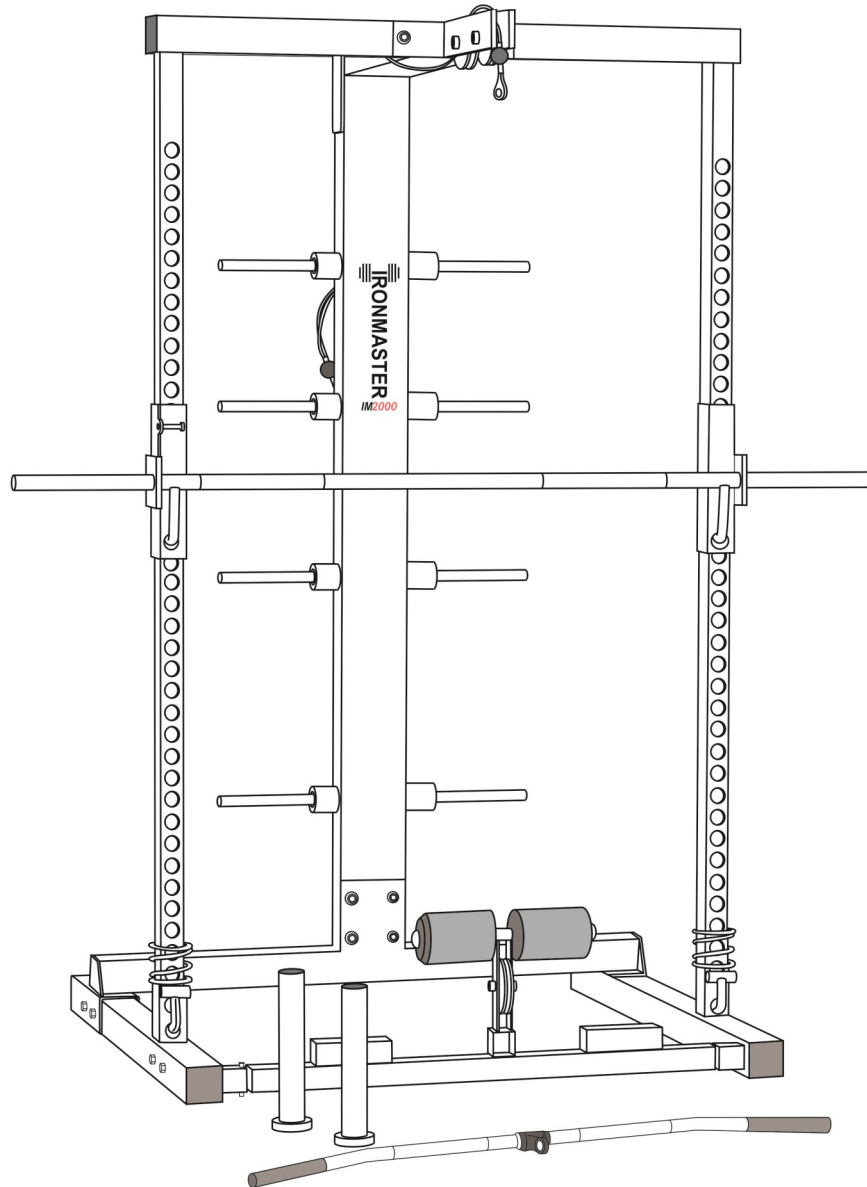


# Assembly & Operating Instructions

## Ironmaster IM2000

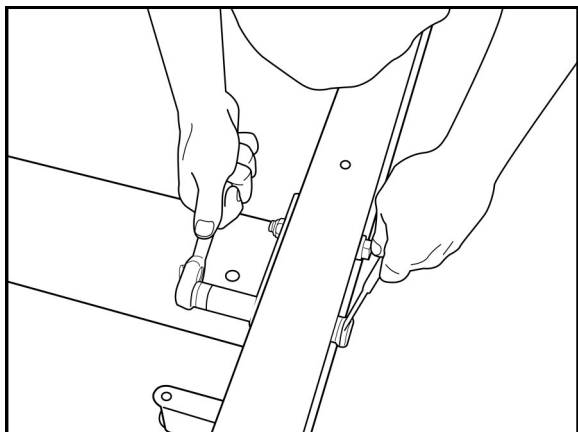
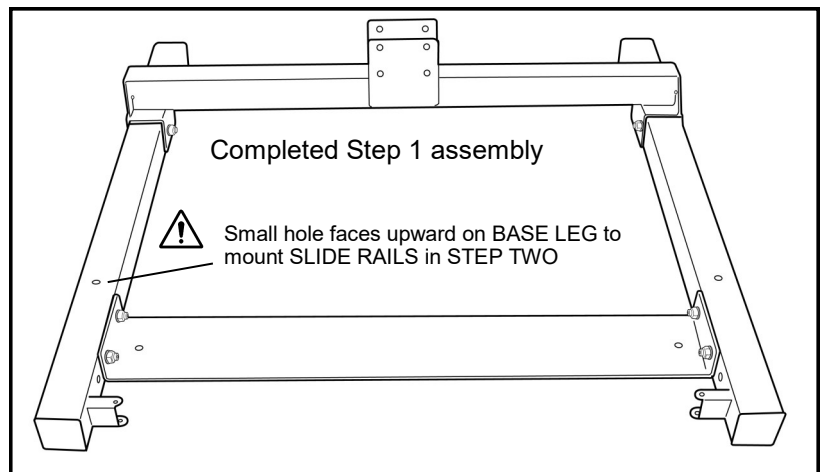
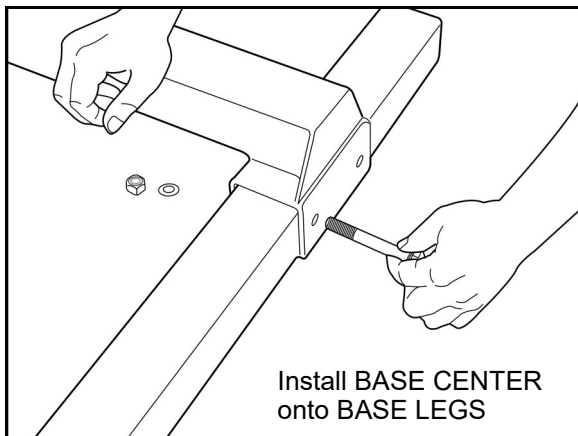
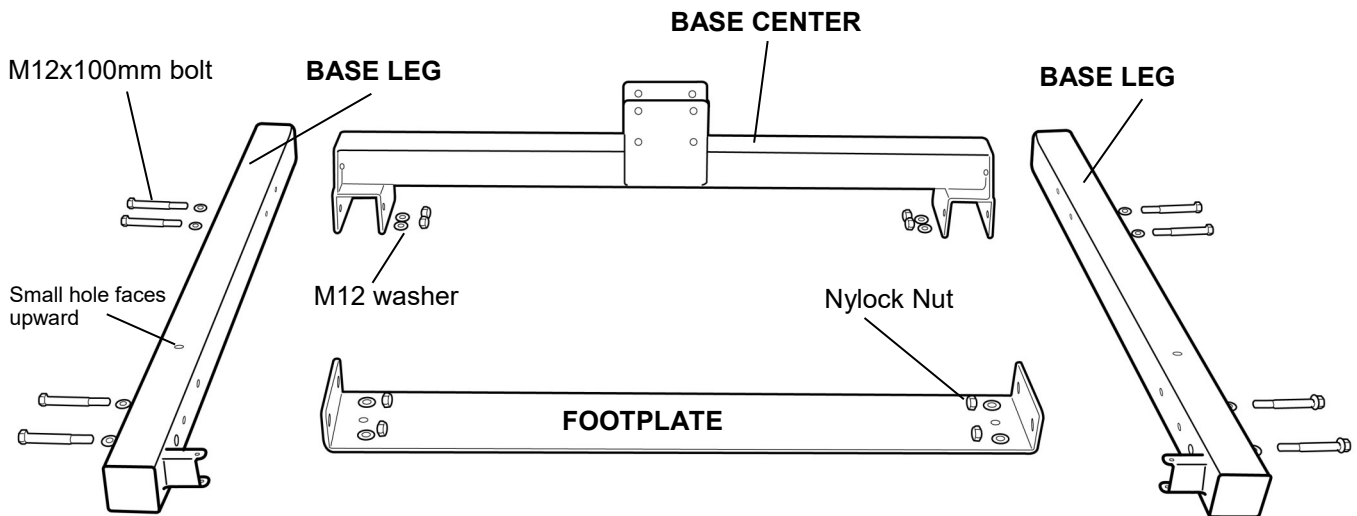
### Assembly and Use Instructions



The IM2000 is a self-spotting weight training system. Built in upper and lower pulleys allow for various cable exercises and the lifting bar can quickly and easily be locked out at many levels for safety without the need for a spotter for lifting and pressing exercises. Secondary safety stops add even more safety if needed. Bar and weight storage bars will hold Standard or Olympic style weight plates. The IM2000 is designed to be used in conjunction with Ironmaster products and attachments, but can accommodate other brands of plates, cable attachments and benches. Weight rating is 1000 lbs/450 KGS for the frame and lifting bar. Cable System is rated for 350 lbs/159 KGS. Ironmaster recommends 2 people for assembly. Refer to this manual or the Ironmaster web site for further details regarding usage of the IM2000 and be sure to understand all safety warning labels. 2 people are recommended for assembly.

First, locate the **HARDWARE KIT**. Make sure to check that all parts are present by referring to the parts list prior to assembly. Should any parts be broken or missing, please contact your nearest Ironmaster dealer or Ironmaster directly using the contact information provided in this manual.

**STEP ONE:** Locate the following parts. L/R BASE LEGS/BASE CENTER/FOOTPLATE. You will also require 8x M12x100bolts/16x M12 Washers and 8x Nylock nuts. Please see illustration for correct orientation prior to assembly.

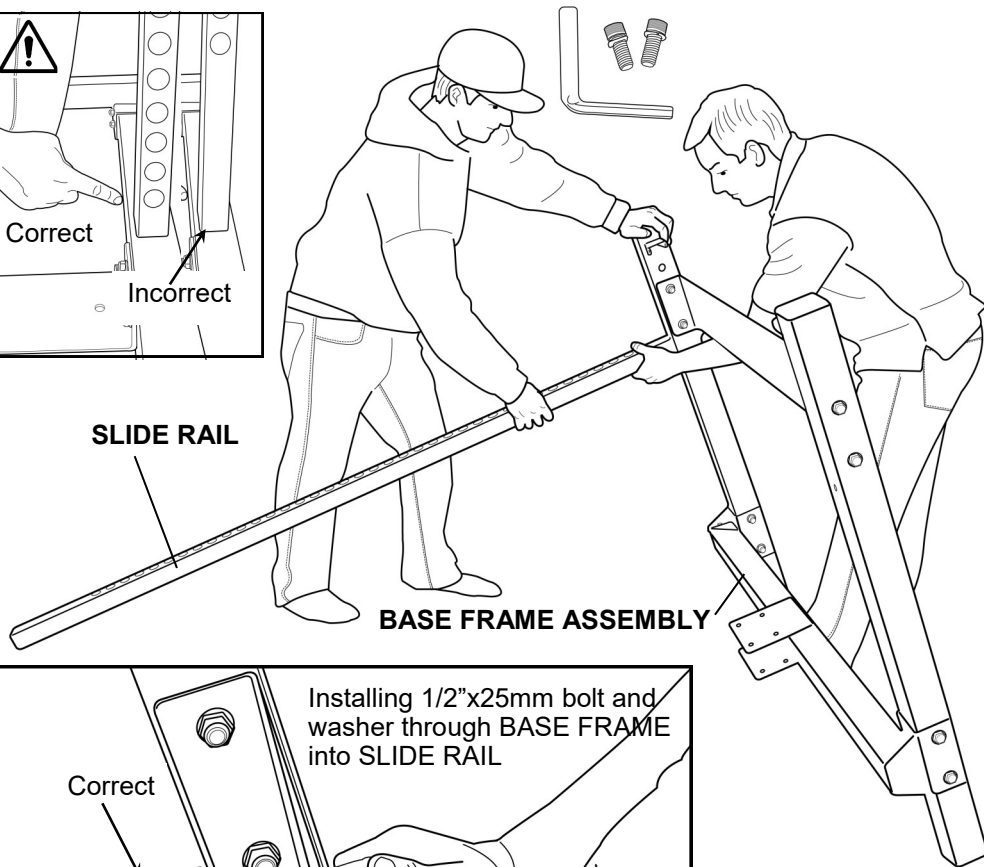
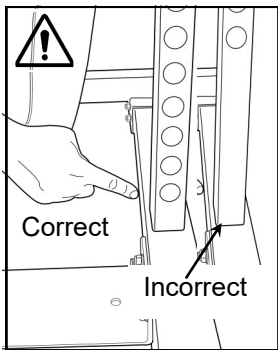


First, install BASE CENTER over and onto the BASE LEGS. Then, attach the FOOTPLATE to the BASE LEGS and after making sure all bolts are aligned properly, tighten entire assembly.

**⚠ 2 wrenches are needed to fully tighten the Nylock nuts!**

NOTE: Before proceeding to step two, make sure that the BASELEG holes to mount the SLIDE RAILS are in the correct orientation (small hole facing upward).

**STEP TWO:** Locate the following parts. L/R SLIDE RAILS/Slide Rail Allen wrench (included)/2x 1/2"x25mm bolts and Spring Washers . CAUTION: Aligning the SLIDE RAILS and BASE FRAME assembly will require two people.

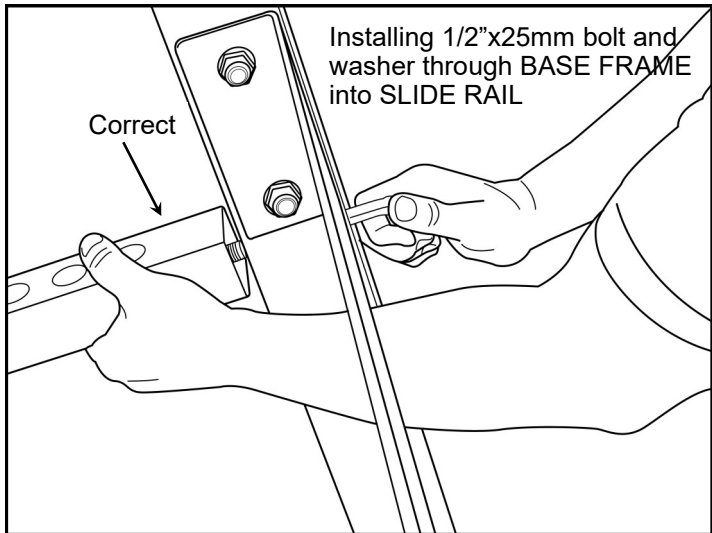


With two people, tilt the BASE FRAME assembly and install the 1/2"x25mm bolts/washers from underneath the BASE FRAME assembly and into the SLIDE RAIL as shown.

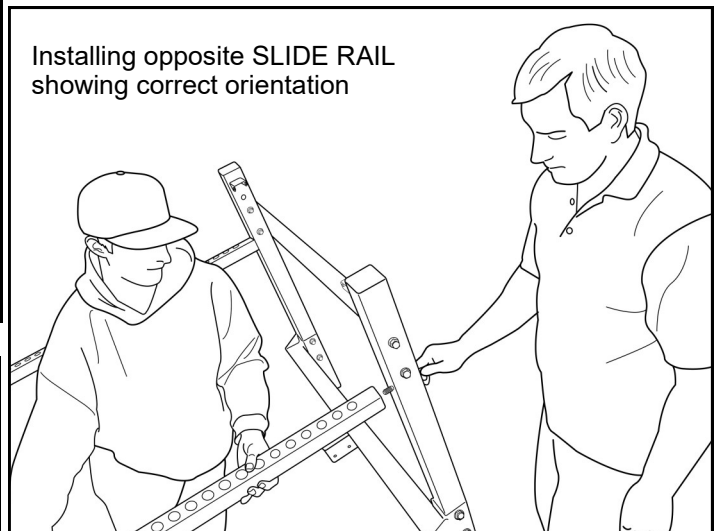
**NOTE:** Make sure holes are facing forward, and the end with the holes closet to the bottom of the SLIDE RAIL fit into the BASE assembly as shown.

Check that the base of SLIDE RAIL is lined up Parallel to the BASE LEG before securing.

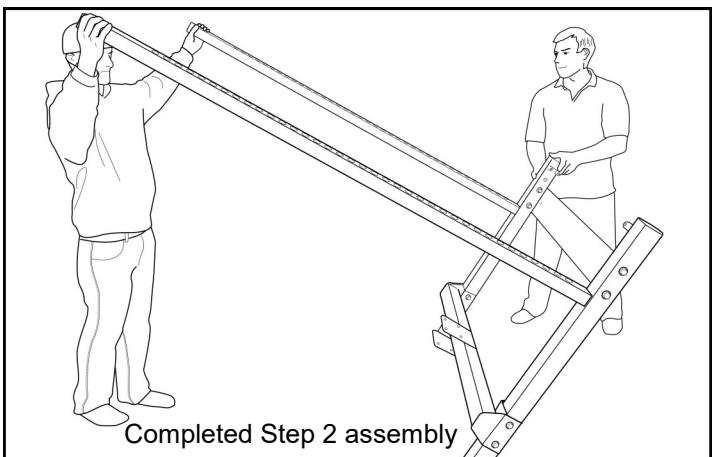
Repeat procedure with opposite SLIDE RAIL.



Installing 1/2"x25mm bolt and washer through BASE FRAME into SLIDE RAIL



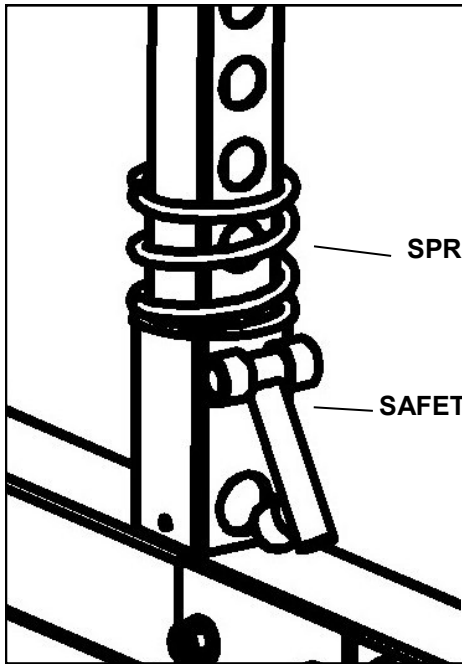
Installing opposite SLIDE RAIL showing correct orientation



Completed Step 2 assembly

Prior to Standing completed assembly, check that 1. Bolts attaching SLIDE RAILS to BASEFRAME assembly are properly tightened and 2. The SLIDE RAILS are installed in the correct orientation eg; holes facing forward and parallel to the BASE LEGS.

**STEP THREE:** Locate the following parts. 2x SAFETY STOPS/2x SPRINGS and LIFTING BAR. No additional hardware is required for this portion of the assembly.



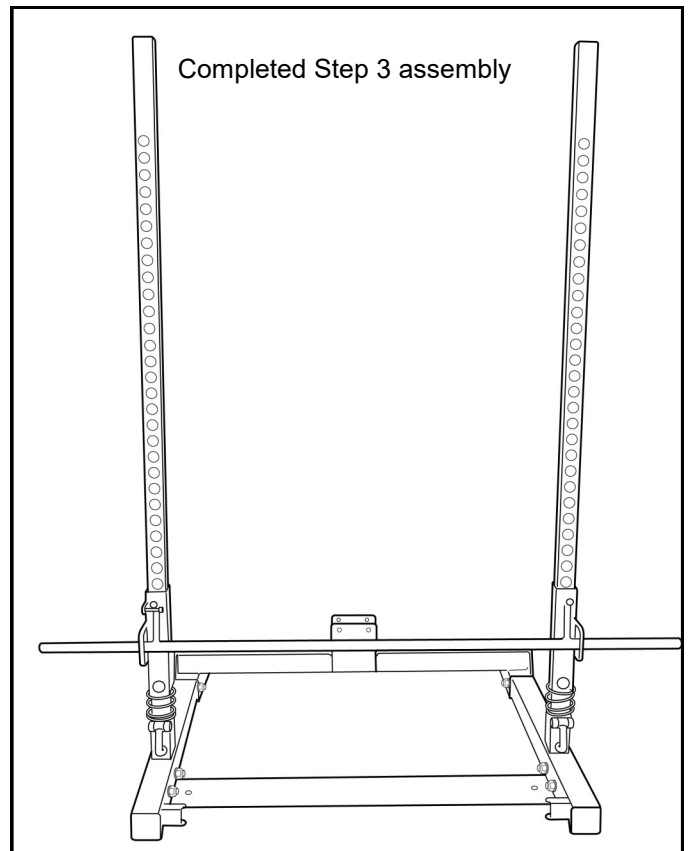
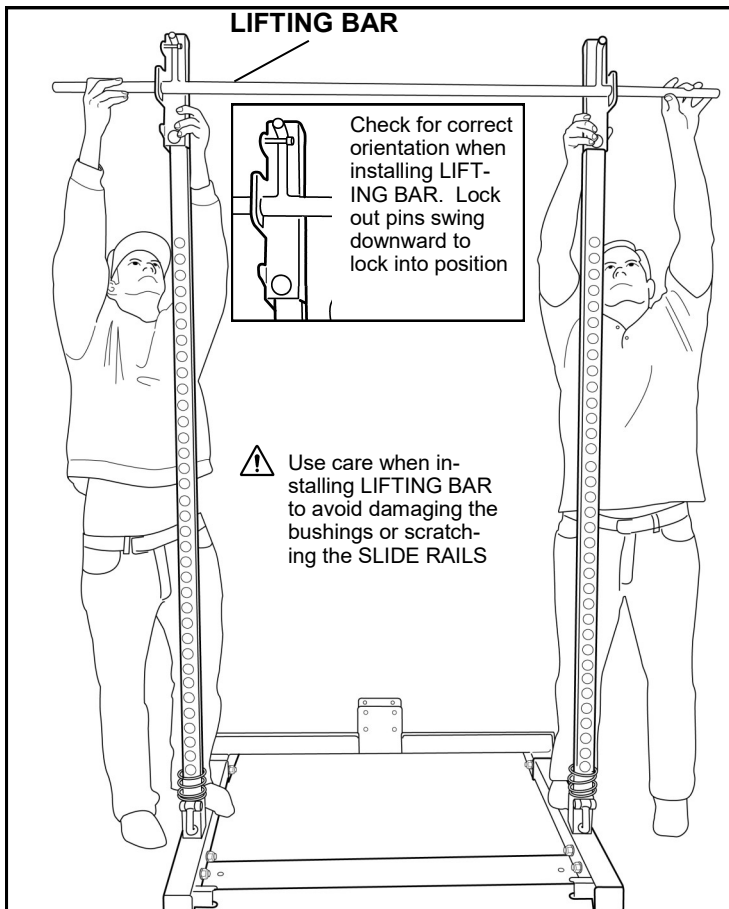
Slide SAFETY STOP and SPRING over top of SLIDE RAIL as shown. Note SAFETY STOP hook faces downward and toward front so as to align with SLIDE RAIL holes. Spring simply rests on top of the SAFETY STOP.

Repeat on opposite SLIDE RAIL.

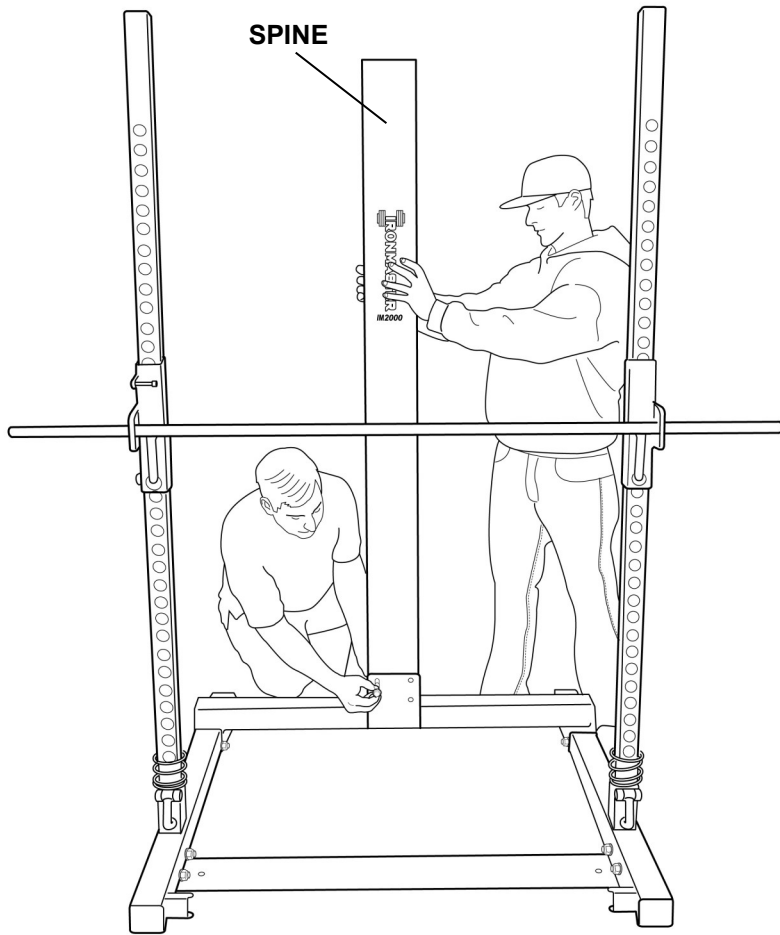
Next, install LIFTING BAR over top of SLIDE RAILS with CHIN UP BAR safety hooks in the correct orientation (CHIN UP BAR hooks facing same direction/able to lock in same positional orientation as SAFETY STOP hook.

NOTE: When not in use, safety stop should be stored all the way down to the base as shown left.

CAUTION: 2 People are strongly recommended for ease of alignment and to avoid possible injury.



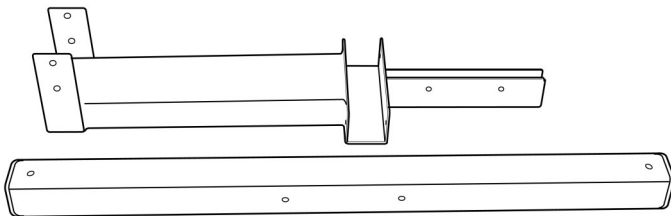
**STEP FOUR:** Locate the following parts. 1x REAR SPINE/1x TOP CENTER and 1x CROSS-MEMBER. You will also need 4x M12x 100mm bolts/8x M12 Washers and 4x Nylock Nuts for the SPINE and 2x M12x100mm Bolts/4x M12 Washers and 2x Nylock Nuts for the TOP CENTER/CROSSMEMBER assembly.



With two people, install the SPINE onto the BASE ASSEMBLY as shown, using the above mentioned bolts to secure. Note insert the M12x100mm bolt/M12 washer front to rear and secure from back with M12 washer and nylock nut.

Do not fully tighten yet.

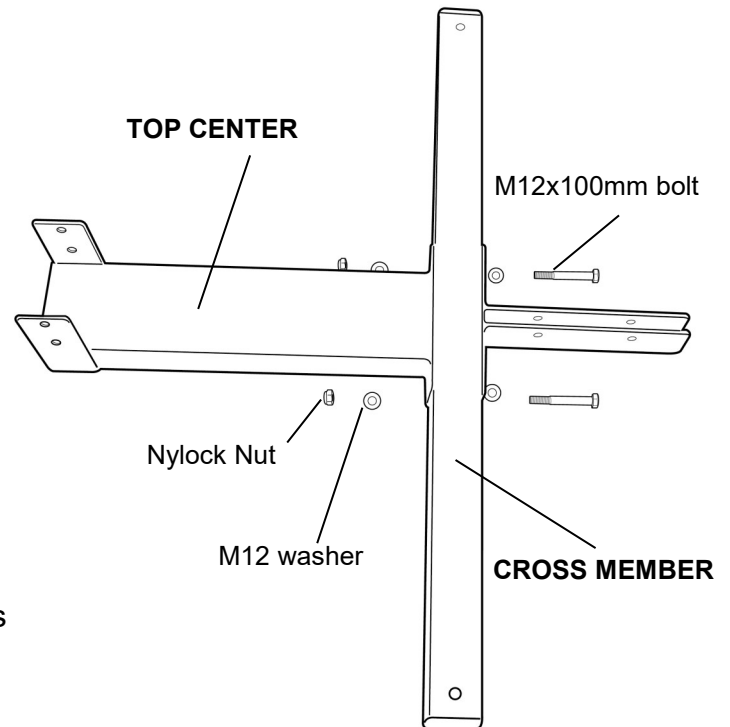
**TOP CENTER**



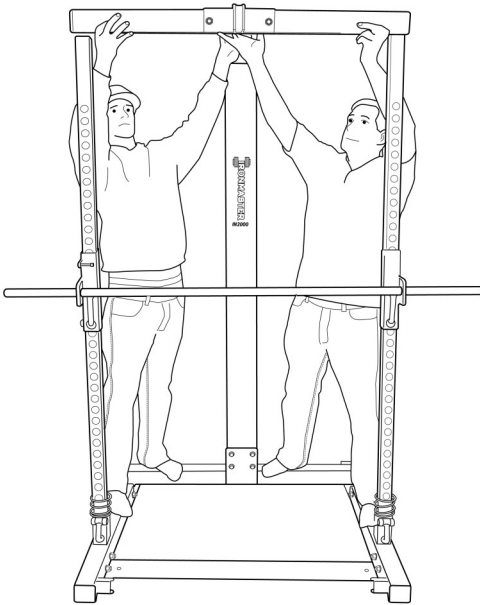
**CROSS MEMBER**

Next, with 2x M12x100mm bolts/4x M12 washers and 2x nylock nuts, assemble CROSSMEMBER into bottom of TOP CENTER as shown.

Tighten firmly.



**STEP FIVE:** Attach the TOP CENTER/CROSSMEMBER assembly to the SPINE/SLIDE RAILS. Locate the following parts: 2x 1/2 inch x 100mm bolts (separately packaged in the bolt pack) and 2x M12x180mm bolts/2x M12 washers and 2x nylock nuts.



Lift TOP CENTER assembly up onto top of SLIDE RAILS and SPINE.

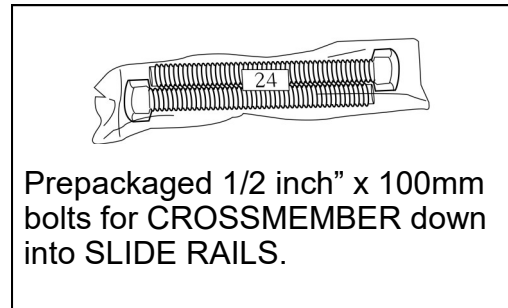
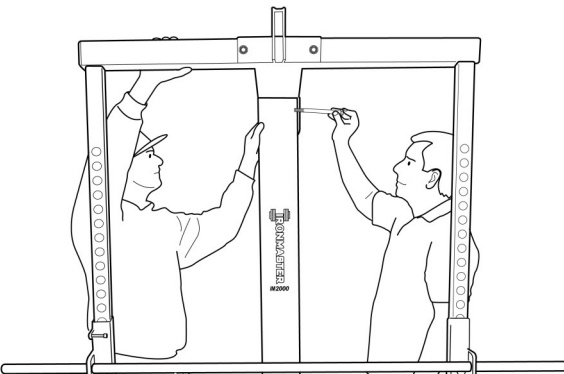
Assemble Rear of TOP CENTER to SPINE using 2x M12 x 180mm bolts.

Bolt CROSSMEMBER TO SLIDE RAIL with the 2x 1/2" x 100bolts (#24).

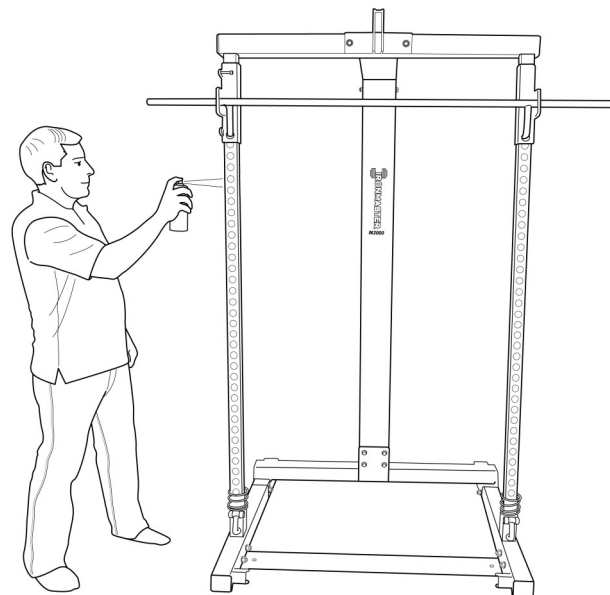
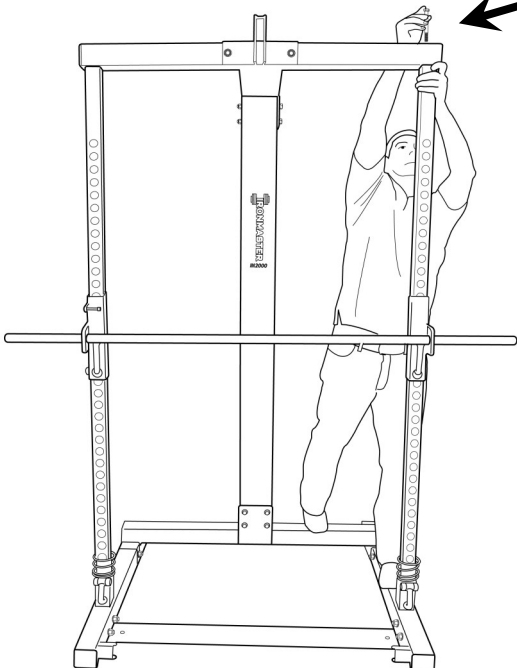
TIP: Don't tighten until you are sure that the SLIDE RAILS have not moved, and the entire assembly is square. Slide the LIFTING BAR up and down the SLIDE RAILS. It should not bind, and the safety hooks should locate in the same position on both sides of the SLIDE RAILS prior to tightening the assembly. This may take a few tries.

Once you have determined fit and function are correct, move the LIFTING BAR to the highest position on the SLIDE RAILS and tighten all four bolts

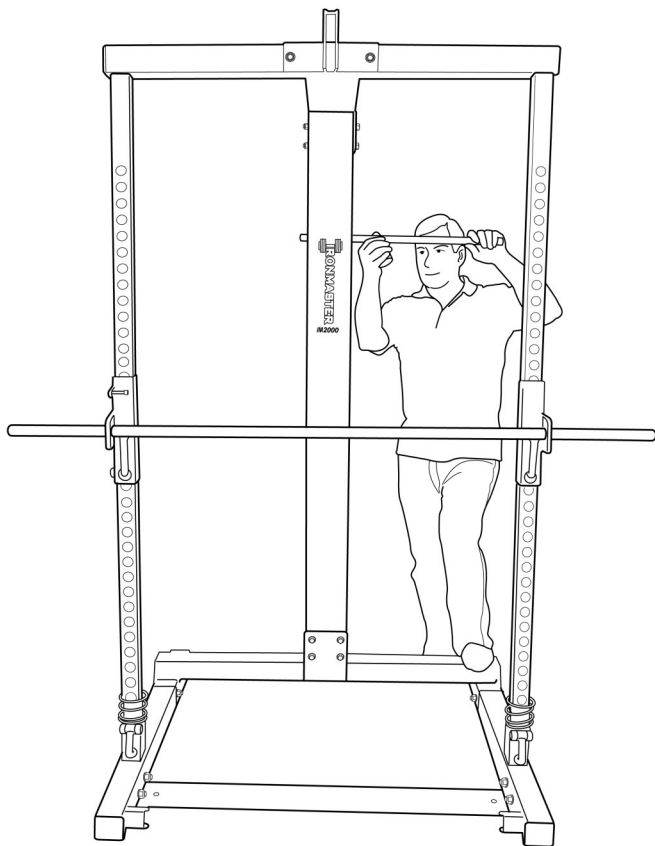
Once the assembly is complete find the SILICONE SPRAY (included) and apply a light coat to all sides of both SLIDE RAILS.



Prepackaged 1/2 inch" x 100mm bolts for CROSSMEMBER down into SLIDE RAILS.



**STEP FIVE:** Locate the following parts and hardware. 4x PLATE HOLDERS/8x STAND OFF plastic spacers/1x J-HOOK /4x M10x 40mm bolts and 4x M10 washers.



First, slide the 4x PLATE HOLDERS into the SPINE.

Next, Install the M10x40mm bolts/M10 washers through the **bottom three holes** located in the rear of the SPINE and secure the PLATE HOLDERS into position. Tighten.

Then, slide the 8x STAND OFF plastic spacers onto the PLATE HOLDERS.

Next, locate the J-hook (shown below) and install, through the **uppermost hole** in SPINE, the M10x40mm bolt, M10 washer and the J-hook as shown.

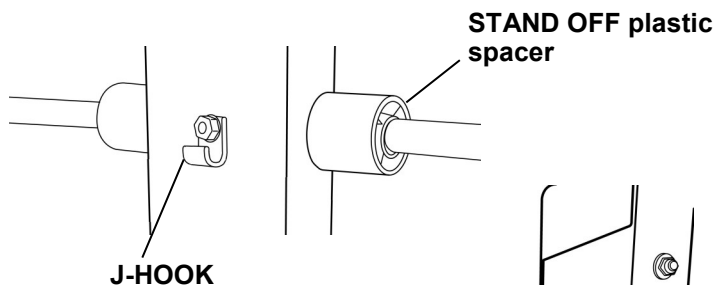
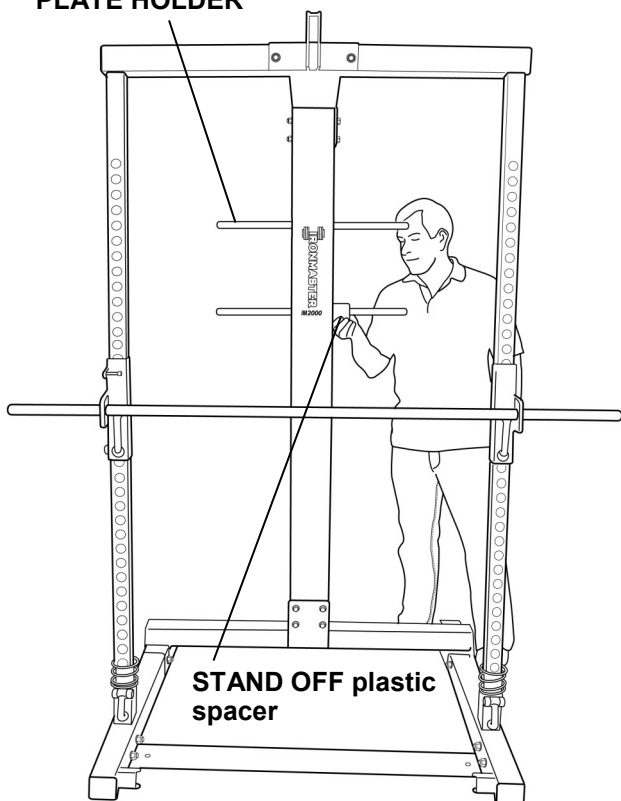
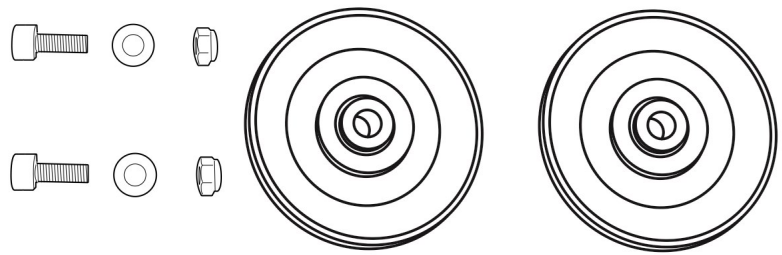
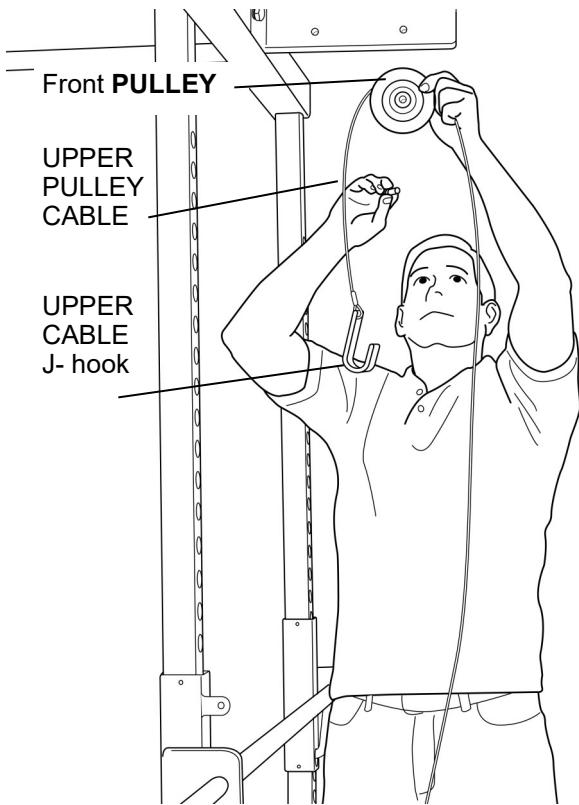


PLATE HOLDER



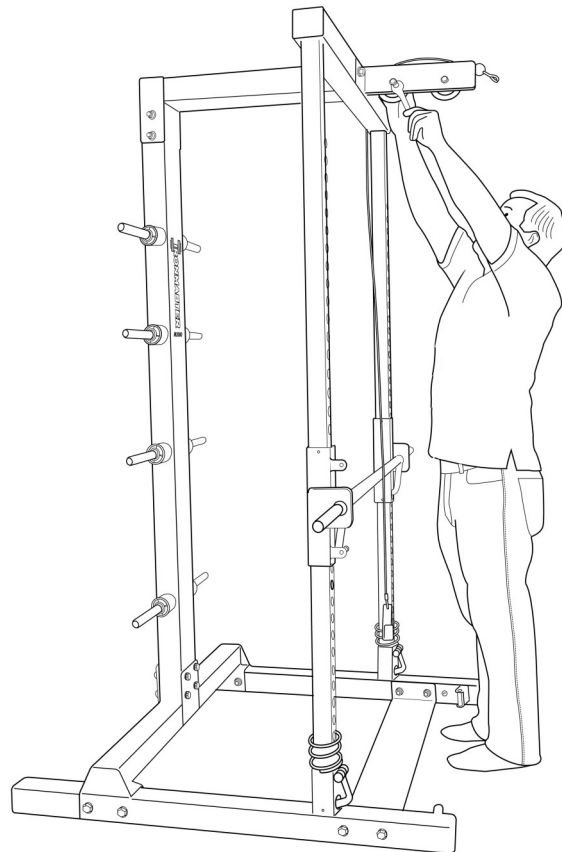
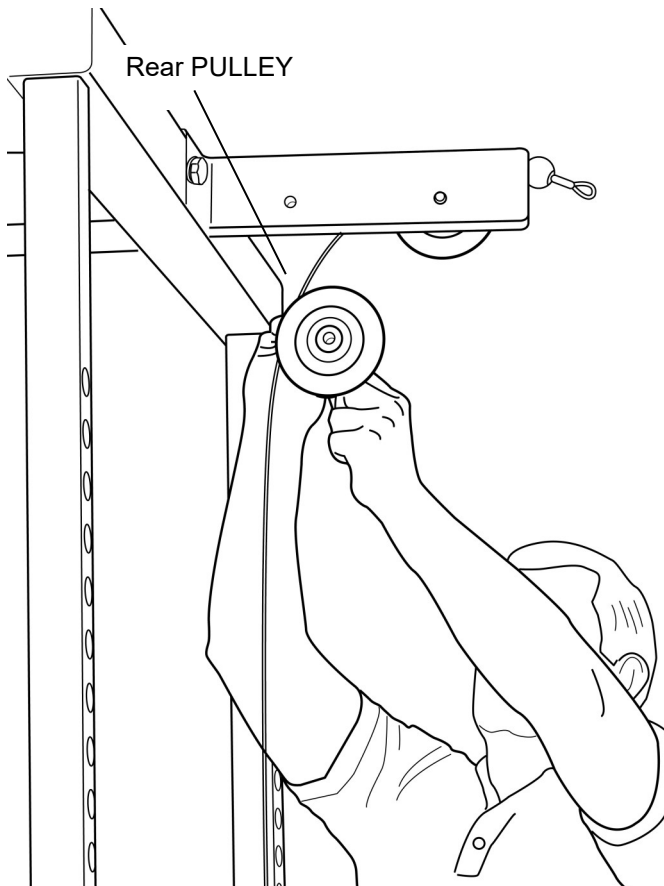
**STEP SIX:** Locate the following parts and hardware. 1x UPPER PULLEY CABLE/2x M12x45mm bolts/M12 washers/2x nylock nuts and 2x PULLEYS



Prior to installing the front PULLEY onto the TOP CENTER assembly, thread the UPPER PULLEY CABLE over the PULLEY and then install front PULLEY as shown left. Note only one washer is used on the bolt side. Note correct orientation of UPPER CABLE hook.

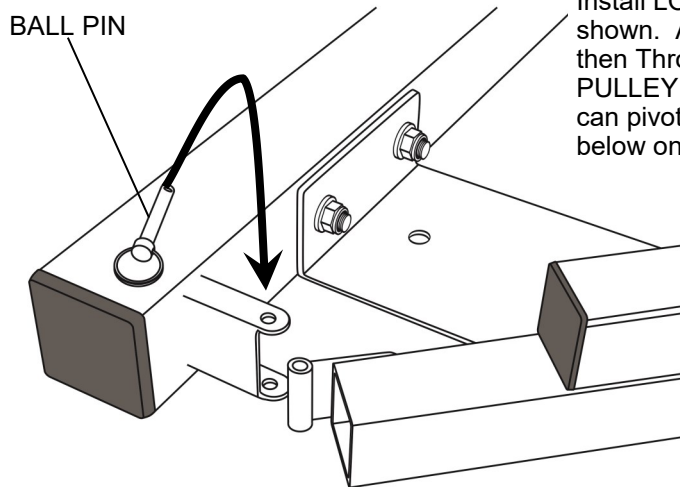
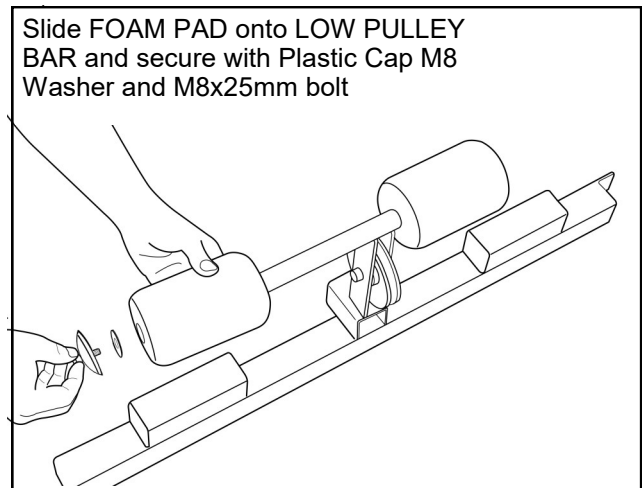
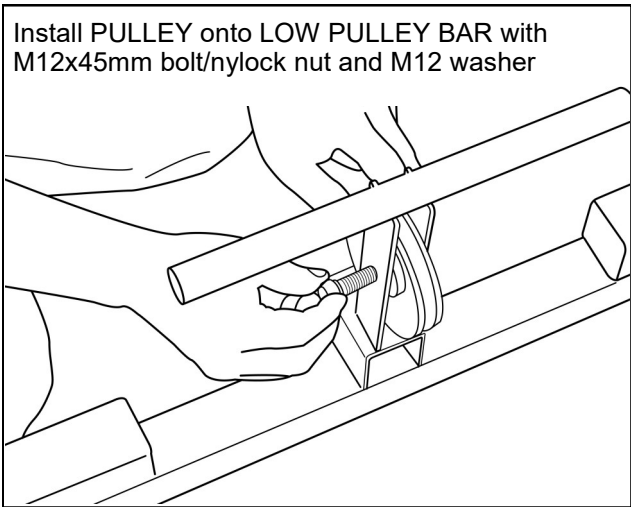
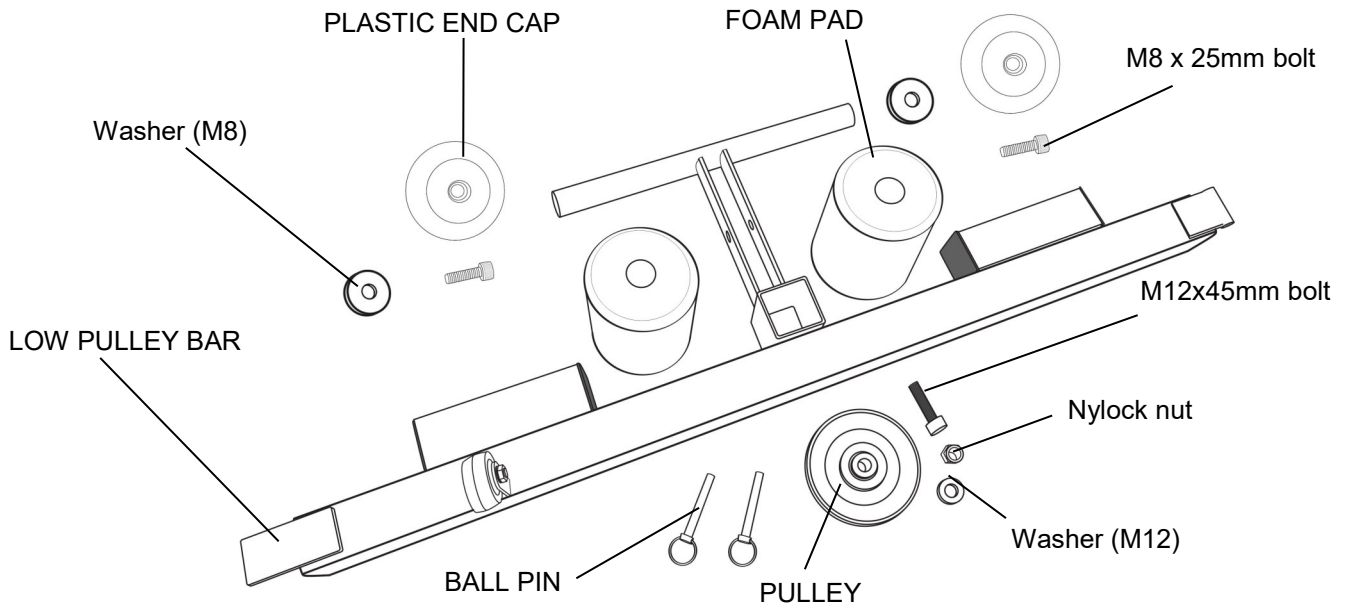
Next, install the rear PULLEY, making sure that the UPPER PULLEY CABLE is running over the top of both PULLEYS.

Check that both PULLEYS and cable travel smoothly before moving onto STEP 7. Tighten securely.

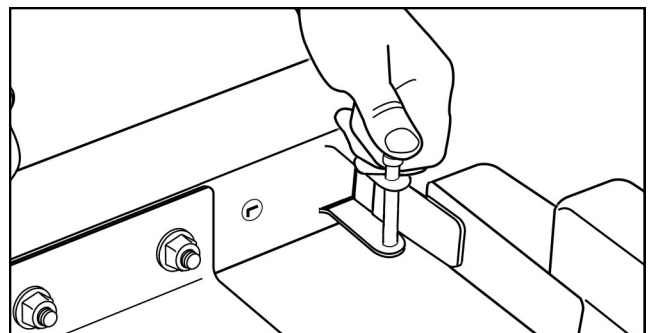




**STEP SEVEN:** Locate the following parts and hardware. 1x LOWER PULLEY BAR, 1x PULLEY, 1x M12x45mm bolt/1xM12 washer/1x nylock nut, 2x Plastic Caps/2x M8 x 25mm bolts/2x FOAM PADS/2x BALL PINS

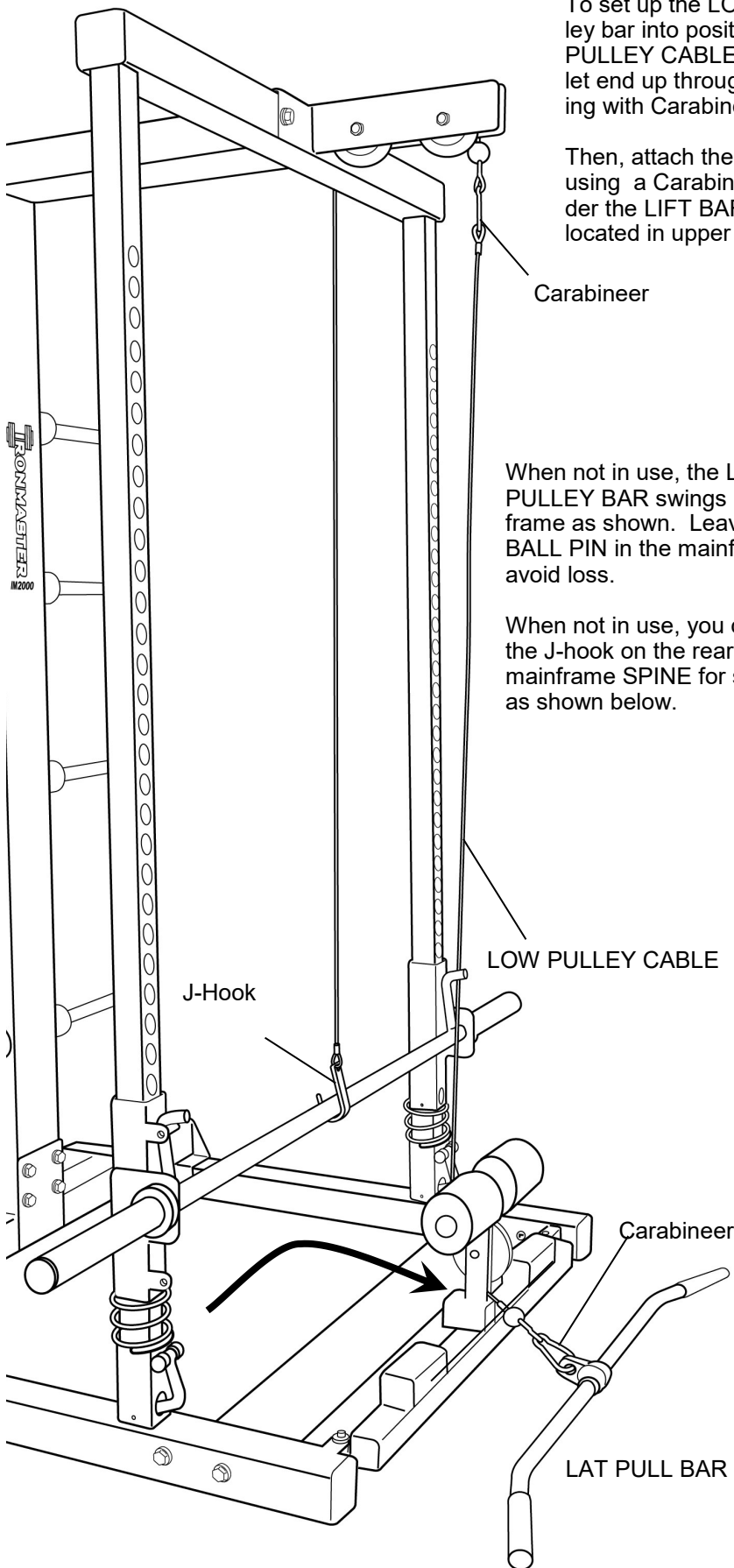


Install LOW PULLEY BAR onto MAINFRAME on left side as shown. Align BALL PIN through MAINFRAME Pin bracket and then Through LOW PULLEY BAR. NOTE: Make sure the LOW PULLEY BAR is mounted as shown, so that LOW PULLEY BAR can pivot into the MAINFRAME or be locked into place as shown below on right side with other BALL PIN prior to use



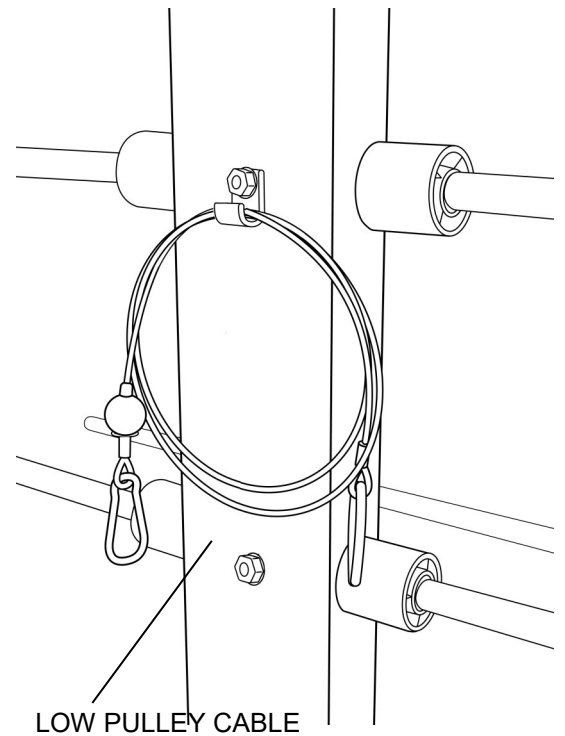
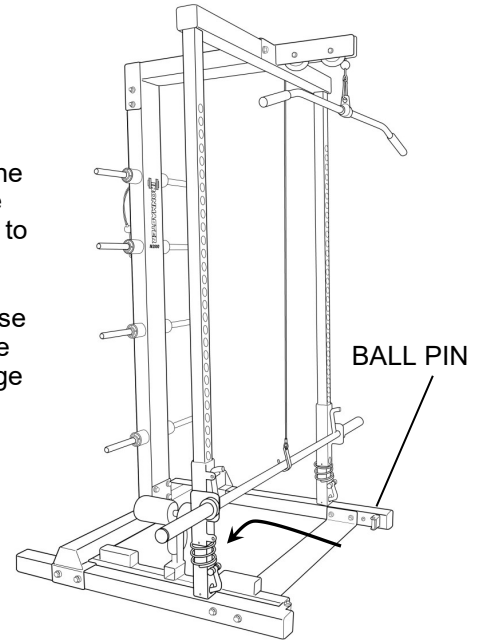
To set up the LOW PULLEY BAR for use, first swing the Low Pulley bar into position and secure with BALL PIN. Next, attach LOW PULLEY CABLE to ball end of upper pulley by first threading eyelet end up through the LOW PULLEY BAR pulley and then securing with Carabineer.

Then, attach the LAT PULL BAR to the LOW PULLEY CABLE using a Carabineer. Make sure the J-hook is properly seated under the LIFT BAR and that the Safety hooks on LIFTING BAR are located in upper position with lock out bolt in place prior to use.



When not in use, the LOW PULLEY BAR swings into the frame as shown. Leave the BALL PIN in the mainframe to avoid loss.

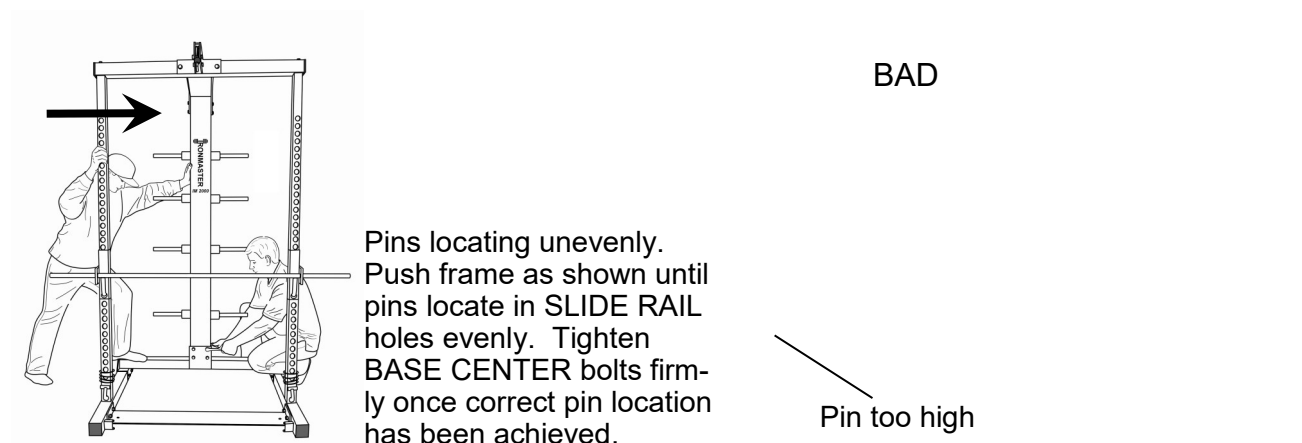
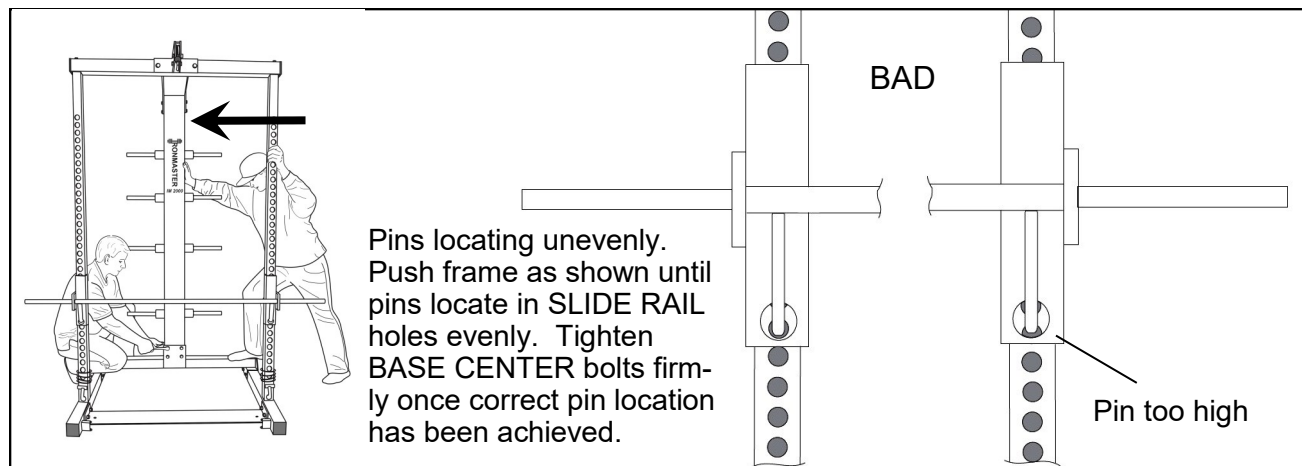
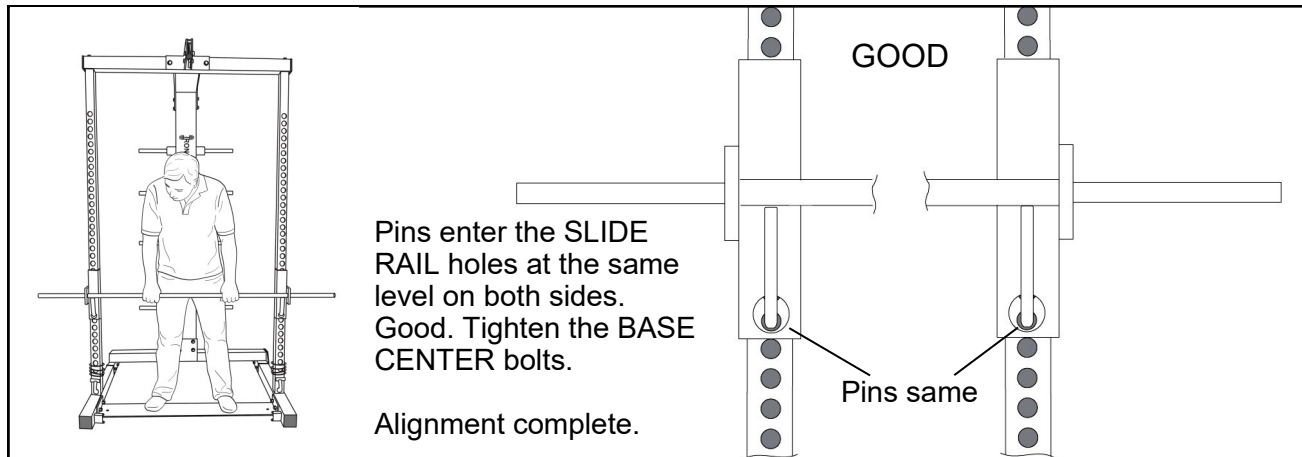
When not in use, you can use the J-hook on the rear of the mainframe SPINE for storage as shown below.



## Machine Frame Alignment-Required Step

The lifting bar may not lock out into the slide rail holes evenly after initial assembly. It may be necessary to adjust the machine frame to ensure proper tracking and 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. 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, the frame will need to be adjusted.** Refer to the illustrations below. If the frame needs adjustment, have an assistant push on the frame in the needed direction then fully tighten up the 4 bolts on the BASE CENTER very firmly to keep frame adjustment position.

If you have any problems with this process, contact Ironmaster Customer Service for technical assistance.

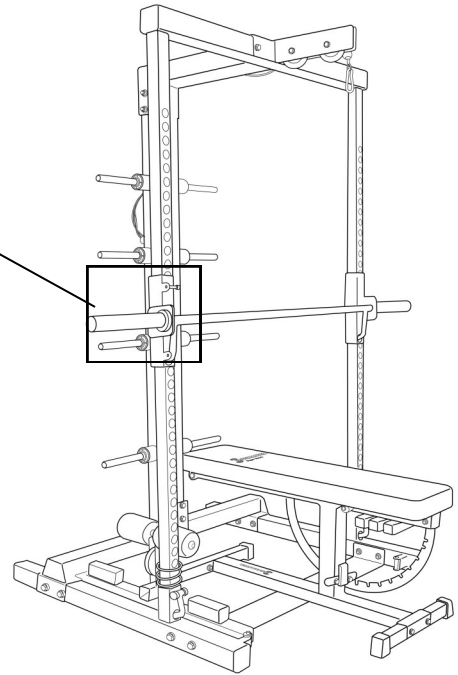
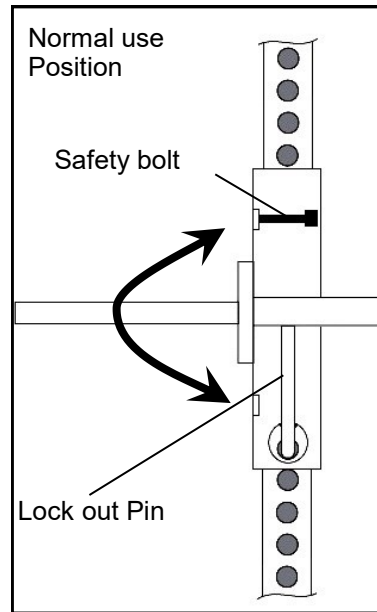


## OPERATIONAL/SAFETY/MAINTAINANCE notes for IM2000

### LIFTING BAR

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

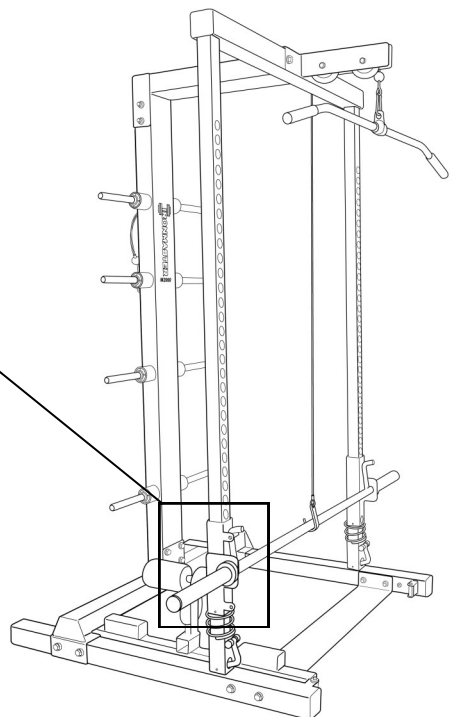
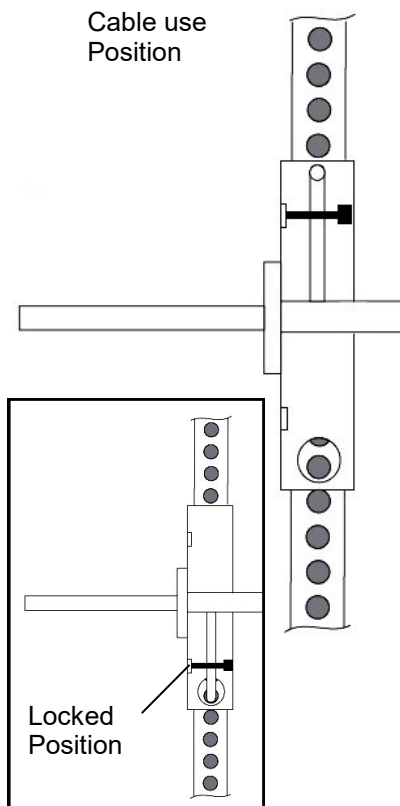
Turn the bar slightly outward with slight wrist movement to disengage the Lock out Pins and allow the LIFTING BAR to slide freely up and down the SLIDE RAILS.

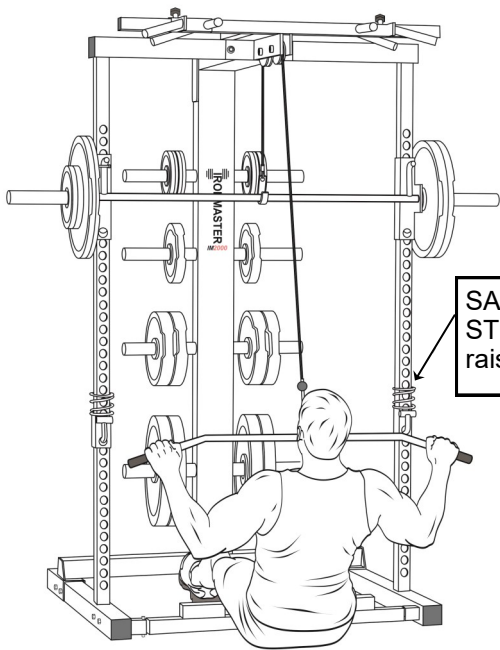


Once exercise is completed, rotate bar inward once more to re-engage the Lock out Pins and if finished, remove the Safety bolt and install it in the lower position, thereby locking the Lock out Pin into the Slide rail.

During Cable use, the LIFTING BAR lock out pins will be in the upward position with the safety bolt in the storage position above locking the LIFTING bar into the free sliding position.

Once exercise is complete, either lower the LIFTING bar all the way to the Springs or, remove the Safety bolt, turn the bar to lower the lock out pins to the locked position and secure with Safety bolt.





When using the cable system, the SAFETY STOPS can be raised up to restrict the travel of the LIFTING BAR. This can make it easier to reach the handle bar when sitting on the floor during some exercises like lat pull as shown.



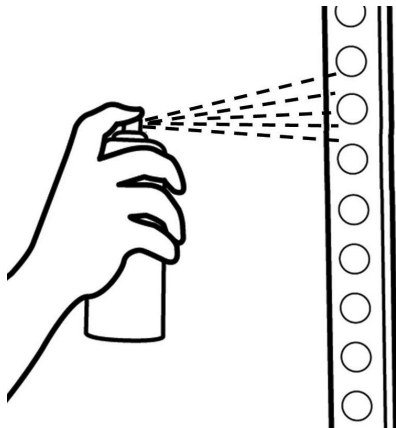
### CAUTION

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

The SAFETY STOPS 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. Count the number of holes above or below to make sure. Set the stops at a position that will be possible to escape from under the LIFTING BAR in the event of an emergency.

Store the SAFETY STOPS 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.



### Regular Maintenance

Silicone spray may be applied as needed. Typical home use only requires lubrication once every few months. Use only plain pure silicone.

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

### For customer service, contact your local distributor or:

Ironmaster LLC, 14562 167th Ave SE Monroe, WA 98272 USA

Web site: [www.ironmaster.com](http://www.ironmaster.com) Email: [support@ironmaster.com](mailto: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.

## IM2000 Troubleshooting Guide

<p><b>Lifting bar will not easily lock into slide rail holes</b></p>	<p>Refer to the Alignment step in the manual and adjust as necessary.</p>
<p><b>Machine frame seems to wobble during heavy pressing</b></p>	<p>The weights on the storage bars on the spine can help to stabilize the machine. If most of the weight is being used on the lifting bar be sure you are pressing the bar straight up and down to minimize frame movement. Be sure to stand with your feet on the footplate for squats and other heavy exercise movements.</p> <p>There are holes in the footplate for bolting to the floor if desired but this is completely optional.</p>
<p><b>Lifting bar does not slide smoothly</b></p>	<p>It is important to use plain silicone lubricant. <i>Do not use WD-40 or other oil based lubricant.</i> 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. Be sure the lifting bar is aligned correctly and the slide rails are square within the lifting bar slide sleeves. You may need to adjust the slide rails by loosening the mounting bolts slightly and check they are square with the lifting bar. Contact Ironmaster Customer Service for support if there is still a problem with the slide bushings or rails.</p>
<p><b>Cables comes off the pulley wheels</b></p>	<p>Be careful to thread the cables over the pulley wheels and check they are in the pulley grooves before beginning the exercise. <b>Do not slam or drop the lifting bar onto the springs as this can cause the cables to jump out of position.</b></p>
<p><b>Cable coating is stripped or damaged</b></p>	<p>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.</p>
<p><b>Slide Rail is scratched or damaged</b></p>	<p>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.</p>

<b>PARTS LIST FOR BASE MODEL IM2000 MACHINE</b>
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<b>No.</b>	<b>Description</b>	<b>Qty</b>	<b>Finish</b>	<b>Notes</b>
1	LOW PULLEY BAR	1	Black	
2	M12 x 45mm (L) Bolt	3	Black	
3	M8 x 25mm (L) Bolt	2	Black	
4	Plastic Dome Cap	2	Black	
5	M12 Washer	2	Chrome Plate	
6	PULLEY	3	Black	
7	Caster	1	Black	Preinstalled
8	FOAM ROLLER 4" x 6"	2	Black	
9	BASE LEG - LEFT	1	Powder Paint	
10	BASE LEG - RIGHT	1	Powder Paint	
11	M12 x 100mm (L) Bolt	14	Chrome Plate	
12	M12 Washer	32	Chrome Plate	
13	Nylon Lock Nut	16	Chrome Plate	
14	1/2" x 25mm (L) Bolt	2	Black	
15	BALL PIN	2	Chrome Plate	
16	FOOT PLATE	1	Black	
17	BASE CENTER	1	Powder Paint	
18	SPRING	2	Chrome Plate	
19	SAFETY STOP	2	Chrome Plate	
20	Bushing/Safety Stop	2	HDPE	Preinstalled
21	SLIDE RAIL	2	Black Powder Paint	
22	TOP CENTER	1	Powder Paint	
23	M12 x 180mm (L) Bolt	2	Chrome Plate	
24	1/2" x 100mm (L) Bolt	2	Chrome Plate	
25	TOP CROSSMEMBER	1	Powder Paint	
26	SPINE	1	Powder Paint	
27	M10 x 40mm (L) Bolt	4	Chrome Plate	
28	M10 Washer	4	Chrome Plate	
29	J Hook Cable Storage	1	Chrome Plate	
30	PLATE HOLDER	4	Chrome Plate	
31	Bushing / Lifting Bar	4	HDPE	Preinstalled
32	LIFTING BAR	1	Chrome Plate	
33	OLYMPIC ADAPTER	2	Black Plastic	
34	M6 x 10mm (L) Set Screw	2	Black	Preinstalled
35	3/8" x 1 3/4" (L) Bolt	1	Black	Lifting Bar Safety Bolt
36	High Pulley Cable	1	Black	
37	Low Pulley Cable	1	Black	
38	Diameter 1" End Plug	8	Black	Preinstalled
39	Diameter 2" End Plug	2	Black	Preinstalled
40	2" Square Plug	4	Black	Preinstalled
41	75mm Square End Cap	4	Black	Preinstalled
42	STAND OFF	8	Black Plastic	
43	RUBBER RING	2	Black Rubber	For use with Olympic Adapters
44	SPRING CLIP	2	Chrome Plate	Cable clips (Caribeener)



# BASE IM2000 EXPLODED VIEW

