

Ironmaster Pec Dec Attachment for IM2000 Assembly and Use Instructions

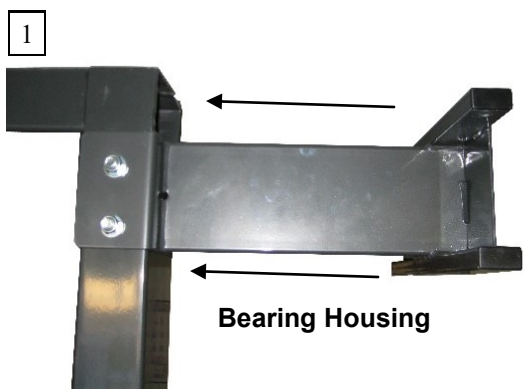


The Pec Dec Attachment is designed to fit on the Ironmaster IM2000 Self Spotting Machine to perform isolation chest flies. This device works the pectoral muscles and provides an even resistance that you cannot duplicate with free weights. It uses the main lifting bar as the weight source in a similar manner to the standard upper pulley cable system. The system capacity is limited by the 350lb cable system rating.

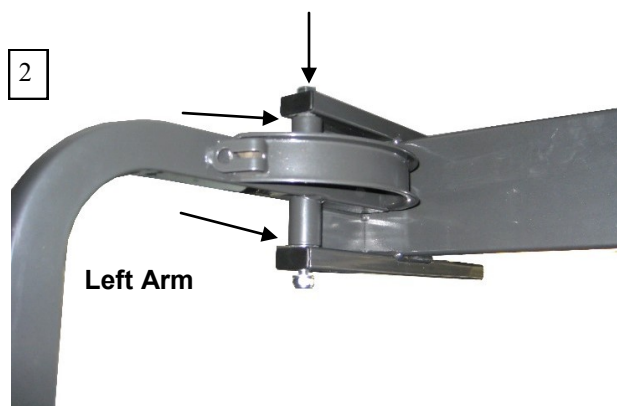
Item List:

- 1 ea. Bearing Housing
- 2 ea. Arms (Left and Right with foam pads)
- 1 ea. Backrest Frame
- 1 ea. Backrest Pad
- 1 ea. Cable with ball ends
- 4 ea. Bearing Flanges (preinstalled in the arms)
- 1 ea. Idler Pulley assembly
- 1 ea. Upper Pulley Cable (with "J" hook)

- 4 ea. M8 bolts
- 4 ea. M8 flat washers
- 2 ea. M10 long bolts
- 2 ea. M10 flat washers
- 2 ea. M10 lock nuts
- 2 ea. M12 lock nuts
- 2 ea. M12 bolts
- 4 ea. M12 flat washers



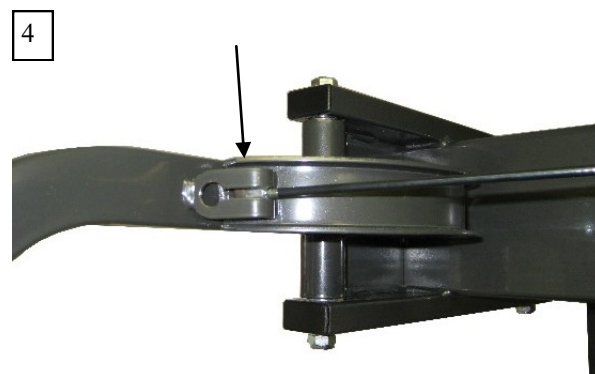
Remove the two long bolts at the top of the main frame. Position the Bearing Housing over the frame and replace the bolts with the two M12 long bolts, washers and lock nuts. Tighten firmly.



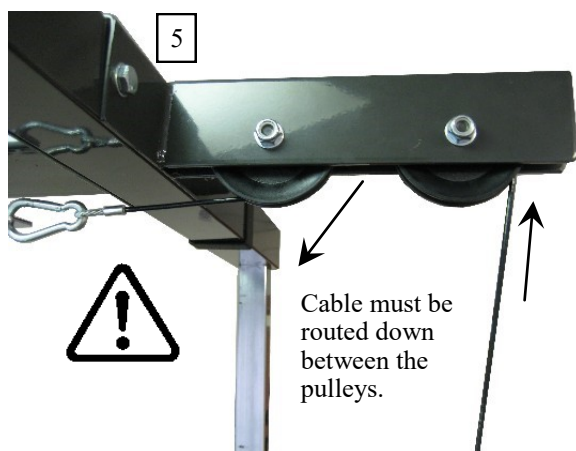
Insert Arm into position inside the Bearing Housing frame. Attach with M10 long bolts, washers and lock nuts. Do not over tighten—the Arms should pivot freely.



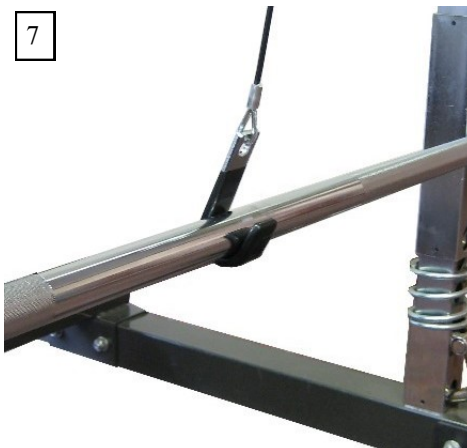
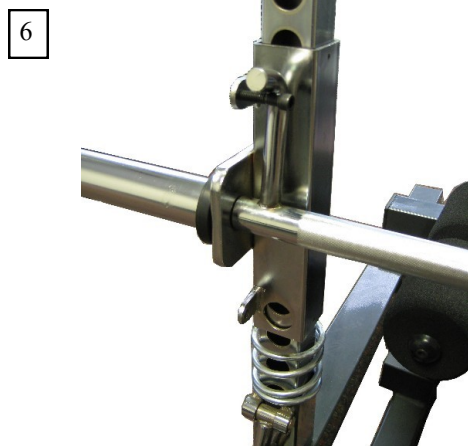
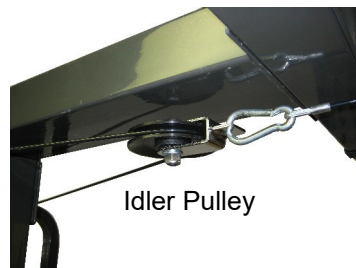
Install the Backrest Frame to the machine frame by removing the two center plate holder bolts on the spine and positioning the frame in place and replacing the bolts. Be sure to set the Backrest Frame so the longer tube is going up. Bolt the Backrest Pad to the Backrest Frame using the four small bolts with washers. *Note: Only the four outer holes are used for this pad.*



Attach cable to one of the Arm channels and thread the Idler Pulley on the cable before connecting to the other Arm.



Remove the original upper pulley cable from the machine by taking off the two upper pulleys. The new included Upper Pulley Cable that does NOT HAVE the black ball stopper will be used for all Upper Pulley work so the cable can be routed through the pulleys. Replace the pulleys and bolts.



To connect the Pec Dec to the cable system, first set up the lifting bar for cable use by securing the lifting bar locking pins in the locked out position with no weight on the bar. Route the cable over the front pulley wheel, down between the center of both wheels then connect the carabineer clip on the end of the cable to the hole on the idler pulley. Hook the big "J" hook on the center of the lifting bar. Raise the lifting bar to reach the J hook. Refer to photo 8 on last page for complete hook up.

Load up the desired weight on the lifting bar and stand with your back resting against at a comfortable height and rotate the Pec Dec arms evenly together using your forearms and enjoy your workout!

Note: You can leave the Pec Dec Cable connected to the Arms and let it hang down in front of the spine tube or you can disconnect it from the Arms when not in use.

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.

