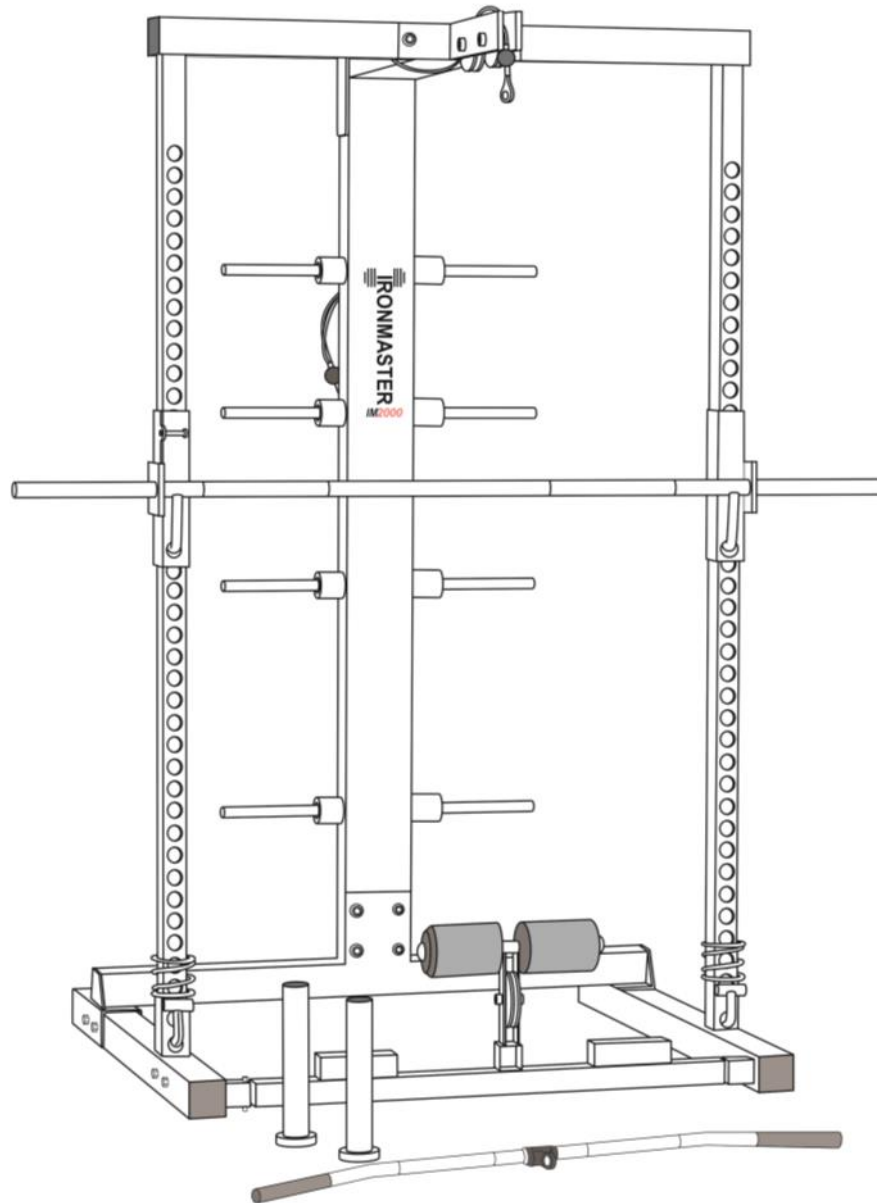


# Assembly & Operating Instructions

## Ironmaster IM2000



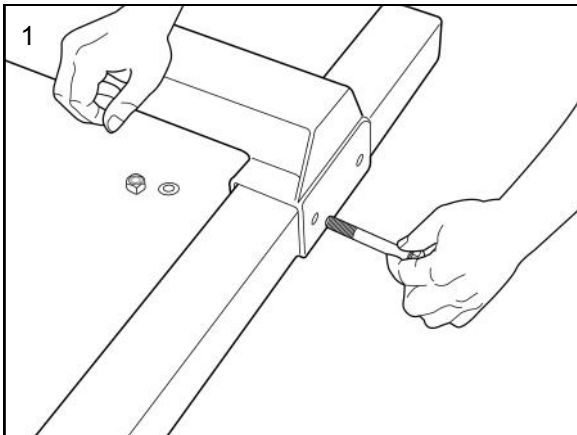
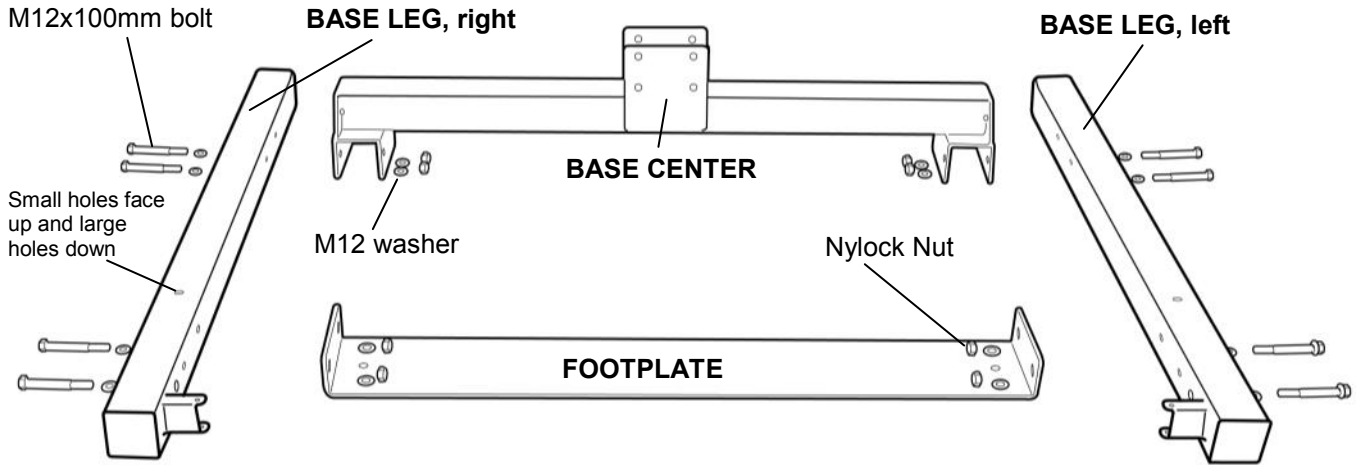
The IM2000 is a self-spotting weight training system. Built in upper and lower pulleys allow for various cable exercises and the lifting bar can quickly and easily be locked out at many levels for safety without the need for a spotter for lifting and pressing exercises. Secondary safety stops add even 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.

Static weight rating is 1000 LBS/450 KGS for the frame and lifting bar. Cable System is rated for 350 lbs/159 KGS.

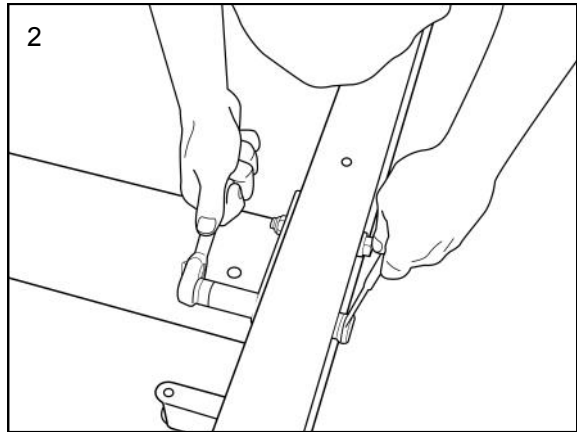
Ironmaster recommends 2 people for assembly. Refer to this manual or the Ironmaster web site for further details regarding usage of the IM2000 and be sure to understand all safety warning labels.

Congratulations on your purchase of this fine Ironmaster product. The following instructions will help you assemble the unit and provide some details on use as well. The only tools required are two adjustable wrenches and all other tools are included in the hardware kit. Unpack all the parts and make sure you have received all the parts as shown on the exploded view drawing and parts list. If you are missing anything contact your local dealer or Ironmaster directly for assistance.

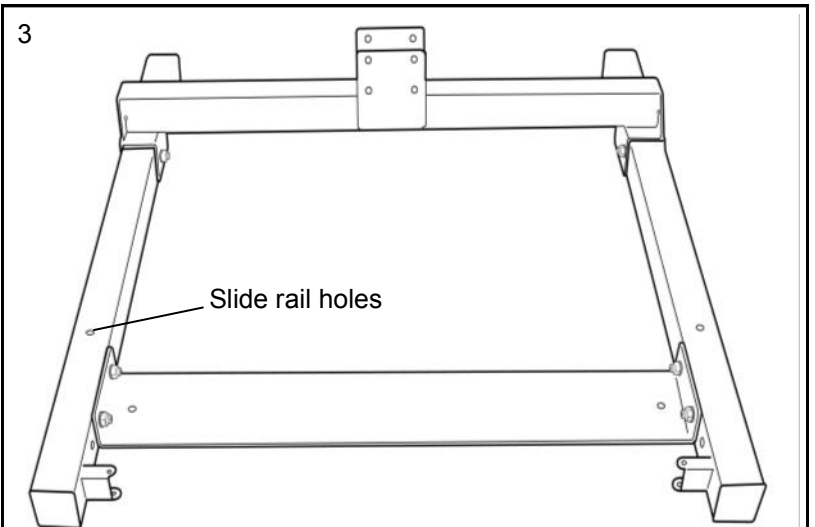
Locate the following parts. Left and Right BASE LEGS, BASE CENTER, FOOTPLATE. You will also require 8x M12x100bolts/16x M12 Washers and 8x Nylock nuts. Please see illustration for correct orientation prior to assembly.



1 Install BASE CENTER onto BASE LEGS



2 Install FOOTPLATE onto BASE LEGS



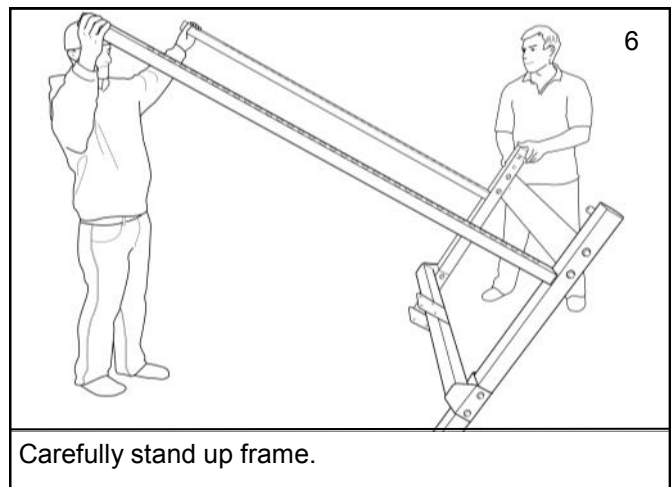
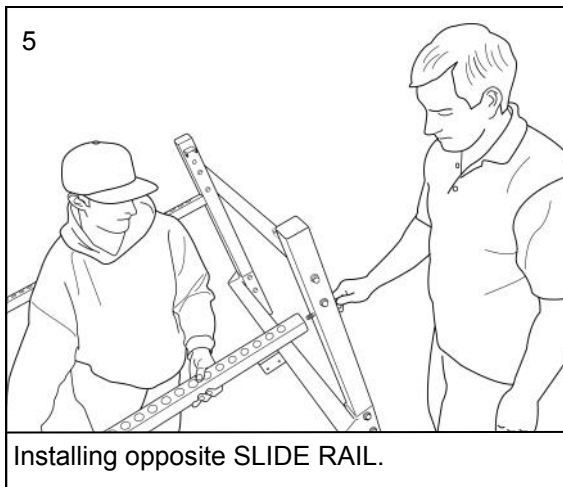
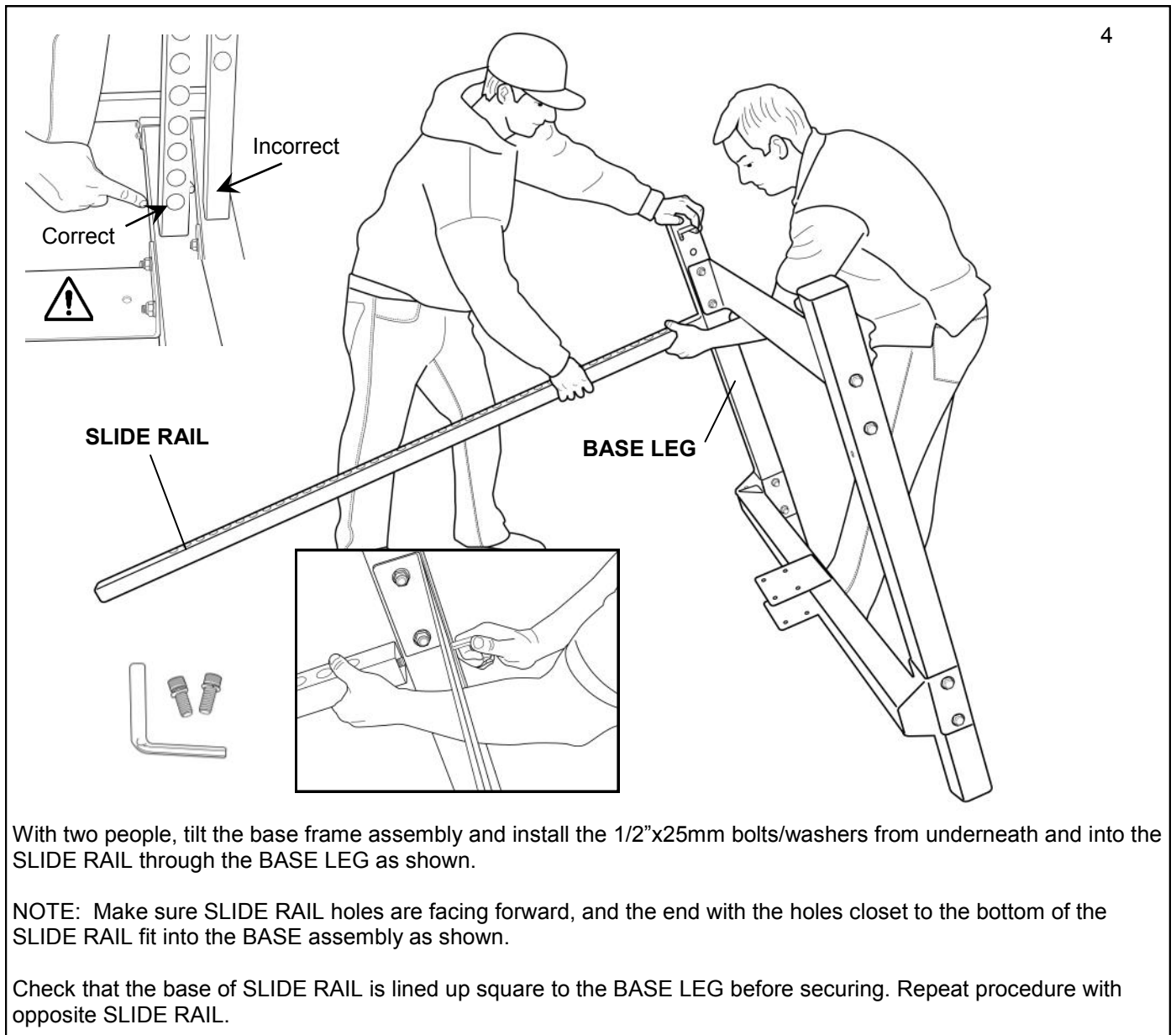
3 Tighten all bolts to complete base section assembly.

\*\*\*Two wrenches are needed to fully tighten the Nylock nuts! There will be some resistance and you will not be able to spin the nuts on by hand only.\*\*\*

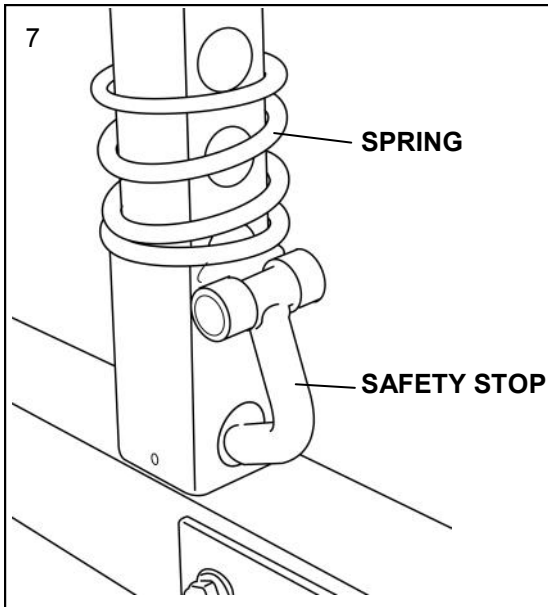


NOTE: Before proceeding make sure that the BASELEG holes to mount the SLIDE RAILS are in the correct orientation

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.



Locate the following parts. 2x SAFETY STOPS, 2x SPRINGS and LIFTING BAR. No additional hardware is required for this portion of the assembly.



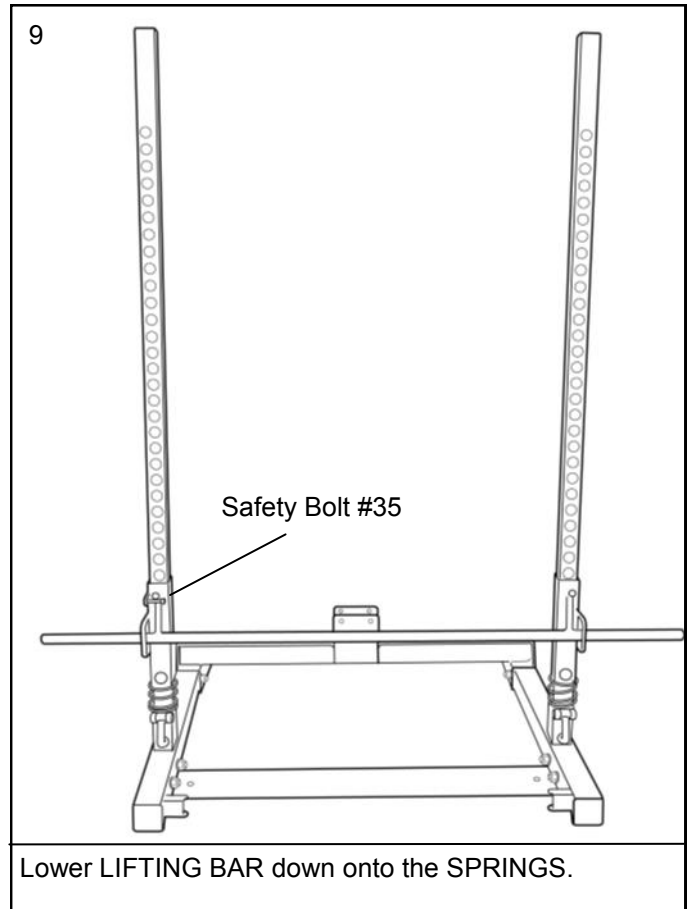
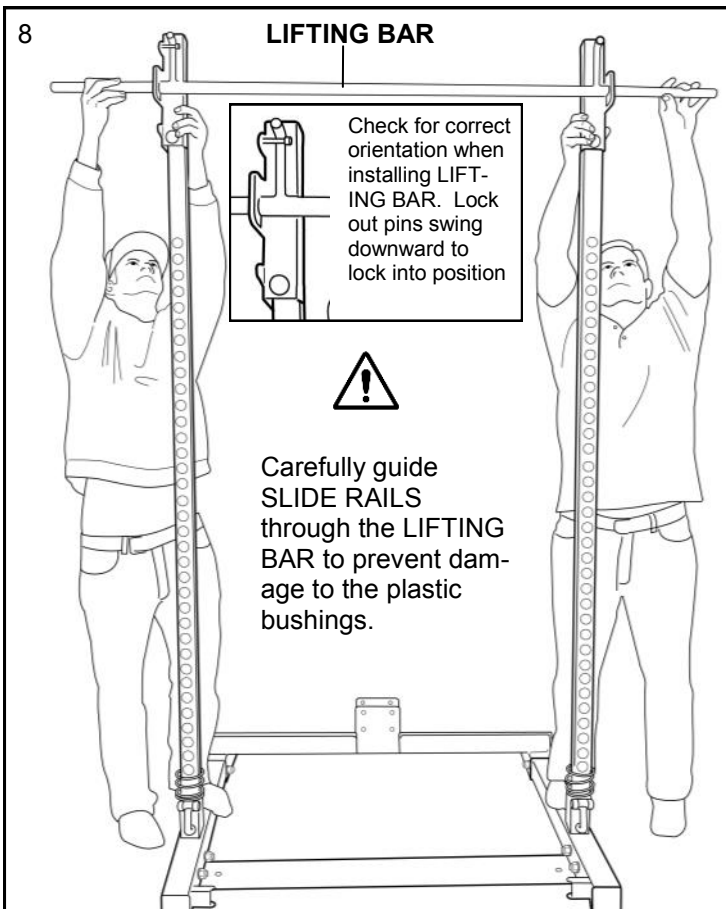
Slide SAFETY STOP and SPRING over top of SLIDE RAIL as shown. Note SAFETY STOP hook faces downward and toward front so as to align with SLIDE RAIL holes. Spring simply rests on top of the SAFETY STOP.

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).

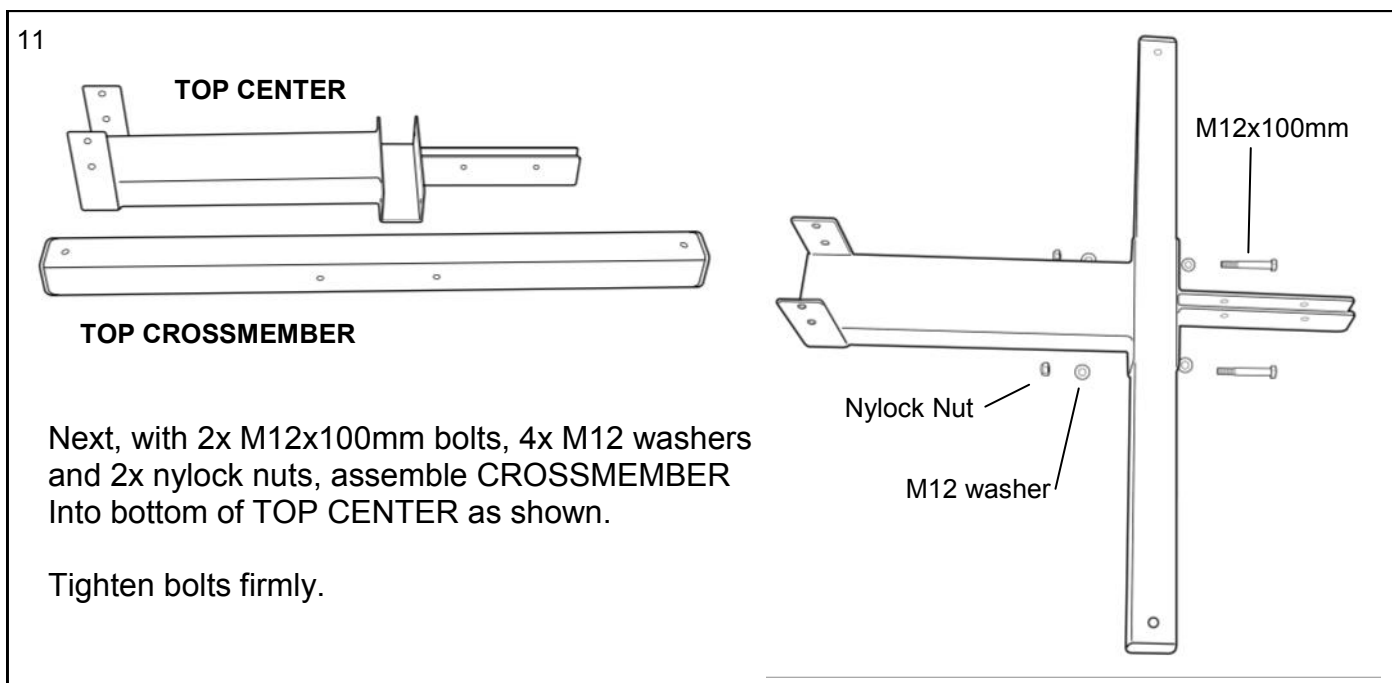
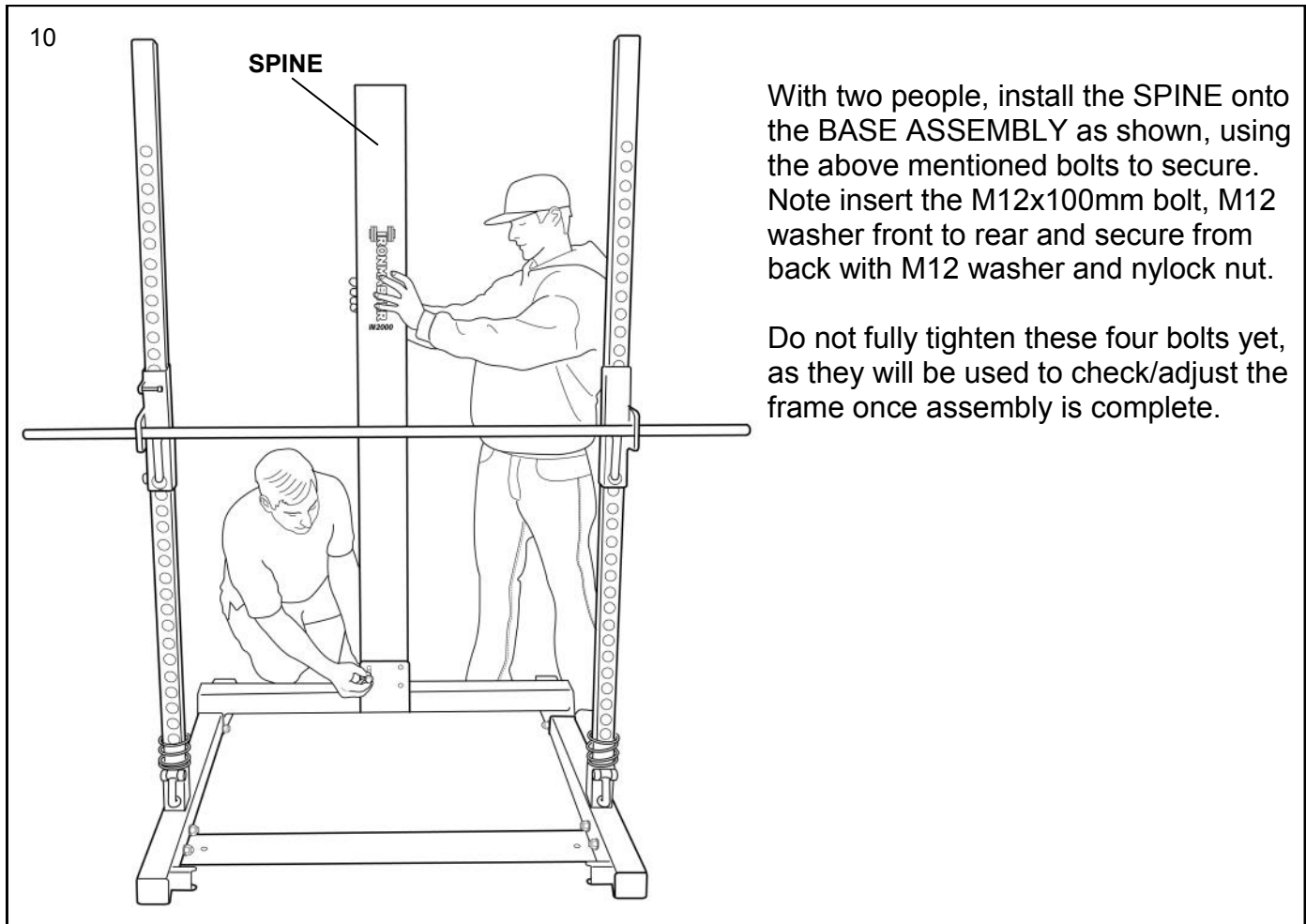
NOTE: When not in use, safety stop should be stored all the way down to the base as shown left.

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



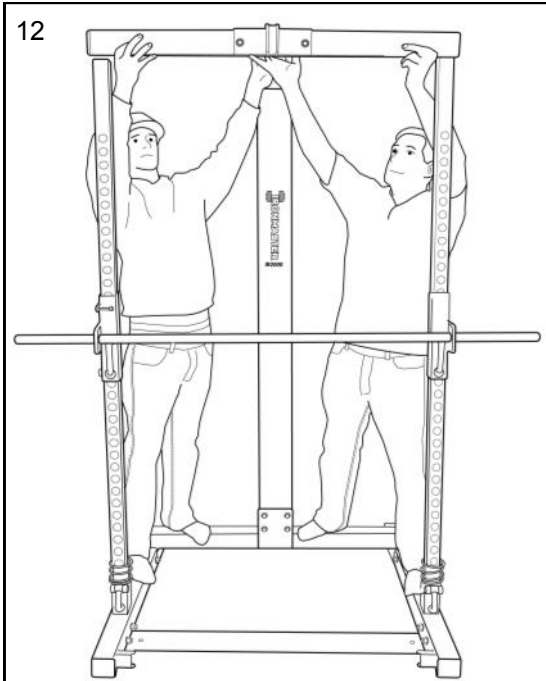
Lower LIFTING BAR down onto the SPRINGS.

Locate the following parts. 1x REAR SPINE, 1x TOP CENTER and 1x TOP CROSSMEMBER. 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, TOP CROSSMEMBER assembly.

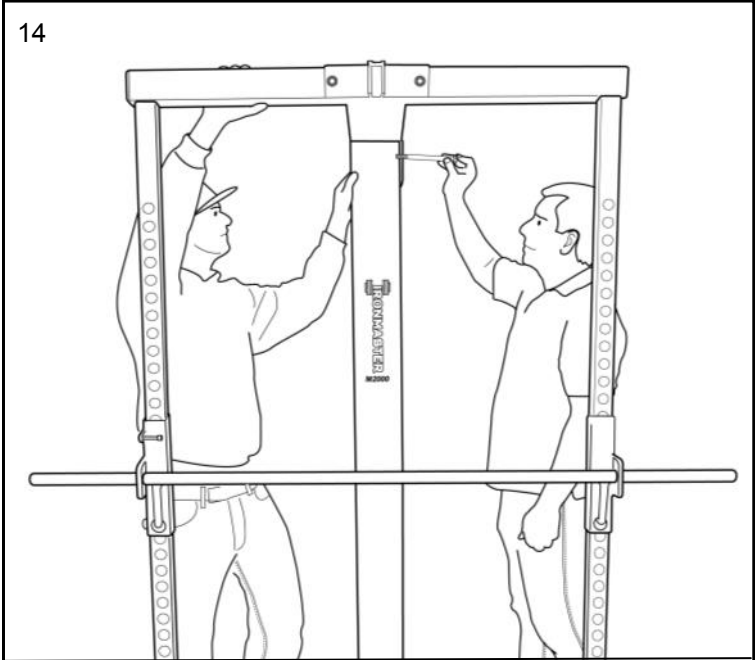


Attach the TOP CENTER/TOP CROSSMEMBER assembly to the SPINE/SLIDE RAILS. Locate the following parts: 2x 1/2 inch x 100mm bolts (separately packaged in the bolt pack) and 2x M12x180mm bolts/2x M12 washers and 2x nylock nuts.

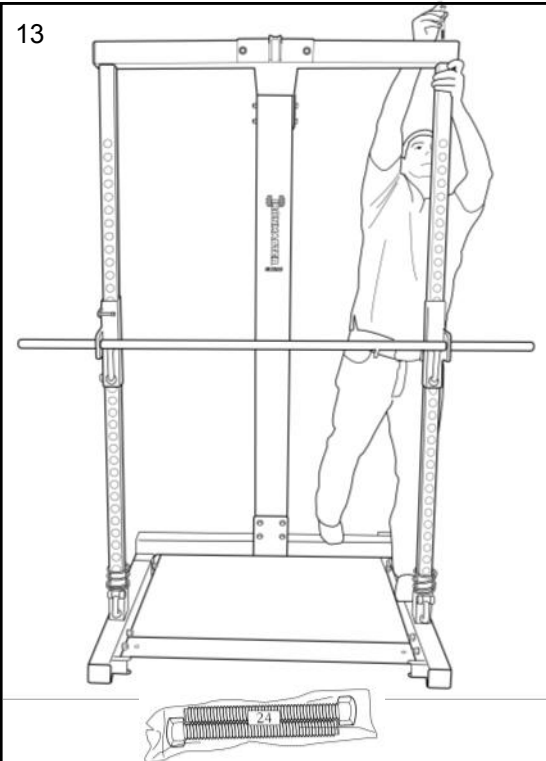
**CAUTION:** 2 People are strongly recommended for ease of alignment and to avoid possible injury.



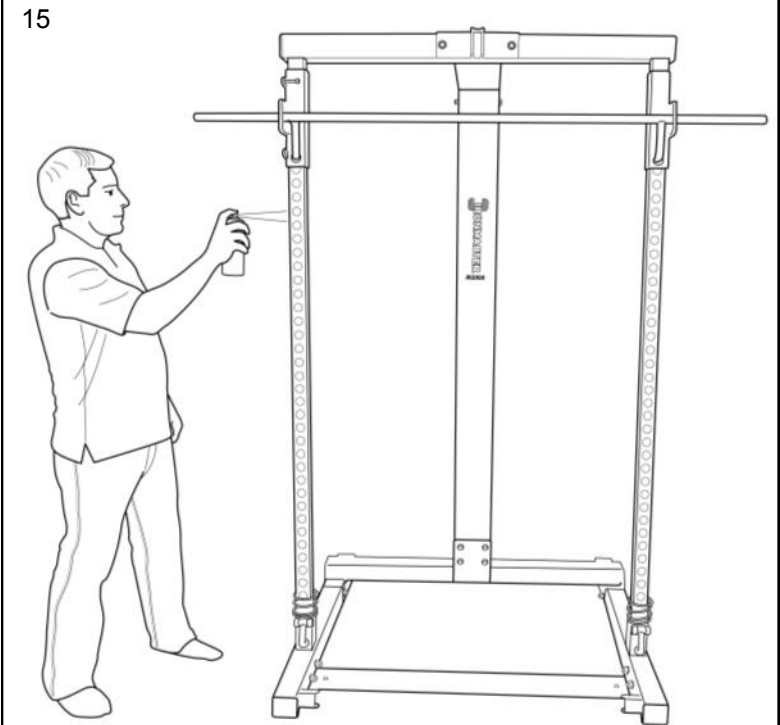
Lift TOP CENTER assembly up onto the SLIDE RAILS and SPINE.



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

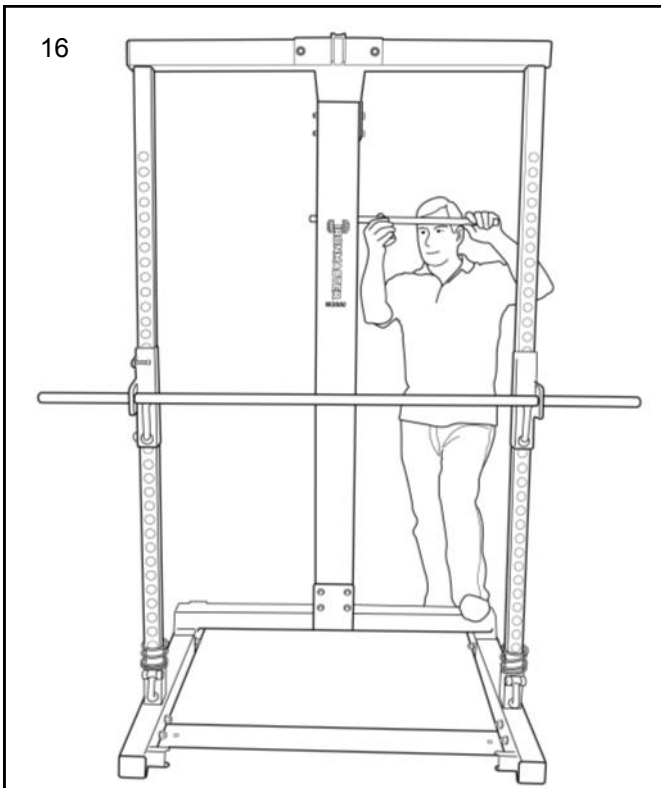


TOP CROSSMEMBER to SLIDE RAIL will use the 2x 1/2" x 100 bolts. Do not overtighten and cause the slide rails to twist.

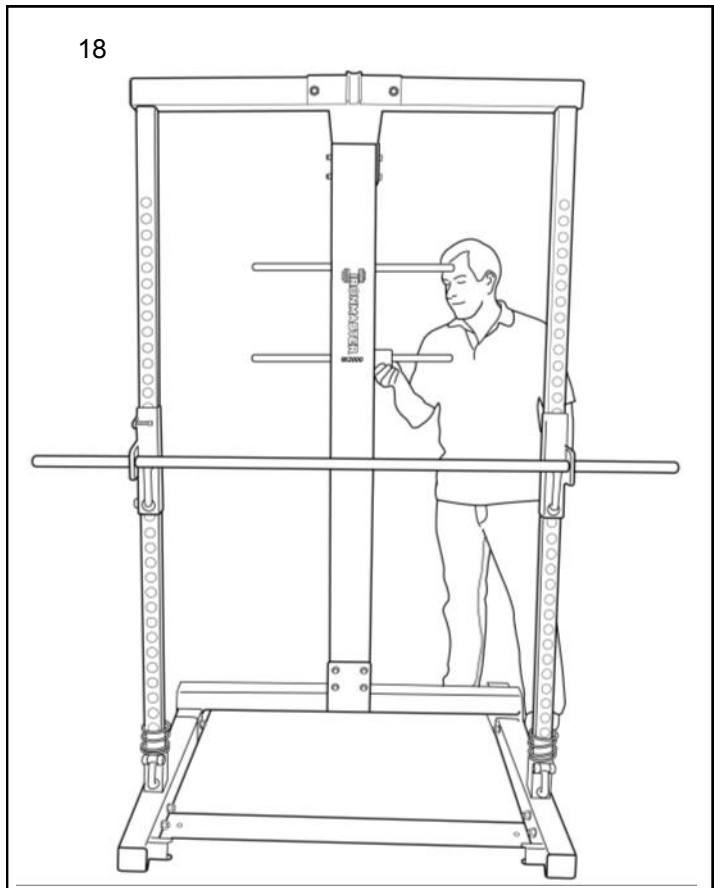


Once the assembly is complete, move the LIFTING BAR to the highest position, locate the SILICONE SPRAY (included) and apply a light coat to all sides of both slide rails.

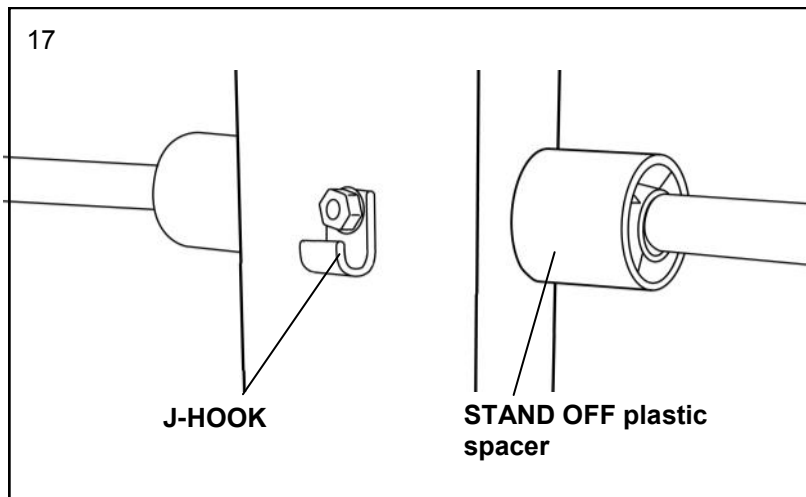
Locate the following parts and hardware. 4x PLATE HOLDERS/8x STAND OFF plastic spacers, 1x J-HOOK, 4x M10x 40mm bolts and 4x M10 washers.



Slide the 4x PLATE HOLDERS into the SPINE then install the M10x40mm bolts and M10 washers through the **bottom three holes** located in the rear of the SPINE and secure the PLATE HOLDERS into position.



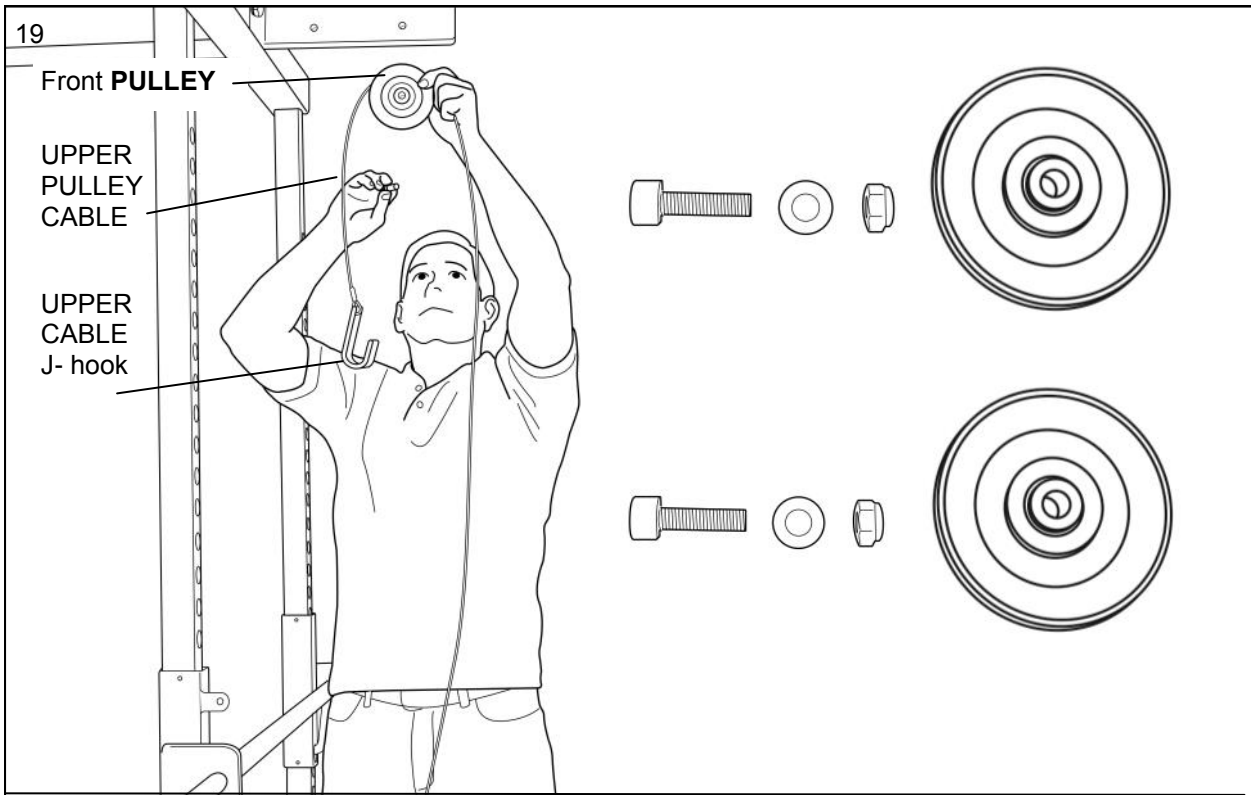
Slide the 8x STAND OFF plastic spacers onto all the PLATE HOLDERS.



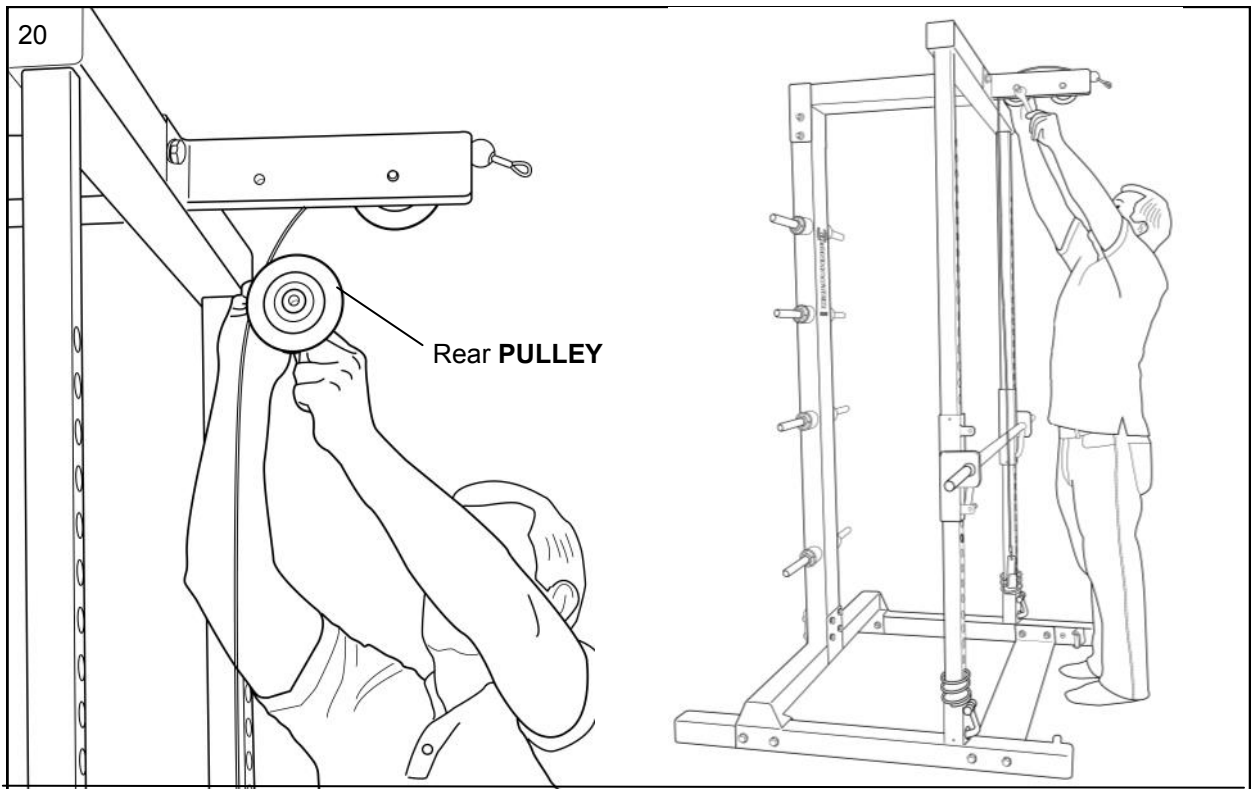
Locate the J-hook and install, through the **uppermost hole** in SPINE, the M10x40mm bolt, M10 washer and the J-hook as shown. Tighten all bolts.



Locate the following parts and hardware. 1x UPPER PULLEY CABLE, 2x M12x45mm bolts, M12 washers, 2x nylock nuts and 2x PULLEYS



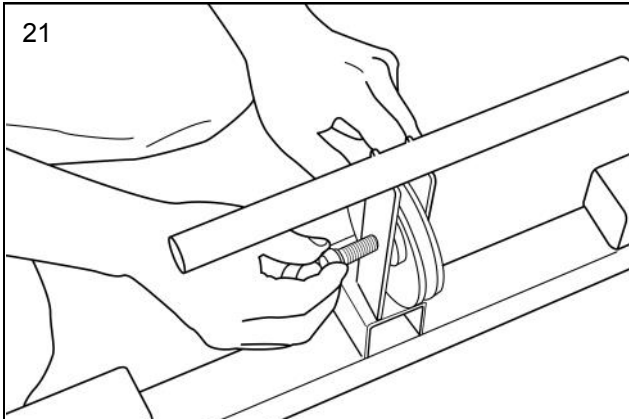
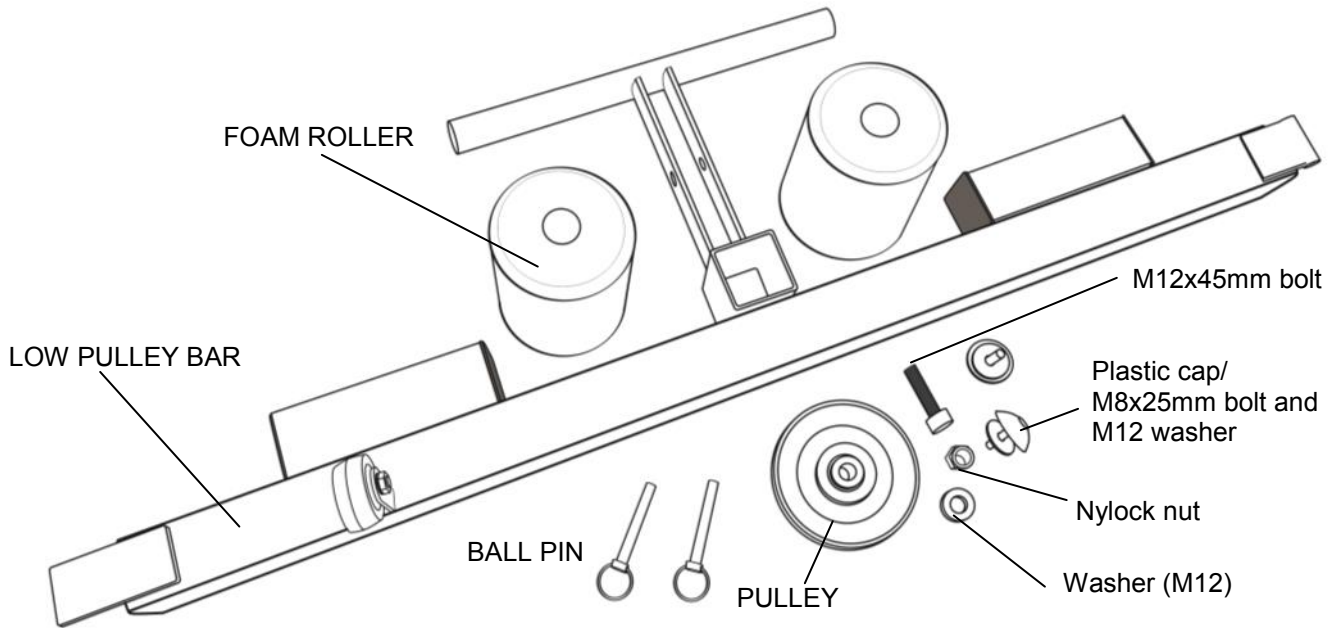
Prior to installing the front **PULLEY** onto the **TOP CENTER** assembly, thread the **UPPER PULLEY CABLE** over the **PULLEY** and then install front **PULLEY** as shown left. Note only one washer is used on the bolt side.



Next, install the rear **PULLEY**, making sure that the **UPPER PULLEY CABLE** is running over the top of both **PULLEYS**. Tighten and check that both **PULLEYS** and cable travel smoothly.

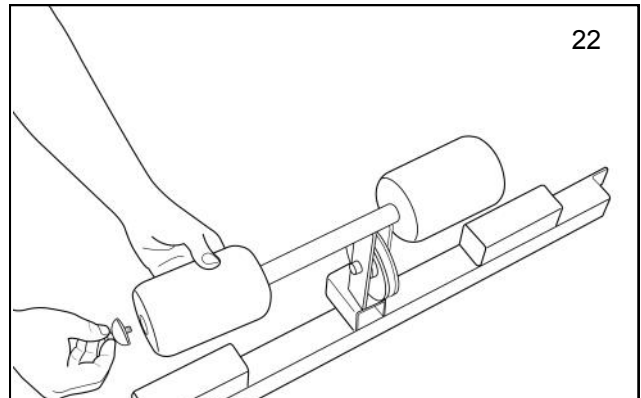


Locate the following parts and hardware. 1x LOWER PULLEY BAR, 1x PULLEY, 1x M12x45mm bolt, 3xM12 washer, 1x nylock nut, 2x Plastic Caps, 2x M8 x 25mm bolts, 2x FOAM ROLLERS, 2x BALL PINS



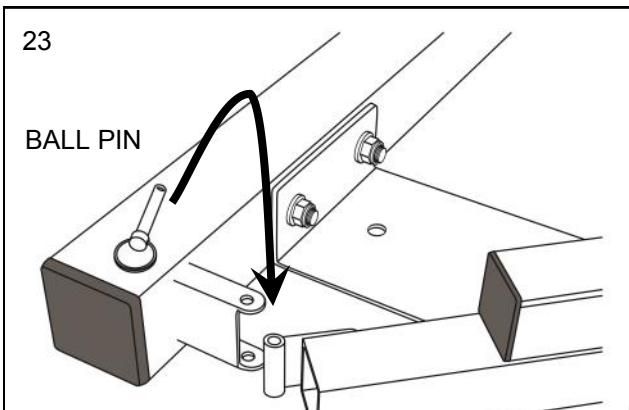
21

Install PULLEY onto LOW PULLEY BAR with M12x45mm bolt, nylock nut and M12 washer.



22

Slide FOAM ROLLER onto LOW PULLEY BAR and secure with Plastic cap, M8x25mm bolt and M12 washer.



23

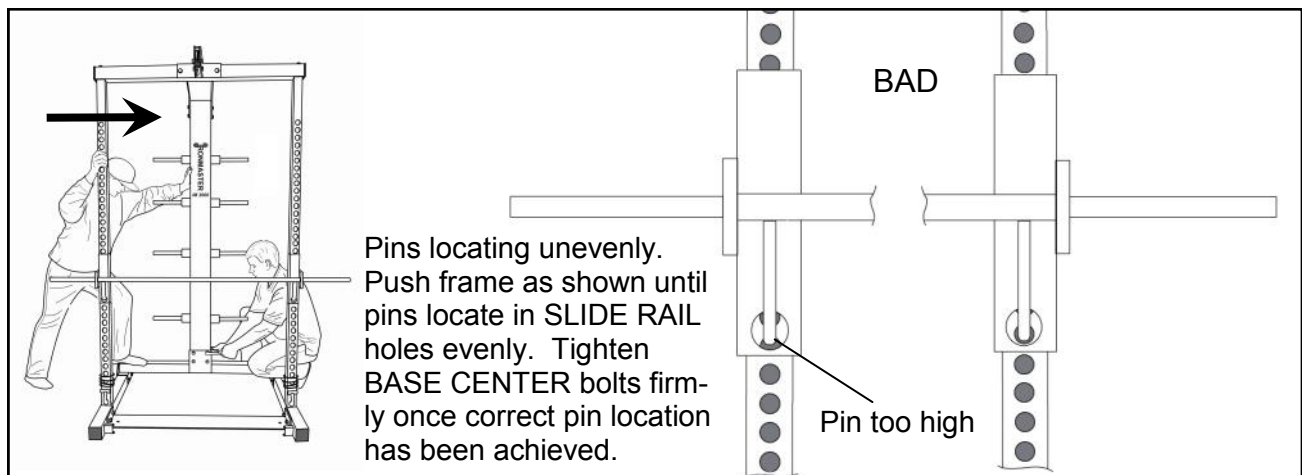
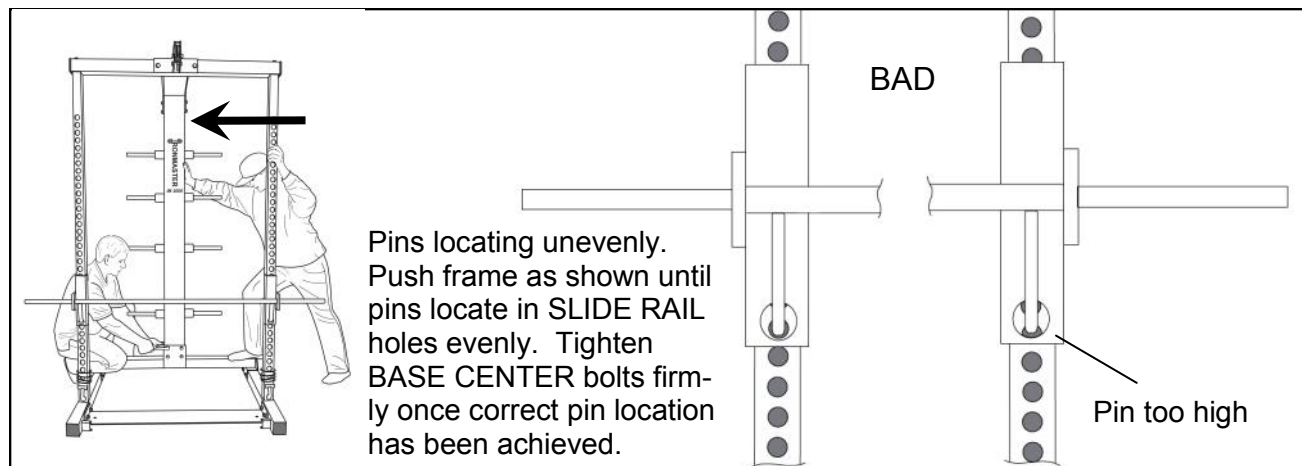
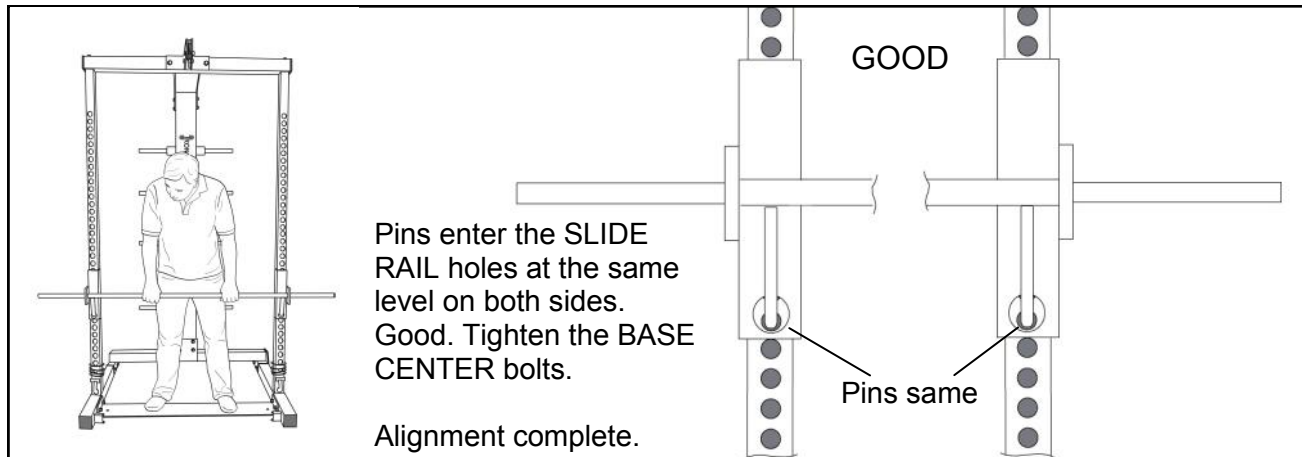
BALL PIN

Install LOW PULLEY BAR onto MAINFRAME on left side as shown. Align BALL PIN through MAINFRAME Pin bracket and then through LOW PULLEY BAR on Right BASE LEG. NOTE: Make sure the LOW PULLEY BAR is mounted with caster wheel on the inside 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. BALL PIN goes in front of flat plate on Left BASE LEG to retain for pulley system use.

## Machine Frame Alignment-Required Step

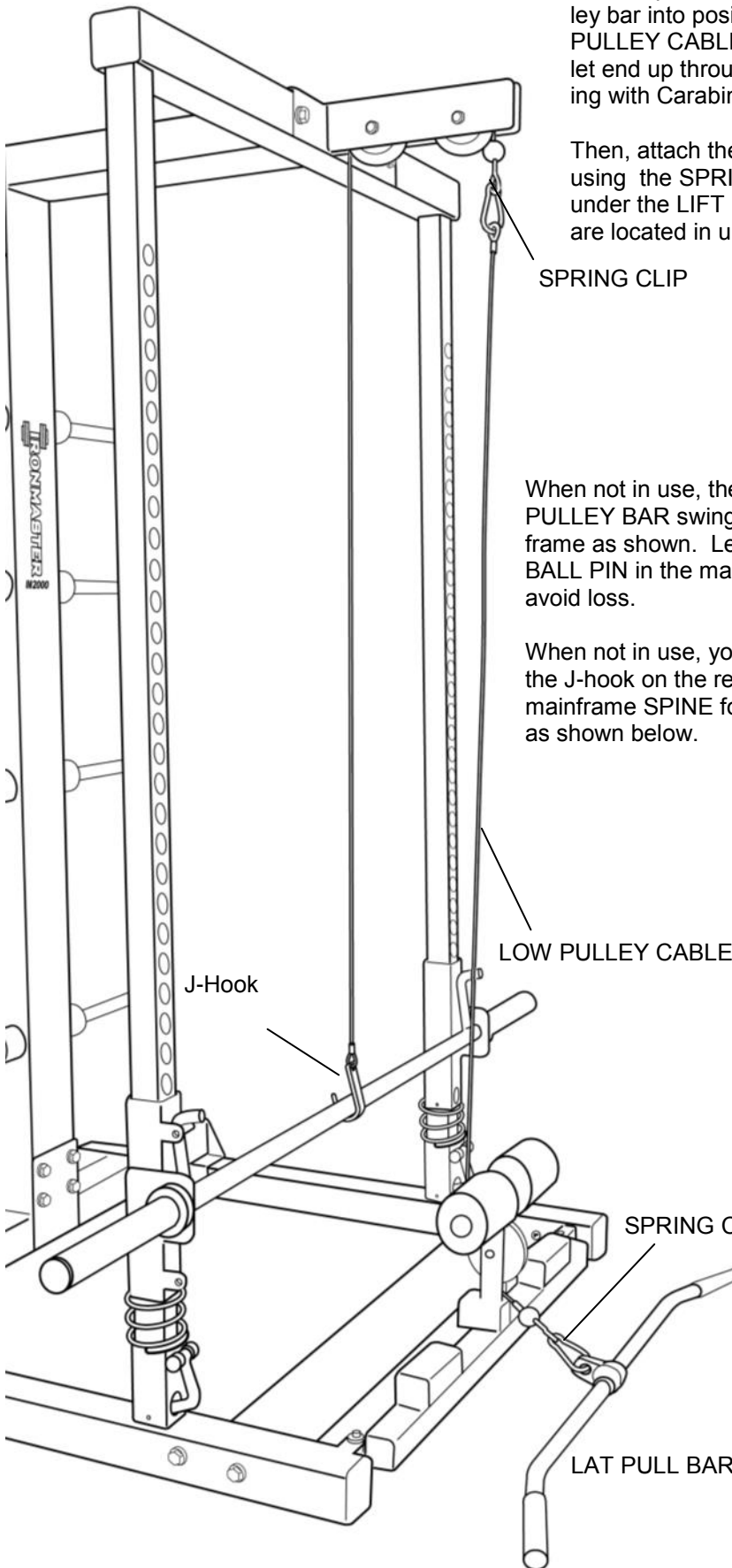
The lifting bar may not lock out into the slide rail holes evenly after initial assembly. It may be necessary to adjust the machine frame to ensure proper tracking and lockout pin insertion. **The lockout pins must enter the holes on the SLIDE RAILS at the same point.** To check this, stand inside the 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.



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.

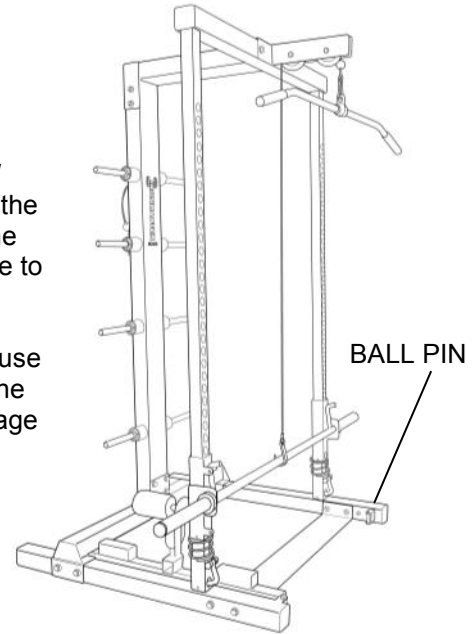
Then, attach the LAT PULL BAR to the LOW PULLEY CABLE using the SPRING CLIP. Make sure the J-hook is properly seated under the LIFT BAR and that the Safety hooks on LIFTING BAR are located in upper position with lock out bolt in place prior to use.



SPRING CLIP

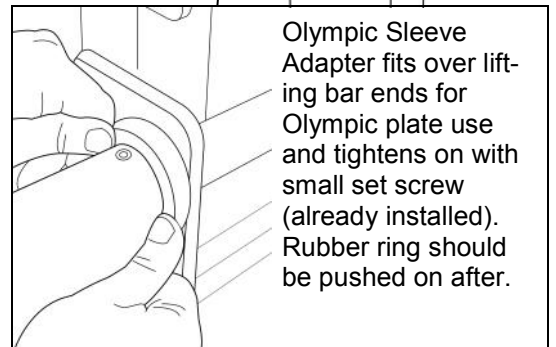
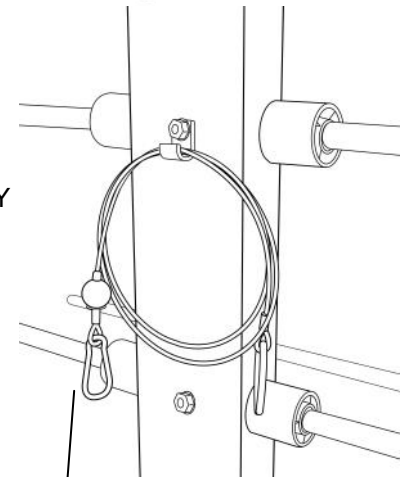
When not in use, the LOW PULLEY BAR swings into the frame as shown. Leave the BALL PIN in the mainframe to avoid loss.

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



BALL PIN

LOW PULLEY CABLE



## 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.

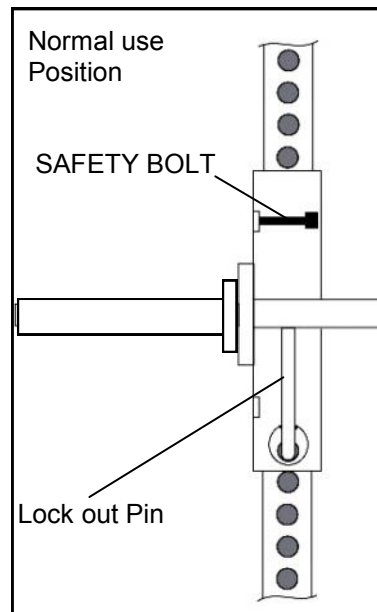
Lift the bar slightly and rotate the grip with slight wrist movement to disengage the Lock out Pins and allow the LIFTING BAR to slide freely up and down the SLIDE RAILS.

Once exercise is completed, rotate grip inward once more to re-engage the Lock out Pins.

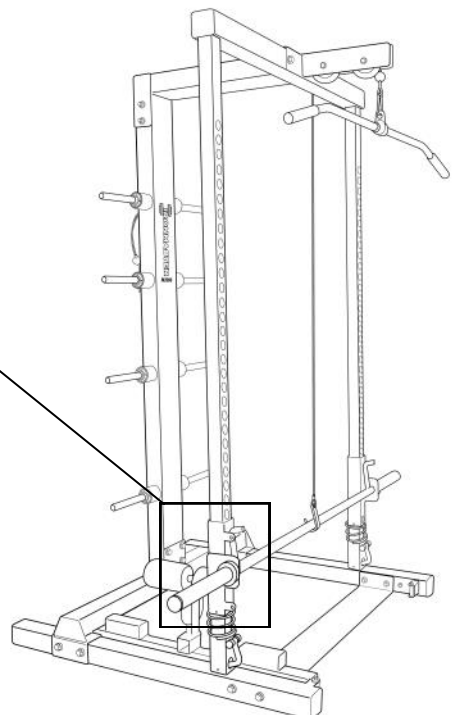
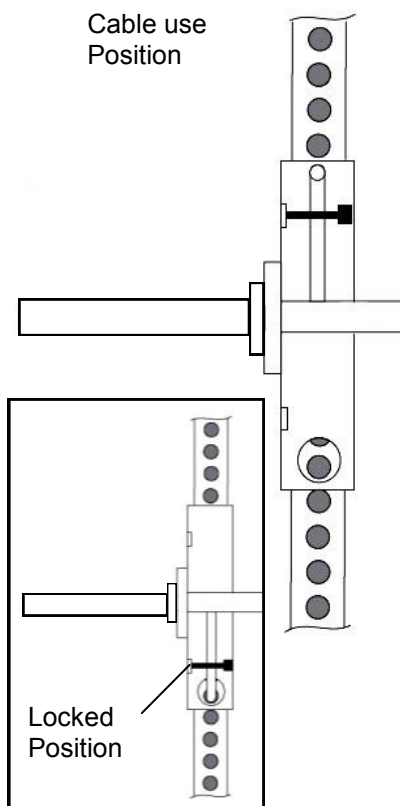
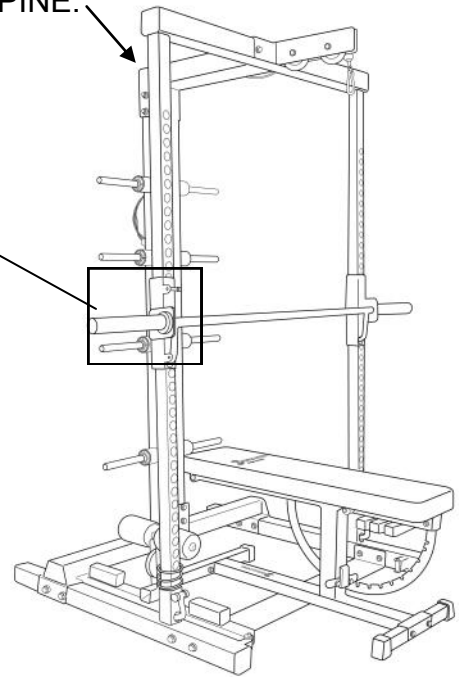
For safety or to hold the LIFTING BAR in the holes, remove the Safety bolt and install it in the lower position, thereby preventing the lock out pin from coming out of the SLIDE RAIL.

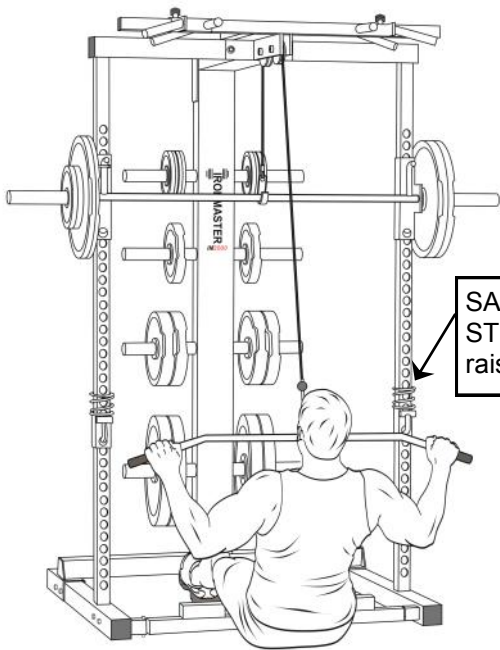
During Cable use, the LIFTING BAR lock out pins will be in the upward position with the SAFETY BOLT in the storage position above locking the LIFTING bar into the free sliding position.

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.



J-Hook cable can be hooked over the TOP CENTER frame notch when not in use. It will hang down the back of the SPINE.





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.

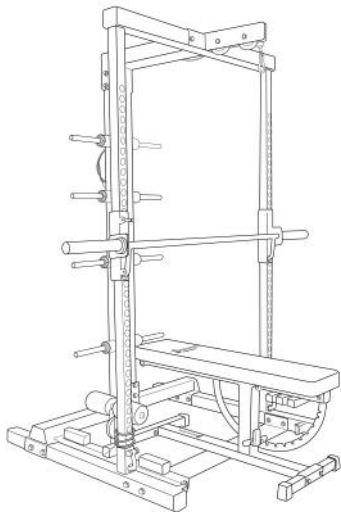


\*\*\*Keep hands and fingers clear of the slide rails when the lifting bar is in use.\*\*\*

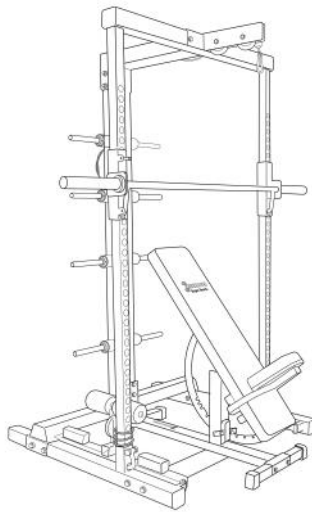
The SAFETY STOPS should always be used when performing squats or leg press exercises or any time you can't control the lifting bar with your hands. Be sure to test the stops and make sure they are both at the same level before exercising with weight. Count the number of holes above or below to make sure. 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.

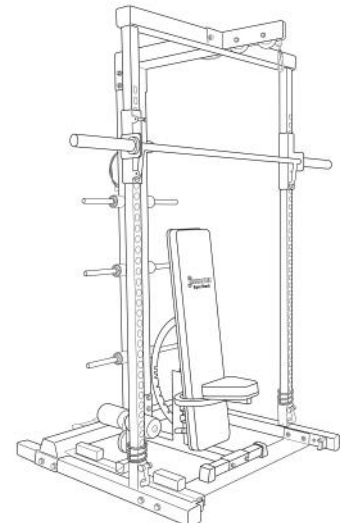
The lifting bar weighs about 32 lbs/14.5 kgs empty. Use this number as your starting weight to calculate the total bar weight.



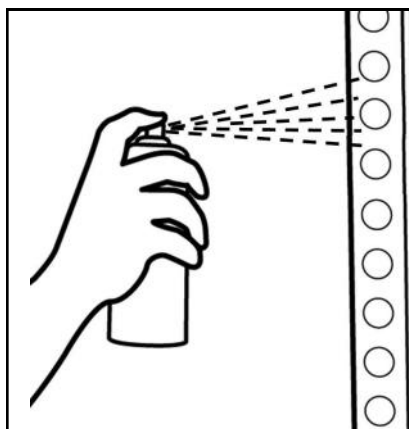
Flat bench press setup



Incline bench press setup



Upright bench press setup



### 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

## 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></p> <p>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.</p> <p>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

