NOTE: Please read all instructions carefully before using this product

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Model IVK-2155

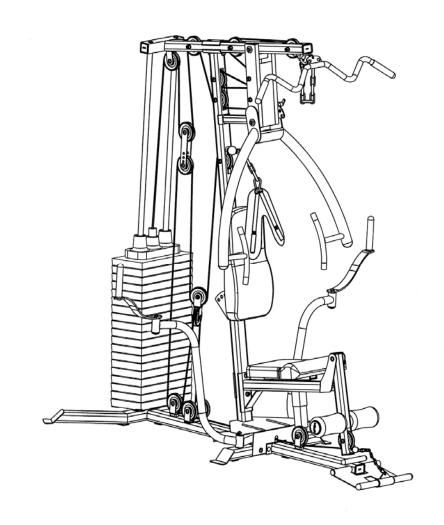
Retain This Manual for Reference

10-08-07

OWNER'S MANUAL



IVK-2155 HOME GYM



IMPEX® INC.

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BEFORE YOU BEGIN

Thank you for selecting the IVANKO IVK-2115 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
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.

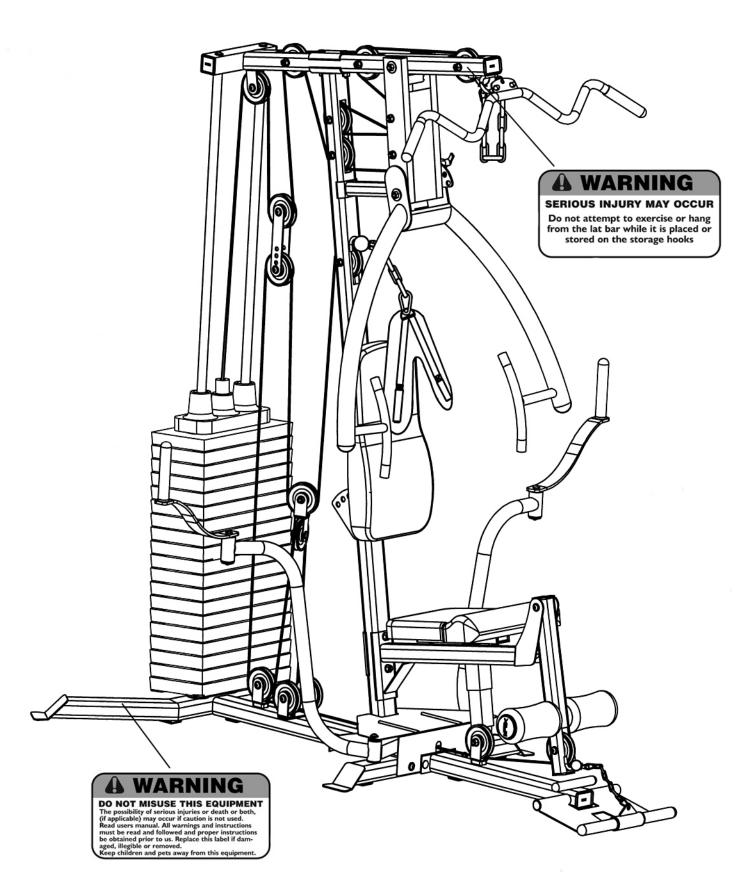
CARE AND MAINTENANCE

- 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.

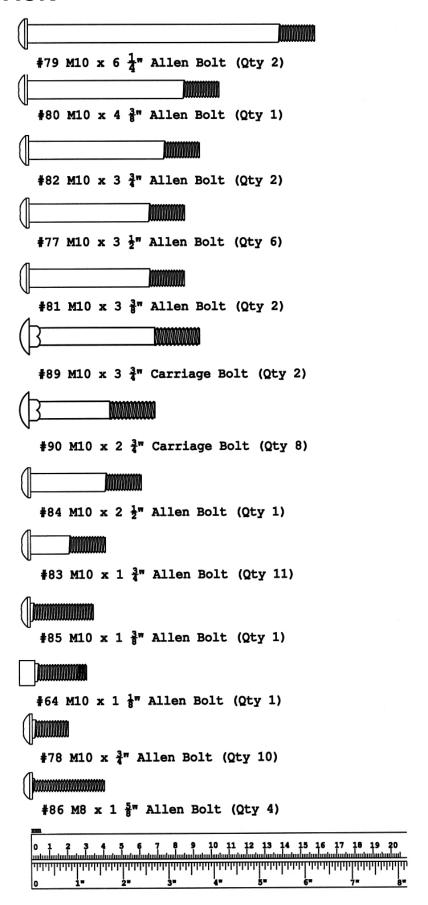
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

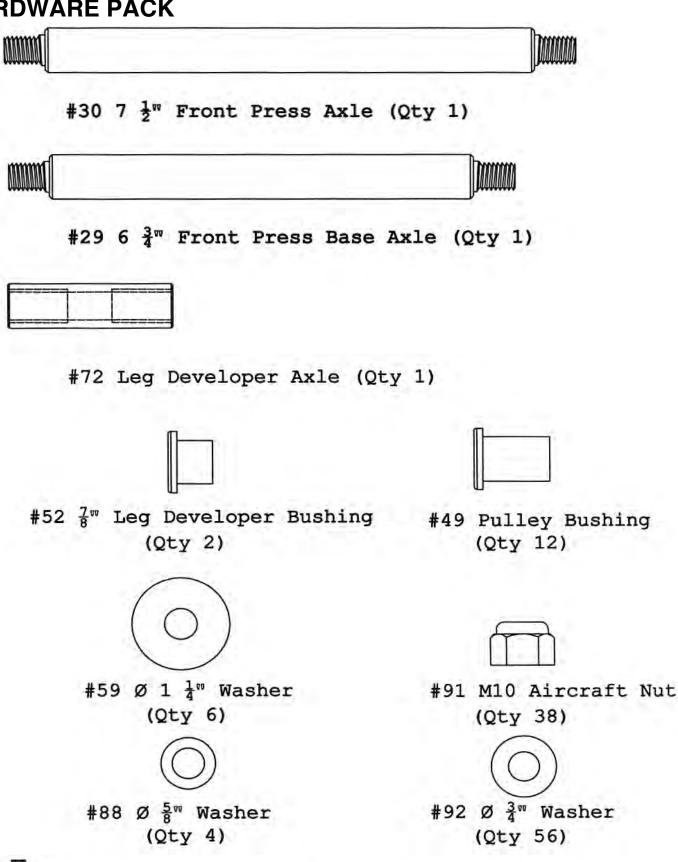


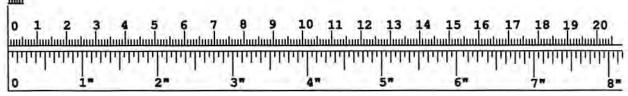
The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown

HARDWARE PACK

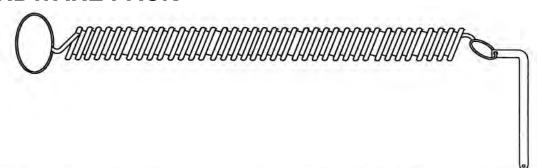


HARDWARE PACK

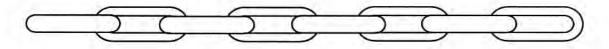




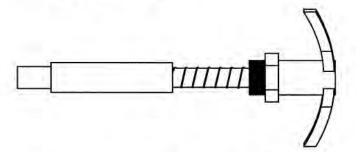
HARDWARE PACK



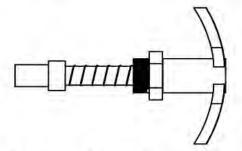
#42 Weight Plate Selector Pin(Qty 1)



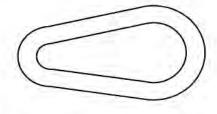
#36 Chain(Qty 2)



#38 Long T-shaped Lock Pin (Qty 1)



#39 T-shaped Lock Pin (Qty 1)



#37 Hook (Qty 5)

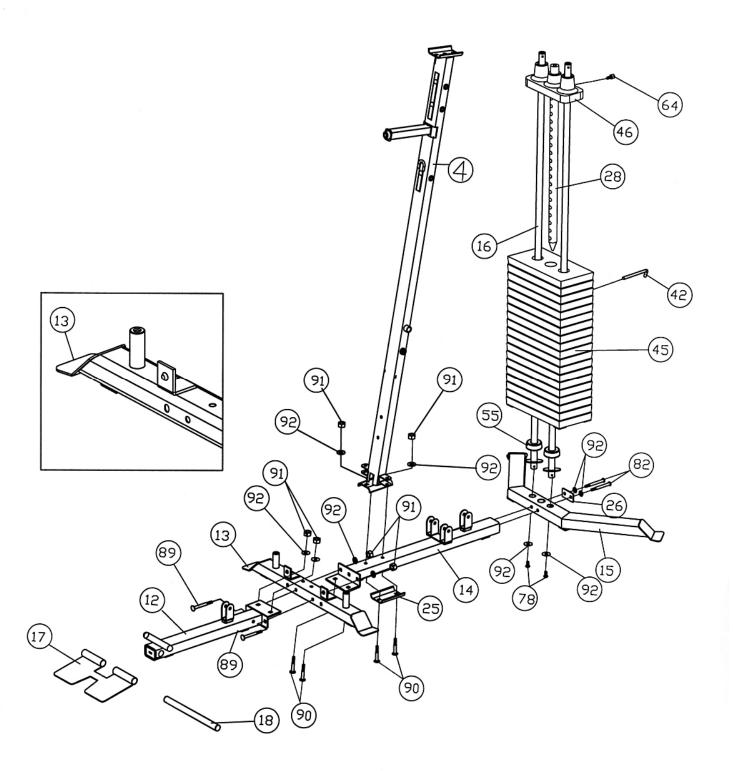
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended two or more people to avoid possible injury assemble this machine.

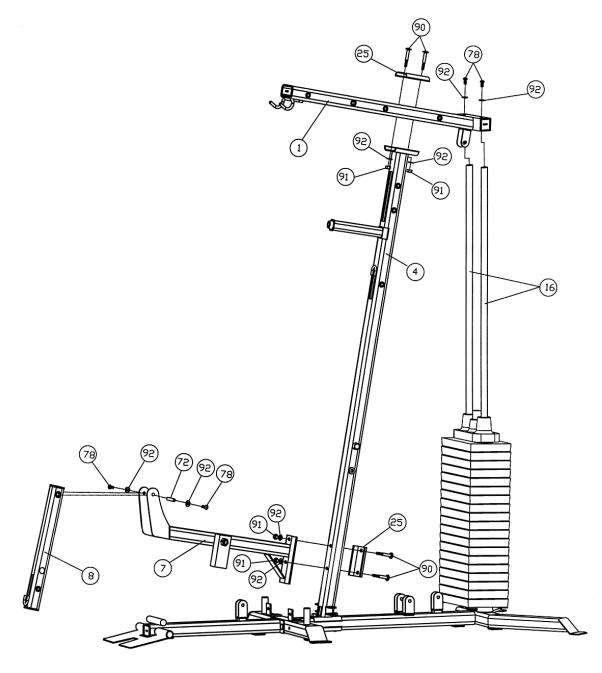
STEP 1 (See Diagram 1)

- A.) Insert two Guide Rods (#16) into the holes on the Rear Stabilizer (#15). Secure each Guide Rod with one M10 x ¾" Allen Bolt (#78) and Ø ¾" Washer (#92) from bottom. Attach two Rubber Bumpers (#55) onto top of the two Guide Rods and slide down to the stopper on the Guide Rods.
- B.) Attach the Vertical Frame (#4) onto the Rear Base Frame (#14). Secure it with two M10 x 2 3/4" Carriage Bolts (#90), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#92), and two M10 Aircraft Nuts (#91). DO NOT tighten the Nuts and Bolts yet.
- C.) Attach the Butterfly Base (#13) to the Rear Base Frame (#14). Attach the Front Base Frame (#12) to the Butterfly Base (#13). Align the holes and secure them together with two M10 x 2 ¾" Carriage Bolts (#90) from the bottom, two M10 x 3 ¾" Carriage Bolts (#89) from the side of Butterfly Base, four Ø ¾" Washers (#92), and four M10 Aircraft Nuts (#91).
- D.) Attach the Rear Base Frame (#14) to the Rear Stabilizer (#15). Secure them together with two M10 x 3 ¾" Allen Bolts (#82), two Ø ¾" Washers (#92), and one 1 5/8" x 1 ½" Bracket (#26).
- E.) Attach the Foot Plate (#17) to the Front Base Frame (#12). Align the holes and insert the 13" Foot Plate Axle (#18) through the holes.
- F.) Slide 19 Weight Plates (#45) onto the Guide Rods. Make sure the groves on all Plates face up and toward the back. Insert the Selector Rod (#28) through the center hole on the Weight Plates. Slide the Weight Selector Stem (#46) onto the Guide Rods and the Selector Rod. Secure the Selector Stem to the Selector Rod with one M10 x 1 1/8" Allen Bolt (#64).
- G.) Use the Weight Plate Selector Pin (#42) to select desired number of Weight Plates to exercise. NOTE: Each Plate weights approximately 10lbs. Please refer to the Weight Resistance Chart on page 25.



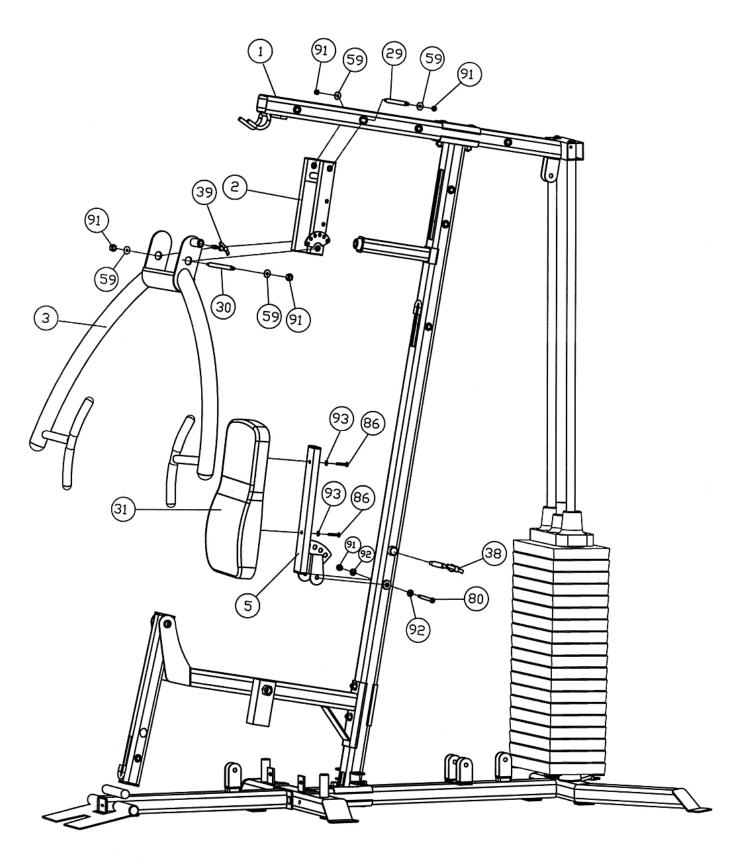
STEP 2 (See Diagram 2)

- A.) Attach the Upper Frame (#1) onto the two Guide Rods (#16). Secure it with two M10 x 3/4" Allen Bolts (#78) and Ø 3/4" Washers (#92). DO NOT tighten the Bolts yet.
- B.) Place the Upper Frame (#1) onto the Vertical Frame (#4). Secure it with two M10 x 2 ¾" Carriage Bolts (#90), one 4 ¾" x 2 ¾" Bracket (#25), two Ø ¾" Washers (#92), and two M10 Aircraft Nuts (#91).
- C.) Securely tighten all Nuts and Bolts previously installed.
- D.) Attach the Seat Support Frame (#7) to the Vertical Frame (#4). Secure it with two M10 x 2 3/4" Carriage Bolts (#90), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#92), and two M10 Aircraft Nuts (#91).
- E.) Attach the Leg Developer (#8) to the bracket on the Seat Support Frame. Secure it with one Leg Developer Axle (#72), two M10 x ¾" Allen Bolts (#78), and two Ø ¾" Washers (#92). Do not over tighten the Bolts. Make sure the Leg Developer is able to swivel.



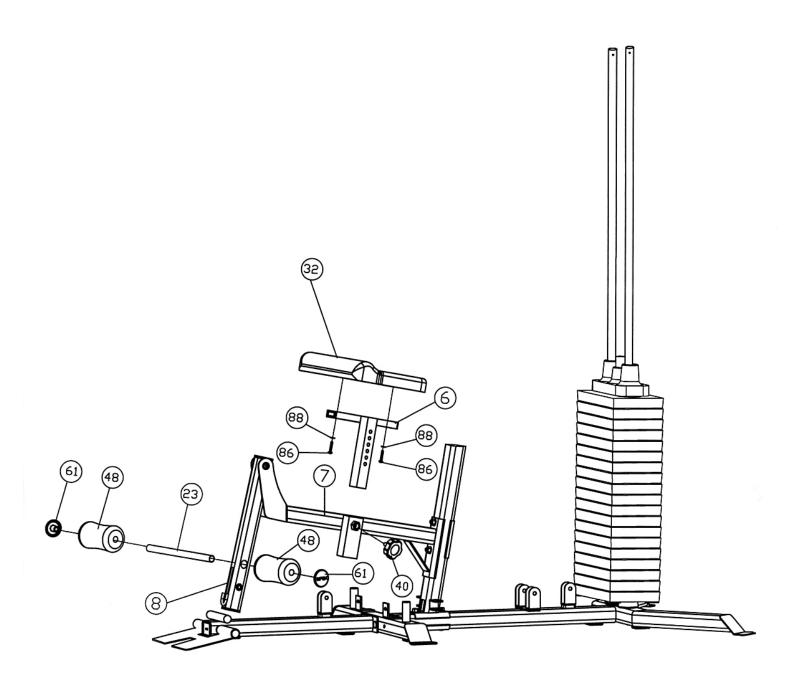
STEP 3 (See Diagram 3)

- A.) Attach the Front Press Base (#2) to the Upper Frame (#1). Secure it with one 6 3/4" Front Press Base Axle (#29), two Ø 1 1/4" Washers (#59), and two M10 Aircraft Nuts (#91).
- B.) Attach the Front Press (#3) to the Front Press Base (#2). Secure it with one 7 ½" Front Press Axle (#30), two Ø1 ¼" Washers (#59), and two M10 Aircraft Nuts (#91).
- C.) Thread the T-shaped Lock Pin (#39) into the hole on the Front Press to obtain the desired Front Press position.
- D.) Attach the Backrest Board (#31) to the Backrest Support Frame (#5). Secure it with two M8 x 1 5/8" Allen Bolts (#86) and Ø 5/8" Washers (#88).
- E.) Attach the Backrest Support Frame to the Vertical Frame (#4). Secure it with one M10 x 4 3/8" Allen Bolt (#80), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91).
- F.) Thread the Long T-shaped Lock Pin (#38) into the hole on the side of the Vertical Frame to obtain the desired Backrest position.



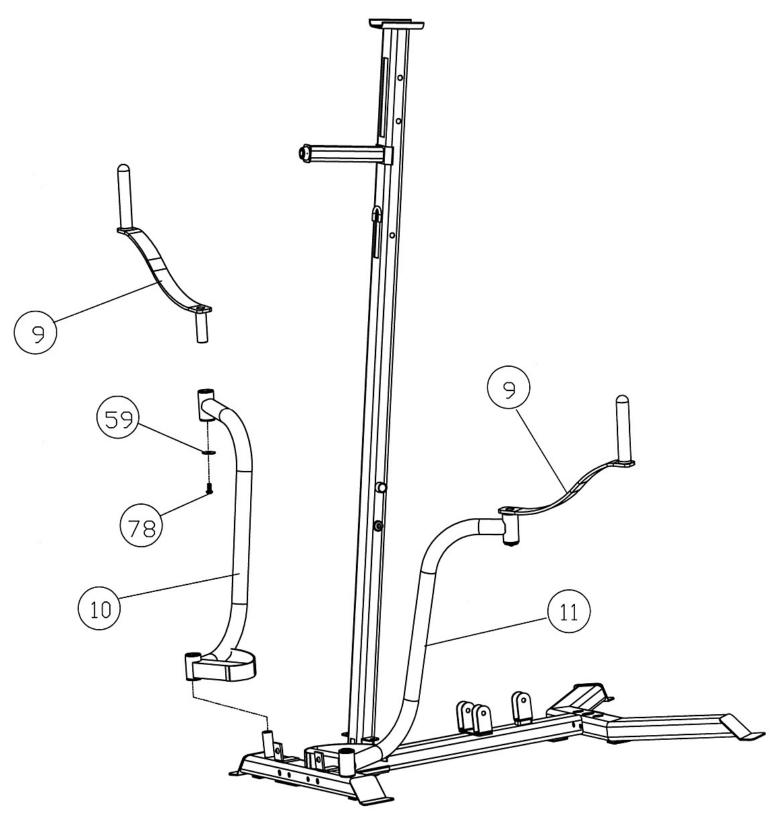
STEP 4 (See Diagram 4)

- A.) Attach the Seat (#32) to the Seat Post (#6). Secure it with two M8 x 1 5/8" Allen Bolts (#86) and Ø 5/8" Washers (#88).
- B.) Insert the Seat Post into the opening on the Seat Support Frame (#7). Thread the Lock Knob (#40) into the hole on the Seat Support Frame to lock the Seat at selected height.
- C.) Insert the Foam Tube (#23) halfway through the hole on the Leg Developer (#8). Push two Foam Rolls (#48) onto the Foam Tube from both ends. Plug two Foam Roll End Caps (#61) into the Ends.

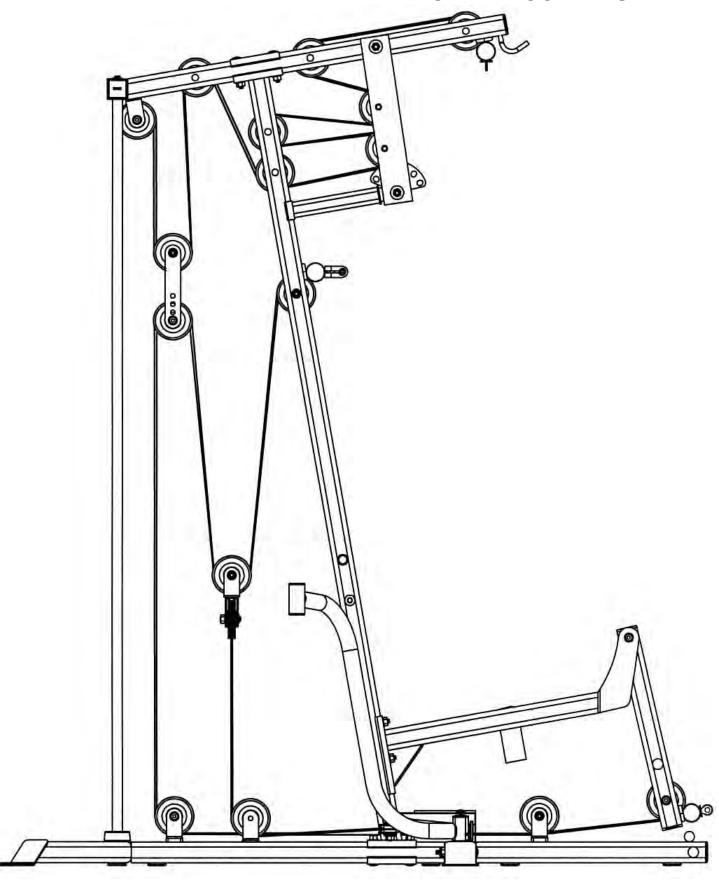


STEP 5 (See Diagram 5)

- A.) Slide the Right Butterfly (#10) onto the right axle on the Butterfly Base (#13).
- B.) Insert the Butterfly Handle (#9) into the pivot on the Right Butterfly. Secure it with one M10 x 3/4" Allen Bolt (#78) and Ø 1 1/4" Washer (#59) from the bottom.
- C.) Repeat Procedures A and B above to install the other side. Do not over tighten the Bolts. Make sure the Handles are able to swivel.

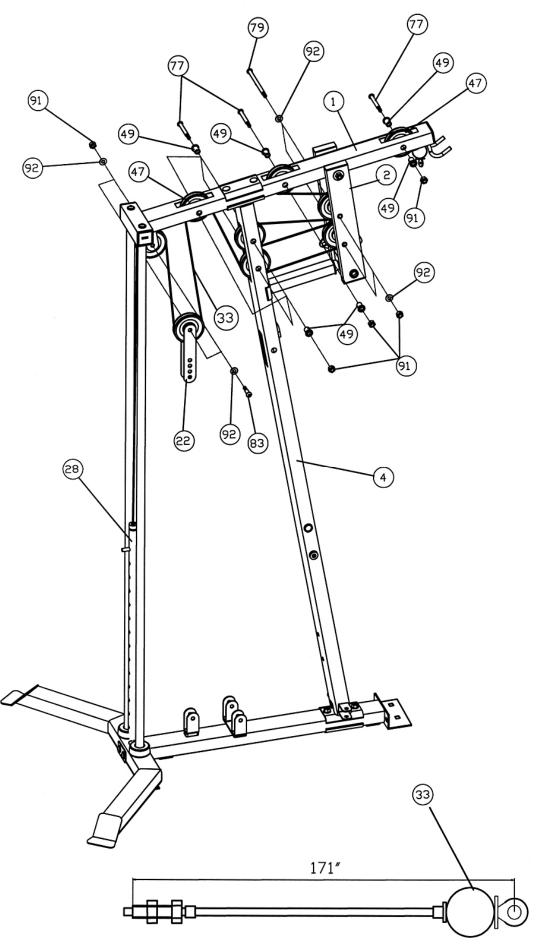


CABLE LOOP DIAGRAM

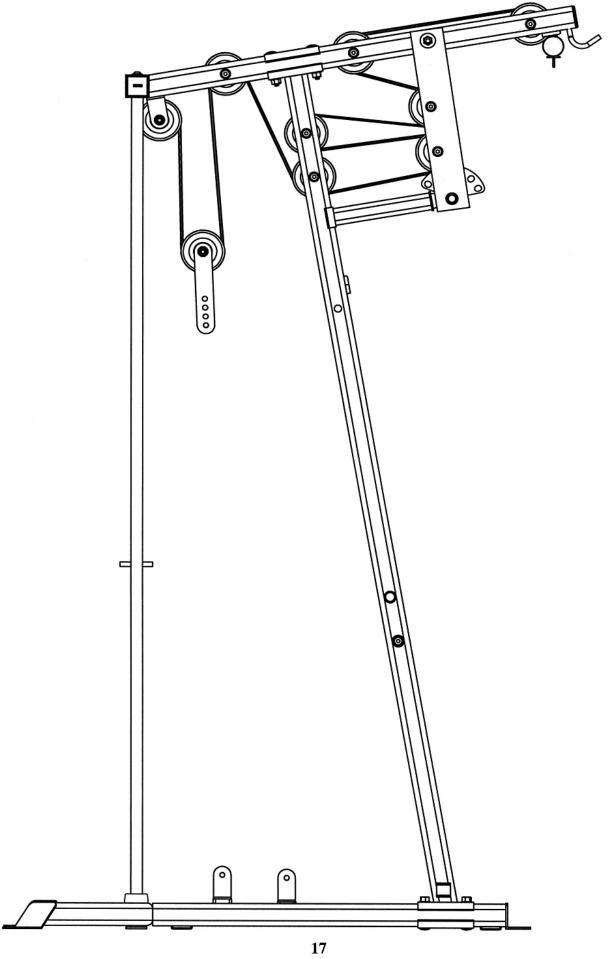


STEP 6 (See Diagram 6 & Upper Cable Loop Diagram)

- A.) Attach the 171" Upper Cable (#33) to the opening on the front of Upper Frame (#1). Make sure the ball stopper is underneath the Frame. Attach a Pulley (#47) to the Cable.
- B.) Secure the Pulley to the opening with one M10 x 3 ½" Allen Bolt (#77), two Pulley Bushings (#49), and one M10 Aircraft Nut (#91).
- C.) Draw the Cable over the Pulley along the Upper Frame towards the back of the machine to the opening in the middle of Upper Frame. Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable around the Pulley then back to the upper opening on the Front Press Base (#2). Attach a Pulley to the opening. Secure it with one M10 x 6 ¼" Allen Bolt (#79), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91).
- E.) Draw the Cable around the Pulley then towards the upper opening on the Vertical Frame (#4). Repeat Procedure B above to install a Pulley.
- F.) Draw the Cable around the Pulley and back to the lower opening on the Front Press Base. Repeat Procedure D above to install a Pulley.
- G.) Draw the Cable around the Pulley then to the lower opening on the Vertical Frame. Repeat Procedure B above to install a Pulley.
- H.) Draw the Cable underneath the Pulley then pull upward to another opening on the back of the Upper Frame. Repeat Procedure B above to install a Pulley.
- I.) Draw the Cable around the Pulley then downward. Attach a Pulley to the top hole on the Double Floating Pulley Brackets (#22).
- J.) Secure the Pulley to the brackets with one M10 x 1 ¾" Allen Bolt (#83), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91). Let the Bracket hanging for now.
- K.) Draw the Cable around the Pulley then upward to the open bracket between the two Guide Rods. Repeat Procedure J above to install a Pulley.
- L.) Draw the Cable around the Pulley then downward to the Selector Rod (#28). Securely thread the Head Bolt at end of the Cable into the Selector Rod.

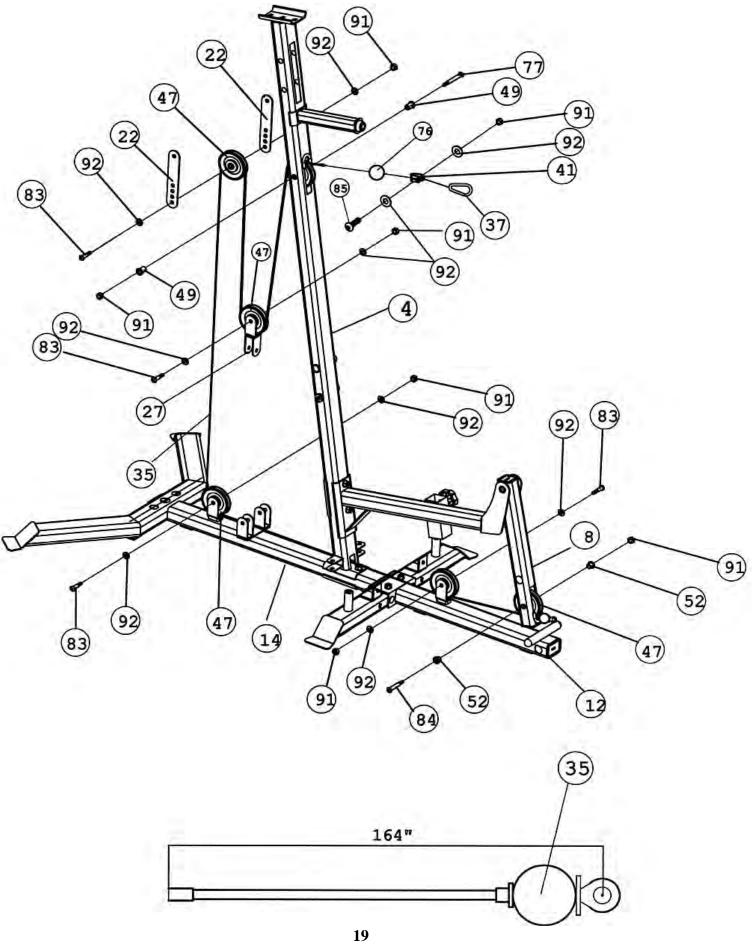


Upper Cable Loop Diagram

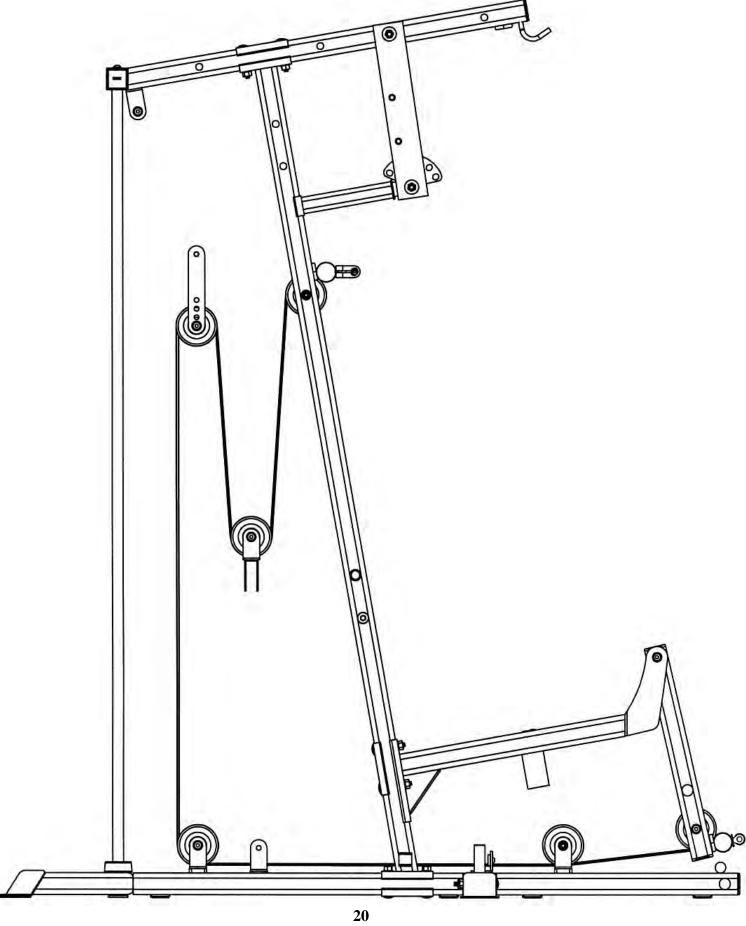


STEP 7 (See Diagram 7 & Lower Cable Loop Diagram)

- A.) Attach the 164" Lower Cable (#35) to the opening on the Leg Developer (#8). Attach a Pulley (#47) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#84), two Ø 7/8" Leg Developer Pulley Bushings (#52), and one M10 Aircraft Nut (#91).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Front Base Frame (#12). Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#83), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91).
- C.) Draw the Cable underneath the Pulley towards the back of the machine through the bottom opening on the Vertical Frame (#4) to the open bracket on the Rear Base Frame (#14). Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable underneath the Pulley then pull upward to the Double Floating Pulley Bracket (#22) previously installed in STEP-6. Repeat Procedure B above to install a Pulley. After completing the entire cable system, come back to the Double Floating Pulley Bracket and adjust the height of the lower Pulley to adjust the tightness of the Cables. Move up the hole to increase the tension. Move down the hole to loose the tension.
- E.) Draw the Cable around the Pulley then downward. Attach the Cable to an Angled Double Floating Pulley Bracket (#27). Repeat Procedure B above to install a Pulley. Let the Bracket hanging for now.
- F.) Draw the Cable around the Pulley then upward to the opening on the Vertical Frame (#4). Attach a Pulley to the opening. Secure it with one M10 x 3 ½" Allen Bolt (#77), two Pulley Bushings (#49), and one M10 Aircraft Nut (#91).
- G.) Insert the Cable through a Ball Stopper (#76). Attach the Cable to a U-shape Cable Connector (#41). Attach a Hook (#37) to the Connector. Secure the Connector and Hook with one M10 x 1 3/8" Allen Bolt (#85), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91).

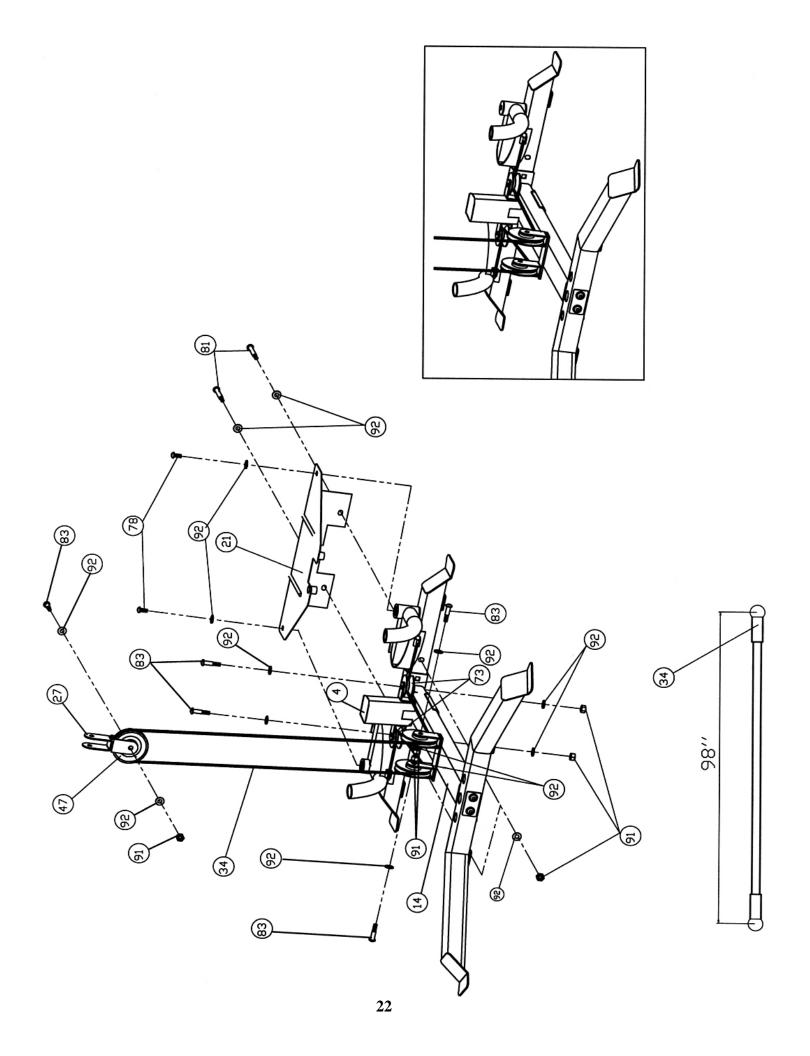


Lower Cable Loop Diagram

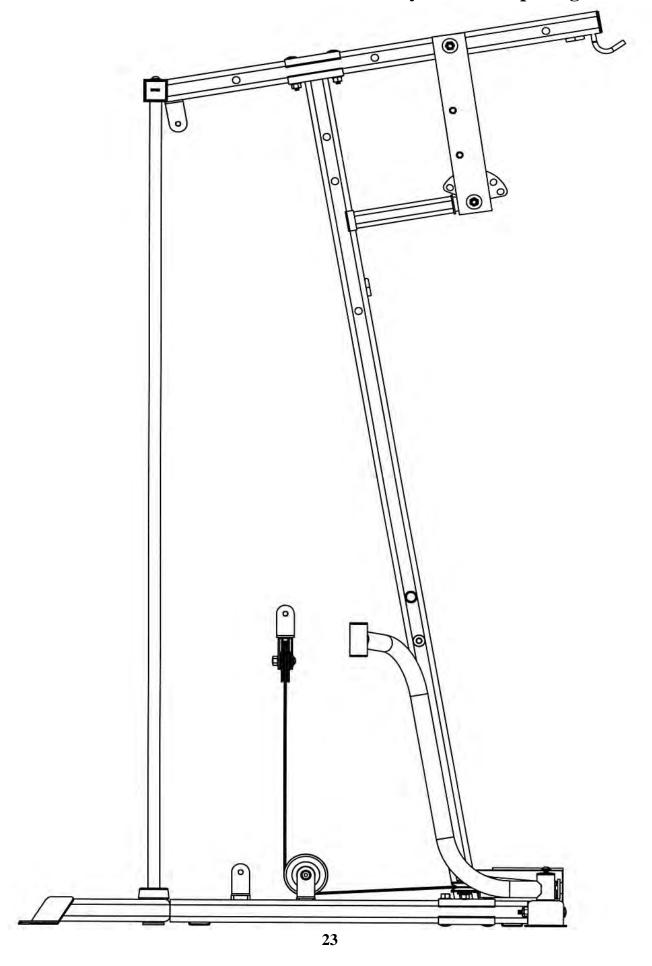


STEP 8 (See Diagram 8 & Butterfly Cable Loop Diagram)

- A.) Clip one end of the 98" Butterfly Cable (#34) to the open slot on the Right Butterfly (#10).
- B.) Draw the Cable to the open bracket on the right side of the Vertical Frame (#4). Attach a Small Pulley (#73) to the bracket
- C.) Secure it with one M10 x 1 ¾" Allen Bolt (#83), two Ø ¾" Washers (#92), and one M10 Aircraft Nut (#91).
- D.) Draw the Cable around the Small Pulley to the right open bracket on the Rear Base Frame (#14). Repeat Procedure C above to install a Pulley.
- E.) Draw the Cable underneath the Pulley then upward to the Angled Double Floating Pulley Bracket (#27) previously installed in Step-7. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable around the Pulley then downward to the left open bracket on the Rear Base Frame. Repeat Procedure C above to install a Pulley.
- G.) Draw the Cable underneath the Pulley to the left open bracket on the Vertical Frame. Install a Small Pulley to the bracket.
- H.) Draw the Cable around the Small Pulley then attach the end the Cable to the open slot on the Left Butterfly.
- I.) Attach the Butterfly Base Cover (#21) to the Butterfly Base (#14) to cover the left and right pivot on the Butterfly Base. Secure the Cover to the Pivots with two M10 x ¾" Allen Bolts and Ø ¾" Washers (#92).
- J.) Align the holes and secure the Cover to the Butterfly Base with two M10 x 3 3/8" Allen Bolts (#81), four Ø ¾" Washers (#92), and twoM10 Aircraft Nut (#91).

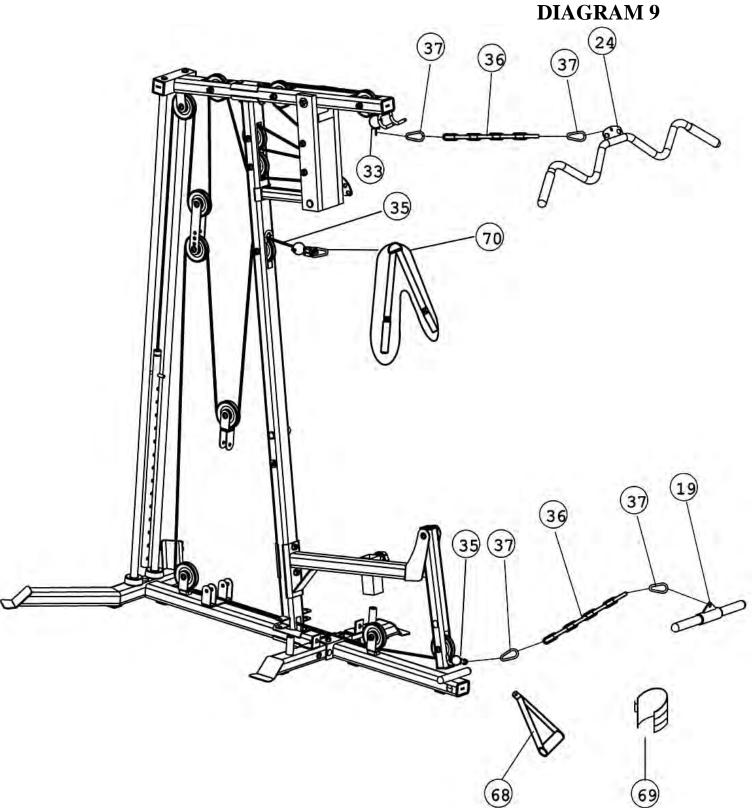


Butterfly Cable Loop Diagram



STEP 9 (See Diagram 9)

- A.) Connect the Lat Bar (#24) to the Upper Cable (#33) with two Hooks (#37) and one Chain (#36).
- B.) Connect the Abdominal Strap (#70) to the Lower Cable (#35) with a Hook.
- C.) Connect the Shiver Bar (#19) to the Lower Cable with two Hooks and a Chain.



WEIGHT RESISTANCE CHART

	WEIGHT PLATE									
Station	1	2	3	4	5	6	7	8	9	10
Low Pulley	22	33	44	55	66	77	88	99	110	121
Lat Pull	30	40	50	60	70	80	90	100	110	120
Butterfly	10	16	22	28	34	40	46	52	58	64
Front Press	20	34	48	62	76	90	104	118	132	146
AB Crunch	22	33	44	55	66	77	88	99	110	121
Leg Developer	26	38	50	62	74	86	98	110	122	134

	WEIGHT PLATE									
Station	11	12	13	14	15	16	17	18	19	
Low Pulley	132	143	154	165	176	187	198	209	220	
Lat Pull	130	140	150	160	170	180	190	200	210	
Butterfly	70	76	82	88	94	100	106	112	118	
Front Press	160	174	188	202	216	230	244	258	272	
AB Crunch	132	143	154	165	176	187	198	209	220	
Leg Developer	146	158	170	182	194	206	218	230	242	

^{*}Numbers are approximate. Actual weight may vary.

^{*}Value for butterfly is for each arm.

PARTS LIST

KE	Y NO.DESCRIPTION Q'ty	/			
1	Upper Frame	1	51	Ø 1 1/4" Front Press Bushing	2
2	Front Press Base	1	52	Ø 7/8" Leg Developer Bushing	2
3	Front Press	1	53	∅ 1" Bushing	10
4	Vertical Frame	1	54	Ø 1" Spacer	2
5	Backrest Support Frame	1	55	Rubber Bumper	2
6	Seat Post	1	56	Ø 1 ½" Spacer 2	_
7	Seat Support Frame	1	57	Ø 1" Rubber Bumper	2
8	Leg Developer	1	58	Ø 1" x 5/8" Rubber Bumper	1
9	Butterfly Handle	2	59	Ø 1 ¼" Washer	6
10	Right Butterfly	1	60	Ø 1" Cone-shaped End Cap	4
11	Left Butterfly	1	61	Foam Roll End Cap	2
12	Front Base Frame	-	62	2" Square End Cap	2
13		1	63	•	4
14	Butterfly Base	1	64	2" x 1" End Cap	1
15	Rear Base Frame	1 1	65	M10 x 1 1/8" Allen Bolt Handle Sleeve	2
	Rear Stabilizer	•			2
16	Guide Rod	2	66 67	2" x 2 3/4" Upper Frame End Cap	
17	Foot Plate	1	67 68	2" x 2" Leg Developer End Cap	2
18	13" Foot Plate Axle	1	68	Single Handle	1
19	Shiver Bar Handle	1	69 70	Ankle Strap	1
20	Shiver Bar Handle	1	70	Abdominal Strap	1
21	Butterfly Base Cover	1	71	1" x 2 ¾" End Cap	4
22	Double Floating Pulley Bracket	2	72	Leg Developer Axle	1
23	Foam Tube	1	73	Small Pulley	2
24	Lat Bar	1	74	Ø 1" x 2" End Cap	1
25	4 3/4" x 2 3/4" Bracket	3	75 70	Ø 2" End Cap	2
26	1 5/8" x 1 ½" Bracket	1	76 	Ball Stopper	1
27	Angled Double Floating Pulley Bra	acket 1	77	M10 x 3 ½" Allen Bolt	6
28	Selector Rod	1	78 70	M10 x 3/4" Allen Bolt	12
29	6 3/4" Front Press Base Axle	1	79	M10 x 6 ¼" Allen Bolt	2
30	7 ½" Front Press Axle	1	80	M10 x 4 3/8" Allen Bolt	1
31	Backrest Board	1	81	M10 x 3 3/8" Allen Bolt	2
32	Seat	1	82	M10 x 3 ¾" Allen Bolt	2
33	171" Upper Cable	1	83	M10 x 1 ¾" Allen Bolt	11
34	98" Butterfly Cable	1	84	M10 x 2 ½" Allen Bolt	1
35	164" Lower Cable	1	85	M10 x 1 3/8" Allen Bolt	1
36	Chain	2	86	M8 x 1 5/8" Allen Bolt	4
37	Hook	5	87	M6 x 5/8" Screw	1
38	Long T-shaped Lock Pin	1	88	Ø 5/8" Washer 4	_
39	T-shaped Lock Pin	1	89	M10 x 3 ¾" Carriage Bolt	2
40	Lock Knob	1	90	M10 x 2 3/4" Carriage Bolt	8
41	U-shaped Cable Connector	1	91	M10 Aircraft Nut	38
42	Weight Plate Selector Pin	1	92	Ø ¾" Washer	56
43	5 3/8" Grip	6			
44	6 ¼" Grip	4			
45	Weight Plate	19			
46	Weight Selector Stem	1			
47	Pulley	18			
48	Foam Roll	2			
49	Pulley Bushing	12			
50	Ø 1 ½" Bushing	8			

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
- Description of Parts
- Part Number
- Date of Purchase