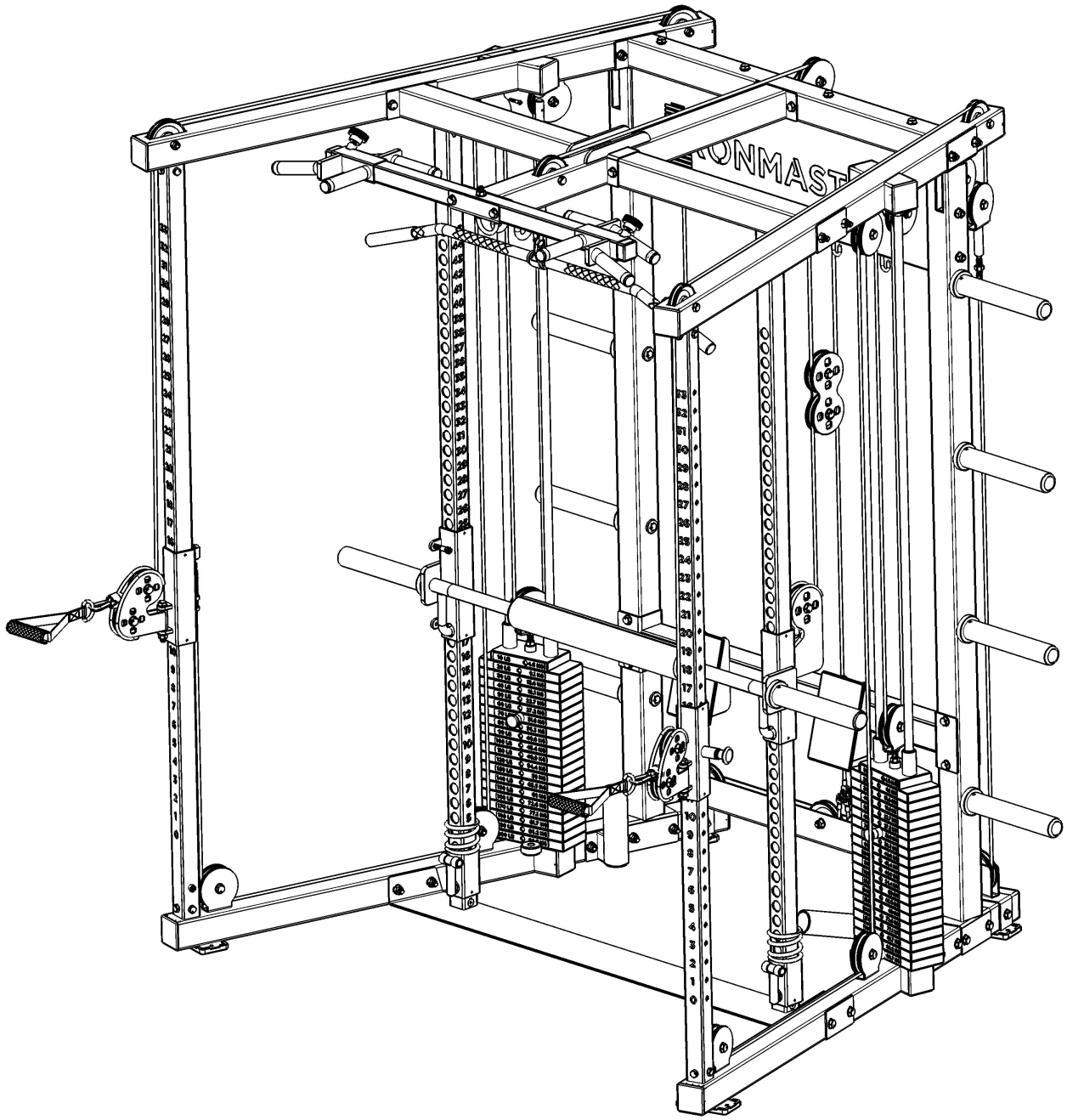
IRONMASTER

STRENGTH FOR LIFE



Valhalla IM3000 Assembly and Use Instructions

Introduction

The Ironmaster Valhalla IM3000 gym system is a complete home gym weight training system with self spotting lifting bar, dual weight stacks and multiple cable stations. (Olympic weight plates are required and sold separately.) The legendary Ironmaster self spotting system has a guided barbell with quick lock out points spaced closely together to lock out the bar wherever desired. The secondary safety stops can be positioned to limit the lifting bar range for additional safety during exercises such as squats or anytime a different starting height is needed.

The cable system has a unique 2:1 ratio for the functional pulleys in the front that lift the 200 lb weight stacks on each side of the unit individually at half the selected stack weight with a longer cable pull (up to 100 lbs). The central upper and lower pulleys have a 1:1 ratio but lift both weight stacks at the same time for more weight capacity that is needed for primary exercises such as low pulley rows and lat pull downs. These pulley locations combine both weight stacks together for the load (up to 400 lbs).

The machine includes weight plate storage pegs on both sides, Olympic barbell storage in the vertical holder and 5 cable attachment hooks under the logo panel.

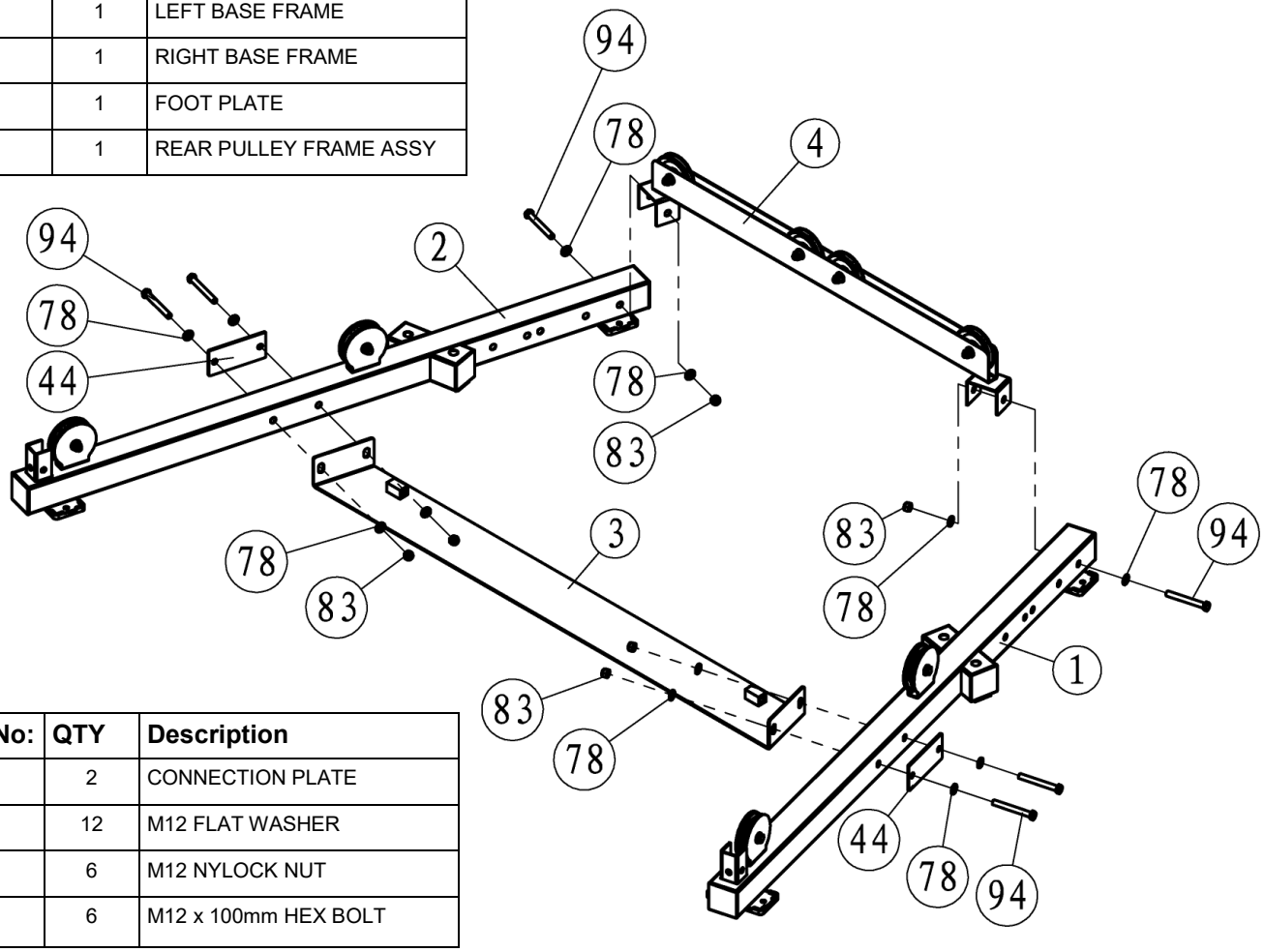
Included cable handles are a Lat Pull Down Bar and a pair of D Handles. A long barbell pad is included for squats, hip thrusts and hold down for lat pulls. Optional accessories are available to add additional functionality to this machine like legpress plate, barbell hooks, barbell spotting arms and various cable handles. Visit the Ironmaster website for more information on accessories, weight plates and more.

Assembly Video

This manual serves as a parts list and general steps for assembly. More details can be found on our assembly video with demonstrations and tips. Visit our website at http://ironmaster.com//im3000_valhalla_assembly/
Or scan this code to go to the video page:

STEP 1
BASE FRAME

Part No:	QTY	Description
1	1	LEFT BASE FRAME
2	1	RIGHT BASE FRAME
3	1	FOOT PLATE
4	1	REAR PULLEY FRAME ASSY



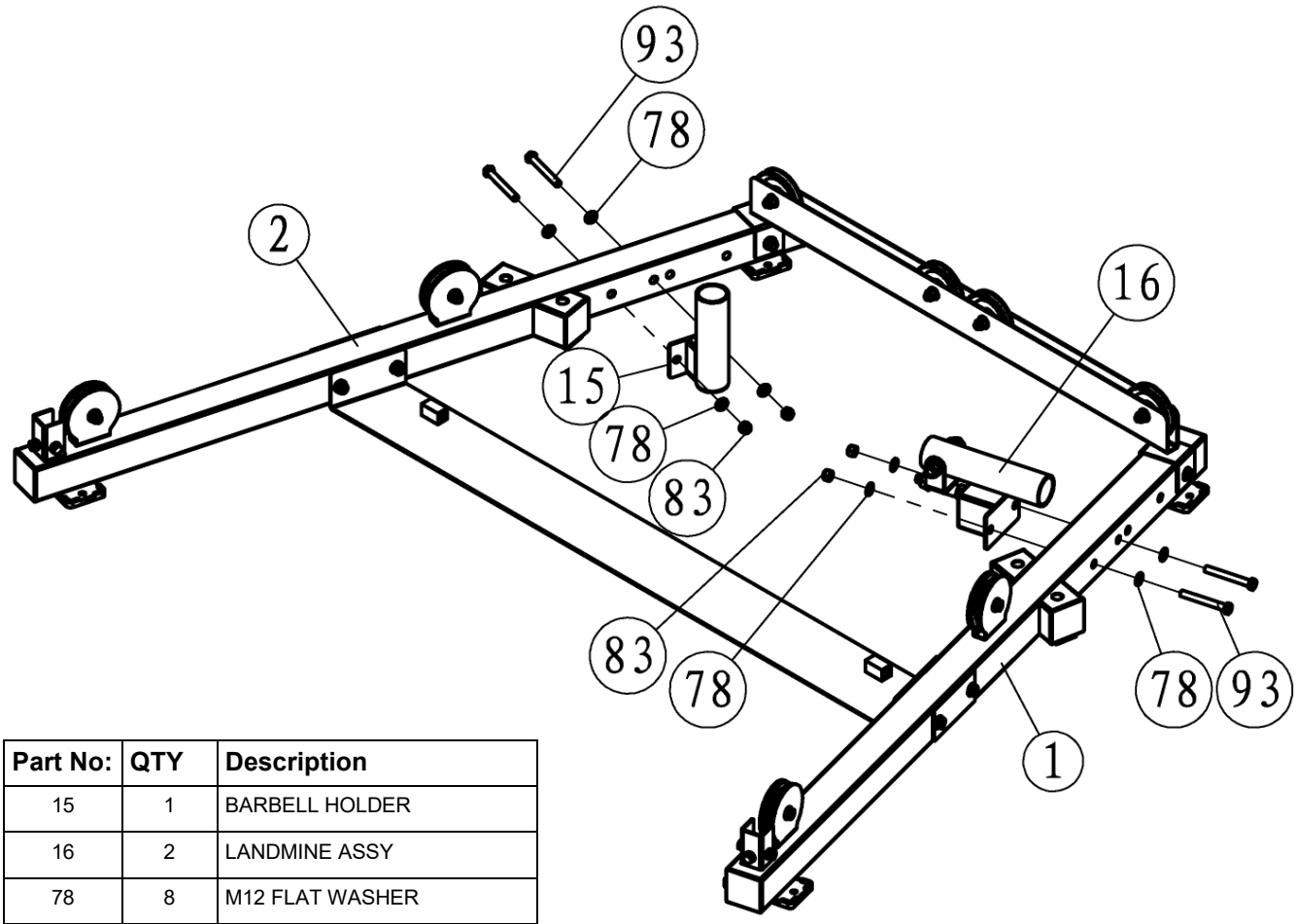
Part No:	QTY	Description
44	2	CONNECTION PLATE
78	12	M12 FLAT WASHER
83	6	M12 NYLOCK NUT
94	6	M12 x 100mm HEX BOLT

1.Begin by attaching LEFT (1)/RIGHT BASE FRAME (2) with The REAR PULLEY FRAME ASSEMBLY(4) using (94)2x M12 x100mm HEX BOLT,4x (78) FLAT WASHER and 2x (83) M12 NYLOCK NUT. Secure but do not tighten.

2. Next, using (3) FOOT PLATE, 2x (44) CONNECTION PLATE, (94) 4x HEX BOLTS, 8x (78) FLAT WASHER and (83) 4x NYLOCK NUT, attach (3) FOOT FRAME to LEFT(1)/RIGHT (2) SUPPORT ASSEMBLY

NOTE: Secure bolts to snug fit but do not fully tighten once base is assembled.

STEP 2
BARBELL ATTACHMENTS



Part No:	QTY	Description
15	1	BARBELL HOLDER
16	2	LANDMINE ASSY
78	8	M12 FLAT WASHER
83	4	M12 NYLOCK NUT
93	4	M12 x 95mm HEX BOLT

Next, Locate (15) BARBELL HOLDER,(16) LANDMINE ASSY, (78) M12 FLAT WASHER, (83) NYLOCK NUT and (93) M12 x 95mm HEX BOLT.

Attach (16) LANDMINE ASSY to LEFT/RIGHT BASE FRAME (1-2 on previous page) as shown.

Fully tighten once installed.

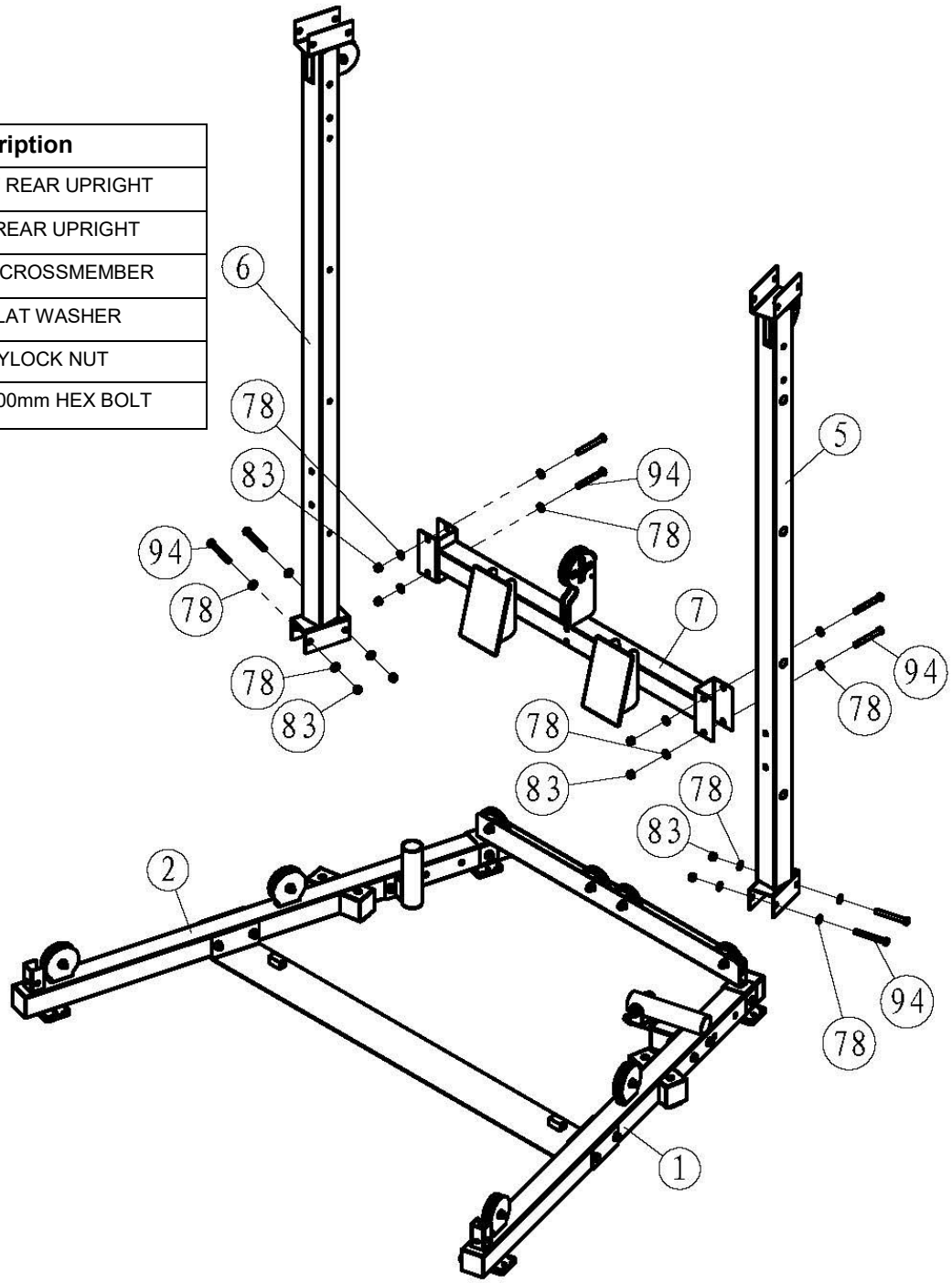
STEP 3
REAR FRAME

Attach (5) LEFT REAR UPRIGHT and (6) RIGHT REAR UPRIGHT TO LEFT (1) BASE FRAME and RIGHT (2) BASE FRAME using (94) M12 x100mm HEX BOLT, (78) M12 FLAT WASHER and (83) M12 NYLOCK NUT.

Tighten to mild snugness only.

NOTE: UPRIGHTS LEFT/RIGHT are color marked to avoid confusion

Part No:	QTY	Description
5	1	RIGHT REAR UPRIGHT
6	1	LEFT REAR UPRIGHT
7	1	REAR CROSSMEMBER
78	16	M12 FLAT WASHER
83	8	M12 NYLOCK NUT
94	8	M12*100mm HEX BOLT

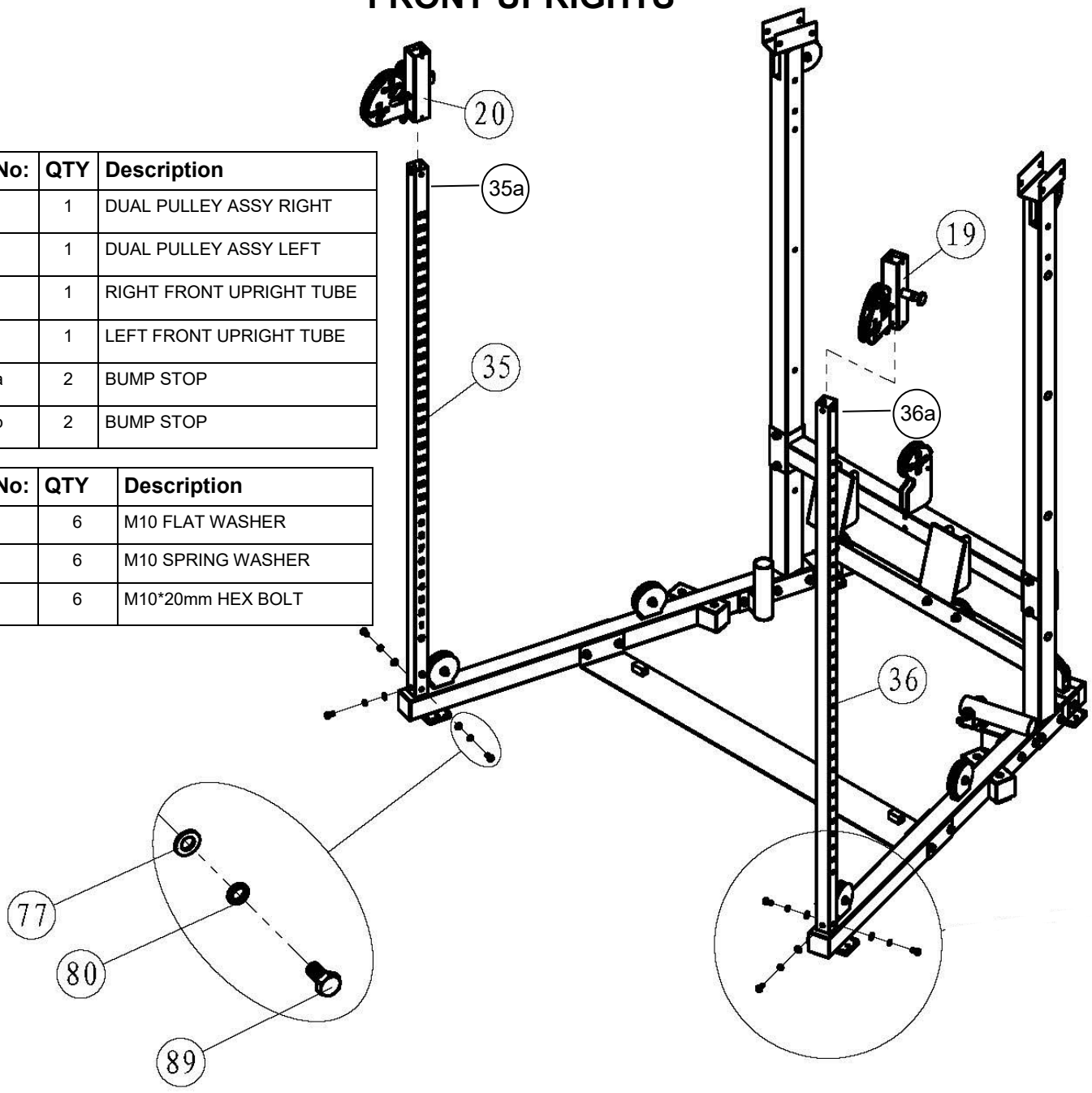


Next, Next, install (7) HORIZONTAL CROSS FRAME to (5)/(6) LEFT/RIGHT REAR UPRIGHT using (94) 12 x100mm HEX BOLT, (78) M12 FLAT WASHER and (83) M12 NYLOCK NUT. Do not fully tighten.

STEP 4
FRONT UPRIGHTS

Part No:	QTY	Description
19	1	DUAL PULLEY ASSY RIGHT
20	1	DUAL PULLEY ASSY LEFT
35	1	RIGHT FRONT UPRIGHT TUBE
36	1	LEFT FRONT UPRIGHT TUBE
35a	2	BUMP STOP
36b	2	BUMP STOP

Part No:	QTY	Description
77	6	M10 FLAT WASHER
80	6	M10 SPRING WASHER
89	6	M10*20mm HEX BOLT



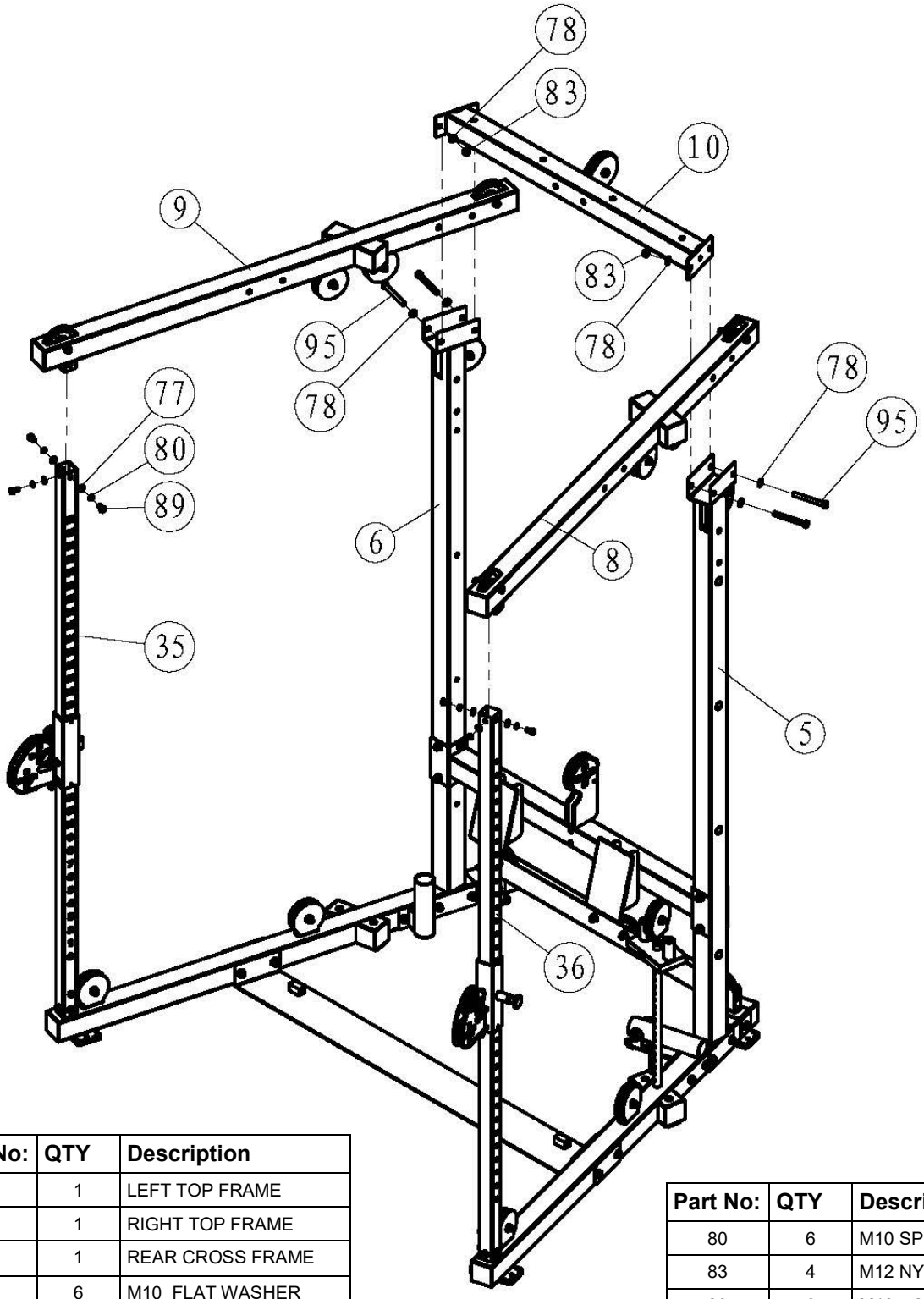
With correct orientation (see L/R stickers for reference on 35/36), mount the RIGHT/LEFT FRONT UPRIGHT TUBE onto the assembly using (77) M10 FLAT WASHER, (80) M10 SPRING WASHER and (89) M10 x 20mm HEX BOLT. Note: Numbers on UPRIGHTS face toward each other as shown

Prior to installation (20) DUAL PULLEY ASSY RIGHT over (35) RIGHT FRONT UPRIGHT TUBE and (19) DUAL PULLEY ASSY LEFT onto (36) LEFT FRONT UPRIGHT TUBE, (35a/36a) FRONT UPRIGHT BUMPSTOPS must be removed prior to installation of (19/20) L/R SLIDE FRAME. Note only upper BUMPSTOPS require removal. Reinstall BUMPSTOPS after SLIDE RAIL HANDLES are in place. Use the 5mm Allen wrench to remove the machine bolt and nylon stopper. After sliding the DUAL PULLEY ASSEMBLIES down onto the uprights, replace the bump stops.

NOTE: UPPER BUMPSTOPS (35a/36a) are rearward facing in this illustration and are therefore not shown.

STEP 5
UPPER FRAME

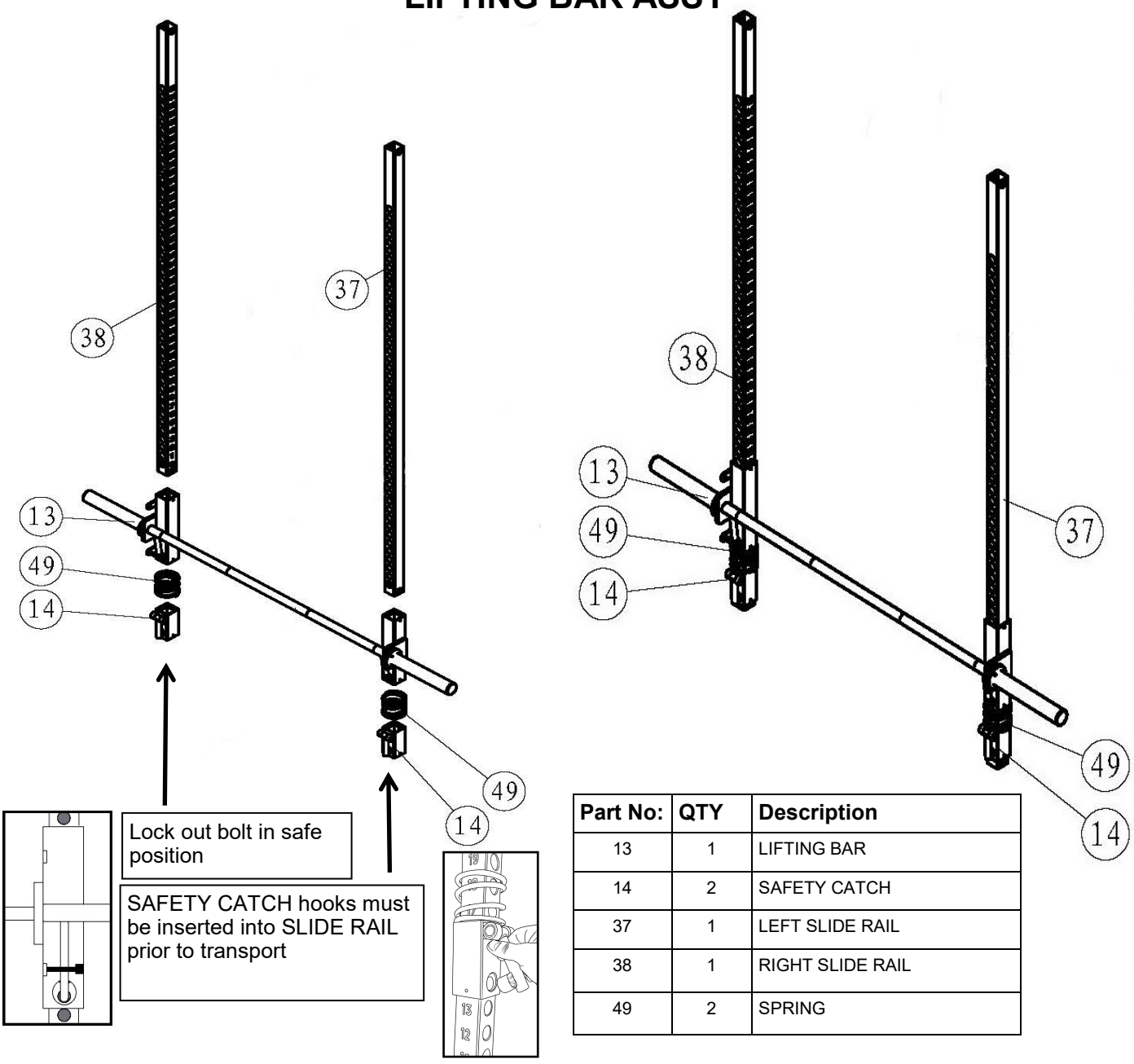
With (10) REAR CROSS FRAME, (8)/(9) LEFT/RIGHT UPPER FRAME, (78) M12 FLAT WASHER, (89) M12 x 95mm HEX BOLT and (83) M12 NYLOCK NUT attach to assembly as pictured. Then, secure to (35/36) FRONT UPRIGHT using (89) M10 x 20mm HEX BOLT, (77) M10 FLAT WASHER and (80) M10 SPRING WASHER. Tighten just enough to keep assembly stable but still allow adjustment later.



Part No:	QTY	Description
8	1	LEFT TOP FRAME
9	1	RIGHT TOP FRAME
10	1	REAR CROSS FRAME
77	6	M10 FLAT WASHER
78	8	M12 FLAT WASHER

Part No:	QTY	Description
80	6	M10 SPRING WASHER
83	4	M12 NYLOCK NUT
89	6	M10 x 20mm HEX BOLT
95	4	M12 x110mm HEX BOLT

STEP 6a
LIFTING BAR ASSY



Part No:	QTY	Description
13	1	LIFTING BAR
14	2	SAFETY CATCH
37	1	LEFT SLIDE RAIL
38	1	RIGHT SLIDE RAIL
49	2	SPRING

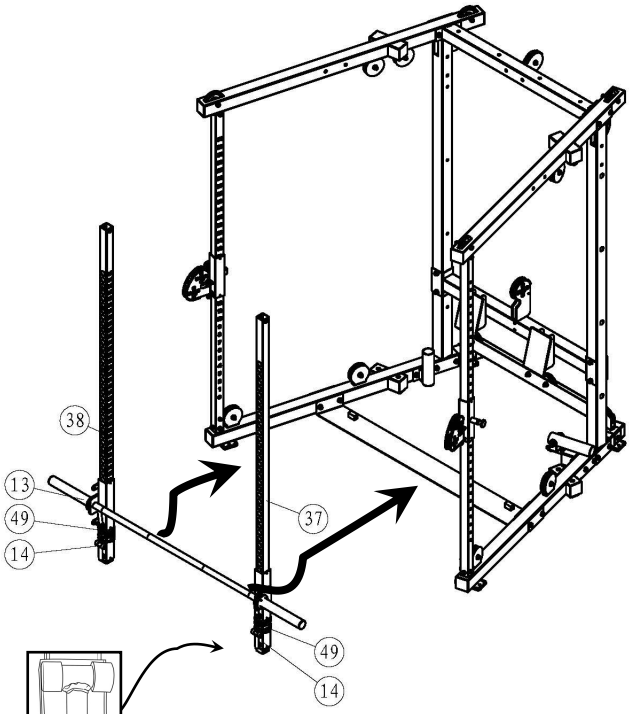
The Lifting bar assembly will need to be completed prior to Installation on the mainframe. No tools are required but some care is required to transport the lifting bar assembly once completed. First, locate all parts. It's best to put these parts together on the floor using care to avoid scratching the (37/38)SLIDE RAIL finish. Insert (37/38) LEFT/RIGHT SLIDE RAILS through the (13) LIFTING BAR (49) SPRING and (14) SAFETY CATCH. (Number 1 is at the bottom and each rail numbers will face inwards towards each other.)

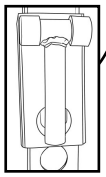
IMPORTANT ! Make sure SLIDE RAILS are even on both sides and the lifting bar is set with enough holes available to allow for (49) SPRING and (14) SAFETY CATCH to locate and secure in the lock out holes.

CAUTION! Locate the (13) LIFTING BAR lock out bolt (attached to bar), engage (13) LIFTING BAR hooks into (37/38) SLIDE RAILS. Then, lock the LIFGTING BAR hooks into the SLIDE RAILS and secure the hooks with the lock out safety bolt. Engage both (14) SAFETY CATCH hooks into SLIDE RAIL prior to lifting upright to install on main assembly. Failure to do either will cause the assembly to come apart.

Once the LIFTING BAR assembly is complete and safely locking into position for transport, stand up the assembly and move to install on mainframe assembly as shown on following page.

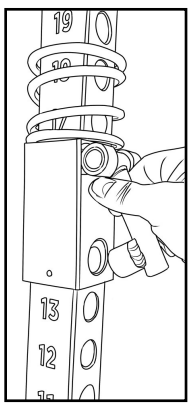
STEP 6B
CONNECT LIFTING BAR ASSEMBLY

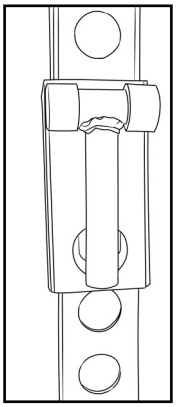




(14) SAFETY STOP

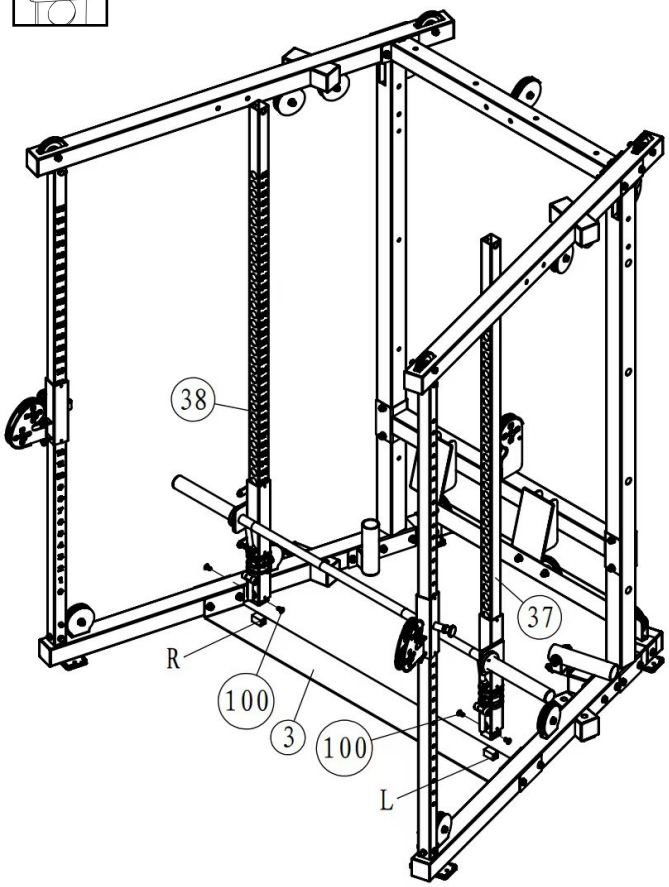
Once LIFTING BAR ASSEMBLY is complete and both (14) SAFETY STOP hooks are inserted into (37/38) SLIDE RAIL, lock LIFTING BAR SAFETY BOLT as shown left prior to installing LIFTING BAR ASSEMBLY onto the mainframe.

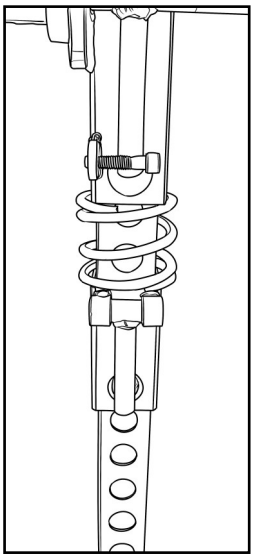


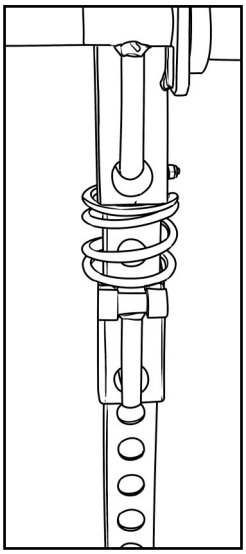


⚠ WARNING: Failure to properly secure LIFTING BAR ASSEMBLY prior to moving could cause injury.

Make sure LIFTING BAR SAFETY BOLT and both (14) are locked into the (37/38) SLIDE RAILS prior to installation on the IM3000 mainframe





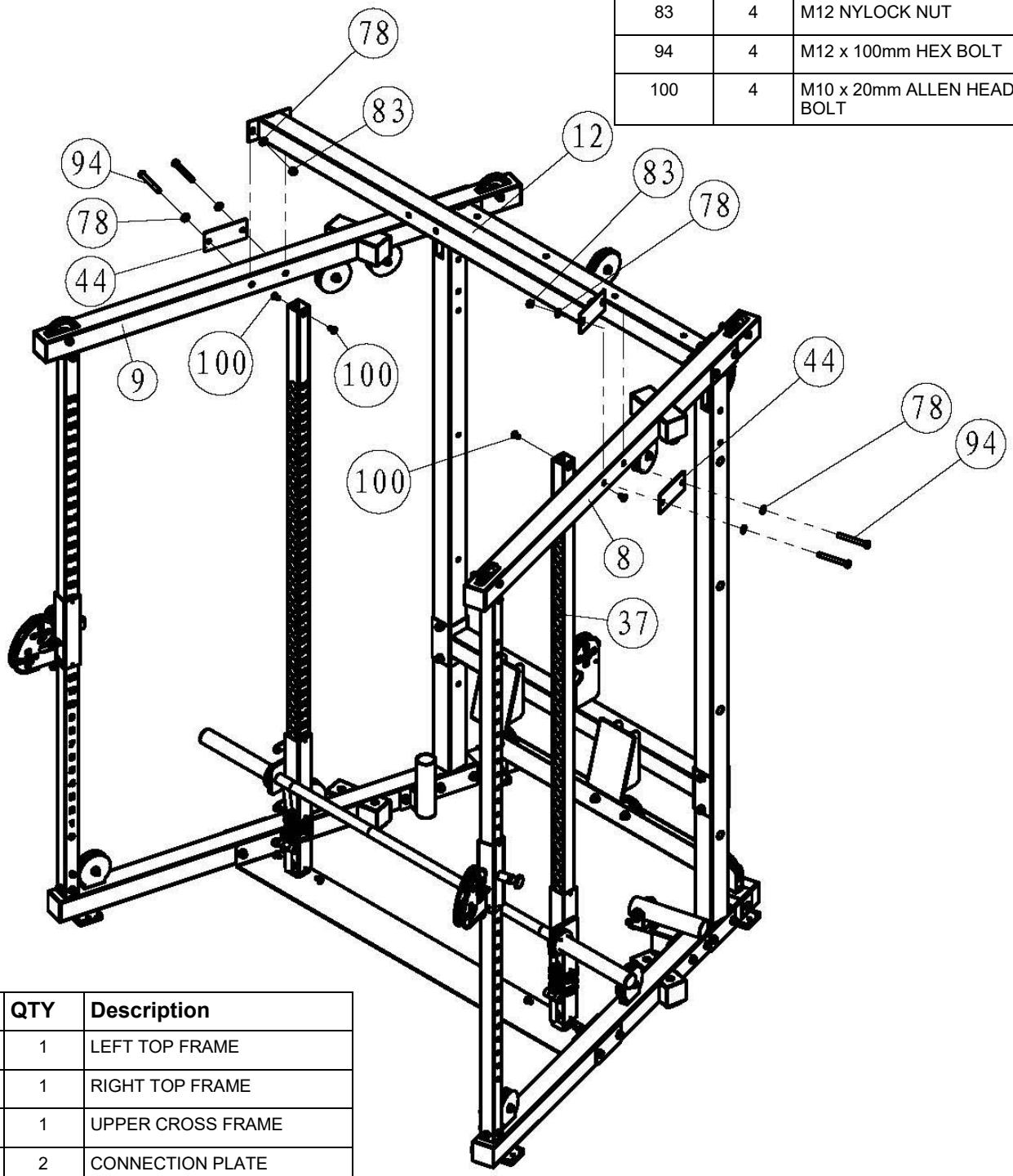


Part No:	QTY	Description
100	4	M10 x 20mm ALLEN HEAD BOLT

Mount LIFTING BAR ASSEMBLY onto the (3) FOOT PLATE and set the open end of the SLIDE RAILS down onto the mouting blocks. Connect using (100) M10 x 20mm ALLEN HEAD BOLTS.

STEP 7
UPPER CROSS FRAME

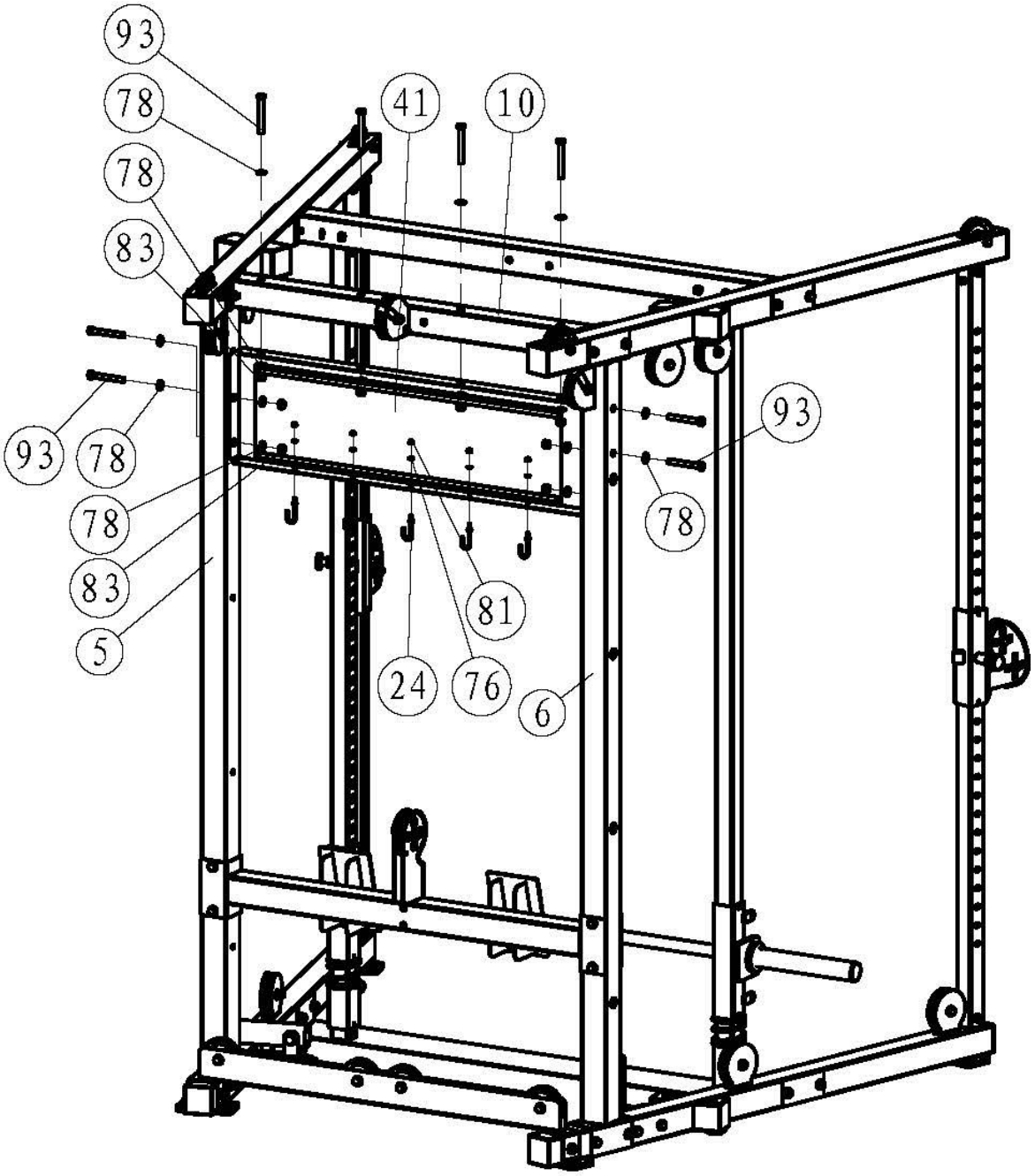
Part No:	QTY	Description
78	8	M12 WASHER
83	4	M12 NYLOCK NUT
94	4	M12 x 100mm HEX BOLT
100	4	M10 x 20mm ALLEN HEAD BOLT



Part No:	QTY	Description
8	1	LEFT TOP FRAME
9	1	RIGHT TOP FRAME
12	1	UPPER CROSS FRAME
44	2	CONNECTION PLATE

Next, Attach upper portion of SLIDE RAIL Assembly to (8) LEFT TOP FRAME and (9) RIGHT TOP FRAME using (100) M10 x 20mm Allen Head Bolt. Once secured, install (12) UPPER CROSS FRAME to the mainframe assembly using (44) CONNECTION PLATE, (94) M12 x 100mm HEX BOLTS, (78) M12 FLAT WASHERS and (83) M12 NYLOCK NUT.

STEP 8
LOGO PANEL



Part No:	QTY	Description
5	1	LEFT REAR UPRIGHT
6	1	RIGHT REAR UPRIGHT
10	1	REAR CROSS FRAME
24	5	LOGO PANEL HOOK
41	1	LOGO PANEL

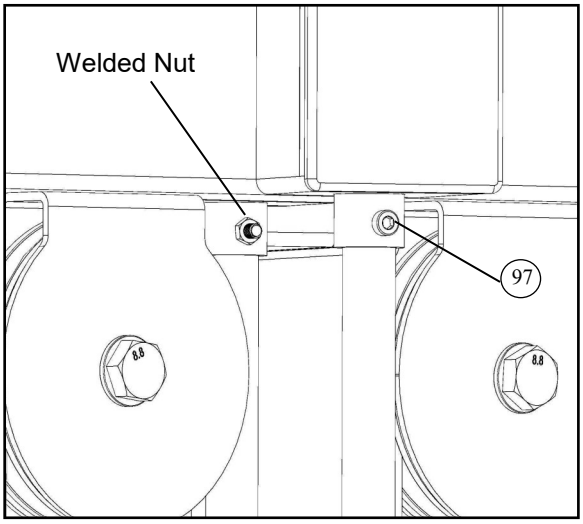
Part No:	QTY	Description
76	5	M6 FLAT WASHER
78	16	M12 FLAT WASHER
81	5	M6 NYLOCK NUT
83	8	M12 NYLOCK NUT
93	8	M12 x 95mm HEX BOLT

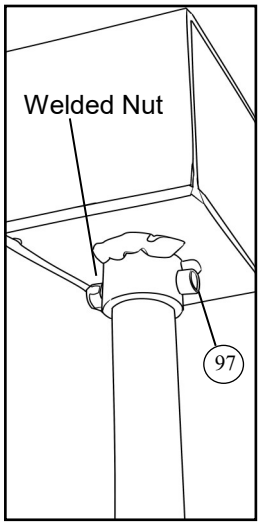
On Rear of Mainframe assembly, Install (41) LOGO PANEL with (93) M12 x 95mm HEX BOLT, (78) M12 FLAT WASHER and (83) M12 NYLOCK NUT. Once complete and secured, attach (24) LOGO PANEL HOOK to (41) LOGO PANEL using (76) M6 FLAT WASHER, and (81) M6 NYLOCK NUT.

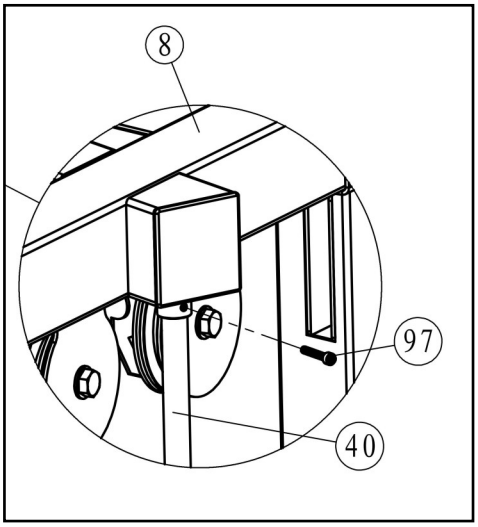
STEP 9
WEIGHT STACKS

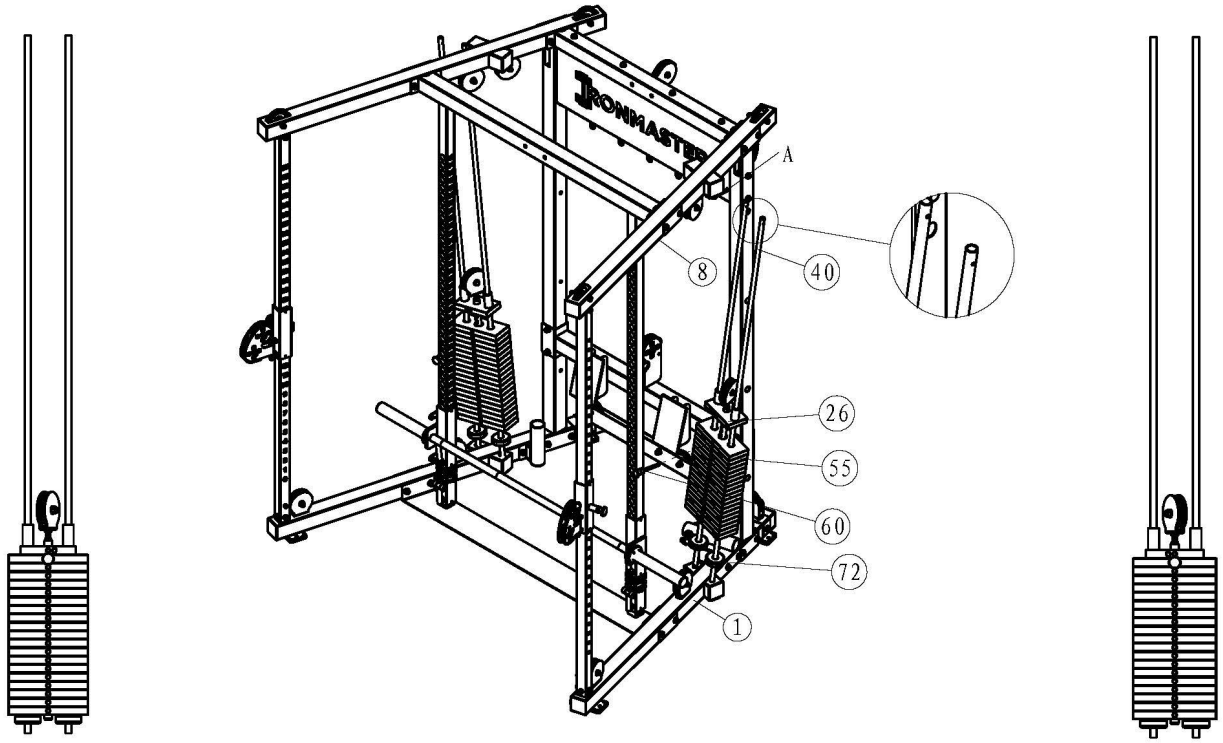
Begin by attaching (72) RUBBER BUMPERS onto the (40) guide rods and positioning onto the base frame holes. Bumpers go on first. Next, starting with 200 lb plate, slide down the (40) GUIDE RODS one plate at a time (in decreasing weigh increments) until finally installing the (26) TOP PLATE/ COUNTER WEIGHT PULLEY.

Remove the (97) GUIDE ROD BOLTS then lift each (40) GUIDE ROD up and into the L/R UPPER FRAME and rein-



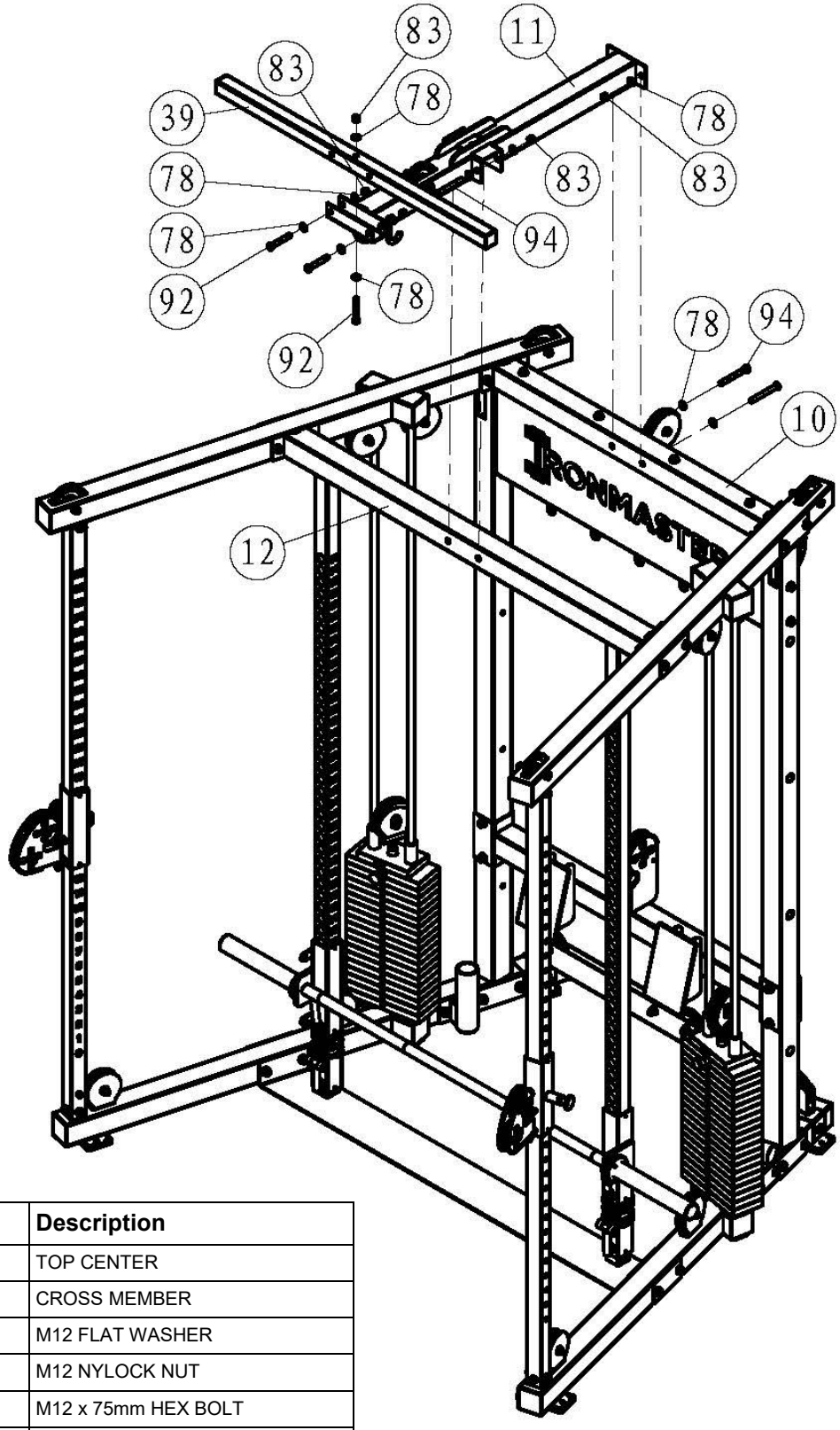






Part No:	QTY	Description
26	2	COUNTER WEIGHT PULLEY/TOP PLATE
40	4	GUIDE ROD
55	38	10PD WEIGHT (stack 19pc per side)
60	2	PIN SELECTOR
72	4	RUBBER BUMPER, WEIGHT STACK
97	4	M4 x 20mm ALLEN BOLT

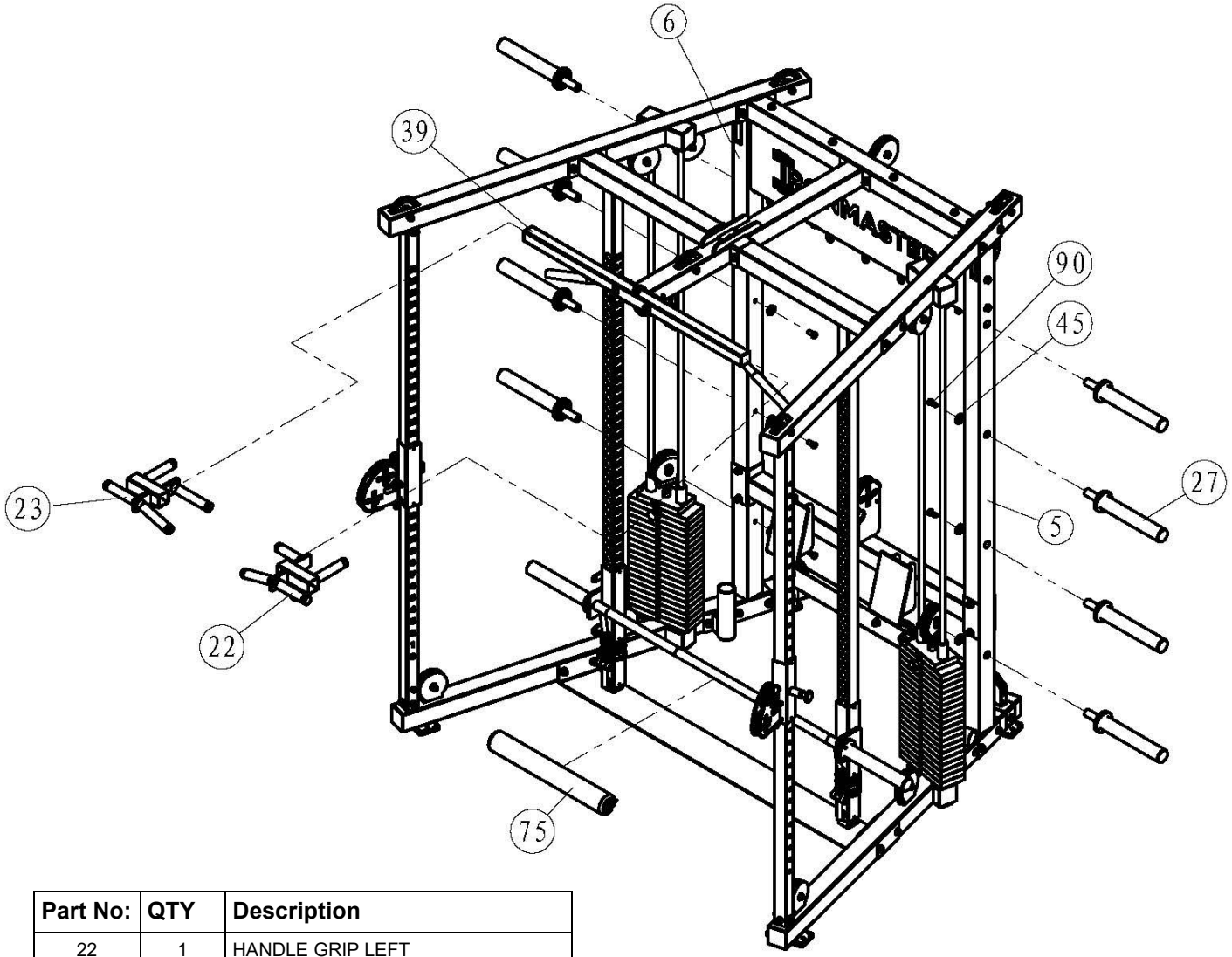
STEP 10
TOP CENTER



Part No:	QTY	Description
11	1	TOP CENTER
39	1	CROSS MEMBER
78	14	M12 FLAT WASHER
83	7	M12 NYLOCK NUT
92	3	M12 x 75mm HEX BOLT
94	4	M12 x 100mm HEX BOLT

Install (39) CROSS MEMBER onto (11) TOP CENTER using (92) M12 x 75mm HEX BOLT, (78) M12 FLAT WASHER and (83) M12 NYLOCK NUT. Next, attach assembly to mainframe using (94) M12 x 100mm HEX BOLT, (78) M12 FLAT WASHER and (83) NYLOCK NUT.

STEP 11
PLATE STORAGE AND HANDLES

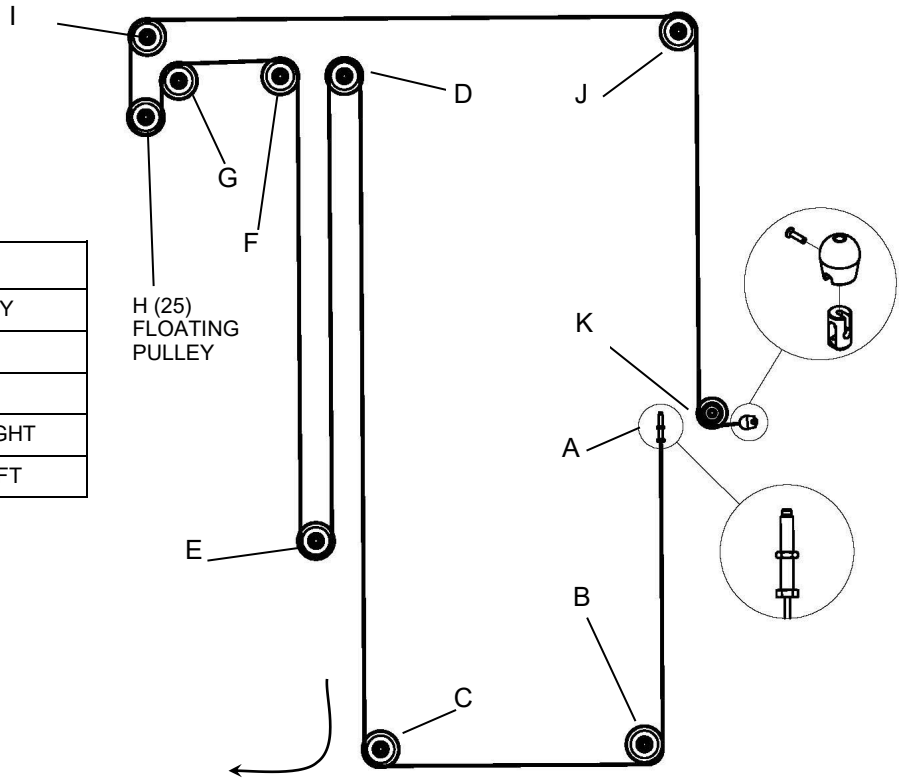


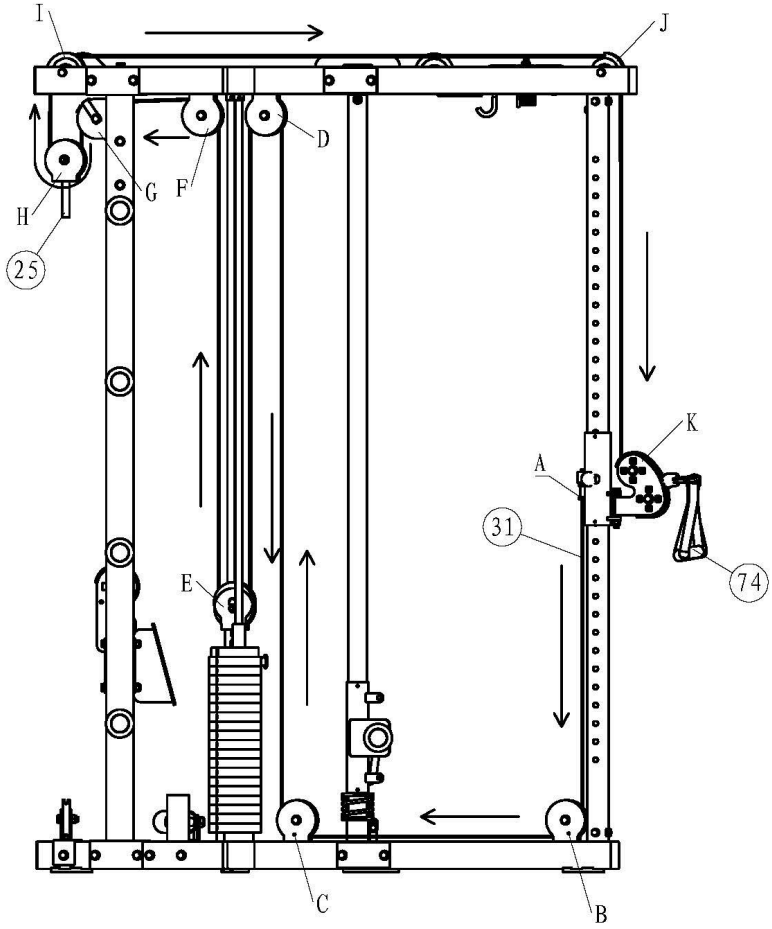
Part No:	QTY	Description
22	1	HANDLE GRIP LEFT
23	1	HANDLE GRIP RIGHT
27	8	OLYMPIC SLEEVE with rubber bumper
45	8	M12 (Large Diameter) FLAT WASHER
75	1	LIFTING BAR PAD
90	8	M10 x 75mm HEX BOLT

Next, Attach (27) OLYMPIC SLEEVE to the mainframe assembly using (45) LARGE DIAMETER M12 FLAT WASHER, and (90) M12 x 75mm HEX BOLT. Then, slide(22) HANDLE GRIP RIGHT and (23) HANDLE GRIP LEFT onto the (39) CROSSMEMBER remembering to loosen the knobs slightly prior to installation. (75) LIFTING PAD can be added now or later in the assembly.

STEP 12
SIDE CABLES

Part No:	QTY	Description
25	2	FLOATING PULLEY ASSEMBLY
31	2	FRONT CABLE (10.6m)
74	2	D HANDLE
19 (K)	1	DUAL PULLEY ASSEMBLY RIGHT
20 (K)	1	DUAL PULLEY ASSEMBLY LEFT





NOTE: These instructions will be used for both LEFT/RIGHT CABLE (31).

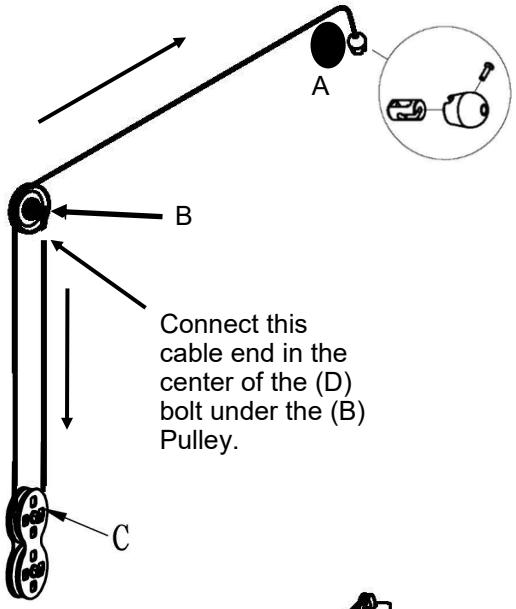
Begin by removing Head from front of cable to allow to fit through the pulleys. Unscrew the small Allen bolt and remove the ball stopper. Slide the cable head ball end out of the cylinder slot sideways.

Next attach the cable end at A to (19)/ (20) SLIDE HANDLE FRAME, threading about half way in with the lock nut loose, then follow Cable direction as shown.

Once the cable threaded through the length of the main frame assembly around each pulley, reattach the cable head ball end assembly and tighten the Allen bolt.

Repeat on opposite side of machine.

STEP 13
UPPER CABLE

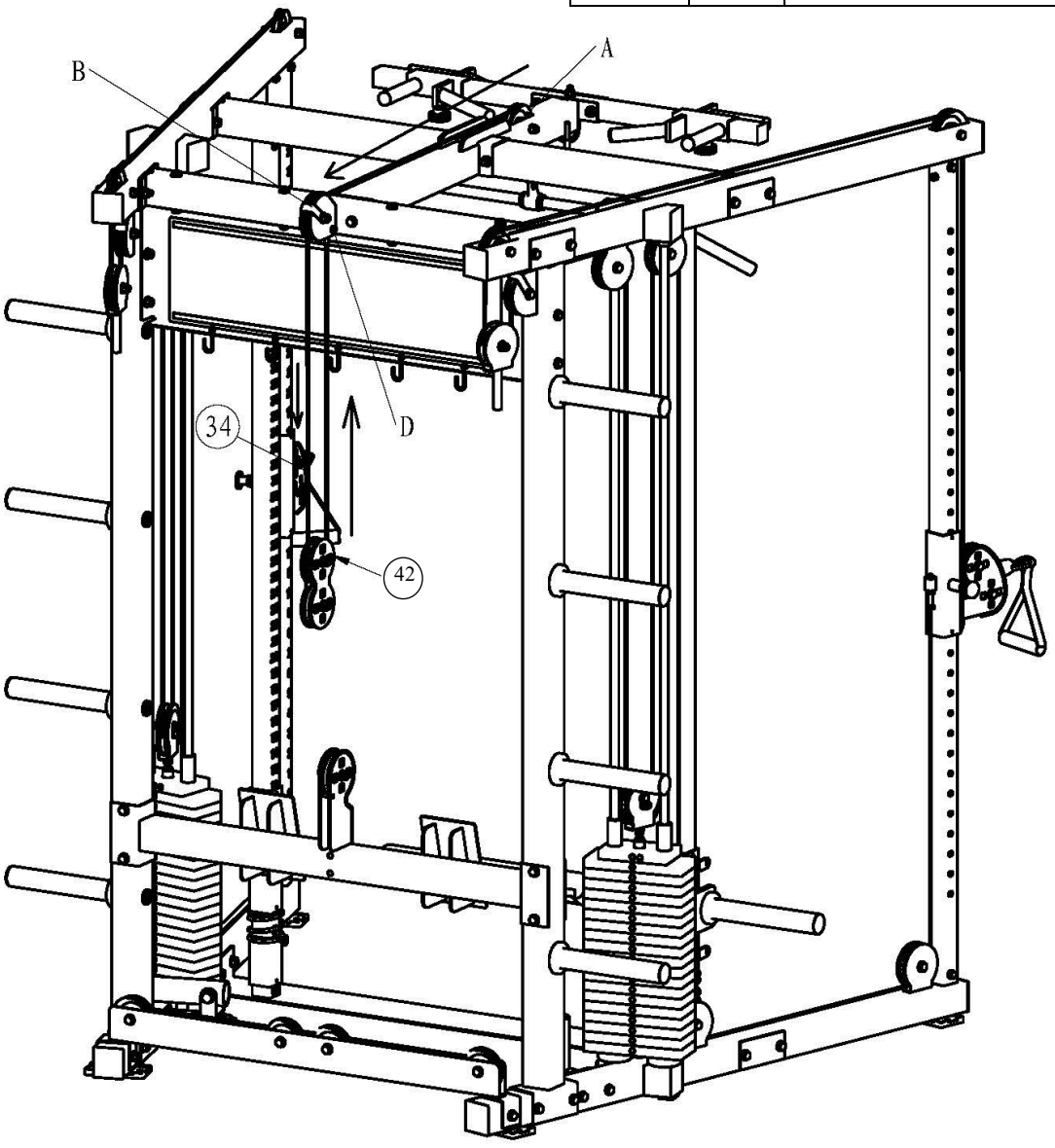


Remove the ball end assembly on (34) UPPER PULLEY CABLE. Connect the looped end to the (D) bolt located under the (B) pulley housing. You will need to remove the bolt and hardware first to connect the cable in the center then reinstall the bolt, spacers and nut.

Route the UPPER PULLEY CABLE through the (42) IDLER PULLEY upper pulley (C), up over the top rear (B) pulley and finally down over (A) pulley and through the TOP CENTER FRAME hole as depicted and then reconnect the ball end assembly.

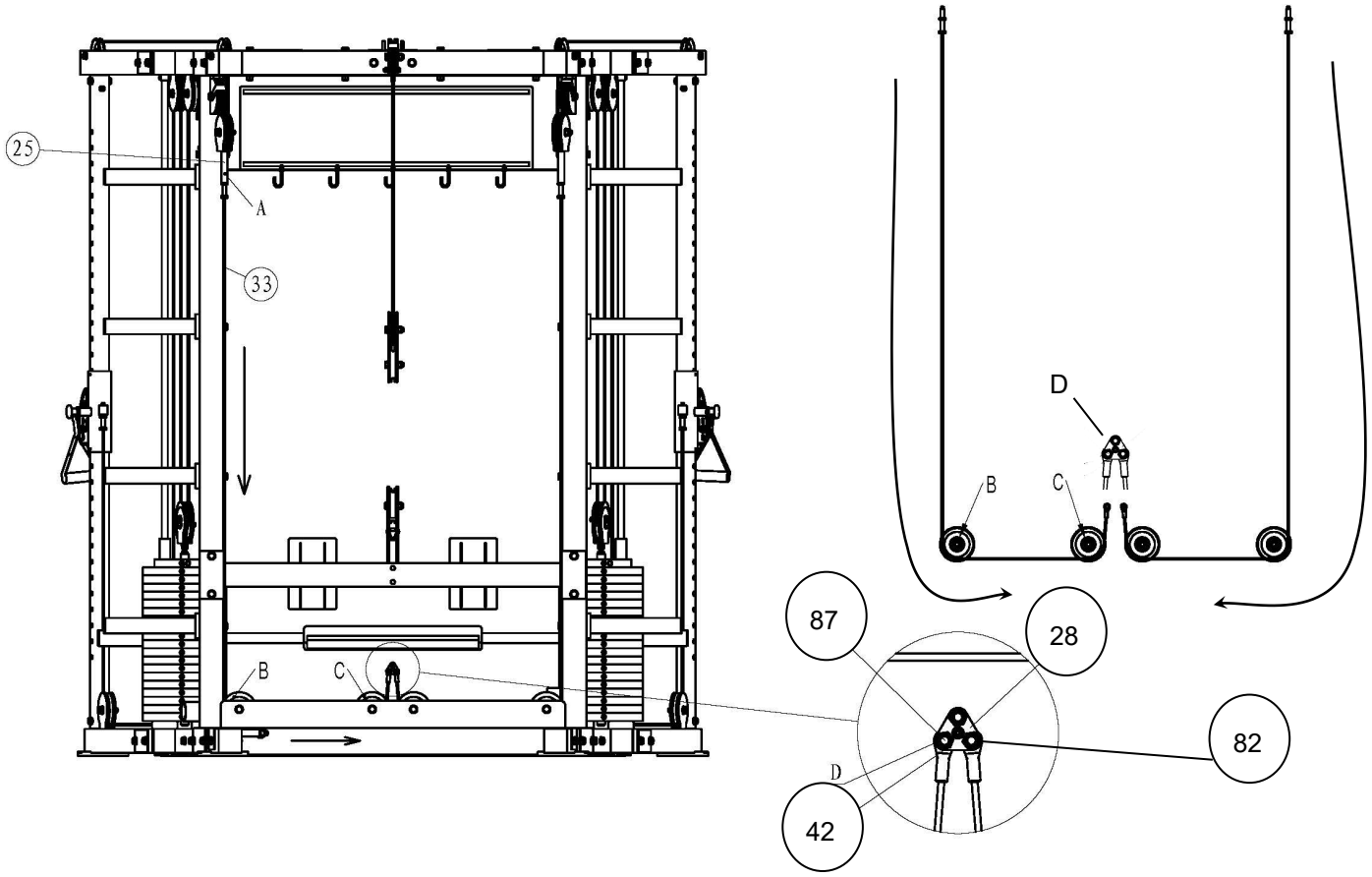
Note: Be sure to route the cable under the retainer bracket of the (B) PULLEY.

Part No:	QTY	Description
42	1	IDLER PULLEY ASSY
34	1	UPPER PULLEY CABLE



STEP 14
REAR CABLES

Attach (33) CABLE to (25) FLOATING PULLEY ASSEMBLY prior to threading (33) CABLE through pulleys as shown below. Once threaded under pulleys (B) and (C), connect to (D) 3 point CABLE CONNECTION FRAME with M8 x 25mm HEX BOLT and (82) M8 Nylock NUT as illustrated. Repeat for other side.

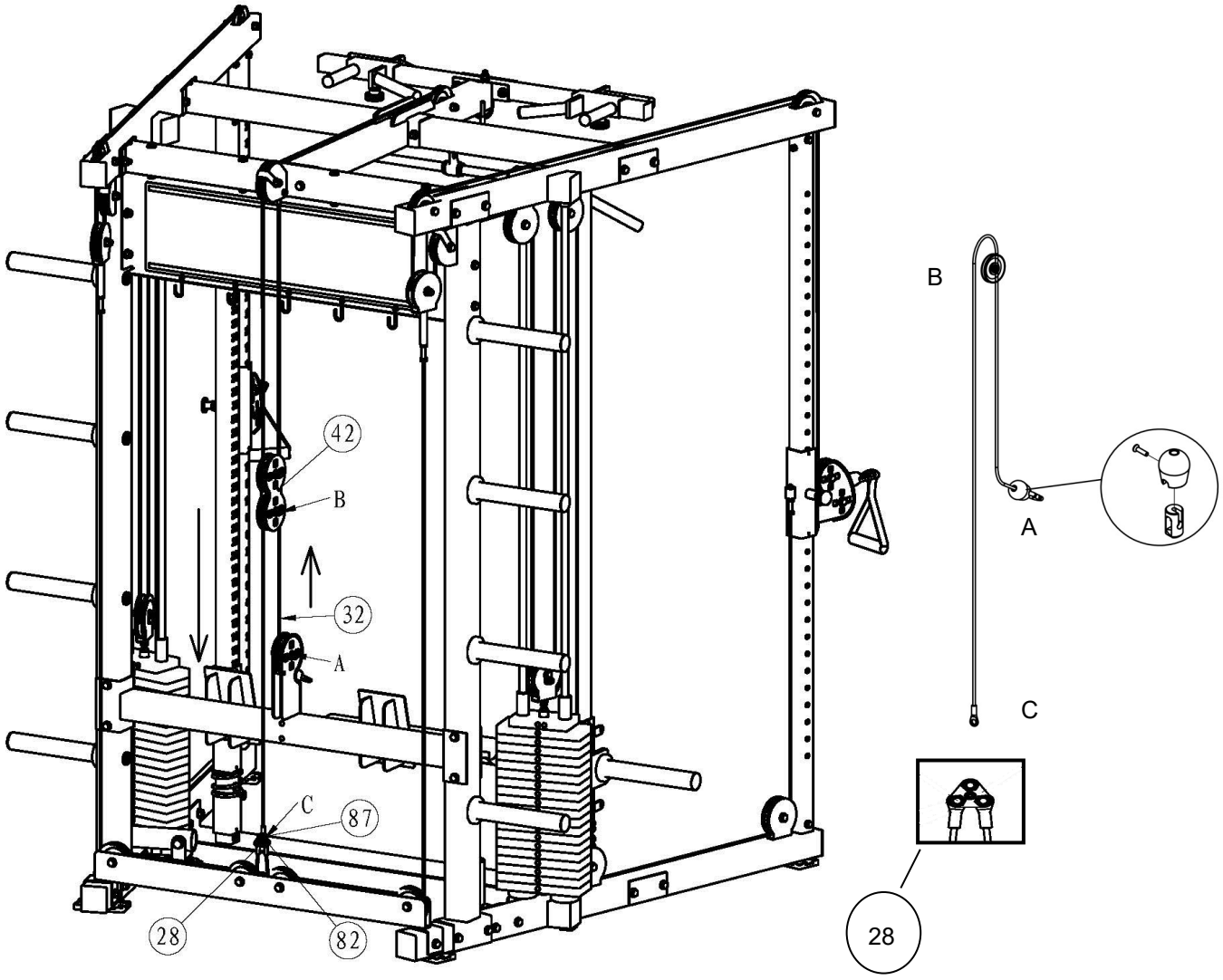


Part No:	QTY	Description
25	2	FLOATING PULLEY ASSEMBLY
33	2	CABLE 2.345m

Part No:	QTY	Description
28	1	CABLE CONNECTION FRAME
42	1	IDLER PULLEY ASSEMBLY
82	1	M8 NUT
87	1	M8 x 25mm HEX BOLT

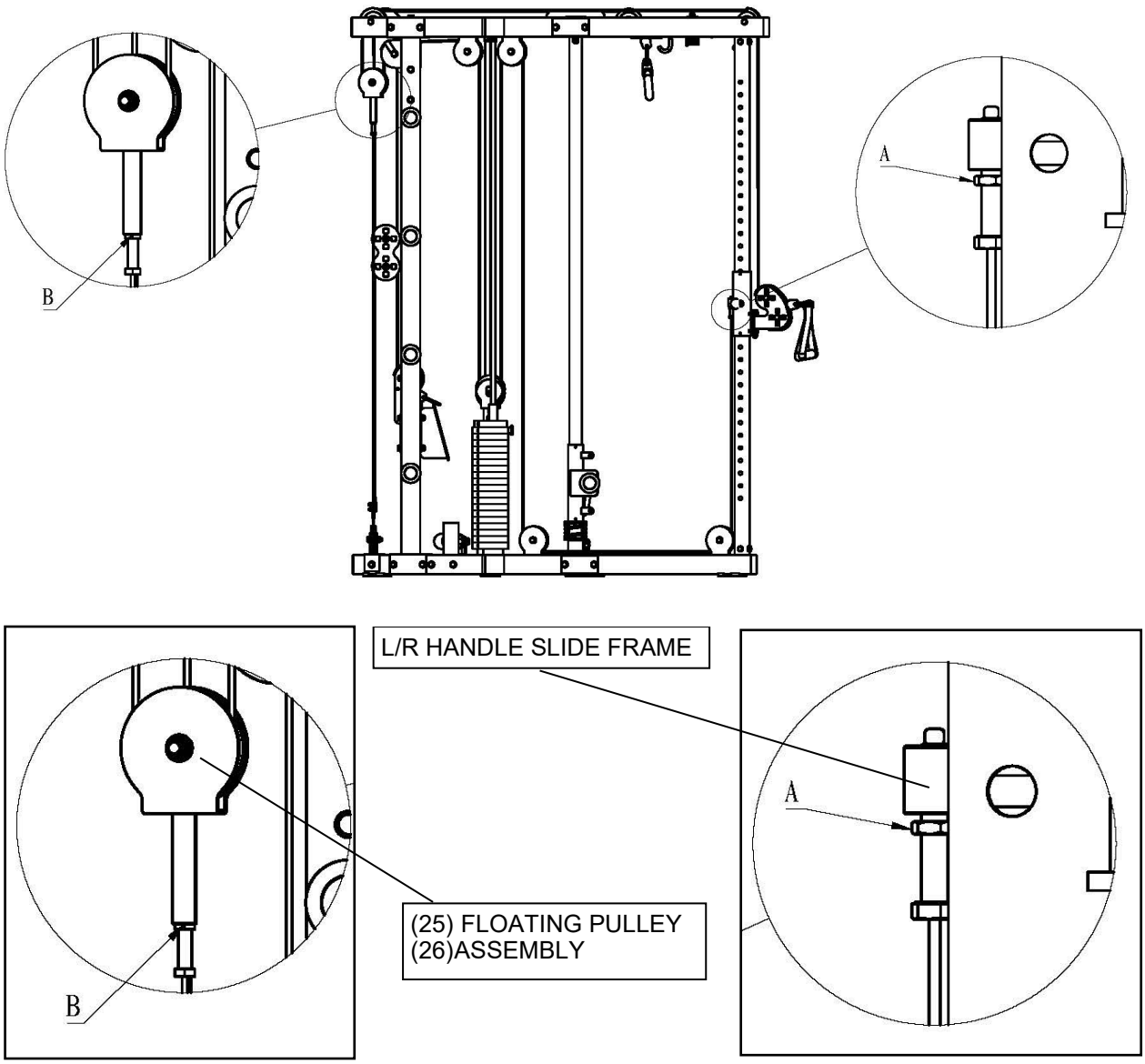
STEP 15
LOWER CABLE

Connect the C end of the (32) REAR CABLE to (28) 3 point CABLE with (87) M8 x 25mm HEX BOLT and (82) M8 Nylock NUT. Remove the ball end assembly and route the cable up over the lower (B) PULLEY on (42) IDLER PULLEY ASSEMBLY and down under the (A) PULLEY. Replace the ball end assembly.



Part No:	QTY	Description
28		CABLE CONNECTION FRAME
32		REAR CABLE 1.64m
42		IDLER PULLEY ASSEMBLY
82		M8 NUT
87		M8 x 25mm HEX BOLT

STEP 16
CABLE SYSTEM ADJUSTMENT



⚠ Before cable adjustments, lubricate the guide rods with the included silicone bottle and cloth. This is a good time to also lubricate the SLIDE RAILS and FRONT UPRIGHTS.

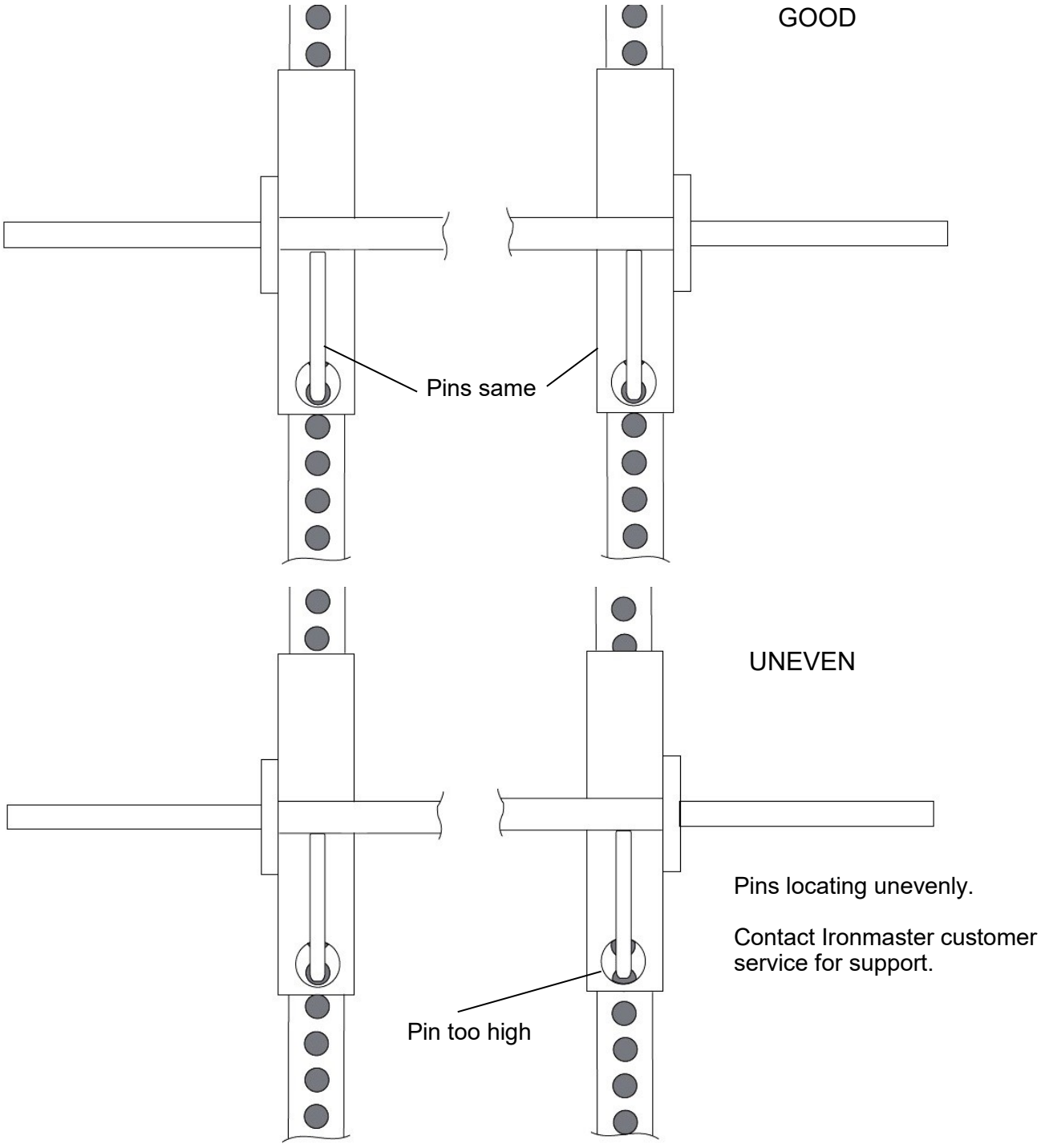
The cable system has threaded connectors in two places on each side. USE A/B threaded CABLE CONNECTORS to fine tune the completed assembly. They should be threaded in about half way to start and then slowly unscrewed until the top weight stack plate can set down fully and the selector pin can easily be inserted into any of the plate holes. Start by adjusting the A cable end on the dual pulley housing. If you need further adjustment, then adjust the B cable end. Make small changes back and forth. Once you have the left and right sides operating smoothly and with the desired slack, hold the head of the cable threaded bolt and tighten the lock nut. **There should be minimal cable slack but also not too much slack. You will always need some slack to avoid difficulty inserting the selector pin.**

You may need to make minor adjustments after some useto take up some slack because of the cables becoming more flexible from moving over the pulleys under load.

LIFTING BAR ALIGNMENT CHECK

The lifting bar may not lock out into the slide rail holes evenly after initial assembly or after use. It may be necessary to adjust the LIFTING BAR to ensure proper lockout pin insertion. **The lockout pins must enter the holes on the** SLIDE RAILS **at the same point**. To check this, stand inside the frame and hold the lifting bar evenly with two hands. The bar can tilt slightly if lifted unevenly so be sure to have a balanced grip. If you push more on one side of the bar than the other some variance is normal. Space your handle evenly and push or lift the bar while rotating the sleeve to engage the pins and check they are fairly even.
Rotate the lifting bar sleeve and check how the lockout pins enter the holes. **If one pin enters the** SLIDE RAIL **hole higher than the other side by 1/8" or more, the LIFTING BAR will need to be adjusted**.

Refer to the illustrations below and contact Ironmaster Customer Service regarding lifting bar adjustment at home should adjustment be required.

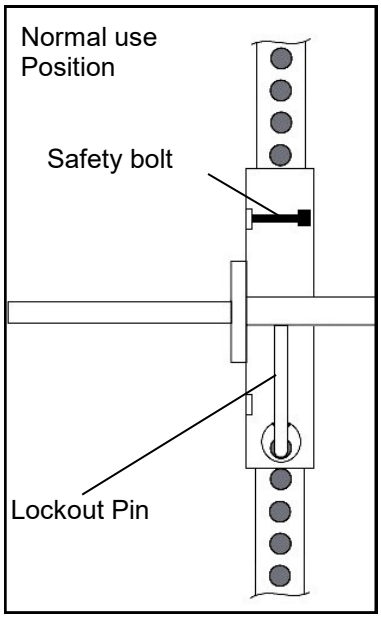


OPERATIONAL/SAFETY/MAINTAINANCE NOTES

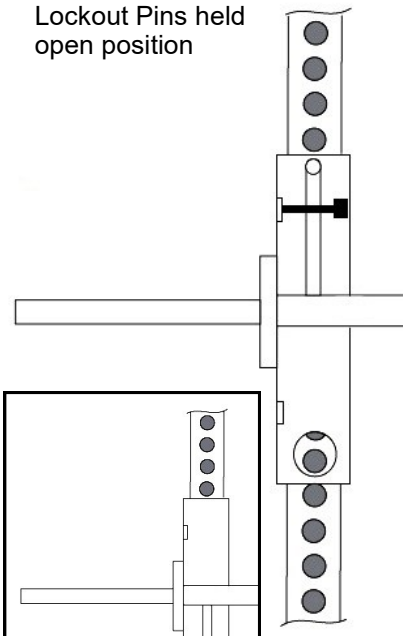
During normal use, the LIFTING BAR lock out pins will be in the downward position with the safety bolt in the storage position above.

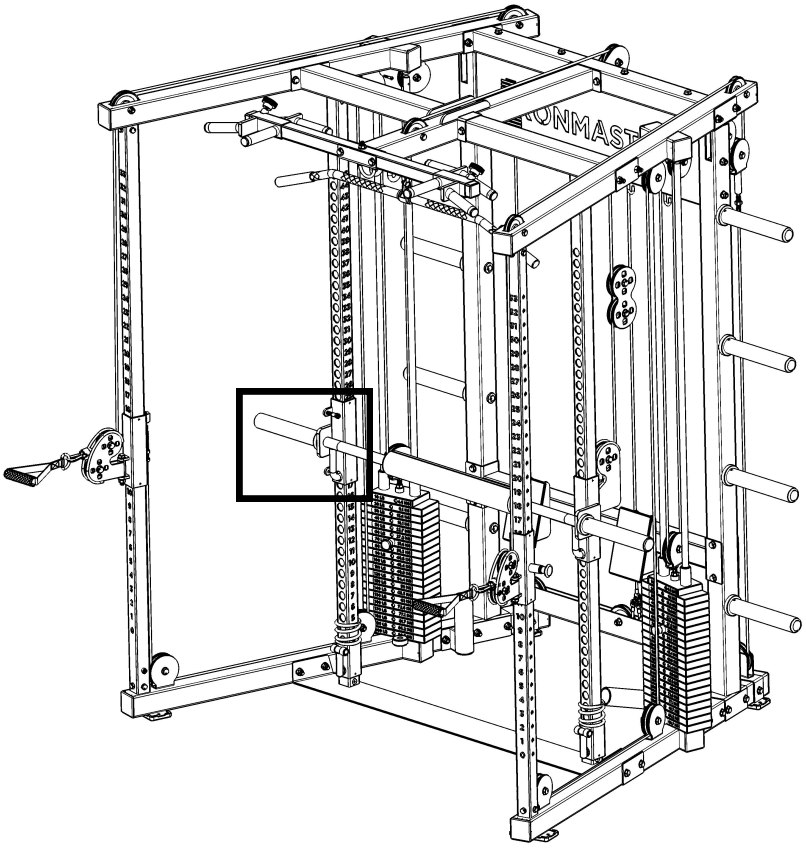
Turn the bar slightly outward with slight wrist movement to disengage the Lock out Pins and allow the LIFTING BAR to slide freely up and down the SLIDE RAILS.

Once exercise is completed, rotate bar inward once more to re-engage the Lock out Pins and if finished , remove the Safety bolt and install it in the lower position, thereby locking the Lock out Pin into the Slide rail.



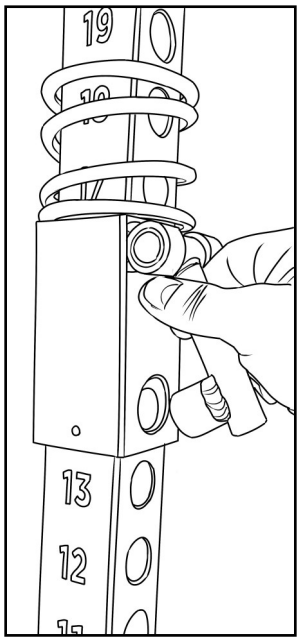
The LIFTING BAR lockout pins can be set in the upward “held open” position with the SAFETY BOLT in the storage position above locking the LIFTING BAR into the free sliding position. This is helpful for leg presses or other specialty movements.





The LIFTING BAR lockout pins can be set in the downward “locked” position with the SAFETY BOLT in the storage position below locking the LIFTING BAR to keep the bar from moving. This is helpful using the bar as a hold down for lat pulls or any other movements where you do not want the bar to unhook.

OPERATIONAL/SAFETY/MAINTAINANCE NOTES Cont.



Keep hands and fingers clear of the slide rails when the lifting bar is in use.

The SAFETY CATCHES should always be used when performing squats or leg press exercises or any time you can't control the lifting bar with your hands. Be sure to test the stops and make sure they are both at the same level before exercising with weight.

Set the stops at a position that will be possible to escape from under the LIFTING BAR in the event of an emergency. Test before adding barbell weights.

Store the SAFETY CATCHES all the way down to the base when not in use.

- The LIFTING BAR weighs about 32 lbs/14.5 kgs empty. Use this number as your starting weight to calculate the total bar weight.
- Bar collars are not needed on the LIFTING BAR or plate storage positions but may be used if desired.
- If using weight plates smaller than Olympic size (50mm/ 2") the Olympic Sleeve adapters may be removed.

Regular Maintenance

Silicone lubricant spray may be applied as needed on the lifting bar slide rails, front pulley rails and weight stack guide rods. Typical home use only requires lubrication once every few months. Use only plain pure silicone without additives such as Teflon or oils. A small bottle of silicone is included with the new unit that will be enough for a few applications. Apply with a clean cloth on all rail surfaces. A spray can silicone lubricant is recommended and available at most automotive or hardware supply stores. Use only pure silicone lubricant without any Teflon or oil additives.

Check frame bolts and nuts for tightness once a year (or more often with heavy use).

Check cables for coating wear, fraying or kinking. Cables should be replaced if signs of damage or within 10 years of normal home use.

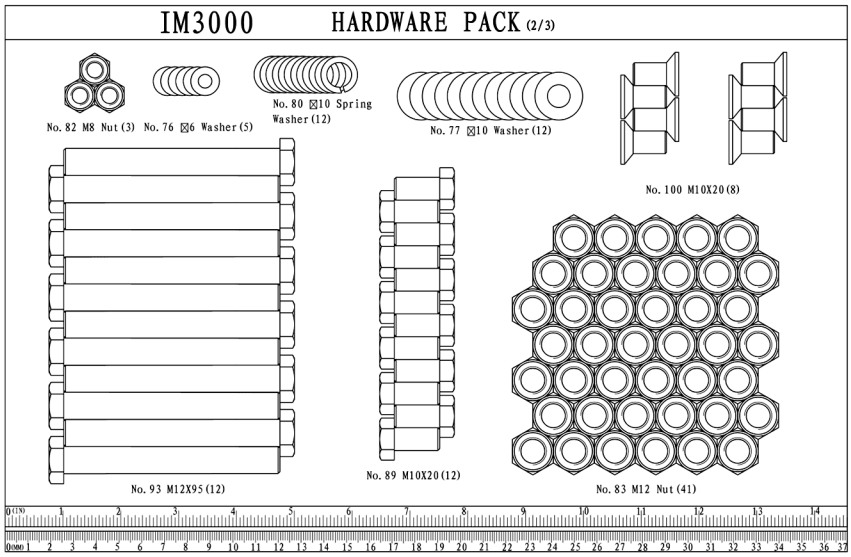
For customer service, contact your local distributor or:
Ironmaster LLC,14562 167th Ave SE Monroe, WA 98272 USA
Web site: www.ironmaster.com Email: support@ironmaster.com Tel: 800-533-3339 or 1-360-217-7780

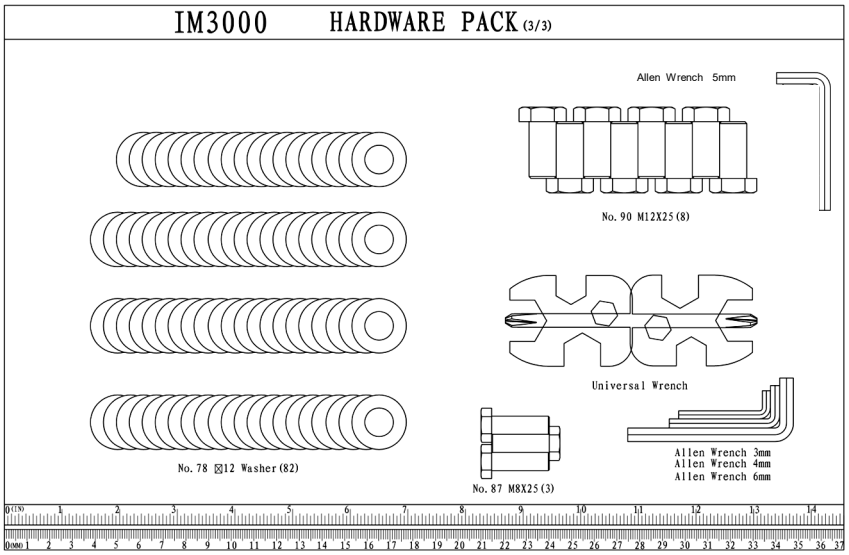
Warranty Information:
Ironmaster warrants to the original purchaser that this Home Fitness Product will be free from defects in workmanship and materials for a specific period from date of purchase based on the part type listed below. During the warranty period, Ironmaster will either repair or replace, at its option, defective part(s) at no charge. Warranty covers in home use only.
1 year for normal wear items such as rubber, upholstered parts and surface finishes.
10 years for frame and structural components.
Shipping costs are not included in the warranty and some items may need to be sent to Ironmaster for repair or replacement. Installation of any parts and labor involved is not included. The warranties described above shall be the sole and exclusive remedy available to the purchaser. Correction of defects, in the manner and for the period of time described above, shall constitute complete fulfillment of all liabilities and responsibilities of Ironmaster to the purchaser with respect to the product, and shall constitute full satisfaction of all claims, whether based on contract, negligence, strict liability or otherwise. In no event shall Ironmaster be liable or in any other way responsible for damages or defects in the product which were caused by repairs or attempted repairs performed by anyone other than Ironmaster or Authorized service Contractor. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear of the product purchased. Nor shall Ironmaster be liable or in any way responsible for any incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damage, so the above exclusion may not apply to you.

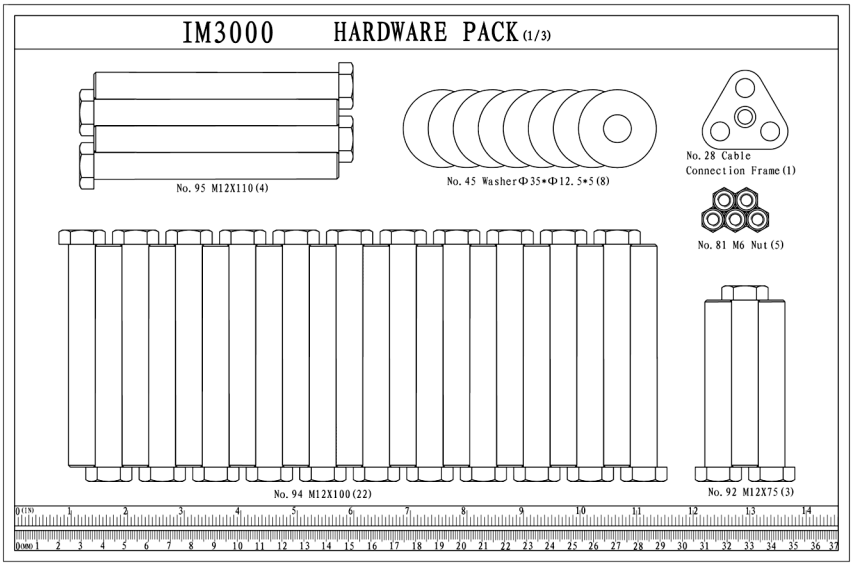
IM3000 Troubleshooting Guide

Lifting bar will not easily lock into slide rail holes	Check the alignment step in the manual and contact support if adjust is necessary.
Machine frame seems to wobble during heavy pressing	Check the frame bolts to be sure they are tight. Some frame movement is normal and unavoidable with heavy bar use. There are holes in the footplates for bolting to the floor if desired but this is completely optional.
Lifting bar does not slide smoothly	It is important to use plain silicone lubricant. *Do not use WD-40 or other oil based lubricant.* Clean off the slide rail with a dry clean cloth before applying silicone spray to remove any buildup. You may use a little rubbing alcohol to clean off residue only if dry cloth does not work. The lifting bar plastic bushings will last many years with normal use. Contact Ironmaster Customer Service for support if there is still a problem with the slide bushings or rails.
Cables comes off the pulley wheels	Be careful to thread the cables over the pulley wheels and check they are in the pulley grooves before beginning the exercise. Lighten the weight stack and reposition the cables if necessary. In some cases, a pulley must be unbolted and removed before repositioning the cable.
Cable coating is stripped or damaged	If the cables are accidentally damaged, discontinue use and order replacement cables. If any fraying or crimp or cable ends look deformed discontinue use and replace. If spring clips do not operate smoothly discontinue use and replace.
Slide Rail is scratched or damaged	Small scratches in the surface of the slide rails are normal from use and will not adversely affect the performance. The locking pins will often cause some scratches in the center front and this is normal. If there are large area scratches or scraped that may be caused by lifting bar bushing failure, discontinue use and contact customer service. If the locking holes become deformed and cause interference with the lifting bar action, contact Ironmaster Customer Service for support.

IM3000 HARDWARE PACKS







IM3000 MASTER PARTS LIST

Part Number	Description	Material	QTY
1	Left base frame	Steel, black paint	1
2	Right base frame	Steel, black paint	1
3	Foot plate	Steel, black paint	1
4	Rear pulley frame	Steel, black paint	1
5	Left rear upright frame	Steel, black paint	1
6	Right rear upright frame	Steel, black paint	1
7	Horizontal cross frame	Steel, black paint	1
8	Left top frame	Steel, black paint	1
9	Right top frame	Steel, black paint	1
10	Rear cross frame	Steel, black paint	1
11	Upper main frame	Steel, black paint	1
12	Upper cross frame	Steel, black paint	1
13	Lifting Bar Assembly	Steel, chrome	1
14	Safety Stop Assembly	Steel, chrome	2
15	Barbell holder	Steel, black paint	1
16	Landmine Assembly	Steel, black paint	1
19	Dual pulley Assembly Right	Steel, chrome	1
20	Dual pulley Assembly Left	Steel, chrome	1
22	Left Pull Up Handle Grip	Steel, chrome	1
23	Right Pull Up Handle Grip	Steel, chrome	1
24	Logo Panel Hook	Steel, black paint	5
25	Floating Pulley Assy Fame	Steel, black paint	2
26	Counterweight pulley Frame	Steel, black paint	2
27	Olympic Sleeve	Plastic/steel, black	8
28	Cable connection frame, 3 point	Steel, black paint	1
29	Select pin (preinstalled in 19 &20)	Steel/aluminum , black/red	2
31	Front Cable	Steel, black nylon coating	2
32	Back Cable	Steel, black nylon coating	1
33	Connecting Cable	Steel, black nylon coating	2
34	Upper Cable	Steel, black nylon coating	1
35	Right Front Upright Tube	SS201, black paint	1
36	Left Front Upright Tube	SS201, black paint	1

Part Number	Description	Material	QTY
37	Left Side Rail	SS201, black paint	1
38	Right Slide Rail	SS201, black paint	1
39	Pull-up Cross Tube	SS201, silver	1
40	Guide Rod Tube for weight stack	SS201, silver	4
41	Logo Panel	Steel, black paint	1
42	Idler Pulley Assembly	Steel, black paint	2
43	Cable guard (preinstalled)	Steel, black paint	3
44	Connection Plate	Steel, black paint	4
45	Flat Thick Washer 12mm x 35	Steel, black	8
46	Lat pull Handle	Steel, chrome	1
47	Separator (preinstalled)	Steel, black	10
48	Steel Cable Separator (preinstalled)	Steel, black	2
49	Spring for Slide Rail	Steel, zinc	2
50	Pulley, 89mm	Aluminum, red	4
51	Pulley, 108mm	Aluminum, red	27
54	Top Weight Stack Plate Assy	Steel, Chrome	2
55	10LBS Weight Stack Plate (numbered)	Steel, black	38
56	Weight Stack Center Pin (preinstalled in 54)	Stel, chrome	2
57	Magnetic strip (preinstalled)	Magnet	4
59	Slide bushing (preinstalled)	Plastic, black HDPE	10
60	Selector pin, weight stack	Aluminum/Steel	2
64	Foot Pad (preinstalled on 1 & 2)	PVC	4
65	Background Panel (preinstalled on 41)	Mylar, red and silver	1
67	Φ32 tube plug (preinstalled)	PE	8
68	Φ48 tube plug (preinstalled)	PE	10
69	F45 tube plug (preinstalled)	PE	2
70	F75 tube plug (preinstalled)	PE	16
71	Rubber Bumper (preinstalled on 27)	Rubber, black	10
72	Rubber Bumper, Weight Stack	Rubber, black	4
74	D Handle	Aluminum/nylon, silver/red	2
75	Barbell Pad	Nylon covered foam	1
76	Flat washer M6	Steel, black	5
77	Flat washer M10	Steel, black	12
78	Flat washer M12 (some preinstalled)	Steel, black	138

Part Number	Description	Material	QTY
79	Flat washer	Steel, black	3
80	Spring Washer M10	Steel, black	12
81	Nut M6	Steel, black	5
82	Nut M8	Steel, black	4
83	Nut M12 (some preinstalled)	Steel, black	74
84	Thin nut (preinstalled)	Steel, black	2
85	Nut (preinstalled)	Steel, black	1
86	Nut (preinstalled)	Steel, black	1
87	Hex bolt M8 x 25	Steel, black	3
88	Hex bolt (preinstalled)	Steel, black	1
89	Hex bolt M10 x 20	Steel, black	12
90	Hex bolt M12 x 25	Steel, black	8
91	Hex bolt M12 (preinstalled)	Steel, black	26
92	Hex bolt M12 x 75	Steel, black	3
93	Hex bolt M12 x 95	Steel, black	17
94	Hex bolt M12 x 100	Steel, black	24
95	Hex bolt M12 x 110	Steel, black	4
96	Hex bolt (preinstalled)	Steel, black	1
97	Allen head bolt (preinstalled)	Steel, black	4
98	Allen head bolt (preinstalled)	Steel, black	4
99	Allen head bolt (preinstalled)	Steel, black	1
100	Allen Flat Head Bolt M10 x 20	Steel, black	8
101	Allen pan bolt (preinstalled)	Steel, black	8
102	Set Screw for Oly Sleeves (preinstalled)	Steel, black	10
103	Spring Pin Top Stack Plate (preinstalled)	Steel, zinc	2
104	Spring Clip for cables	Steel, zinc	4
105	tube plug (preinstalled)	Plastic, black	2