

NOTE:
Please read all instructions
carefully before using this
product

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Model
PRO 6

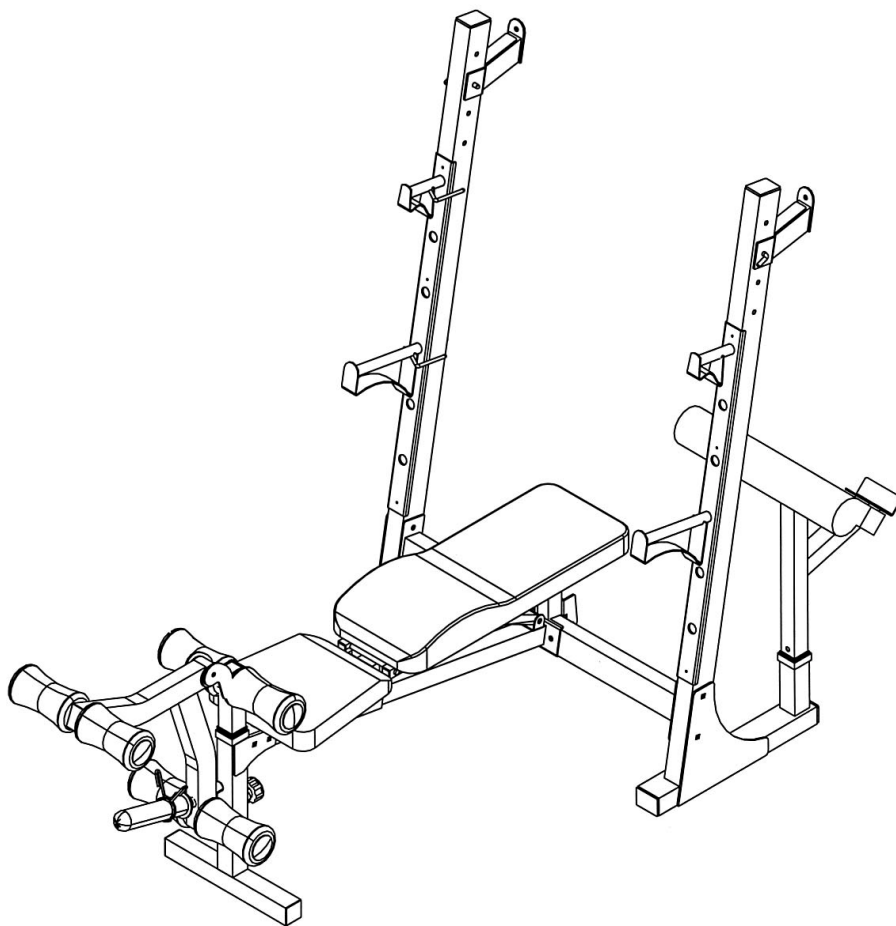
Retain This
Manual for
Reference

07-26-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

MARCY WEIGHT BENCH PRO 6



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PRO 6 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

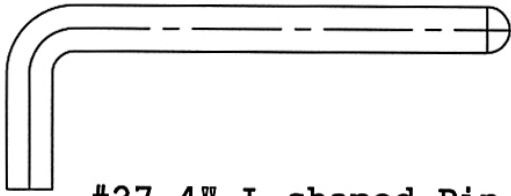
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

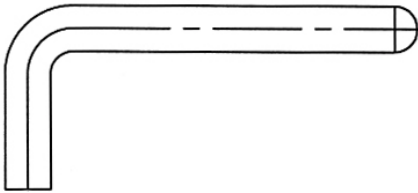
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

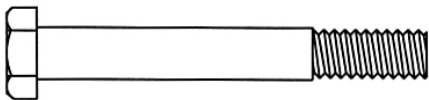
HARDWARE PACK



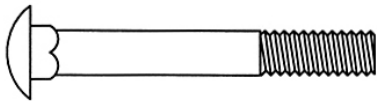
#27 4" L-shaped Pin (Qty 1)



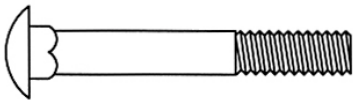
#26 3 1/2" L-shaped Pin (Qty 2)



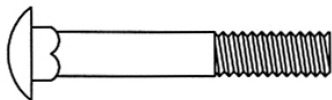
#52 M12 x 3 3/8" Hex Bolt (Qty 1)



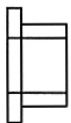
#45 M10 x 3" Carriage Bolt (Qty 4)



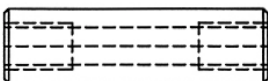
#46 M10 x 2 3/4" Carriage Bolt (Qty 2)



#47 M10 x 2 1/2" Carriage Bolt (Qty 3)



#44 \varnothing 3/4" Bushing (Qty 2)



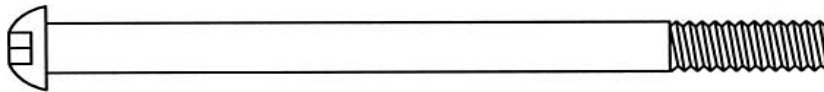
#25 Axle (Qty 1)



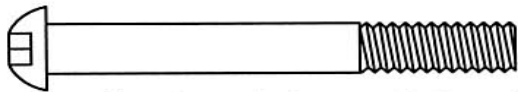
#42 Spring Clip (Qty 1)



HARDWARE PACK



#48 M10 x 5" Allen Bolt (Qty 1)



#50 M10 x 3" Allen Bolt (Qty 1)



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



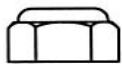
#53 M6 x 1 3/8" Hex Bolt (Qty 4)



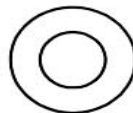
#54 M6 x 5/8" Hex Bolt (Qty 4)



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



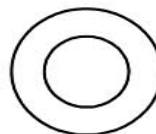
#56 M10 Aircraft Nut (Qty 11)



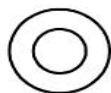
#58 \varnothing 3/4" Washer (Qty 15)



#55 M12 Aircraft Nut (Qty 1)



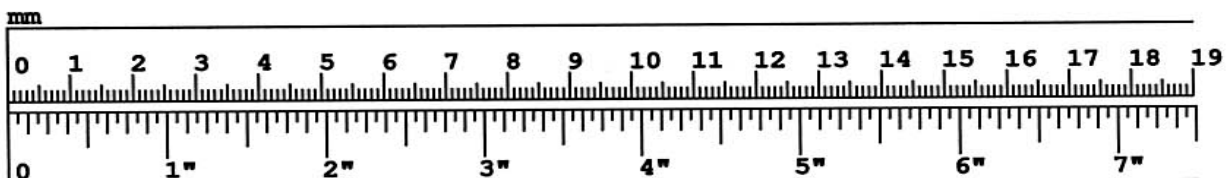
#57 \varnothing 1" Washer (Qty 2)



#59 \varnothing 5/8" Washer (Qty 2)



#60 \varnothing 1/2" Washer (Qty 8)



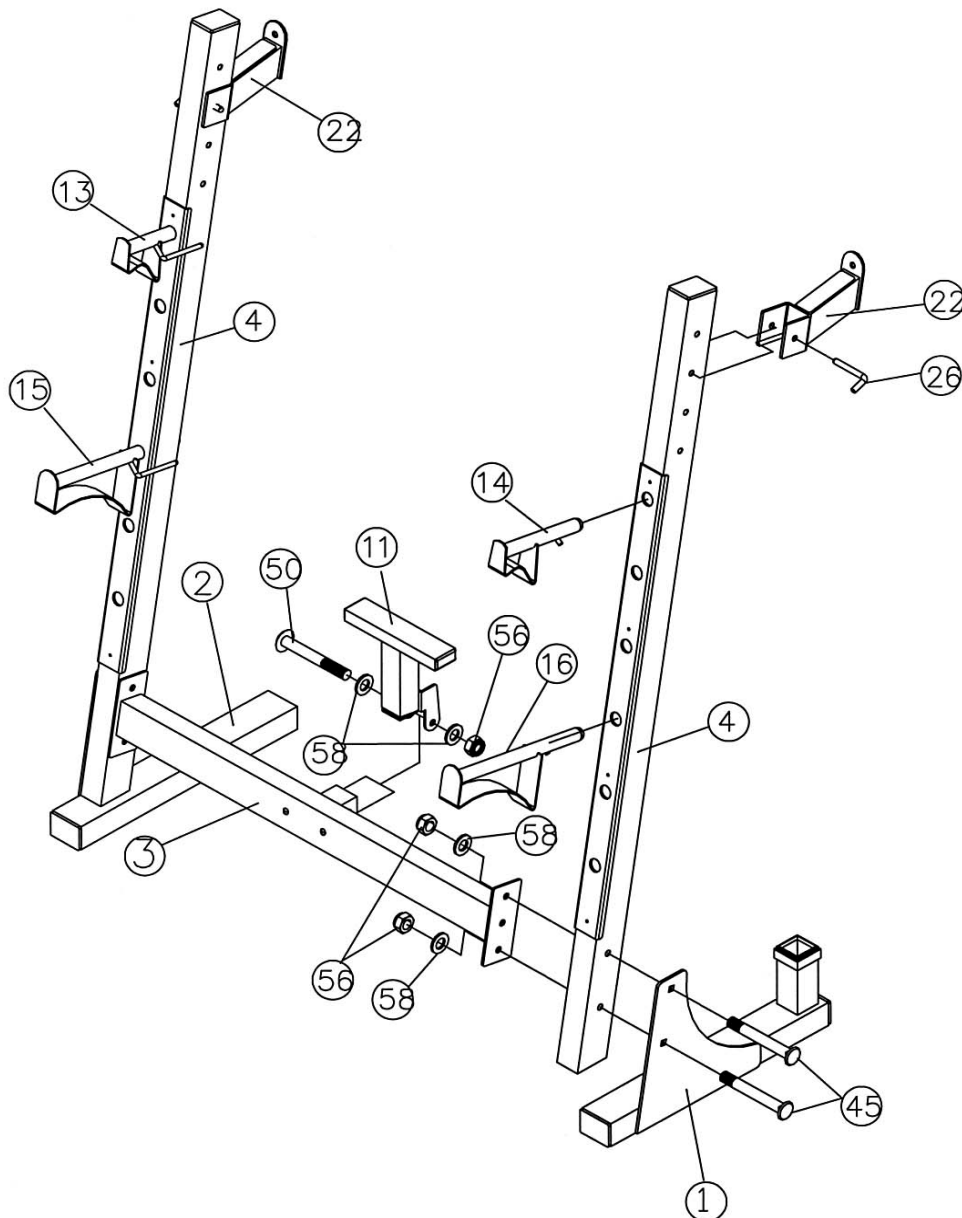
ASSEMBLY INSTRUCTION

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)

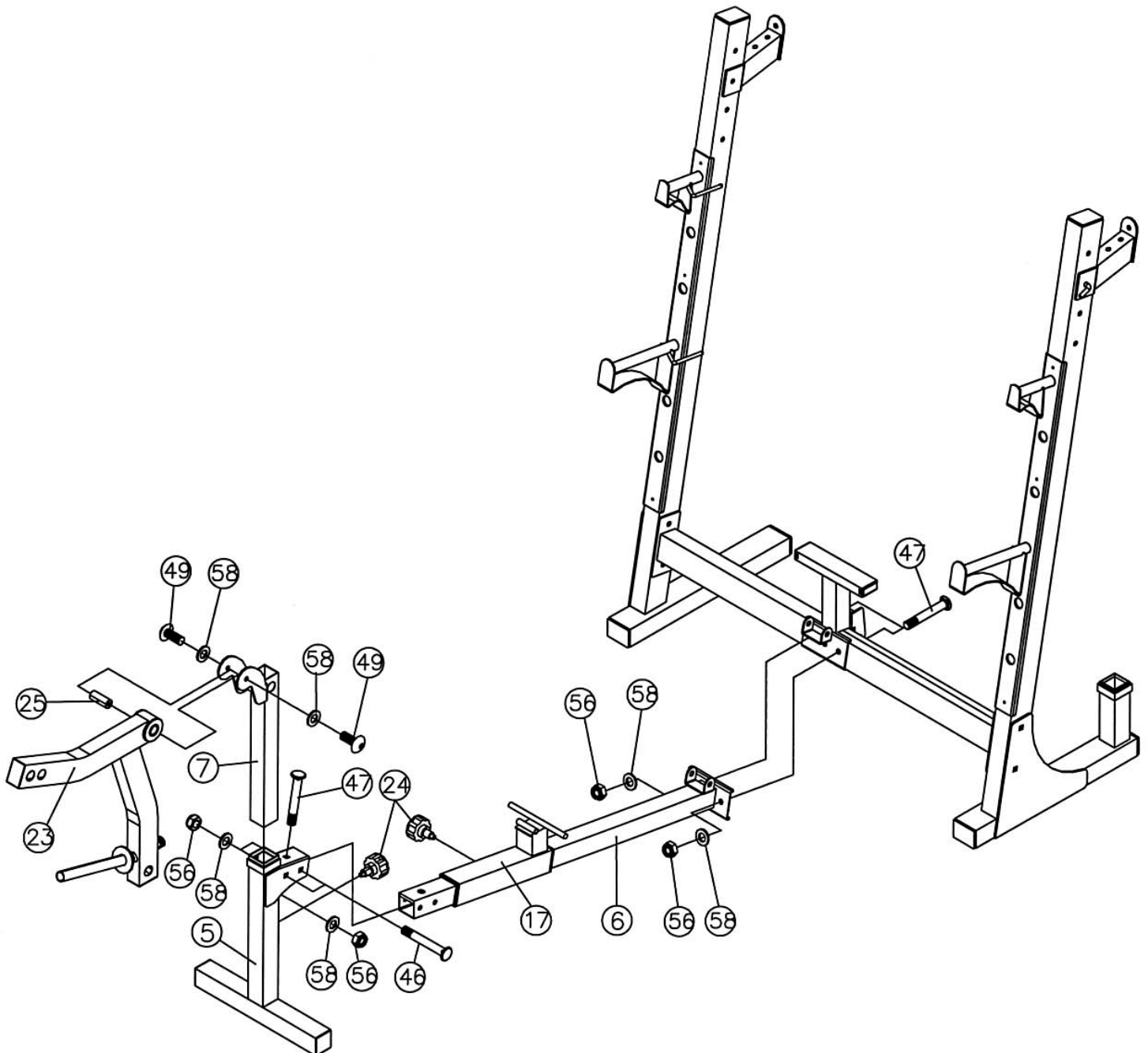
- A.) Attach an Upright Beam (#4) to the Left Stabilizer (#1). Then attach the Cross Brace (#3) to the Upright Beam. Align the holes and secure them with two M10 x 3" Carriage Bolts (#45), two $\text{\O} \frac{3}{4}$ " Washers (#58), and two M10 Aircraft Nuts (#56). Repeat the same procedure to install the other side.
- B.) Attach the Backrest Flat Base (#11) to the Cross Brace (#3). Secure it with one M10 x 3" Allen Bolt (#50), two $\text{\O} \frac{3}{4}$ " Washers (#58), and one M10 Aircraft Nut (#56). Do not over tighten the nut and bolt. The Base needs to be able to swivel on the bolt. Flip the Base up when setting the Backrest Board at the flat position.
- C.) Attach the two Squat Bar Catches (#22) to the two Upright Beams. Use two 3 1/2" L-shaped Pins (#26) to hold them in position.
- D.) Insert the Left & Right Bar Catches (#14 & 13) and the Safety Catches (#15 & 16) into the Upright Beams.



STEP 2 (See Diagram 2)

- A.) Slide the Sliding Block (#17) onto the Main Seat Support (#6). Use a M18 Lock Knob (#24) to hold the Sliding Block in position.
- B.) Attach the Rear of the Main Seat Support to the Cross Brace (#3). Secure them with two M10 x 2 1/2" Carriage Bolts (#47), \varnothing 3/4" Washers (#58), and M10 Aircraft Nuts (#56).
- C.) Attach the Front Stabilizer (#5) to the front of the Main Seat Support. Secure them with one M10 x 2 1/2" Carriage Bolt (#47) from the top, two M10 x 2 3/4" Carriage Bolts (#46) on the side, three \varnothing 3/4" Washers (#58), and three M10 Aircraft Nuts (#56).
- D.) Insert the Leg Developer Holder (#7) into the top opening on the Front Stabilizer. Use a M18 Lock Knob (#24) to securely hold the desired height.
- E.) Attach the Leg Developer (#23) to the bracket on the Leg Developer Holder. Secure them with one Axle (#25), two M10 x 1" Allen Bolts (#49) and two \varnothing 3/4" Washers (#58).

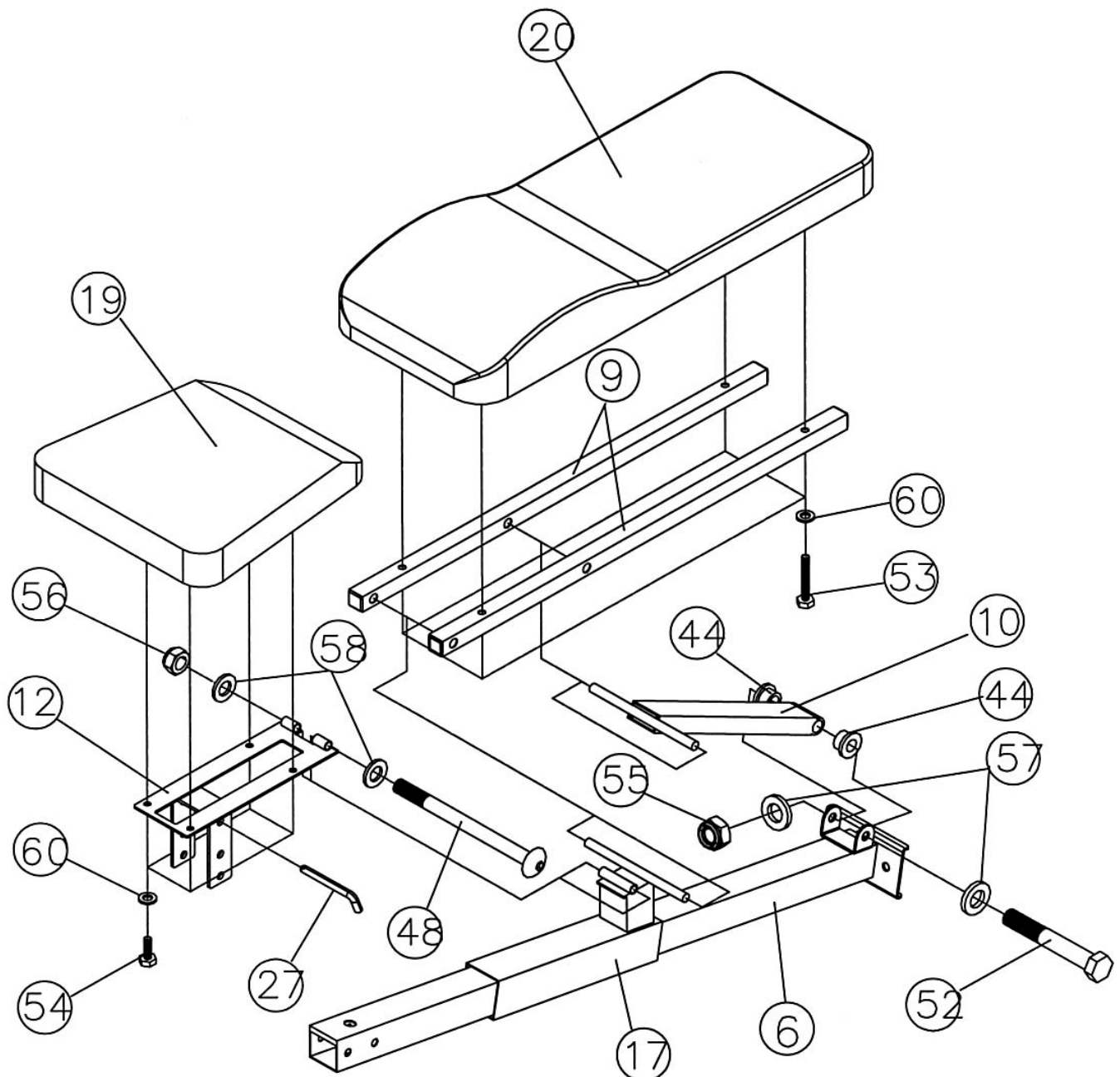
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Seat Bracket (#12) to the short pivot on the Sliding Block (#17). Secure it with one M10 x 5" Allen Bolt (#48), two \varnothing $\frac{3}{4}$ " Washers (#58), and one M10 Aircraft Nut (#56).
- B.) Place the Backrest Incline Support (#10) in between the two Backrest Supports (#9). Attach the Backrest Supports to the long Pivot on the Sliding Block.
- C.) Place the Backrest Board (#20) onto the Backrest Supports. Secure it with four M6 x 1 $\frac{3}{8}$ " Hex Bolts (#53) and \varnothing $\frac{1}{2}$ " Washers (#60).
- D.) Push two \varnothing $\frac{3}{4}$ " Bushings (#44) into the bottom of Backrest Incline Support (#10) and attach it to the bracket on the Main Seat Support (#6). Secure it with one M12 x 3 $\frac{3}{8}$ " Hex Bolt (#52), two \varnothing 1" Washers (#57), and one M12 Aircraft Nut (#55).
- E.) Place the Seat Pad (#19) onto the Seat Bracket. Secure it with four M6 x $\frac{5}{8}$ " Hex Bolts (#54) and \varnothing $\frac{1}{2}$ " Washers (#60). Insert a 4" L-shaped Pin (#27) into the selected hole on the Seat Bracket to hold the desired seat incline.

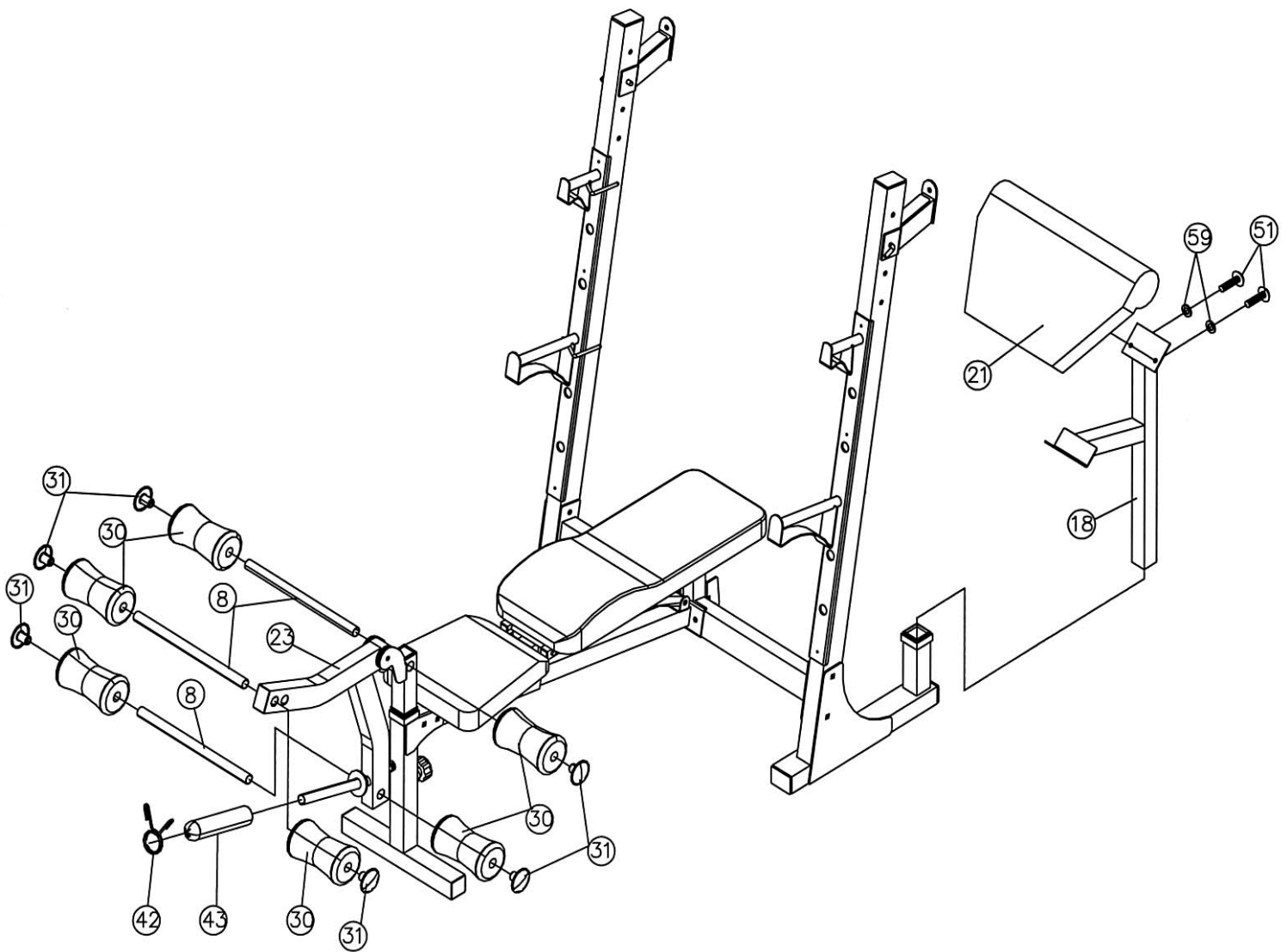
DIAGRAM 3



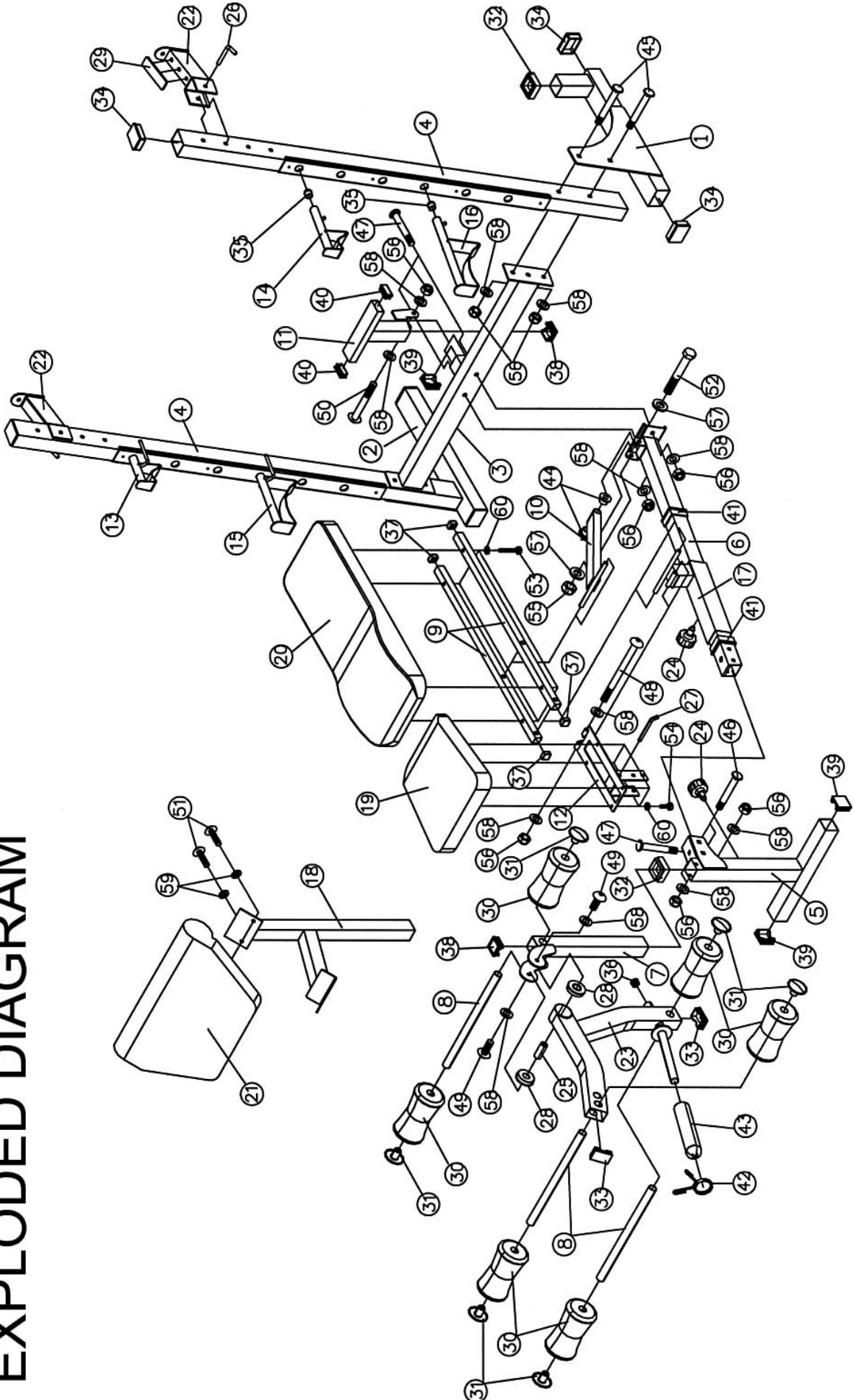
STEP 4 (See Diagram 4)

- A.) Insert one Foam Roll Tube (#8) halfway through the hole on the Leg Developer Holder (#7). Insert two Foam Roll Tubes (#8) halfway through the holes on the Leg Developer (#23). Push six Foam Rolls (#30) onto the Tubes from both ends. Plug six Foam Roll End Caps (#31) into the ends.
- B.) Attach the Arm Curl Pad (#21) to the Arm Curl Stand (#18). Secure it with two M8 x 5/8" Allen Bolts (#51) and Ø 5/8" Washers (#59). Insert the Arm Curl Stand into the open storage post on the Left Stabilizer when not doing Arm Curl exercise.
- C.) Attach an Olympic Sleeve (#43) to the weight post on the Leg Developer. Attach one Spring Clip (#42) to the Sleeve.
- D.) When doing Arm Curl exercises, remove the Leg Developer Holder. Insert the Arm Curl Stand into the opening and use the M18 Lock Knob to hold the desired height.

DIAGRAM 4



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Left Stabilizer	1	51	M8 x 5/8" Allen Bolt	2
2	Right Stabilizer	1	52	M12 x 3 3/8" Hex Bolt	1
3	Cross Brace	1	53	M6 x 1 3/8" Hex Bolt	4
4	Upright Beam	2	54	M6 x 5/8" Hex Bolt	4
5	Front Stabilizer	1	55	M12 Aircraft Nut	1
6	Main Seat Support	1	56	M10 Aircraft Nut	11
7	Leg Developer Holder	1	57	Ø 1" Washer	2
8	Foam Tube	3	58	Ø 3/4" Washer	15
9	Backrest Support	2	59	Ø 5/8" Washer	2
10	Backrest Incline Support	1	60	Ø 1/2" Washer	8
11	Backrest Flat Base	1			
12	Seat Bracket	1			
13	Right Bar Catch	1			
14	Left Bar Catch	1			
15	Right Safety Catch	1			
16	Left Safety Catch	1			
17	Sliding Block	1			
18	Arm Curl Stand	1			
19	Seat	1			
20	Backrest Board	1			
21	Arm Curl Pad	1			
22	Squat Bar Catch	2			
23	Leg Developer	1			
24	M18 Lock Knob	2			
25	Axle	1			
26	3 1/2" L-shaped Pin	2			
27	4" L-shaped Pin	1			
28	Ø 2 3/8" Axle Bushing	2			
29	Rubber Bumper	2			
30	Foam Roll	6			
31	Foam Roll End Cap	6			
32	2" Sleeve	2			
33	1 1/2" x 2 3/8" End Cap	2			
34	2" x 2 3/4" End Cap	6			
35	Ø 1" Cone-shaped End Cap	4			
36	Ø 1" End Cap	1			
37	1" Square End Cap	4			
38	1 3/4" Square End Cap	2			
39	2" Square End Cap	3			
40	1" x 2" End Cap	2			
41	2 3/8" x Sleeve	2			
42	Spring Clip	1			
43	Olympic Sleeve	1			
44	Ø 3/4" Bushing	2			
45	M10 x 3" Carriage Bolt	4			
46	M10 x 2 3/4" Carriage Bolt	2			
47	M10 x 2 1/2" Carriage Bolt	3			
48	M10 x 5" Allen Bolt	1			
49	M10 x 1" Allen Bolt	2			
50	M10 x 3" Allen Bolt	1			

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

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info@impex-fitness.com

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3. Part Number
4. Date of Purchase

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