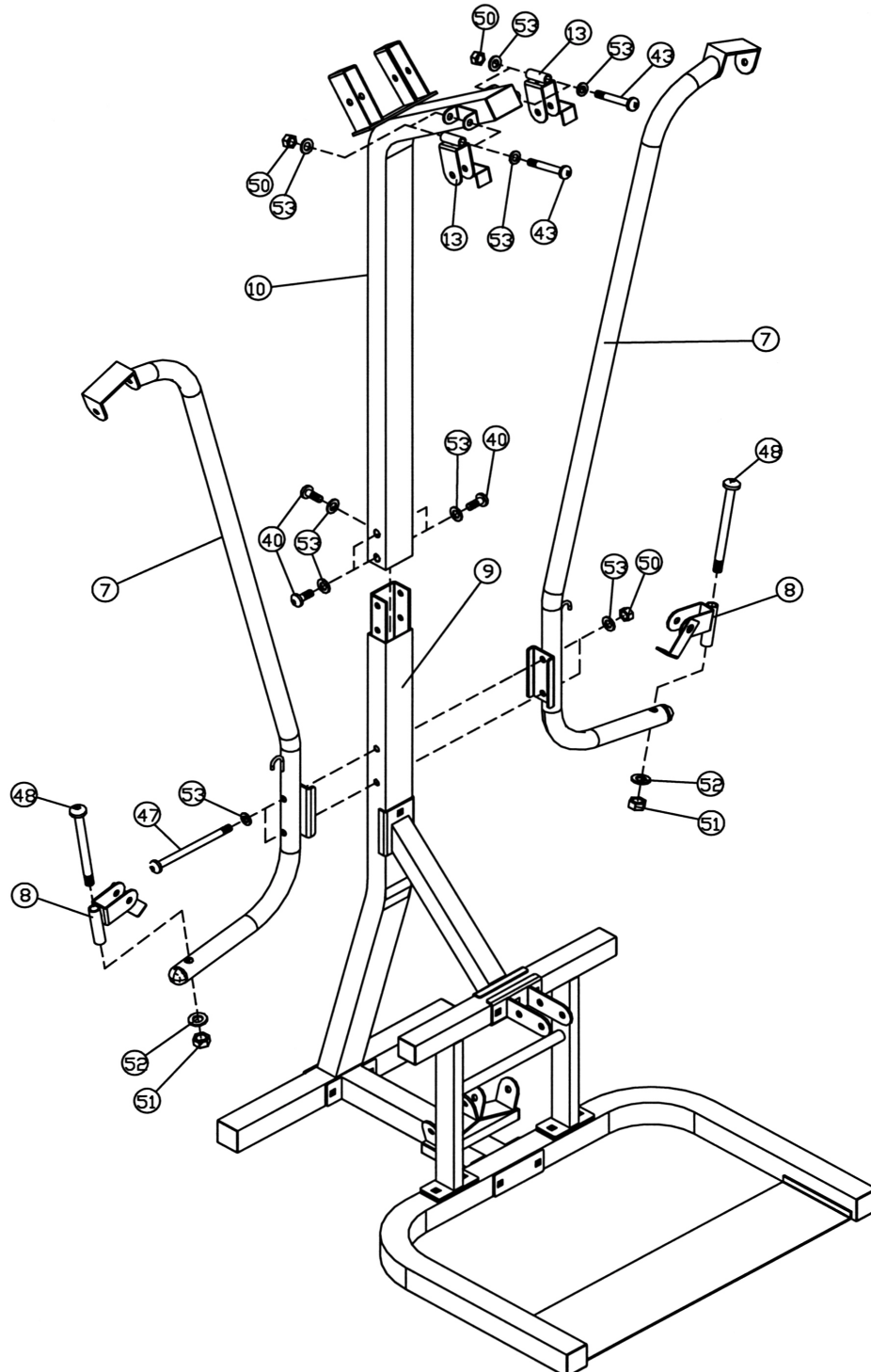
- A.) Attach the Rear Support Frame (#4) onto the Base Frame (#5). Secure them with four M10 x 5/8" Allen Bolts (#40) and \varnothing 3/4" Washers (#53).
- B.) Attach the lower end of Diagonal Support Frame (#11) and the Vertical Lock Bracket (#14) to the Rear Support Frame (#4). Align the holes then secure them together with two M10 x 2 3/8" Carriage Bolts (#39), \varnothing 3/4" Washers (#53), and M10 Aircraft Nuts (#50). Do not tighten the nuts and bolts yet.
- C.) Attach the upper end of Diagonal Support (#11) to the Rear Vertical Frame (#9). Secure it with one 2 3/8" x 3 1/2" Bracket (#18), M10 x 2 3/8" Carriage Bolt (#39), \varnothing 3/4" Washer (#53), and M10 Aircraft Nut (#50) on the upper hole. Secure the lower hole with M10 x 2 3/8" Allen Bolt (#43) and \varnothing 3/4" Washer (#53). Tighten all nuts and bolts previously installed.

DIAGRAM 2



STEP 3 (See Diagram 3)

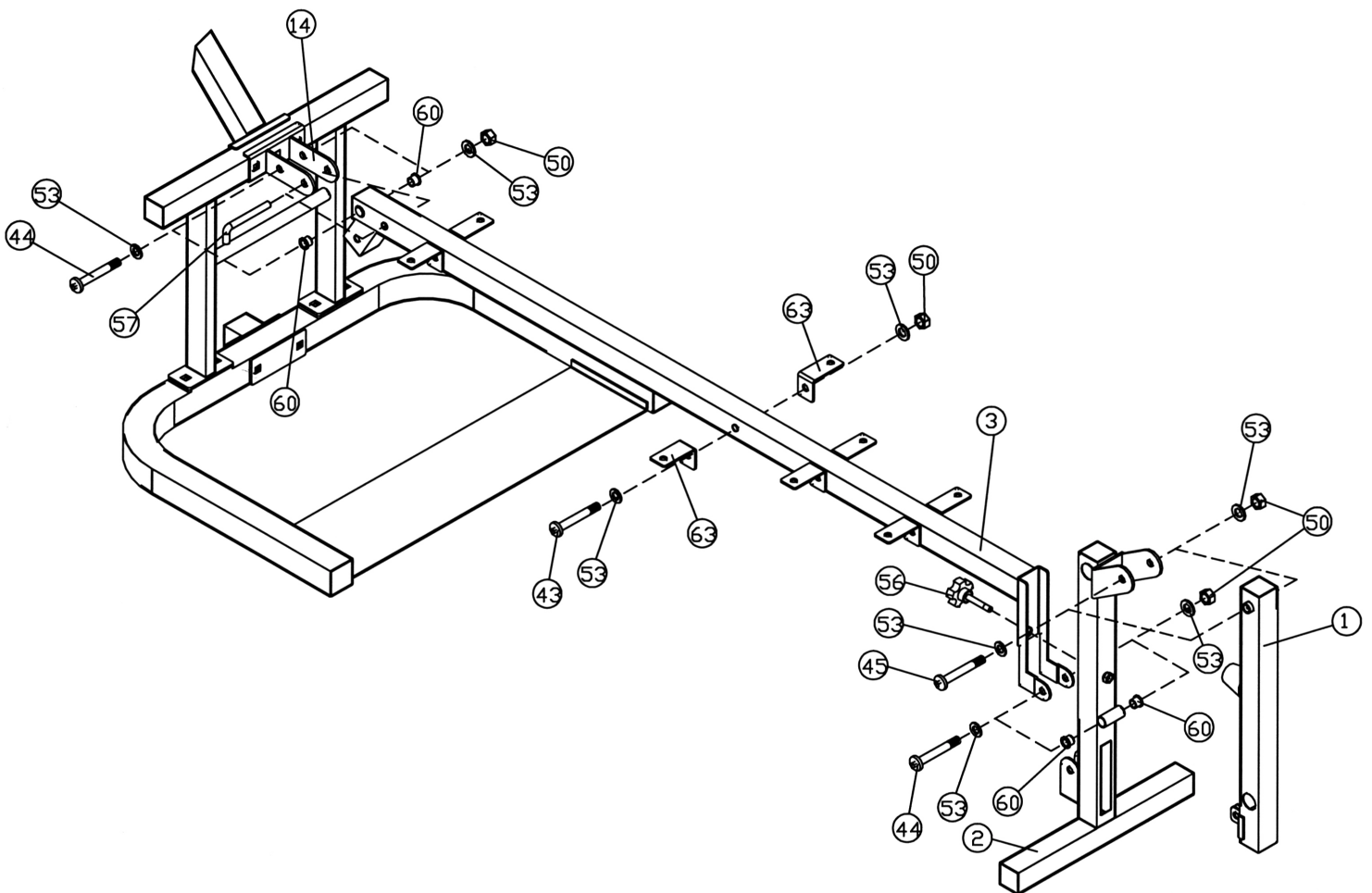
- A.) Attach the Upper Frame (#10) onto the Rear Vertical Frame (#9). Align the holes and secure it with five M10 x 5/8" Allen Bolts (#40) and \varnothing 3/4" Washers (#53).
- B.) Attach the two Bow Frames (#7) to each side of Rear Vertical Frame. Align the holes and secure them together with two M10 x 5 3/4" Allen Bolts (#47), four \varnothing 3/4" Washers (#53), and two M10 Aircraft Nuts (#50).
- C.) Attach one Swivel Pulley Bracket (#8) to each Bow Frame. Secure each Bracket with one M12 x 5 1/8" Allen Bolt (#48), \varnothing 1" Washer (#52), and M12 Aircraft Nut (#51).
- D.) Attach one Upper Swivel Pulley Bracket (#13) to the Upper Frame (#10). Secure it with one M10 x 2 3/8" Allen Bolt (#43), two \varnothing 3/4" Washers (#53), and one M10 Aircraft Nut (#50). Repeat the same step to install the other side.



STEP 4 (See Diagram 4)

- A.) Attach two Bushings (#60) to the last hole on the Main Seat Support (#3). Attach the Main Seat Support (#3) to the Vertical Lock Bracket (#14). Secure the back hole with one M10 x 2 1/2" Allen Bolt (#44), two Ø3/4" Washers (#53), and one M10 Aircraft Nut (#50). Note: Do not over tighten the nut and bolt. The Support needs to be able to swivel on the bolt. Secure the front hole with a Lock Pin (#57). Remove the Pin when folding up the machine.
- B.) Attach two Bushings (#60) to the Front Stabilizer (#2). Attach the Front Stabilizer (#2) to the front of Main Seat Support (#3). Secure it with one M10 x 2 1/2" Allen Bolt (#44), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#50). Insert a Lock Knob (#56) to secure the Front Stabilizer.
- C.) Attach the Leg Developer (#1) to the open bracket on the Front Stabilizer. Secure it with one M10 x 2 7/8" Allen Bolt (#45), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#50).
- D.) Attach two L-shaped Brackets (#63) to the holes on the Main Seat Support (#3). Secure the Brackets with one M10 x 2 3/8" Allen Bolts (#43), two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#50). Repeat the same procedure to install the other six L-shaped Brackets.

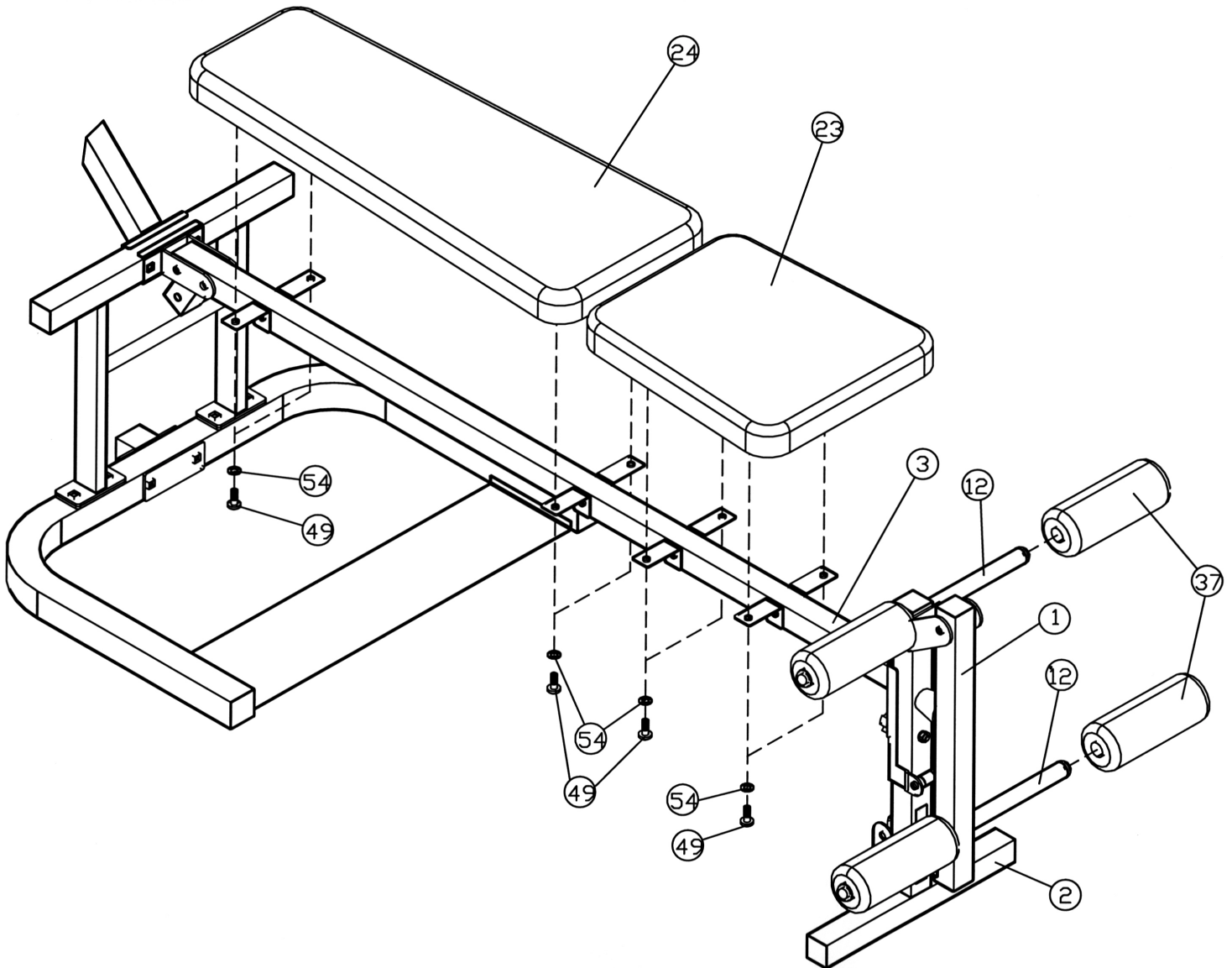
DIAGRAM 4



STEP 5 (See Diagram 5)

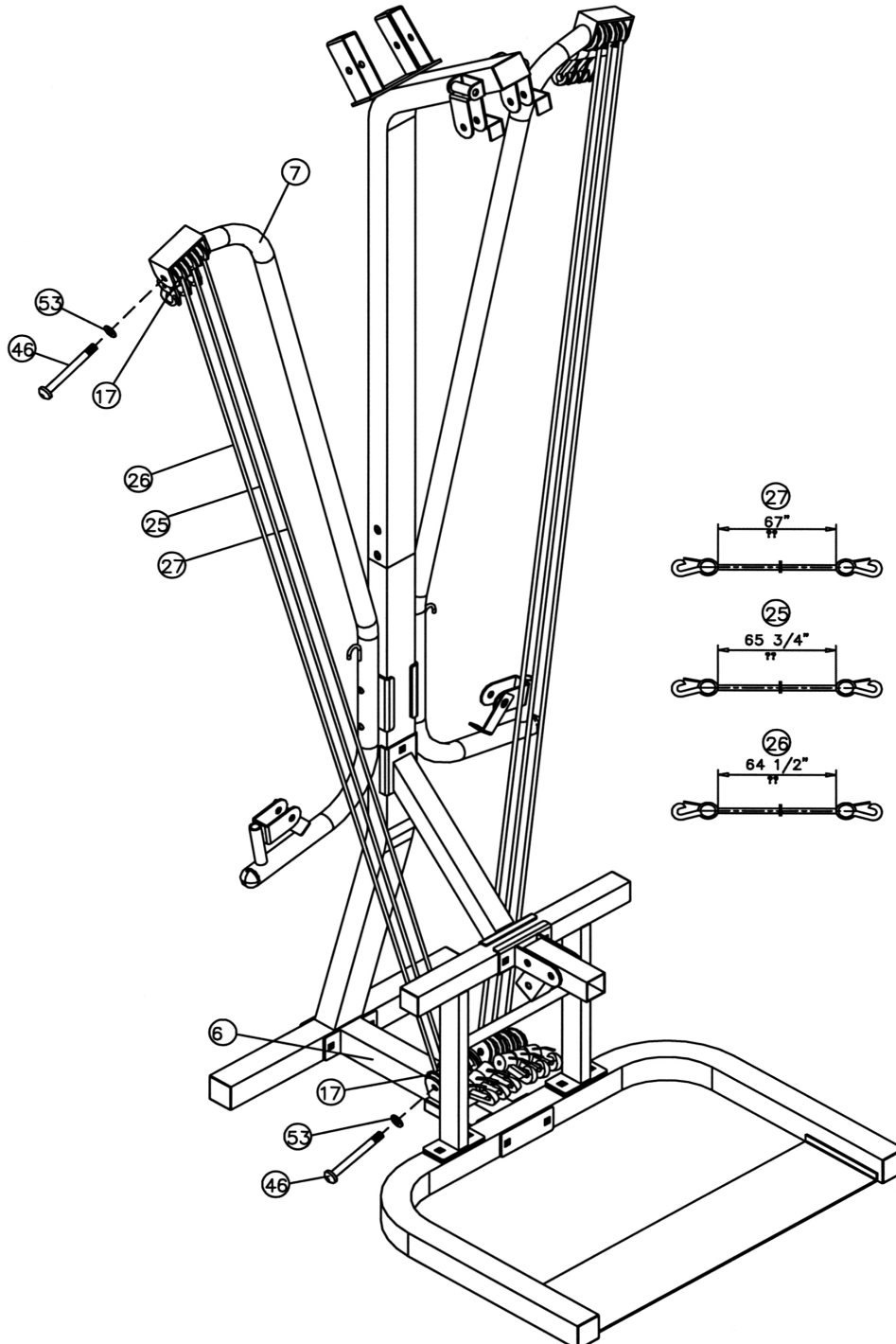
- A.) Place the Backrest Board (#24) onto the Main Seat Support (#3). Secure it with four M8 x 5/8" Allen Bolts (#49) and \varnothing 1/2" Washers (#54).
- B.) Place the Seat (#23) on the Main Seat Support. Secure it with four M8 x 5/8" Allen Bolts (#49) and \varnothing 1/2" Washers (#54).
- C.) Insert one Foam Roll Tube (#12) halfway through the hole on the Front Stabilizer. Insert one Foam Roll Tube halfway through the hole on the Leg Developer. Push four Foam Rolls (#37) onto the Tubes from both sides.

DIAGRAM 5



STEP 6 (See Diagram 6)

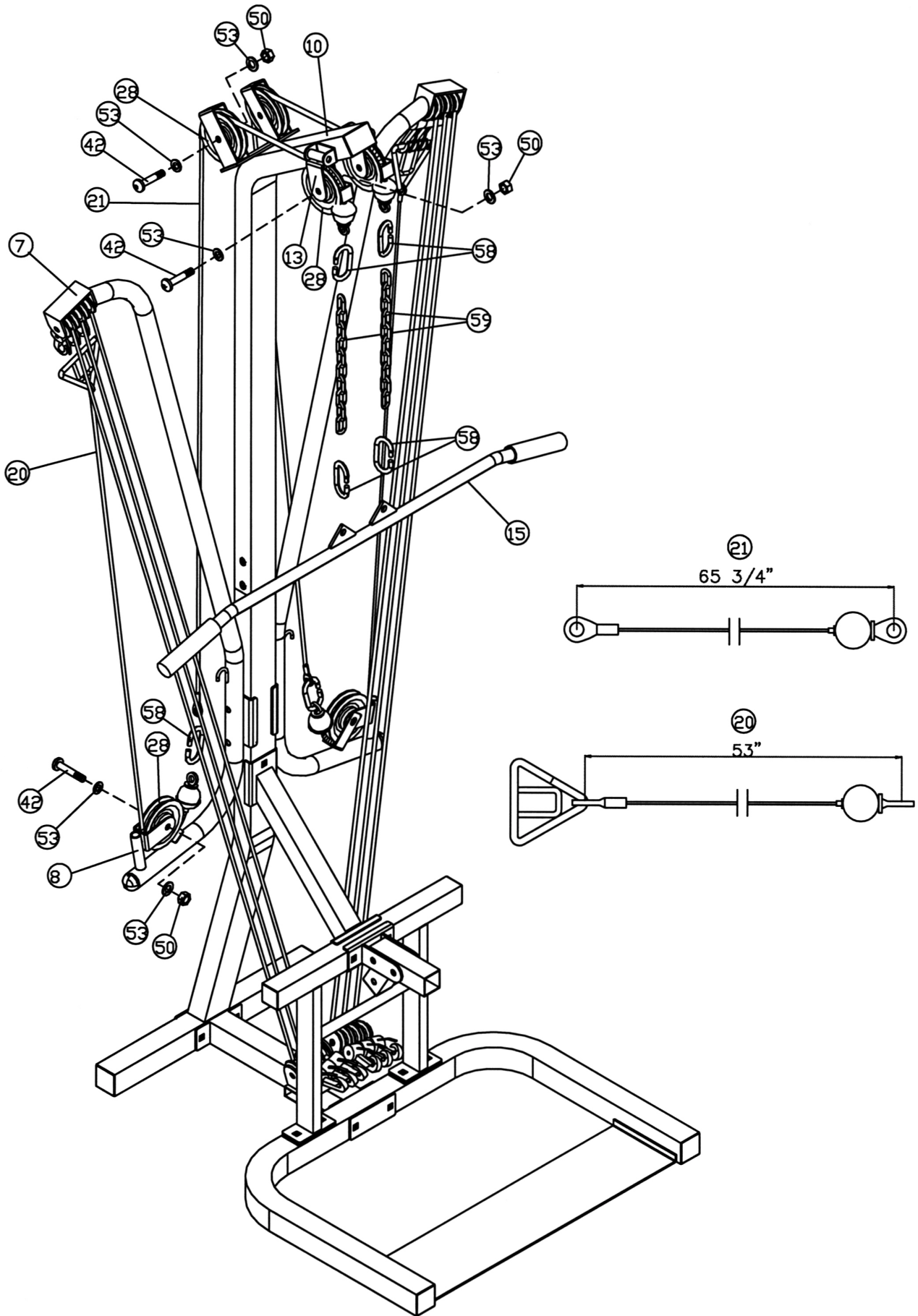
- A.) Attach the Black Cable (#27), Red Cable (#25), and Blue Cable (#26) to three Small Pulleys (#17). Attach the three Pulleys to the open bracket on top of the Bow Frame (#7). Align the holes and secure them together with one M10 x 3 1/2" Allen Bolt (#46) and \varnothing 3/4" Washer (#53). Note: The plastic clips on the end of the Cables should be on the back of the bracket facing the back of the machine.
- B.) Pull the three Cables downward to the open bracket on the Rear Base Frame (#6). Attach the Cables to three Small Pulleys (#17) then attach the Pulleys to the bracket. Align the holes and secure them together with one M10 x 3 1/2" Allen Bolt (#46) and \varnothing 3/4" Washer (#53). Note: The Cables should be underneath the Pulleys and the Clips on the Cables should be in front of the bracket facing the front of the machine.
- C.) Repeat the Procedures A & B to install the other three Cables on the other side.



STEP 7 (See Diagram 7)

- A.) Attach one 65 3/4" Upper Cable (#21) to a Large Pulley (#28). Attach the Large Pulley to an Upper Swivel Pulley Bracket (#13) on the Upper Frame. Secure the Large Pulley to the bracket with one M10 x 1 3/4" Allen Bolt (#42), two Ø3/4" Washers (#53), and one M10 Aircraft Nut (#50).
- B.) Draw the Upper Cable towards the back to the open bracket on the Upper Frame. Repeat Procedure B to install another Large Pulley.
- C.) Draw the Upper Cable downward and use a C-clip (#58) to connect it to the ball stopper of a Lower Cable (#20).
- D.) Attach the Lower Cable to a Large Pulley (#28). Attach the Large Pulley to the Swivel Pulley Bracket (#8) on the Bow Frame. Repeat Procedure B to install the Large Pulley.
- E.) Pull the triangle bracket on the Lower Cable upward and connect it to the hooks on the Black (Heavy), Red (Medium), and Blue (Light) Cables.
- F.) Repeat Procedure A to E to install the other side.
- G.) Connect the Lat Bar (#15) to the two Upper Cables using two Chains (#59), and four C-clips (#58).

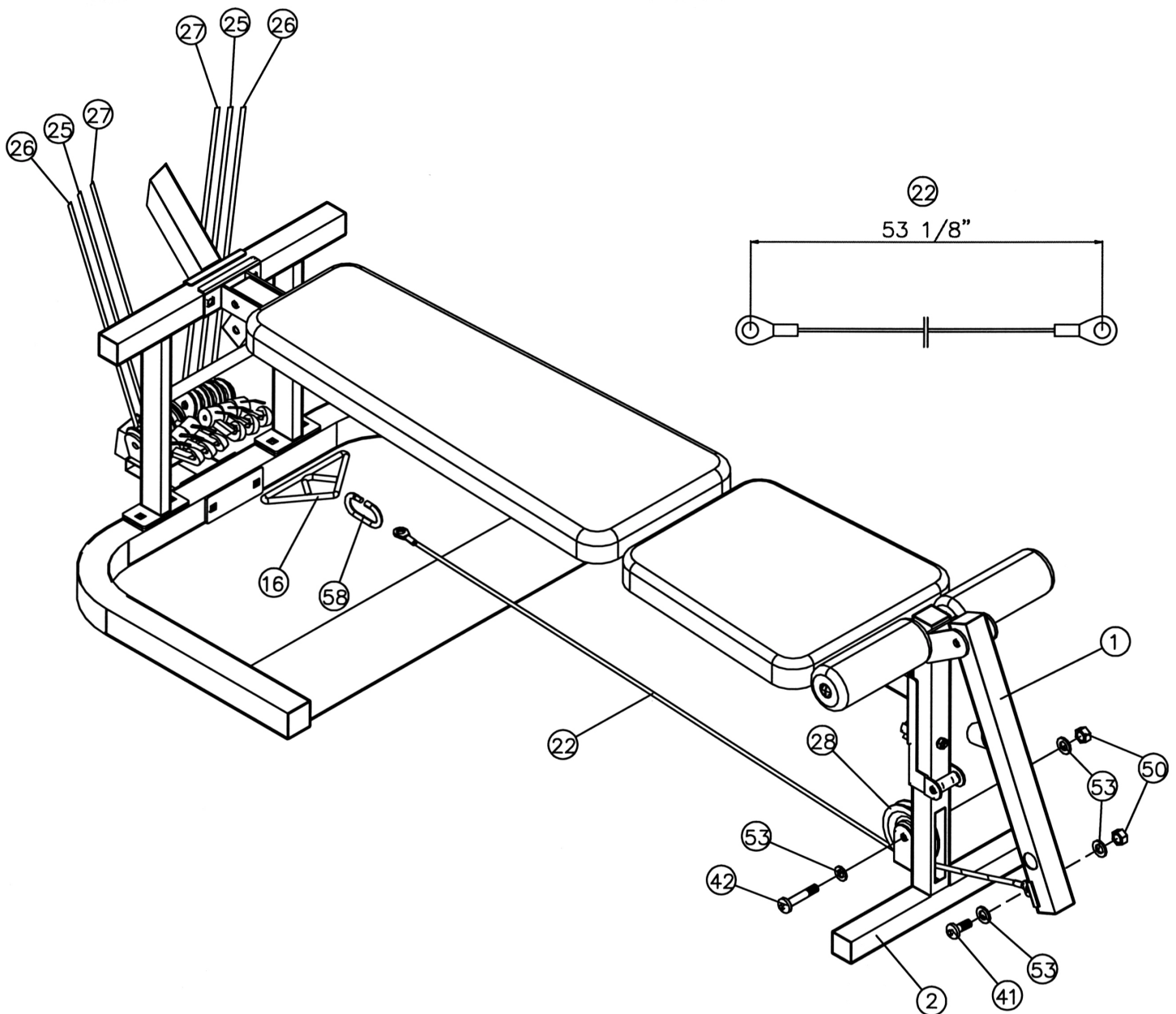
DIAGRAM 7



STEP 8 (See Diagram 8)

- A.) Attach one end of the Leg Developer Cable (#22) to the bottom of Leg Developer (#1). Secure it with one M10 x 1" Allen Bolt (#41), two $\varnothing \frac{3}{4}$ " Washers (#53), and one M10 Aircraft Nut (#50). Do not over tighten the bolt. The cable ring needs to be able to swivel on the bolt.
- B.) Draw the Cable through the open slot to an open bracket on the Front Stabilizer (#2). Attach a Large Pulley (#28) to the bracket. Secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#42), two $\varnothing \frac{3}{4}$ " Washers (#53), and one M10 Aircraft Nut (#50).
- C.) Pull the Cable towards the back of the machine. Connect the Cable to the Black, Red, and Blue Cables with a C-clip (#58) and a Triangle Bracket (#16). Note: Disconnect the Leg Developer Cable to the Triangle Bracket when folding the machine up.

DIAGRAM 8



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

| | | | | | |
|----|-----------------------------|----|----|-------------------------|----|
| 1 | Leg Developer | 1 | 51 | M12 Aircraft Nut | 2 |
| 2 | Front Stabilizer | 1 | 52 | Ø 1" Washer | 2 |
| 3 | Main Seat Support | 1 | 53 | Ø ¾" Washer | 59 |
| 4 | Rear Support Frame | 1 | 54 | Ø ½" Washer | 8 |
| 5 | Base Frame | 1 | 55 | M6 x 5/8" Philips Screw | 1 |
| 6 | Rear Base Frame | 1 | 56 | Knob Bolt | 1 |
| 7 | Bow Frame | 2 | 57 | Lock Pin | 1 |
| 8 | Swivel Pulley Bracket | 2 | 58 | C-clip | 7 |
| 9 | Rear Vertical Frame | 1 | 59 | Chain | 2 |
| 10 | Upper Frame | 1 | 60 | Bushing | 4 |
| 11 | Diagonal Support Frame | 1 | 61 | Ankle Strap | 1 |
| 12 | Foam Roll Tube | 2 | 62 | Single Handle | 2 |
| 13 | Upper Swivel Pulley Bracket | 2 | 63 | L-shaped Bracket | 8 |
| 14 | Vertical Lock Bracket | 1 | | | |
| 15 | Lat Bar | 1 | | | |
| 16 | Triangle Hook | 1 | | | |
| 17 | Small Pulley | 12 | | | |
| 18 | 2 3/8" x 3 1/2" Bracket | 1 | | | |
| 19 | 4 3/8" x 1 3/4" Bracket | 2 | | | |
| 20 | 53" Lower Cable | 2 | | | |
| 21 | 65 3/4" Upper Cable | 2 | | | |
| 22 | 53 1/8" Leg Developer Cable | 1 | | | |
| 23 | Seat | 1 | | | |
| 24 | Backrest Board | 1 | | | |
| 25 | Red Cable (Medium) | 2 | | | |
| 26 | Blue Cable (Light) | 2 | | | |
| 27 | Black Cable (Heavy) | 2 | | | |
| 28 | Large Pulley | 7 | | | |
| 29 | 1 3/4" Square End Cap | 4 | | | |
| 30 | 1 1/2" Square End Cap | 8 | | | |
| 31 | Ø 1" Round End Cap | 4 | | | |
| 32 | ¾" x 1 5/8" End Cap | 2 | | | |
| 33 | 1 5/8" x 2 3/8" End Cap | 1 | | | |
| 34 | Ø 1 1/4" Round End Cap | 2 | | | |
| 35 | Rubber Bumper | 1 | | | |
| 36 | Handle Grip | 2 | | | |
| 37 | Foam Roll | 4 | | | |
| 38 | M10 x 2 1/2" Carriage Bolt | 4 | | | |
| 39 | M10 x 2 3/8" Carriage Bolt | 3 | | | |
| 40 | M10 x 5/8" Allen Bolt | 9 | | | |
| 41 | M10 x 1" Allen Bolt | 1 | | | |
| 42 | M10 x 1 3/4" Allen Bolt | 7 | | | |
| 43 | M10 x 2 3/8" Allen Bolt | 7 | | | |
| 44 | M10 x 2 1/2" Allen Bolt | 2 | | | |
| 45 | M10 x 2 7/8" Allen Bolt | 1 | | | |
| 46 | M10 x 3 1/2" Allen Bolt | 4 | | | |
| 47 | M10 x 5 3/4" Allen Bolt | 2 | | | |
| 48 | M12 x 5 1/8" Allen Bolt | 2 | | | |
| 49 | M8 x 5/8" Allen Bolt | 8 | | | |
| 50 | M10 Aircraft Nut | 26 | | | |

WM 1407 CABLE RESISTANCE CHART

| Mid Pulley / Bench Press | |
|-----------------------------------|-------|
| Blue | 7 lbs |
| Red | 9 |
| Black | 13 |
| High Pulley / Lat Pull | |
| Blue | 7 |
| Red | 9 |
| Black | 13 |
| Low Pulley / Leg Developer | |
| Blue | 7 |
| Red | 9 |
| Black | 13 |

Note: Use the chart above as a base to calculate the cable combination resistance.
Example: Use 2 Blue, 1 Red, and 2 Black cables for Lat Pull exercise
The total resistance: $14 + 9 + 26 = 49$ lbs

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**

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City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

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info@impex-fitness.com

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1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

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