

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
MWB 855

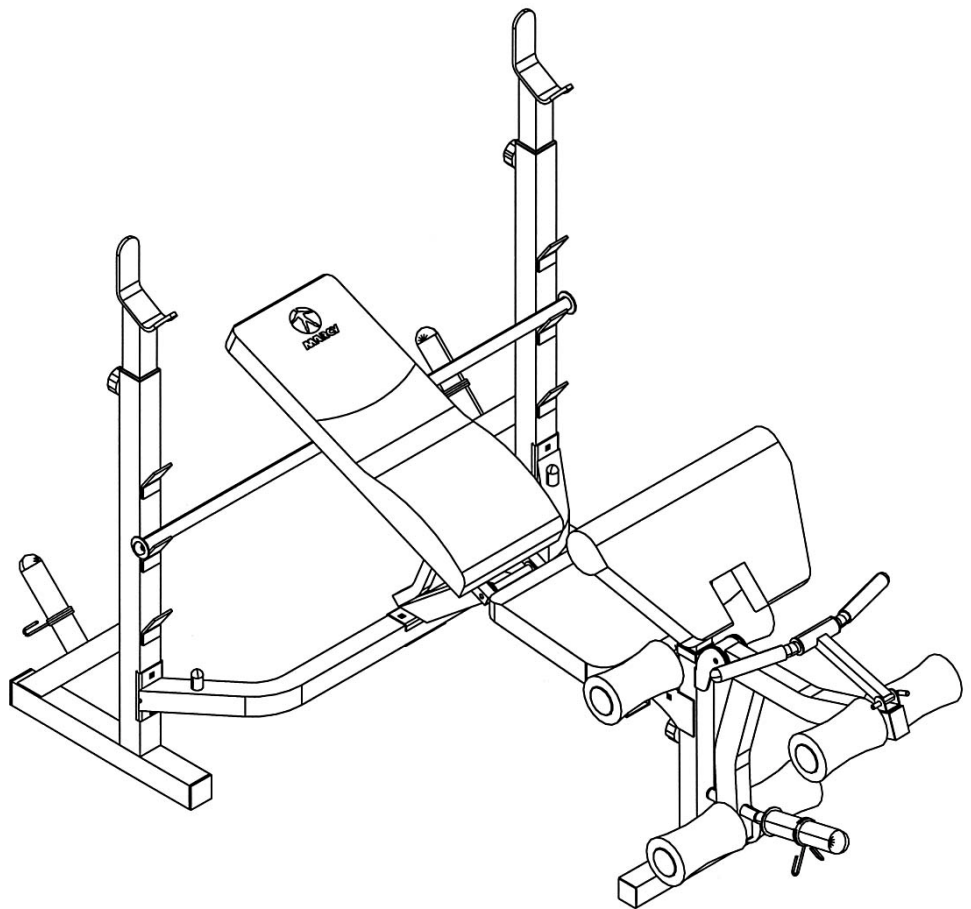
Retain This  
Manual for  
Reference

07-25-03

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## MARCY OLYMPIC BENCH MWB-855



### IMPEX FITNESS PRODUCTS

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Olympic Bench MWB-855 by IMPEX FITNESS PRODUCTS. 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**

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# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

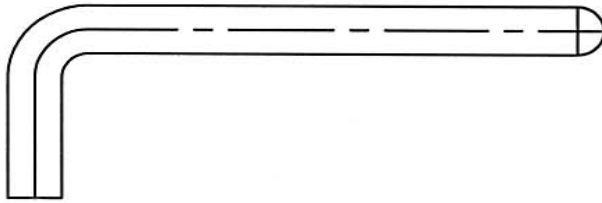
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

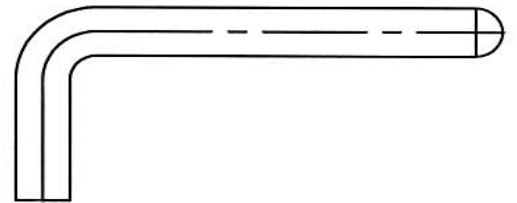
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

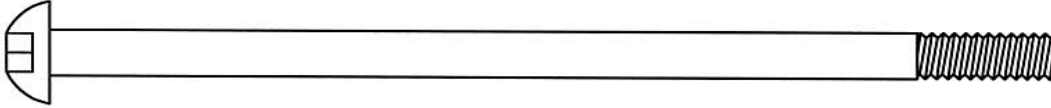
# HARDWARE PACK



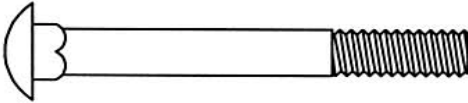
#23 4" L-shaped Pin (Qty 2)



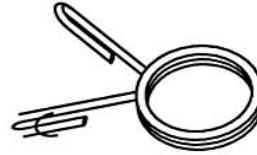
#24 3" L-shaped Pin (Qty 1)



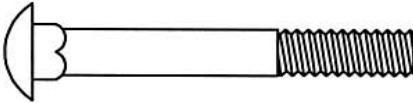
#43 M10 x 7-1/4" Allen Bolt (Qty 1)



#44 M10 x 3-1/8" Carriage Bolt (Qty 4)



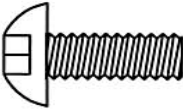
#25 Spring Clip (Qty 3)



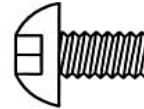
#45 M10 x 2-3/4" Carriage Bolt (Qty 5)



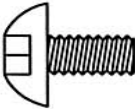
#39 4" Axle (Qty 1)



#46 M10 x 1" Allen Bolt (Qty 2)



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



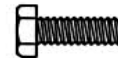
#48 M8 x 5/8" Allen Bolt (Qty 2)



#22 Bushing (Qty 2)



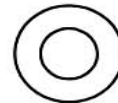
#49 M6 x 1 3/8" Hex Bolt (Qty 4)



#50 M6 x 5/8" Hex Bolt (Qty 4)



#51 M10 Aircraft Nut (Qty 10)



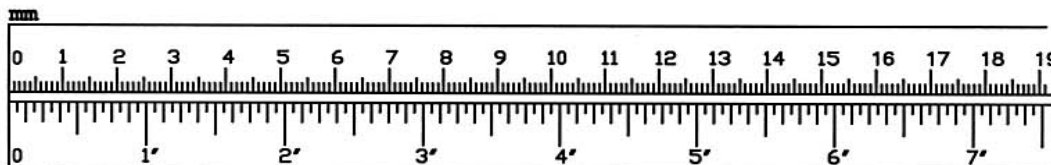
#52  $\varnothing \frac{3}{4}$ " Washer (Qty 18)



#53  $\varnothing \frac{5}{8}$ " Washer (Qty 2)



#54  $\varnothing \frac{1}{2}$ " Washer (Qty 8)



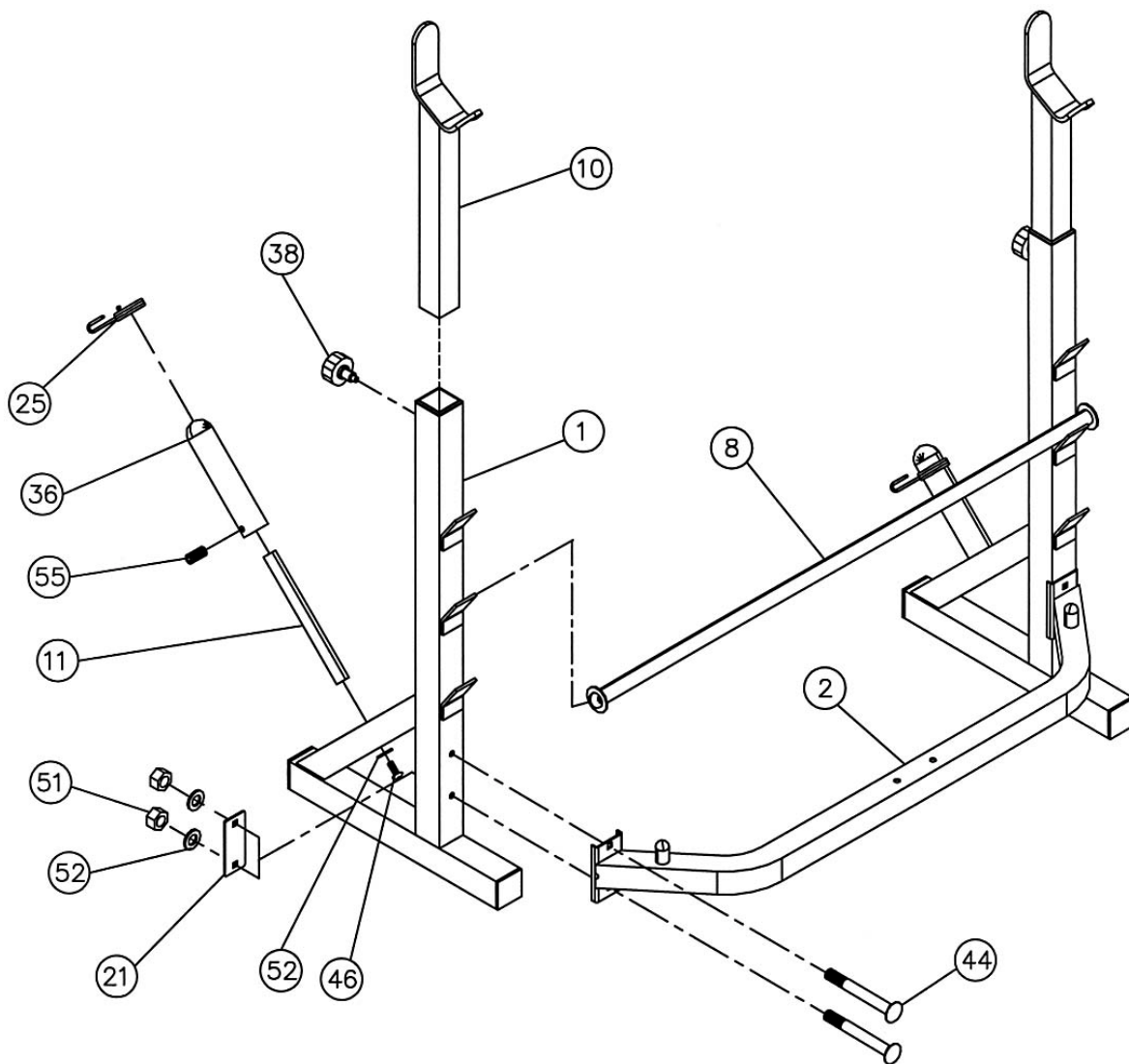
# ASSEMBLY INSTRUCTION

**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.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span. Align the holes and secure each end of the Cross Brace with two M10 x 3 1/8" Carriage Bolts (#44), one 4 3/4" x 2" Bracket (#21), two  $\varnothing$  3/4" Washers (#52), and two M10 Aircraft Nuts (#51).
- B.) Insert two Crutches (#10) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#38) through selected holes to obtain desired height of the Supports.
- C.) Place the Backrest Adjustment Bar (#8) onto the selected slot on Upright Beams to hold the desired incline.
- D.) Insert one Weight Post (#11) to each Upright Beam. Secure it with one M10 x 1" Allen Bolt (#46) and  $\varnothing$  3/4" Washer (#52). Attach one Olympic Sleeve (#36) to each Post. Secure the Sleeve to the post with one M8 x 1/2" Allen Screw (#55). Attach a Spring Clip (#25) to each Sleeve.

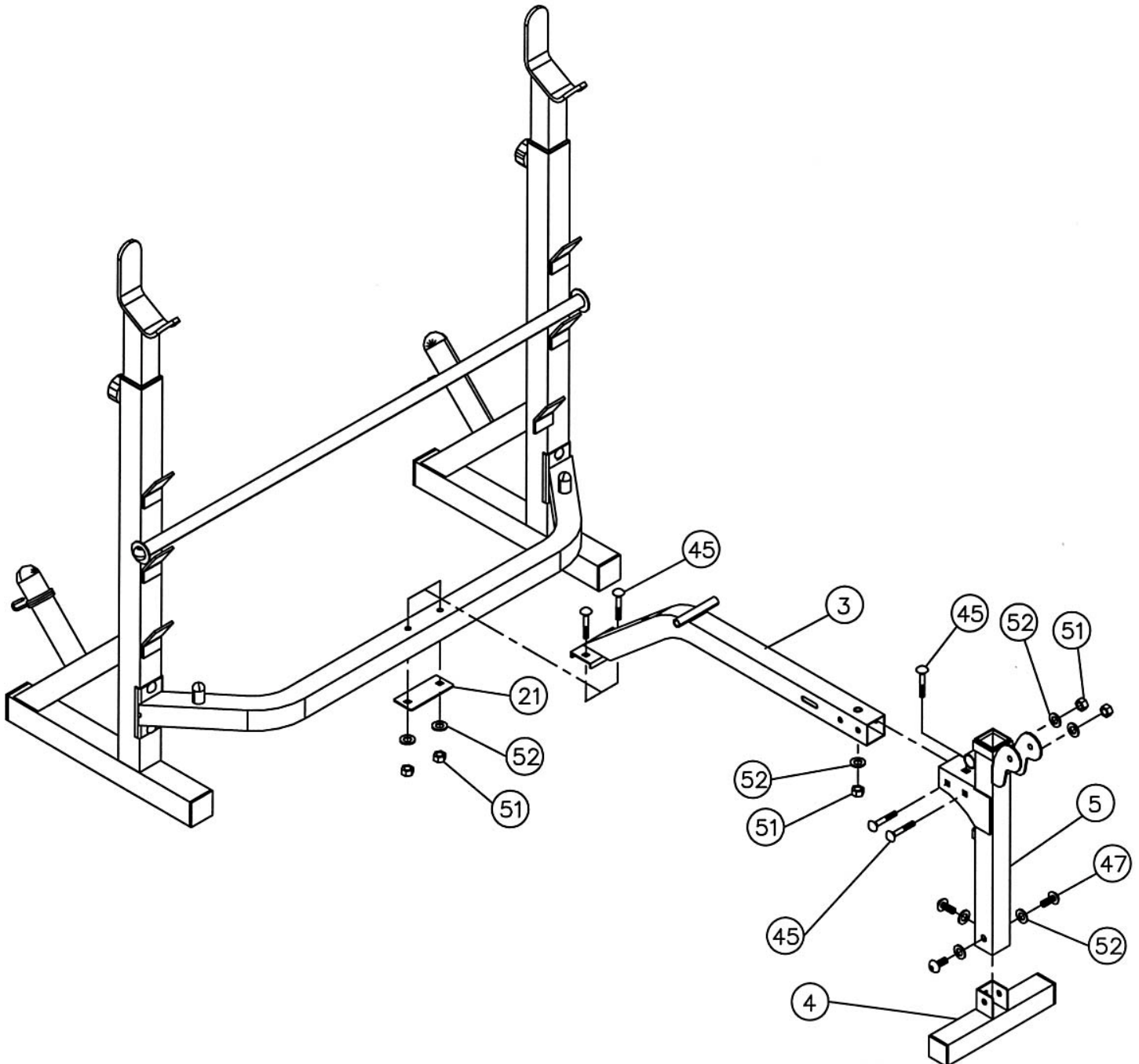
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

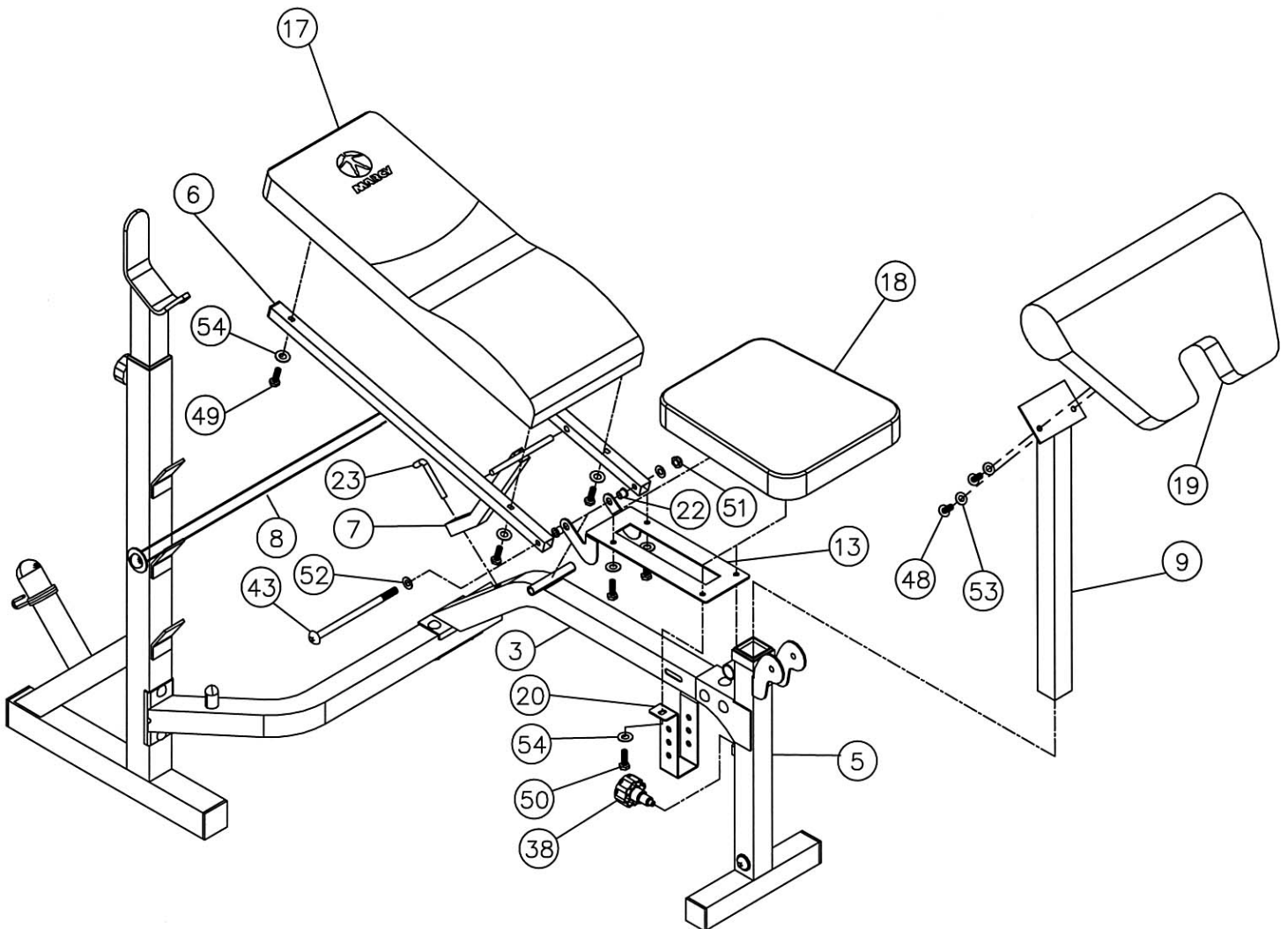
- A.) Attach the Leg Developer Holder (#5) to the Front Stabilizer (#4). Secure it with three M10 x 5/8" Allen Bolts (#47) and  $\varnothing$  3/4" Washers (#52).
- B.) Attach the Main Seat Support (#3) to the Leg Developer Holder (#5). Secure it with three M10 x 2 3/4" Carriage Bolts (#45), M10 Aircraft Nuts (#51) and  $\varnothing$  3/4" Washers (#52).
- C.) Attach the Main Seat Support (#3) to the Cross Brace (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#45), one 4 3/4" x 2" Bracket (#21), two  $\varnothing$  3/4" Washers (#52), and two M10 Aircraft Nuts (#51).

### DIAGRAM 2



### STEP 3 (See Diagram 3)

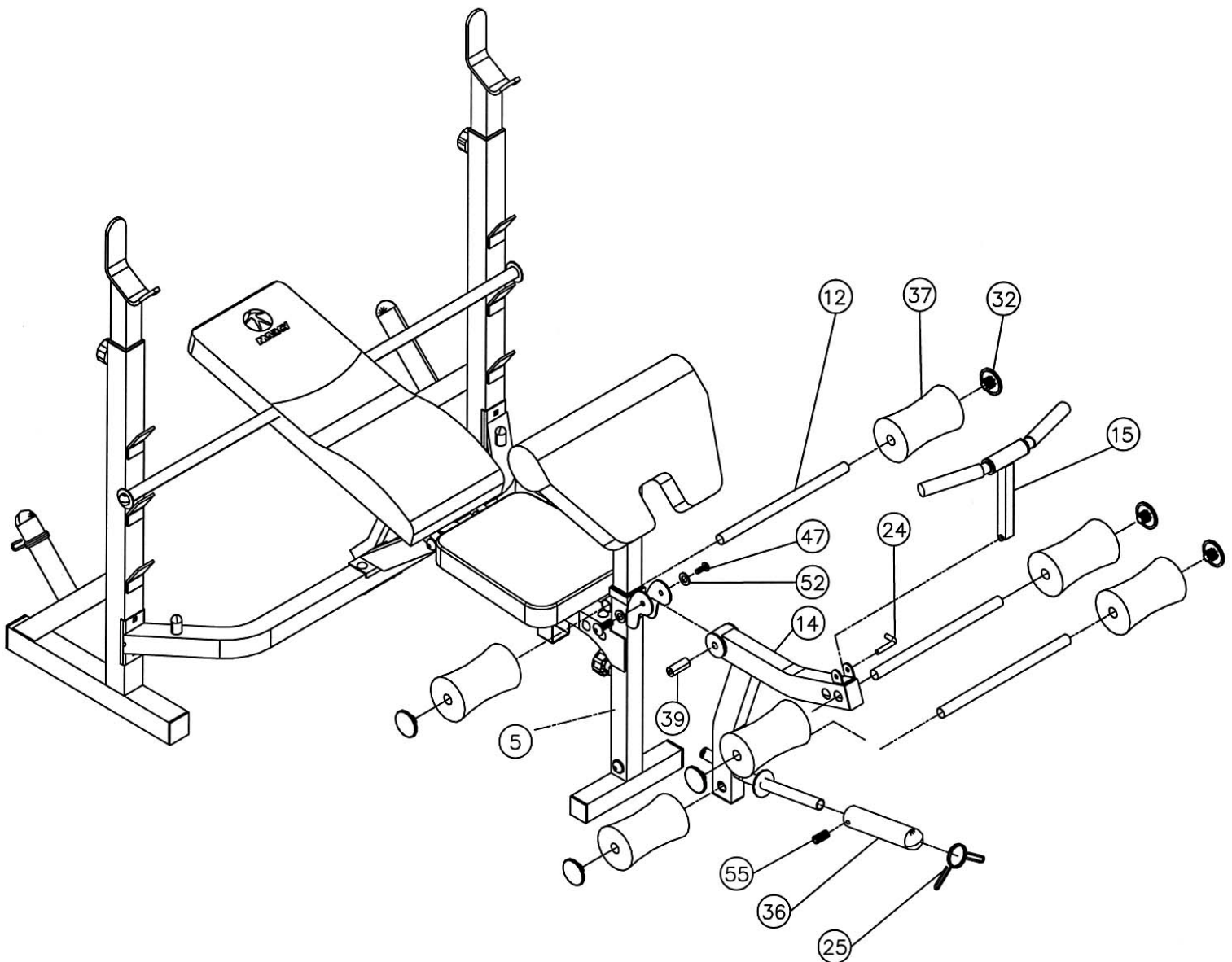
- A.) Attach the Seat Bracket (#13) to the pivot on the Main Seat Support (#3). Push two Bushings (#22) through the holes on the Seat Bracket into both ends of the pivot.
- B.) Attach Backrest Incline Support (#7) in between the two Backrest Supports (#6) and insert both ends into the side-holes on the Backrest Supports. Attach the Backrest Supports to the Bushings. Secure it with one M10 x 7 1/4" Allen Bolt (#43), two Ø 3/4" Washers (#52), and one M10 Aircraft Nut (#51).
- C.) Place the other end of Backrest Support rest against the Backrest Adjustment Bar.
- D.) When using the Squat exercise, lift up the Backrest Board to a near vertical position and secure the Backrest Incline Support with a 4" L-shaped Pin (#23) into the open slot on the Main Seat Support. Please note the only purpose of the Backrest Incline Support and Pin is to get the Backrest Board out of the way while doing squat exercise from the rear of the machine. They are not designed to support any weight or perform any exercise.
- E.) Place the Backrest Board (#17) onto Backrest Supports (#6). Secure it with four M6 x 3/8" Hex Bolts (#49) and Ø 1/2" Washers (#54).
- F.) Attach the Seat Incline Adjustment (#20) to the Seat Bracket from bottom. Place the Seat (#18) onto the Seat Bracket (#13). Secure the Seat with four M6 x 5/8" Hex Bolts (#50) and Ø 1/2" Washers (#54). Insert a 4" L-shaped Pin (#23) into selected hole on Seat Incline Adjustment to obtain the desired height of Seat Pad.
- G.) Attach the Arm Curl Pad (#19) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Allen Bolts (#48) and Ø 5/8" Washers (#53). Insert the Arm Curl Stand into the top opening on the Leg Developer Holder. Secure it with a Lock Knob (#38).



#### STEP 4 (See Diagram 4)

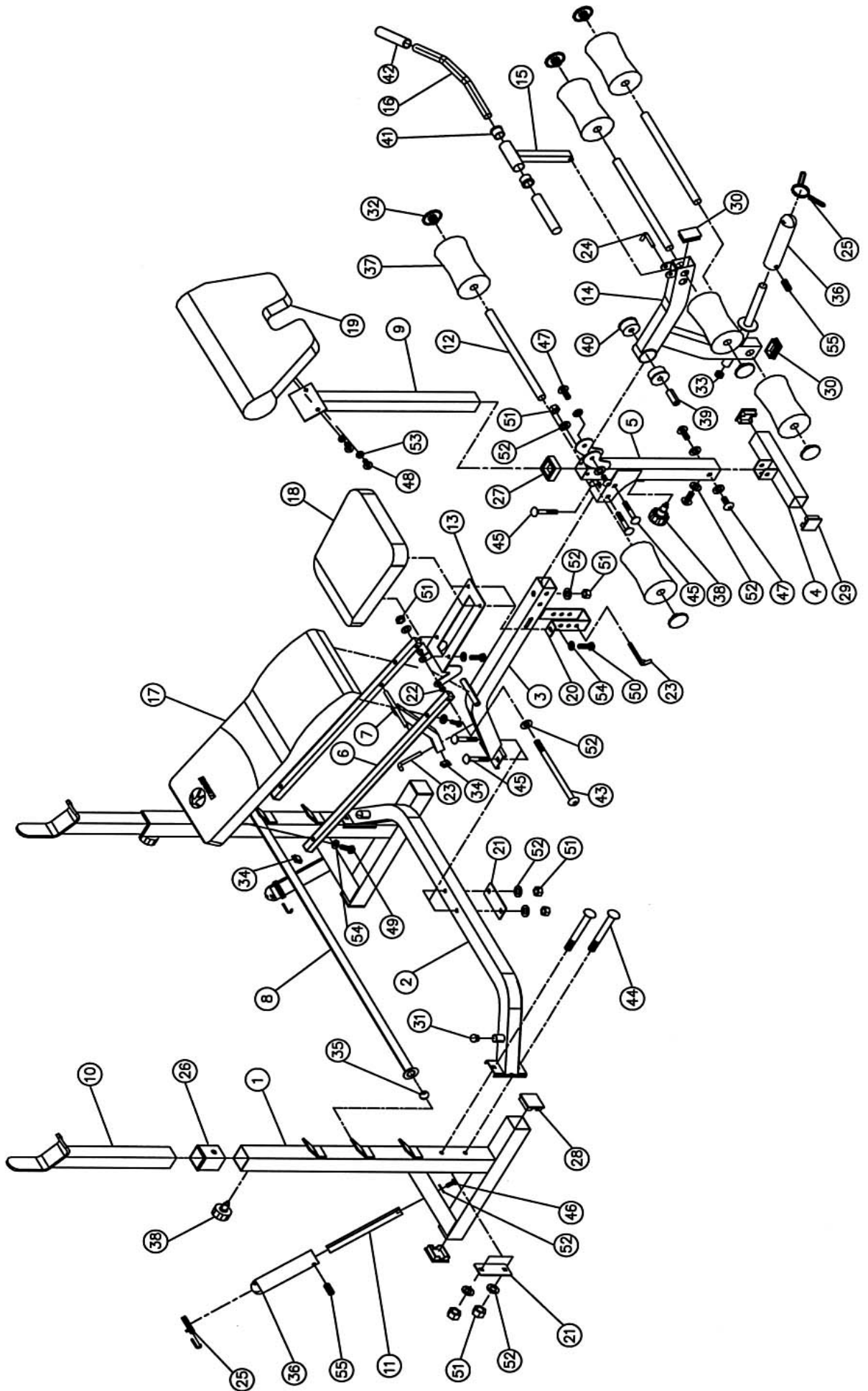
- A.) Attach the Leg Developer (#14) to the Leg Developer Holder (#5). Secure it with an Axle (#39), two M10 x 5/8" Allen Bolts (#47), and two Ø 3/4" Washers (#52).
- B.) Insert one Foam Tube (#12) halfway through the hole on the Leg Developer Holder. Insert two Foam Tubes halfway through the holes on the Leg Developer.
- C.) Push six Foam Rolls (#37) onto the Tubes from both ends. Plug six Foam Roll End Caps (#32) into the ends.
- D.) Attach the Curl Bar Handle Support (#15) to the bracket on the Leg Developer and secure it with a 3" L-shaped Pin (#24). When using the Leg Developer, remove the Pin, Curl Bar, and the Arm Curl Stand.
- E.) Attach an Olympic Sleeve (#36) onto the weight post on the Leg Developer. Secure it with a M8 x 1/2" Allen Screw (#55). Attach a Spring Clip (#25) to the Sleeve.

**DIAGRAM 4**





# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Front Stabilizer	1
5	Leg Developer Holder	1
6	Backrest Support	2
7	Backrest Incline Support	1
8	Backrest Adjustment Bar	1
9	Arm Curl Stand	1
10	Crutch	2
11	Weight Post	2
12	Foam Tube	3
13	Seat Bracket	1
14	Leg Developer	1
15	Curl Bar Handle Support	1
16	Curl Bar Handle	1
17	Backrest Board	1
18	Seat	1
19	Arm Curl Pad	1
20	Seat Incline Adjustment	1
21	4 3/4" x 2" Bracket	3
22	Bushing	2
23	4" L-shaped Pin	2
24	3" L-shaped pin	1
25	Spring Clip	3
26	2 3/8" x 2" Crutch Sleeve	2
27	2" x 1 3/4" Sleeve	1
28	2 3/8" Square End Cap	4
29	2" Square End Cap	2
30	1 5/8" x 2 3/8" End Cap	2
31	Ø 1" Cone-shaped End Cap	2
32	Foam Roll End Cap	6
33	Ø 1" End Cap	1
34	1" Square End Cap	3
35	Ø 1 1/8" x 1" End Cap	2
36	Olympic Sleeve	3
37	Foam Roll	6
38	Lock Knob	3
39	Axle	1
40	Ø 2 3/8" Axle Bushing	2
41	Ø 1 3/8" Spacer	2
42	Curl Bar Handle Grip	2
43	M10 x 7 1/4" Allen Bolt	1
44	M10 x 3 1/8" Carriage Bolt	4
45	M10 x 2 3/4" Carriage Bolt	5
46	M10 x 1" Allen Bolt	2
47	M10 x 5/8" Allen Bolt	5
48	M8 x 5/8" Allen Bolt	2
49	M6 x 1 3/8" Hex Bolt	4
50	M6 x 5/8" Hex Bolt	4
51	M10 Aircraft Nut	10
52	Ø 3/4" Washer	18
53	Ø 5/8" Washer	2
54	Ø 1/2" Washer	8
55	M8 x 1/2" Allen Screw	3

# ***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 an 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.

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14777 Don Julian  
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### **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](mailto:info@impex-fitness.com)**

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

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