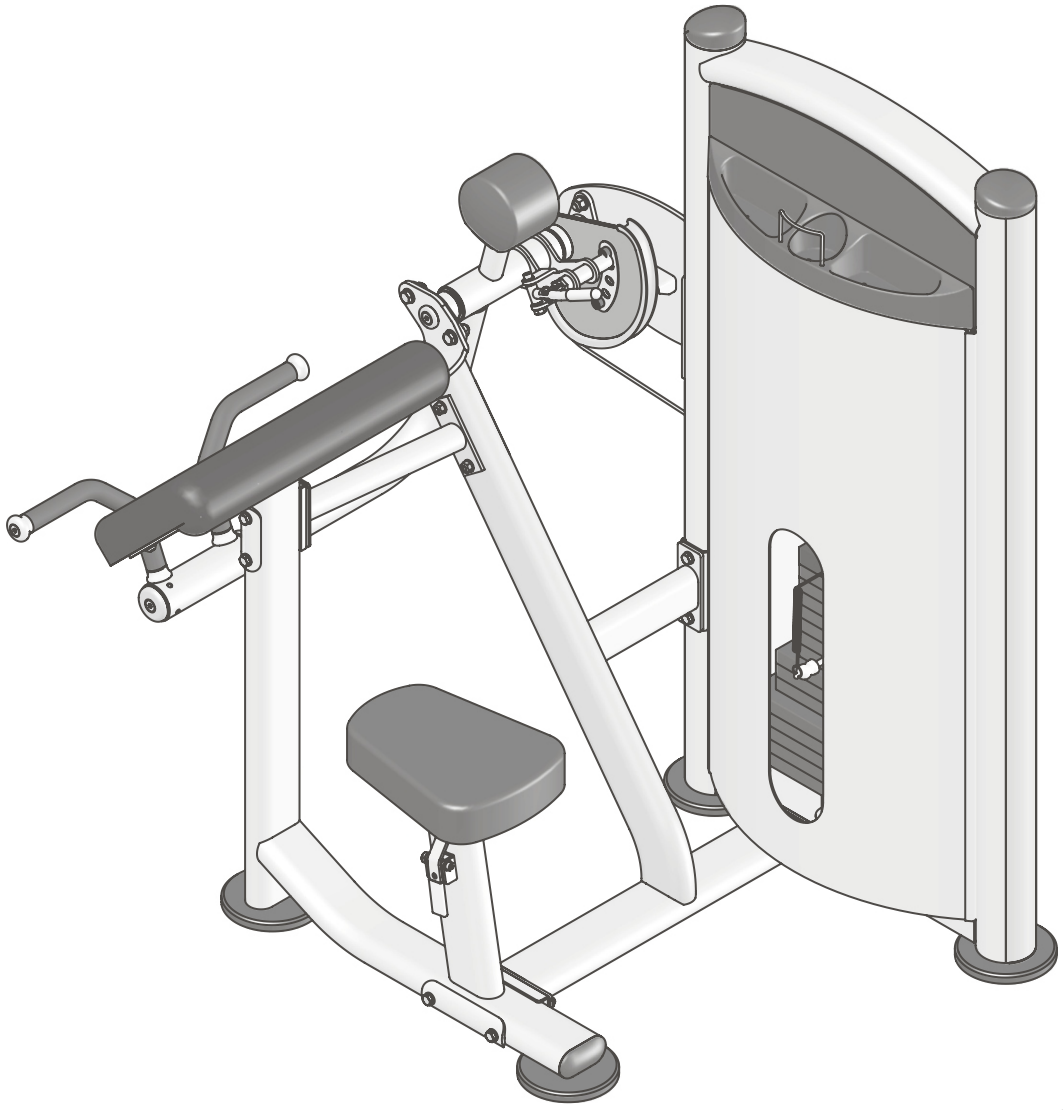
IT9103

Arm Curl

OWNER'S MANUAL



! CAUTION
Read all precautions
and instructions in this manual
before using this equipment

Engineered and manufactured by **Impulse®** Fitness

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
* Do not allow children on or near the equipment.
* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
* Wear proper exercise clothing and shoes for your workout----no loose clothing.
* Be careful when getting on or off the equipment.
* Do not overexert yourself or work to exhaustion.
* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
* Never operate the unit when it has been dropped or damaged.
* Never drop or insert anything into any opening in the equipment.
* Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
* Do not attempt to lift more weight than you can control safely.
* Do not use the equipment outdoors.

Personal Safety During Assembly

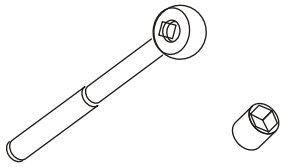
* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
* Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

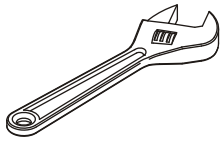
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

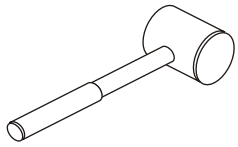
Tools Required



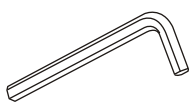
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	28	Adjustable Foot plate	4
2	Bottom Cross Brace	1	29	Grip	2
3	Main Frame	1	30	Top Side Cover	1
4	Seat Pad Support	1	31	Bottom Side Cover	1
5	Hand Bracket	1	32	Side Cover	1
6	Arm Bracket	1	34	4.5" Pulley	3
7	Cam Wheel Brackets	1	35	Rear Shroud	1
8	Top Cross Brace	1	36	Plug RT50*100	1
9	Main Bracket	1	37	Guide Rod	2
10	Adj. Handle	1	38	Top Rear Shroud	1
11	Pin	1	39	Top Front Shroud	1
12	Main Shaft	1	40	Plastic Block	11
13	L Bracket	3	41	Bearing Φ50.8*Φ25.4*15.9	4
14	Scaleboard	1	42	Flange	2
15	Adjustable Support	1	43	Plug	2
16	Aluminium Cap Φ38*Φ10.5*8	2	44	Yellow Grip	1
17	Underlaying Flat Steel	1	45	Aluminium Grip Cap	2
18	Press Cable	1	46	Aluminium Grip Ring	2
19	Top Plate	1	47	Bumper Φ32*Φ25.4*40	1
20	Counter Poise Block	1	48	Seat Pad	1
24	Selector Pin W/Coil	1	49	Arm Pad	1
25	Support	1	50	Plastic Tube Guide	2
26	Button	3	51	Spring	1
27	Weight Rubber Bumper	2	52	Arc Bracket	2

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
53	Big Aluminous Cap Φ60*Φ10.5*10	1	83	Socket Head Cap Screw M5*20	2
54	Bushing	2	84	Flat Philips Screw M5*15	6
55	Rear Support	1	85	Socket Head Cap Screw M4*15	1
56	Front Shroud	1	86	Adjustable Support Sleeve	1
57	Little Bumper Φ17*10.5	2	87	Weight Stack Space	2
58	Bushing	2	88	Big Washer Φ50.8*Φ21*3	4
59	Plate	2	89	Flat Washer Φ13*Φ24*1.5	11
62	Flat Philips Screw M5*25	2	90	Flat Washer Φ11*Φ20*2	36
65	Hex Head Bolt M12*35	4	91	Flat Washer Φ9*Φ16*3	6
66	Socket Set Screw M8*8	4	92	Flat Washer Φ5.5*Φ12*1	4
67	Hex Head Bolt M10*135	2	93	Nylon lock Nut M5	2
68	Hex Head Bolt M10*130	2	94	Nylon lock Nut M8	4
69	Hex Head Bolt M10*100	2	95	Nylon lock Nut M10	11
70	Hex Head Bolt M10*80	2	96	Nylon lock Nut M12	7
71	Hex Head Bolt M10*50	3	97	Socket Set Screw10-32*3.2	4
72	Hex Head Bolt M10*35	2	98	Hex Key s=3	1
73	Hex Head Bolt M10*30	6	99	Hex Key s=4	1
74	Hex Head Bolt M10*25	6	100	Hex Key s=5	1
75	Flat Head Cap Screw M10*25	5	101	Hex Key s=6	1
77	Socket Head Cap Screw M8*60	1	103	Hex Key s=3/32"	1
78	Socket Head Cap Screw M8*55	1	104	Wrench	1
79	Socket Head Cap Screw M8*30	1	105	Lube	1
80	Socket Head Cap Screw M8*20	2	106	Location ring	1
81	Button Head Cap Screw M6*12	2	107	Locking ring	1
82	Hex Nut M6	2			

Parts List-Weight Plates

! There are two configuration of weights: 200LBS and 150LBS, please see following form for details.

Weight Plate 200LBS

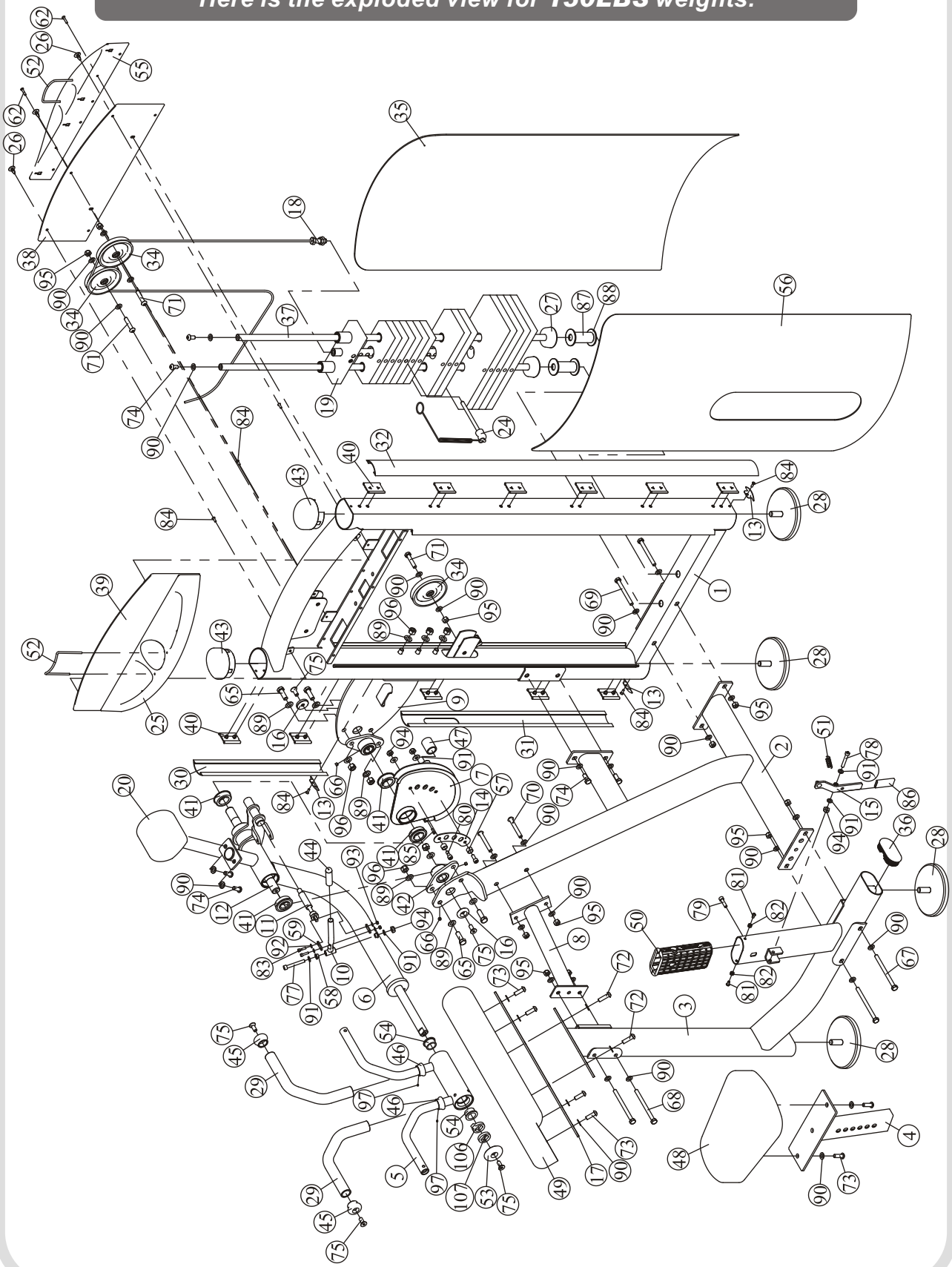
Item No.	Description	Qty
21	Weight Plate 5LBS	2
22	Weight Plate 10LBS	3
23	Weight Plate 15LBS	10

Weight Plate 150LBS

Item No.	Description	Qty
21	Weight Plate 5LBS	7
22	Weight Plate 10LBS	3
23	Weight Plate 15LBS	5

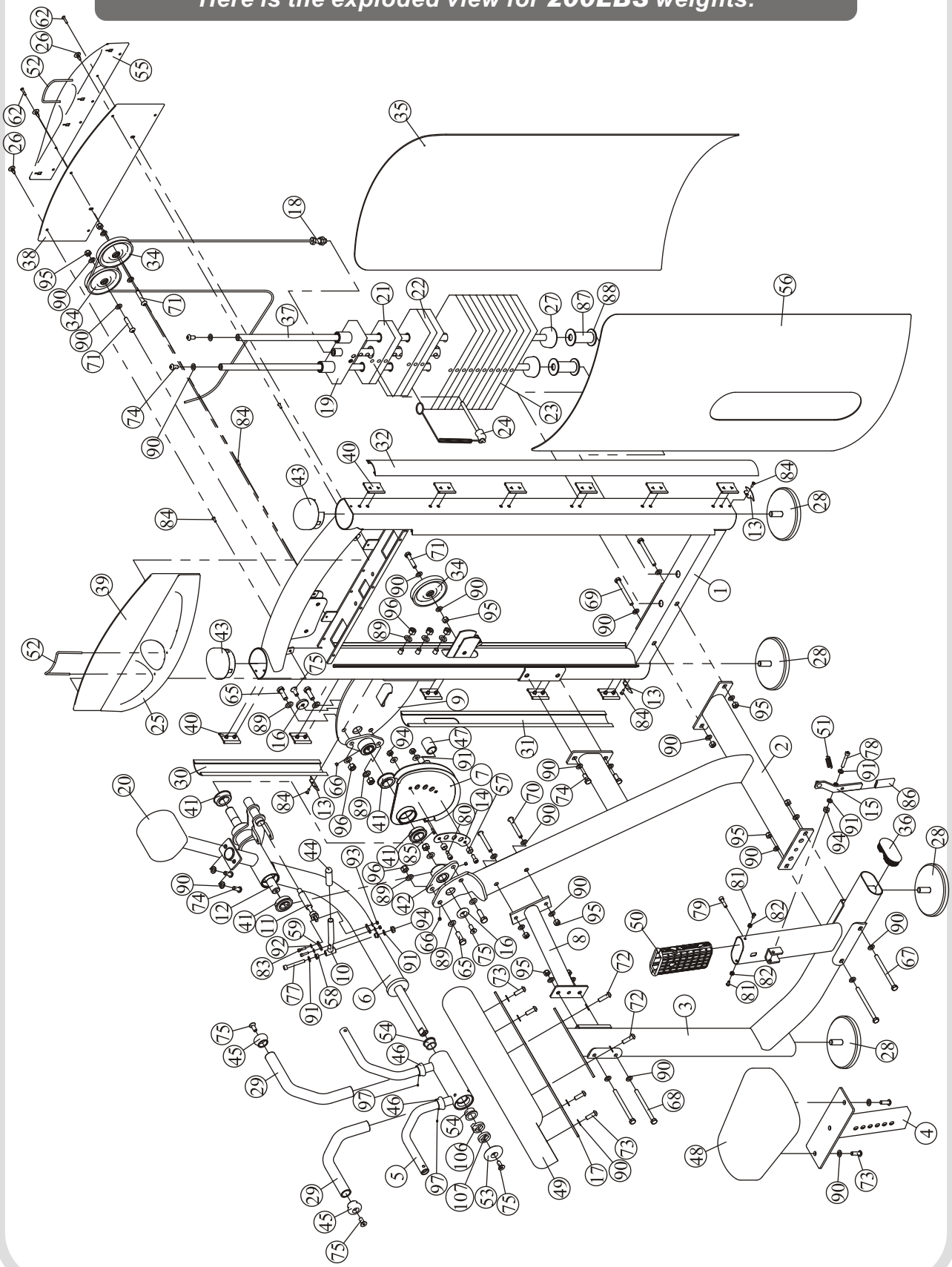
Exploded View-150LBS

Here is the exploded view for 150LBS weights.

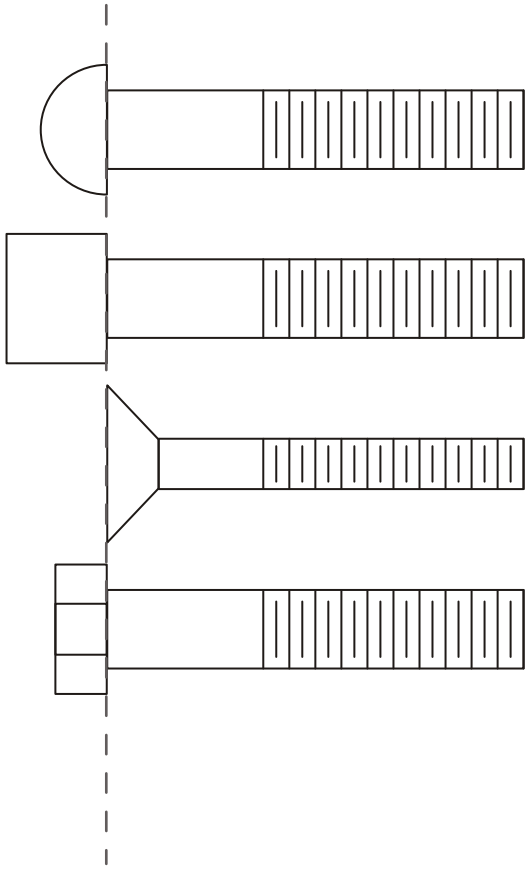


Exploded View-200LBS

Here is the exploded view for 200LBS weights.



Measurement Guide

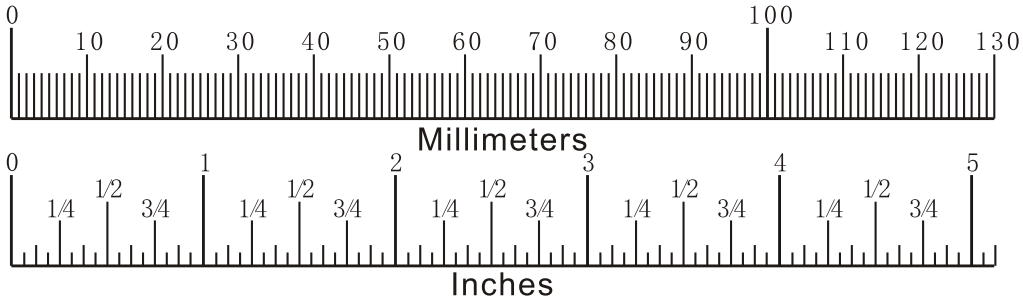


BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note

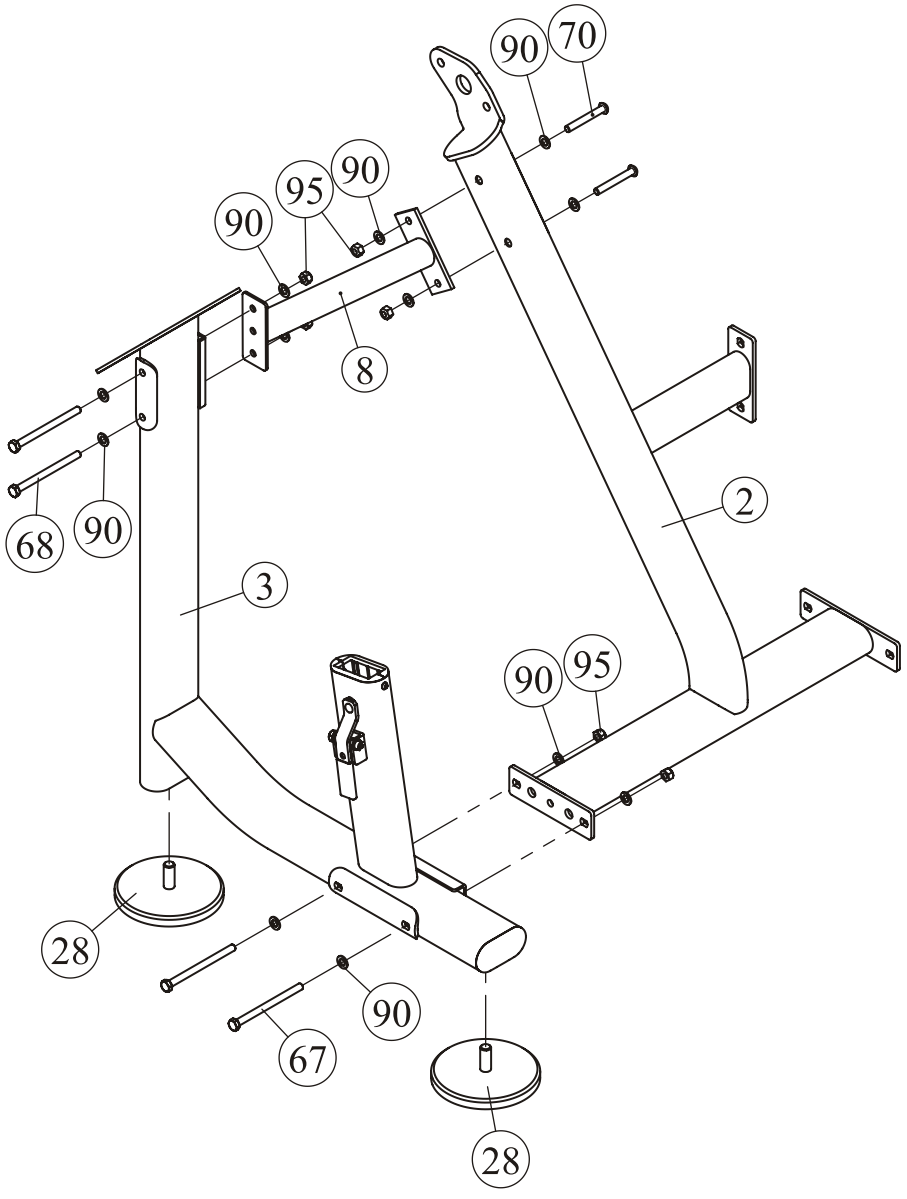
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach two Adjustable Foot plate (#28) to the Main Frame (#3).
   Attach the Bottom Cross Brace (#2) to the Main Frame (#3) using:
   two M10*135 HHB (#67) four Φ11*Φ20*2 Flat Washer (#90)
   two M10 Nylon lock Nut (#95)
2. Attach the Top Cross Brace (#8) to the Main Frame (#3) using:
   two M10*130 HHB (#68) four Φ11*Φ20*2 Flat Washer (#90)
   two M10 Nylon lock Nut (#95)
3. Attach the Bottom Cross Brace (#2) to the Top Cross Brace (#8) using:
   two M10*80 HHB (#70) four Φ11*Φ20*2 Flat Washer (#90)
   two M10 Nylon lock Nut (#95)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

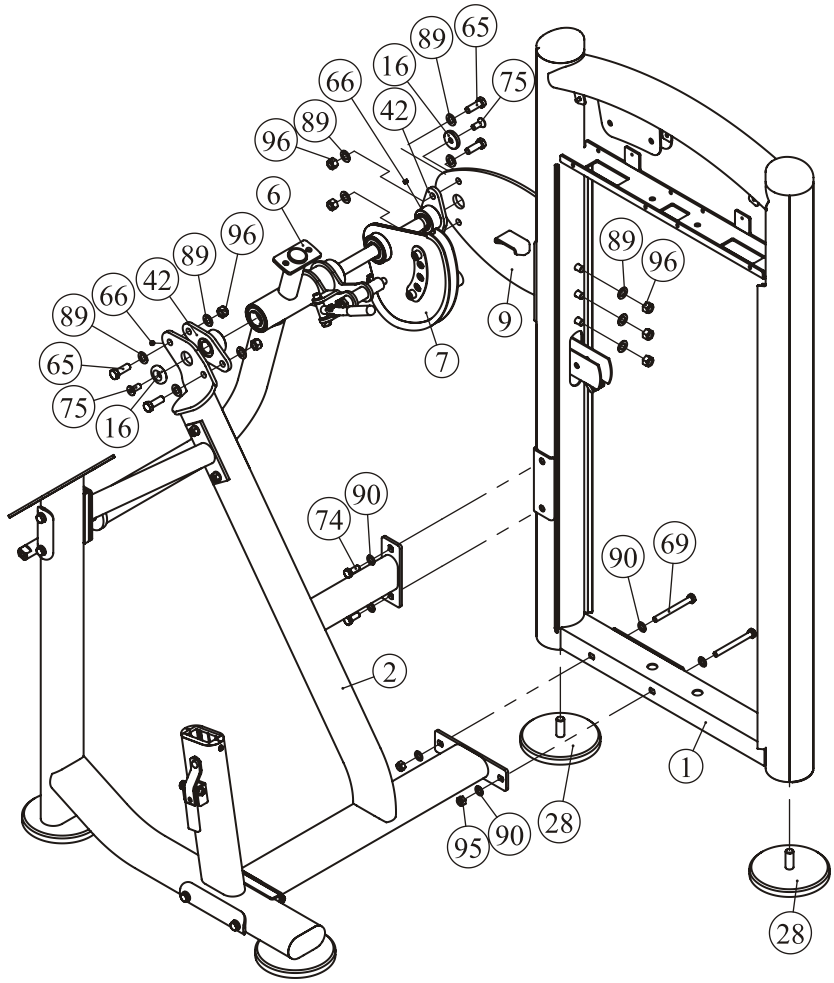


Assembly

Step 2

1. Attach two Adjustable Foot plate (#28) to the Weight Stack Frame (#1).
   Attach the Main Bracket (#9) to the Weight Stack Frame (#1) using:
   three Φ13*Φ24*1.5 Flat Washer (#89) three M12 Nylon lock Nut (#96)
2. Attach one Flange (#42) to the Bottom Cross Brace (#2) using:
   two M12*35 HHB (#65) four Φ13*Φ24*1.5 Flat Washer (#89)
   two M12 Nylon lock Nut (#96)
3. Attach another Flange (#42) to the Main Bracket (#9) using:
   two M12*35 HHB (#65) four Φ13*Φ24*1.5 Flat Washer (#89)
   two M12 Nylon lock Nut (#96)
4. Attach the Arm Bracket (6#) and the Cam Wheel Brackets (#7) to the two Flanges (#42) using:
   two M10*25 Flat Head Cap Screw (#75) two Φ38*Φ10.5*8 Aluminous Caps (#16)
   one Φ25.4*351 Main Shaft (#12) four M8*8 Socket Set Screws (#66)
5. Attach the Weight Stack Frame (#1) to Bottom Cross Brace (#2) using:
   two M10*100 HHB (#69) two M10*25 HHB (#74)
   two M10 Nylon lock Nut (#95) six Φ11*Φ20*2 Flat Washer (#90)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly-150LBS

Step 3

Attach:

two Φ19*1180 Guide Rod (#37)

two Φ63.5*Φ19*25.4 Weight Rubber Bumper (#27)

four Φ50.8*Φ21*3 Big Washer (#88)

two Φ32*Φ20*74 Long Sleeve (#87)

five Weight Plate 15LBS (#23)

three Weight Plate 10LBS (#22)

seven Weight Plate 5LBS (#21)

one Top Plate (#19)

to the Weight Stack Frame (#1) using:

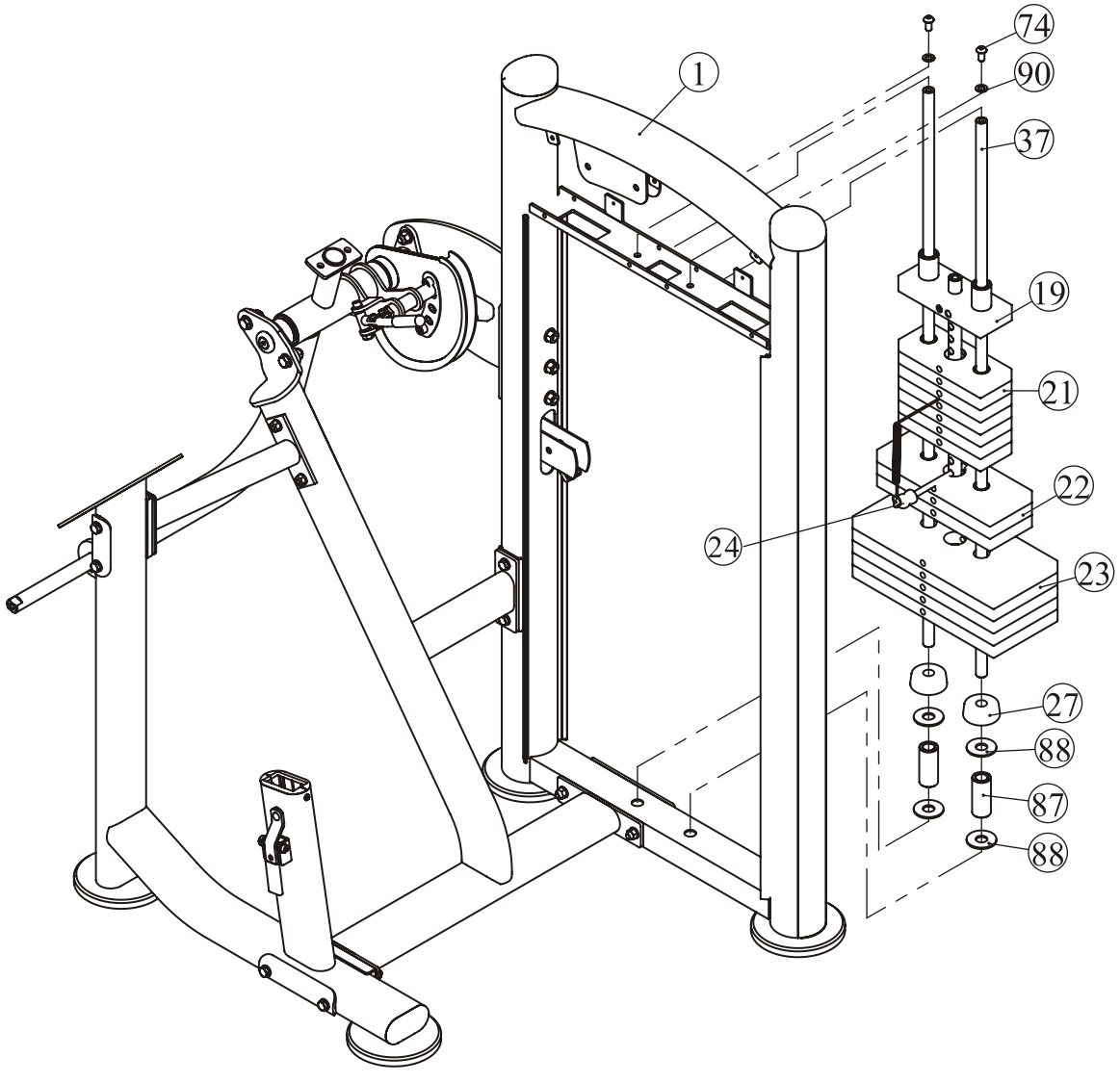
two M10*25 HHB (#74)

two Φ11*Φ20*2 Flat Washer (#90)

Attach the Selector Pin W/Coil (#24) to the Top Plate (#19).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Here is the assembly instruction for 150LBS weights.
Please assemble according to the actual weights you buy.



Assembly-200LBS

Step 3

Attach:

two Φ19*1180 Guide Rod (#37)

two Φ63.5*Φ19*25.4 Weight Rubber Bumper (#27)

four Φ50.8*Φ21*3 Big Washer (#88)

two Φ32*Φ20*74 Long Sleeve (#87)

ten Weight Plate 15LBS (#23)

three Weight Plate 10LBS (#22)

two Weight Plate 5LBS (#21)

one Top Plate (#19)

to the Weight Stack Frame (#1) using:

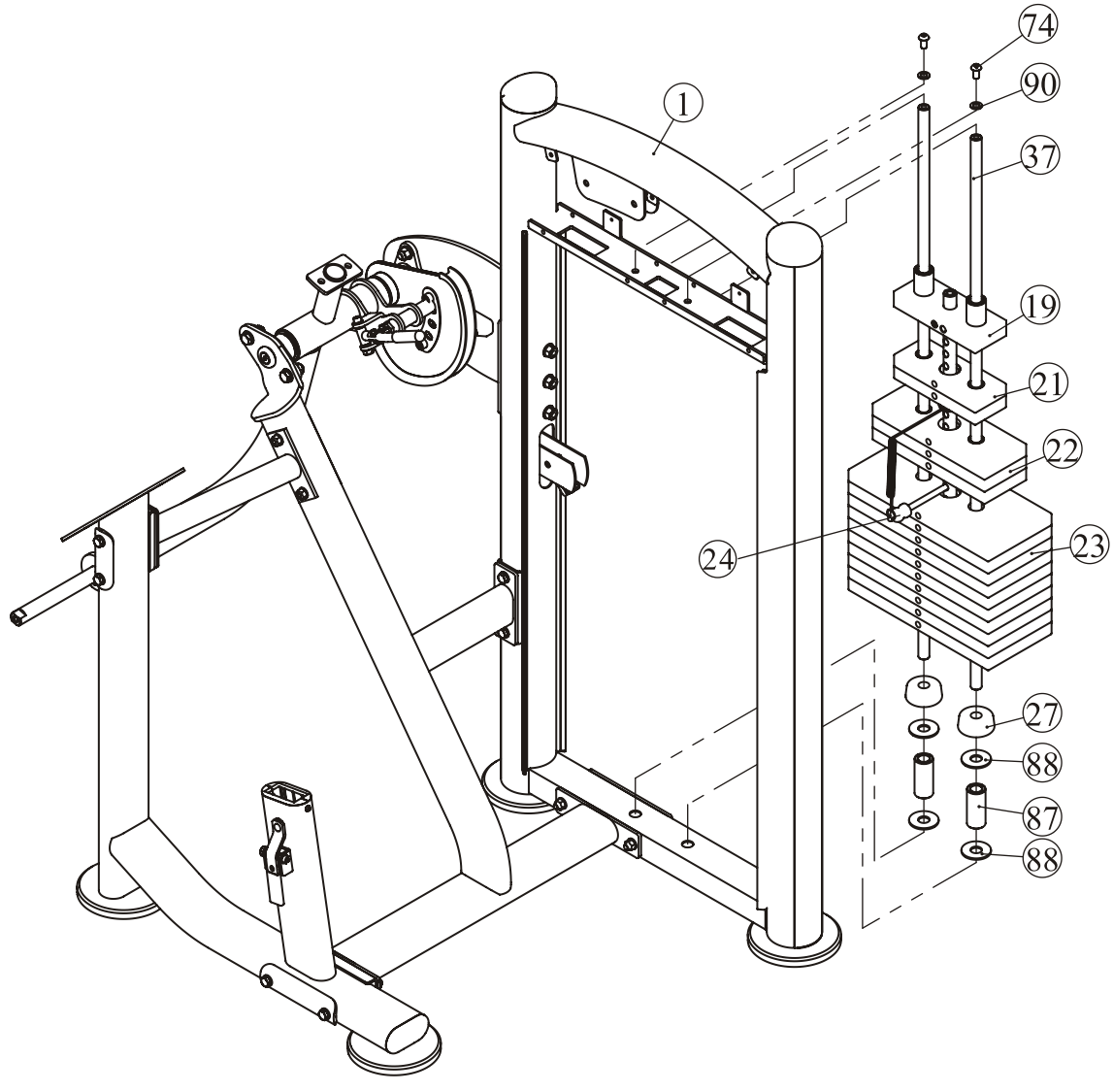
two M10*25 HHB (#74)

two Φ11*Φ20*2 Flat Washer (#90)

Attach the Selector Pin W/Coil (#24) to the Top Plate (#19).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Here is the assembly instruction for 200LBS weights.
Please assemble according to the actual weights you buy.



Assembly

Step 4

1. Attach the Press Cable (#18) to the Top Plate (#19).

   Attach three 4.5" Pulleys (#34) to the Weight Stack Frame (#1) using:

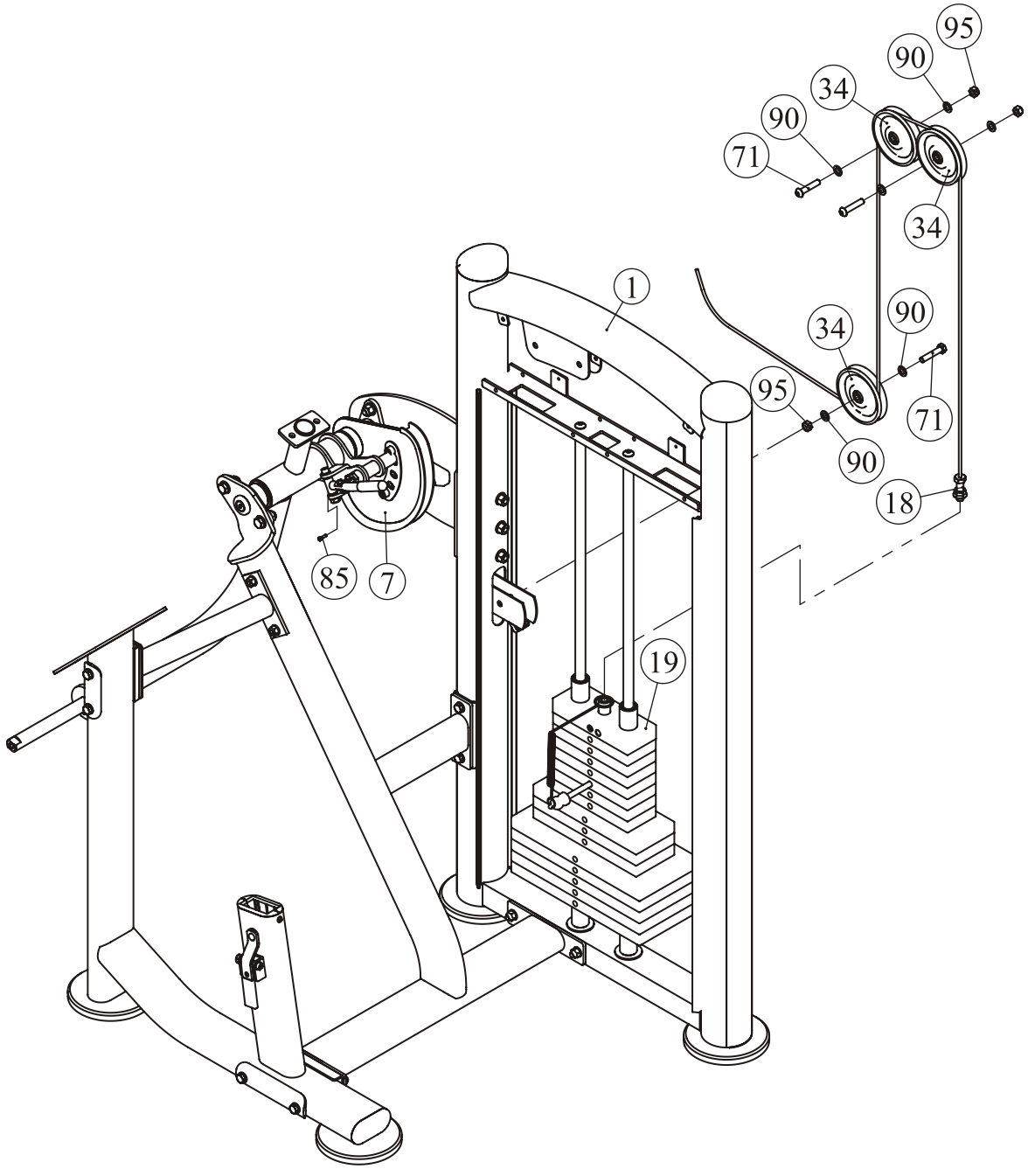
   three M10*50 HHB (#71) six Φ11*Φ20*2 Flat Washers (#90)

   three M10 Nylon lock Nuts (#95)

2. Attach the Press Cable (#18) to the Cam Wheel Brackets (#7) using:

   one M4*15 SHCS (#85)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

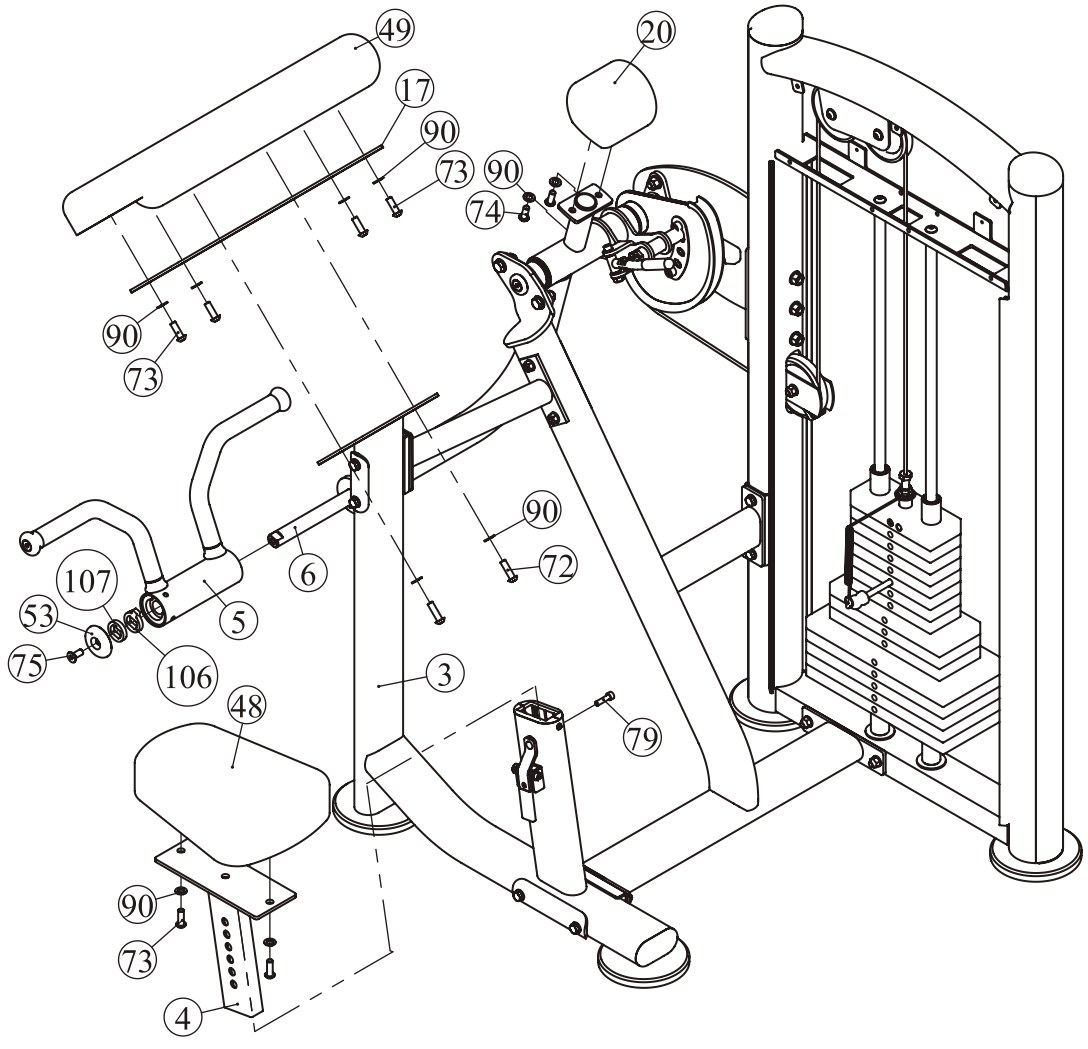


Assembly

Step 5

1. Attach the Seat Pad Support (#4) and the Main Frame (#3) using:
   one M10*30 SHCS (#79)
2. Attach the Seat Pad (#48) to the Seat Pad Support (#4) using:
   two M10*30 HHB (#73) two Φ11*Φ20*2 Flat Washer (#90)
3. Attach the Arm Pad (#49) And the Underlaying Flat Steel (#17) to the Main Frame (#3) using:
   four M10*30 HHB (#73) two M10*35 HHB (#72)
   six Φ11*Φ20*2 Flat Washer (#90)
4. Attach the Counter Poise Block (#20) to the Arm Bracket (6#) using:
   two M10*25 HHB (#74) two Φ11*Φ20*2 Flat Washer (#90)
5. Attach the Hand Bracket (#5) to the Arm Bracket (6#) using:
   one M10*25 FHCS (#75) one Φ60*Φ10.5*10 Big Aluminous Cap (#53)
   one location ring (106#) one locking ring (107)

Note: Wrench Tighten bolts and Nylon Lock nuts.



Assembly

Step 6

1. Attach one Front Shroud (#56) and one Rear Shroud (#35) to the Weight Stack Frame (#1).

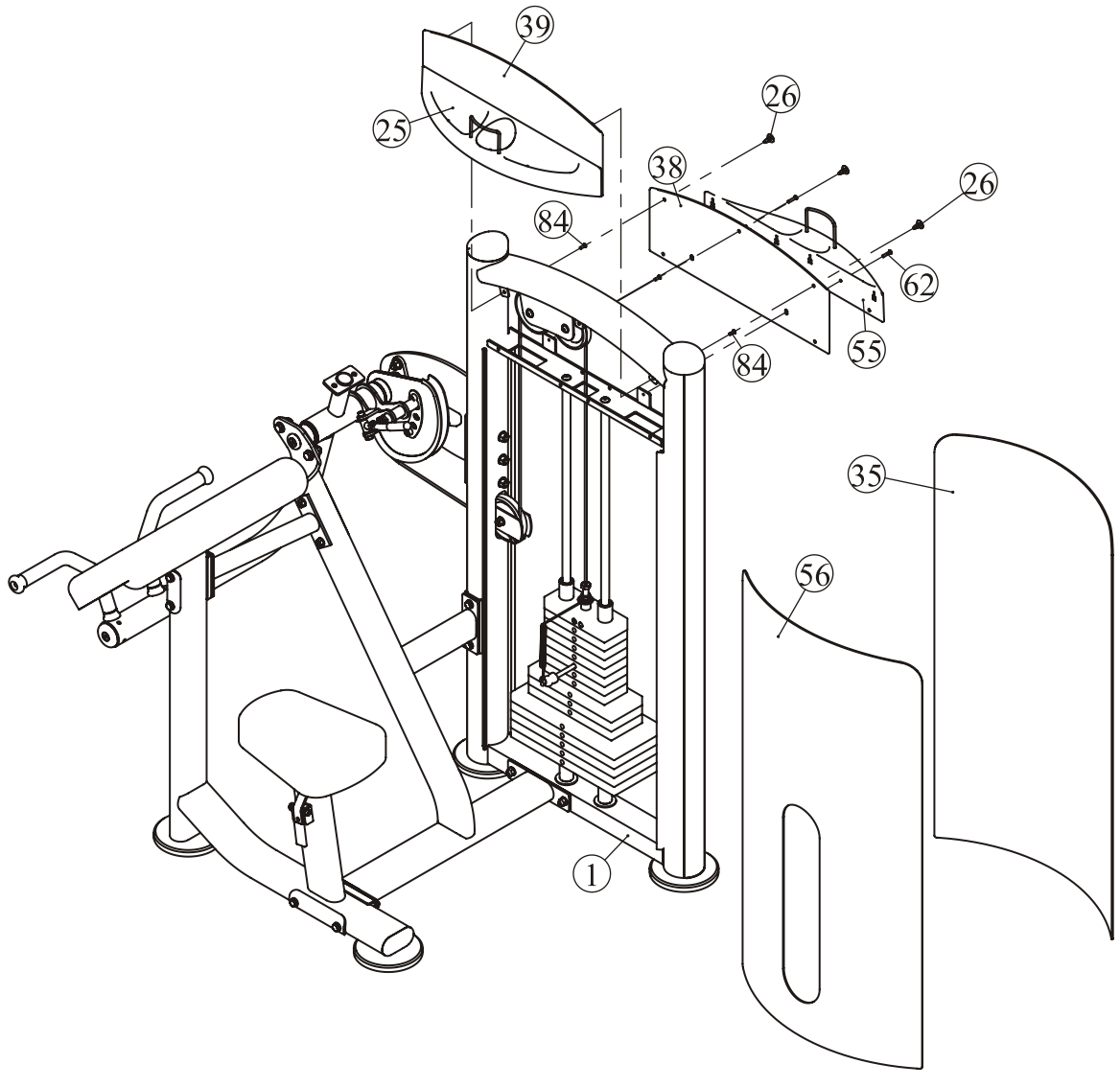
   Attach the Top Front Shroud & Support (#39,#25) to the Weight Stack Frame (#1) using:

   three M5*15 Flat Philips Screw (#84)

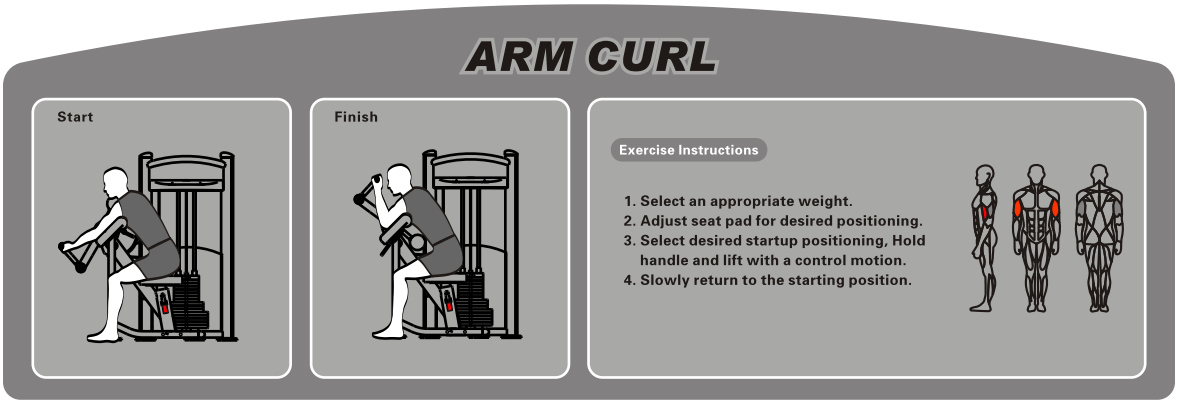
2. Attach the Top Rear Shroud (#38) and the Rear Support (#55) to the Weight Stack Frame (#1) using:

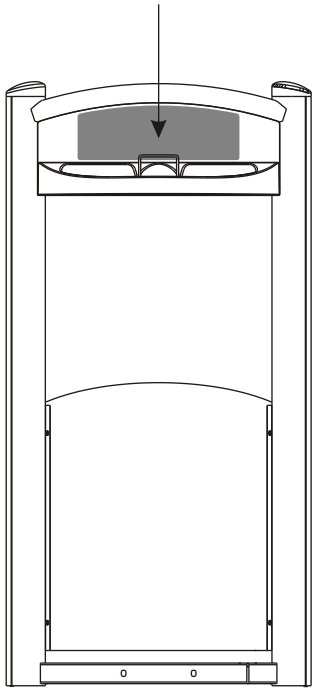
   three Φ8*Φ20*23 Button (#26) two M5*25 Flat Philips Screw (#62)

Note: Wrench Tighten bolts and Nylon Lock nuts.



Exercise Instructions





Exercise Instructions

1. **Select an appropriate weight.**
2. **Adjust seat pad for desired positioning.**
3. **Select desired startup positioning, Hold handle and lift with a control motion.**
4. **Slowly return to the starting position.**

(Adjust weight according to the select pin)

Specifications

Class: S

Maximum Wt. Capacity: 91Kg/ 200lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:
*Check all pieces for signs of visible wear or damage.
*Check springs in snap hooks and pull-pins for proper tension and alignment.
*If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:
*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
*Replace ripped or warn upholstery immediately.
*Keep sharp or pointed objects clear of all upholstery.

Decals:
*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:
*Inspect all nuts and bolts for any loosening and tighten if needed.
*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:
*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:
*We uses only high quality belt, and mil-spec cables.
*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:
*Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
*Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:
*Wipe down adjusting tubes with a dust free rag before applying lubricant.
*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:
*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

SYSTEM CERTIFICATION
ISO 9001:2000
SGS
SYSTEM CERTIFICATION
ISO 14001:2004
SGS
SYSTEM CERTIFICATION
OHSAS 18001
SGS
SYSTEM CERTIFICATION
ISO 10015
SGS