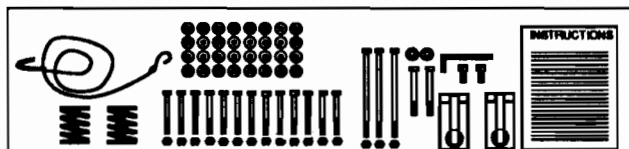
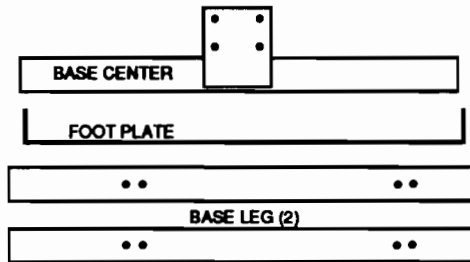


Congratulations on your purchase of the Ironmaster. The next few pages will aid you in assembling your machine. Only tools that are required are two adjustable wrenches. The first thing that you want to do is to unpack all of your boxes and make sure that you have received all of your parts. The part list below will help you in this. If you are missing anything or if anything is damaged call Spartan Mfg. right away and we will be happy to help you out. Once again thank you for your purchase and enjoy your Ironmaster knowing you have bought the best home gym on the market.



BOLT BOX

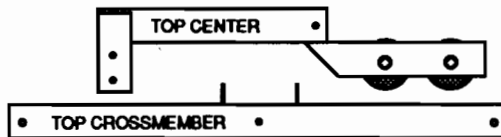
FASTENERS	1/2" X 4" BOLT (2)	SPRINGS (2)
3/8" X 4" BOLT (13)	1/2" X 1" ALLEN BOLT (2)	SAFETY STOPS (2)
3/8" X 7 1/2" BOLT (3)	1/2" WASHER (2)	LAT CABLE
3/8" NUT (12)	ALLEN WRENCH	INSTRUCTIONS
3/8" WASHER (28)		



BASE CENTER

FOOT PLATE

BASE LEG (2)




TOP CENTER

TOP CROSSMEMBER



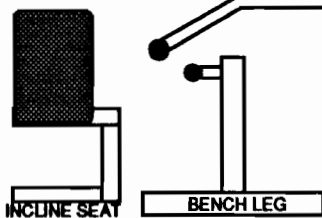
LIFTING BAR



LAT BAR

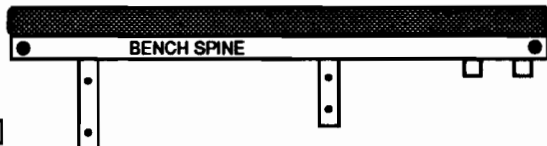


WEIGHT STATIONS (3)

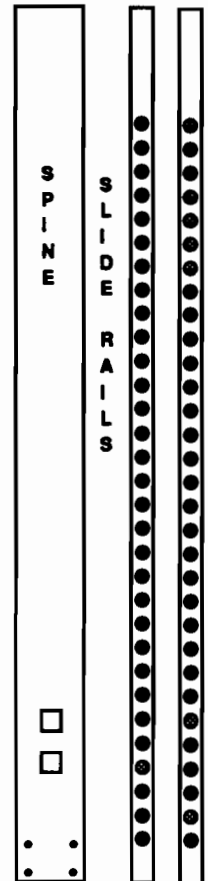


INCLINE SEAT

BENCH LEG



BENCH SPINE

SPINE

SLIDE RAILS

Please fill out and mail the the Warranty card on the right. The Ironmaster comes with a five year warranty covering all structural parts. The cable coating, upholstery and paint are not covered. Please write down any comments or suggestions as we are always trying to improve are product.

WARRANTY CARD

Name: _____

Invoice#: _____

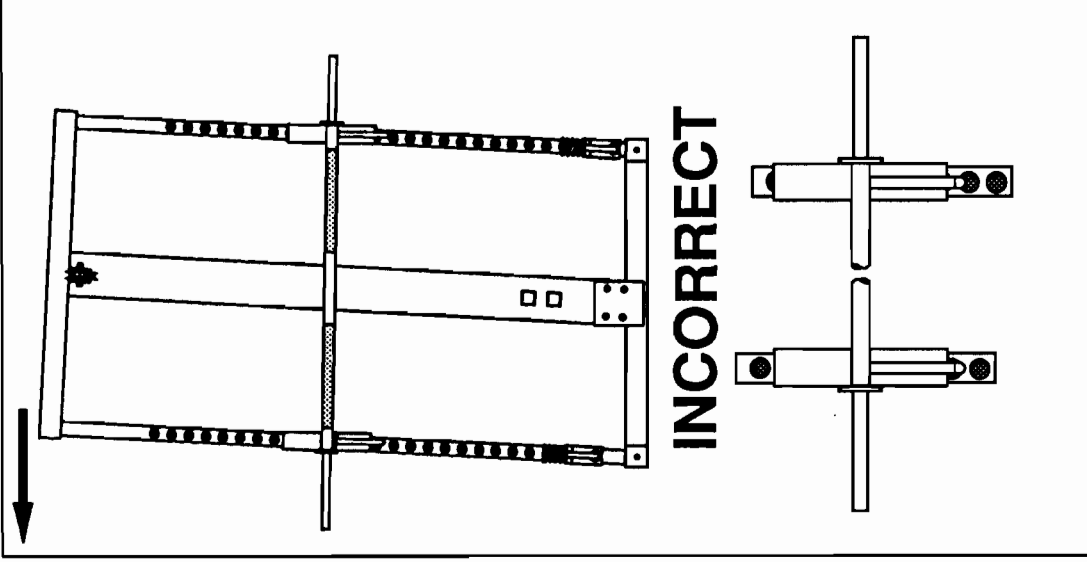
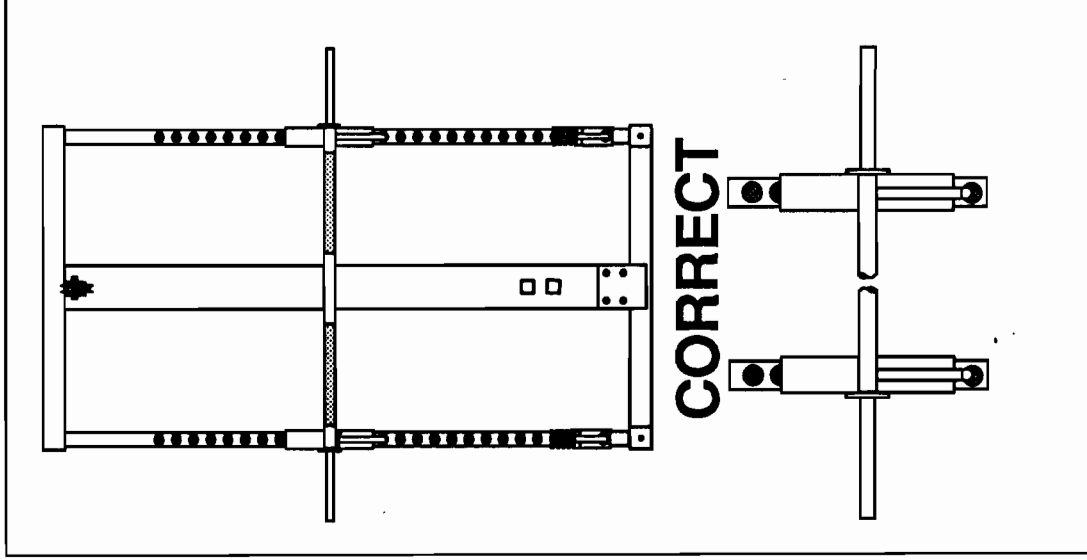
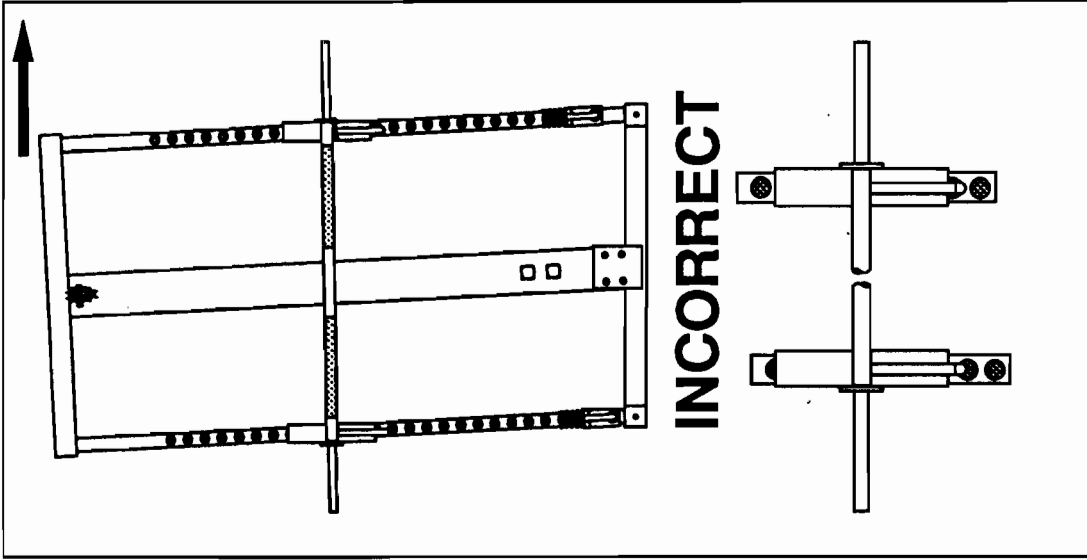
Date Purchased: _____

Where Purchased: _____

Which Ironmaster do you have? IM1000 IM700C IM700P IM400

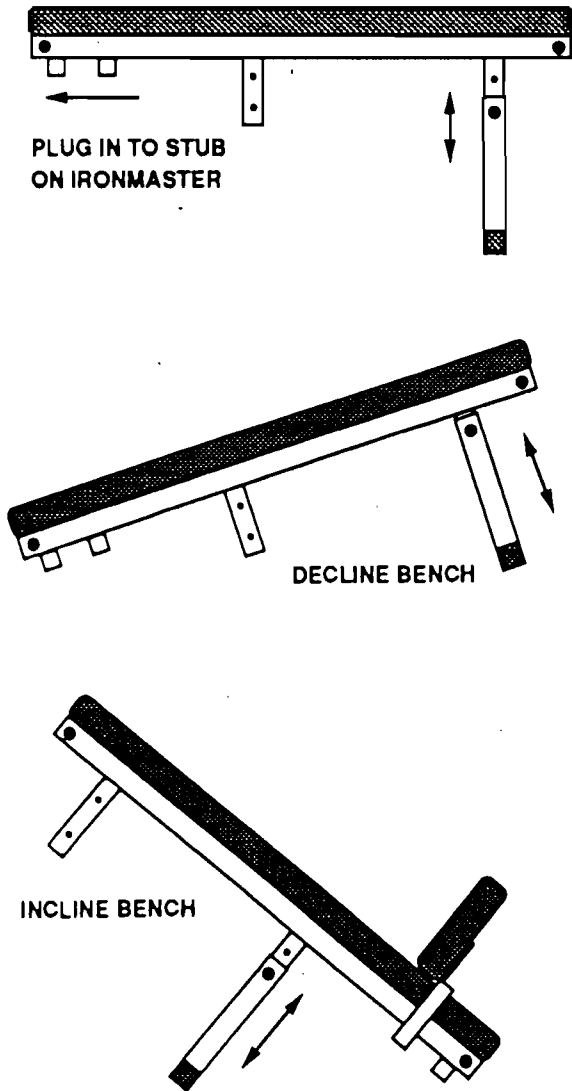
Comments or Suggestions:

HOW TO LINE UP THE IRONMASTER

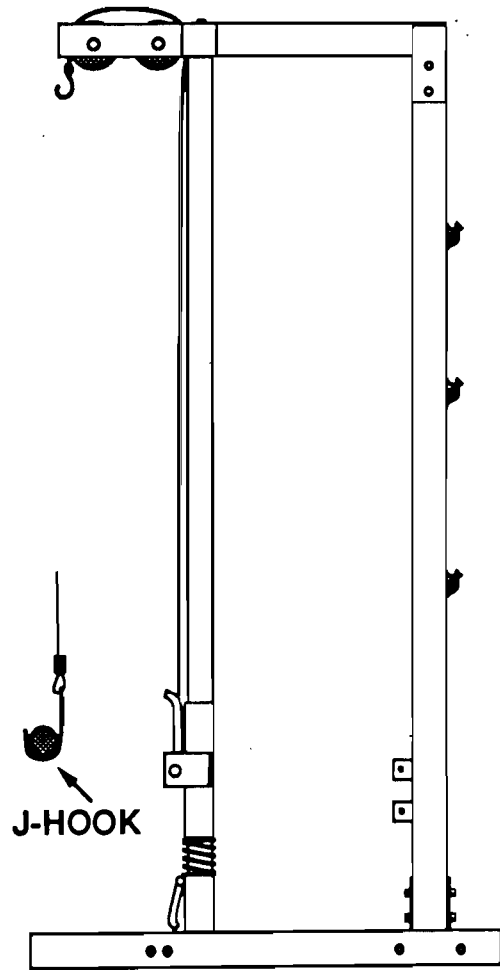


The Ironmaster Lifting Bar will bind if the machine is not aligned correctly during assembly. It will be necessary for you to line up the machine to ensure proper tracking. The lock out pins on the Ironmaster Lifting Bar **MUST** enter the holes on the slide rails a the same point!! If they do not you must align your machine. Refer to the illustration above. Which ever way your machine is out of alignment, tweak the machine in the direction of the arrow. Each time you push on the frame, check for alignment of the pins. Once the machine is lined properly tighten all remaining bolts. It may be necessary to have someone hold the machine in place while the bolts are being tightened. If you have any problems with this step, please call Spartan Mfg. and someone will be happy to assist you. (408) 988-8182.

BENCH POSITIONS

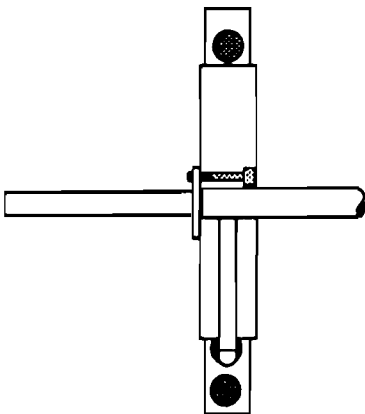


LAT CABLE ROUTING

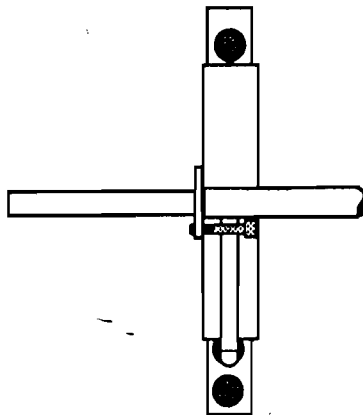


Place Lock Out Pins in the cable position. Hook J-hook on to bar, route cable from behind the back pulley, over the top of both, and then down in front of the front pulley. Attach Lat Bar.

NORMAL USE



LOCK BAR DOWN



CABLE USE

