

## Ironmaster Pec Dec Attachment Assembly and Use Instructions

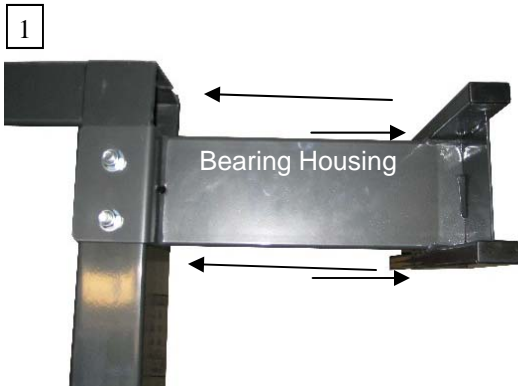


The Pec Dec Attachment is designed to fit on the Ironmaster IM2000 Self Spotting Machine to perform isolation chest flies. This device works the pectoral muscles and provides an even resistance that you cannot duplicate with free weights. It uses the main lifting bar as the weight source in a similar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

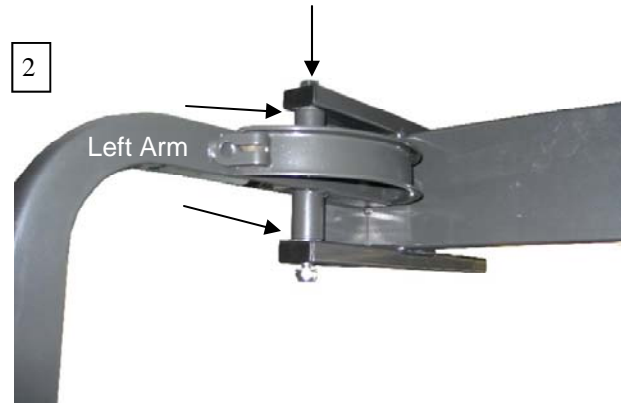
**Item List:**

- 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
- 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



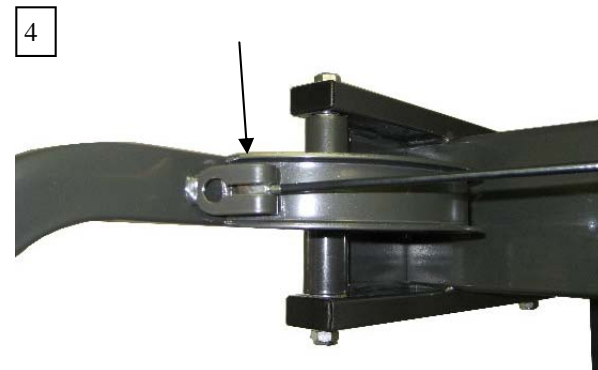
1  
Remove the two long bolts at the top of the main frame. Position the Bearing Housing over the frame and replace the bolts with the two M12 long bolts, washers and lock nuts. Tighten firmly.



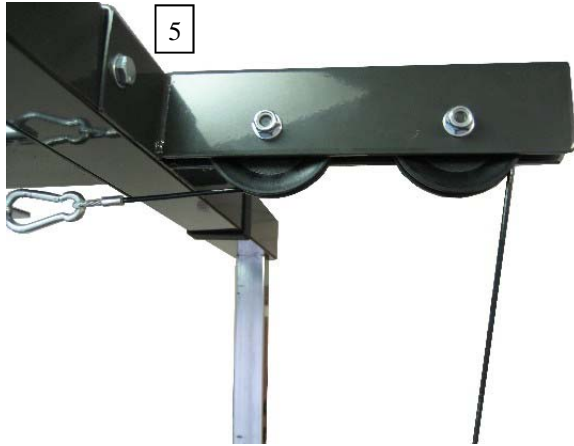
2  
Insert Bearing Flanges on the top and bottom of each Arm and push the Arm into position inside the Bearing Housing frame. Attach with M10 long bolts, washers and lock nuts. Do not over tighten—the Arms should pivot freely.



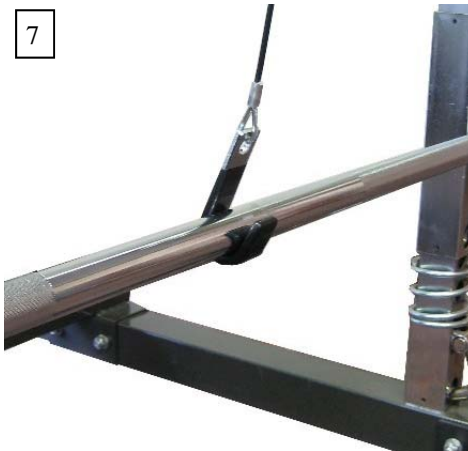
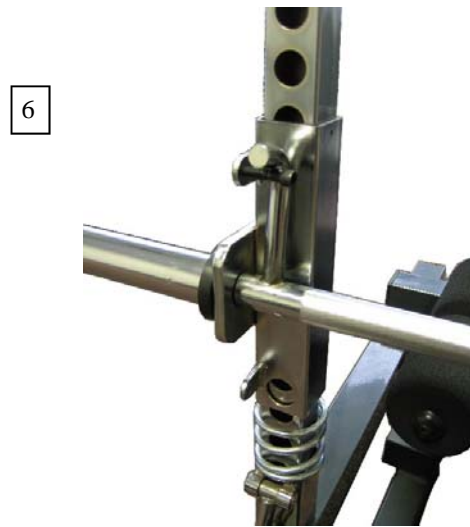
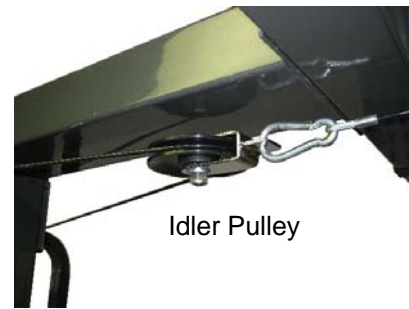
3  
Install the Backrest Frame to the machine frame by removing the two center plate holder bolts on the spine and positioning the frame in place and replacing the bolts. Be sure to set the Backrest Frame so the longer tube is going up. Bolt the Backrest Pad to the Backrest Frame using the four small bolts with washers. *Note: Only the four outer holes are used for this pad.*



4  
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. Replace the pulleys.



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. Hook the big “J” hook on the center of the lifting bar and thread the cable over the outer pulley, down between the two and under the inner pulley. Raise the lifting bar to make some slack in the cable then connect the carabineer hook to the hole on the idler pulley. 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 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:**

Your Ironmaster attachment has a limited 10 year warranty to the original purchaser. Warranty covers repair or replacement for mechanical integrity when used according to the instructions for normal exercise use. Warranty covers in home use only. Finish and wear items such as rubber and painted surfaces are not covered. If you need warranty service, contact Ironmaster for return instructions and additional terms and conditions.

