

NOTE:
Please read all instructions
carefully before using this
product

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Model
EVE-890

Retain This
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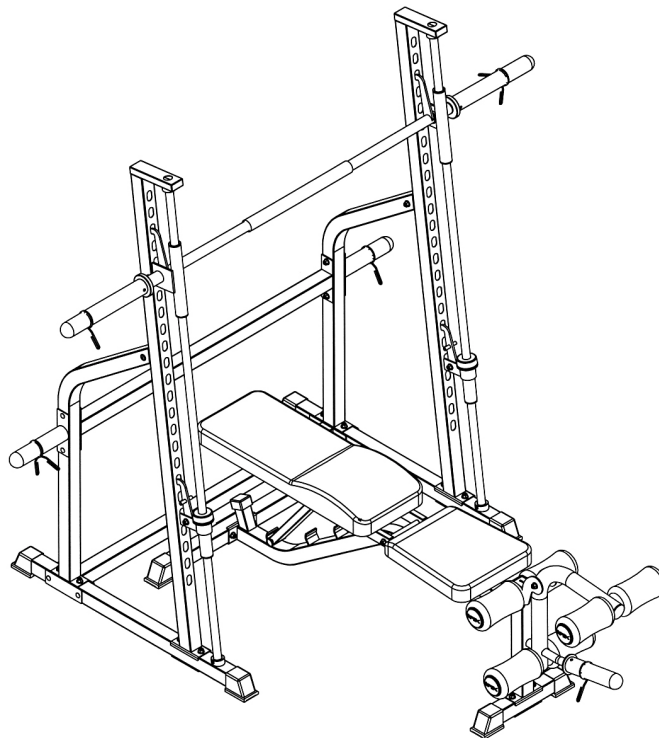
08-16-05

**OWNER'S
MANUAL**

EVERLAST[®]

Choice of Champions[®]

EVERLAST SMITH BENCH EVE-890



Made under license from trademark owner Everlast Worldwide
Inc., New York.

IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the EVERLAST Smith Machine EVE-890 by IMPEX INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

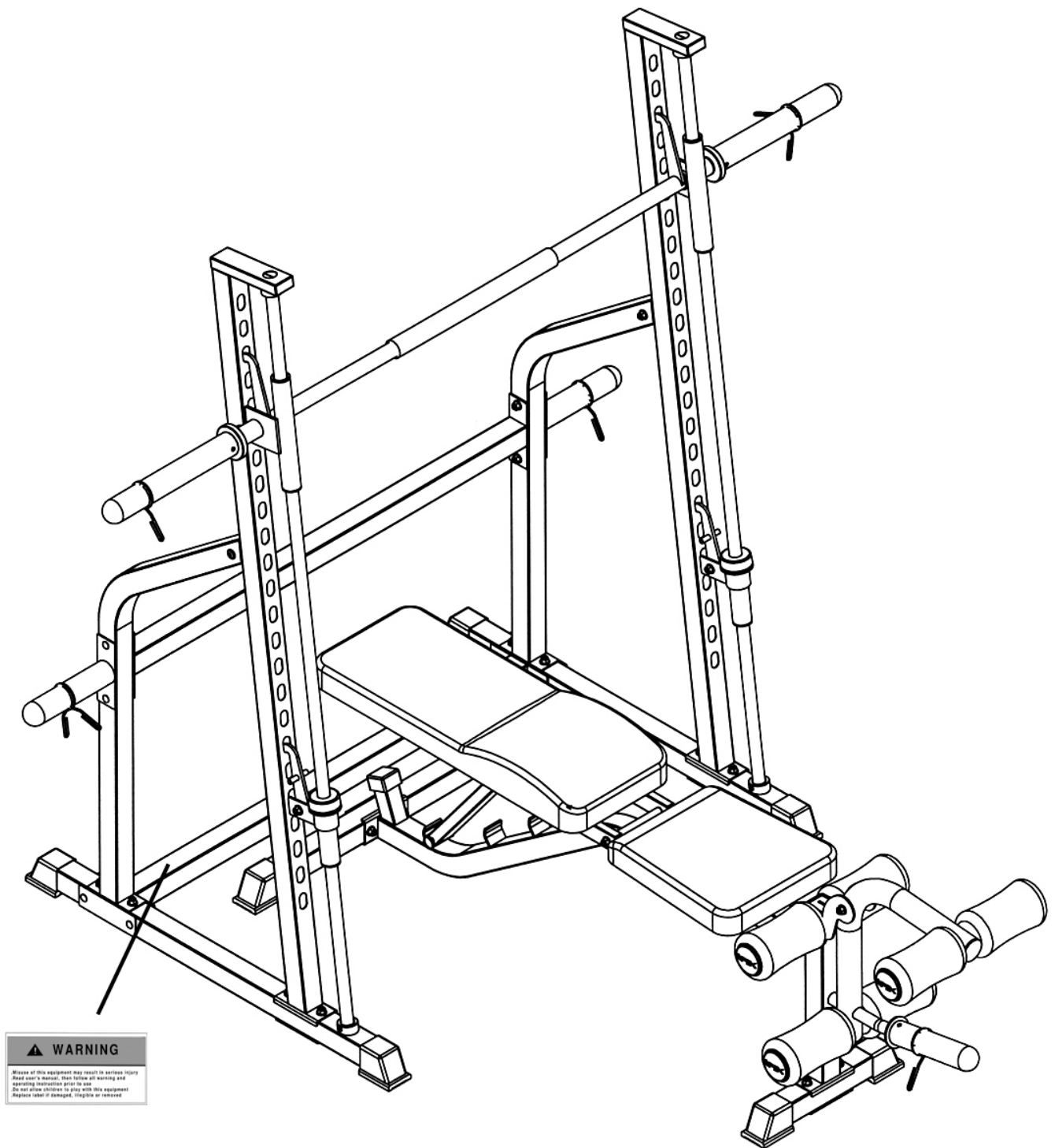
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

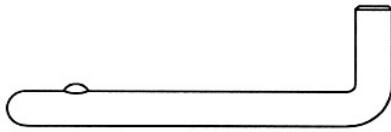
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

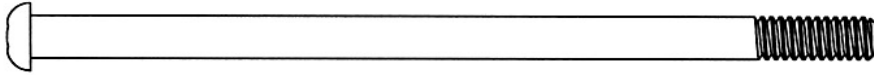


The warning label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacement. Apply the label in the location shown.

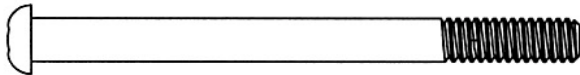
HARDWARE PACK



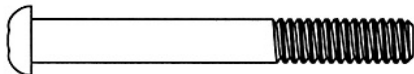
#41 L-shaped Pin (Qty 1)



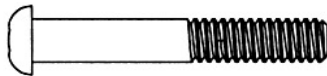
#47 M10 x 7 $\frac{1}{4}$ " Allen Bolt (Qty 2)



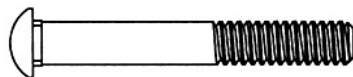
#48 M10 x 4 $\frac{3}{4}$ " Allen Bolt (Qty 1)



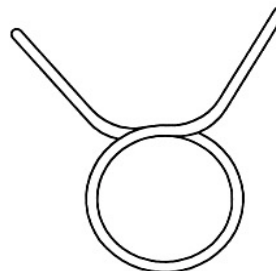
#52 M10 x 3 $\frac{1}{8}$ " Allen Bolt (Qty 1)



#19 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 2)



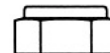
#18 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 20)



#29 Spring Clip (Qty 5)



#50 M6 x 2 $\frac{1}{8}$ " Hex Bolt (Qty 4)



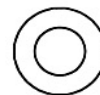
#17 M10 Aircraft Nut (Qty 28)



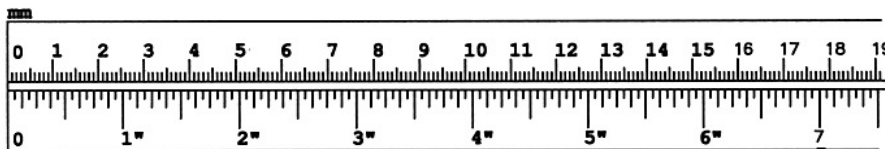
#53 M6 x $\frac{5}{8}$ " Hex Bolt (Qty 4)



#49 \varnothing $\frac{1}{2}$ " Washer (Qty 8)



#14 \varnothing $\frac{3}{4}$ " Washer (Qty 36)

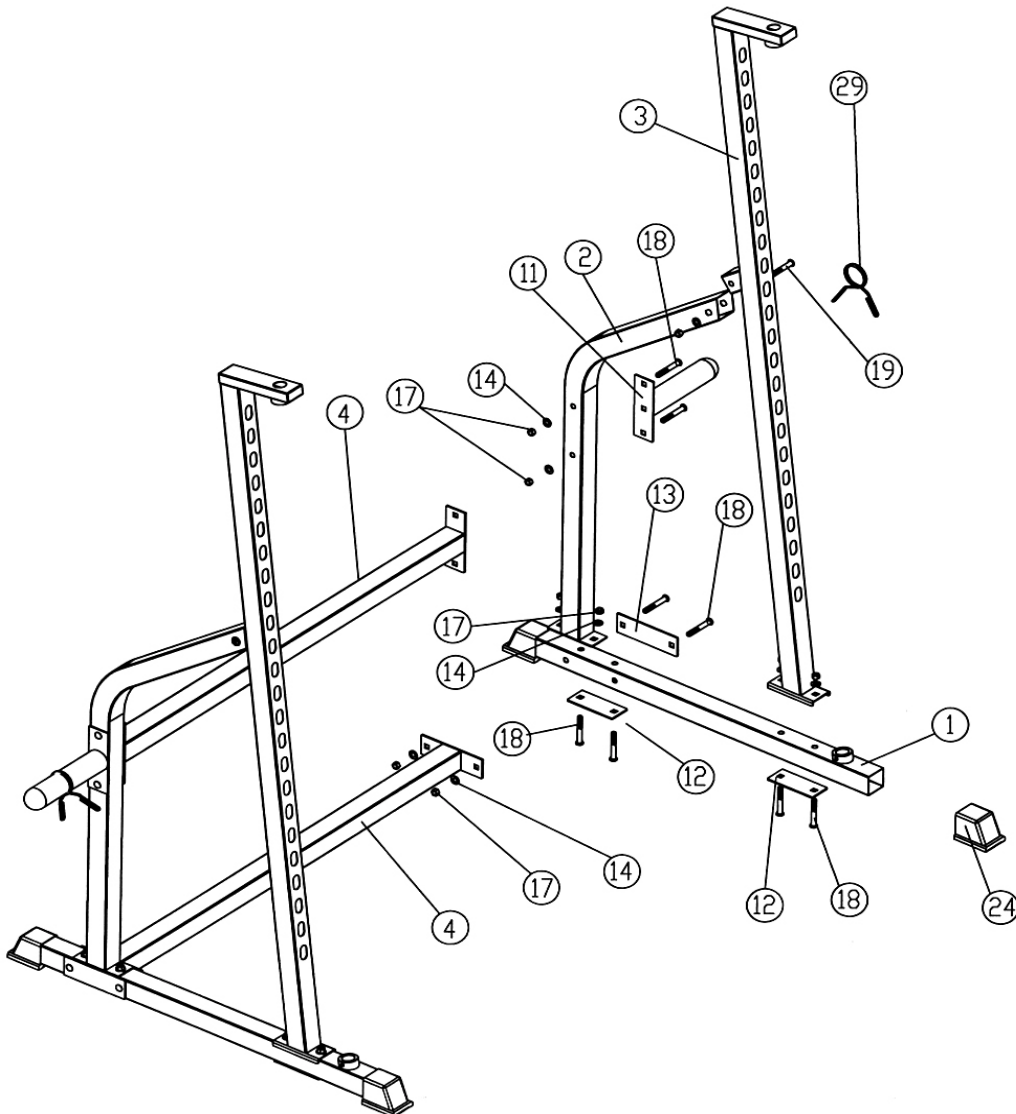


ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

STEP 1 (See Diagram 1)

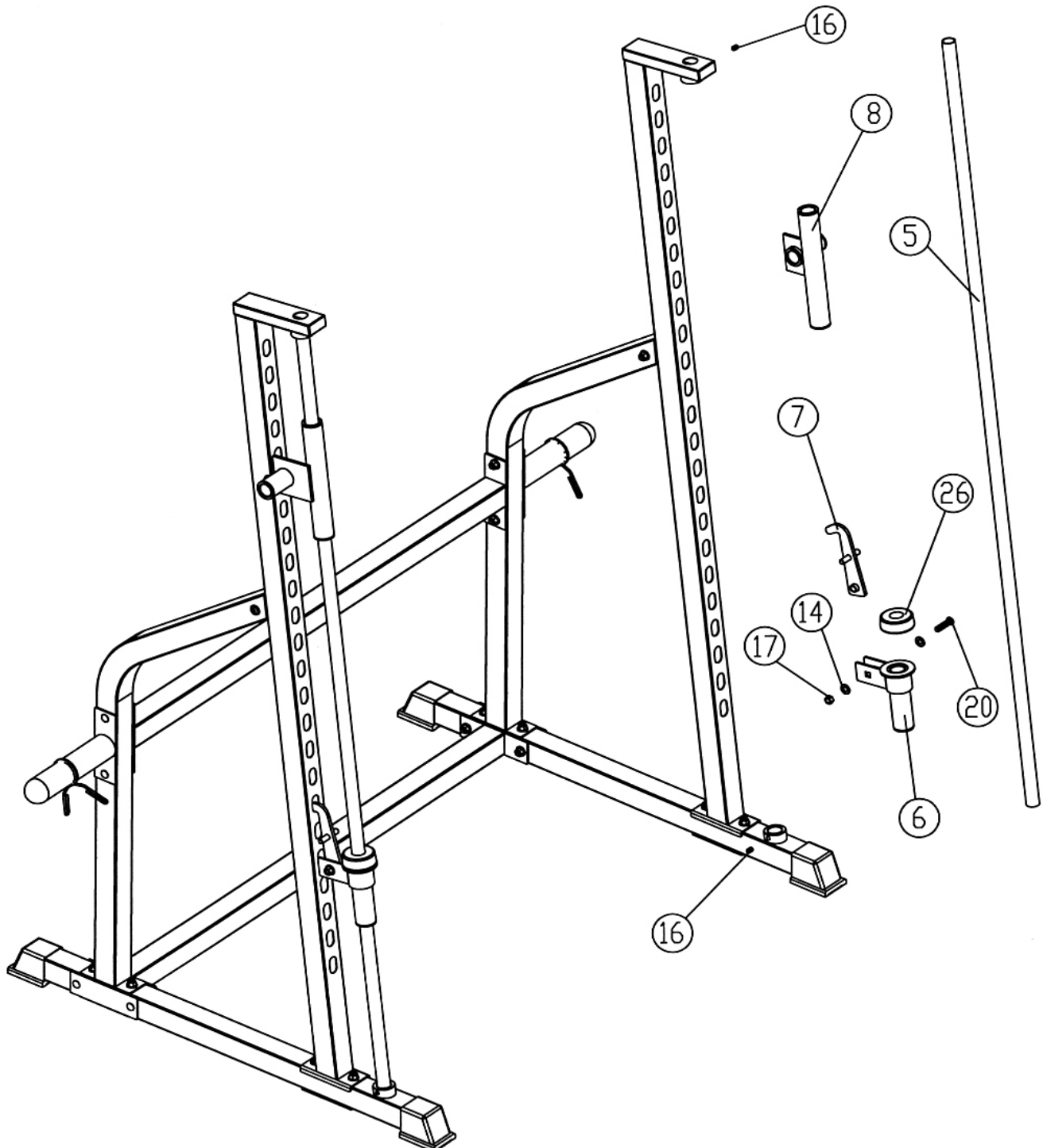
- A.) Note: Do not tighten the nuts and bolts until instructed to do so.
- B.) Plug four 2" Stabilizer End Caps (#24) onto the end of the two Stabilizers (#1).
- C.) Connect the two Stabilizers (#1) by a Cross Brace (#4) in the mid-span. Align the holes and secure each end with one 6 1/4" x 2" Bracket (#13), two M10 x 2 3/4" Carriage Bolts (#18), two Ø 3/4" Washers (#14), and two M10 Aircraft Nuts (#17).
- D.) Place an Upright Beam (#3) onto a Stabilizer. Secure it with one 4 3/4" x 2" Bracket (#12), two M10 x 2 3/4" Carriage Bolts (#18), two Ø 3/4" Washers (#14), and two M10 Aircraft Nuts (#17). Repeat the same step to install the other Upright Beam.
- E.) Attach a Rear Support (#2) to a Stabilizer and an Upright Beam. Secure the Support to the Stabilizer with one 4 3/4" x 2" Bracket (#12), two M10 x 2 3/4" Carriage Bolts (#18), two Ø 3/4" Washers (#14), and two M10 Aircraft Nuts (#17). Secure the Support to the Upright Beam with one M10 x 2 1/2" Allen Bolt (#19), two Ø 3/4" Washers (#14), and one M10 Aircraft Nut (#17). Repeat the same step to install the other side.
- F.) Place a Cross Brace (#4) in between the two Rear Supports (#2). Secure each end with one Weight Storage Post (#11), two M10 x 2 3/4" Carriage Bolts (#18), two Ø 3/4" Washers (#14), and two M10 Aircraft Nuts (#17). Attach a Spring Clip (#29) to each Weight Post.



STEP 2 (See Diagram 2)

- A.) Slide both a Rubber Bumper (#26) and Safety Stop (#6) onto a Guide Rod (#5).
- B.) Slide a Sliding Bar Catch (#8) onto the Guide Rod.
- C.) Insert the bottom of the Guide Rod into the ring cap on the left Stabilizer. Insert the top of Guide Rod into the ring cap on top of the left Upright Beam. Use the two M8 x 1/2" Allen Screws (#16) on the caps to secure the Guide Rod.
- D.) Attach a Safety Hook (#7) to the bracket on the Safety Stop. Secure it with one M10 x 1 5/8" Allen Bolt (#20), two Ø 3/4" Washers (#14), and one M10 Aircraft Nut (#17).
- E.) Attach the Safety Hook to the selected hole on the Upright Beam to obtain the desired height for safety catch.
- F.) Repeat Steps A, B, C, D and E above to install the other side.
- G.) Securely tighten all nuts and bolts previously installed.

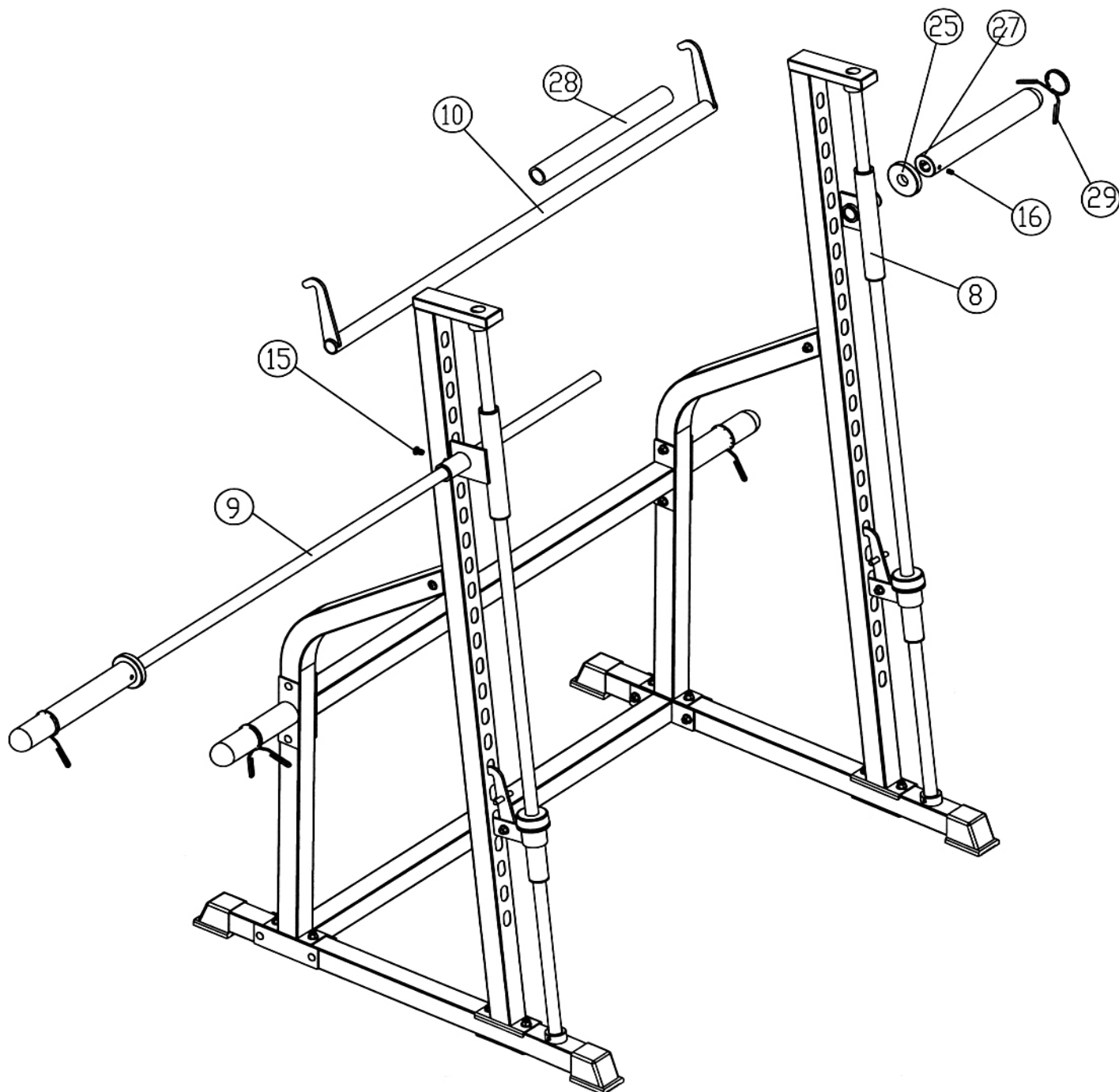
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#10) in between the two Sliding Bar Catches (#8). Align the holes and insert the Weight Bar (#9) into the Bar Catch from one end and through the Lifting Sleeve to the other Bar Catch on the opposite end. Center the Weight Bar and secure it to each Bar Catch with one M10 x 5/8" Allen Bolt (#15).
- B.) Turn the hook on the Lifting Sleeve into the selected holes on the Upright Beams to secure the Weight Bar position.
- C.) Slide a Ø3" Rubber Spacer (#25) onto the Weight Bar. Push one Long Olympic Sleeve (#27) onto the Weight Bar. Secure the Olympic Sleeve with a M8 x 1/2" Allen Screw (#16). Attach a Spring Clip (#29) onto the Sleeve.
- D.) Repeat Step C above to install the other side.
- E.) Attached the Shoulder Pad (#28) to the Lift Sleeve (#10).

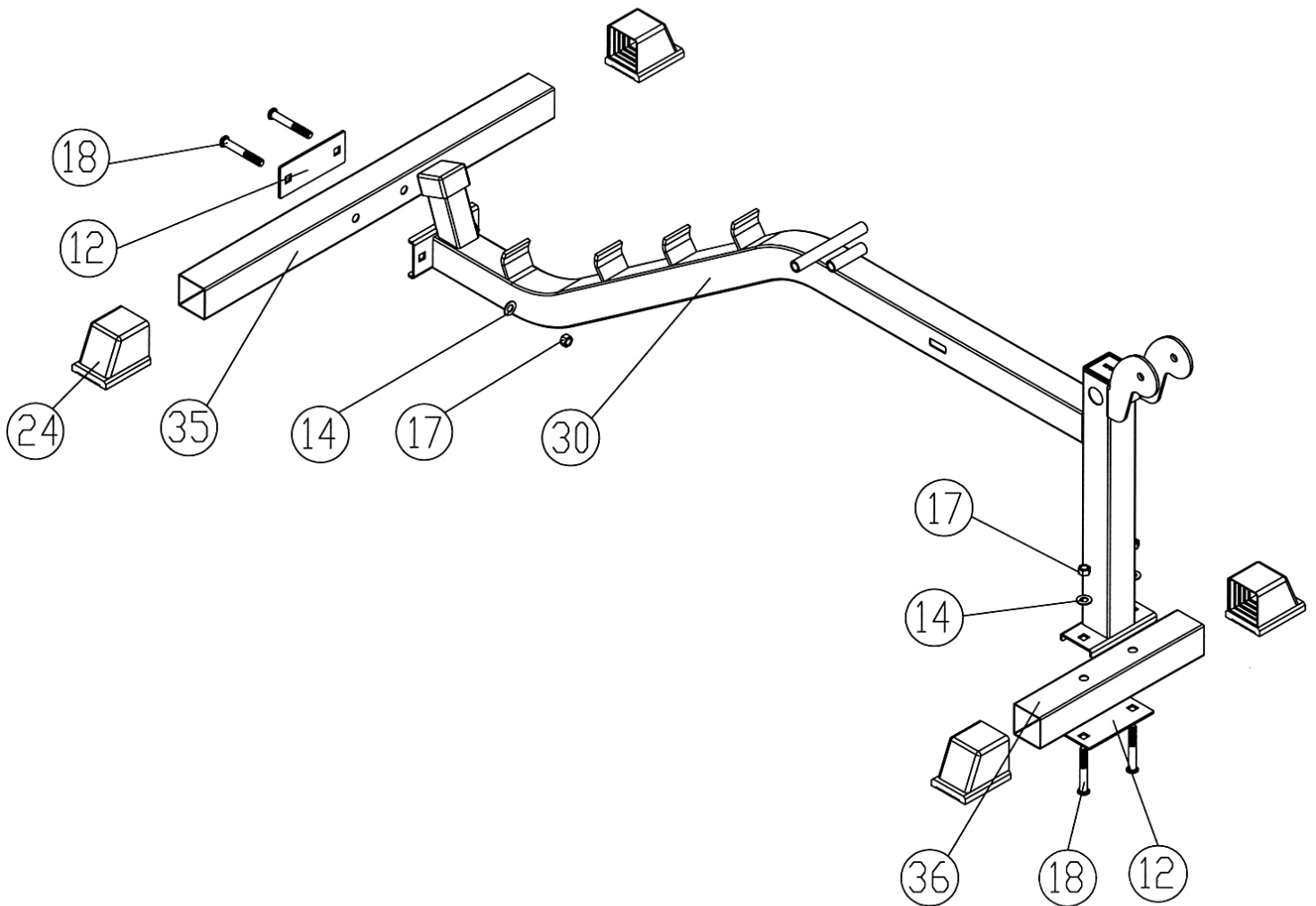
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Plug four Stabilizer End Caps (#24) onto each end of the Front and Rear Stabilizers (#35 & #36).
- B.) Attach the Main Seat Support (#30) to the Rear & Front Stabilizers (#35 & #36).
Secure each end with one 4 3/4" x 2" Bracket (#12), two M10 x 2 3/4" Carriage Bolts (#18), two Ø 3/4" Washers (#14), and two M10 Aircraft Nuts (#17).

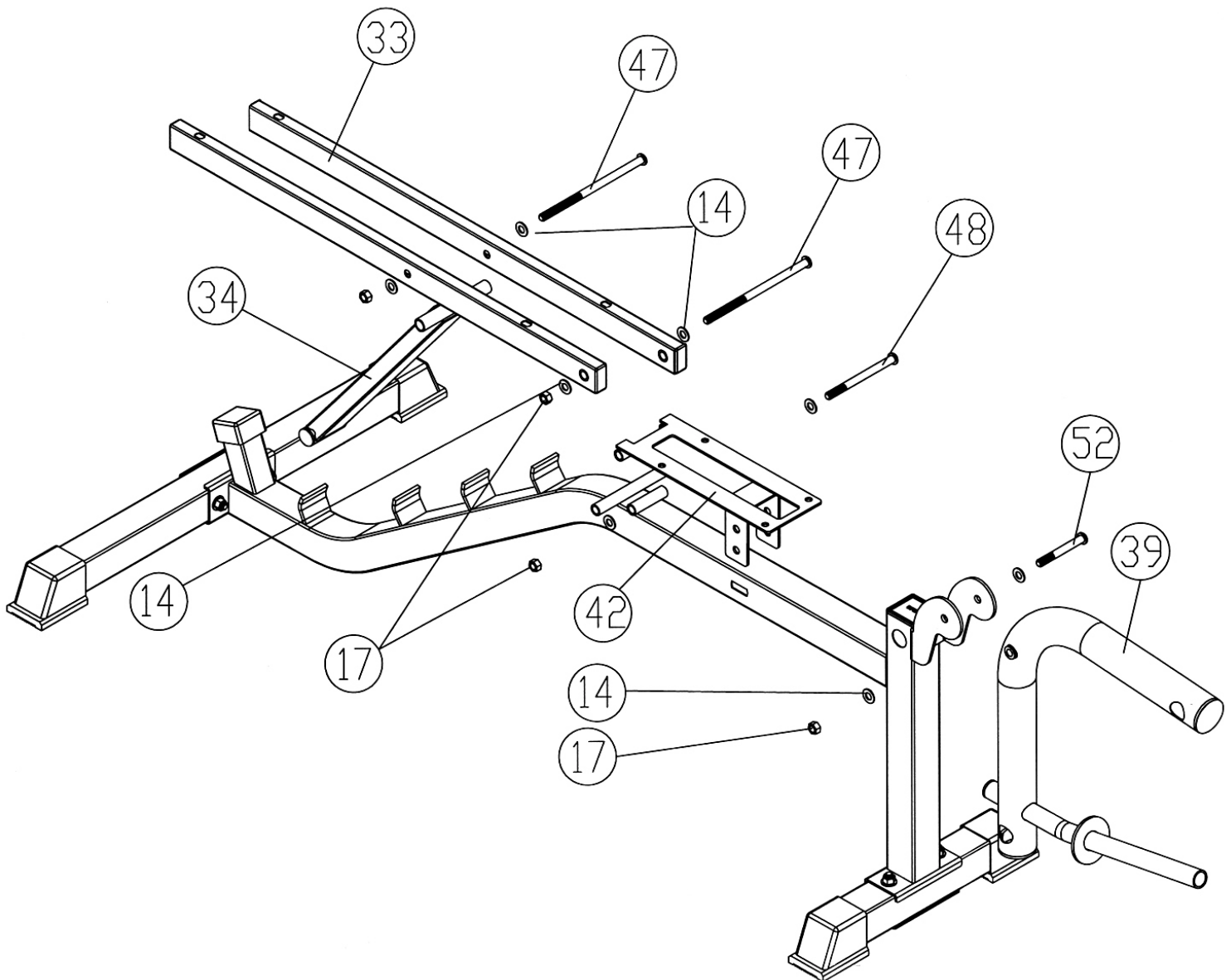
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the side-holes on the Backrest Supports (#33) to the long pivot on the Main Seat Support (#30). Insert one M10 x 7 ¼" Allen Bolt (#47) through the holes and secure it with two Ø ¾" Washers (#14), and one M10 Aircraft Nut (#17).
- B.) Place the Backrest Incline Support (#34) in between the two Backrest Supports (#33). Align the holes and secure it with one M10 x 7 ¼" Allen Bolt (#47), two Ø ¾" Washers (#14), and one M10 Aircraft Nut (#17). Do not tighten the Nuts and Bolts yet. Attach the other end to a selected slot on the Main Seat Support.
- C.) Attach the Seat Incline Support (#42) to the short pivot on the Main Seat Support. Secure it with a M10 x 4 ¾" Allen Bolt (#48), two Ø ¾" Washers (#14), and one M10 Aircraft Nut (#17).
- D.) Attach the Leg Developer (#39) to the open bracket on the Main Seat Support. Secure it with one M10 x 3 1/8" Allen Bolt (#52), two Ø ¾" Washers (#14) and one M10 Aircraft Nut (#17).
- E.) Tighten all Nuts and Bolts previously installed but make sure the Backrest Incline Support, Backrest Support, Seat Incline Support, and Leg Developer are able to swivel on the pivots.

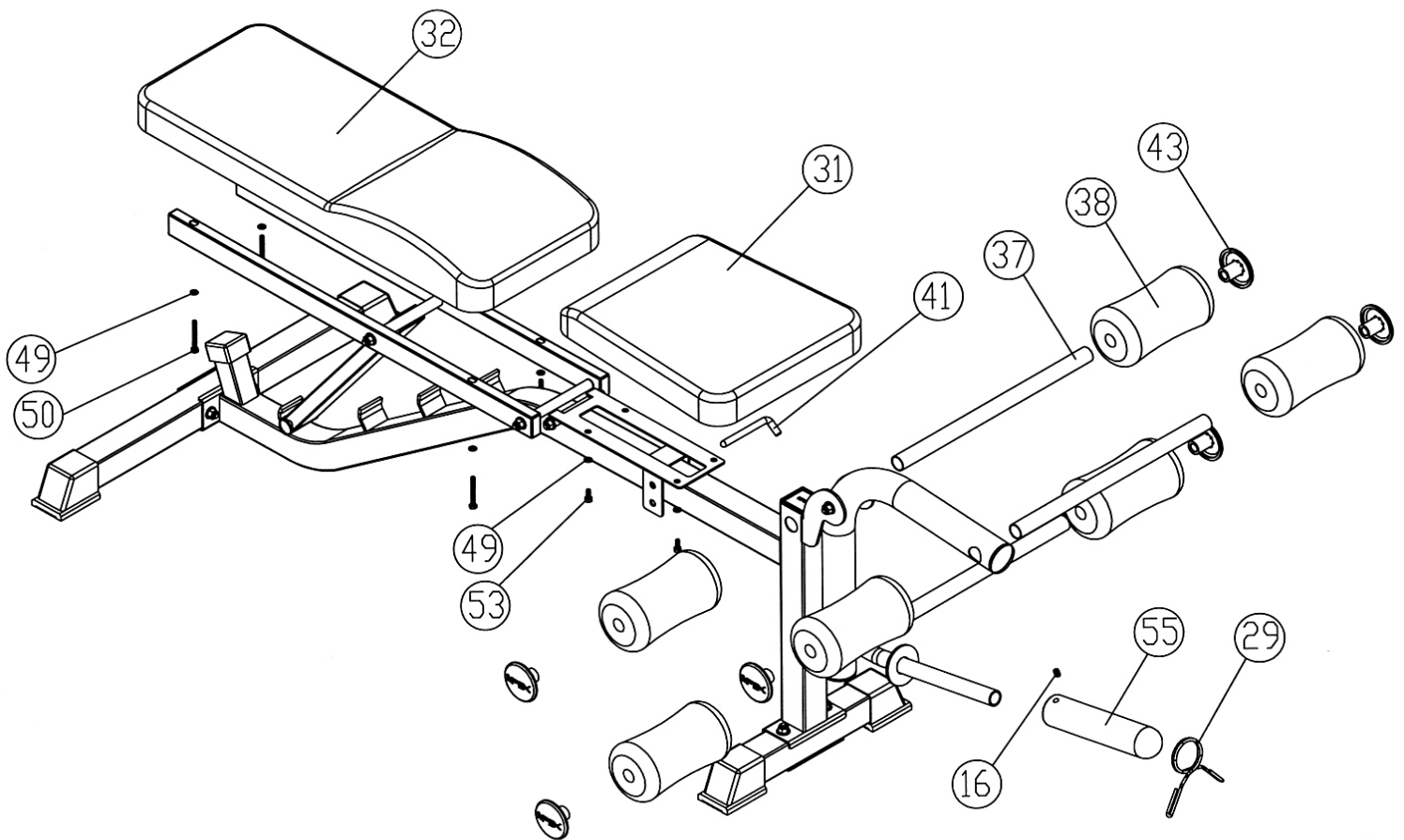
DIAGRAM 5



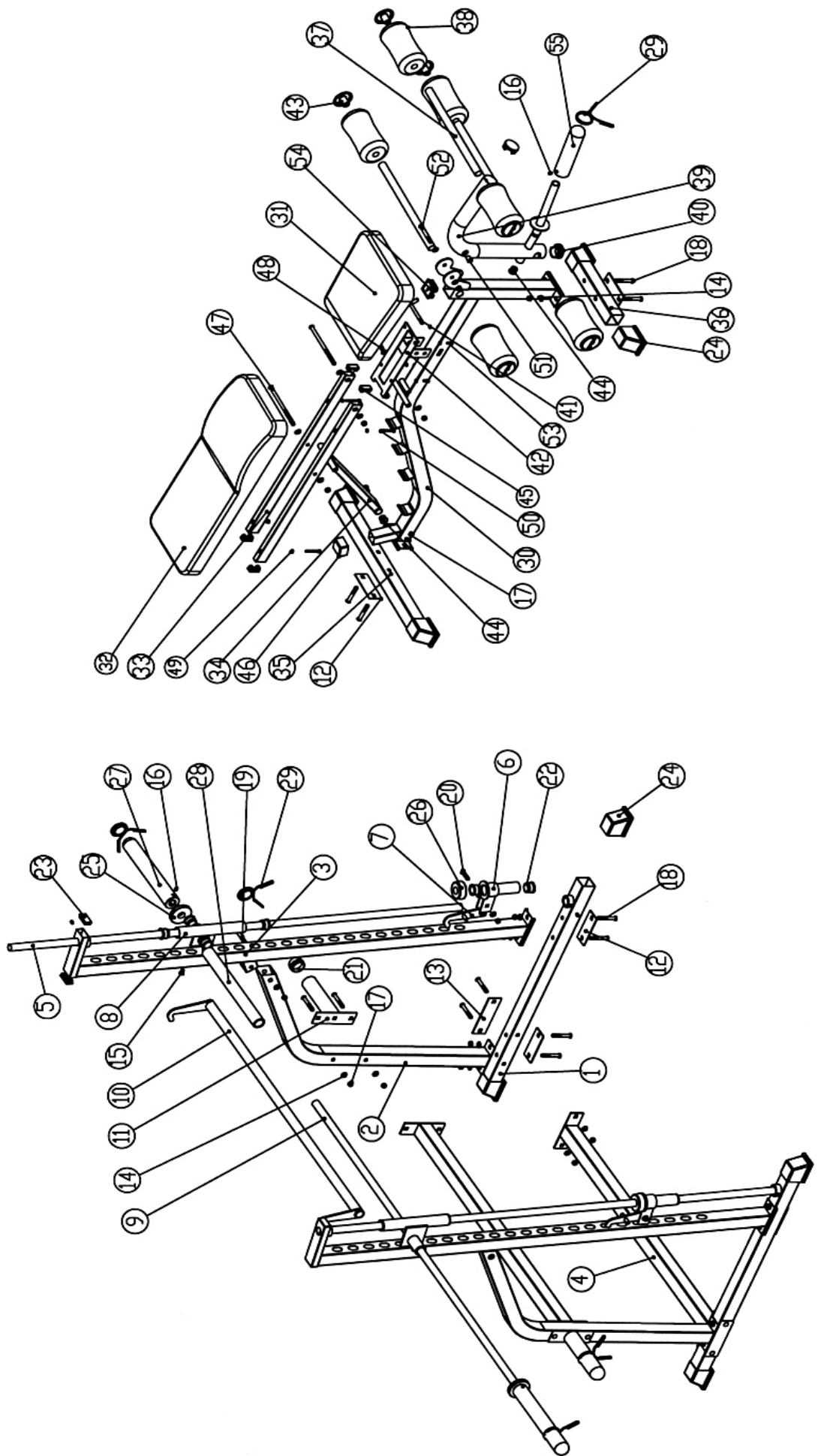
STEP 6 (See Diagram 6)

- A.) Place the Backrest Board (#32) onto the Backrest Supports. Secure it with four M6 x 2 1/8" Hex Bolts (#50) and Ø 1/2" Washers (#49).
- B.) Place the Seat (#34) onto the Seat Incline Support. Secure it with four M6 x 5/8" Hex Bolts (#53) and Ø 1/2" Washers (#49). Insert a L-shaped Pin (#41) to lock the Seat in desired Incline position.
- C.) Insert three Foam Tubes (#37) halfway through the holes on the Leg Developer and the Main Seat Support. Push six Foam Rolls (#38) onto the Tubes from both ends. Plug six Foam Roll End Caps (#43) into the Tubes from each end.
- D.) Attach the Olympic Sleeve (#55) onto the weight post on the Leg Developer. Secure it with the M8 x 1/2" Allen Screw (#16). Attach a Spring Clip (#29) to the Sleeve.

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Stabilizer	2
2	Rear Support	2
3	Upright Beam	2
4	Cross Brace	2
5	Guide Rod	2
6	Safety Stop	2
7	Safety Hook	2
8	Sliding Bar Catch	2
9	Weight Bar	1
10	Lifting Sleeve	1
11	Weight Storage Post	2
12	4 3/4" x 2" Bracket	6
13	6 1/4" x 2" Bracket	2
14	Ø 3/4" Washer	36
15	M10 x 5/8" Allen Bolt	2
16	M8 x 1/2" Allen Screw	7
17	M10 Aircraft Nut	28
18	M10 x 2 3/4" Carriage Bolt	20
19	M10 x 2 1/2" Allen Bolt	2
20	M10 x 1 5/8" Allen Bolt	2
21	Ø 2" End Cap	2
22	Ø 1 1/2" Spacer	12
23	1" x 2" End Cap	4
24	2" Stabilizer End Cap	8
25	Ø 3" Rubber Spacer	2
26	Ø 2 1/2" x 1" Rubber Bumper	2
27	Long Olympic Sleeve	2
28	Shoulder Pad	1
29	Spring Clip	5
30	Main Seat Support	1
31	Seat Pad	1
32	Backrest Board	1
33	Backrest Support	2
34	Backrest Incline Support	1
35	Rear Stabilizer	1
36	Front Stabilizer	1
37	Foam Tube	3
38	Foam Roll	6
39	Leg Developer	1
40	Ø 2" End Cap	2
41	L-shaped Pin	1
42	Seat Incline Support	1
43	Foam Roll End Cap	6
44	Ø 1" End Cap	3
45	3/4" x 1 5/8" End Cap	4
46	1 1/2" Square End Cap	1
47	M10 x 7 1/4" Allen Bolt	2
48	M10 x 4 3/4" Allen Bolt	1
49	Ø 1/2" Washer	8
50	M6 x 2 1/8" Hex Bolt	4
51	Leg Developer Bushing	2
52	M10 x 3 1/8" Allen Bolt	1
53	M6 x 5/8" Hex Bolt	4
54	2" Square End Cap	1
55	Olympic Sleeve	1

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at www.impex-fitness.com

**IMPEX INC.
14777 Don Julian
City of Industry, CA 91746**

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

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3. Part Number
4. Date of Purchase

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