

# IRONMAN®

## IM-PC Owner's Manual

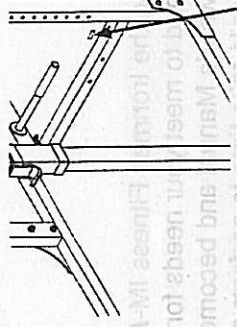
POWER CAGE

Customer Service  
(800) 750-4766

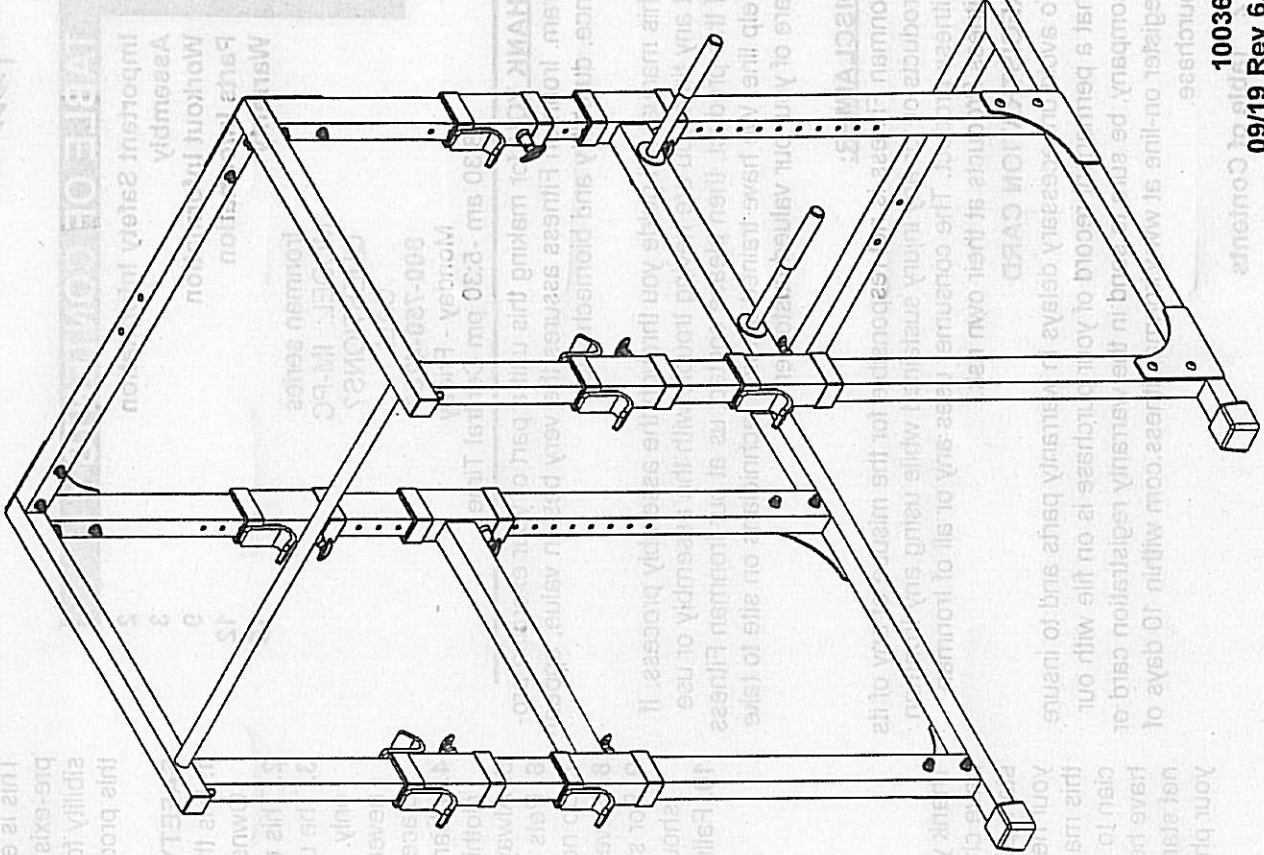
Manufactured By:  
**Ironman Fitness**  
4009 Distribution Drive  
Suite 250  
Garland, TX 75041

### ⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment.



Model Name : IM-PC  
Serial Number : \_\_\_\_\_  
Serial Number can be found at the above specified location.

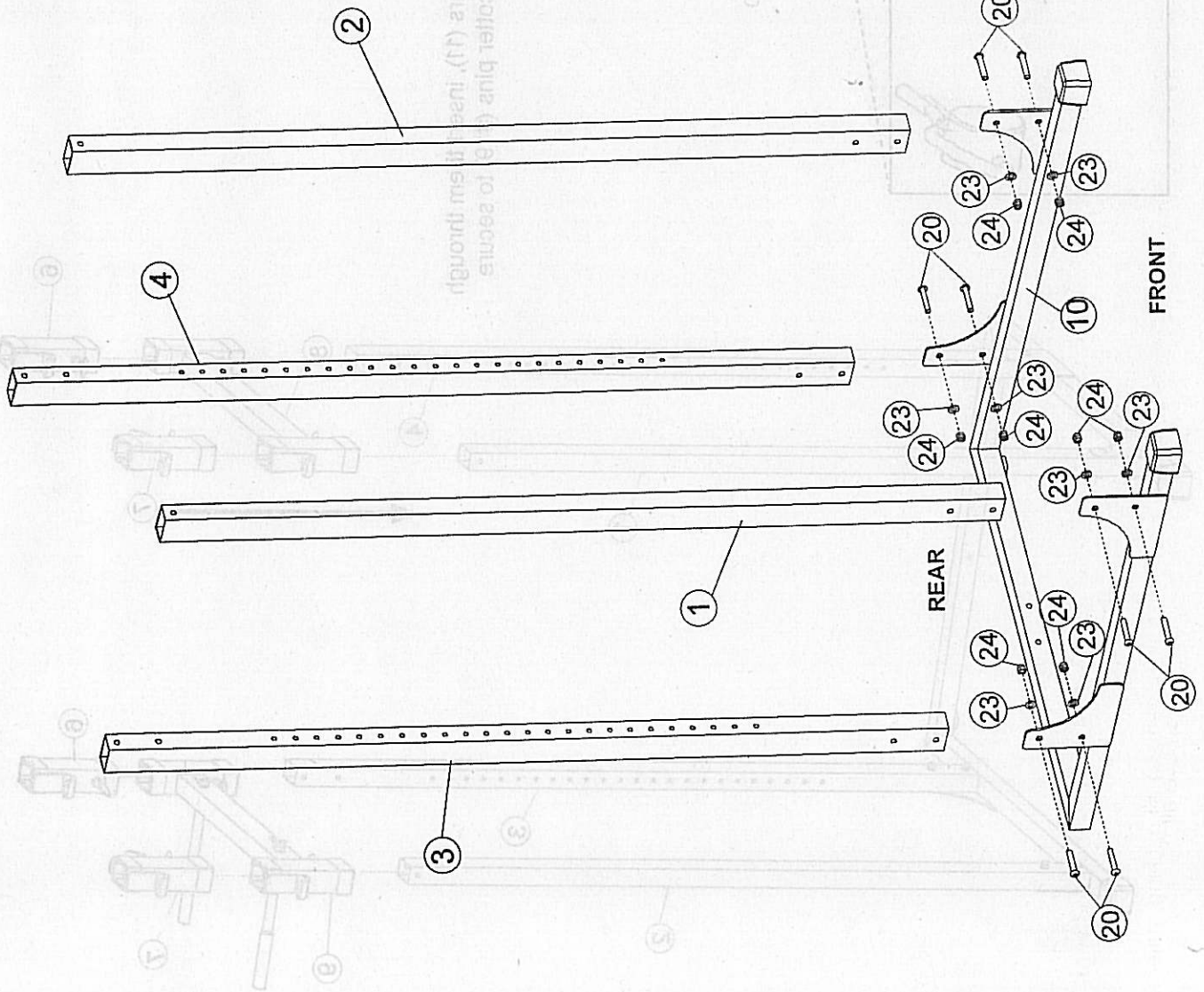


PO#:12195  
09.28.08

100367  
09/19 Rev 6.0



# 1

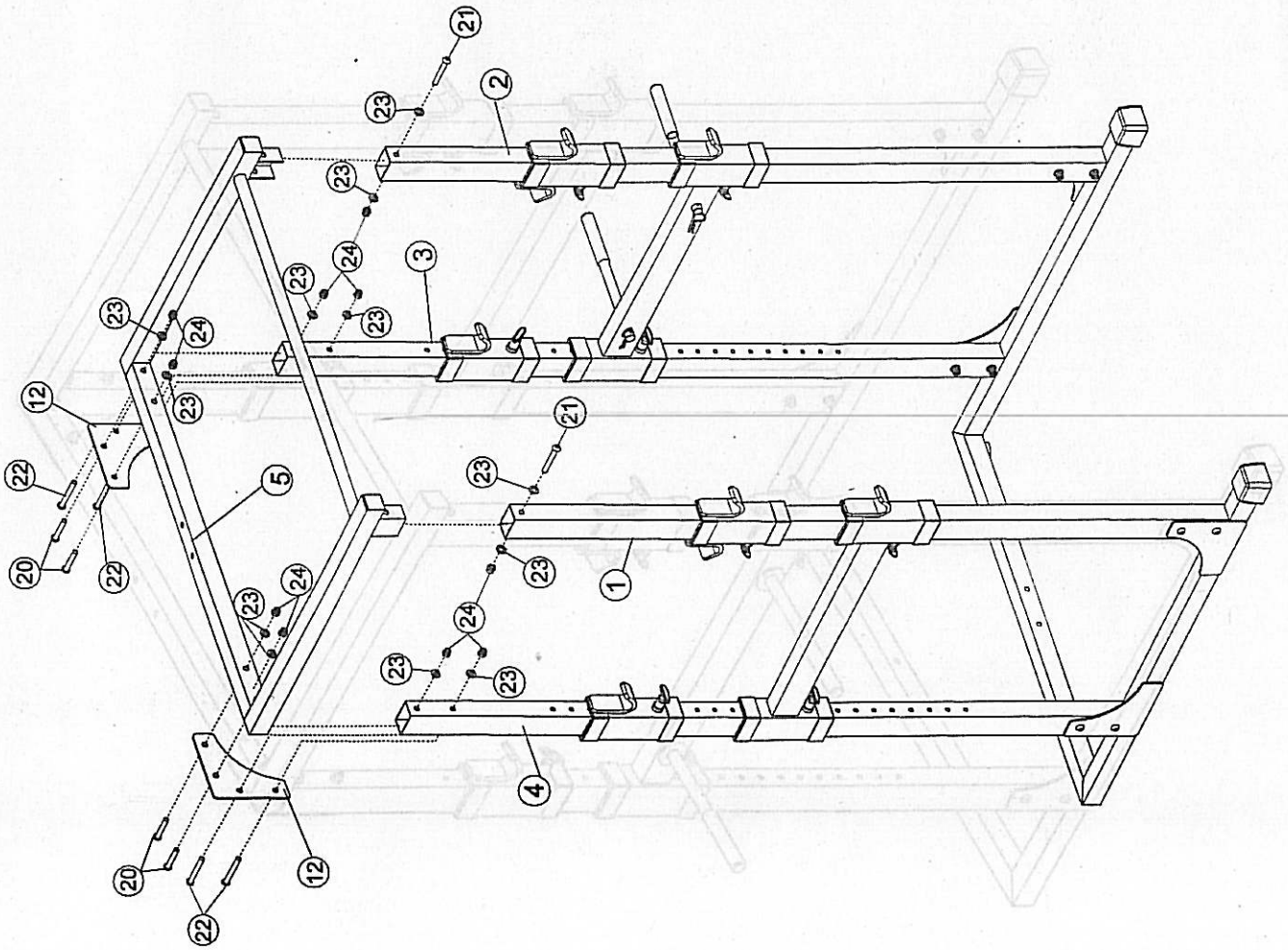


**Note:** Hand tighten bolts and nylon nuts until the unit is fully assembled.

**Note:** Upright frames with single holes (#1 and #2) on the top go to the front.

**Note:** Numbers on the upright frame face inside of the unit.

# 3



IM-BC

You've never assembled anything like this before.  
Congratulations!



feel looser. Repeat on opposite side for 30-60 seconds or until muscles feel a stretch in your back or hip. Hold till your knees to one side until you and your shoulders against the floor. Keeping your knees together lie on your back with your knees



Subtle Lumbar Protection  
10 times  
seconds. Repeat the combination your chest and head; hold for five to six toward the floor as you lift seconds. Then allow your back tucking in your pelvis; hold for five and your abdominal muscles and Round your back by contract



until muscles feel looser.

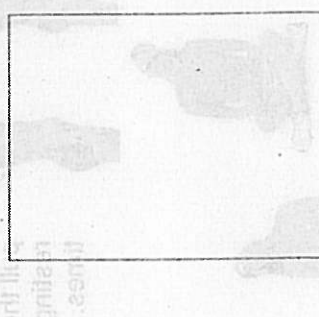


floor. Hold for 30-60 seconds or lower back and abdomen into under your shoulders. Relax arms with your elbows directly feel together. Rest on your fore- lie on your stomach with your



Phone on Elbows  
times.  
for 30 seconds. Repeat three to five your knees toward your chest. Hold your knees with your arms and pull and lift your feet off the floor. Grasp lie on your back. Bend your knees. Knees to Chest

**IRONMAN** **Workout Information**  
fitness [www.ironmanfitness.com](http://www.ironmanfitness.com)



both knees in line with your feet. Hold for 30 seconds toward, and lean into the wall. Keep both heels down face the wall with your left foot ahead of your right.



Achilles Stretch  
times on each side.  
hold for five seconds. Repeat five head toward the other shoulder and Hold for five seconds, then lift your and your face pointed straight ahead shoulder, keeping your shoulders level Tilt your head gently toward one



Shoulder Circles  
All them together behind your, lower them to a your shoulders. Raise them up towards your ears. make a circle with

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

**EXERCISE GUIDELINES**



[www.ironmanfitness.com](http://www.ironmanfitness.com)

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

**Wrist Extensor**

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



**Wrist Flexor**

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



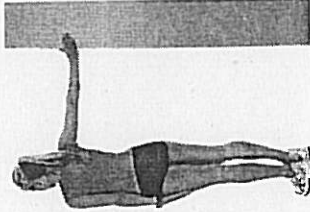
**Triceps Stretch**

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



**Calf Stretch**

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and your left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



**One-Arm Pectoralis Stretch**

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.

**Groin (Adductors) Stretch**

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.



**Piriformis Stretch**

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



**Standing Quadriceps Stretch**

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until you feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



**EXERCISE DEFINITIONS:**

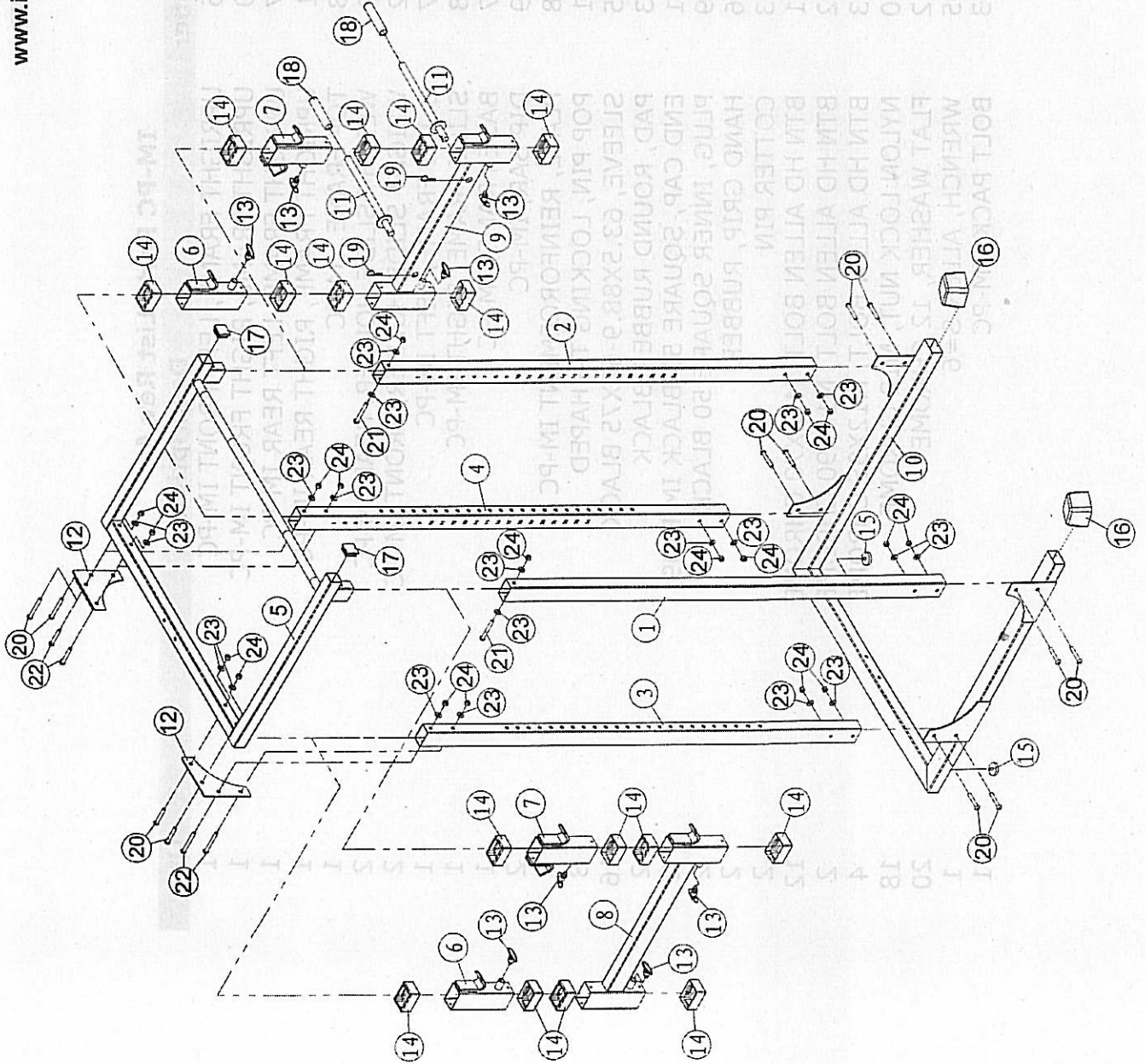
**Sets:** A set is one complete routine of exercises. Complete 1-3 sets for each exercise.

**Repetitions:** (referred to as reps) is the number of times you perform an exercise in a row. We recommend beginning with 6 reps and increasing up to 12 reps as indicated below.

**Novice:** Start with one set of 8-12 reps. Once you can complete the entire set of 12 reps consecutively, progress to the intermediate level.

**Intermediate:** Complete 2 sets of 8-12 reps once you can complete two sets of 12 reps consecutively, progress to the advanced level.

**Advanced:** Complete 3 sets of 12 reps



**Residential and Personal Use Limited Warranty**  
PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

**Frame: Lifetime Parts: 90 days Limited Warranty**

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by IRONMAN Fitness under the IRONMAN Fitness ("IRONMAN") brand name (as used herein, the "Product" or "Products"). The warranty period is the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by IRONMAN. IRONMAN warrants that the Product purchased from IRONMAN or from an authorized IRONMAN Fitness reseller, "dealer" (for residential or personal use only, unless otherwise authorized by IRONMAN in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at initial startup, under normal use, and during the applicable warranty period, unless otherwise determined by IRONMAN.

This warranty excludes expendable parts if primary cause for warranty claim is wear. Expendable parts pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v balls, console overlays, toggle switches/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by IRONMAN. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by IRONMAN any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

**Exclusive Remedies**

During the warranty period listed above, IRONMAN will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, IRONMAN may replace the parts (with new parts or at the option of IRONMAN, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required past the warranty period listed above, shall be subject to purchase a retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, IRONMAN (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

IRONMAN may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, IRONMAN can furnish contact information for local (to your area) IRONMAN authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. IRONMAN is not responsible for any service repair costs accrued through the use of authorized IRONMAN service providers at your request or out of the limited warranty period (without written consent from IRONMAN), beyond the limitations outlined on this warranty.

**Replacements and Returns**

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by IRONMAN technical service and support staff), IRONMAN, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. IRONMAN, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product. The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by IRONMAN.

**Conditions and Restrictions**

This warranty DOES NOT (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from IRONMAN or from an authorized IRONMAN reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by IRONMAN in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in tight institutional environments (hotels, clinics, apartment include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how

to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by IRONMAN in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the IRONMAN listed, maximum weight limit); (b) use of parts not manufactured or sold by IRONMAN; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) \*\*\*failure to perform (or performing improper) maintenance; (g) service by anyone other than IRONMAN, or an authorized IRONMAN warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (i) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

\* Parts is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

\*\*Lifetime of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

**Disclaimer and Release**

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.