

NOTE:
Please read all instructions
carefully before using this
product

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Model
WM-1508

Retain This
Manual for
Reference

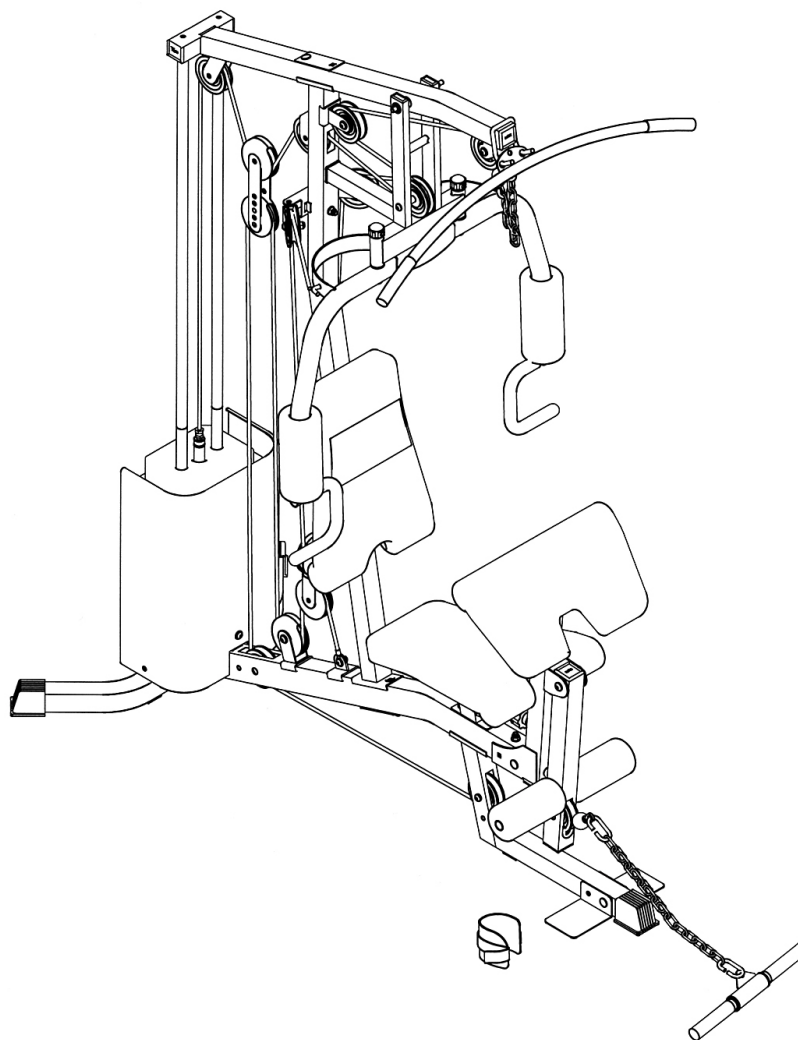
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OWNER'S
MANUAL

IMPEX

COMPETITOR HOME GYM

WM-1508



IMPEX® INC.

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BEFORE YOU BEGIN

Thank you for selecting the COMPETITOR WM-1508 HOME GYM 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

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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 and feet 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.

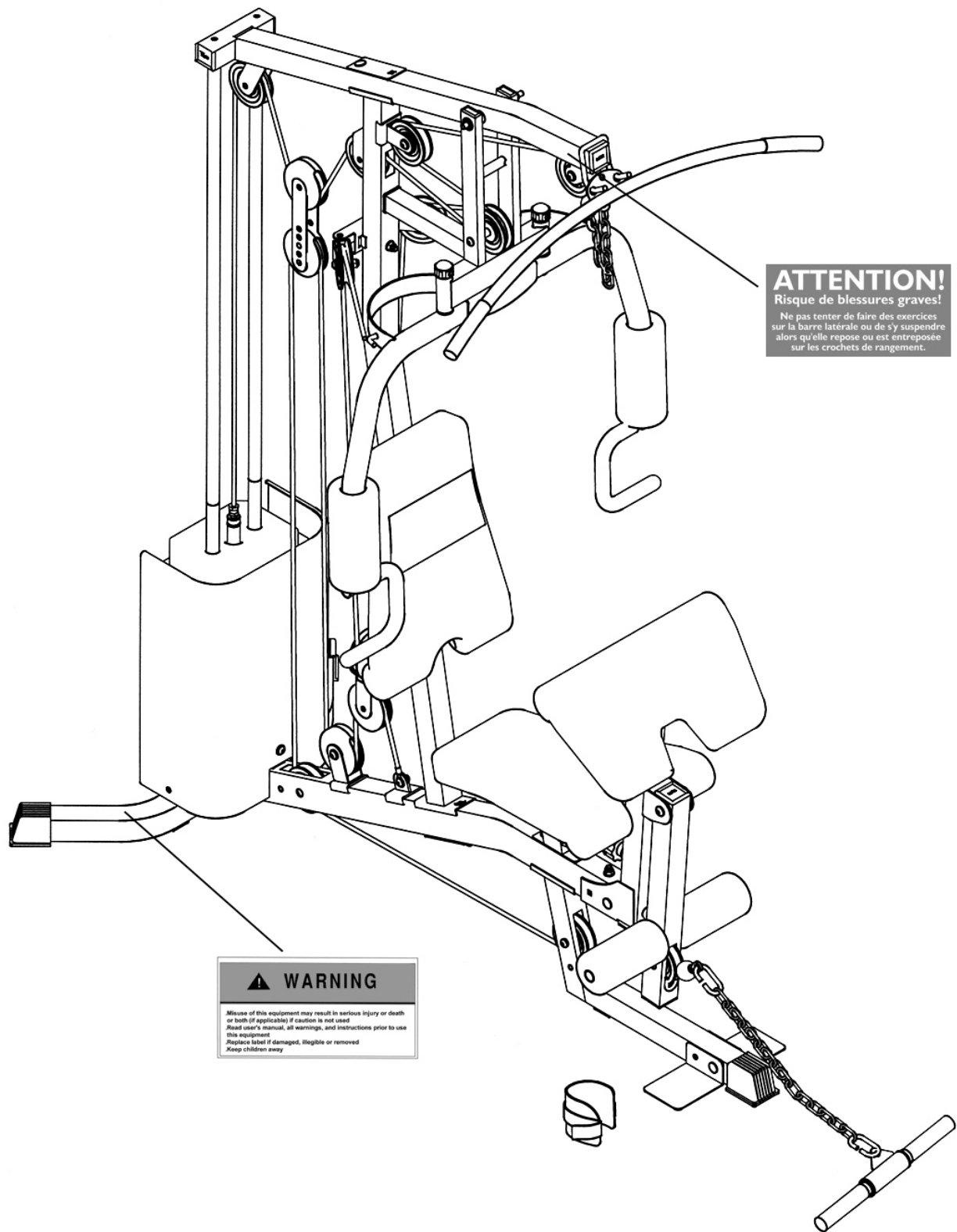
CARE AND MAINTENANCE

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

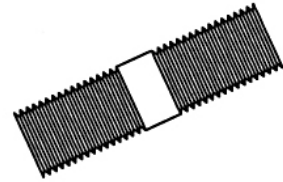


The warning labels shown here have been placed on the Rear Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

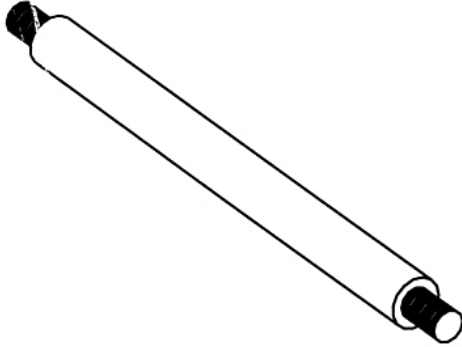
HARDWARE PACK



#37 Pulley Bushing (Qty 6)



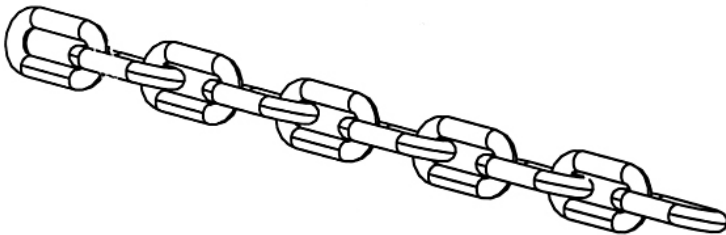
#73 Stud Bolt (Qty 2)



#29 Axle (Qty 1)



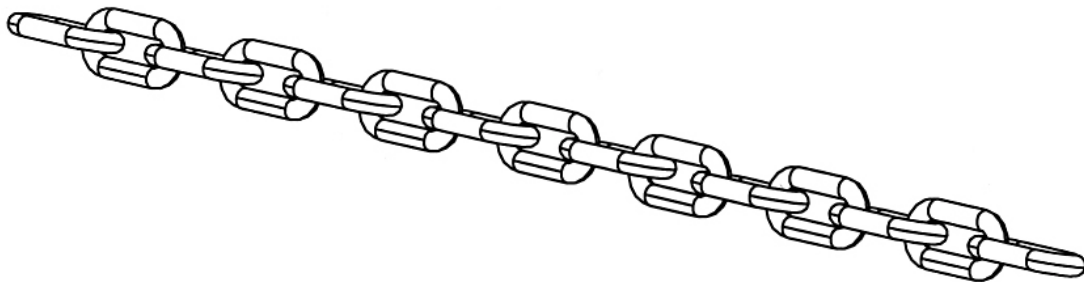
#72 Lock Ring (Qty 2)



#30 Short Chain (Qty 1)

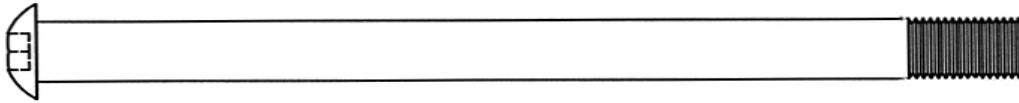


#32 C-clip (Qty 4)

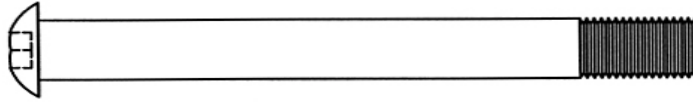


#31 Long Chain (Qty 1)

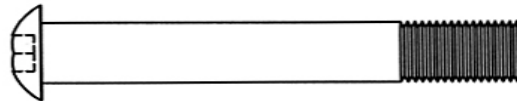
HARDWARE PACK



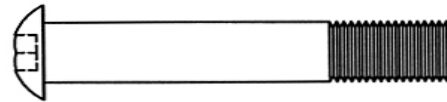
#82 M10 x 5 3/8" Allen Bolt (Qty 1)



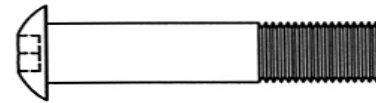
#83 M10 x 3 1/2" Allen Bolt (Qty 2)



#84 M10 x 2 1/2" Allen Bolt (Qty 6)



#85 M10 x 2 1/8" Allen Bolt (Qty 5)



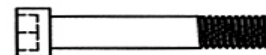
#86 M10 x 1 3/4" Allen Bolt (Qty 6)



#87 M10 x 1 5/8" Allen Bolt (Qty 2)

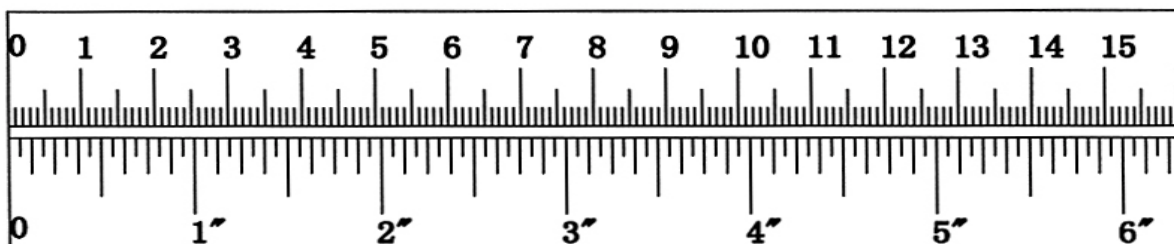


#88 M10 x 1" Allen Bolt (Qty 5)



#74 M6 x 1 1/4" Allen Bolt (Qty 2)

mm



HARDWARE PACK



#79 M10 x 3 1/2" Carriage Bolt (Qty 5)



#90 M12 x 3 1/8" Allen Bolt (Qty 1)



#76 M8 x 3" Allen Bolt (Qty 2)



#80 M10 x 2 3/4" Carriage Bolt (Qty 12)



#81 M10 x 2 1/2" Carriage Bolt (Qty 1)



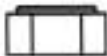
#77 M8 x 1 5/8" Allen Bolt (Qty 2)



#89 M10 x 5/8" Allen Bolt (Qty 3)



#78 M8 x 5/8" Allen Bolt (Qty 2)



#93 M12 Aircraft Nut
(Qty 1)



#92 M10 Aircraft Nut
(Qty 38)



#91 M6 Aircraft Nut
(Qty 2)



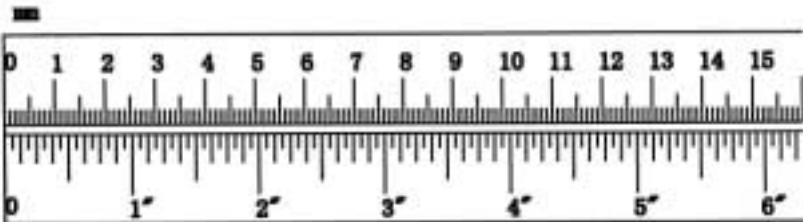
#94 Ø1" Washer
(Qty 2)



#95 Ø3/4" Washer
(Qty 60)



#96 Ø5/8" Washer
(Qty 6)



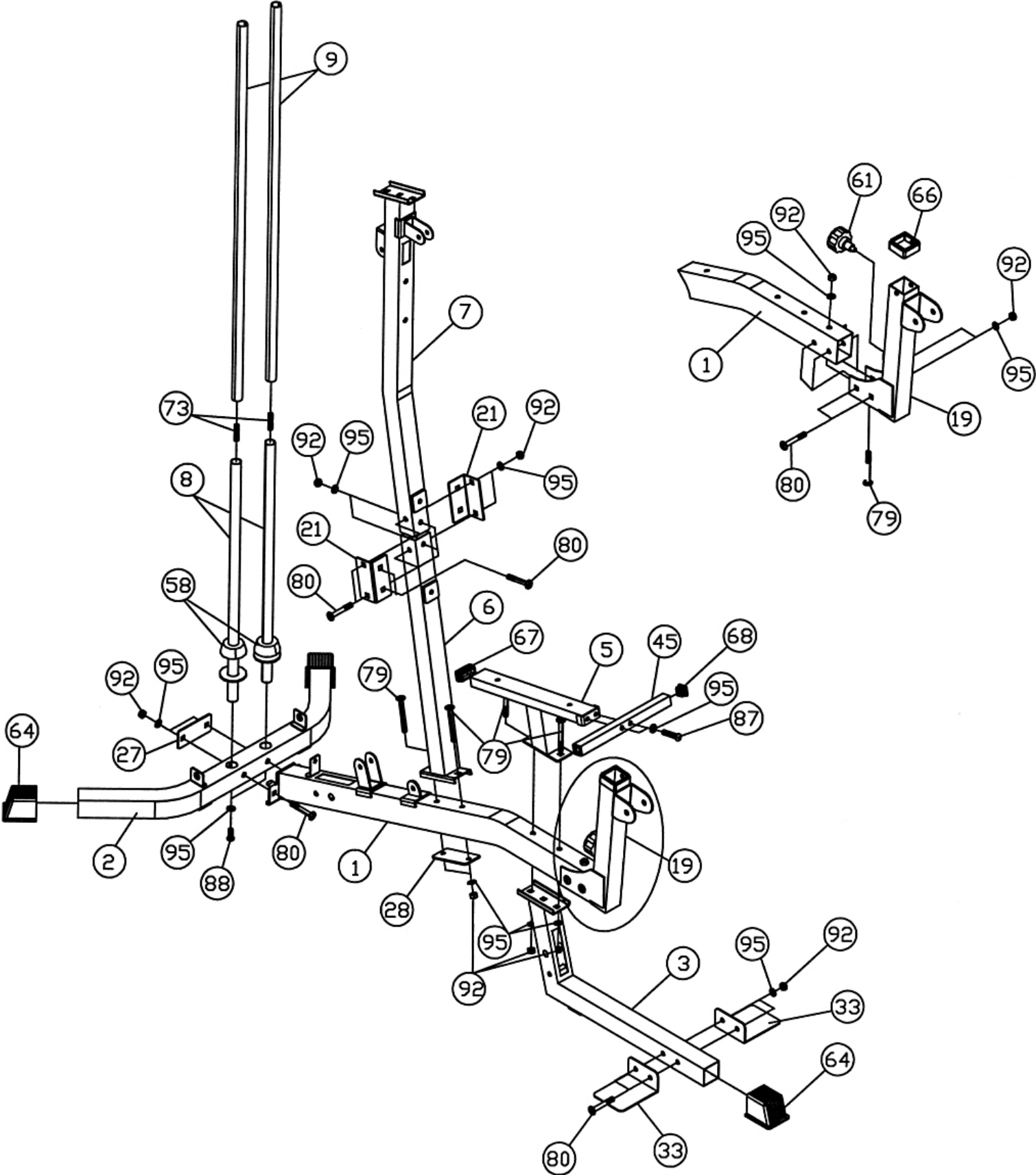
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) Connect the two Lower Guide Rods (8) and two Upper Guide Rods (#9) with two Stud Bolts (#73). Firmly thread the Rods together.
- B.) Insert the Lower Guide Rods (#8) into the holes on the Rear Base Frame (#2). Secure it with two M10 x 1" Allen Bolts (#88) and Ø ¾" Washers (#95) from the bottom.
- C.) Slide two Ø 2 ½" x 1" Rubber Bumpers (#58) onto the Guide Rods.
- D.) Attach the Main Frame (#1) to the Rear Base Frame (#2). Secure it with two M10 x 2 ¾" Carriage Bolts (#80), one 4 3/8" Bracket (#27), two Ø ¾" Washers (#95), and two M10 Aircraft Nuts (#92).
- E.) NOTE: Do not tighten all the Nuts and Bolts until instructed to do so.
- F.) Place the other end of Main Frame onto the Front Base Frame (#3). Place the Seat Support (#5) onto the Main Frame. Align the holes then secure the Seat Support, Main Frame, and the Front Base Frame together with two M10 x 3 ½" Carriage Bolts (#79), Ø ¾" Washers (#95), and M10 Aircraft Nuts (#92).
- G.) Attach the Front Seat Support (#45) to the Seat Support (#5). Secure it with two M10 x 1 5/8" Allen Bolts (#87) and Ø ¾" Washers (#95).
- H.) Attach the Leg Developer Holder (#19) to the Main Frame (#1). Secure it with two M10 x 2 ¾" Carriage Bolts (#80) from the side, one M10 x 3 ½" Carriage Bolt (#79) from the bottom, three Ø ¾" Washers (#95), and three M10 Aircraft Nuts (#92). Thread the Lock Knob (#61) into the hole on the Leg Developer Holder.
- I.) Attach the two Foot Plates (#33) to the Front Base Frame (#3). Secure them with two M10 x 2 ¾" Carriage Bolts (#80), Ø ¾" Washers (#95), and M10 Aircraft Nuts (#92).
- J.) Attach the Lower Vertical Frame (#6) to the Main Frame (#1). Secure it with two M10 x 3 ½" Carriage Bolts (#79), one 4 ¾" Bracket (#28), two Ø ¾" Washers (#95), and two M10 Aircraft Nuts (#92).
- K.) Attach the Upper Vertical Frame (#7) to the Lower Vertical Frame. Secure them with four M10 x 2 ¾" Carriage Bolts (#80), two Vertical Frame Brackets (#21), four Ø ¾" Washers (#95), and four M10 Aircraft Nuts (#92).
- L.) Push three Base Frame End Caps (#64) onto the ends of Rear and Front Base Frames.

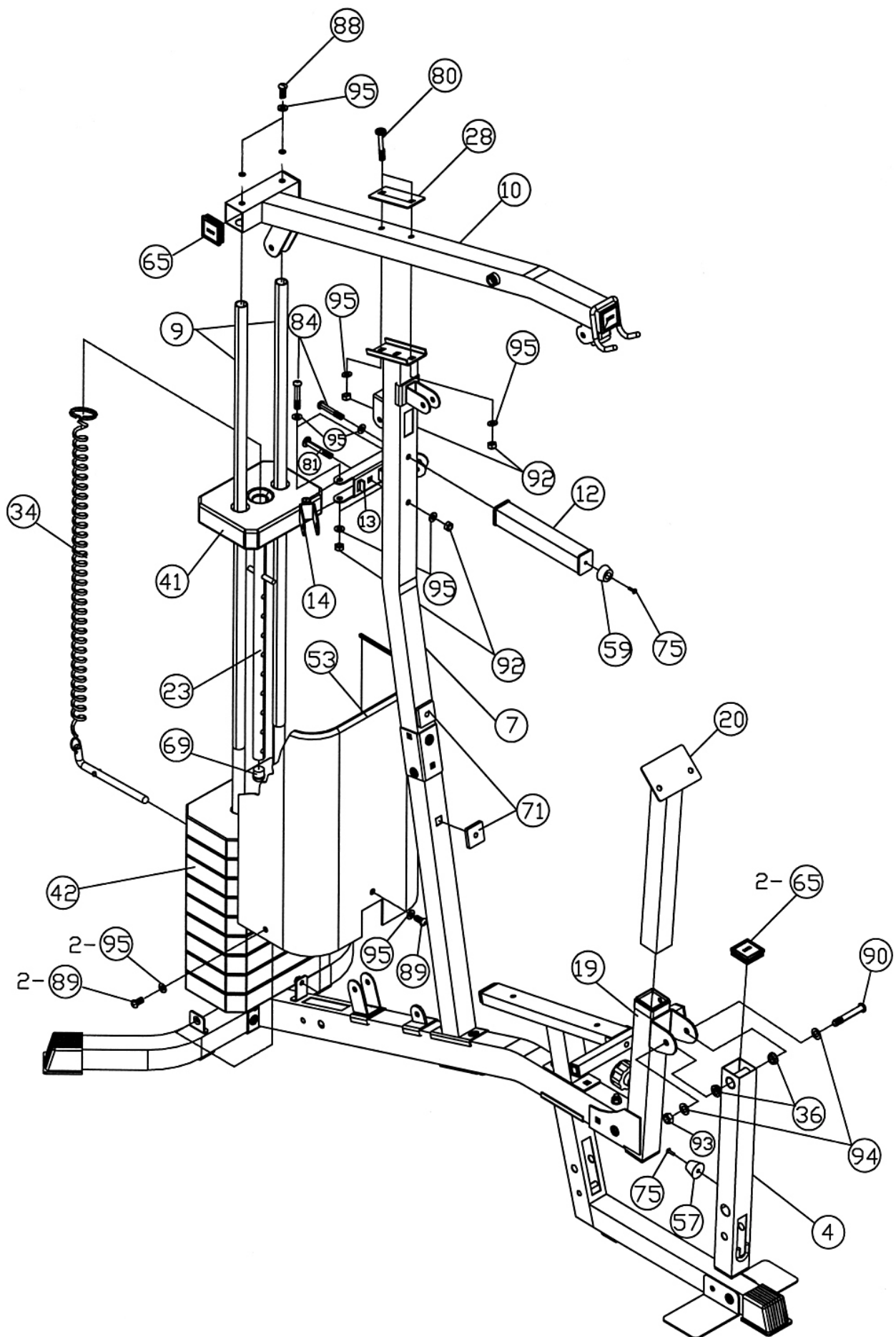
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Slide nine Weight Plates (#42) onto the Guide Rods. Make sure the groove on the Weight Plates all facing the back of the machine and downward. Insert the Selector Rod (#23) through the center hole on the Weight Plates.
- B.) Slide the Selector Stem (#41) onto the Guide Rods. Make sure the center groove faces downward.
- C.) Slide the Ring on the String of the Selector Pin (#34) onto the Selector Rod.
- D.) Attach the Upper Frame (#10) onto the two Guide Rods. Secure them with two M10 x 1" Allen Bolts (#88) and Ø ¾" Washers (#95).
- E.) Place the Upper Frame (#10) onto the Upper Vertical Frame (#7). Secure them with two M10 x 2 ¾" Carriage Bolts (#80), one 4 ¾" Bracket (#28), two Ø ¾" Washers (#95), and two M10 Aircraft Nuts (#92).
- F.) Securely tighten all Nuts and Bolts previously installed.
- G.) Cover the Weight Plates with the Weight Stack Cover (#53). Secure it with three M10 x 5/8" Allen Bolts (#89) and Ø ¾" Washers (#95).
- H.) Attach the Front Press Support Frame (#12) to the Upper Vertical Frame (#7). Secure it with one M10 x 2 ½" Allen Bolt (#84) and Ø ¾" Washer (#95).
- I.) Attach the Butterfly Pulley Bracket (#13) to the back of the Upper Vertical Frame (#7). Secure it with one M10 x 2 ½" Carriage Bolt (#81), Ø ¾" Washer (#95), and M10 Aircraft Nut (#92).
- J.) Attach two Swivel Pulley Brackets (#14) to the Butterfly Pulley Bracket (#13). Secure each Swivel Pulley Bracket with one M10 x 2 ½" Allen Bolt (#84), two Ø ¾" Washers (#95), and one M10 Aircraft Nut (#92).
- K.) Attach the Leg Developer (#4) to the Leg Developer Holder (#19). Secure it with one M12 x 3 1/8" Allen Bolt (#90), two Ø 1" Washers (#94), and one M12 Aircraft Nut (#93).
- L.) Insert the Arm Curl Stand (#20) into the Leg Developer Holder (#19). Secure the height with the Lock Knob.

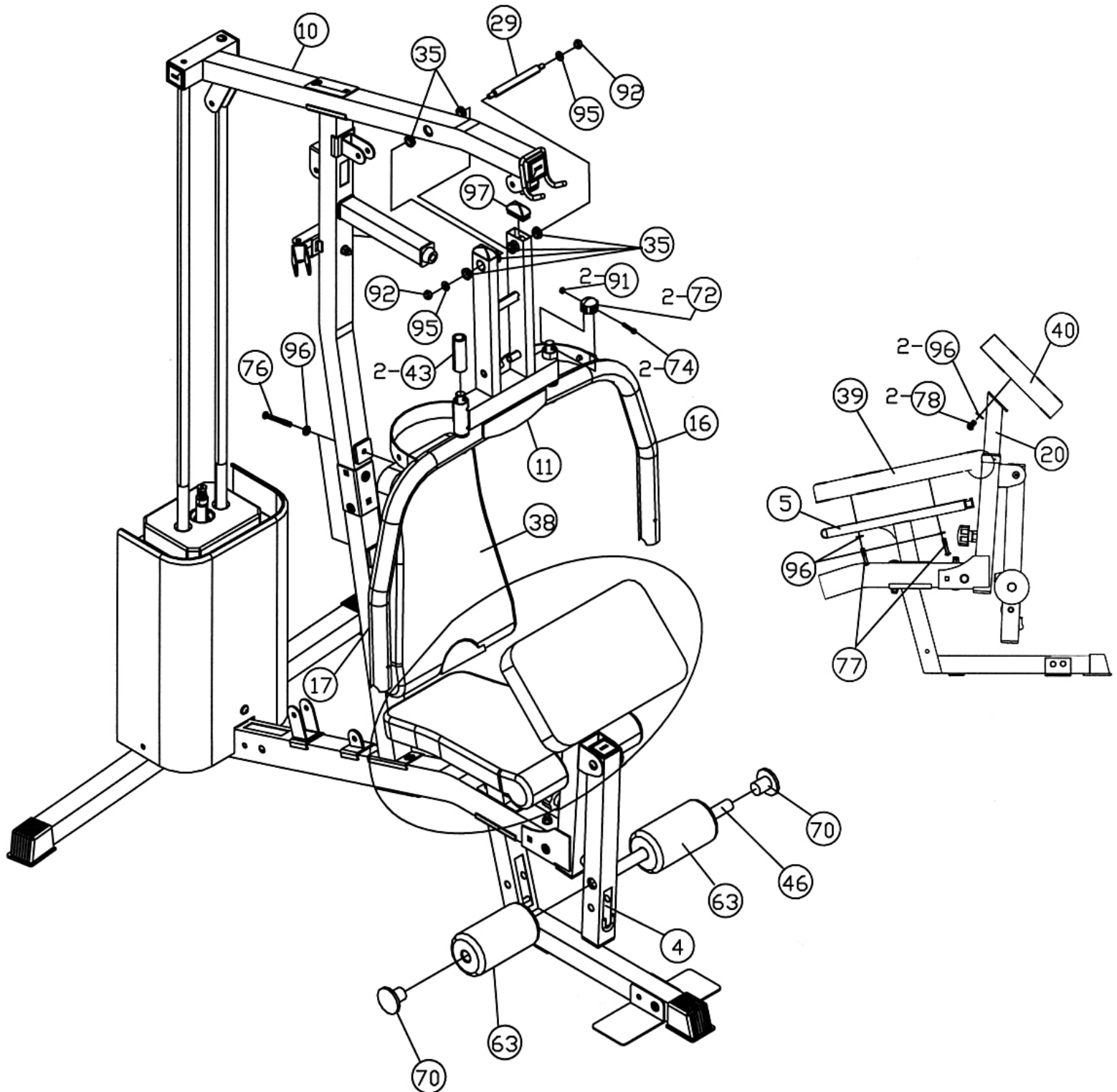
DIAGRAM 2



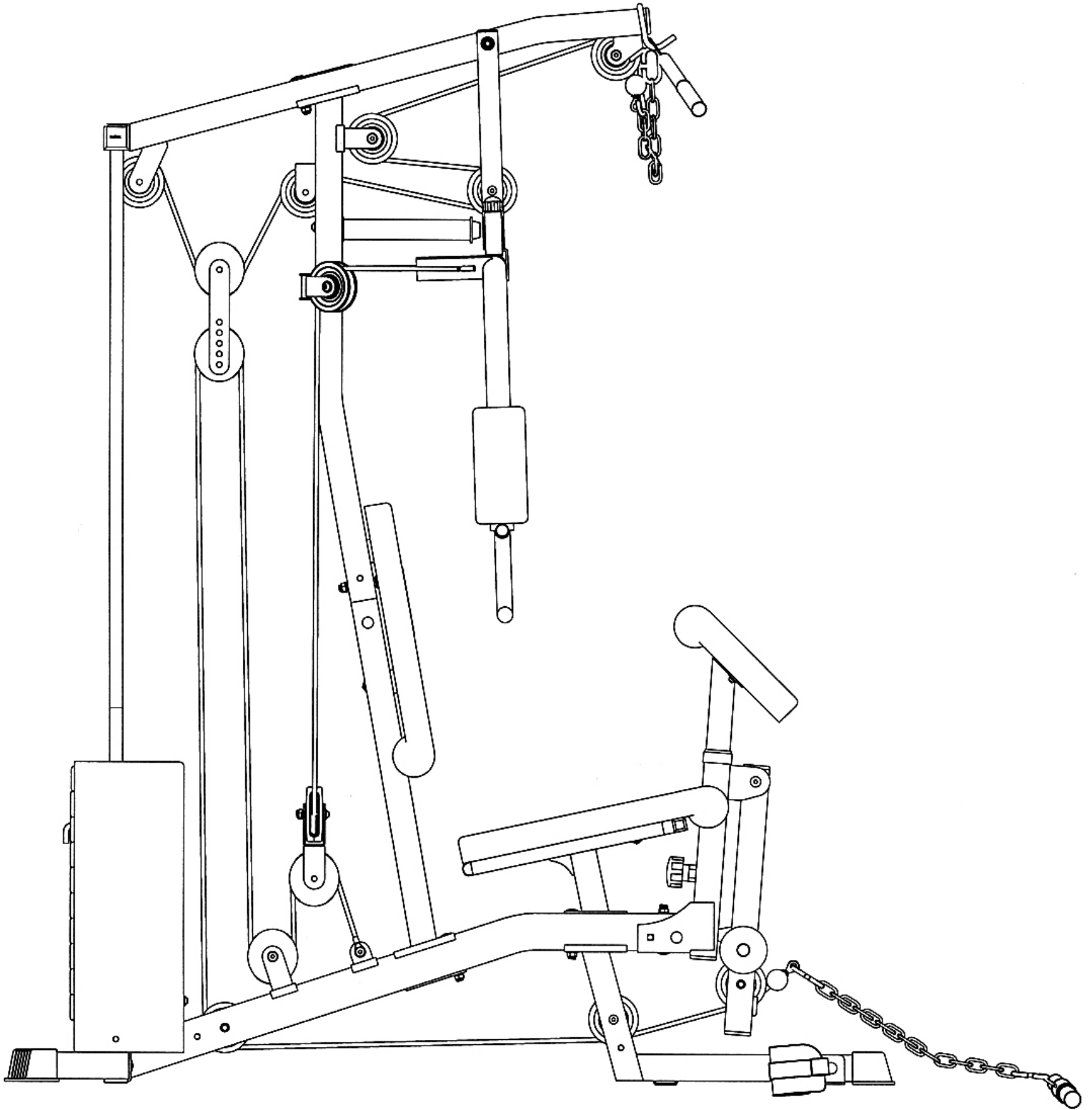
STEP 3 (See Diagram 3)

- A.) Attach the Front Press Base (#11) to the Upper Frame (#10). Secure it with one Axle (#29), two Ø ¾" Washers (#95), and two M10 Aircraft Nuts (#92).
- B.) Attach the Left Butterfly (#16) to the Front Press Base. Secure it with one M6 x 1 ¼" Allen Bolt (#74), Lock Ring (#72), and M6 Aircraft Nut (#91). Repeat the same step to install the Right Butterfly (#17).
- C.) Attach the Backrest Board (#38) to the Lower and Upper Vertical Frames (#6 & #7). Secure it with two M8 x 3" Allen Bolts (#76) and Ø 5/8" Washers (#96).
- D.) Attach the Seat (#39) to the Seat Support (#5). Secure it with two M8 x 1 5/8" Allen Bolts (#77) and Ø 5/8" Washers (#96).
- E.) Attach the Arm Curl Pad (#40) to the Arm Curl Stand (#20). Secure it with two M8 x 5/8" Allen Bolts (#78) and Ø 5/8" Washers (#96).
- F.) Insert the Foam Tube (#46) halfway through the hole on the Leg Developer. Push two Small Vinyl Foam Rolls (#63) onto the Tube from both ends. Plug two Vinyl Foam End Caps (#70) into the ends.

DIAGRAM 3



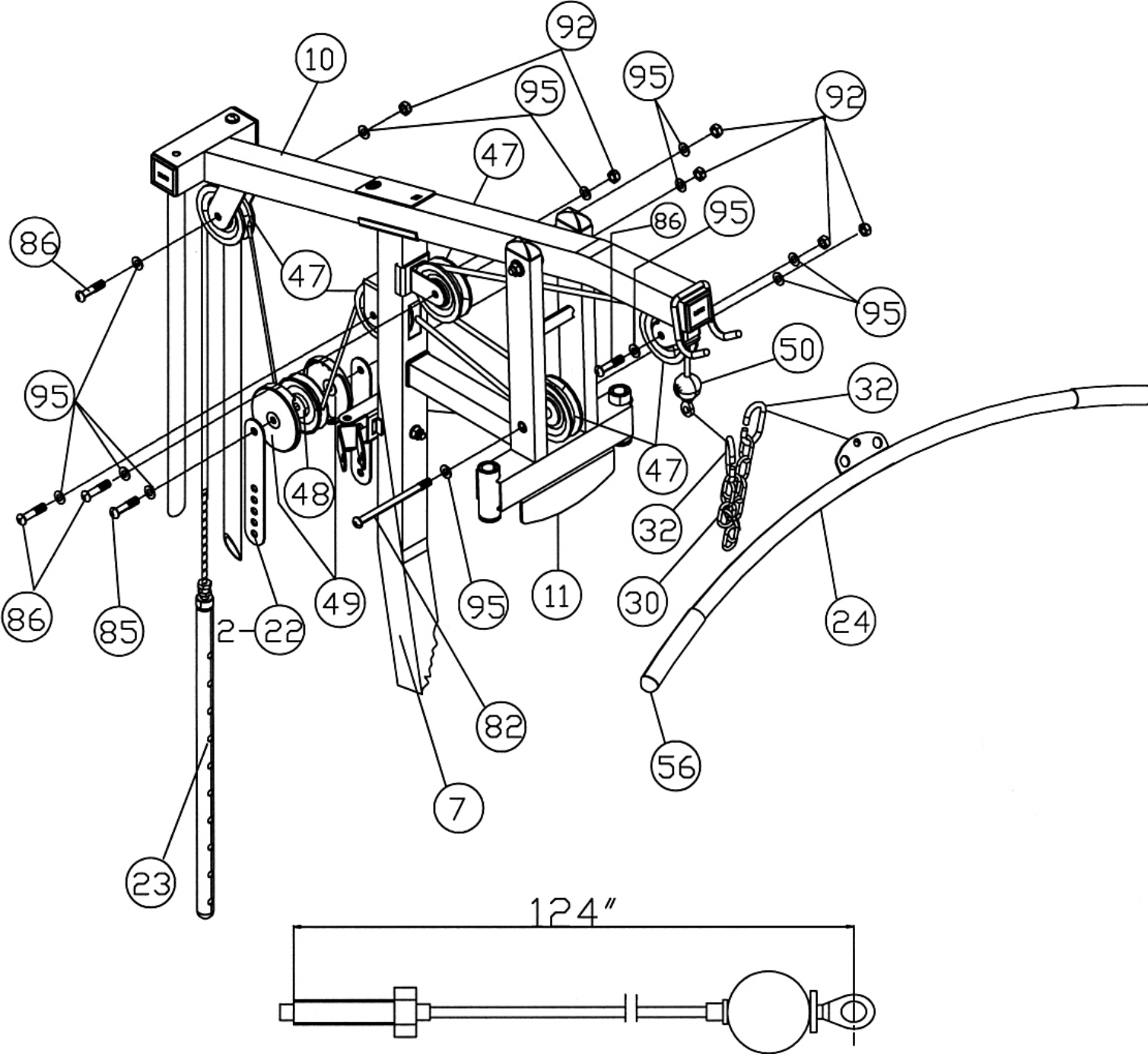
CABLE LOOP DIAGRAM



STEP 4 (See Diagram 4 & Cable Loop Diagram)

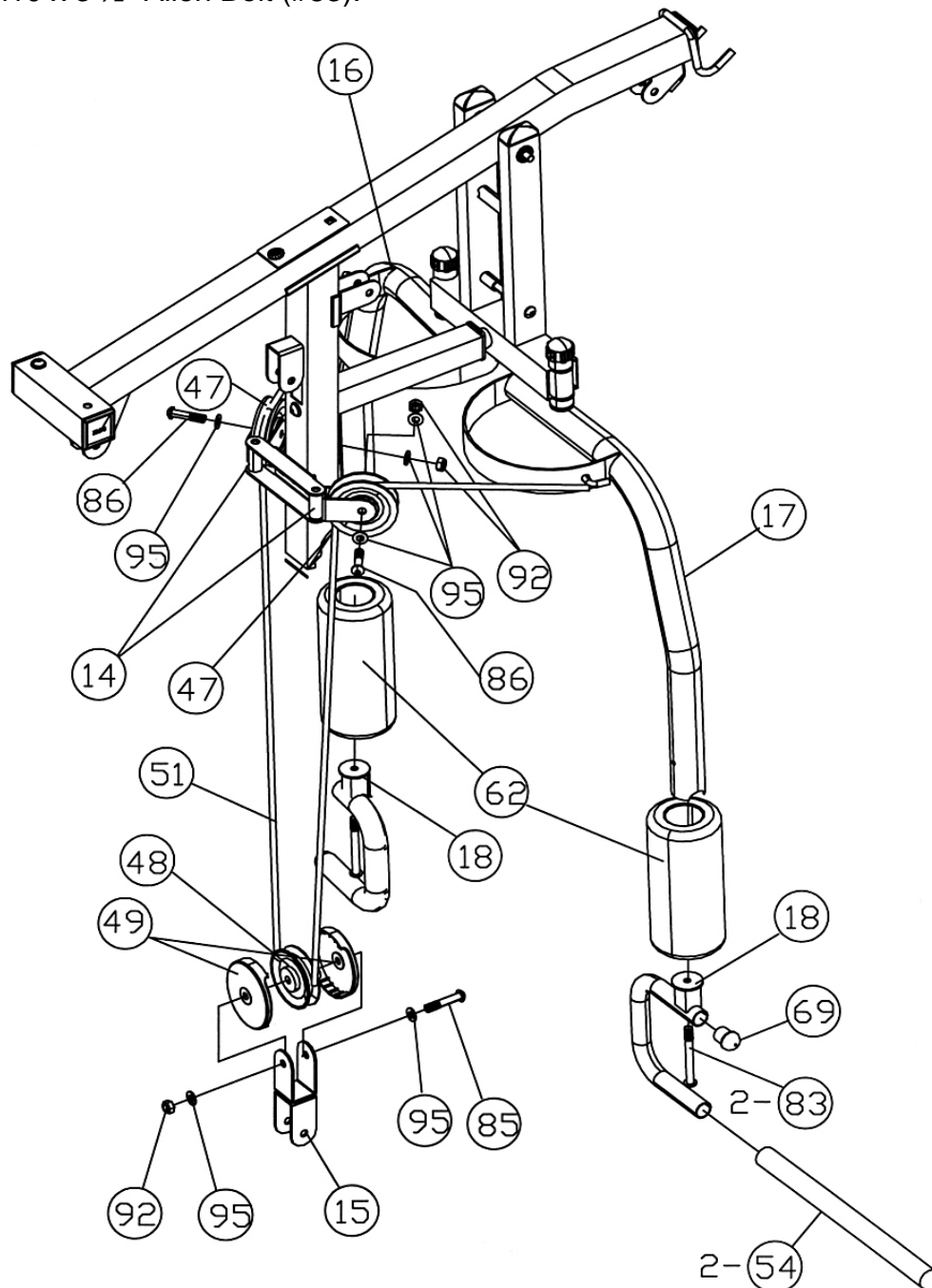
- A.) Attach the 124" Upper Cable (#50) to the opening at the front of the Upper Frame (#10). Note: The Ball Stopper on the cable should be underneath the Frame.
- B.) Attach a Pulley (#47) to the opening. Secure it with one M10 x 1 3/4" Allen Bolt (#86), two Ø 3/4" Washers (#95), and one M10 Aircraft Nut (#92).
- C.) Draw the Cable towards the back of the machine to the open bracket on the Upper Vertical Frame (#7). Repeat Procedure B above to install a Pulley to the bracket.
- D.) Draw the Cable around the Pulley then pull back towards the opening on the Front Press Base (#11).
- E.) Attach a Pulley to the opening on the Front Press Base. Secure the Pulley with one M10 x 5 3/8" Allen Bolt (#82), two Ø 3/4" Washers (#95), and one M10 Aircraft Nut (#92).
- F.) Draw the Cable around the Pulley then through the opening on the Upper Vertical Frame to the open bracket on the back of Upper Vertical Frame. Repeat Procedure B above to install another Pulley to the bracket. Draw the Cable around the Pulley then downward.
- G.) Open the two plastic Pulley Covers (#49) on a Small Pulley (#48). Draw the Cable around the Small Pulley then reinstall the two Covers. Attach the Small Pulley to two Double Floating Pulley Brackets (#22).
- H.) Secure the Small Pulley to the two Double Floating Pulley Brackets (#22) with one M10 x 2 1/8" Allen Bolt (#85), two Ø 3/4" Washers (#95), and one M10 Aircraft Nut (#92). Let the bracket hanging for now.
- I.) Pull the Cable upward to the open bracket underneath the Upper Frame. Install a Pulley to the bracket.
- J.) Pull the Cable downward between the two Guide Rods to the Selector Rod (#23). Fully thread the bolt at the end of the Cable into the top opening on the Selector Rod.
- K.) Connect the Lat Bar (#24) to a Short Chain (#30) with a C-clip (#32). Then connect the Short Chain to the Upper Cable with another C-clip.

DIAGRAM 4



STEP 5 (See Diagram 5 & Cable Loop Diagram)

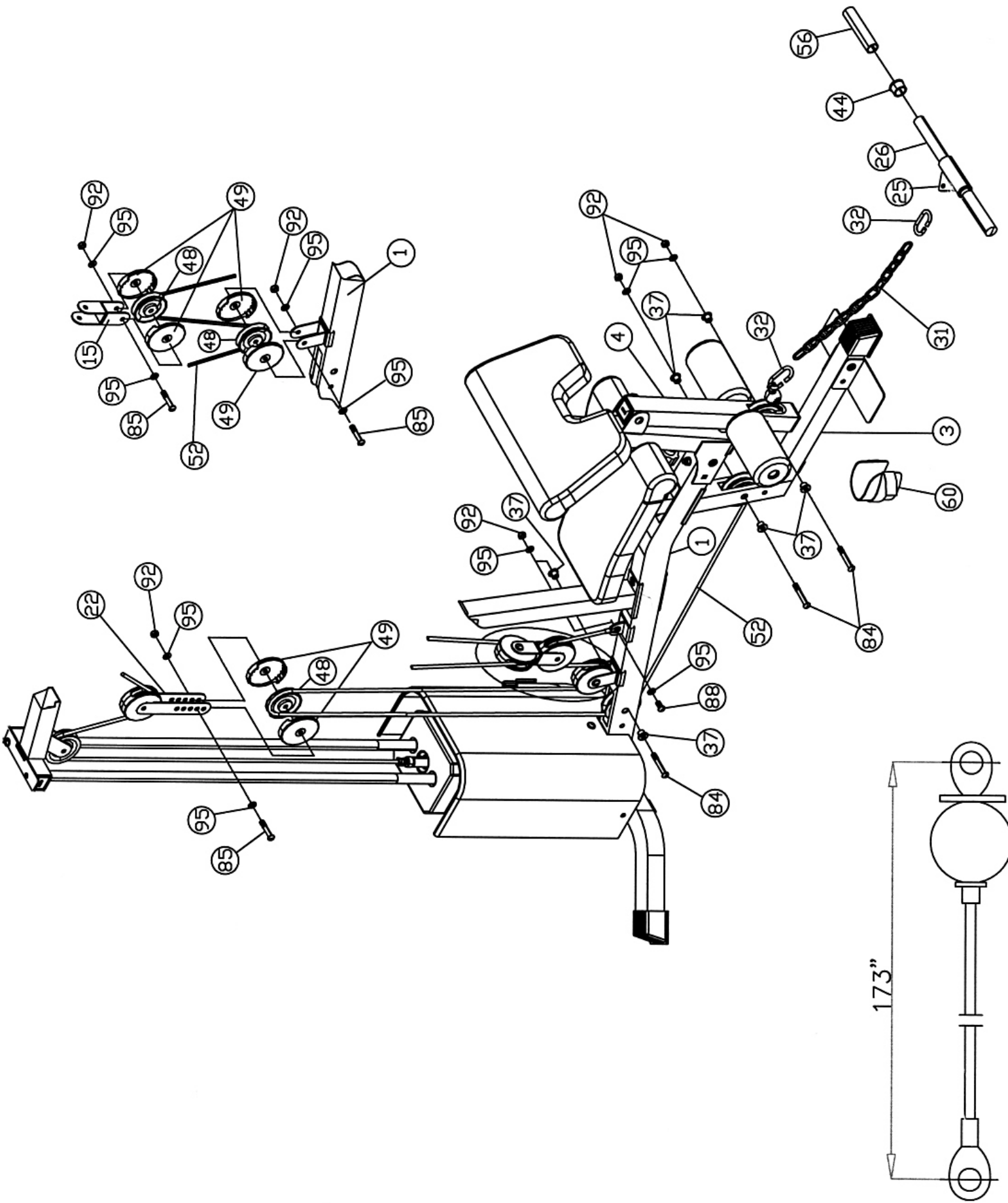
- A.) Attach one end of the 105" Butterfly Cable (#51) to the hook on the Right Butterfly (#17).
- B.) Draw the Cable to the right Swivel Pulley Bracket (#14).
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#86), two Ø 3/4" Washers (#95), and one M10 Aircraft Nut (#92).
- D.) Draw the Cable around the Pulley then downward. Attach the Cable to a Crossed Double Floating Pulley Bracket (#15).
- E.) Repeat Procedure G&H in Step-4 to install a Small Pulley (#48) to the Bracket. Let the Bracket hanging for now.
- F.) Pull the Cable around the Pulley then upward to the left Swivel Pulley Bracket. Repeat Procedure C above to install a Pulley.
- G.) Draw the Cable to the Left Butterfly (#16). Attach the end to the hook on the Left Butterfly.
- H.) Push two Large Vinyl Foam Rolls (#62) onto the Left and Right Butterflies (#16 & #17).
- I.) Attach two Front Press Handles (#18) to the Butterfly Arms (#16 & #17). Secure each Handle with one M10 x 3 1/2" Allen Bolt (#83).



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the 173" Lower Cable (#52) to the opening on the bottom of the Leg Developer (#4).
- B.) Attach a Pulley to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#84), two Pulley Bushings (#37), and one M10 Aircraft Nut (#92).
- C.) Draw the Cable underneath the Pulley to the opening on the Front Base Fame (#3). Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable underneath the Pulley along the Main Frame to the opening on the rear of the Main Frame (#1). Repeat Procedure B above to install another Pulley.
- E.) Pull the Cable upward to the Double Floating Pulley Bracket (#22) previously installed in Step-4. Repeat Procedure G&H in Step-4 to install a Small Pulley (#48) with Pulley Covers.
- F.) Draw the Cable around the Small Pulley then downward to the open bracket on the Main Frame. Install a Small Pulley.
- G.) Pull the Cable around the Small Pulley then upward to the Crossed Floating Pulley Bracket (#15) previously installed in Step-5. Install a Small Pulley.
- H.) Draw the Cable around the Small Pulley then pull downward to the bracket on the Main Frame. Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#88), two Ø ¾" Washers (#95), and one M10 Aircraft Nut (#92).
- I.) Adjust the tension of the Cables by adjusting the position of the Small Pulley on the Double Floating Pulley Brackets (#22). If the cables are too loose, move up the Small Pulley. If the cables are too tight, move down the Small Pulley.
- J.) For best performance of the machine, adjust the Cables so the Selector Stem (Top Plate) on the weight stack is ¼" above the first plate. While pinning the weight stack, push down on the Selector Stem to close up the gap then pin the plates. This will remove the slag in the cable system so the range of motion is smooth and tight.
- K.) Connect the Shiver Bar (#25) to a Long Chain (#31) with a C-clip (#32). Connect the Long Chain to the Lower Cable with another C-clip.
- L.) For best performance of the weight plates, periodically lubricate the two Guide Rods with WD-40 or light oil.

DIAGRAM 6



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Main Frame	1	51	105" Butterfly Cable	1
2	Rear Base Frame	1	52	173" Lower Cable	1
3	Front Base Frame	1	53	Weight Stack Cover	1
4	Leg Developer	1	54	Front Press Handle Grip	2
5	Seat Support	1	55	1 5/8" x 3/4" End Cap	2
6	Lower Vertical Frame	1	56	6" Handle Grip	4
7	Upper Vertical Frame	1	57	Ø 1 5/8" x 1" Rubber Bumper	1
8	Lower Guide Rod	2	58	Ø 2 1/2" x 1" Rubber Bumper	2
9	Upper Guide Rod	2	59	Ø 1 1/2" x 5/8" Rubber Bumper	1
10	Upper Frame	1	60	Ankle Strap	1
11	Front Press Base	1	61	Lock Knob	1
12	Front Press Support Frame	1	62	Large Vinyl Foam Roll	2
13	Butterfly Pulley Bracket	1	63	Small Vinyl Foam Roll	2
14	Swivel Pulley Bracket	2	64	Base Frame End Cap	3
15	Crossed Double Floating Pulley Bracket	1	65	2" Square End Cap	5
16	Left Butterfly	1	66	2" Sleeve	1
17	Right Butterfly	1	67	2" x 1" End Cap	1
18	Front Press Handle	2	68	1" Square End Cap	2
19	Leg Developer Holder	1	69	Ø 1" End Cap	3
20	Arm Curl Stand	1	70	Vinyl Foam Roll End Cap	2
21	Vertical Frame Bracket	2	71	1 3/4" x 1 3/4" Spacer	2
22	Double Floating Pulley Bracket	2	72	Lock Ring	2
23	Selector Rod	1	73	Stud Bolt	2
24	Lat Bar	1	74	M6 x 1 1/4" Allen Bolt	2
25	Shiver Bar	1	75	M6 x 5/8" Philips Screw	2
26	Shiver Bar Handle	1	76	M8 x 3" Allen Bolt	2
27	4 3/8" Bracket	1	77	M8 x 1 5/8" Allen Bolt	2
28	4 3/4" Bracket	2	78	M8 x 5/8" Allen Bolt	2
29	Axle	1	79	M10 x 3 1/2" Carriage Bolt	5
30	Short Chain	1	80	M10 x 2 3/4" Carriage Bolt	12
31	Long Chain	1	81	M10 x 2 1/2" Carriage Bolt	1
32	C-clip	4	82	M10 x 5 3/8" Allen Bolt	1
33	Foot Plate	2	83	M10 x 3 1/2" Allen Bolt	2
34	Selector Pin	1	84	M10 x 2 1/2" Allen Bolt	6
35	Ø 1" x 5/8" Bushing	6	85	M10 x 2 1/8" Allen Bolt	5
36	Ø 1" x 1/2" Bushing	2	86	M10 x 1 3/4" Allen Bolt	6
37	Pulley Bushing	6	87	M10 x 1 5/8" Allen Bolt	2
38	Backrest Board	1	88	M10 x 1" Allen Bolt	5
39	Seat	1	89	M10 x 5/8" Allen Bolt	3
40	Arm Curl Pad	1	90	M12 x 3 1/8" Allen Bolt	1
41	Selector Stem	1	91	M6 Aircraft Nut	2
42	Weight Plate	9	92	M10 Aircraft Nut	38
43	Ø 1 1/8" x 3 1/4" Bushing	2	93	M12 Aircraft Nut	1
44	Ø 1 1/2" x 1" Bushing	2	94	Ø 1" Washer	2
45	Front Seat Support	1	95	Ø 3/4" Washer	60
46	Foam Tube	1	96	Ø 5/8" Washer	6
47	Pulley	10			
48	Small Pulley	5			
49	Pulley Cover	10			
50	124" Upper Cable	1			

WM1508 WEIGHT RESISTANCE CHART

Weight Plate	Front Press	Butterfly	Lat Pull	Leg Developer/Low Pulley
1	30	15	30	30
2	42	20	40	40
3	54	25	50	50
4	66	30	60	60
5	78	35	70	70
6	90	40	80	80
7	102	45	90	90
8	114	50	100	100
9	126	55	110	110
Note: Each plate weights 10 lbs.				
Numbers are approximate. Actual weights may vary.				
Values for Butterfly are for each arm.				

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**

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

When ordering replacement parts, always give the following information.

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