

NOTE:
Please read all
instructions carefully
before using this product

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Model
MD-859

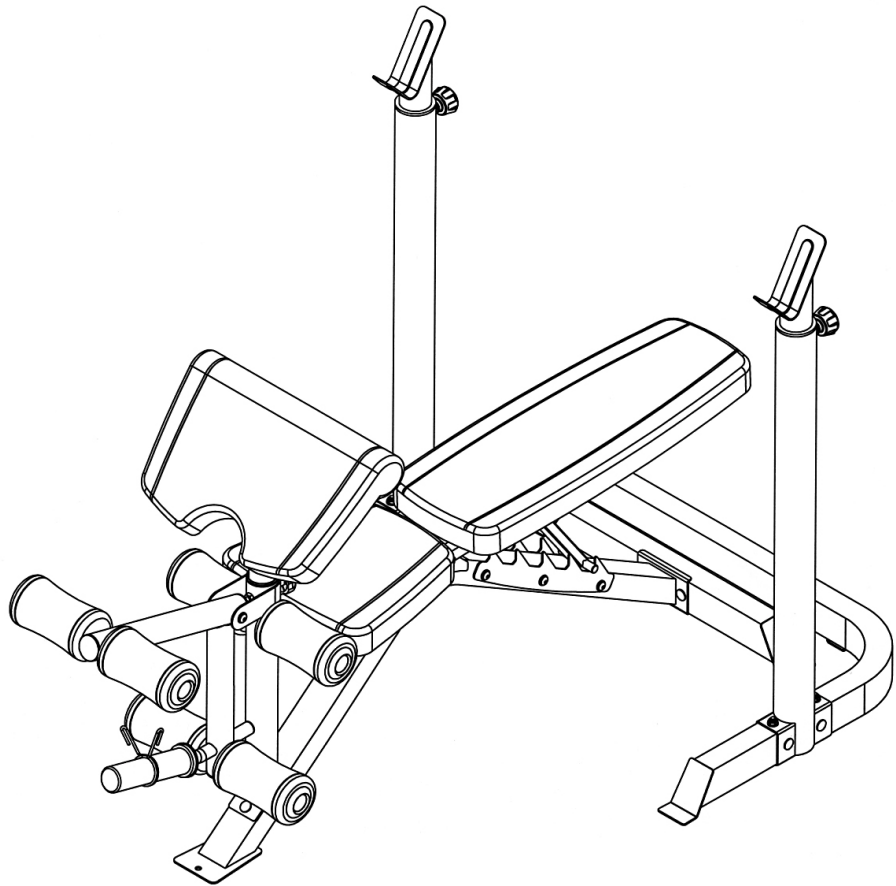
Retain This
Manual for
Reference

09/25/08

**OWNER'S
MANUAL**

IMPEX

MARCY DIAMOND WEIGHT BENCH MD-859



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the **MARCY DIAMOND WEIGHT BENCH MD-859** 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 your 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

www.impex-fitness.com

info@impex-fitness.com

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.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.

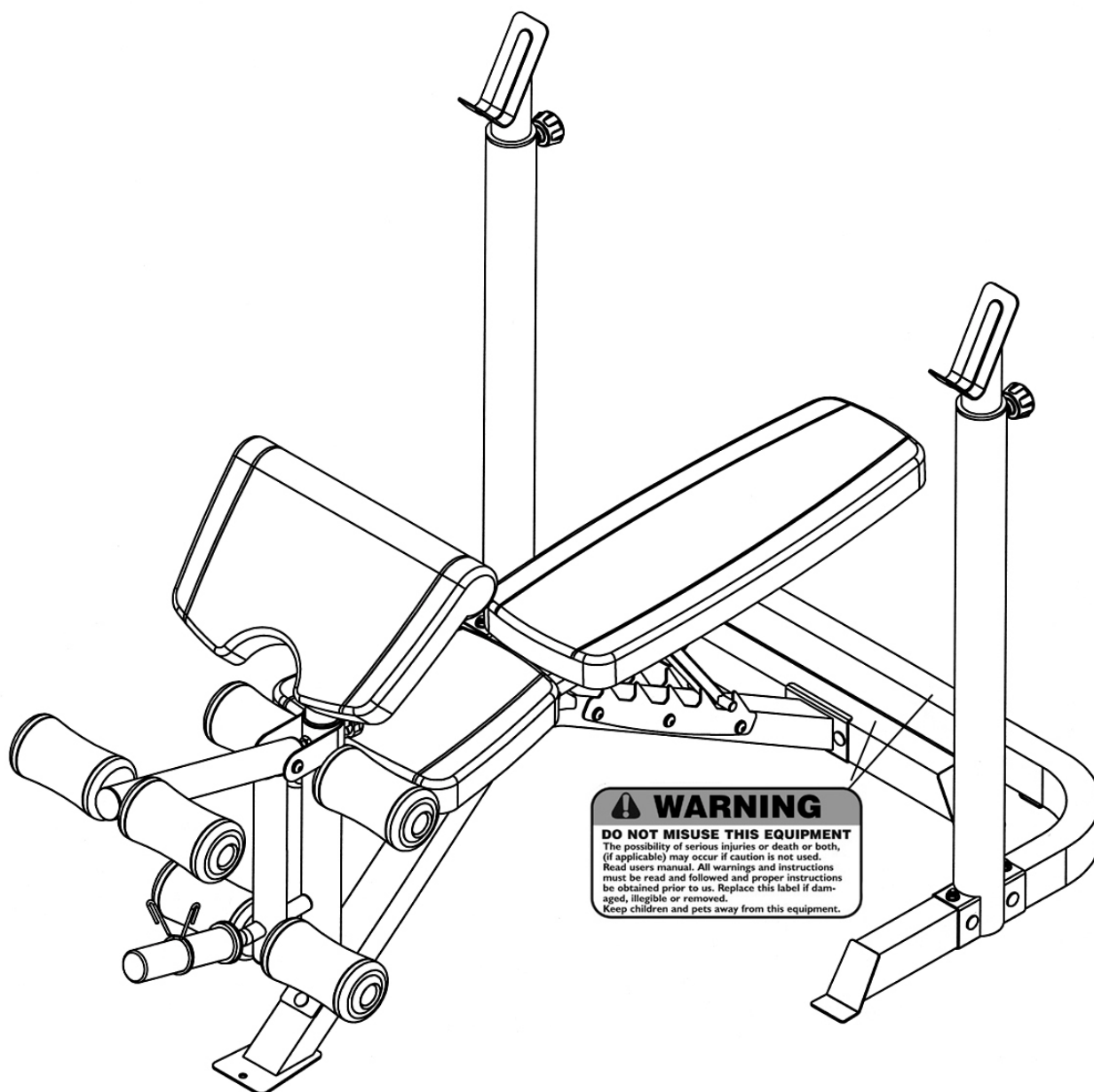
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

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.

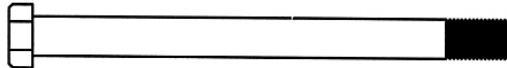
WARNING LABEL REPLACEMENT



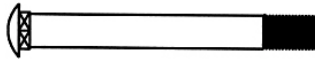
The Warning Labels shown here have been placed on the Rear Base Frame and Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown

HARDWARE PACK

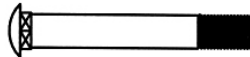
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



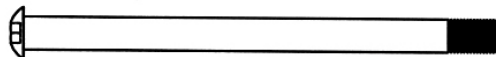
#31 M12 x 5 $\frac{3}{4}$ " Hex Bolt (Qty 1)



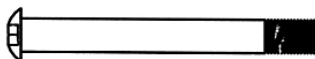
#32 M10 x 3 $\frac{5}{8}$ " Carriage Bolt (Qty 4)



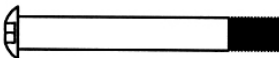
#33 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 7)



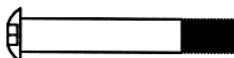
#34 M10 x 5 $\frac{1}{2}$ " Allen Bolt (Qty 1)



#35 M10 x 3 $\frac{5}{8}$ " Allen Bolt (Qty 3)



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



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



#38 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 5)



#39 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 4)



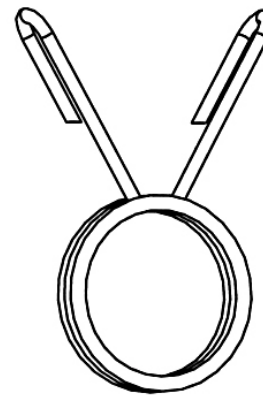
#40 \varnothing 1" Washer (Qty 2)



#41 \varnothing $\frac{3}{4}$ " Washer (Qty 22)



#44 M10 Aircraft Nut (Qty 16)



#30 Spring Clip (Qty 1)



#43 M12 Aircraft Nut (Qty 1)



#42 \varnothing $\frac{5}{8}$ " Washer (Qty 9)



#20 \varnothing $\frac{5}{8}$ " Bushing (Qty 2)



ASSEMBLY INSTRUCTION

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

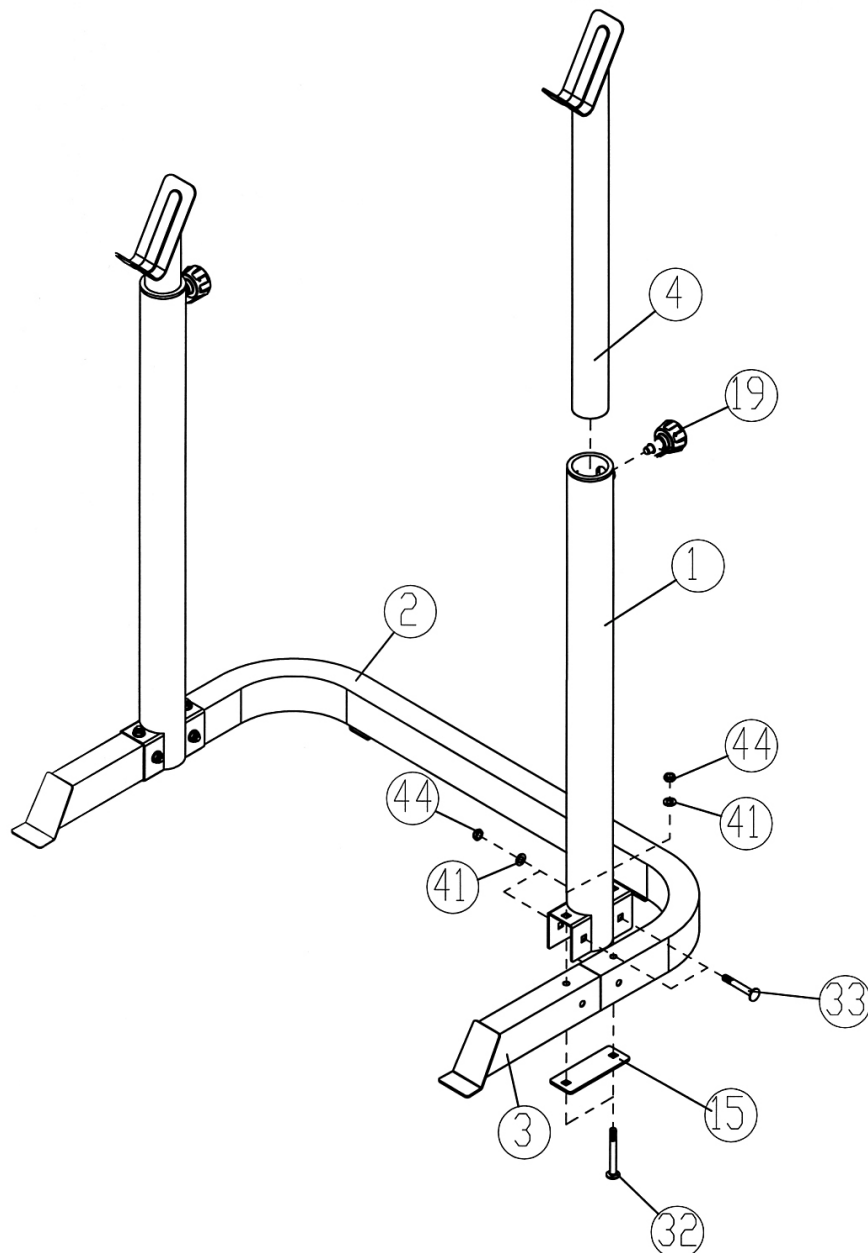
STEP 1 (See Diagram 1)

A.) Attach one Base Frame (#3) to the Rear Base Frame (#2). Attach an Upright Beam (#1) onto the Base Frame and Rear Base Frame. Secure them together with two M10 x 3 5/8" Carriage Bolts (#32), one 5 1/2" x 2" Bracket (#15), two Ø 3/4" Washer (#41), and two M10 Aircraft Nuts (#44) from bottom. Secure with two M10 x 2 3/4" Carriage Bolts (#33), two Ø 3/4" Washer (#41), and two M10 Aircraft Nuts (#44) from side. **Do not tighten the Nuts and Bolts yet.** Repeat the same procedure to install the other side.

B.) Securely tighten all Nuts and Bolts.

C.) Insert two Crutches (#4) into the two Upright Beams. Insert two M18 Lock Knobs (#19) through the selected holes to obtain desired height.

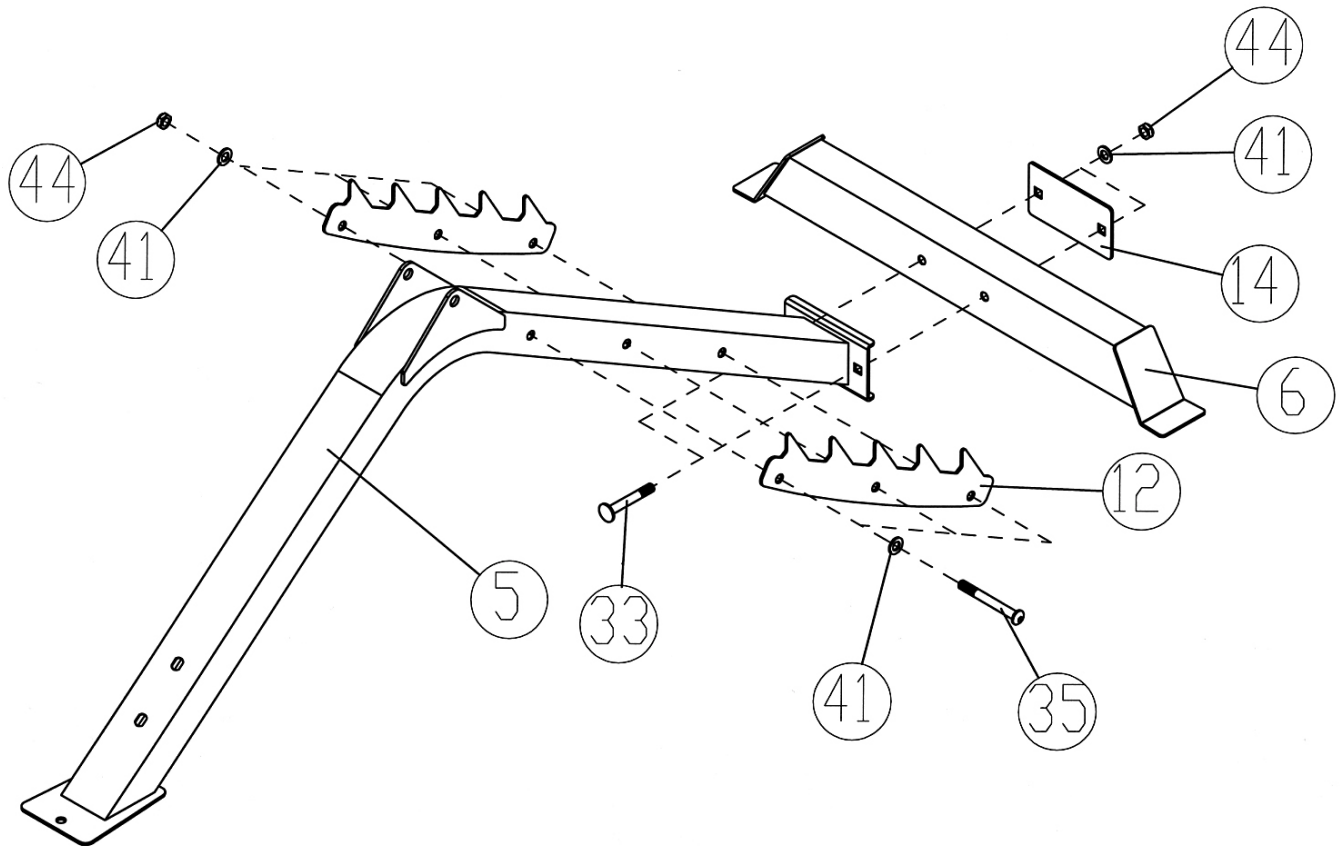
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#5) to the Rear Stabilizer (#6). Secure it with two M10 x 2 3/4" Carriage Bolts (#33), one 5 1/8" x 2 3/4" Bracket (#14), two Ø 3/4" Washers (#41), and two M10 Aircraft Nuts (#44).
- B.) Attach the two Incline Support Frames (#12) to the Main Seat Support. Secure them to the Main Seat Support with three M10 x 3 5/8" Allen Bolts (#35), six Ø 3/4" Washers (#41), and three M10 Aircraft Nuts (#44).

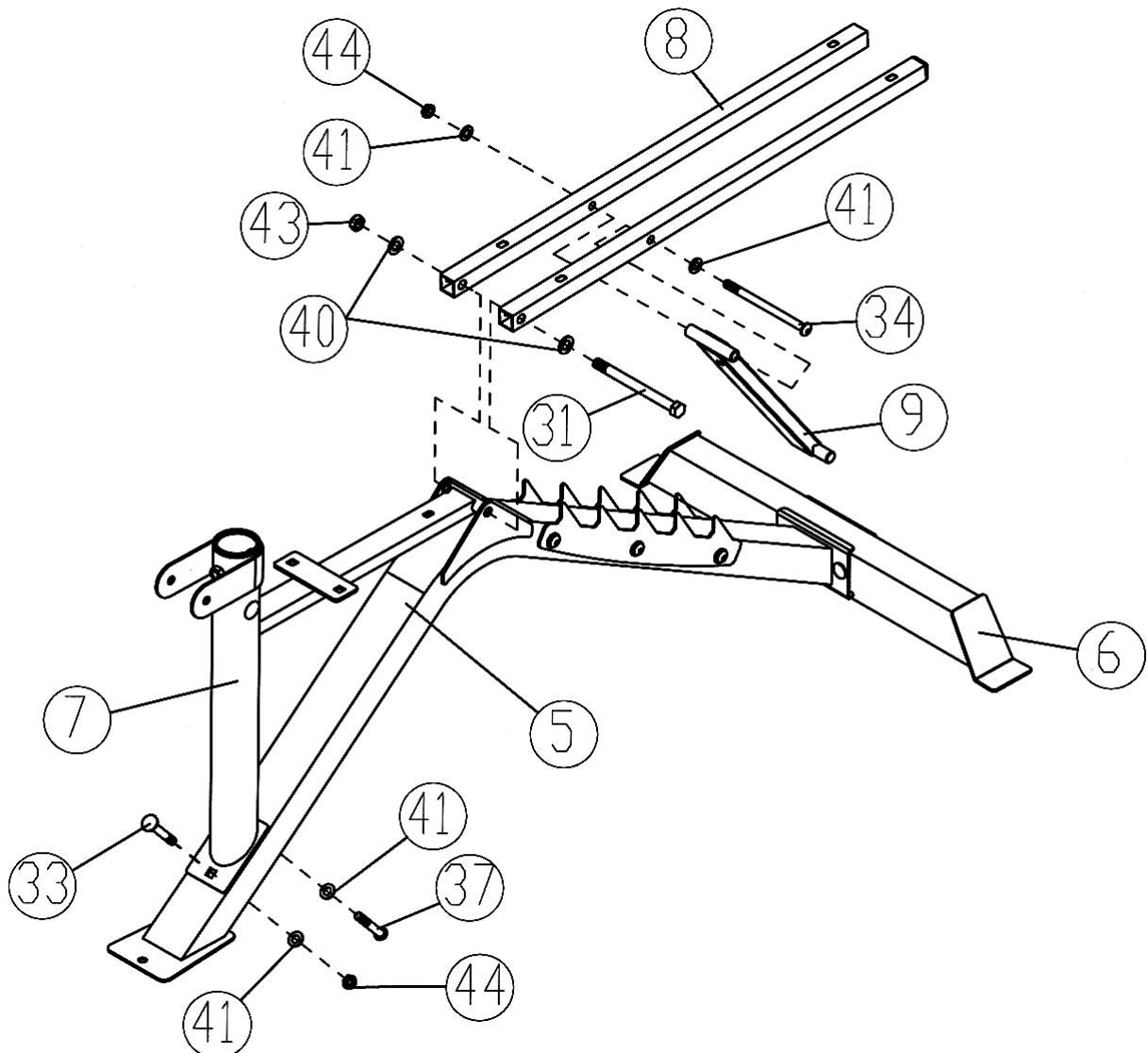
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the pivot on the Leg Developer Holder (#7) to the open bracket on the Main Seat Support (#5). Attach the bottom of Leg Developer Holder to the Main Seat Support. Secure it with one M10 x 2 3/4" Carriage Bolt (#33) from front, one M10 x 2 1/2" Allen Bolt (#37) from rear, two Ø 3/4" Washers (#41), and one M10 Aircraft Nut (#44).
- B.) Attach the Incline Support (#9) to the side-holes on the two Backrest Supports (#8). Align the holes. Secure it with one M10 x 5 1/2" Allen Bolt (#34), two Ø 3/4" Washers (#41), and one M10 Aircraft Nut (#44).
- C.) Attach the holes on the end of the Backrest Supports (#12) to the bracket on the Main Seat Support. Align the holes. Secure the two Backrest Supports to the bracket, and the pivot on Leg Developer Holder together with one M12 x 5 3/4" Hex Bolt (#31), two Ø 1" Washers (#41), and one M12 Aircraft Nut (#44).
- D.) Do not over tighten the Nuts and Bolts. Make sure the Backrest Supports and Backrest Incline are able to swivel.
- E.) Place the other ends of Incline Support onto the selected slot on Incline Support Frames (#12) to hold the Backrest Incline in position.

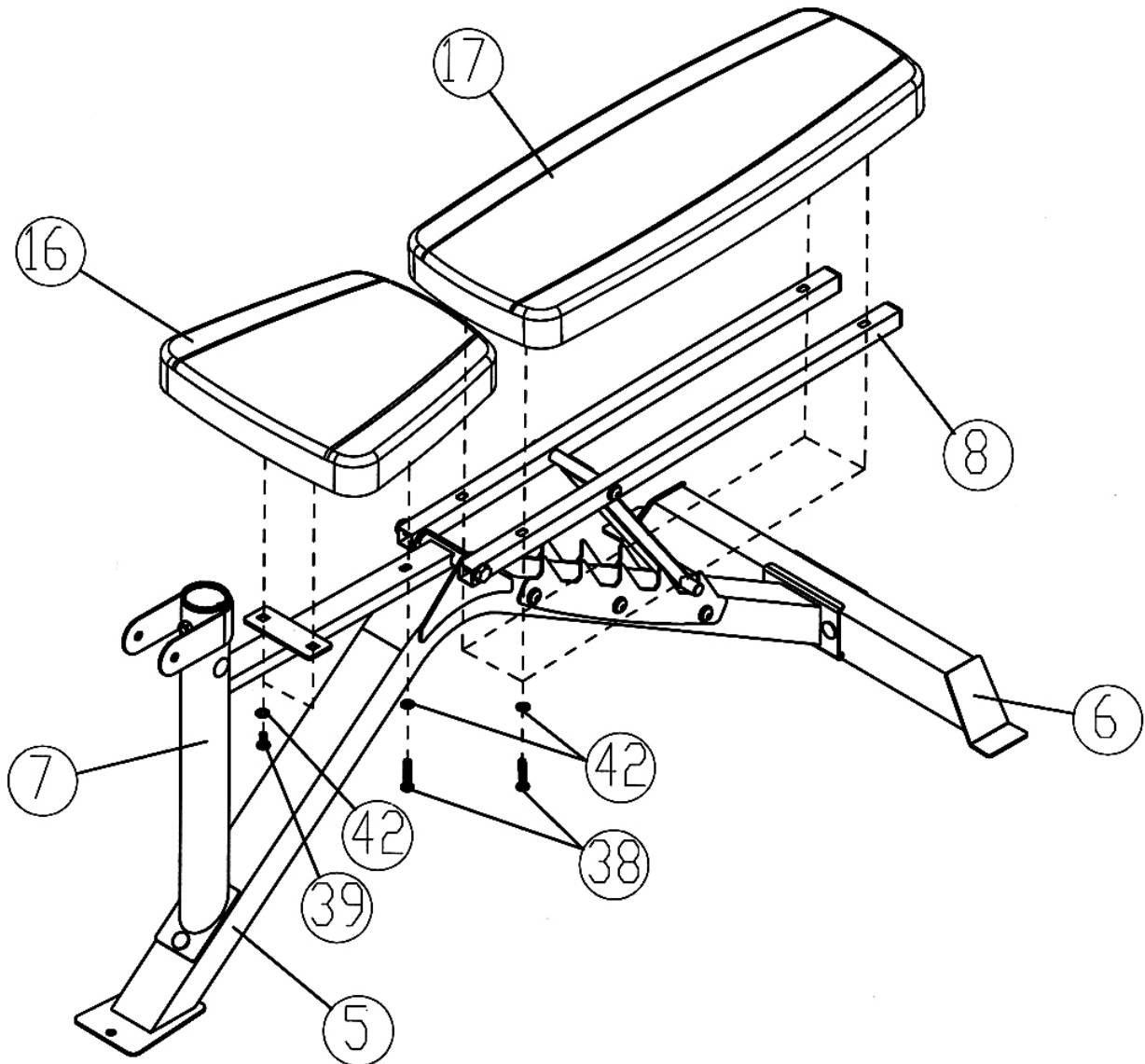
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Backrest Board (#17) to the Backrest Supports (#8). Secure it with four M8 x 1 5/8" Allen Bolts (#38) and four Ø 5/8" Washers (#42).
- B.) Place the Seat Pad (#16) onto the seat bracket on Leg Developer Holder (#7). Secure it with one M8 x 1 5/8" Allen Bolts (#38), two M8 x 5/8" Allen Bolts (#3), and two Ø 5/8" Washers (#42).

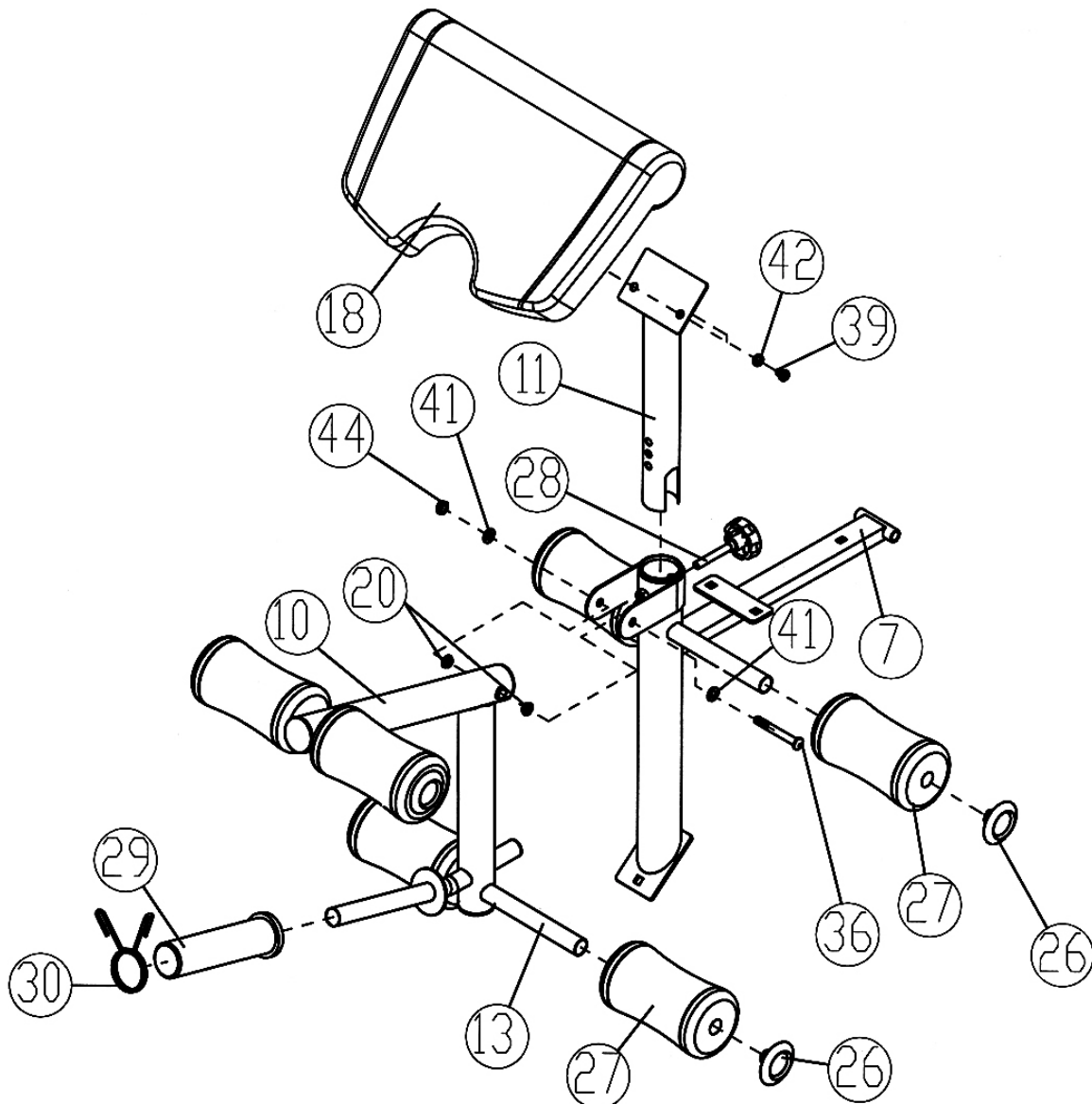
DIAGRAM 4



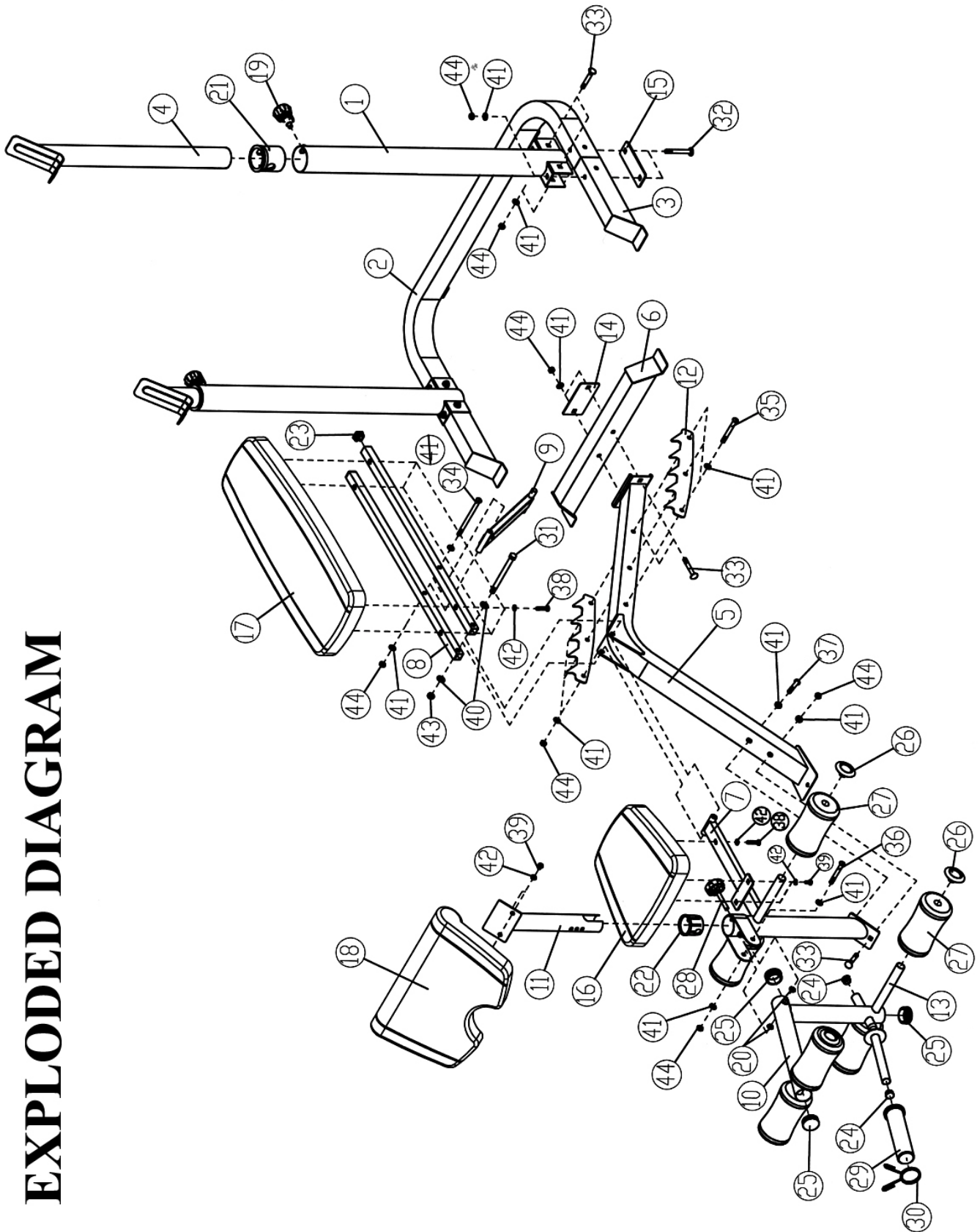
STEP 5 (See Diagram 5)

- A.) Attach two Ø 5/8" Bushings (#20) to the Leg Developer (#10). Attach the Leg Developer to the Leg Developer Holder (#7). Secure it with one M10 x 3 1/8" Allen Bolt (#36), two Ø 3/4" Washers (#41), and one M10 Aircraft Nut (#44).
- B.) Insert three Foam Tubes (#13) halfway through the holes on the Leg Developer and Leg Developer Holder. Push six Foam Rolls (#27) onto the Tubes from both ends. Plug six Foam Roll End Caps (#26) into the ends.
- C.) Slide an Olympic Sleeve (#29) onto the weight post on Leg Developer. Attach a Spring Clip (#30) onto the Sleeve.
- D.) Attach the Arm Curl Pad (#18) to the Arm Curl Stand (#11). Secure it with two M8 x 5/8" Allen Bolts (#39) and two Ø 5/8" Washers (#42).
- E.) Insert the Arm Curl Stand into the Leg Developer holder. Use the M10 Lock Knob (#28) to lock the Arm Curl Stand in position.
- F.) Remove the Arm Curl Stand when doing Leg Developer exercises.

DIAGRAM 5



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2
2	Rear Base Frame	1
3	Base Frame	2
4	Crutch	2
5	Main Seat Support	1
6	Rear Stabilizer	1
7	Leg Developer Holder	1
8	Backrest Support	2
9	Incline Support	1
10	Leg Developer	1
11	Arm Curl Stand	1
12	Incline Support Frame	2
13	Foam Tube	3
14	5 1/8" x 2 3/4" Bracket	1
15	5 1/2" x 2" Bracket	2
16	Seat Pad	1
17	Backrest Board	1
18	Arm Curl Pad	1
19	M18 Lock Knob	2
20	Ø 5/8" Bushing	2
21	Ø 3" Sleeve	2
22	Ø 2 3/8" Sleeve	1
23	1" Square End Cap	2
24	Ø 1" End Cap	2
25	Ø 2" End Cap	3
26	Foam Roll End Cap	6
27	Foam Roll	6
28	M10 Lock Knob	1
29	Olympic Sleeve	1
30	Spring Clip	1
31	M12 x 5 3/4" Hex Bolt	1
32	M10 x 3 5/8" Carriage Bolt	4
33	M10 x 2 3/4" Carriage Bolt	7
34	M10 x 5 1/2" Allen Bolt	1
35	M10 x 3 5/8" Allen Bolt	3
36	M10 x 3 1/8" Allen Bolt	1
37	M10 x 2 1/2" Allen Bolt	1
38	M8 x 1 5/8" Allen Bolt	5
39	M8 x 5/8" Allen Bolt	4
40	Ø 1" Washer	2
41	Ø 3/4" Washer	22
42	Ø 5/8" Washer	9
43	M12 Aircraft Nut	1
44	M10 Aircraft Nut	16

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 a 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 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.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

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