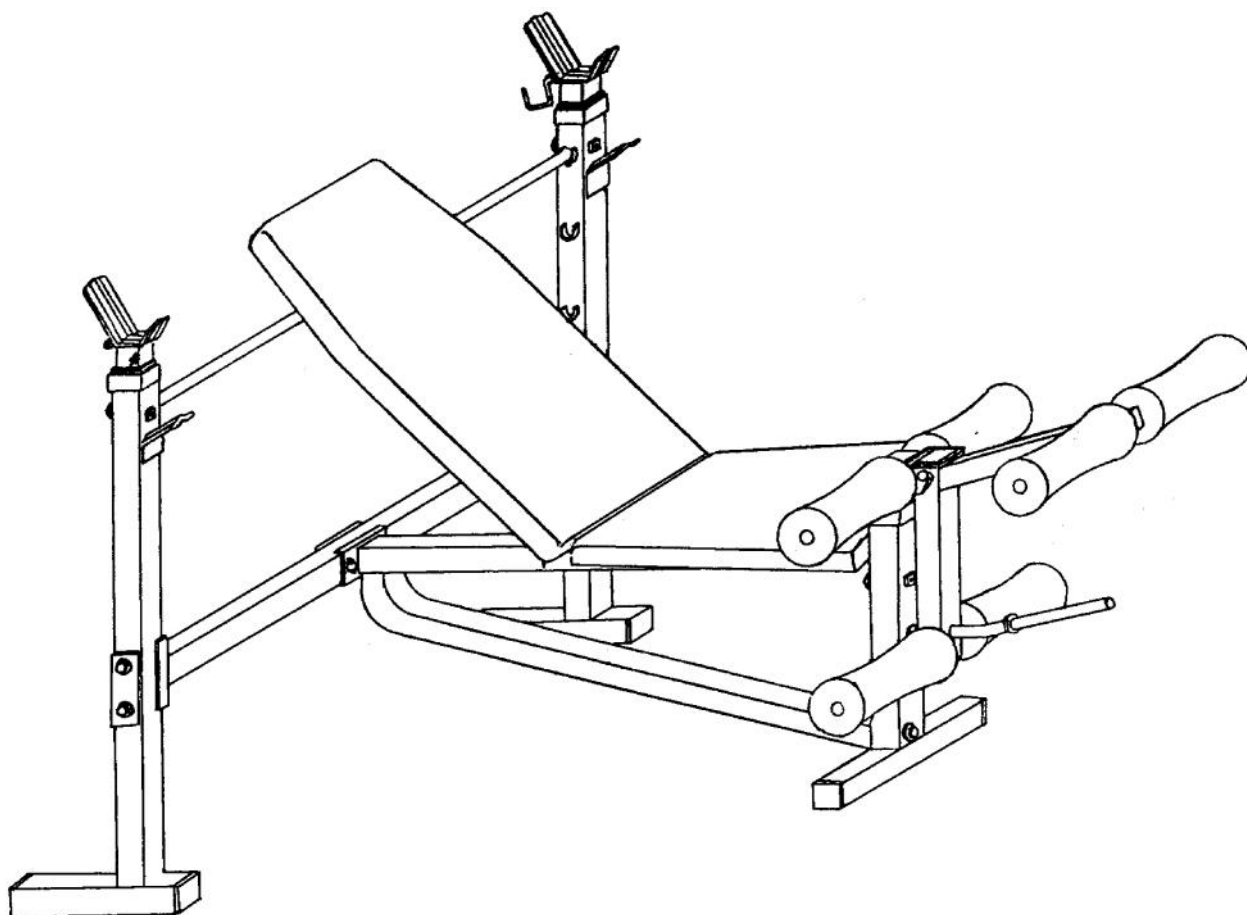




PRESSBENK 1200

ART NO. 555 080



VIKTIG SIKKERHETSINFORMASJON

FORHOLDSREGEL

Les følgende forholdsregler før montering og bruk av benken.

1. Hold alltid barn og dyr unna benken. Ikke la barn oppholde seg i samme rom som benken uten tilsyn.
2. Benken skal kun brukes av en person av gangen.
3. Dersom brukeren skulle oppleve ubehag som svimmelhet, kvalme, smerter i bryst, eller andre unormale symptomer. Stopp treningen umiddelbart og kontakt lege.
4. Plasser benken på jevnt underlag. Bruk ikke benken nær vann.
5. Bruk alltid egnet treningstøy og fottøy.
6. Bruk kun benken til dens tiltenkte formål som beskrevet i denne manualen. Bruk ikke tilbehør som ikke er anbefalt av leverandør.
7. Plasser ikke apparatet i nærheten av skarpe gjenstander.
10. Bruk ikke apparatet dersom det skulle oppstå noen feil ved det.

MAXIMUM WEIGHT CAPACITY

FLAT	1200LBS
HEVET	720LBS
BEN LØFT	100LBS

(INKLUDERT BRUKERS VEKT)

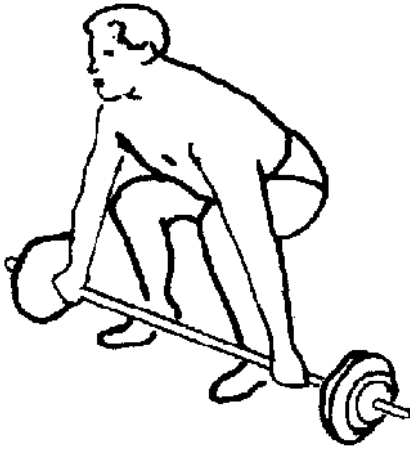
**BRUK DETTE SKJEMAET FOR
ØVELSER FOR FORBEDRING AV
SPESIFIKKE MUSKELGRUPPER
ELLER SPORT**

SIDE#	MUSKEL GRUPPE	ØVELSE
8	Bryst	Rygg Press
8	Bryst	Skrå Press
9	Bryst	Flying Exercise
10	Bryst	Straight Arm Pullover
10	Bryst	Bent Arm Pullover
11	Rygg	Lateral Arm Raises
16	Rygg	Dead lift
17	Rygg	Bent Over Rowing
9	Skulder	Seated Press
16	Skulder	Two Arm Press
17	Skulder	Medium Grip Rowing
18	Skulder	Side Shoulder Raise
11	Arm	Triceps Extensions
13	Arm	Biceps Curl
13	Arm	Two Arm Curl
12	Mage	Straight Legged Raises
12	Mage	Alternate Horizontal Kicks
18	Mage	Leg Tuck
19	Mage	Side Bends
14	Ben	Squat
14	Ben	Leg Extensions
15	Ben	Leg Curl
19	Ben	Toe Raise

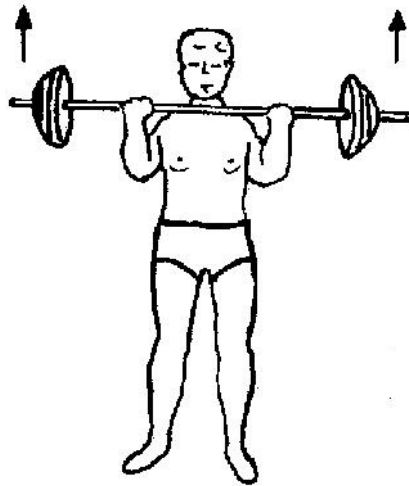
Baseball	Basketball	Football	Golf	Racquetball	Løping Jogging	Ski	Tennis
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A well rounded exercise program should have one or more exercises for each muscle group. The exercises listed under a specific sport have a direct or related application to a physical development.

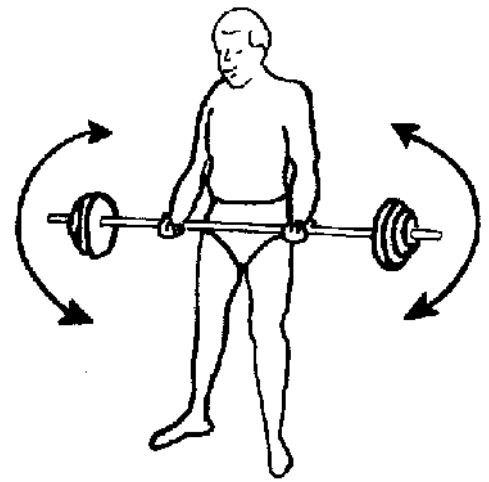
program for that sport. It should not be assumed that the exercises selected for special consideration in each specific sport constitutes a complete or balanced training program.



1A
Warm-up Exercise



1B
Two Arm Press From Chest



1C
Two Arm Curl

FREE WEIGHT BARBELL PROGRAM

1A Warm-up Exercise-Two-Arm Snatch

This exercise is to warm up and loosen your muscles. Be sure to do some simple stretching exercises prior to lifting. With the barbell in front of you and with your feet twelve inches apart, grasp the barbell with an over grip about a shoulder's width apart. Keep your back straight and bend at the knees as in diagram A as if you were about to sit down. Without swinging the bar, straighten up, over your head. At the final position your legs should be straight.

1B Exercise Number 1-Two-Arm Press From Chest to Overhead

In this exercise start in the same position as you did in the warm-up exercise above. Instead of lifting the barbell overhead, stop at your chest. From this position, push the barbell over your head while your feet are in line approximately a foot apart. It is extremely important in this routine to keep your back straight and erect as well facing forward. Do one set of ten repetitions until lifting becomes easy and then increase your weight five pounds at a time. After increasing the weight begin at eight repetitions. See diagram 1 for the correct position.

1C Exercise Number 2-Two-Arm Curl

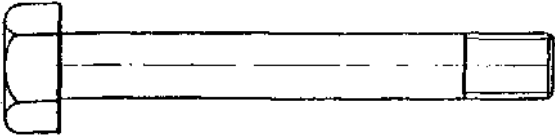
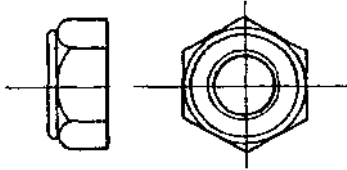

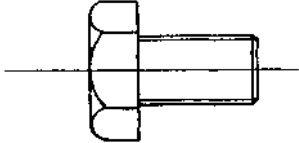

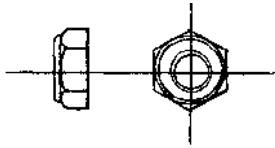
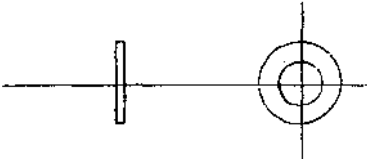
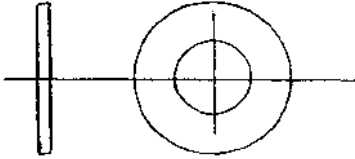
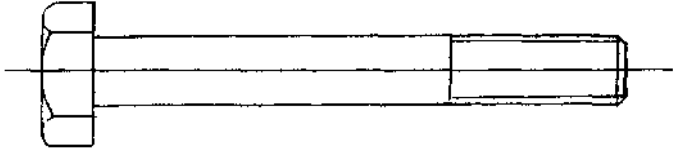
Take the position as illustrated in diagram 2. With feet about 12 inches apart and palms up, stand up with the barbell (you should be using fifteen pounds less in this exercise than in 1-1) being careful to keep your back straight. Your hands should be turned upward and with your elbows at your side curl the barbell to the shoulders. To develop the muscles properly you must curl only with your arms. Releasing the weight in a slow steady pattern back to the waist. Try to do one set of eight repetitions to start and ten repetitions easily before adding weight in five-pound increments. Add more weight and fewer repetitions to build bulk muscles or increase repetitions to build stamina.

- A. **Safety Factors** Please be sure to use the following safety cautions when using your IMPEX fitness bench:
1. Warm up thoroughly and stay warm throughout your workout by wearing sufficient clothing and starting your next set within two minutes after your last one.
 2. Use a spotter whenever you do bench presses, equates or other heavy bodybuilding exercise.
 3. Wear a weight lifting belt whenever you do overhead presses, equate or heavy back work.
 4. Before beginning any exercise program, consult your physician. If the user experiences dizziness, nausea, chest pain or any abnormal stypitics, stop the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- B. **Free Weight Workout** Begin your workout program by introducing a warm-up barbell exercise routine. Please refer to the attached diagram and program instructions.
- C. **Bench Workout** The IMPEX bench workout program consists of bench press exercise, leg developer exercises, and butterfly exercise.
1. **Flat Bench Press** Always use a spotter when you are doing maximum pound ages in the bench press. Place your bench pad completely flat. Lie back on the bench and set your feet solidly on either side of the bench, your legs bent at 90 degree angles. Your head should be almost directly beneath the racked barbell when you are oriented correctly on the bench. Reach up and take an over-grip on the bar with your hands set 4-6 inches wider than your shoulders on each side. Keeping your elbows almost directly out to the sides throughout the movement, slowly lower the weight down to touch the middle of your chest. Simply reverse direction with the bar and push it strongly to the starting point.
 2. **Incline Bench Press** Adjust the bench pad to a incline position and lock your bench support bar into the height positioned desired. Repeat the same process as mentioned above. The incline bench presses will shift the body development to the upper section and pectoral muscles.
 3. **Lying Leg Curl** Lie face down on the flat padded surface of the bench with your legs straight and slide toward the foot end until you can comfortably hook your heels beneath the roller pads. Grasp the side of the bench and begin raising your legs in a upward position and lowering in a slow manner.
 4. **Seated Leg curl** Position yourself in a seated position towards the end of the bench where the leg developer is connected. Hook your legs over the highest roller pads and hook your ankles underneath the lowest roller pads. Grasp the side of the bench and begin raising your legs in an upward position and lowering in a slow manner.
 5. **Butterfly Curls** Place the bench pad flat and position your head beneath the rack. Place your hands underneath the butterfly roller pads and grasp tight. Begin pulling both butterfly arms towards your chest and repeat exercise and desired.

Suggested Workout Schedule

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
Chest	Quadriceps	Back
Shoulders	Hamstrings	Biceps
Triceps	Calves	Forearms

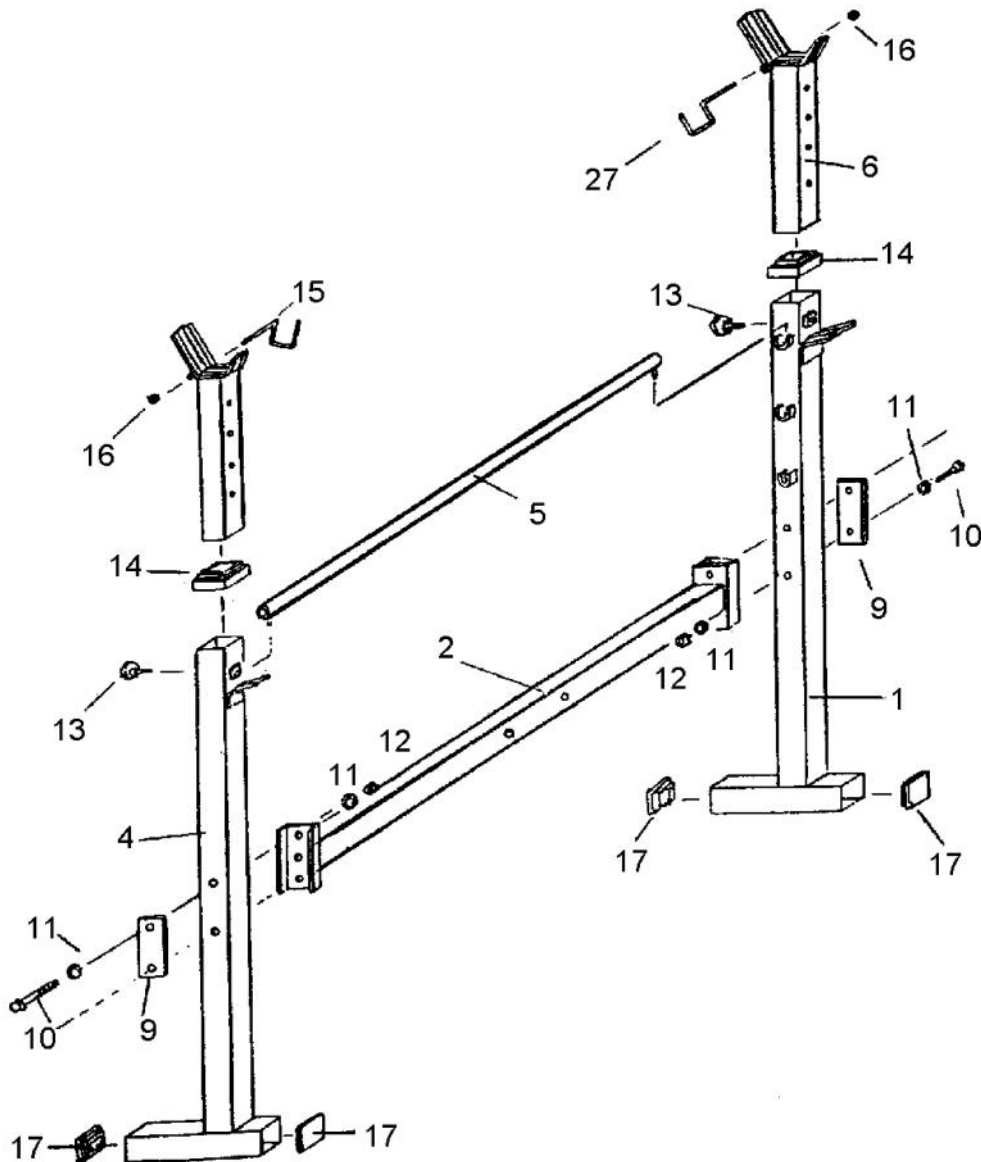
HARDWARE IDENTIFIER

	
<p>M10x72(2 7/8") Bolt x1PCS – NO.22</p>	<p>M10 Aircraft Nut x7PCS – NO.12</p>
	
<p>1 3/8" Bolt x 4PCS – NO.32</p>	<p>1" Bolt x 1 PCS – NO.19</p>
	
<p>1 3/8" Bolt x 4PCS – NO.28</p>	<p>M6 Aircraft Nut x 2 PCS – NO.16</p>
	
<p>9/16" Washer x 8 PCS – NO. 23</p>	<p>7/8" Washer x 15PCS</p>
	
<p>M10x75(3") Bolt x 6 PCS – NO. 10</p>	

ASSEMBLY INSTRUCTION

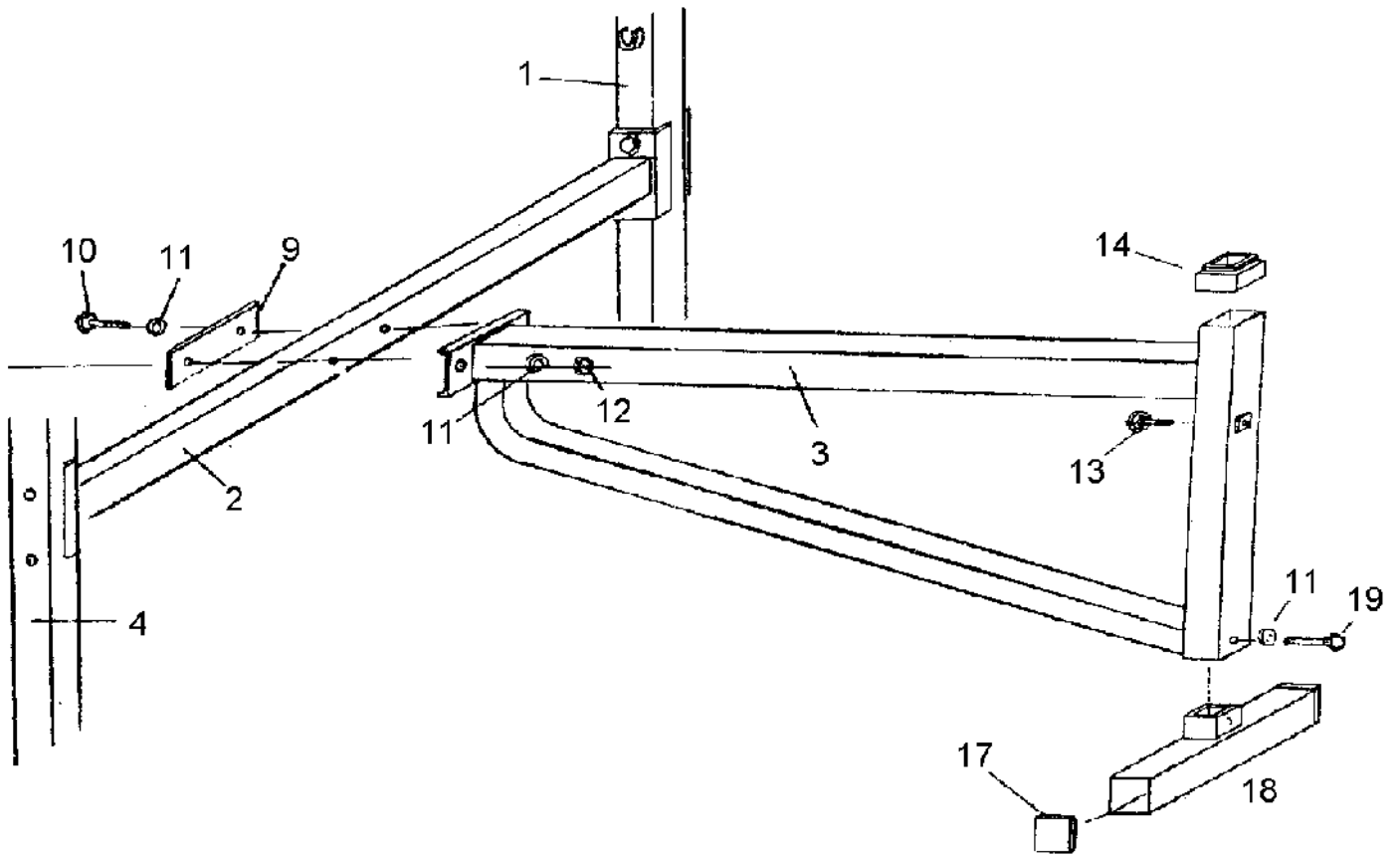
STEP 1.

- A. Connect the two Upright Beams (#4) & (#1) by a Cross Brace (#2) in the mid-span. Fasten them by two 3" bolts (#10), four 7/8" Washers (#11), one Plate Washer (#9), and two M10 Aircraft Nuts (#12) on each end of the Cross Brace.
- B.. Place the Backrest Adjustment Bar (#5) between the two Upright Beams on the selected holes to obtain desired incline of Backrest.
- C. Insert the Weight Supports (#6) into the top openings of the Upright Beams (#4) & (#1). Secure them with two M10 Knob bolts (#13) through selected holes to obtain desired height of the Supports.
- D. Insert the Safety Hooks (#15) & (#27) through the holes on the Weight supports (#6) and secure the hooks with two Small aircraft Nuts (#16).



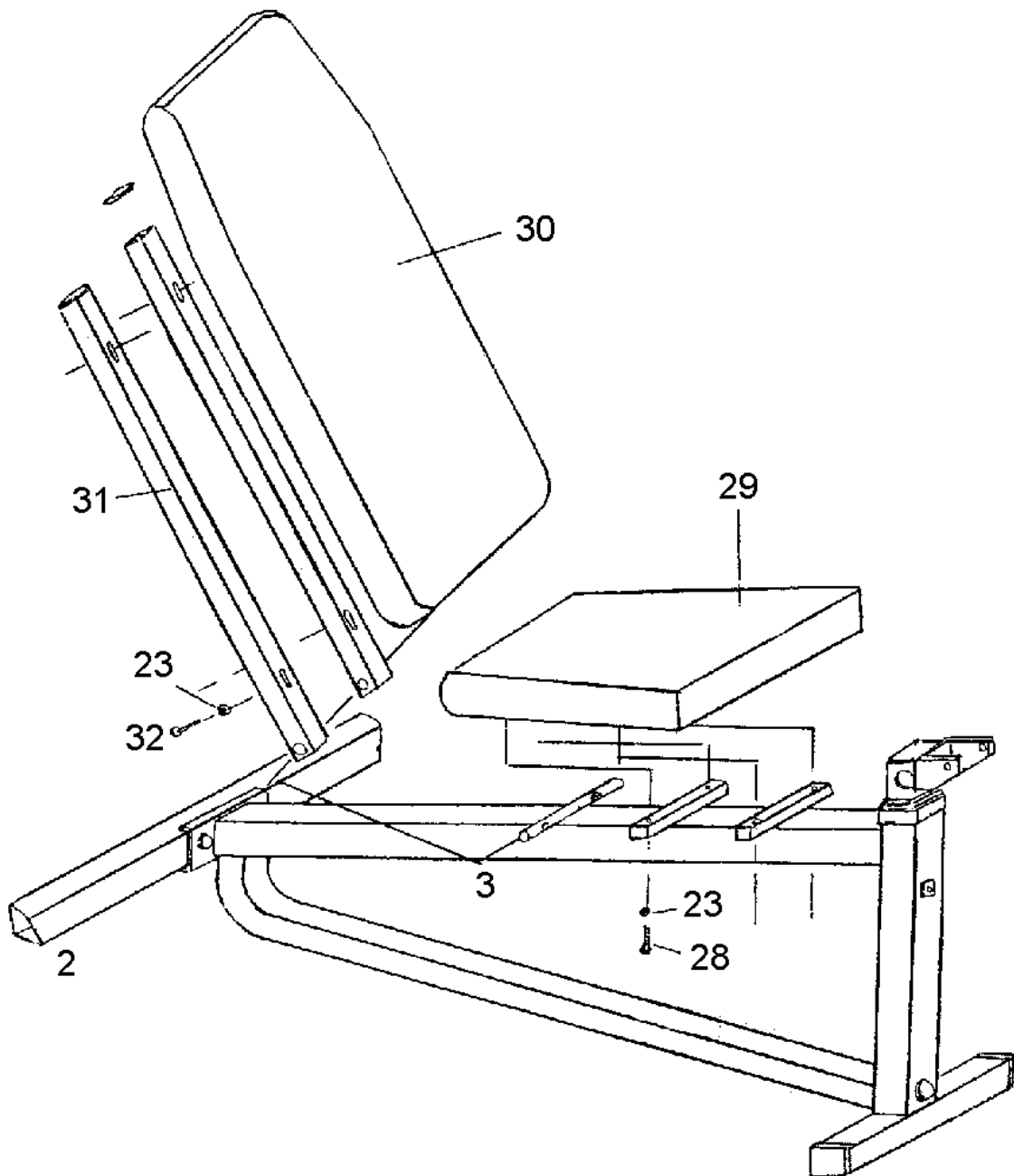
STEP 2.

- A. Attach the Front Leg Base (#18) to the Main Seat Support (#3). Secure it with one 7/8" Washer (#11) and one 1" Bolt (#19).
- B. Attach the Main Seat Support (#3) to the Cross Brace (#2), secure with two 3" Bolts (#10), four 7/8" Washers (#11), one Plate Washer (#9), and two M10 Aircraft Nuts (#12).



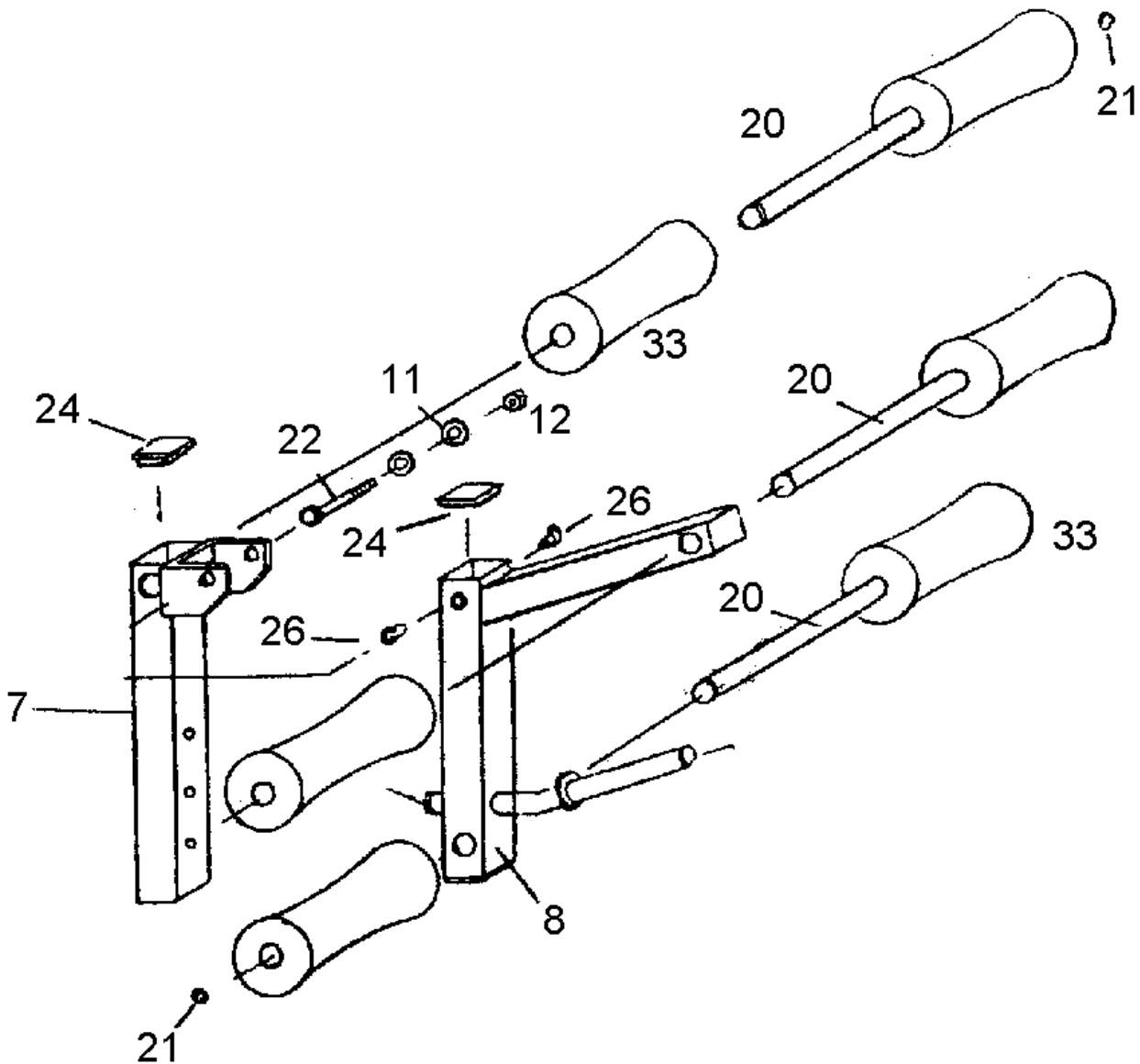
STEP 3.

- A. Attach the Hole – side of the Backrest Support Frame (#31) onto both ends of the Pivot on the Main Support (#3). Let the other sides rest against the Backrest Adjustment Bar (#5).
- B. Place the Upholstered Backrest (#30) onto the Backrest Support Frames (#31). Secure it with four 9/16" Washers (#23) and four 1 3/8" bolts (#32).
- C. Place the Seat cushion (#29) onto the Seat Bracket on the Main Seat Support. Align the four holes and secure it with four 9/16" Washers (#23) and four 1 3/8" Bolts (#28).

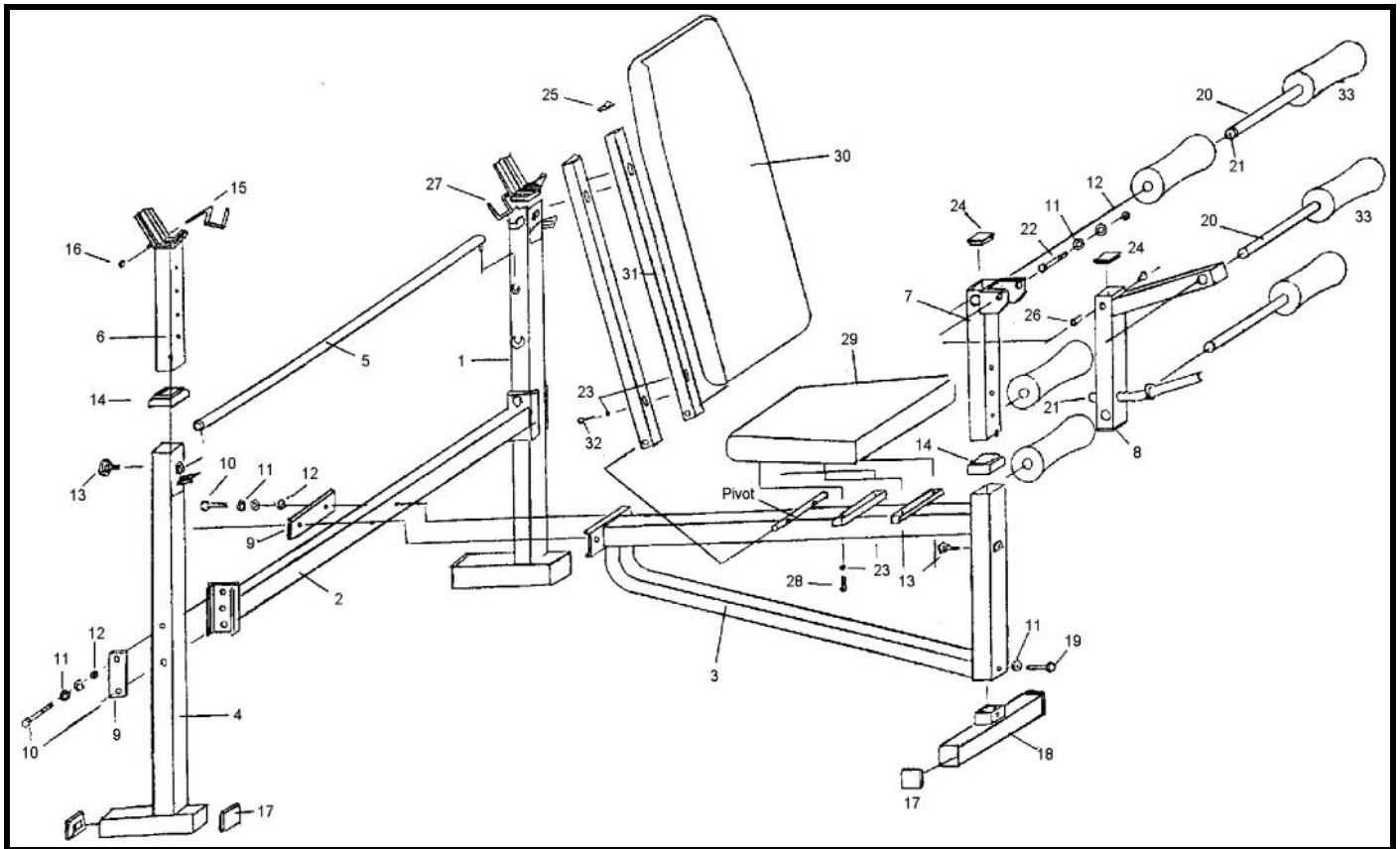


STEP 4.

- A. Insert the Leg Developer Holder (#7) into the front top opening of the Main Seat Support (#3). Secure it with a knob Bolt (#13) through a selected hole to obtain desired height of the leg Developer Holder (#7).
- B. Install the leg Developer (#8) onto the top of the leg Developer Holder (#7). Secure it with one 2 7/8" Bolt (#22), two 7/8" washers (#11) and one M10 Aircraft Nut (#12).
- C. Insert the three Foam Tubes (#20) halfway through the holes on the leg Developer (#8). Push the six foam Rolls (#33) onto the Tubes from both sides.



EXPLODED DRAWING



PART LIST

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Left Upright Beam	1	18	Front Leg Base	1
2	Cross Brace	1	19	1" Bolt	1
3	Main Seat Support	1	20	Foam Tube	3
4	Right Upright Beam	1	21	Round Plug	8
5	Backrest Adjustment Bar	1	22	2 7/8" Bolt	1
6	Weight Support	2	23	9/16" Washer	8
7	Leg Developer Holder	1	24	Plastic Square Plug	4
8	Leg Developer	1	25	Plastic Plug	2
9	Plate Washer	3	26	Bushing	2
10	3" Bolt	6	27	Left Safety Hook	1
11	7/8" Washer	15	28	1 3/8" Bolt	4
12	M10 Aircraft Nut	7	29	Seat Cushion	1
13	Knob bolt	3	30	Backrest	1
14	Plastic Cap	3	31	Backrest Support Frame	2
15	Right Safety Hook	1	32	1 3/8" Bolt	4
16	M6 Aircraft Nut	2	33	Foam Roll	6
17	2" Base End Cap	6			



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