

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
MSS-1600

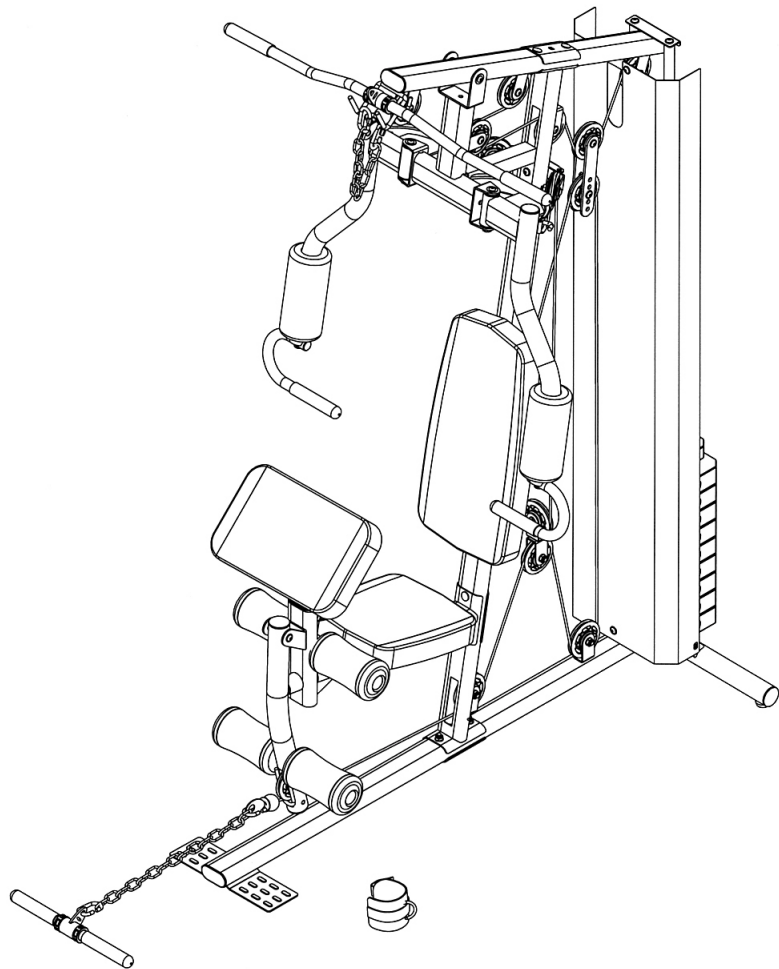
Retain This  
Manual for  
Reference

08-14-09

OWNER'S  
MANUAL

# sa gear™

## HOME GYM MSS-1600



**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 SA GEAR HOME GYM MSS-1600 by IMPEX<sup>®</sup> 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.
12. A spotter is recommended during exercise.
13. Do not intend to insert weight selector pin while the weight stack or top plate is in elevated position.
14. Be certain the weight Selector Pin is completely inserted.
15. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
16. This machine is designed and intended for home and consumer use only, not for commercial use.

### **CARE AND MAINTENANCE**

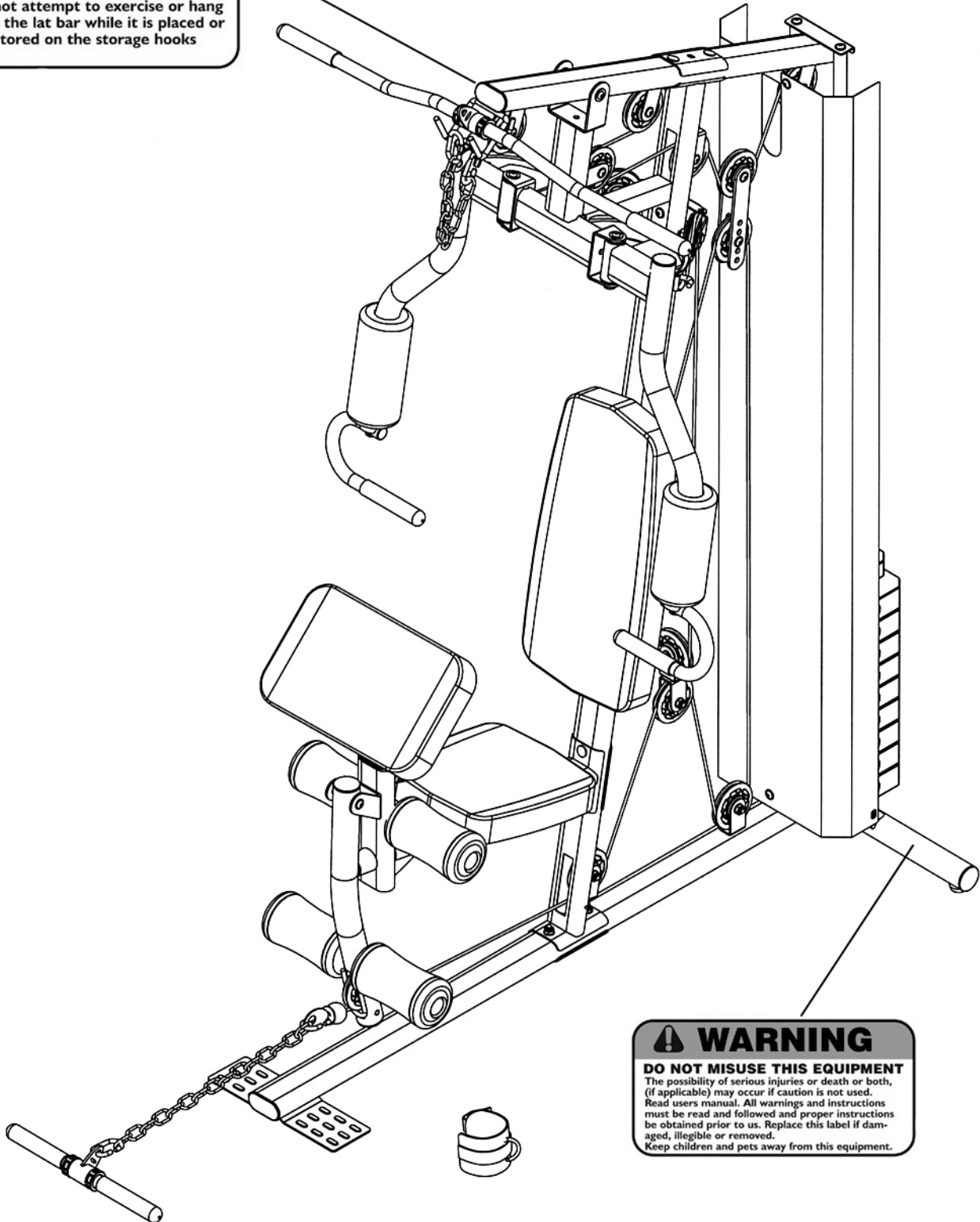
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.

**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 REPLACEMENT

**⚠ WARNING**  
**SERIOUS INJURY MAY OCCUR**  
Do not attempt to exercise or hang from the lat bar while it is placed or stored on the storage hooks

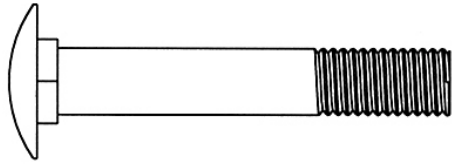


**⚠ WARNING**  
**DO NOT MISUSE THIS EQUIPMENT**  
The possibility of serious injuries or death or both, (if applicable) may occur if caution is not used. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to us. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment.

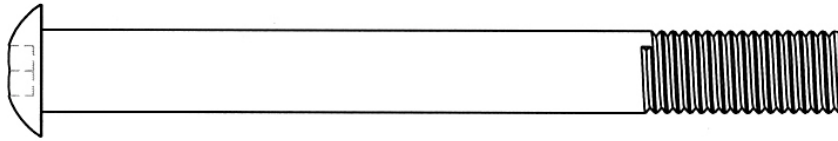
The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

# HARDWARE PACK

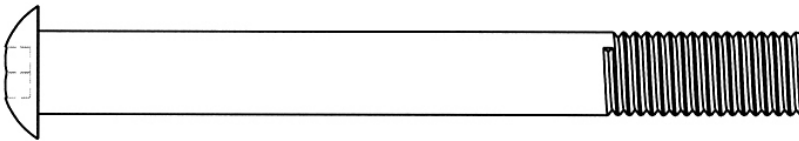
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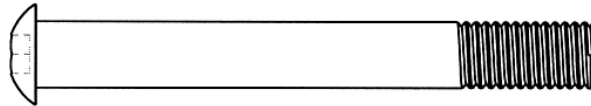
#61 M10 x 2  $\frac{3}{8}$ " Carriage Bolt (Qty 6)



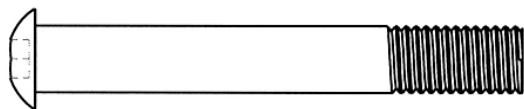
#62 M12 x 4  $\frac{1}{2}$ " Allen Bolt (Qty 1)



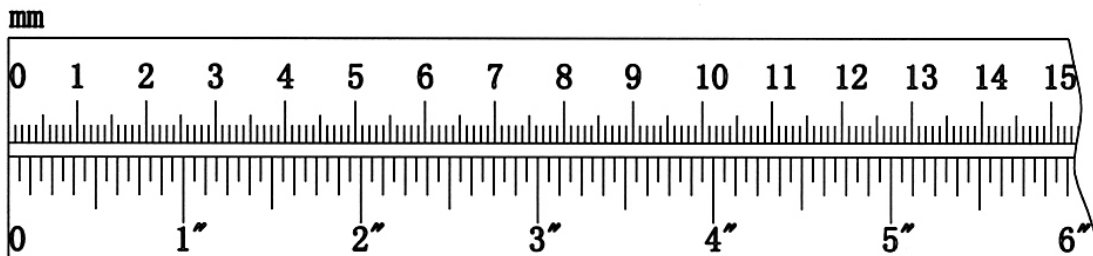
#63 M12 x 4  $\frac{3}{8}$ " Allen Bolt (Qty 2)



#70 M10 x 3  $\frac{1}{8}$ " Allen Bolt (Qty 1)

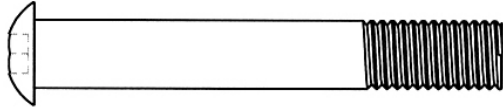


#69 M10 x 2  $\frac{3}{4}$ " Allen Bolt (Qty 4)

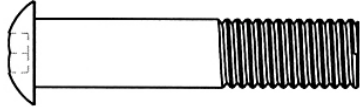


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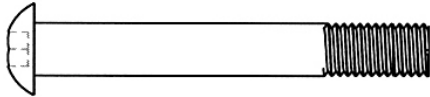
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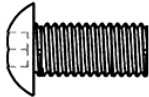
#68 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 4)



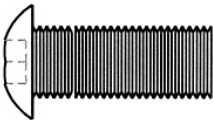
#66 M10 x 1  $\frac{3}{4}$ " Allen Bolt (Qty 13)



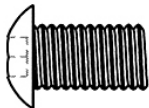
#71 M8 x 2  $\frac{1}{8}$ " Allen Bolt (Qty 4)



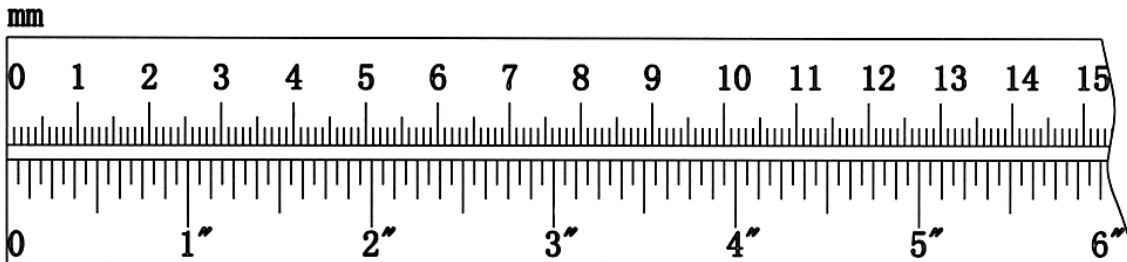
#72 M8 x  $\frac{5}{8}$ " Allen Bolt (Qty 2)



#65 M10 x 1" Allen Bolt (Qty 5)



#64 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 5)

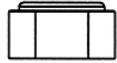


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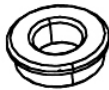
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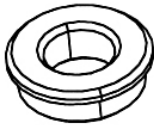
#67 M12 Aircraft Nut  
(Qty 3)



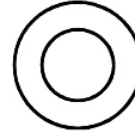
#76 M10 Aircraft Nut  
(Qty 25)



#40  $\varnothing \frac{3}{4}''$  Bushing  
(Qty 2)



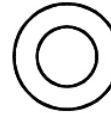
#41  $\varnothing 1''$  Bushing  
(Qty 2)



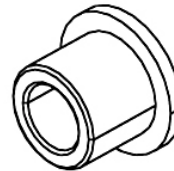
#75  $\varnothing 1''$  Washer  
(Qty 6)



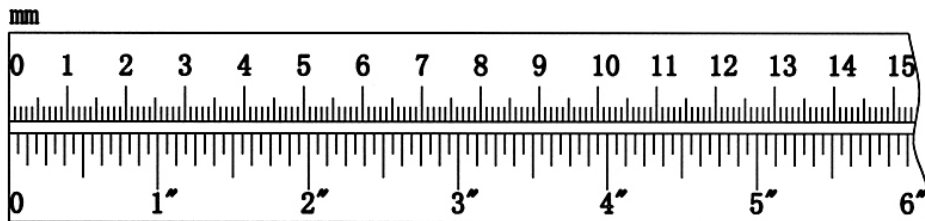
#73  $\varnothing \frac{5}{8}''$  Washer  
(Qty 6)



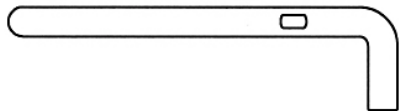
#74  $\varnothing \frac{3}{4}''$  Washer  
(Qty 55)



#39  $\varnothing \frac{7}{8}''$  Pulley Bushing  
(Qty 2)



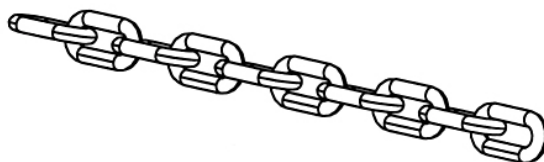
## HARDWARE PACK



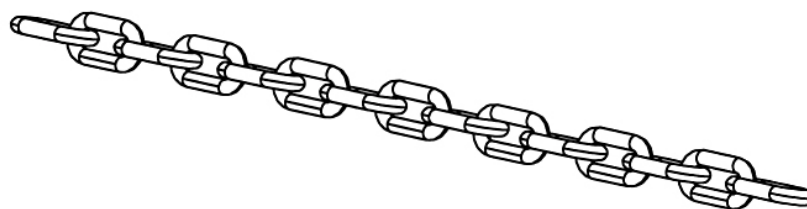
#36 Weight Selector Pin  
(Qty 1)



#35 C-clip (Qty 4)



#34 10-link Chain (Qty 1)



#33 15-link Chain (Qty 1)



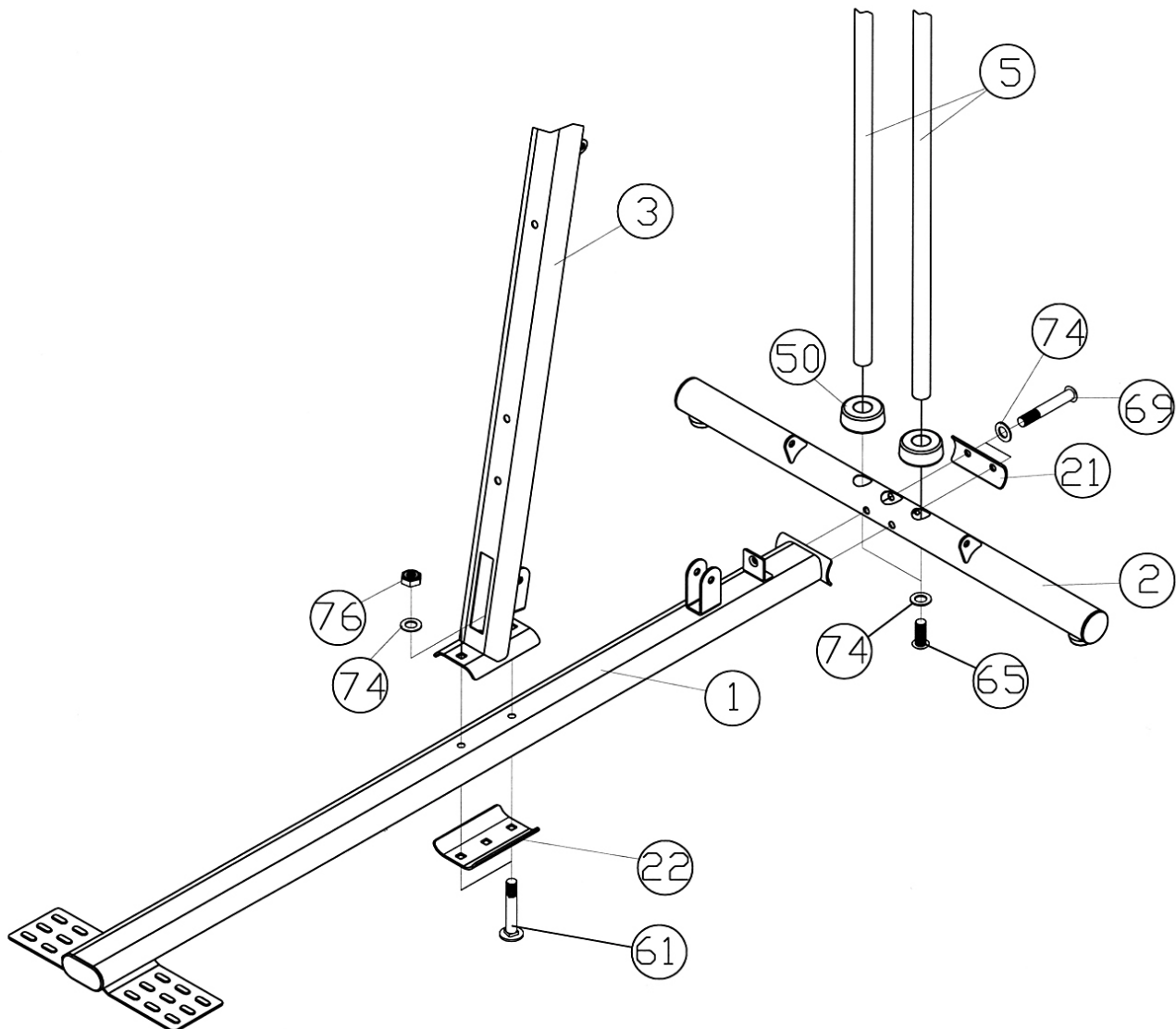
# ASSEMBLY INSTRUCTION

**Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Insert the two Guide Rods (#5) into the holes on the Rear Stabilizer (#2). Secure each Guide Rod with one M10 x 1" Allen Bolt (#65) and  $\text{\O} \frac{3}{4}$ " Washer (#74) from the bottom. Slide two  $\text{\O} 2$ " Rubber Bumpers (#50) onto the Guide Rods.
- B.) **Do not tighten Nuts and Bolts starting from until instructed to do so.**
- C.) Attach the rear of Main Base Frame (#1) to the Rear Stabilizer. Secure them with two M10 x 2  $\frac{3}{4}$ " Allen Bolts (#69), one 4  $\frac{3}{8}$ " Curved Bracket (#21), two  $\text{\O} \frac{3}{4}$ " Washers (#74).
- D.) Attach the Vertical Frame (#3) onto the Main Base Frame. Secure them with two M10 x 2  $\frac{3}{8}$ " Carriage Bolts (#61), one 5  $\frac{1}{8}$ " Curved Bracket (#22), two  $\text{\O} \frac{3}{4}$ " Washers (#74), and two M10 Aircraft Nuts (#76).

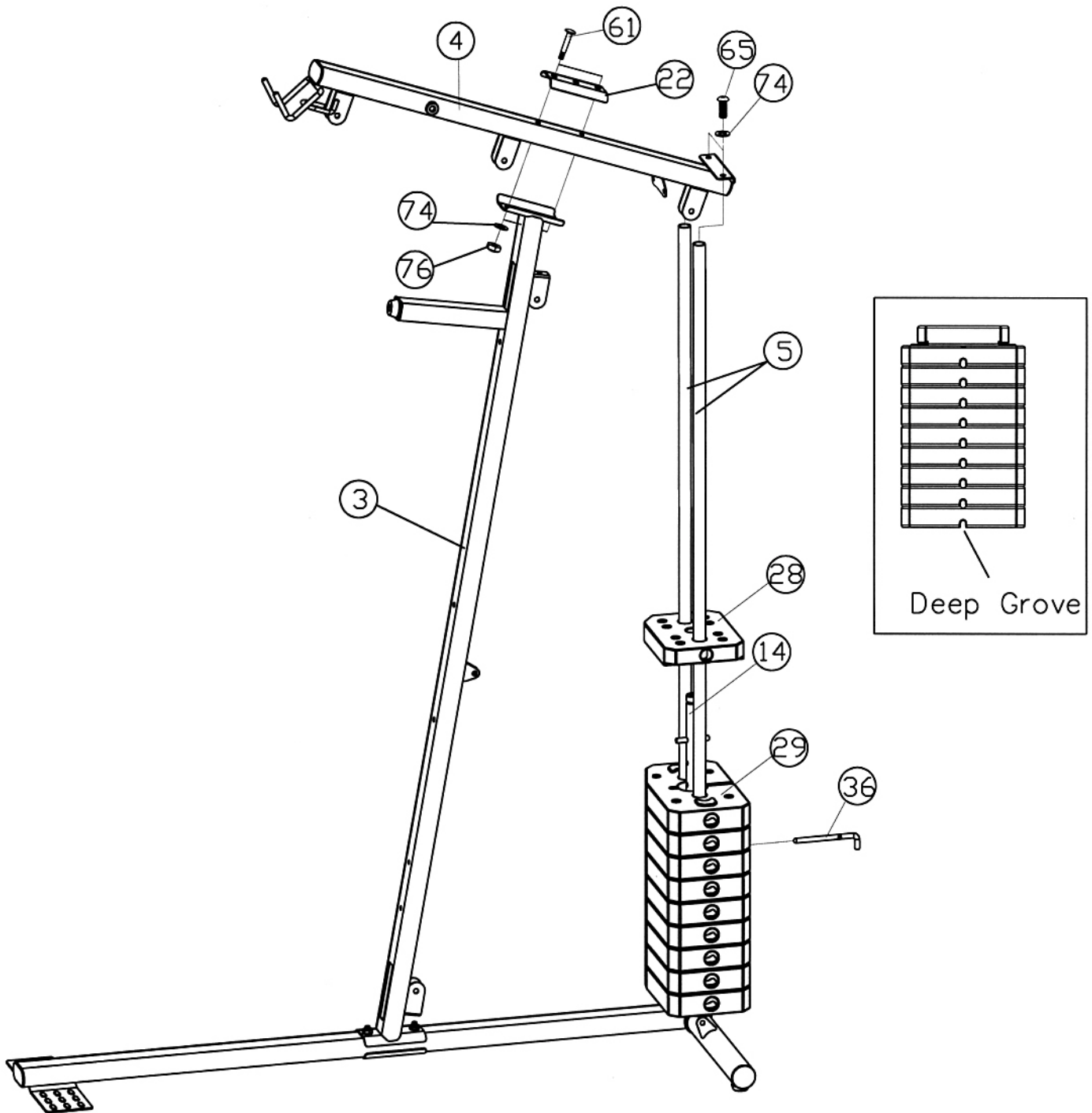
**DIAGRAM 1**



## **STEP 2 (See Diagram 2)**

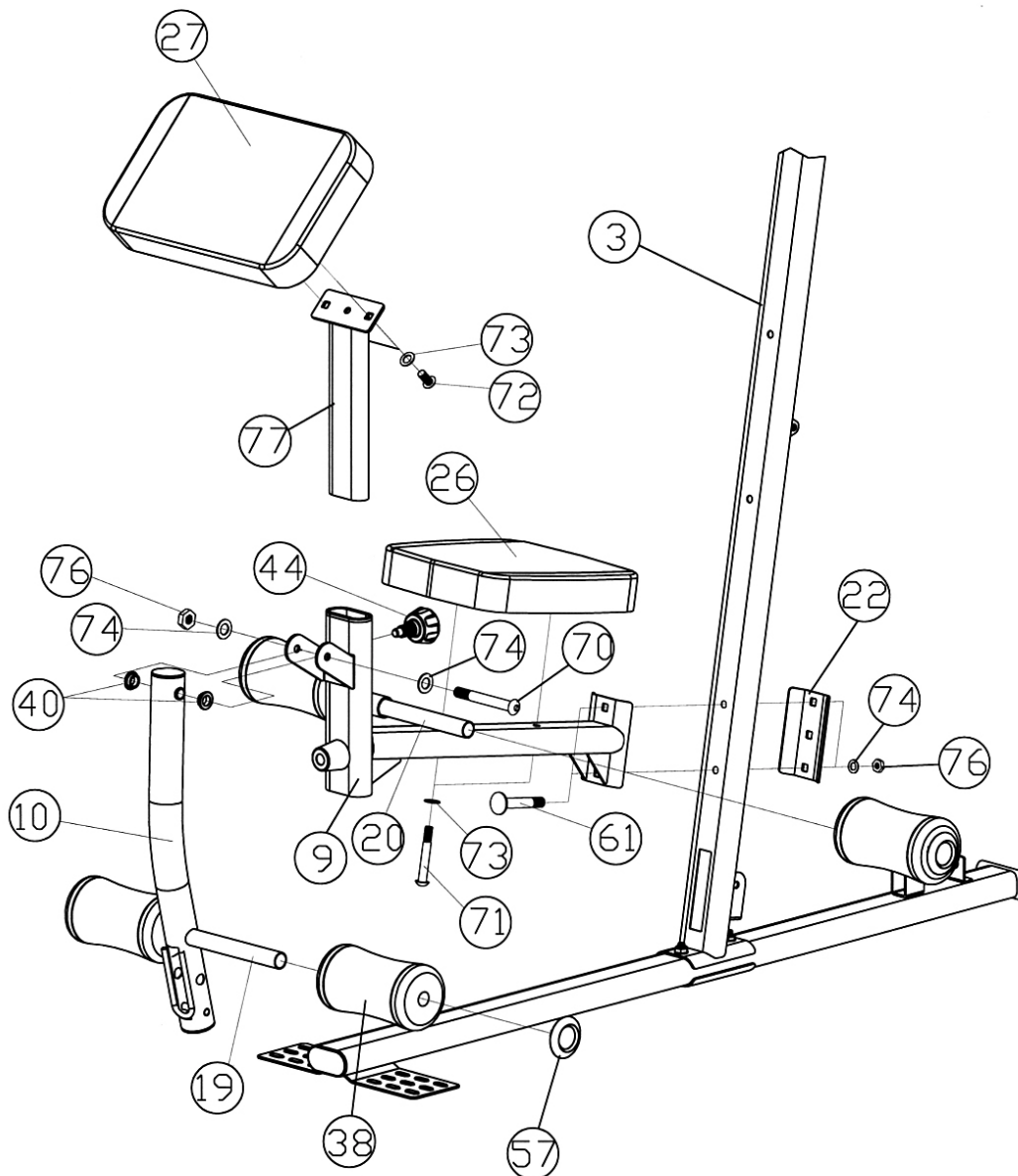
- A.) Slide 9 Weight Plates (#29) onto the Guide Rods (#5). Make sure the deep groove on the Weight Plates all face the back of the machine and downward. Align the holes on the Weight Plates. Insert a Selector Rod (#14) through the center hole. Use a Weight Selector Pin (#36) to select the number of Weight Plates to exercise. Note: Each Weight Plate weights approximately 10 lbs. Please refer to the Weight Resistance Chart in page 23.
- B.) Slide the Selector Stem (#28) onto the Guide Rods.
- C.) Attach the holes on the Upper Frame (#4) onto the Guide Rods. Place the Upper Frame onto the Vertical Frame (#3).
- D.) Secure the Upper Frame to the Guide Rods with two M10 x 1" Allen Bolts (#65) and  $\text{Ø } \frac{3}{4}$ " Washers (#74).
- E.) Secure the Upper Frame to the Vertical Frame with two M10 x 2  $\frac{3}{8}$ " Carriage Bolts (#61), one 5  $\frac{1}{8}$ " Curved Bracket (#22), two  $\text{Ø } \frac{3}{4}$ " Washers (#74), and two M10 Aircraft Nuts (#76).
- F.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

# DIAGRAM-2



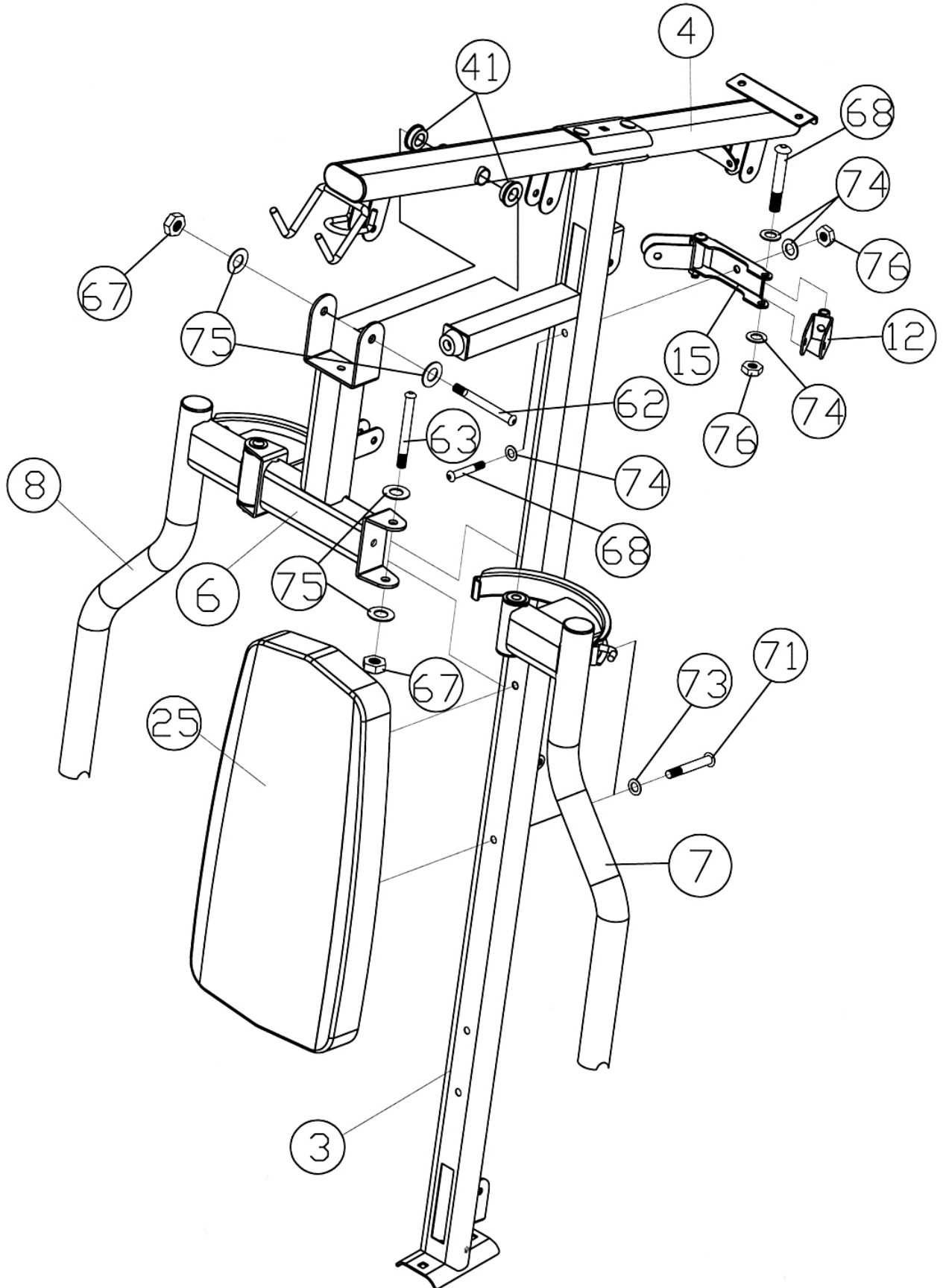
- A.) Attach the Seat Support (#9) to Vertical Frame (#3). Secure it with two M10 x 2 3/8" Carriage Bolts (#61), one 5 1/8" Curved Bracket (#22), two Ø 3/4" Washers (#74), and two M10 Aircraft Nuts (#76).
- B.) Place the Seat (#26) onto the Seat Support. Secure it with two M8 x 2 1/8" Allen Bolts (#71) and Ø 5/8" Washers (#73).
- C.) Attach the Arm Curl Pad (#27) to Arm Curl Stand (#77). Secure it with two M8 x 5/8" Allen Bolts (#72) and two Ø 5/8" Washers (#73). Insert the Arm Curl Stand into the opening on Seat Support. Use a Lock Knob (#44) to secure the Arm Curl Stand at desired height.
- D.) Attach two Ø 3/4" Bushings (#40) to the Leg Developer (#10). Attach the Leg Developer to the bracket on the Seat Support. Secure it with one M10 x 3 1/8" Allen Bolt (#70), two Ø 3/4" Washers (#74), and one M10 Aircraft Nut (#76). **Do not over tighten the Bolt and Nut. Make sure the Leg Developer is able to swivel on the Bolt (#70).**
- E.) Insert the 16 7/8" Long Foam Tube (#20) halfway through the hole on the Seat Support. Insert the 15 3/4" Foam Tube (#19) halfway through the hole on Leg Developer. Push four Foam Rolls (#38) onto the Tubes from both ends. Cover each end with a Foam Roll End Cap (#57).

### DIAGRAM 3

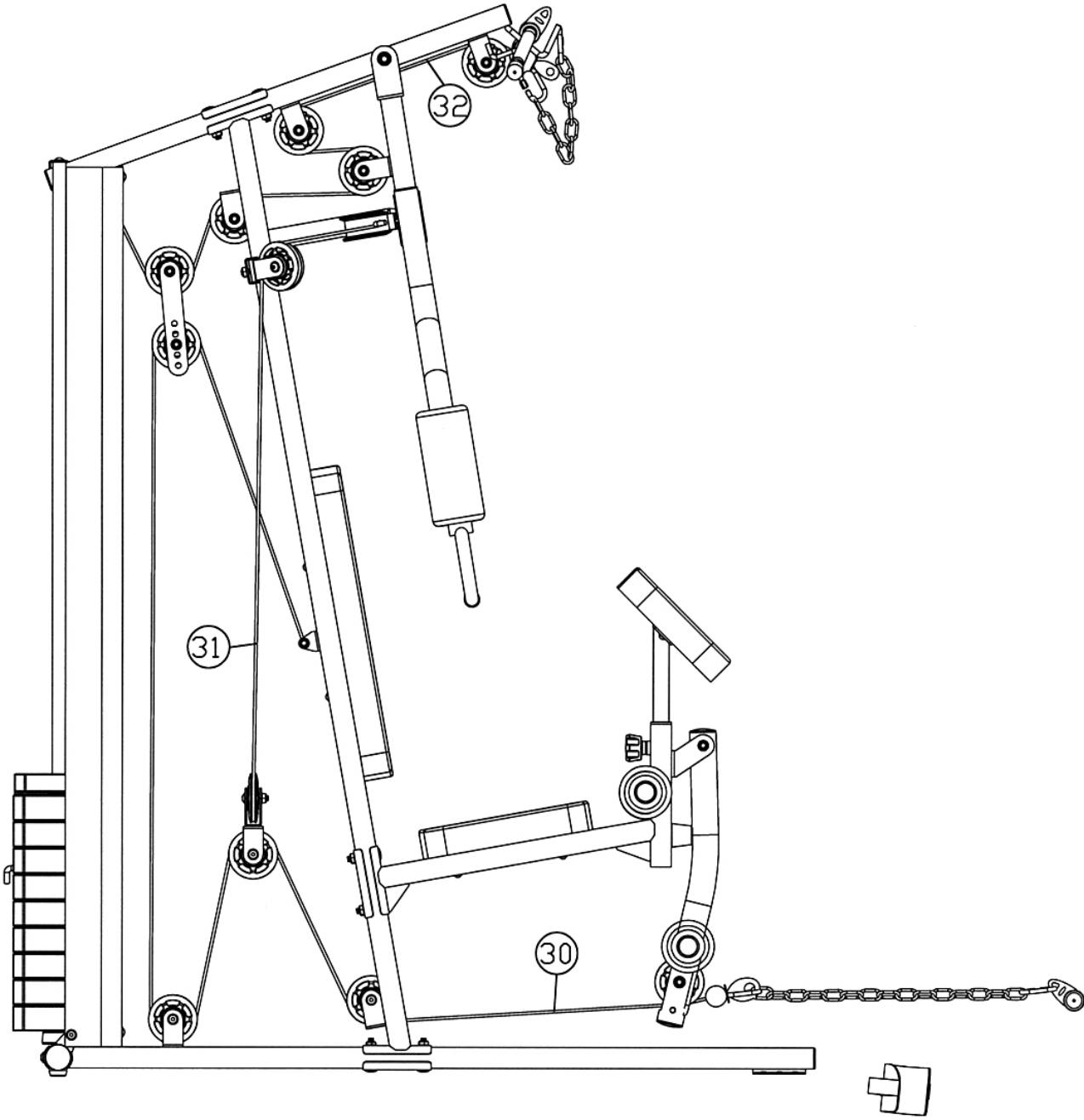


- A.) Attach two Ø 1" Bushings (#41) to the holes on Upper Frame (#4). Attach the Front Press Base (#6) to the Bushings. Secure it with one M12 x 4 ½" Allen Bolt (#62), two Ø 1" Washers (#75), and one M12 Aircraft Nut (#67). **Do not over tighten the Nuts. Make sure the Front Press Base can move freely.**
- B.) Attach the Left Butterfly (#7) to Front Press Base (#3). Secure it with one M12 x 4 3/8" Allen Bolt (#63), two Ø 1" Washers (#75), and one M12 Aircraft Nut (#67). Repeat the Procedure to install the Right Butterfly (#8).
- C.) Attach the Swivel Pulley Bracket Frame (#15) to the back of the Vertical Frame (#3). Secure it with one M10 x 2 ½" Allen Bolt (#68), two Ø ¾" Washers (#74), and one M10 Aircraft Nut (#76).
- D.) Attach a Swivel Pulley Bracket (#12) to each end of Swivel Pulley Bracket Frame. Secure each Bracket with one M10 x 2 ½" Allen Bolt (#68), two Ø ¾" Washers (#74), and one M10 Aircraft Nut (#76). **Do not over tighten the Nuts. Make sure the Swivel Pulley Brackets can move freely.**
- E.) Attach the Backrest Board (#25) to the Vertical Frame. Secure it with two M8 x 2 1/8" Allen Bolts (#71) and Ø 5/8" Washers (#73).

# DIAGRAM 4



# CABLE LOOP DIAGRAM

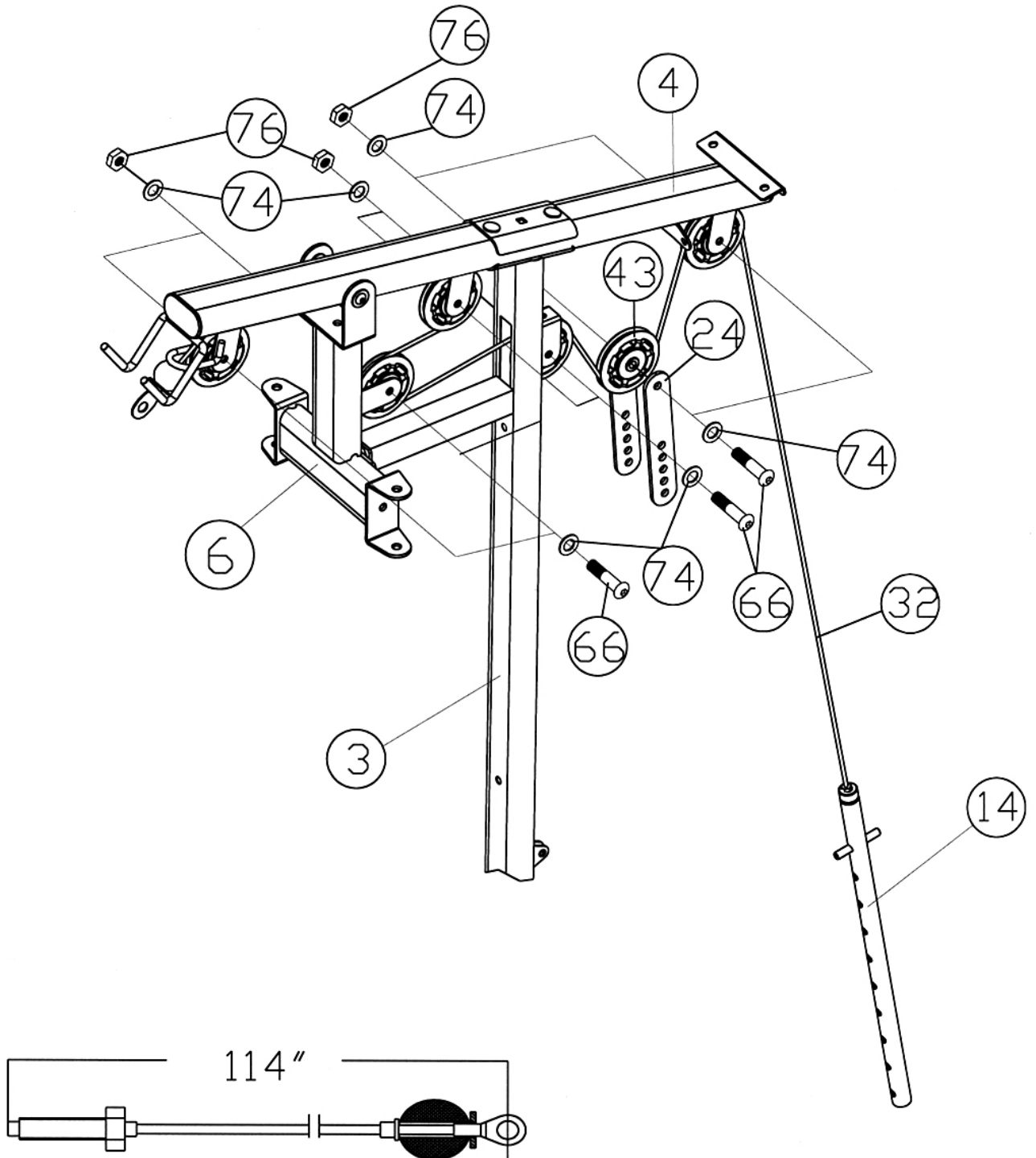


## STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 114" Upper Cable (#32) to the open bracket under the Upper Frame (#4). **NOTE:** The Ball Stopper on the Cable needs to be underneath the Frame.
- B.) Attach a Pulley (#43) to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#66), two Ø 3/4" Washers (#74), and one M10 Aircraft Nut (#76).
- C.) Draw the Cable under the Upper Frame towards the back of the machine to the next open bracket under the Upper Frame. Repeat Step B above to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back to the open bracket on the Front Press Base (#6). Repeat Step B above to install a Pulley.
- E.) Draw the Cable around the Pulley then through the hole on the Vertical Frame (#3) to the open bracket on the back of Vertical Frame. Repeat Step B above to install a Pulley.
- F.) Draw the Cable over the Pulley and pull the Cable downward. Attach a Pulley to the upper holes on the two Double Floating Pulley Brackets (#24). Repeat Step B to install a Pulley. Let the Bracket hanging for now.
- G.) Draw the Cable around the Pulley then pull upwards to the open bracket on rear of the Upper Frame. Repeat Step B above to install a Pulley.
- H.) Pull the Cable downwards between the two Guide Rods to the Selector Rod (#14). Securely thread the bolt on the end of the Cable into the Selector Rod.

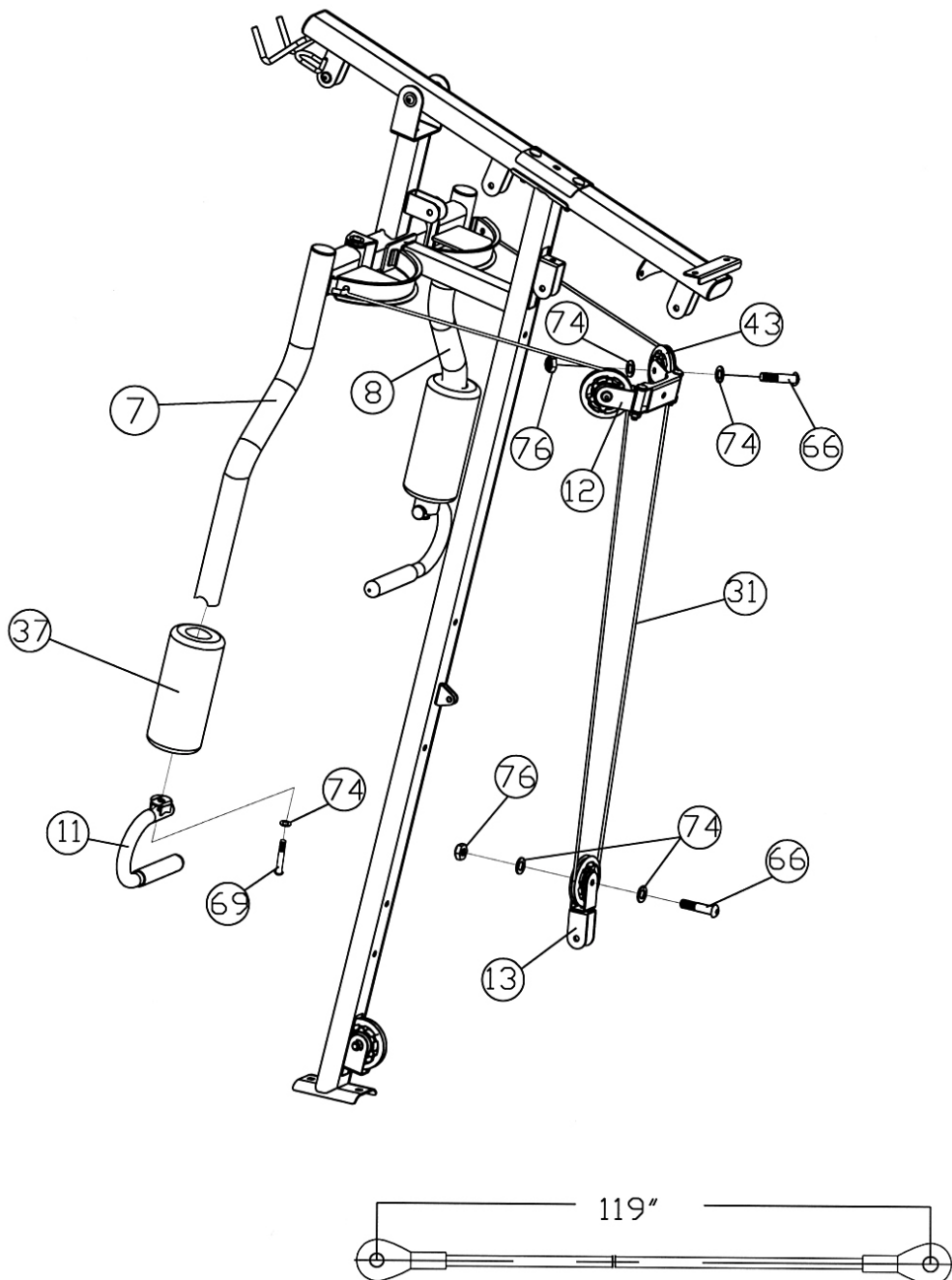


# DIAGRAM 5



## STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 119" Butterfly Cable (#31) to the hook on the Left Butterfly (#7). Draw the Cable towards the left open Swivel Pulley Bracket (#12).
- B.) Attach a Pulley (#43) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#66), two Ø 3/4" Washers (#74), and one M10 Aircraft Nut (#76).
- C.) Draw the Cable over the Pulley then pull downward. Attach the Cable to an Angled Double Floating Pulley Bracket (#13). Install a Pulley as described in Step B. Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley and pull upward to the right open Swivel Pulley Bracket. Install another Pulley as described in Step B above.
- E.) Draw the Cable over the Pulley and attach the end to the open hook on the Right Butterfly (#8).
- F.) Slide a Ø 1 7/8" Butterfly Foam Roll (#37) onto the Left Butterfly. Attach a Front Press Handle (#11) to the end of the tube and sure it with a M10 x 2 3/4" Allen Bolt (#69) and Ø 3/4" Washer (#74). Repeat the same procedure to install the other side.



## STEP 7 (See Diagram 7 & Cable Loop Diagram)

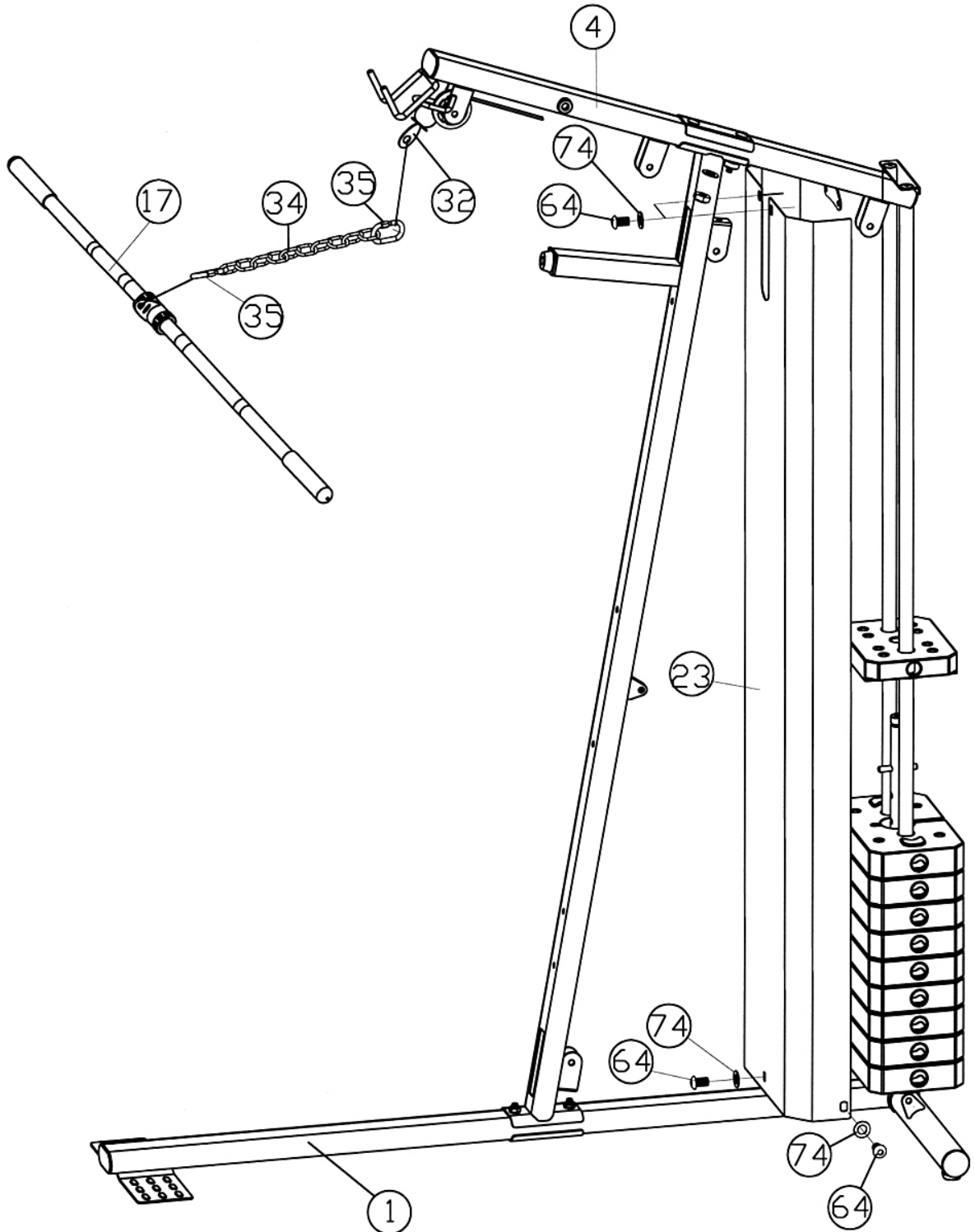
- A.) Attach the 130" Lower Cable (#30) to the opening on the bottom of the Leg Developer (#10).
- B.) Attach a Pulley (#41) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#68), two Ø 7/8" Pulley Bushings (#39), and one M10 Aircraft Nut (#76).
- C.) Draw the Cable underneath the Pulley towards the back of the machine to the open bracket on the back of the Vertical Frame (#3).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#66), two Ø ¾" Washers (#74), and one M10 Aircraft Nut (#76).
- E.) Pull the Cable upward to the Angled Double Floating Pulley Brackets (#13) previously installed in Step 6. Repeat Step D to install another Pulley.
- F.) Draw the Cable around the Pulley then pull downward to the open bracket on the Main Base Frame (#1). Repeat Step D to install another Pulley.
- G.) Draw the Cable around the Pulley then pull upward to the Double Floating Pulley Bracket (#24) previously installed in Step-5. Repeat Step D to install a Pulley.
- H.) After completion of the Lower Cable installation, check the tension of the whole Cable system. Move the Pulley position on Double Floating Pulley Bracket to adjust the tension of the Cable Loop System. If the Cables are too tight, move down the Pulley. If the Cables are too loose, move up the Pulley.
- I.) Draw the Cable around the Pulley then pull downward to the bracket on Vertical Frame. Secure the end of Cable to the bracket with a M10 x 1" Allen Bolt (#65), two Ø ¾" Washers (#74) and one M10 Aircraft Nut (#76).
- J.) Attach the 15-link Chain (#33) to the end of the Cable by using a C-clip (#35). Attach the Arm Curl Handle (#18) to the Chain by using another C-clip. Replace Arm Curl Handle with the Ankle Strap (#58) for various Leg exercises. Adjust the length of Chain to obtain the desired exercise. Remove the Arm Curl Handle and Ankle Strap when using the Leg Developer.



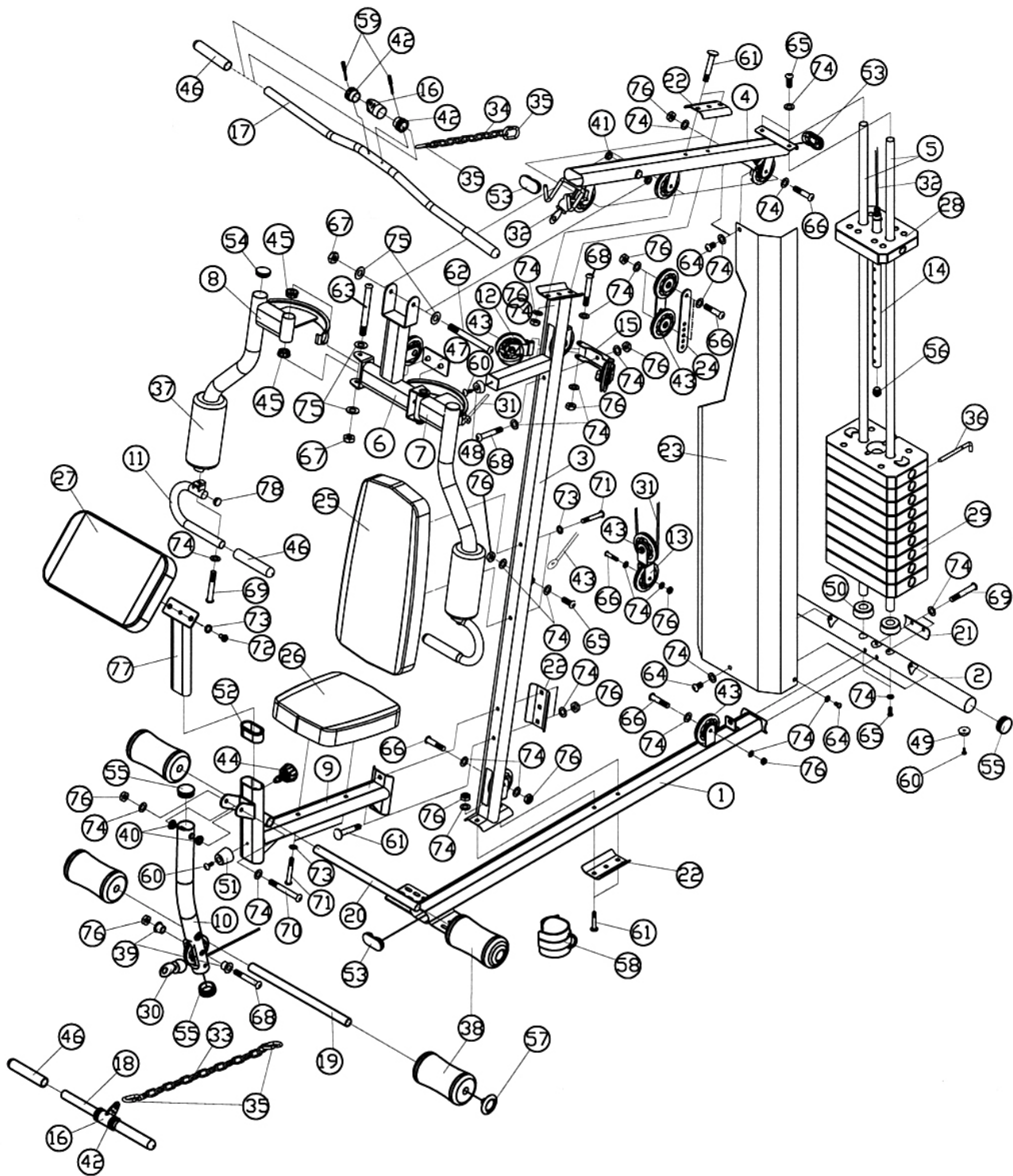
## STEP 8 (See Diagram 8)

- A.) Attach the weight Stack Cover (#23) to Main Base Frame (#1) and Upper Frame (#4). Secure the Cover with five M10 x 5/8" Allen Bolts (#64) and five Ø 3/4" Washers (#74).
- B.) Attach the Lat Bar (#17) to Upper Cable (#32) with a 10-link Chain (#34) and two C-clips (#35).

### DIAGRAM 8



# EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Base Frame	1	51	Ø 1 ¾" Rubber Bumper	1
2	Rear Stabilizer	1	52	Sleeve	1
3	Vertical Frame	1	53	1 5/8" x 3 1/8" End Cap	3
4	Upper Frame	1	54	Ø 1 ¾" End Cap	2
5	Guide Rod	2	55	Ø 2" End Cap	4
6	Front Press Base	1	56	Ø 1" Con-shaped End Cap	1
7	Left Butterfly	1	57	Foam Roll End Cap	4
8	Right Butterfly	1	58	Ankle Strap	1
9	Seat Support	1	59	Rivet	4
10	Leg Developer	1	60	M6 x 5/8" Philips Screw	4
11	Front Press Handle	2	61	M10 x 2 3/8" Carriage Bolt	6
12	Swivel Pulley Bracket	2	62	M12 x 4 ½" Allen Bolt	1
13	Angled Double Floating Pulley Bracket	1	63	M12 x 4 3/8" Allen Bolt	2
14	Selector Rod	1	64	M10 x 5/8" Allen Bolt	5
15	Swivel Pulley Bracket Frame	1	65	M10 x 1" Allen Bolt	5
16	Rotating Ring	2	66	M10 x 1 ¾" Allen Bolt	13
17	Lat Bar	1	67	M12 Aircraft Nut	3
18	Arm Curl Handle	1	68	M10 x 2 ½" Allen Bolt	4
19	15 ¾" Foam Tube	1	69	M10 x 2 ¾" Allen Bolt	4
20	16 7/8" Long Foam Tube	1	70	M10 x 3 1/8" Allen Bolt	1
21	4 3/8" Curved Bracket	1	71	M8 x 2 1/8" Allen Bolt	4
22	5 1/8" Curved Bracket	3	72	M8 x 5/8" Allen Bolt	2
23	Weight Stack Cover	1	73	Ø 5/8" Washer	6
24	Double Floating Pulley Bracket	2	74	Ø ¾" Washer	55
25	Backrest Board	1	75	Ø 1" Washer	6
26	Seat Pad	1	76	M10 Aircraft Nut	25
27	Arm Curl Pad	1	77	Arm Curl Stand	1
28	Selector Stem	1	78	Ø 1" End Cap	2
29	Weight Plate	9		#5 Allen Wrench (Tool)	1
30	130" Lower Cable	1		#6 Allen Wrench (Tool)	1
31	119" Butterfly Cable	1		#8 Allen Wrench (Tool)	1
32	114" Upper Cable	1			
33	15-link Chain	1			
34	10-link Chain	1			
35	C-clip	4			
36	Weight Selector Pin	1			
37	Ø 1 7/8" Butterfly Foam Roll	2			
38	Foam Roll	4			
39	Ø 7/8" Pulley Bushing	2			
40	Ø ¾" Bushing	2			
41	Ø 1" Pulley Bushing	2			
42	Plastic Ring	4			
43	Pulley	14			
44	M18 Lock Knob	1			
45	Ø 1 ½" x ½" Bushing	4			
46	6" Handle Grip	6			
47	4" x 2" Rubber Bumper	1			
48	Ø 1 ½" Rubber Bumper	1			
49	Ø 1 3/8" Rubber Bumper	2			
50	Ø 2" Rubber Bumper	2			



# MSS-1600 WEIGHT RESISTANCE CHART

Station	WEIGHT PLATE								
	1	2	3	4	5	6	7	8	9
Front Press	30	42	54	66	78	90	102	114	126
Butterfly	15	20	25	30	35	40	45	50	55
Lat Pull	30	40	50	60	70	80	90	100	110
Low Pulley	30	40	50	60	70	80	90	100	110
Leg Developer	30	40	50	60	70	80	90	100	110

**Note: Each plate weights 10 lbs.**

**Numbers are approximate. Actual weights may vary.**

**Values for Butterfly are for each arm.**



# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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.

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**IMPEX<sup>®</sup> INC.  
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### **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.

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

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