

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
MD-MXM6

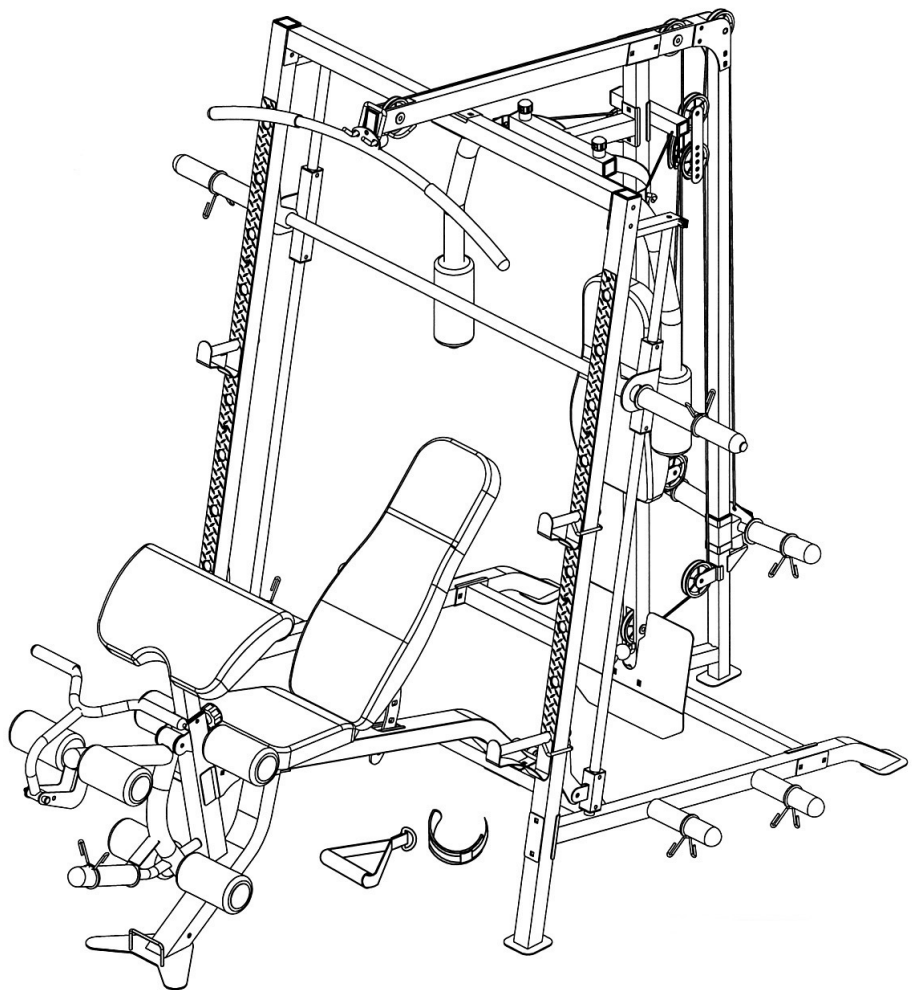
Retain This  
Manual for  
Reference

08-3-06

OWNER'S  
MANUAL

# IMPEX

## MARCY DIAMOND ELITE SMITH CAGE MD-MXM6



**IMPEX®**

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

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## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	8
EXPLODED DIAGRAM.....	25
PARTS LIST.....	27
WARRANTY.....	28
ORDERING PARTS.....	28

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY DIAMOND ELITE Smith Cage MD-MXM6 by IMPEX®. 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**

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto: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.

### **CARE AND MAINTENANCE**

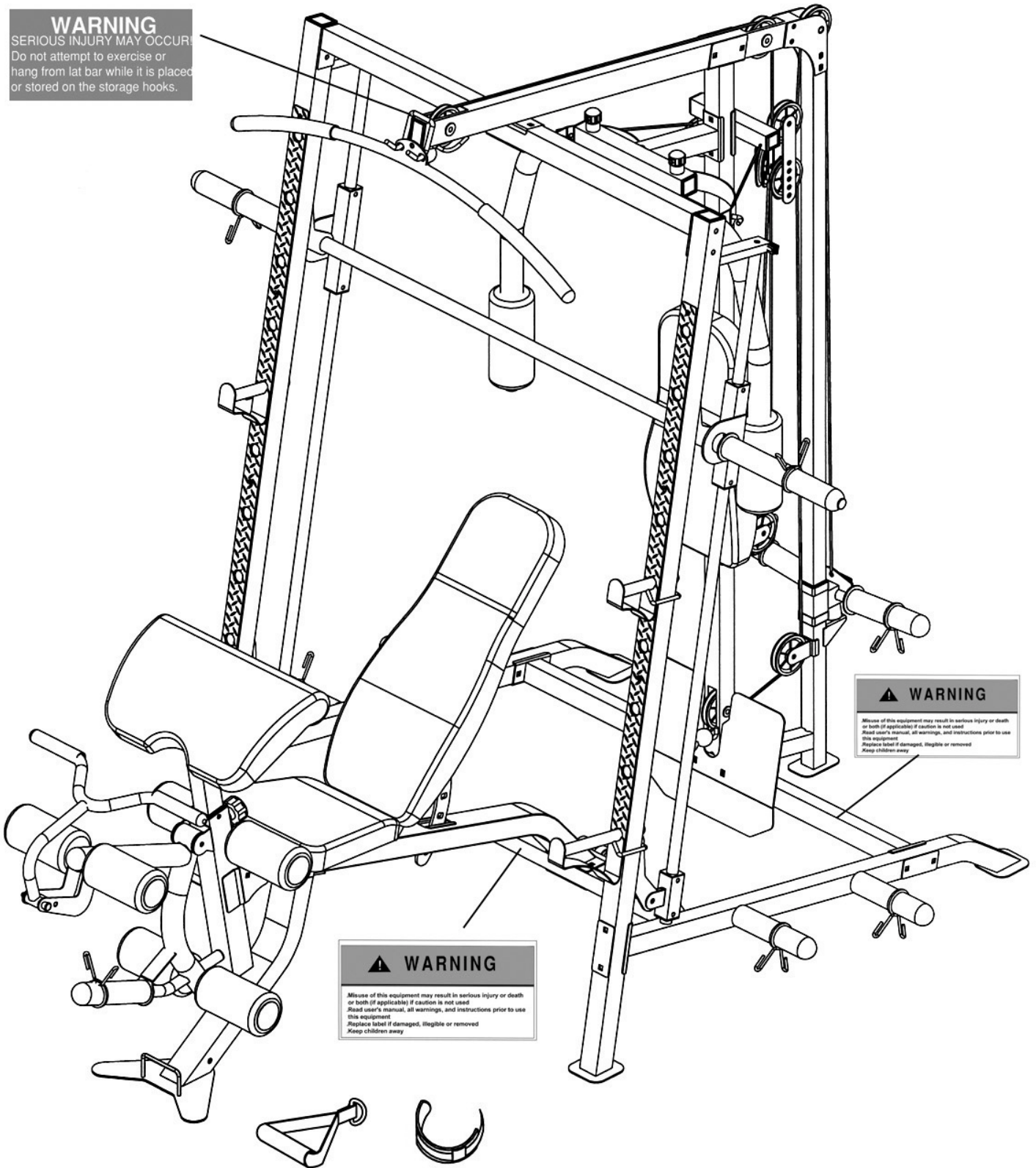
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weight on Rack: 300 lbs.
6. Maximum weight on Smith Bar: 300 lbs.
7. Maximum weight on Weight Holder: 200 lbs.
8. Maximum weight on Leg Developer: 100 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 ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

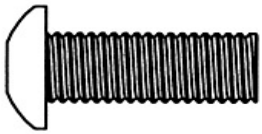
# WARNING LABEL REPLACEMENT

**WARNING**  
SERIOUS INJURY MAY OCCUR!  
Do not attempt to exercise or hang from lat bar while it is placed or stored on the storage hooks.

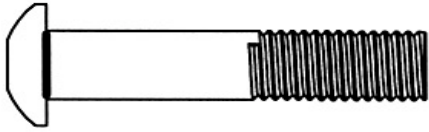


The warning labels shown here have been placed on the Cross Brace, Rear Stabilizer, and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

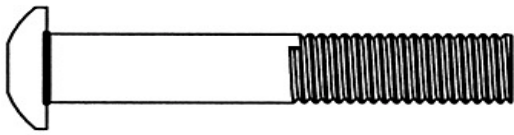
# HARDEWARE PACK



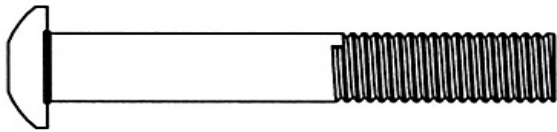
#92 M10 x 1" Allen Bolt (Qty 12)



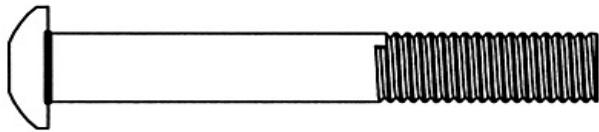
#93 M10 x 1 3/4" Allen Bolt (Qty 9)



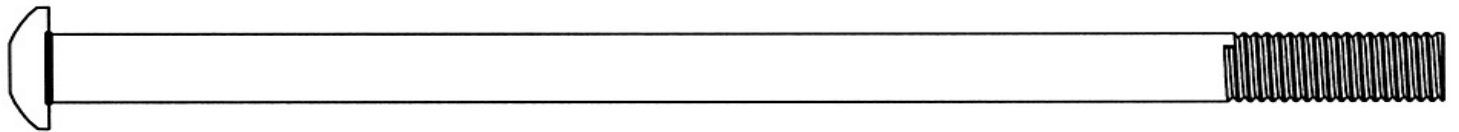
#94 M10 x 2 1/8" Allen Bolt (Qty 2)



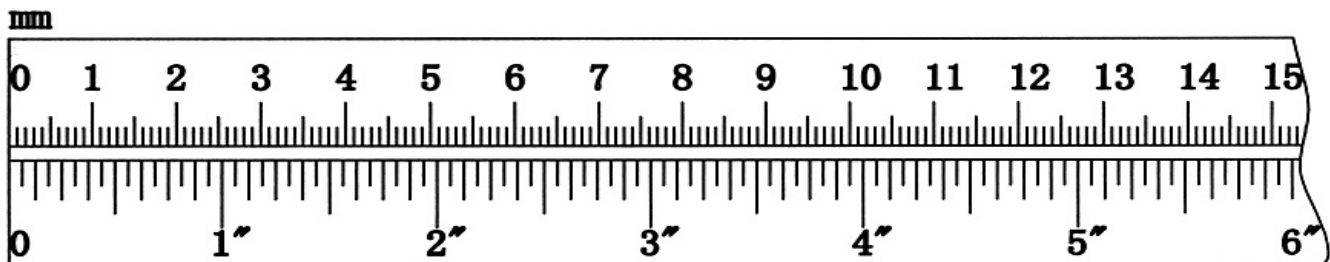
#95 M10 x 2 3/8" Allen Bolt (Qty 4)



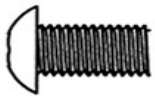
#96 M10 x 2 1/2" Allen Bolt (Qty 2)



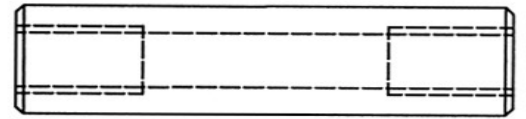
#97 M10 x 7 1/4" Allen Bolt (Qty 1)



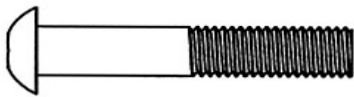
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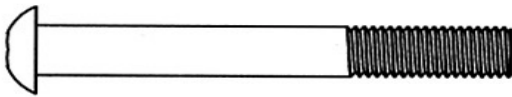
#91 M8 x 5/8" Allen Bolt (Qty 2)



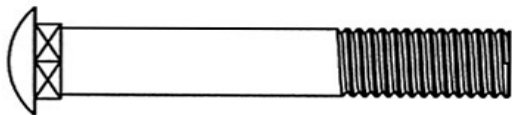
#18 Axle (Qty 1)



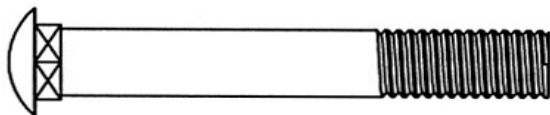
#99 M8 x 1 5/8" Allen Bolt (Qty 8)



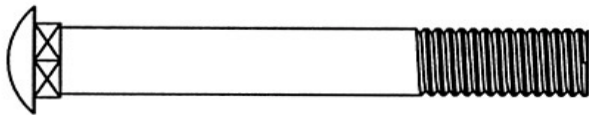
#104 M8 x 2 3/8" Allen Bolt (Qty 2)



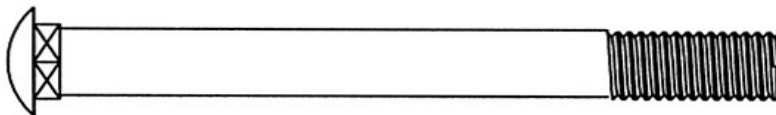
#100 M10 x 2 3/8" Carriage Bolt (Qty 4)



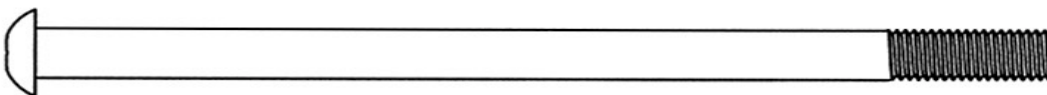
#102 M10 x 2 1/2" Carriage Bolt (Qty 7)



#103 M10 x 2 3/4" Carriage Bolt (Qty 12)

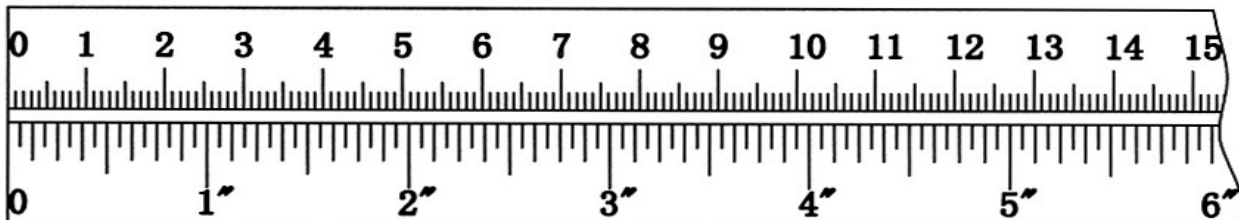


#101 M10 x 3 3/4" Carriage Bolt (Qty 2)

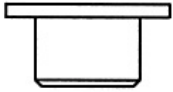


#98 M8 x 5 1/8" Allen Bolt (Qty 1)

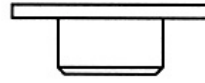
mm



# HARDEWARE PACK



#85 Ø 1" Bushing  
(Qty 2)



#86 Ø 1 1/8" Bushing  
(Qty 4)



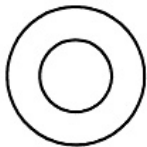
#108 M6 Aircraft Nut  
(Qty 2)



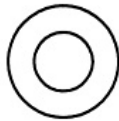
#106 M10 Aircraft Nut  
(Qty 43)



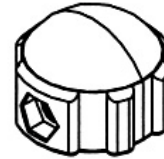
#109 M8 Aircraft Nut  
(Qty 1)



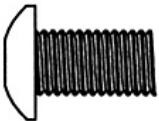
#89 Ø 3/4" Washer  
(Qty 71)



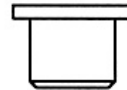
#88 Ø 5/8" Washer  
(Qty 14)



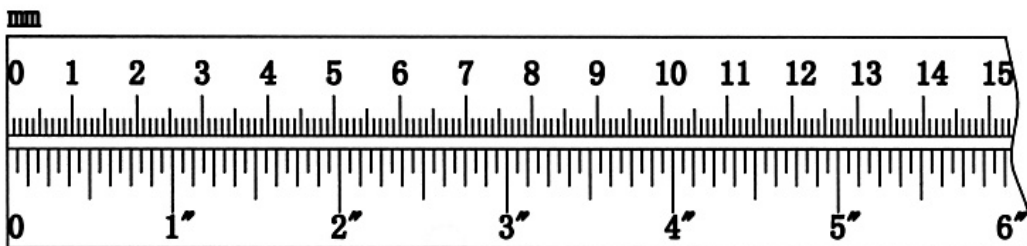
#80 Lock Ring  
(Qty 2)



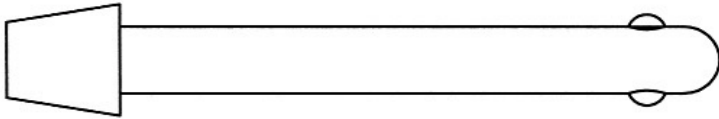
#90 M10 x 5/8" Allen Bolt  
(Qty 6)



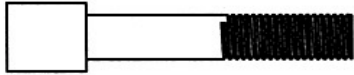
#113 Ø 1/2" Bushing  
(Qty 2)



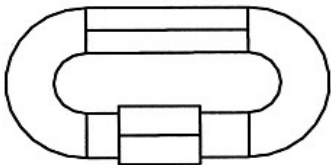
# HARDEWARE PACK



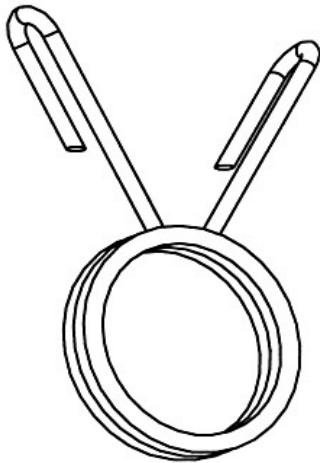
#20 Lock Pin (Qty 1)



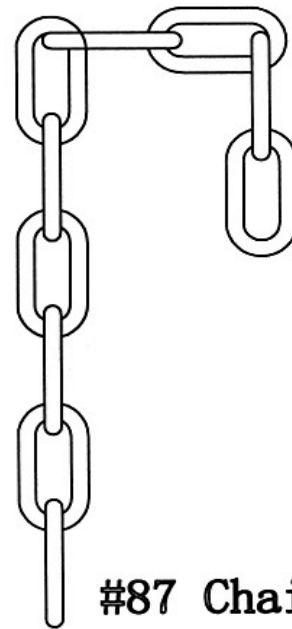
#107 M6 x 1 1/4" Allen Bolt (Qty 2)



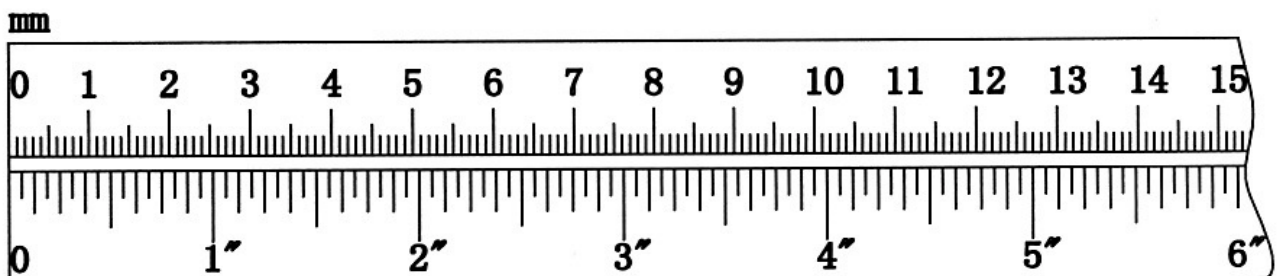
#84 C-clip (Qty 4)



#83 Spring Clip (Qty 9)



#87 Chain (Qty 2)





## **ASSEMBLY INSTRUCTION**

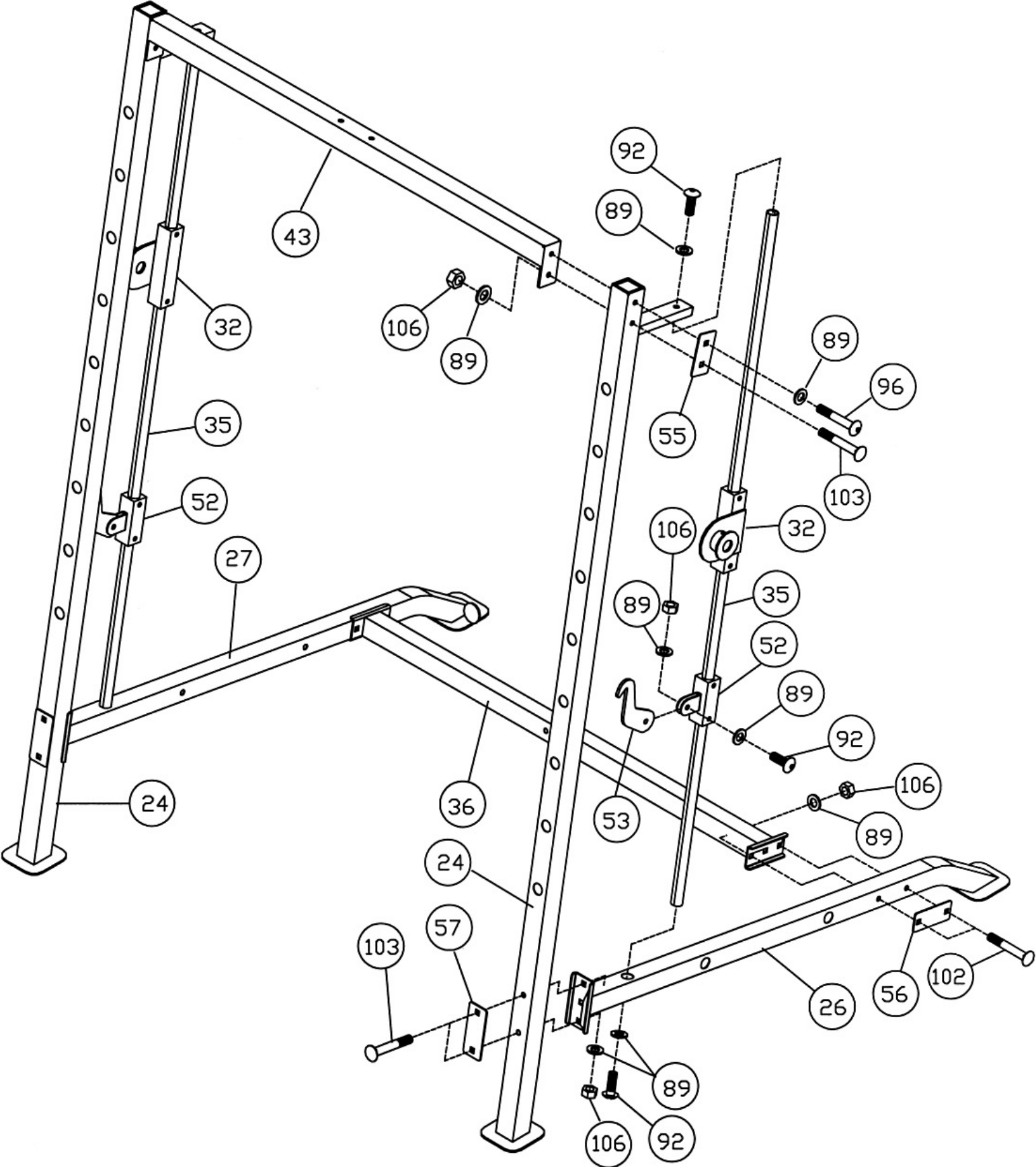
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**

**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.) Connect the Left & Right Base Frames (#26 & #27) by a Cross Brace (#36) in the mid-span. Secure each end of the Cross Brace with two M10 x 2 ½" Carriage Bolts (#102), one 4 3/8" x 1 ¾" Bracket (#56), two Ø ¾" Washers (#89), and two M10 Aircraft Nuts (#106).
- C.) Attach a Front Vertical Beam (#24) to the Left Base Frame (#26). Secure it with two M10 x 2 ¾" Carriage Bolts (#103), one 4 ¾" x 2" Bracket (#57), two Ø ¾" Washers (#89), and two M10 Aircraft Nuts (#106). Repeat the same procedure to install the other side.
- D.) Attach the Front Top Beam (#43) to the two Front Vertical Beams. Secure each end with one M10 x 2 ½" Allen Bolt (#96), 4" x 2" Bracket (#55), and Ø ¾" Washer (#89) to the top hole. Secure the bottom hole with one M10 x 2 ¾" Carriage Bolt (#103), Ø ¾" Washer (#89), and M10 Aircraft Nut (#106).
- E.) Insert a Guide Rod (#35) into the hole on the Left Base Frame (#26). Secure it with one M10 x 1" Allen Bolt (#92) and Ø ¾" Washer (#89) from the bottom.
- F.) Slide a Lower Safety Stop Frame (#52) and a Safety Stop Frame (#32) onto the Guide Rod (#35).
- G.) Secure the top of the Guide Rod to the Front Vertical Beam with one M10 x 1" Allen Bolt (#92) and Ø ¾" Washer (#89).
- H.) Attach a Safety Hook (#53) to the Lower Safety Stop Frame (#52). Secure it with one M10 x 1" Allen Bolt (#92), two Ø ¾" Washers (#89), and one M10 Aircraft Nut (#106).
- I.) Attach the Safety Hook to the selected hole on the Front Vertical Beam.
- J.) Repeat procedures E through I above to install the other side.

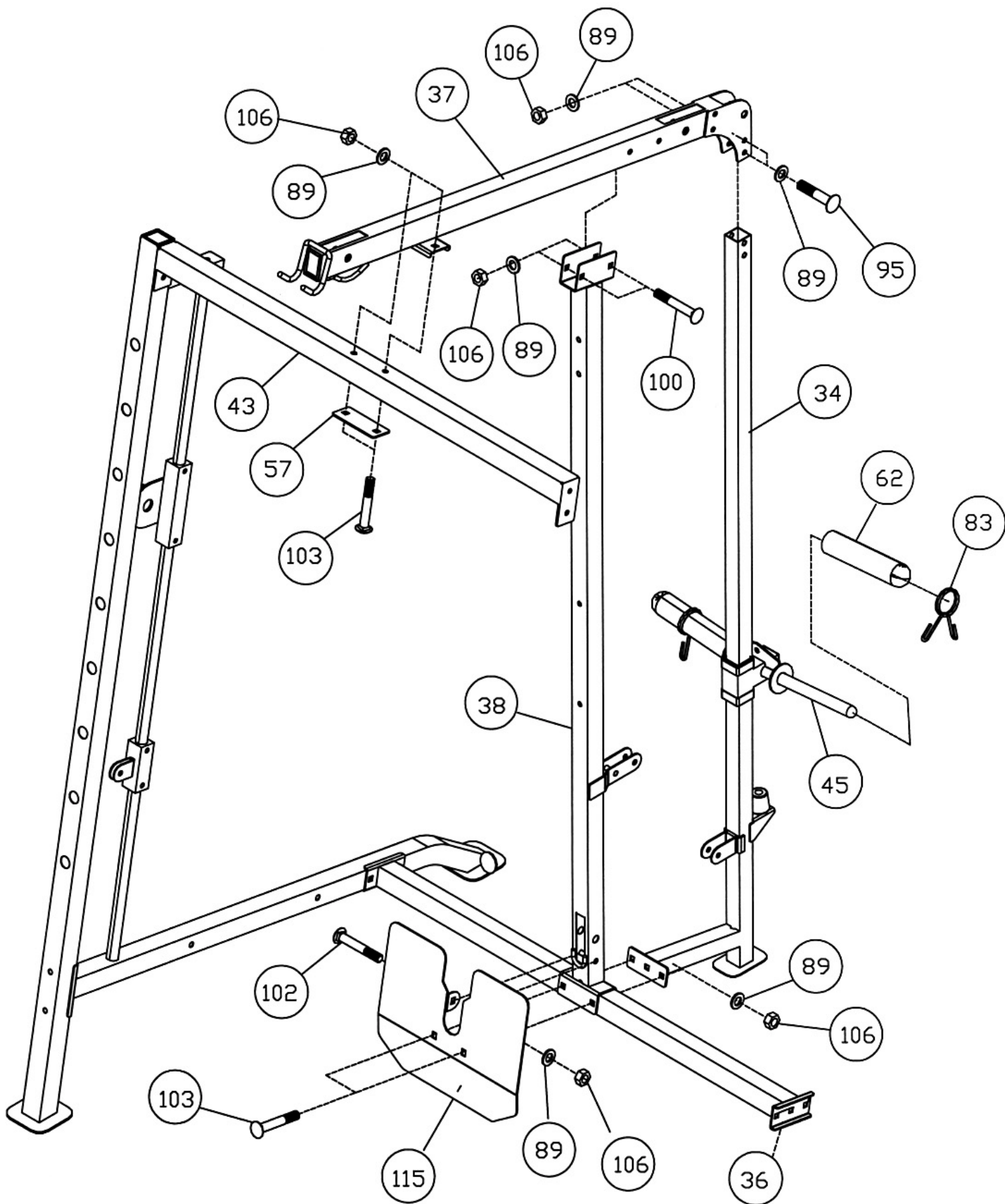
DIAGRAM 1



## STEP 2 (See Diagram 2)

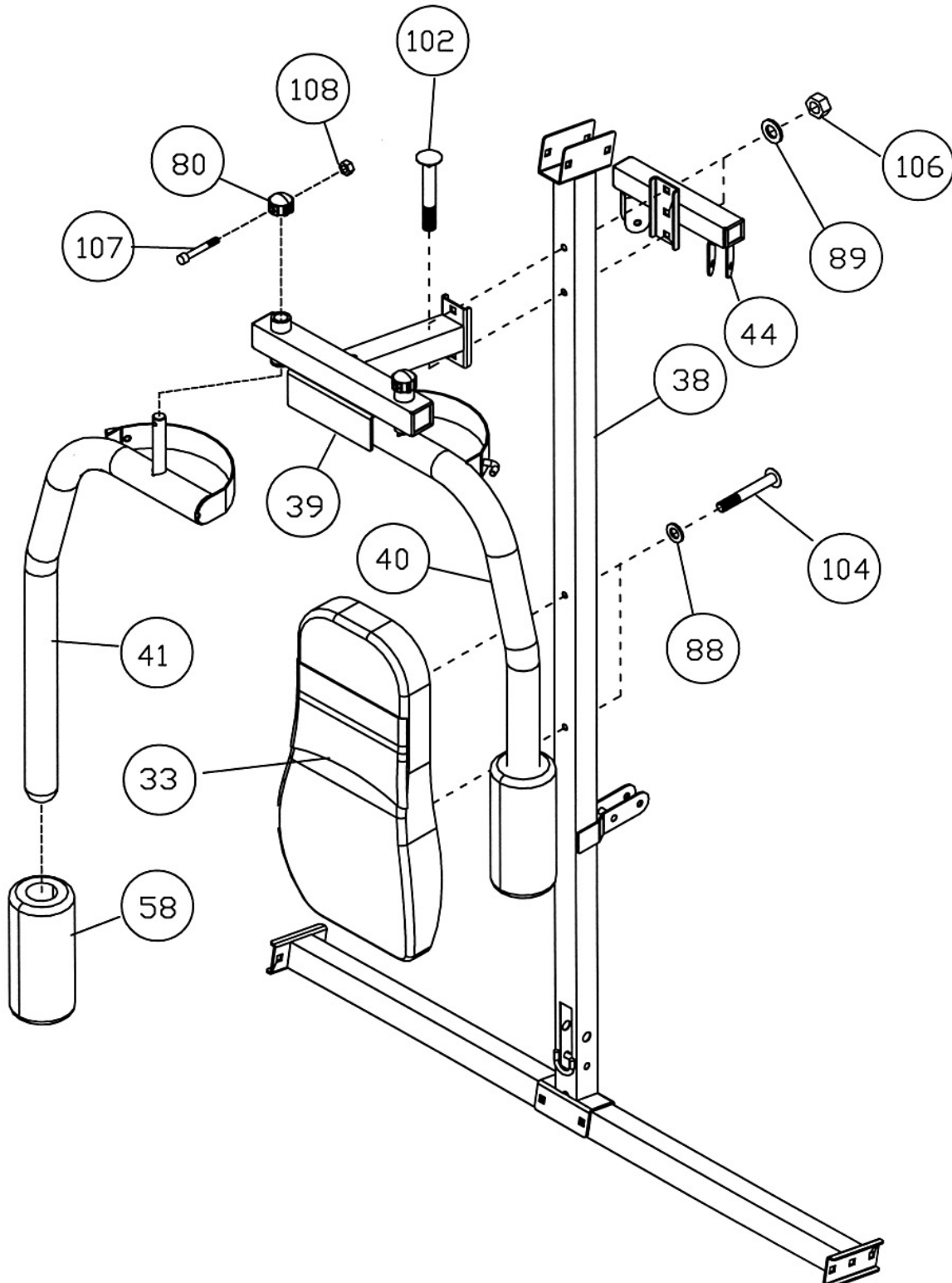
- A.) Attach the Rear Vertical Beam (#38) onto the Cross Brace (#36). Attach the Weight Glide Post (#34) to the Rear Vertical Beam and Cross Brace. Attach the Foot Plate (#115) to the Cross Brace. Align the holes and secure them with two M10 x 2 3/4" Carriage Bolts (#103), Ø 3/4" Washers (#89), and M10 Aircraft Nuts (#106).
- B.) Slide the Sliding Weight Post (#45) onto the Weight Glide Post (#34).
- C.) Place the Upper Frame (#37) onto the Rear Vertical Beam (#38), Weight Glide Post (#34), and Front Top Beam (#43).
- D.) Secure the Upper Frame to the Weight Glide Post (#34) with two M10 x 2 3/8" Allen Bolts (#95), four Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#106).
- E.) Secure the Upper Frame to the Rear Vertical Beam (#38) with two M10 x 2 3/8" Carriage Bolts (#100), Ø 3/4" Washers (#89), and M10 Aircraft Nuts (#106).
- F.) Secure the Upper Frame to the Front Top Beam (#43) with two M10 x 2 3/4" Carriage Bolts (#103), one 4 3/4" x 2" Bracket (#57), two Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#106).
- G.) Slide two Olympic Sleeves (#62) onto the posts on the Sliding Weight Post (#45). Attach a Spring Clip (#83) to each Sleeve.
- H.) Secure the Foot Plate (#115) to the Rear Vertical Beam (#38) with one M10 x 2 1/2" Carriage Bolt (#102), Ø 3/4" Washer (#89), and M10 Aircraft Nut (#106).
- I.) Securely tighten all nuts and bolts previously installed.

# DIAGRAM2



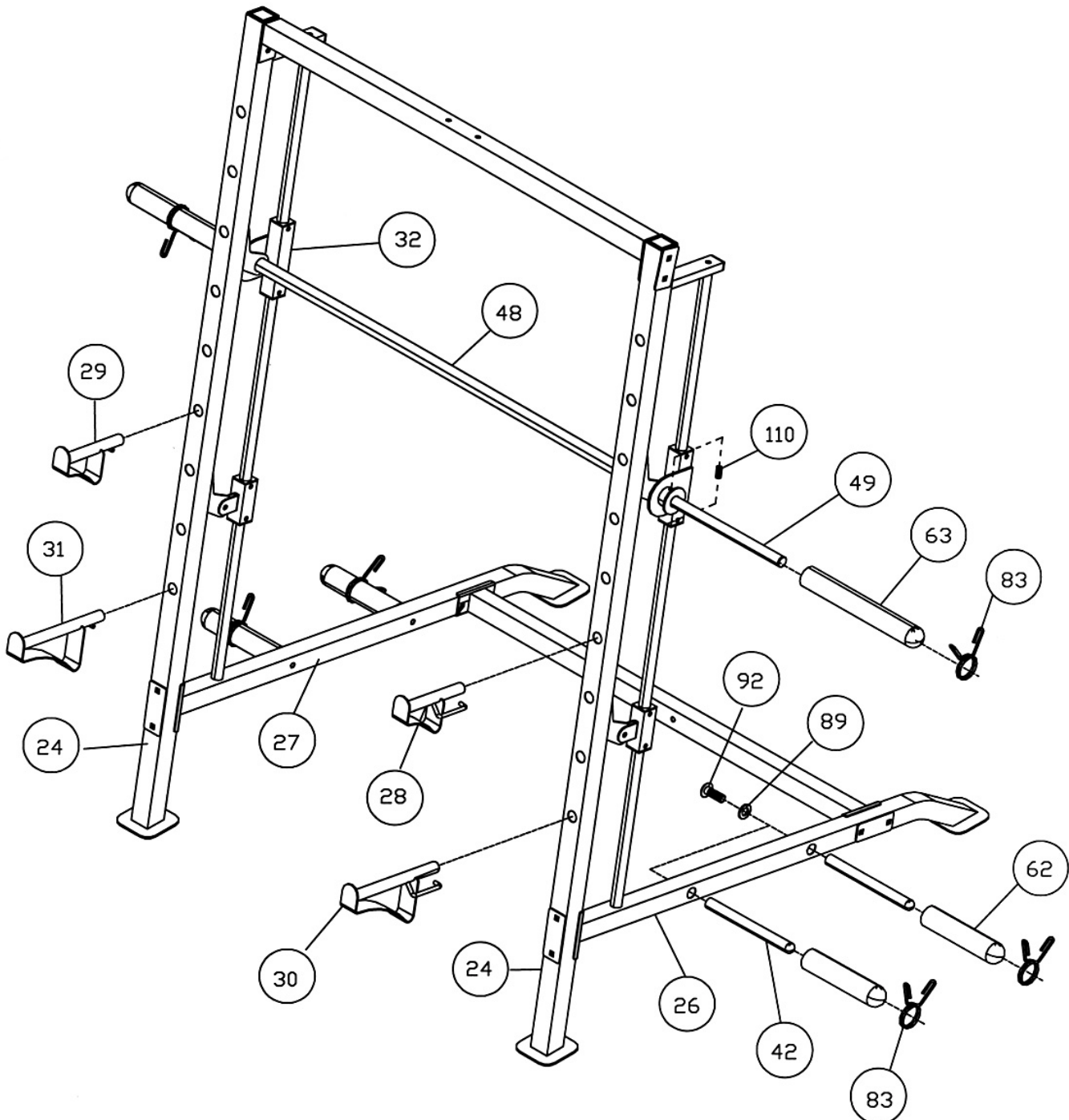
### STEP 3 (See Diagram 3)

- A.) Attach the Butterfly Base (#39) and Butterfly Pulley Bracket (#44) to the Rear Vertical Beam (#38). Align the holes and secure them with two M10 x 2 1/2" Carriage Bolts (#102),  $\varnothing$  3/4" Washers (#89), and M10 Aircraft Nuts (#106).
- B.) Insert the axle on the Right Butterfly (#41) through the hole on the Butterfly Base. Secure it with one Lock Ring (#80), M6 x 1 1/4" Allen Screw (#107), and M6 Aircraft Nut (#108).
- C.) Push a Butterfly Arm Pad (#58) onto the Right Butterfly.
- D.) Repeat Procedures B and C above to install the other side.
- E.) Attach the Backrest Board (#33) to the Rear Vertical Beam. Secure it with two M8 x 2 3/8" Allen Bolts (#104) and  $\varnothing$  5/8" Washers (#88).

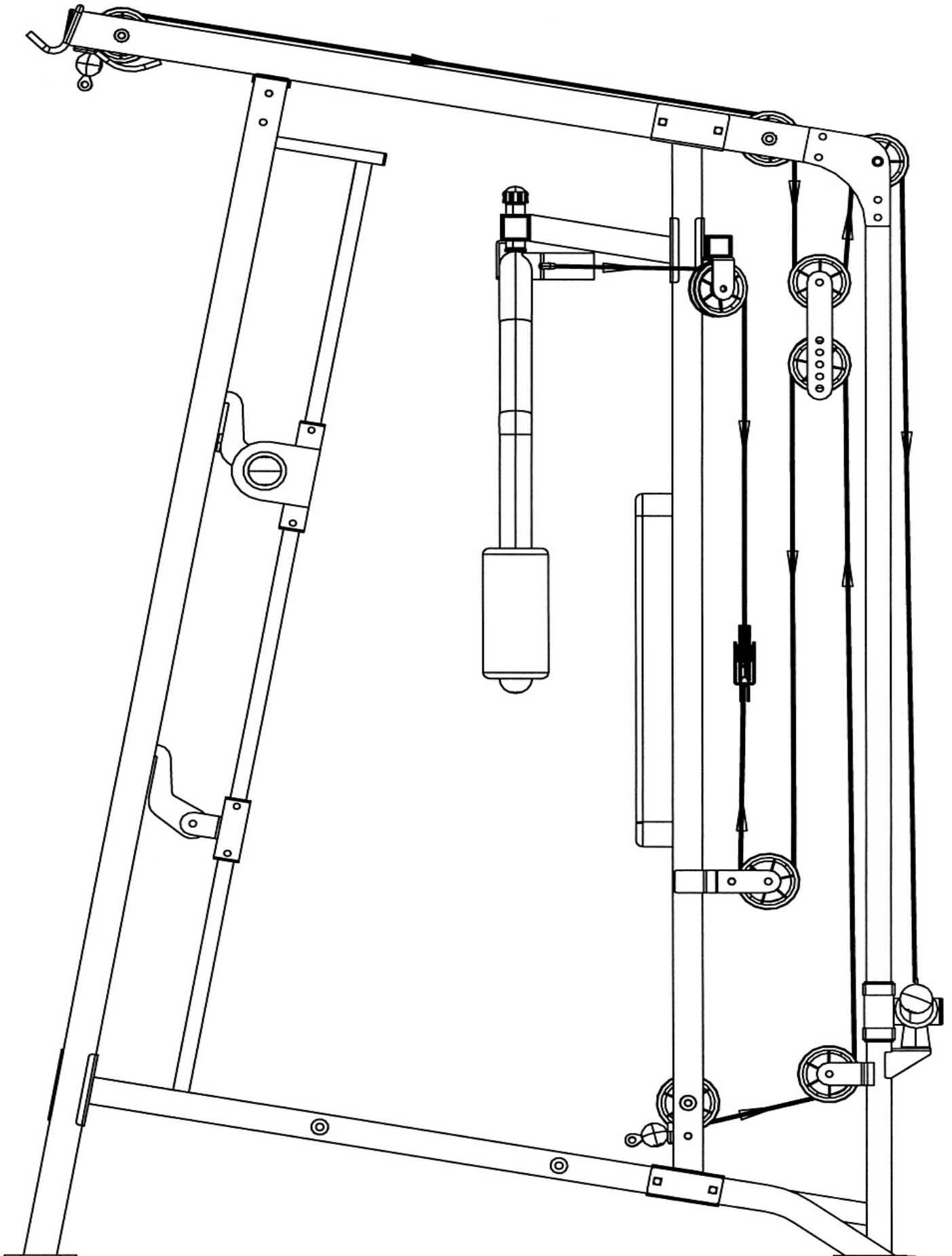


#### STEP 4 (See Diagram 4)

- A.) Note: Help of another person is strongly recommended for this step. Place the Weight Lifting Sleeve (#48) in between the two Safety Stop Frames (#32). Align the holes and insert the Weight Bar (#49) into the Safety Stop Frame from one end through the Weight Lifting Sleeve to the other Safety Stop Frame on the opposite end. Center the bar and secure it to each Safety Stop Frame with two M8 x 3/8" Allen Bolts (#110) on each end.
- B.) Turn the safety hook on the Weight Lifting Sleeve to secure its position on the selected holes on the Front Vertical Beams. Slide two Long Olympic Sleeves (#63) onto the Weight Bar. Attach two Spring Clips (#83) to the Olympic Sleeves.
- C.) Attach four Weight Posts (#42) to the Left & Right Base Frames (#26 & #27). Secure each Post with one M10 x 1" Allen Bolt (#92) and  $\varnothing$  3/4" Washer (#89).
- D.) Attach four Olympic Sleeves (#62) to the Posts. Attach a Spring Clip (#83) to each Sleeve.
- E.) Insert the Left & Right Bar Holders (#28 & #29), Left & Right Safety Catches (#30 & #31) into the selected holes on the two Front Vertical Beams (#24).



# CABLE LOOP DIAGRAM

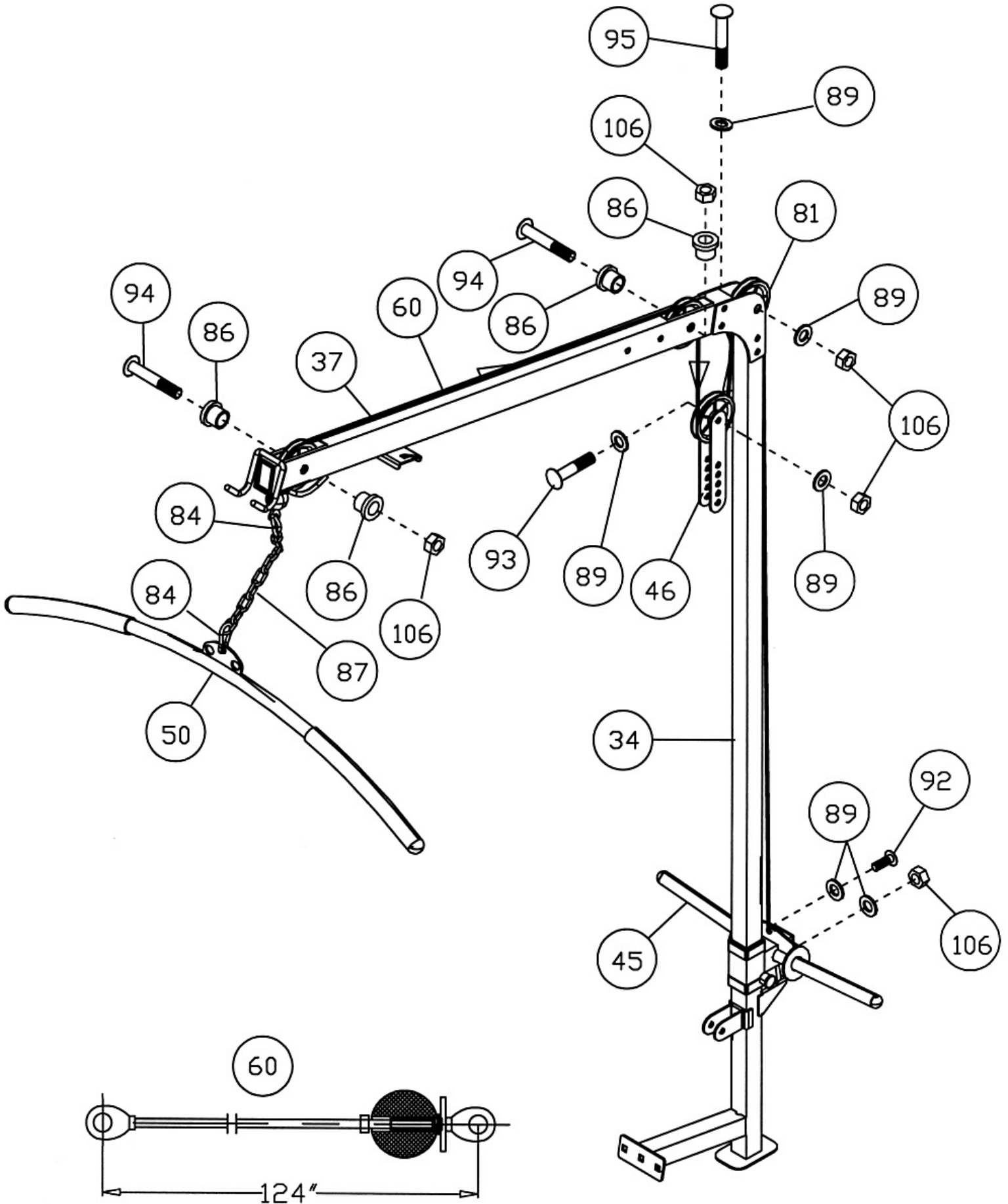


## **STEP 5 (See Diagram 5 & Cable Loop Diagram)**

- A.) Attach a 124" Cable (#60) to the front opening on the Upper Frame (#37). Attach a Pulley (#81) to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#94), two Ø 1 1/8" Bushings (#86), and one M10 Aircraft Nut (#106). Make sure the ball stopper on the Cable is underneath the Upper Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame to the opening on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#94), two Ø 1 1/8" Bushings (#86), and one M10 Aircraft Nut (#106).
- C.) Draw the Cable around the Pulley then downward. Install a Pulley to the top holes on the two Double Floating Pulley Brackets (#46). Secure the Pulley with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106). Let the Brackets hanging for now.
- D.) Draw the Cable around the Pulley then upward to the opening on the top of Weight Glide Post (#34). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#95), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106).
- E.) Draw the Cable around the Pulley then downward to the Sliding Weight Post (#45). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#92), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106).
- F.) Connect the Lat Bar (#50) to the Cable with a Chain (#87) using two C-clips (#84).



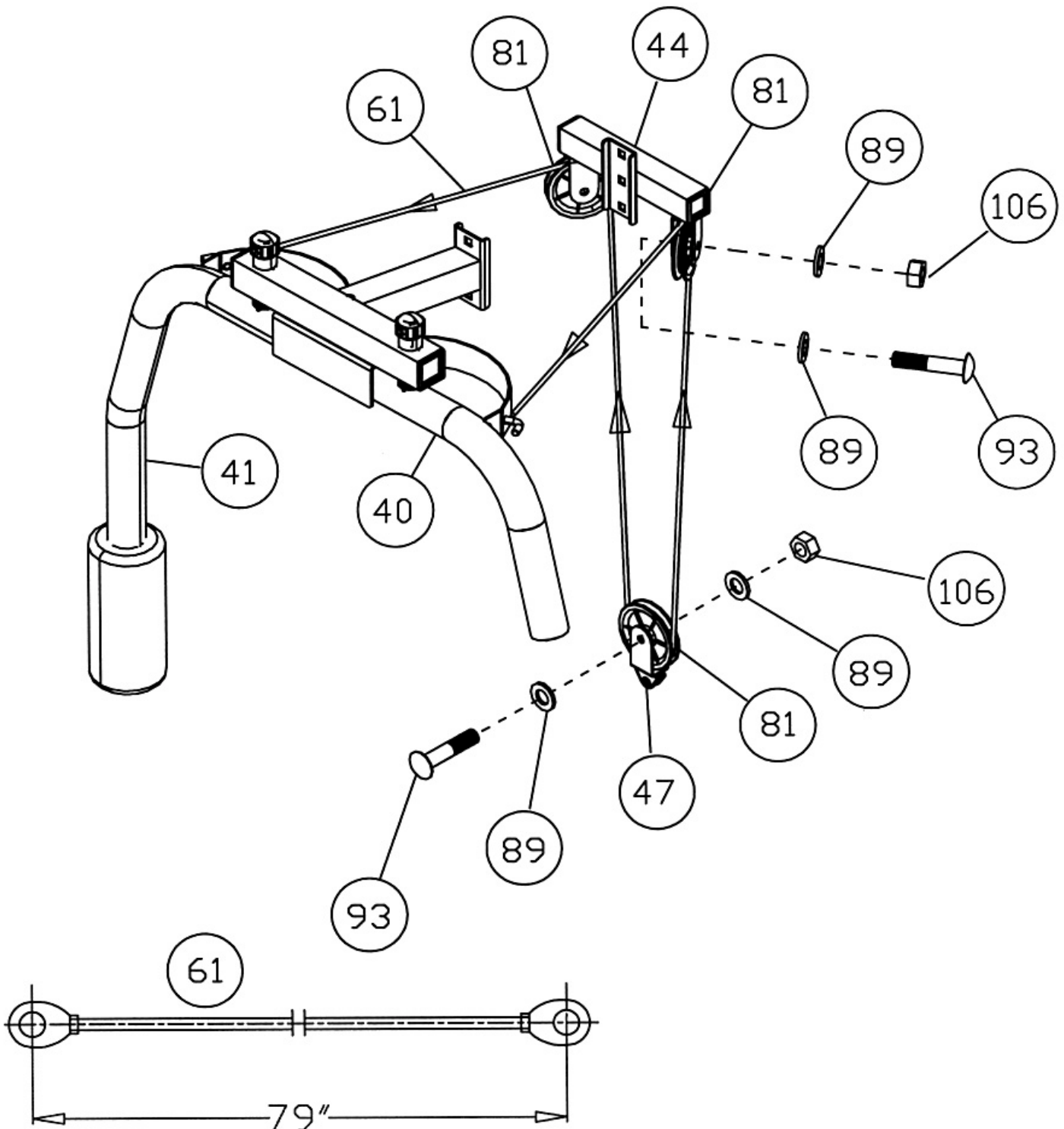
DIAGRAM 5



### STEP 6 (See Diagram 6 & Cable Loop Diagram)

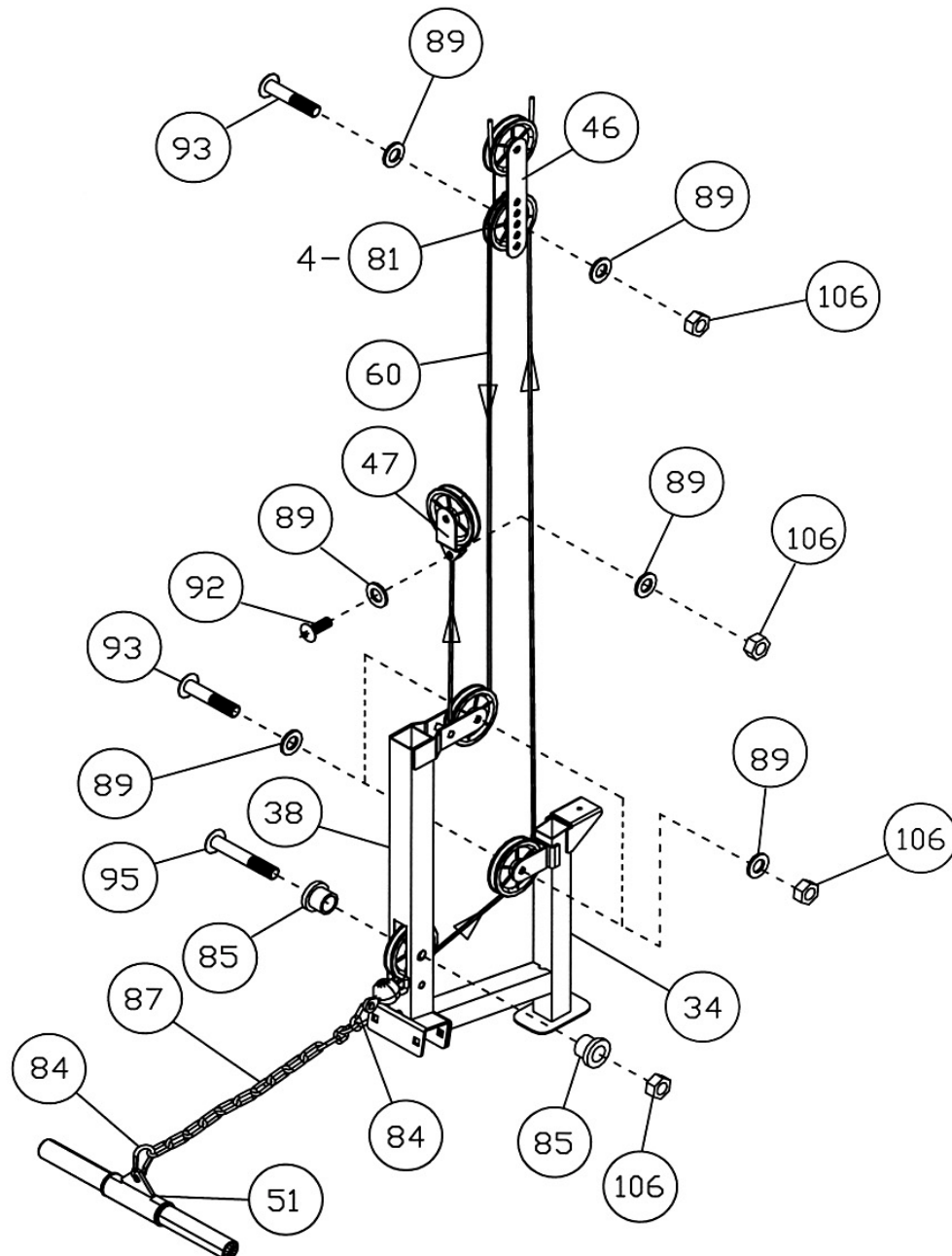
- A.) Attach one end of the 79" Butterfly Cable (#61) to the clip on the Left Butterfly (#40). Draw the Cable to the left Butterfly Pulley Bracket (#44).
- B.) Attach a Pulley (#81) to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#47). Install a Pulley to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106). Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then upward to the right Butterfly Pulley Bracket. Install another Pulley. Draw the Cable around the Pulley then clip to the Right Butterfly (#41).

### DIRGARM 6



### STEP 7 (See Diagram 7 & Cable Loop Diagram)

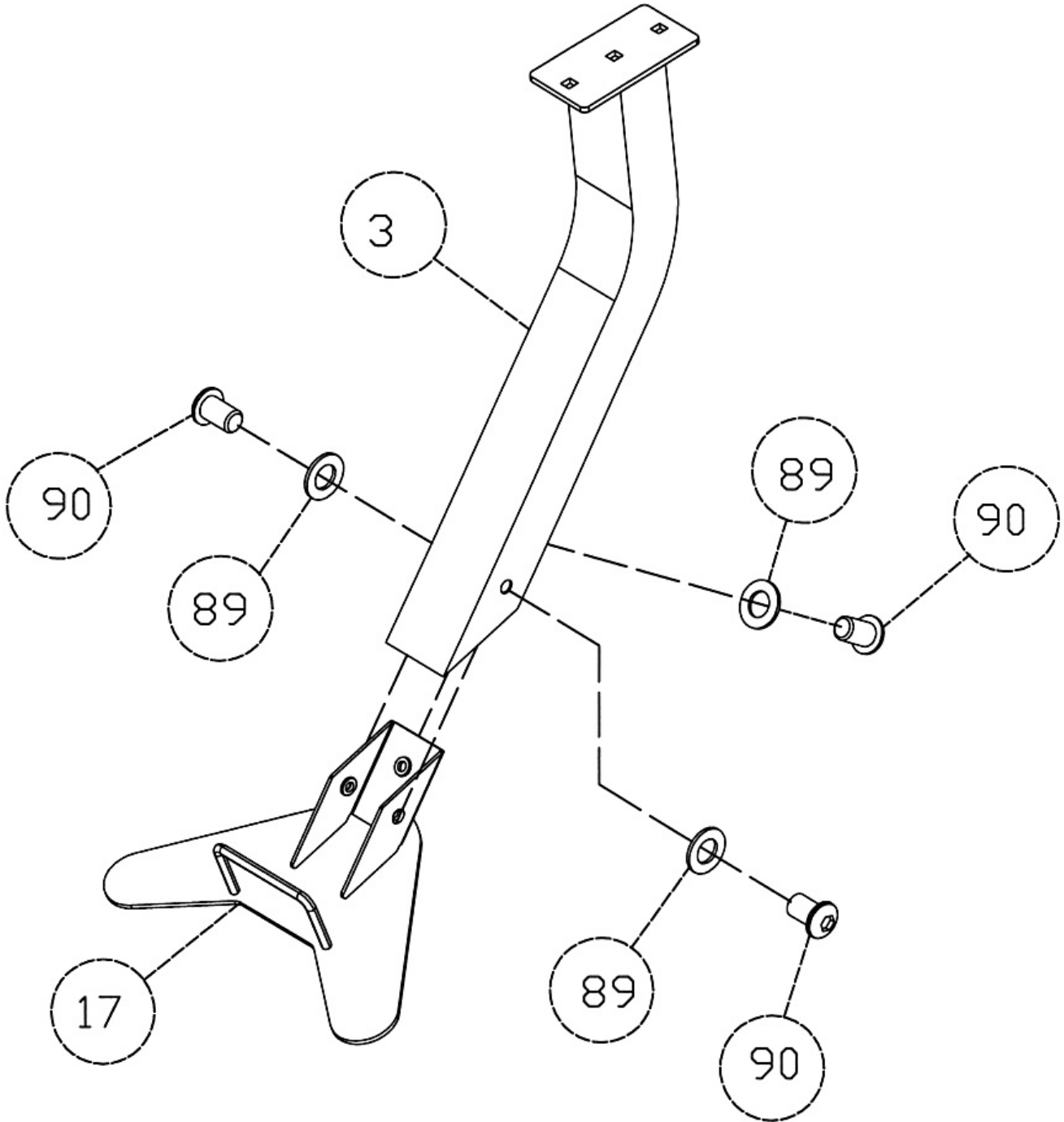
- A.) Attach one 124" Cable (#60) to the lower opening on the Rear Vertical Beam (#38). Attach a Pulley to the opening. Secure it with M10 x 2 3/8" Allen Bolt (#95), two Ø 1" Bushings (#85), and one M10 Aircraft Nut (#106).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Post (#34). Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106).
- C.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket previously installed in Step-5. Install a Pulley.
- D.) Draw the Cable around the Pulley then downward to the open bracket on the back of Rear Vertical Beam. Install a Pulley then draw the Cable upward to the Single Floating Pulley Bracket (#47) installed in Step-6. Secure the end of the Cable to the bracket with one M10 x 1" Allen Bolt (#92), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#106).
- E.) Connect the Shiver Bar (#51) to the Cable with a Chain (#87) using two C-clips (#84).
- F.) Check the tension of the Cables. If the Cables are too loose, adjust the tension by moving up the Pulley on the Double Floating Pulley Bracket (#46). If the Tension is too tight, then move down the Pulley.



**STEP 8 (See Diagram 8)**

- A.) Attach the Front Post (#3) to the Front Stabilizer (#17).
- B.) Secure it with three M10 x 5/8" Allen Bolts (#90) and  $\varnothing$  3/4" Washers (#89).

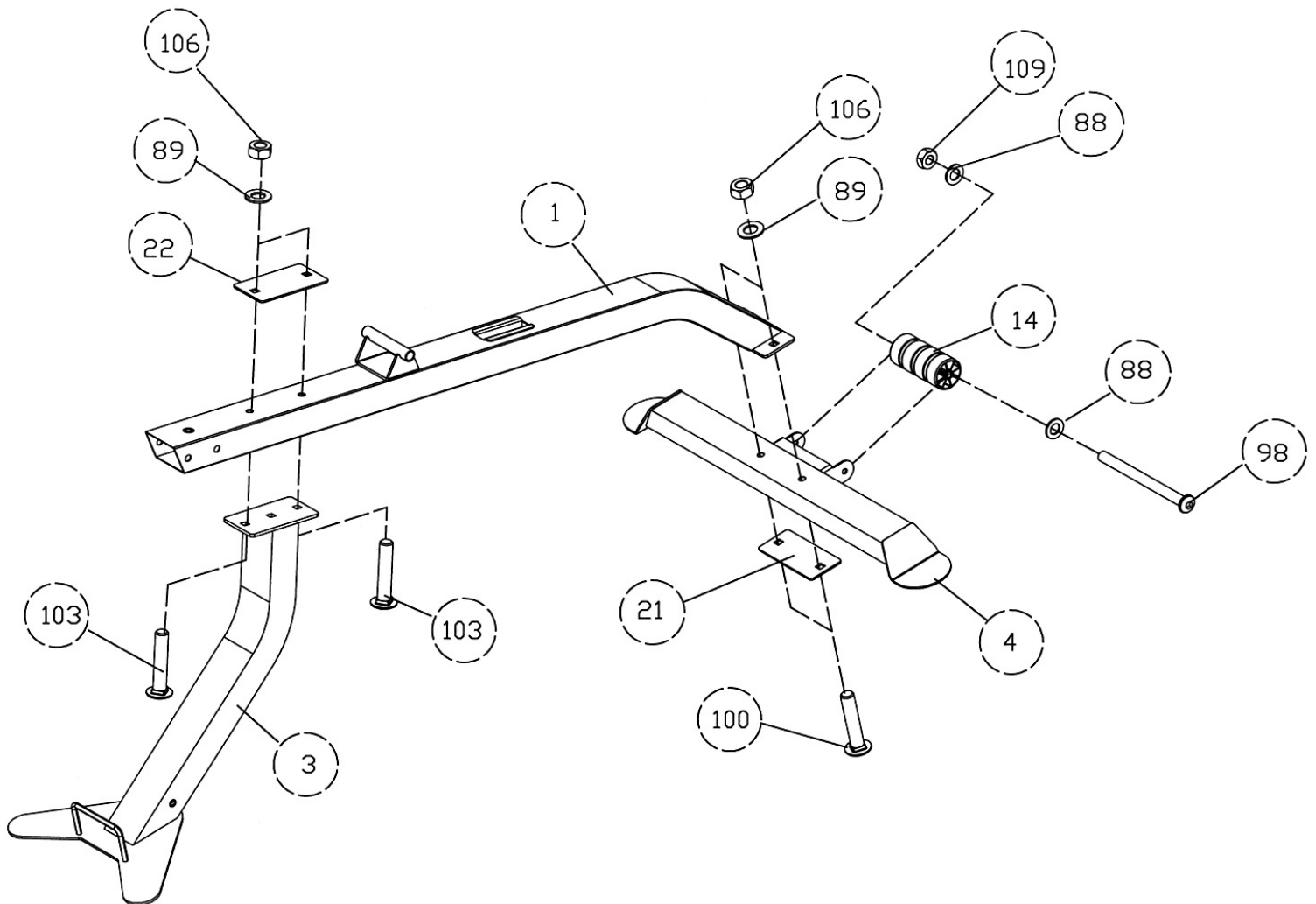
**DIAGRAM 8**



## STEP 9 (See Diagram 9)

- A.) Attach the Main Seat Support (#1) to the Rear Stabilizer (#4). Secure it with two M10 x 2 3/8" Carriage Bolts (#100), one 5 1/8" x 2 3/8" Bracket (#21), two Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#106).
- B.) Attach the Wheel (#14) to the Rear Stabilizer. Secure it with one M8 x 5 1/8" Allen Bolt (#98), two Ø5/8" Washers (#88), and one M8 Aircraft Nut (#109).
- C.) Place the Main Seat Support (#1) onto the Front Post (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#103), one 5 1/8" x 2 3/4" Bracket (#22), two Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#106).

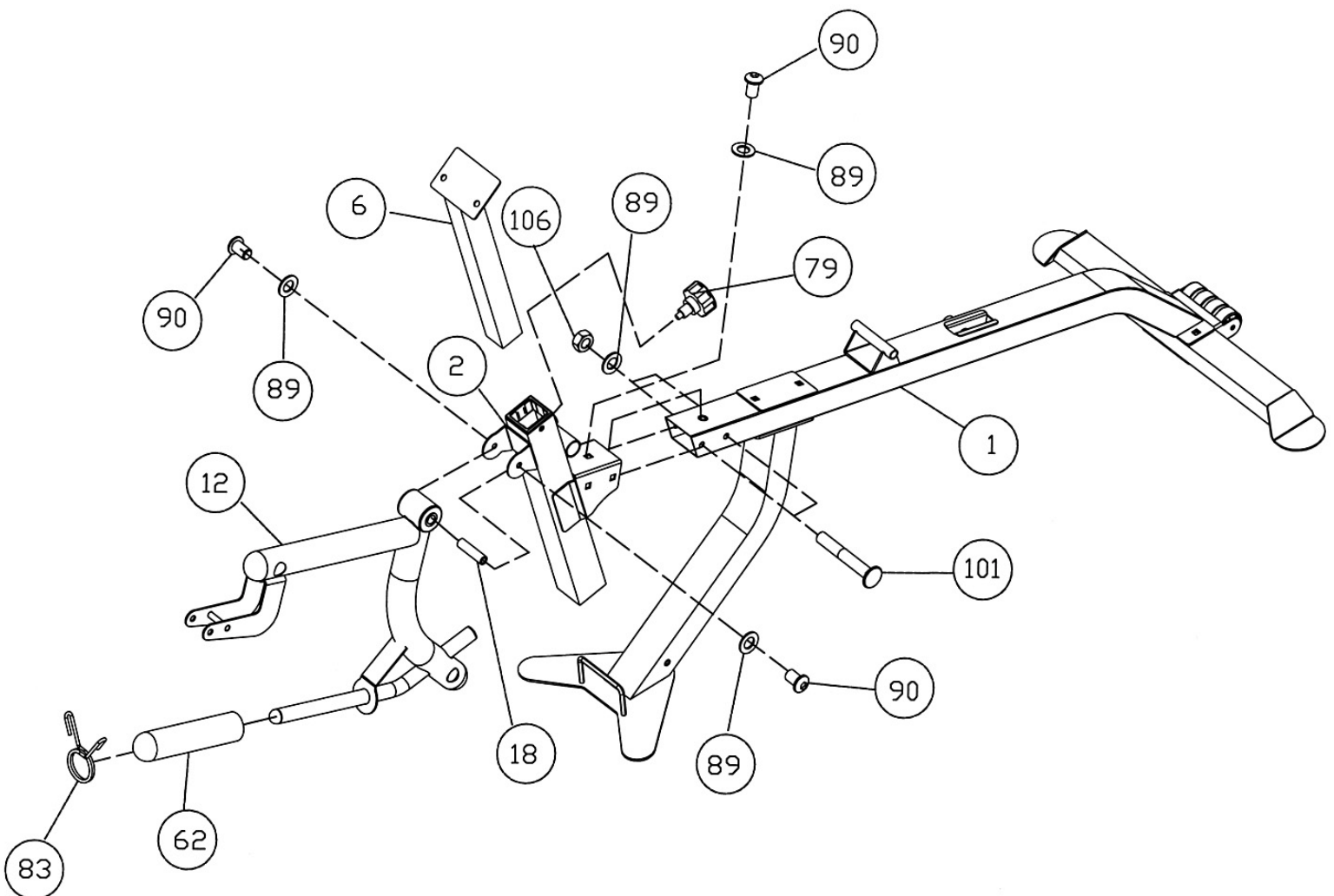
### DIAGRAM 9



## STEP-10 (See Diagram 10)

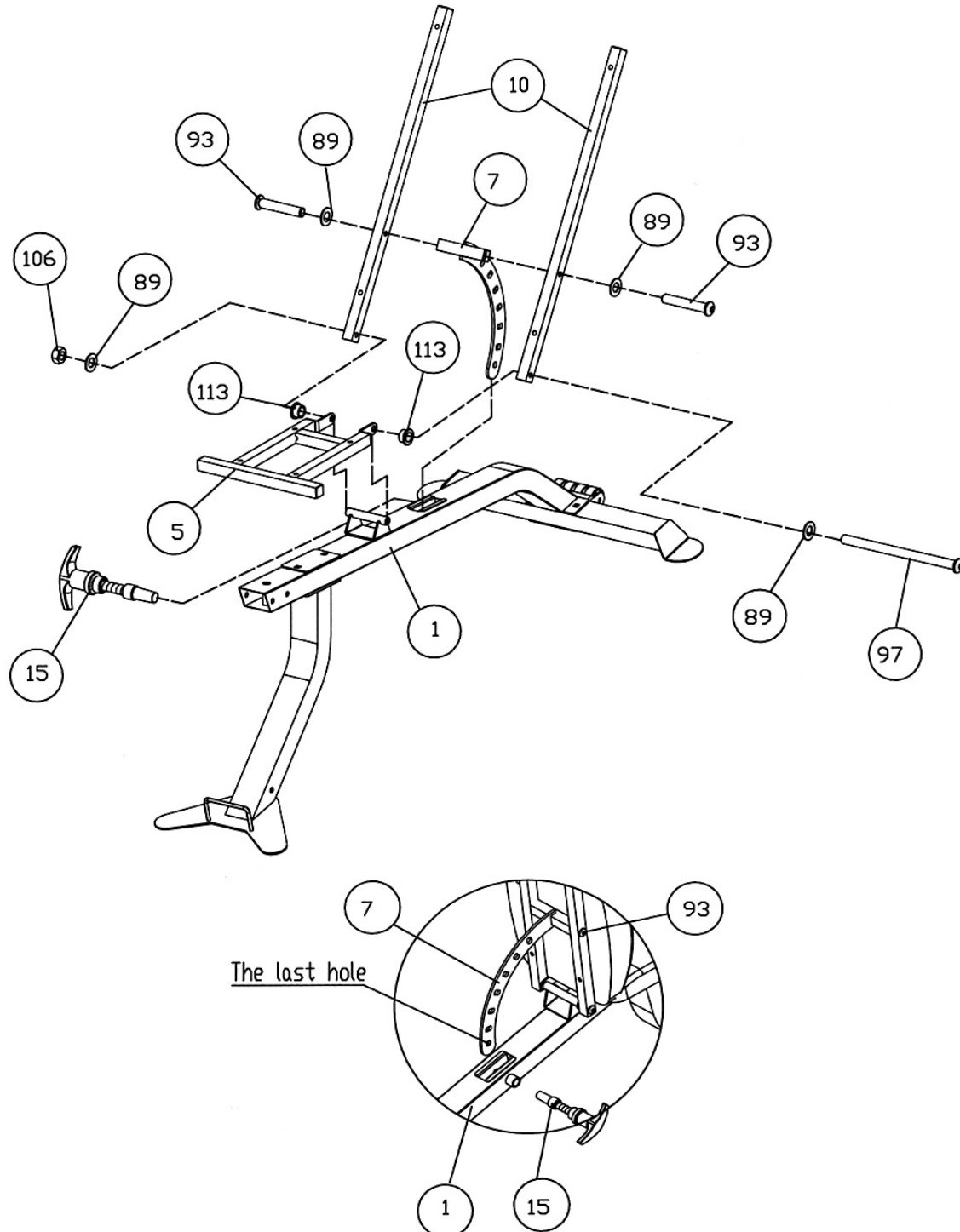
- A.) Attach the Leg Developer Holder (#2) to the Main Seat Support (#1). Secure it with one M10 x 5/8" Allen Bolt (#90) and  $\text{\O} \frac{3}{4}$ " Washer (#89) from the top, two M10 x 3 3/4" Carriage Bolts (#101), two  $\text{\O} \frac{3}{4}$ " Washers (#89), and two M10 Aircraft Nuts (#106) from the side.
- B.) Attach the Leg Developer (#12) to the Leg Developer Holder (#2). Secure it with one Axle (#18), two M10 x 5/8" Allen Bolts (#90), and two  $\text{\O} \frac{3}{4}$ " Washers (#89).
- C.) Attach an Olympic Sleeve (#62) onto the weight post on Leg Developer. Attach a Spring Clip (#83) to the Sleeve.
- D.) Insert the Arm Curl Stand (#6) into the top opening on the Leg Developer Holder. Use a Lock Knob (#79) to secure the Stand at desired height.

### DIAGRAM 10



### STEP-11 (See Diagram 11)

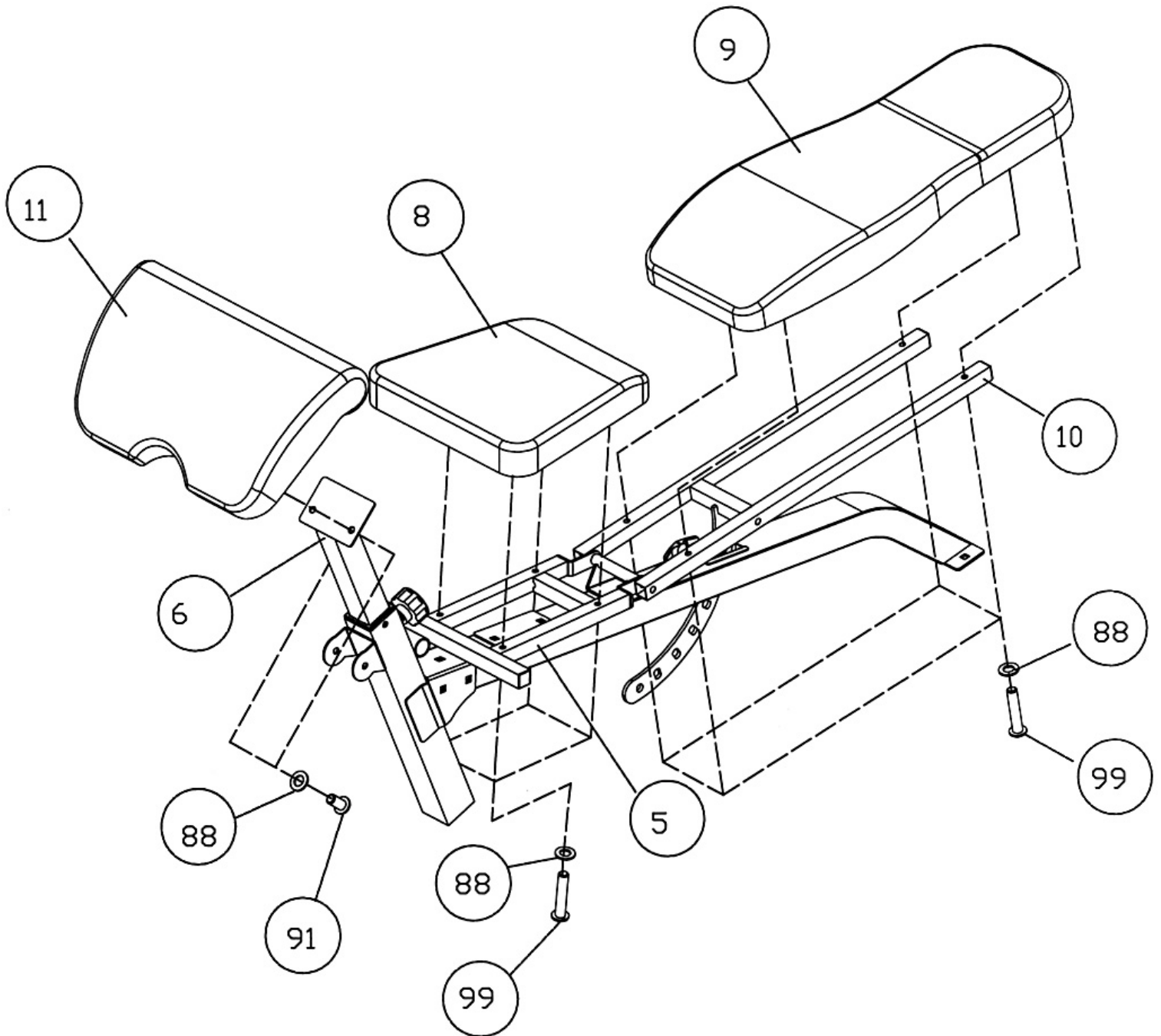
- A.) Insert two  $\text{\O}1/2$ " Bushings (#113) into the holes on the Seat Bracket (#5) and align the holes to the pivot on the Main Seat Support (#1).
- B.) Attach the two Backrest Supports (#10) to the Seat Bracket and align the holes. Secure them with a M10 x 7 1/4" Allen Bolt (#97), two  $\text{\O} 3/4$ " Washers (#89), and one M10 Aircraft Nut (#106). Do not over tighten the Nut and Bolt. Make sure the Backrest Supports are able to swivel.
- C.) Attach the Backrest Incline Support (#7) to the opening on the Main Seat Support (#1). Use the T-shaped Locked Pin (#15) to secure the Backrest Incline Support at "the last hole". See diagram below.
- D.) Attach the other end of the Backrest Incline Support to the Backrest Supports (#10). Align the holes and secure them with two M10 x 1 3/4" Allen Bolts (#93) and  $\text{\O} 3/4$ " Washers (#89).



## STEP-12 (See Diagram 12)

- A.) Place the Seat Pad (#8) onto the Seat Bracket (#5). Secure it with four M8 x 1 5/8" Allen Bolts (#99) and Ø5/8" Washers (#88).
- B.) Attach the Bench Backrest Board (#9) to the Backrest Supports (#10). Secure it with four M8 x 1 5/8" Allen Bolts (#99) and Ø5/8" Washers (#88).
- C.) Attach the Arm Curl Pad (#11) to the Arm Curl Stand (#6). Secure it with two M8 x 5/8" Allen Bolts (#91) and Ø 5/8" Washers (#88).

### DIAGRAM 12

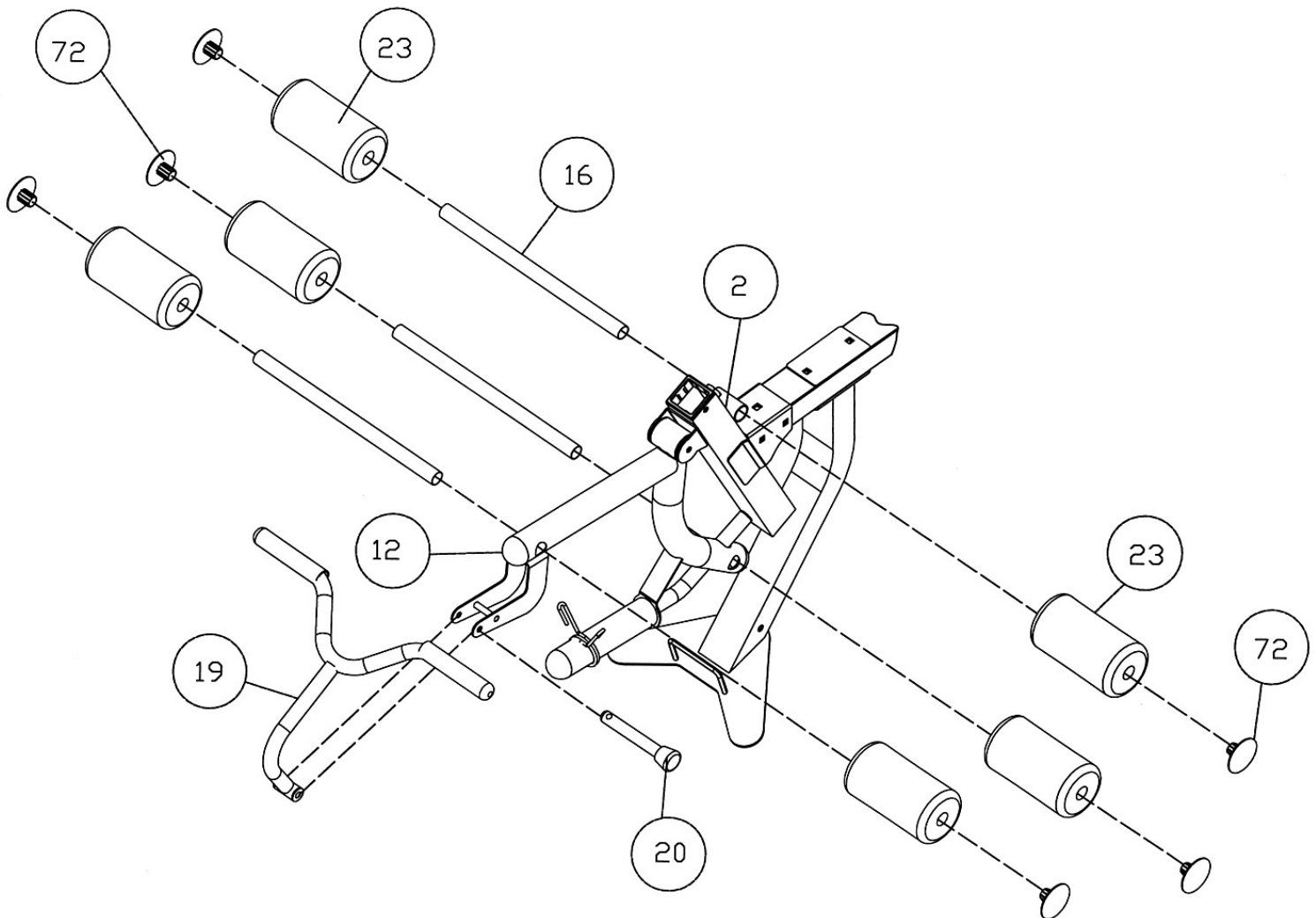




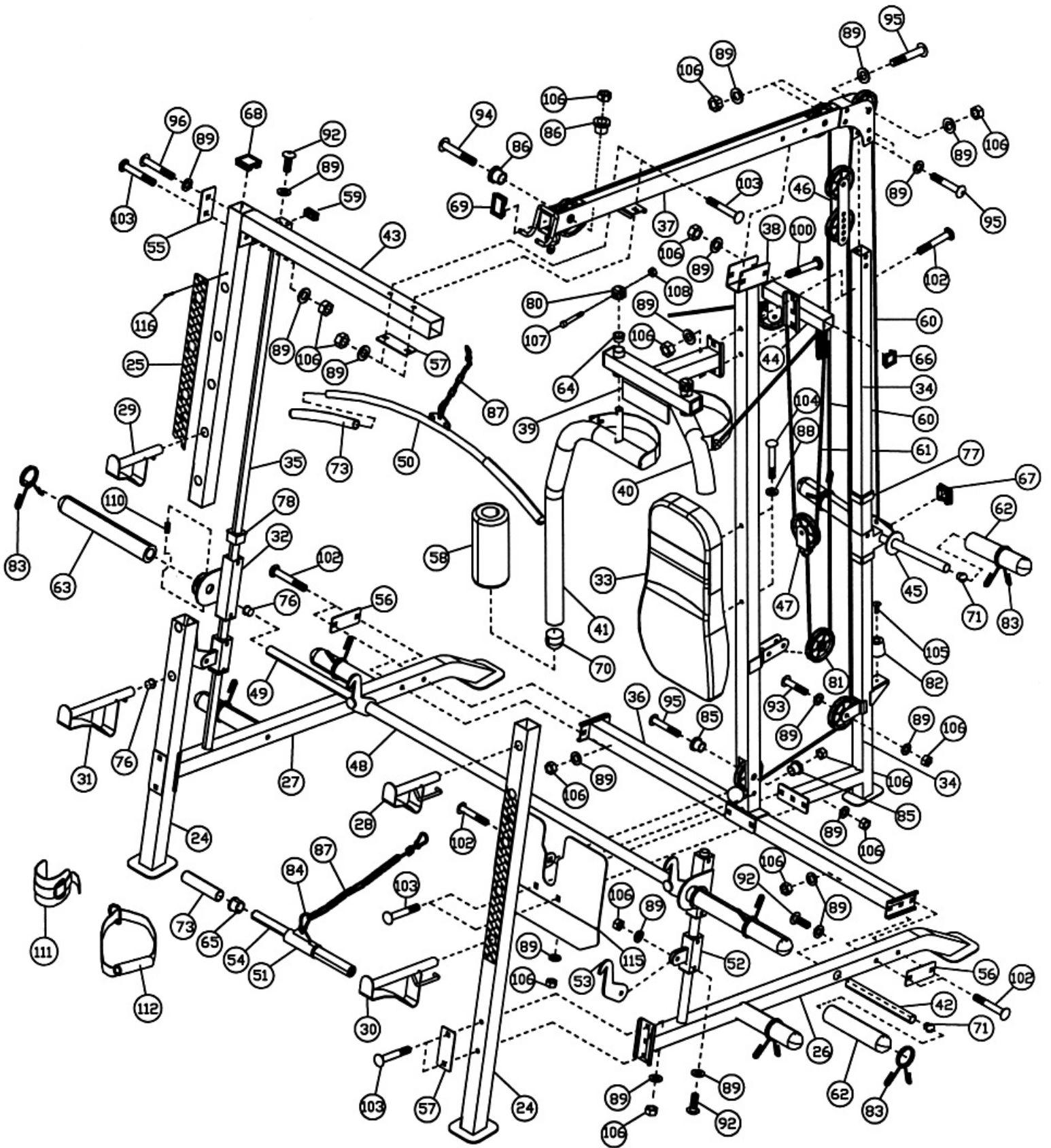
### STEP-13 (See Diagram 13)

- A.) Insert three Foam Tubes (#16) halfway through the holes on Leg Developer Holder (#2) and Leg Developer (#12).
- B.) Push six Foam Rolls (#23) onto the Tubes from both ends.
- C.) Push six Foam Roll End Caps (#72) into the ends.
- D.) Attach the Arm Curl Handle (#19) to the bracket on the Leg Developer and secure it with a Lock Pin (#20). Remove the Arm Curl Handle when doing Leg Developer exercises.

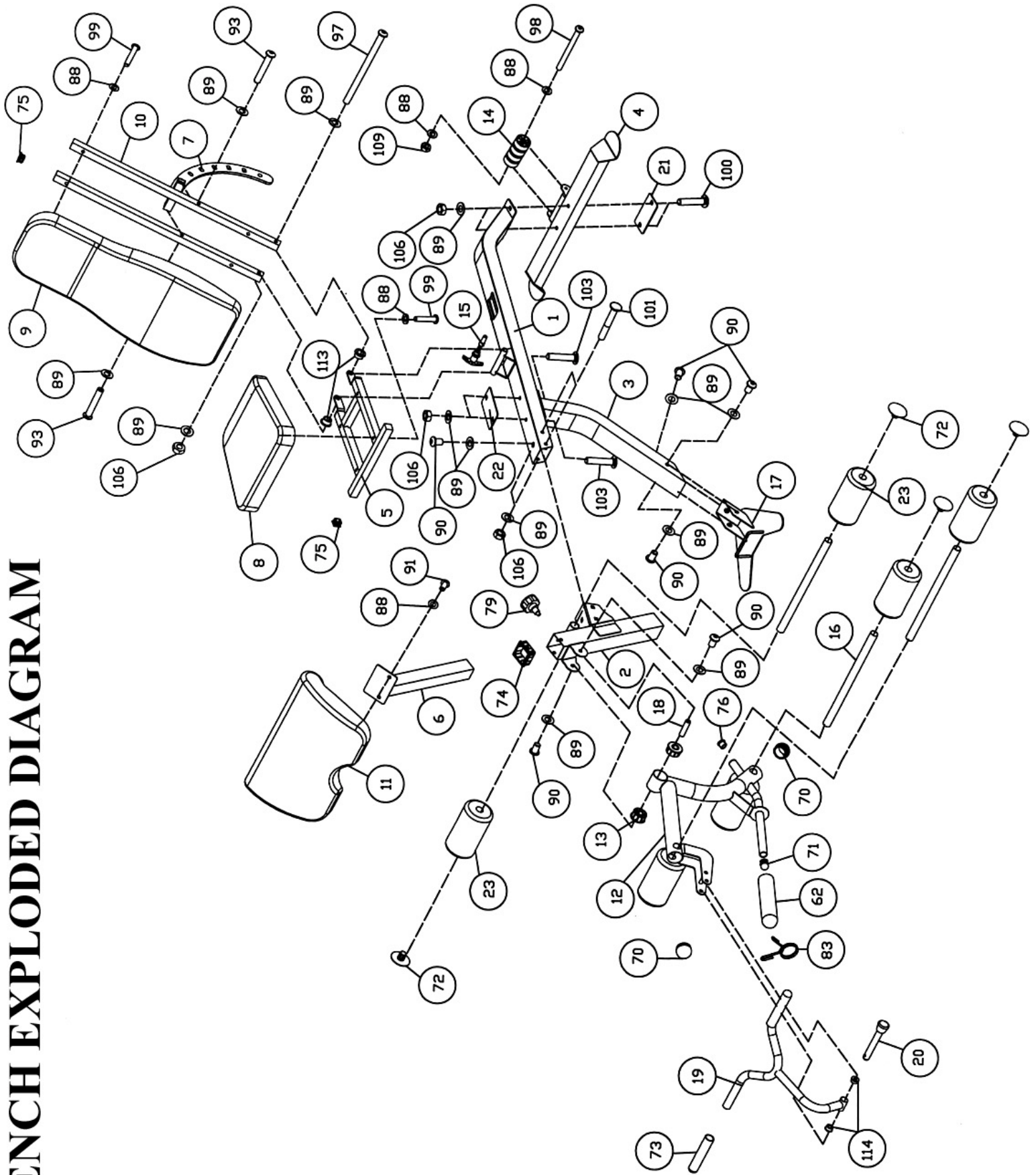
### DIAGRAM 13



# SMITH MACHINE EXPLODED DIAGRAM



# BENCH EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Seat Support	1	59	1 5/8" x 3/4" End Cap	2
2	Leg Developer Holder	1	60	124" Cable	2
3	Front Post	1	61	79" Butterfly Cable	1
4	Rear Stabilizer	1	62	Olympic Sleeve	7
5	Seat Bracket	1	63	Long Olympic Sleeve	2
6	Arm Curl Stand	1	64	Ø 1 1/8" Bushing	4
7	Backrest Incline Support	1	65	Ø 1 1/2" x 1" Bushing	2
8	Seat Pad	1	66	1 1/2" Square End Cap	2
9	Bench Backrest Board	1	67	1 3/4" Square End Cap	3
10	Backrest Support	2	68	2" Square End Cap	2
11	Arm Curl Pad	1	69	1 5/8" x 2 3/8" End Cap	1
12	Leg Developer	1	70	Ø 2" End Cap	4
13	Ø 2" Leg Developer Bushing	2	71	Ø 1" Cone-shaped End Cap	7
14	Wheel	1	72	Foam Roll End Cap	6
15	T-shaped Lock Pin	1	73	6" Grip	6
16	Foam Tube	3	74	2 3/8" x 1 3/4" Sleeve	1
17	Front Stabilizer	1	75	1" Square End Cap	4
18	Axle	1	76	Ø 1" End Cap	7
19	Arm Curl Handle	1	77	1 3/4" x 1 1/2" Sleeve	2
20	Lock Pin	1	78	1 1/2" x 1" Sleeve	8
21	5 1/8" x 2 3/8" Bracket	1	79	Lock Knob	1
22	5 1/8" x 2 3/4" Bracket	1	80	Lock Ring	2
23	Foam Roll	6	81	Pulley	11
24	Front Vertical Beam	2	82	1 3/4" x 1 5/8" Rubber Bumper	1
25	Panel	2	83	Spring Clip	9
26	Left Base Frame	1	84	C-clip	4
27	Right Base Frame	1	85	Ø 1" Bushing	2
28	Left Bar Holder	1	86	Ø 1 1/8" Bushing	4
29	Right Bar Holder	1	87	Chain	2
30	Left Safety Catch	1	88	Ø 5/8" Washer	14
31	Right Safety Catch	1	89	Ø 3/4" Washer	71
32	Safety Stop Frame	2	90	M10 x 5/8" Allen Bolt	6
33	Backrest Board	1	91	M8 x 5/8" Allen Bolt	2
34	Weight Glide Post	1	92	M10 x 1" Allen Bolt	12
35	Guide Rod	2	93	M10 x 1 3/4" Allen Bolt	9
36	Cross Brace	1	94	M10 x 2 1/8" Allen Bolt	2
37	Upper Frame	1	95	M10 x 2 3/8" Allen Bolt	4
38	Rear Vertical Beam	1	96	M10 x 2 1/2" Allen Bolt	2
39	Butterfly Base	1	97	M10 x 7 1/4" Allen Bolt	1
40	Left Butterfly	1	98	M8 x 5 1/8" Allen Bolt	1
41	Right Butterfly	1	99	M8 x 1 5/8" Allen Bolt	8
42	Weight Post	4	100	M10 x 2 3/8" Carriage Bolt	4
43	Front Top Beam	1	101	M10 x 3 3/4" Carriage Bolt	2
44	Butterfly Pulley Bracket	1	102	M10 x 2 1/2" Carriage Bolt	7
45	Sliding Weight Post	1	103	M10 x 2 3/4" Carriage Bolt	12
46	Double Floating Pulley Bracket	2	104	M8 x 2 3/8" Allen Bolt	2
47	Single Floating Pulley Bracket	1	105	M6 x 5/8" Philips Screw	1
48	Weight Lifting Sleeve	1	106	M10 Aircraft Nut	43
49	Weight Bar	1	107	M6 x 1 1/4" Allen Bolt	2
50	Lat Bar	1	108	M6 Aircraft Nut	2
51	Shiver Bar	1	109	M8 Aircraft Nut	1
52	Lower Safety Stop Frame	2	110	M8 x 3/8" Allen Bolt	4
53	Safety Hook	2	111	Ankle Strap	1
54	Shiver Bar Tube	1	112	Single Handle	1
55	4" x 2" Bracket	2	113	Ø 1/2" Bushing	2
56	4 3/8" x 1 3/4" Bracket	2	114	Ø 1" x 3/8" Bushing	2
57	4 3/4" x 2" Bracket	3	115	Foot Plate	1
58	Butterfly Arm Pad	2	116	Panel Screw	8
				#6 Allen Wrench (Tool)	2
				#5 Allen Wrench (Tool)	1



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