

NOTE:
Please read all instructions
carefully before using this
product

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Model
WM PRO

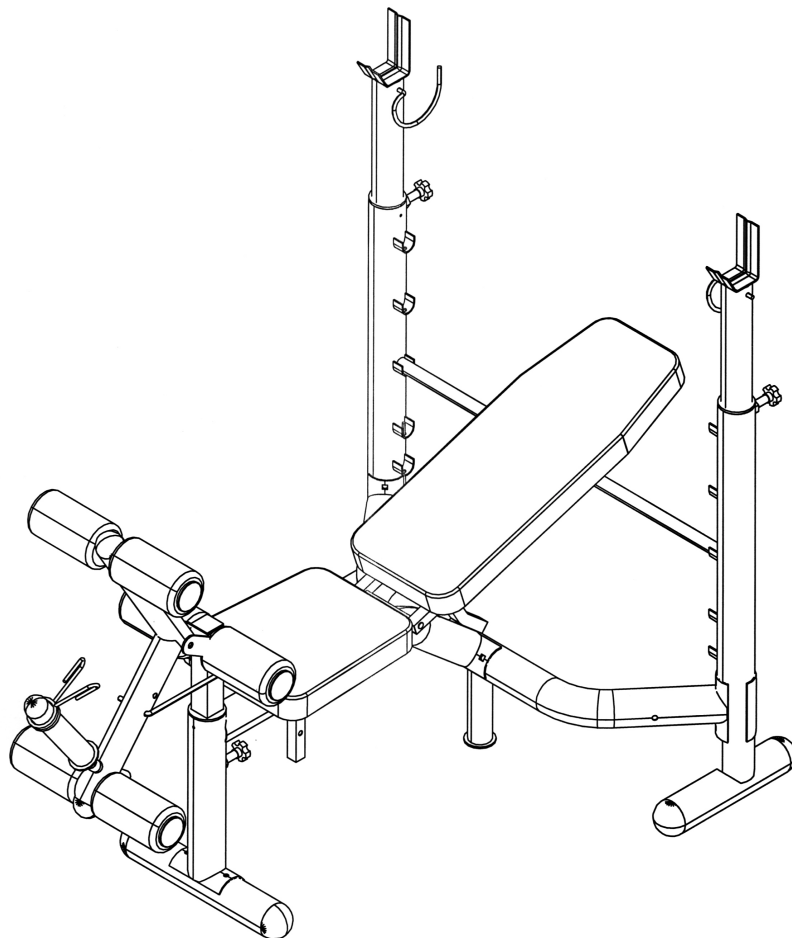
Retain This
Manual for
Reference

05-16-02

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

MARCY WEIGHT BENCH WM PRO



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY WM PRO Bench 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 IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



M6



M8

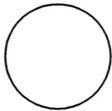


M10

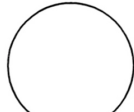
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

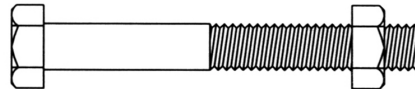
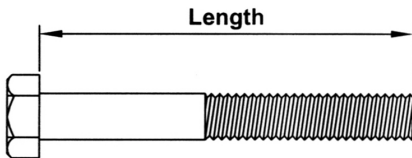
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

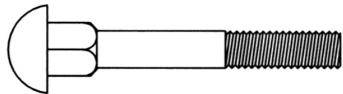


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NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



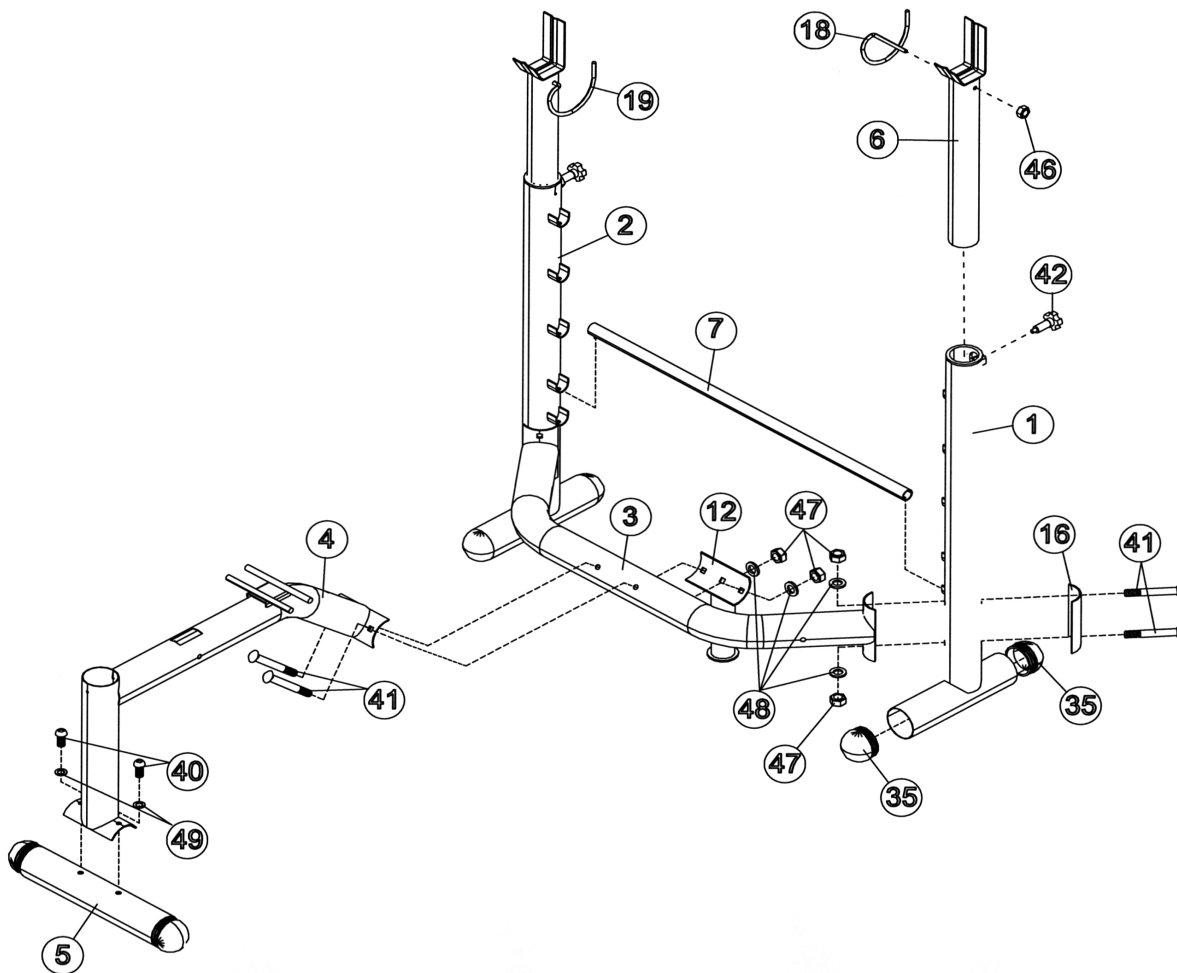
FLAT WASHER

ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

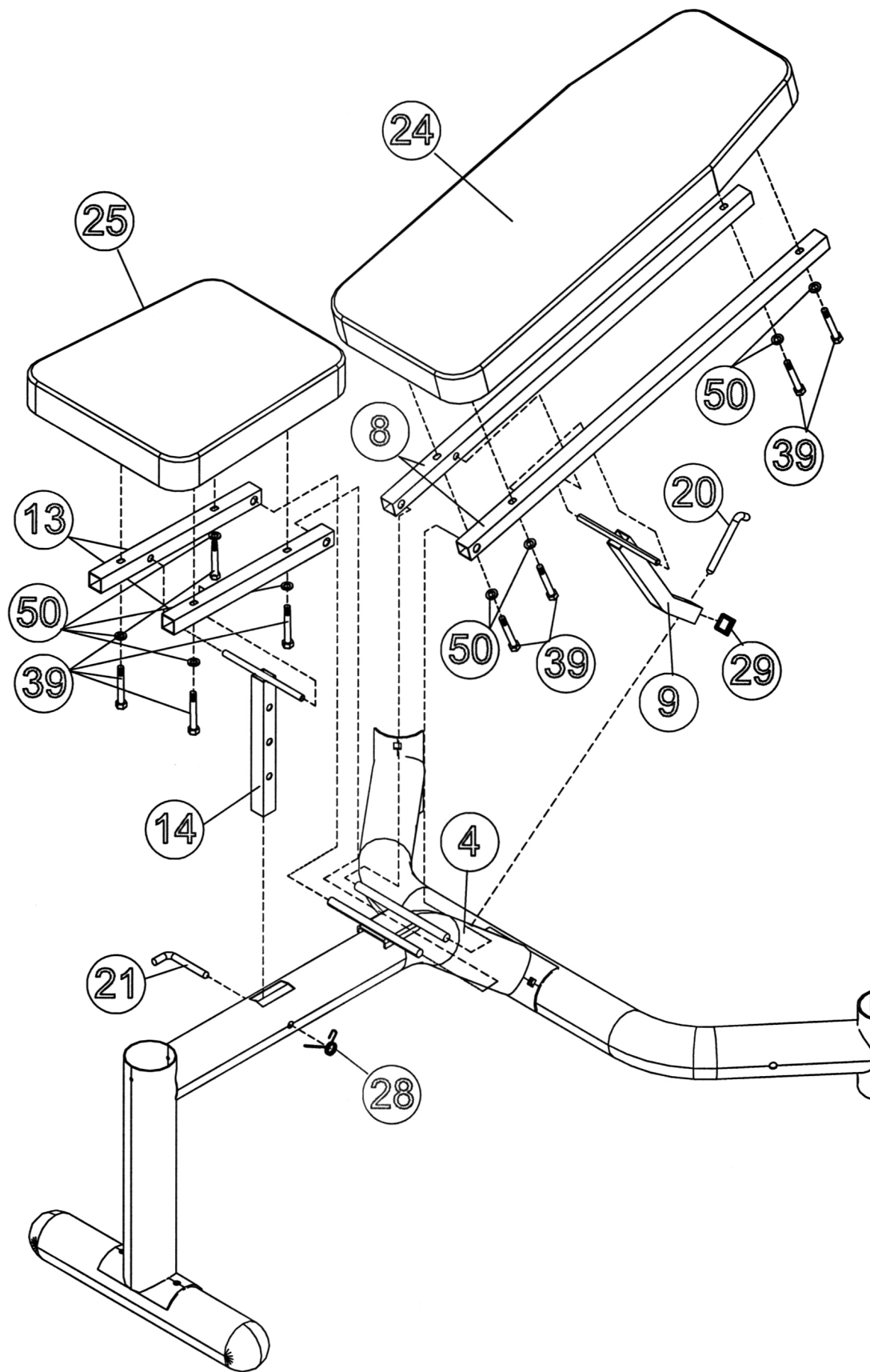
- A.) Connect the Left and Right Upright Beams (#1) & (#2) by a Cross Brace (#3) in the mid-span. Align the holes and secure them with one Bracket (#16), two M10 x 3 3/4" Carriage Bolts (#41), two \varnothing 3/4" Washers (#48), and two M10 Aircraft Nuts (#47) on each end of the Cross Brace. Plug four \varnothing 3" Round End Caps (#35) to the base on the Upright Beams.
- B.) Place Backrest Adjustment Bar (#7) between the two Upright Beams on the selected bar holder to obtain desired incline of Backrest.
- C.) Insert two Crutches (#6) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#42) through selected holes to obtain desired height of the Supports.
- D.) Insert the Left and Right Safety Hooks (#18) & (#19) into the holes on the Crutches (#6). Secure them with two M8 Aircraft Nuts (#46).
- E.) Attach the Main Seat Support (#4) to the Front Stabilizer (#5). Secure it with two M8 x 5/8" Allen Bolts (#40) and \varnothing 5/8" Washers (#49).
- F.) Connect the Main Seat Support (#4) and Rear Base Support (#12) to the Cross Brace (#3). Align the holes and secure them with two M10 x 3 3/4" Carriage Bolts (#41), \varnothing 3/4" Washers (#48) and M10 Aircraft Nuts (#47).



STEP 2 (See Diagram 2)

- A.) Attach the Seat Support Bar (#14) to the holes in between the two Seat Brackets (#13). Slide the Seat Brackets onto the pivot on the Main Seat Support (#4).
- B.) Place the Seat (#25) onto the Seat Brackets. Secure it with four M6 x 1 3/8" Hex Bolts (#39) and \varnothing 1/2" Washers (#50). Insert Seat Support Bar (#14) into the opening on the Main Seat Support. Insert a 3 3/4" L-shaped Pin (#21) through the holes on Main Seat Support and Seat Support Bar. Secure it with a Small Spring Clip (#28) to obtain desired incline of the Seat.
- C.) Attach the Backrest Incline Bar (#9) to the holes in between the two Backrest Supports (#8). Slide the Supports onto the rear pivot on the Main Seat Support (#4).
- D.) Place the Backrest Board (#24) onto the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#39) and \varnothing 1/2" Washers (#50). Insert a 5 1/8" L-shaped Pin (#20) through the holes on the Backrest Incline Bar and Main Seat Support to lock the Backrest Board in a vertical position. Remove the Pin to place the Backrest Board on the Backrest Adjustment Bar. NOTE: The Incline Support is not designed to sustain any weight. The only purpose is to get the Backrest Board out of user's way when using the Uprights for squat exercise. For any other Weight Lifting exercise, remove the Pin.

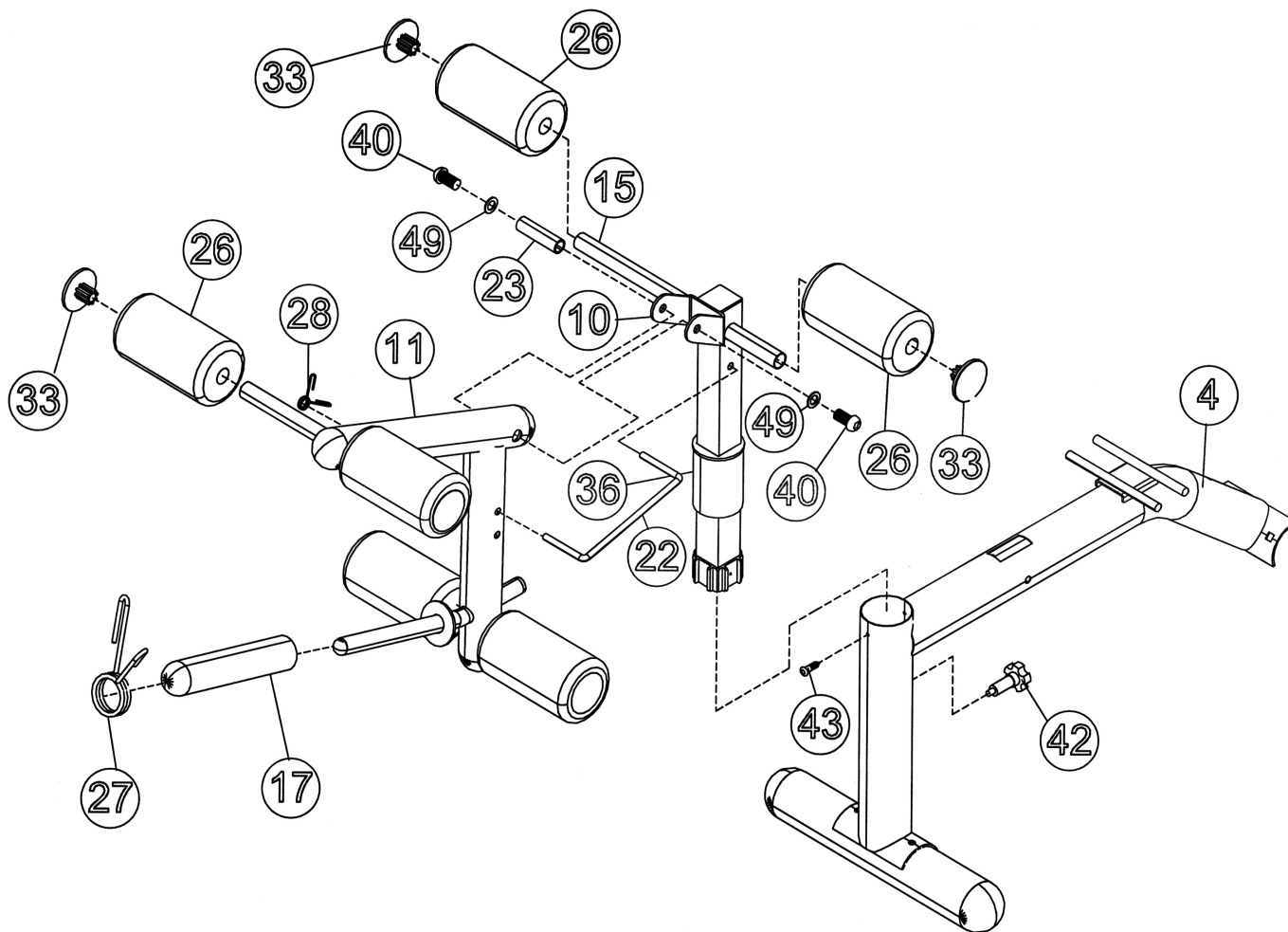
DIAGRAM 2



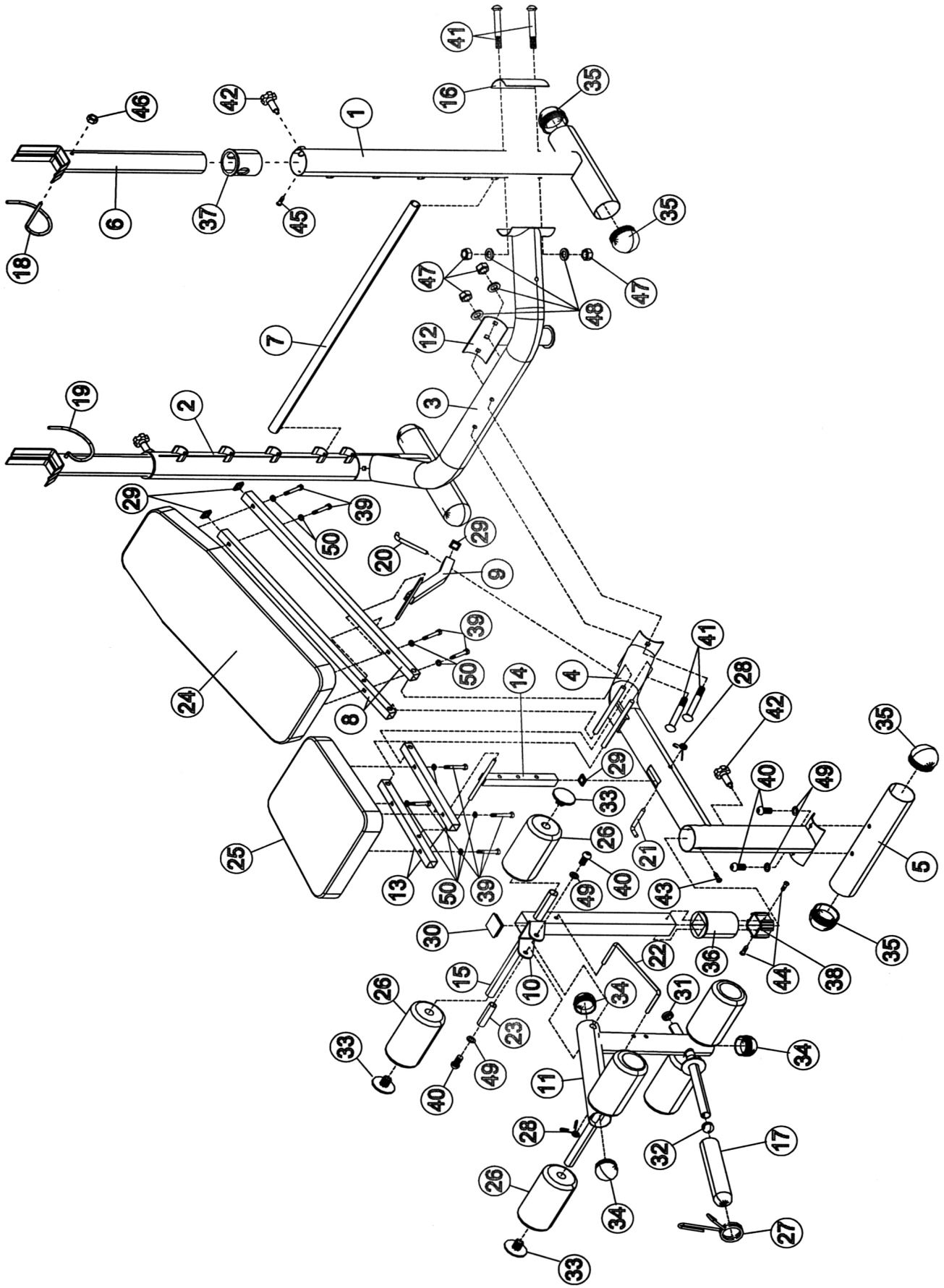
STEP 3 (See Diagram 3)

- A.) Insert the Leg Developer Holder (#10) into the top opening on the Main Seat Support (#4). Align the hole on the $\text{Ø}3'' \times 1 \frac{3}{4}''$ Sleeve (#36) to the hole on the front post. Secure the Sleeve with a $\frac{1}{2}''$ Philips Screw (#43). Use a Lock Knob (#42) to lock the Leg Developer in position.
- B.) Attach the Leg Developer (#11) to the bracket on the Leg Developer Holder (#10). Secure it with an Axle (#23), two $\text{Ø} \frac{5}{8}''$ Washers (#49), and two M8 x $\frac{5}{8}''$ Allen Bolts (#40).
- C.) Insert one Foam Roll Tube (#15) halfway through the hole on the Leg Developer Holder. Insert two Foam Roll Tubes (#15) halfway through the holes on the Leg Developer (#11). Push six Foam Rolls (#26) onto the Tubes from both ends. Plug six Foam Roll End Caps (#33) to the ends. Slide the Olympic Sleeve (#17) onto the weight holder on the Leg Developer. Attach a Spring Clip (#27) to the Olympic Sleeve.
- D.) Insert a U-shaped Hook (#22) into the holes on the Leg Developer and Leg Developer Holder to lock the Leg Developer in place. Secure it with a Small Spring Clip (#28).
NOTE: The purpose of the Hook is to lock the Leg Developer in place when doing abdominal exercises. Remove the Hook when using the Leg Developer.

DIAGRAM 3



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Main Seat Support	1
5	Front Stabilizer	1
6	Crutch	2
7	Backrest Adjustment Bar	1
8	Backrest Support	2
9	Backrest Incline Bar	1
10	Leg Developer Holder	1
11	Leg Developer	1
12	Rear Base Support	1
13	Seat Bracket	2
14	Seat Support Bar	1
15	Foam Roll Tube	3
16	Bracket	2
17	Olympic Sleeve	1
18	Left Safety Hook	1
19	Right Safety Hook	1
20	5 1/8" L-shaped Pin	1
21	3 3/4" L-shaped Pin	1
22	U-shaped Hook	1
23	Axle	1
24	Backrest Board	1
25	Seat	1
26	Foam Roll	6
27	Ø2" Spring Clip	1
28	Small Spring Clip	2
29	1" Square End Cap	4
30	1 3/4" Square End Cap	1
31	Ø 1" Round End Cap	1
32	Cone-shaped End Cap	1
33	Foam Roll End Cap	6
34	Ø 2 3/8" Round End Cap	3
35	Ø 3" Round End Cap	6
36	Ø 3" x 1 3/4" Sleeve	1
37	Ø 3" x Ø 2 3/8" Sleeve	2
38	Sliding Sleeve	1
39	M6 x 1 3/8" Hex Bolt	8
40	M8 x 5/8" Allen Bolt	4
41	M10 x 3 3/4" Carriage Bolt	6
42	Lock Knob	3
43	1/2" Philips Screw	1
44	3/8" Philips Screw	2
45	1/4" Philips Screw	2
46	M8 Aircraft Nut	2
47	M10 Aircraft Nut	6
48	Ø 3/4" Washer	6
49	Ø 5/8" Washer	4
50	Ø 1/2" Washer	8

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.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line at 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.

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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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