

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWB-9000

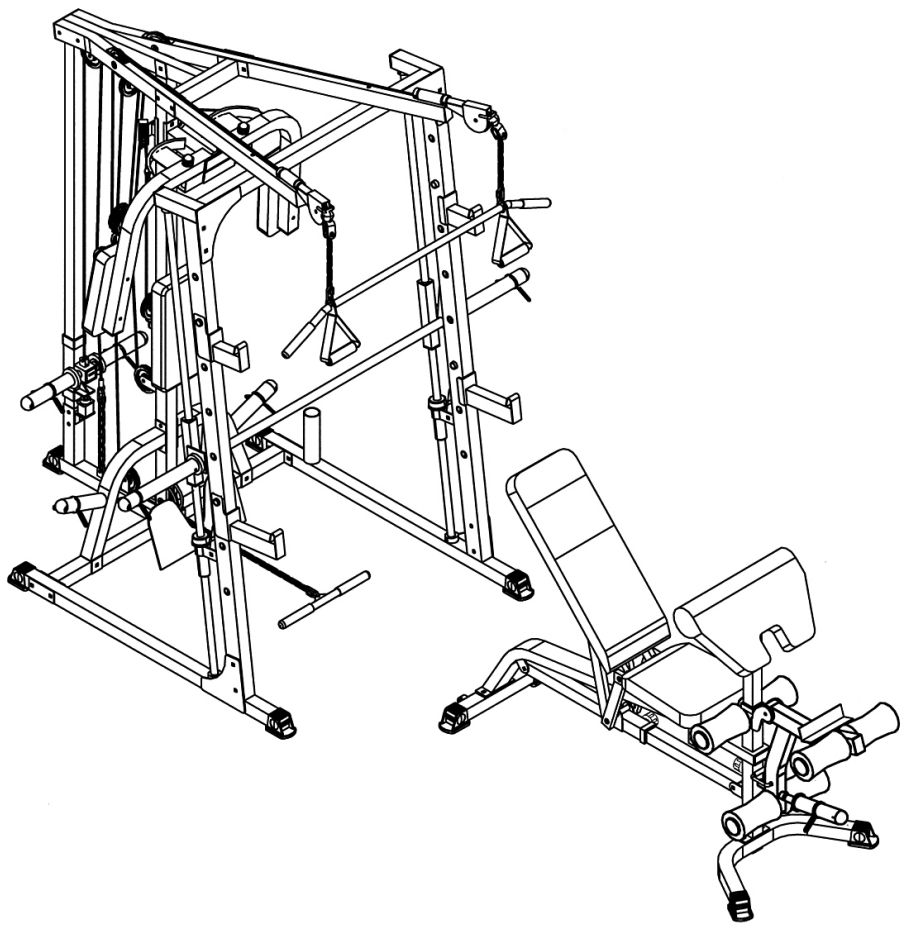
Retain This
Manual for
Reference

06-21-05

**OWNER'S
MANUAL**

IMPEX

MARCY SMITH MACHINE MWB-9000



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MWB-9000 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 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

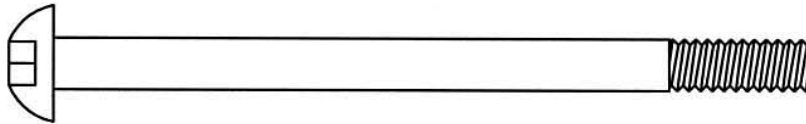
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.
13. Max User's weight: 300 lbs

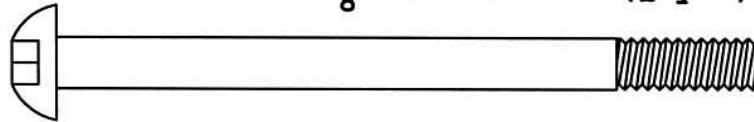
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

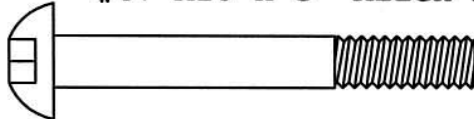
SMITH MACHINE HARDEWARE PACK



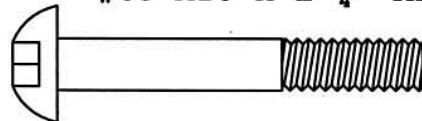
#66 M10 x 5 $\frac{3}{8}$ " Allen Bolt (Qty 2)



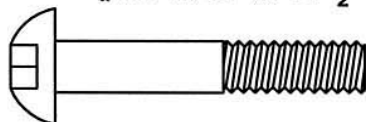
#67 M10 x 5" Allen Bolt (Qty 2)



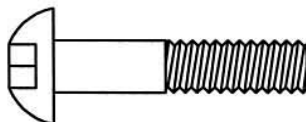
#68 M10 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 1)



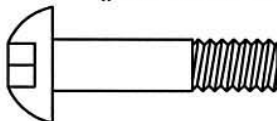
#69 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 3)



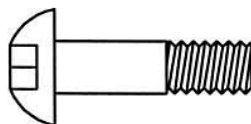
#70 M10 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 2)



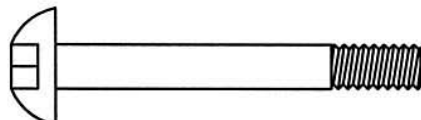
#71 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 12)



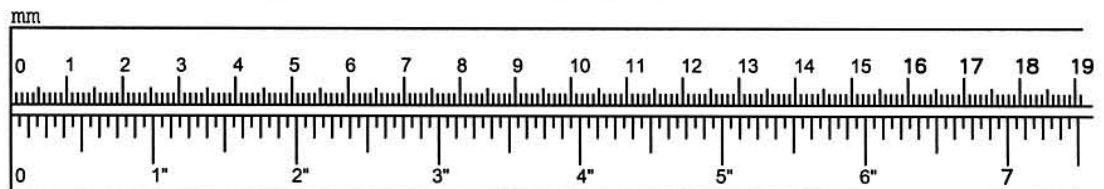
#65 M10 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 2)



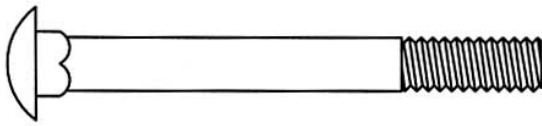
#72 M10 x 1 $\frac{3}{8}$ " Allen Bolt (Qty 5)



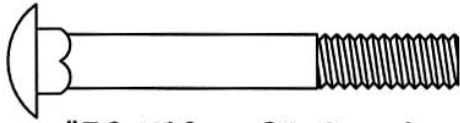
#74 M8 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 6)



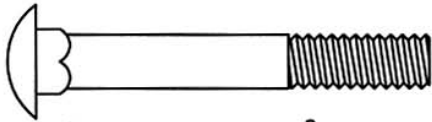
SMITH MACHINE HARDEWARE PACK



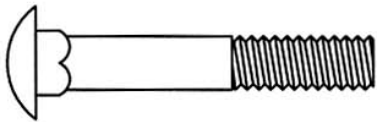
#75 M10 x 3 1/2" Carriage Bolt (Qty 4)



#76 M10 x 3" Carriage Bolt (Qty 2)



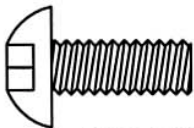
#77 M10 x 2 3/4" Carriage Bolt (Qty 14)



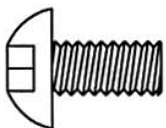
#78 M10 x 2 3/8" Carriage Bolt (Qty 5)



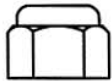
#84 M6 x 1 3/8" Allen Bolt (Qty 2)



#85 M10 x 1" Allen Bolt (Qty 1)



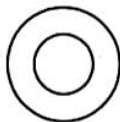
#73 M10 x 3/4" Allen Bolt (Qty 4)



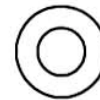
#88 M10 Aircraft Nut (Qty 55)



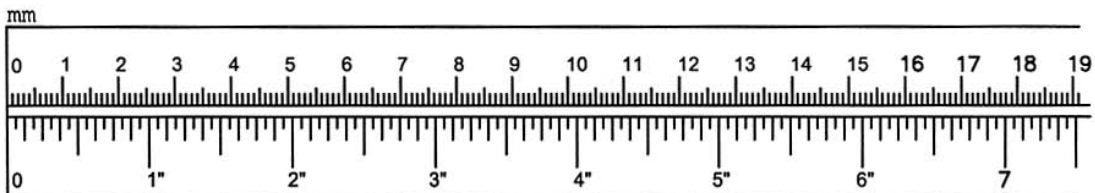
#90 M6 Aircraft Nut (Qty 2)



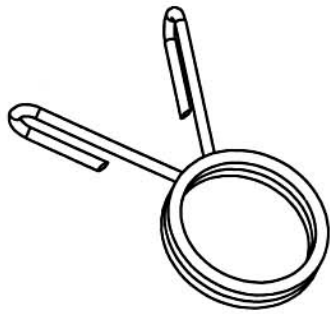
#87 Ø3/4" Washer (Qty 83)



#89 Ø5/8" Washer (Qty 7)



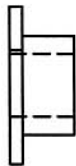
SMITH MACHINE HARDEWARE PACK



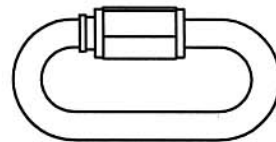
#39 Spring Clip (Qty 6)



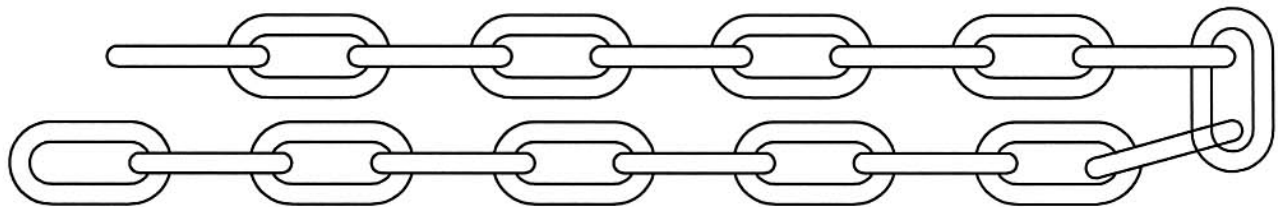
#48 Long Pulley Bushing (Qty 2)



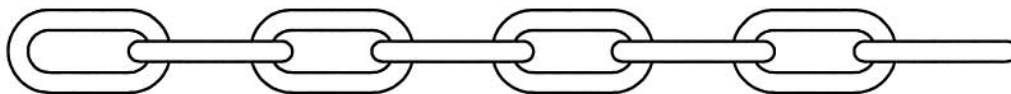
#47 Short Pulley Bushing (Qty 4)



#42 C-clip (Qty 4)



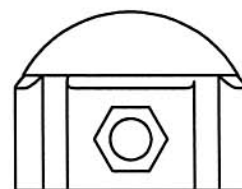
#41 Long Chain (Qty 1)



#40 Short Chain (Qty 3)



#91 U-shaped Connector (Qty 2)



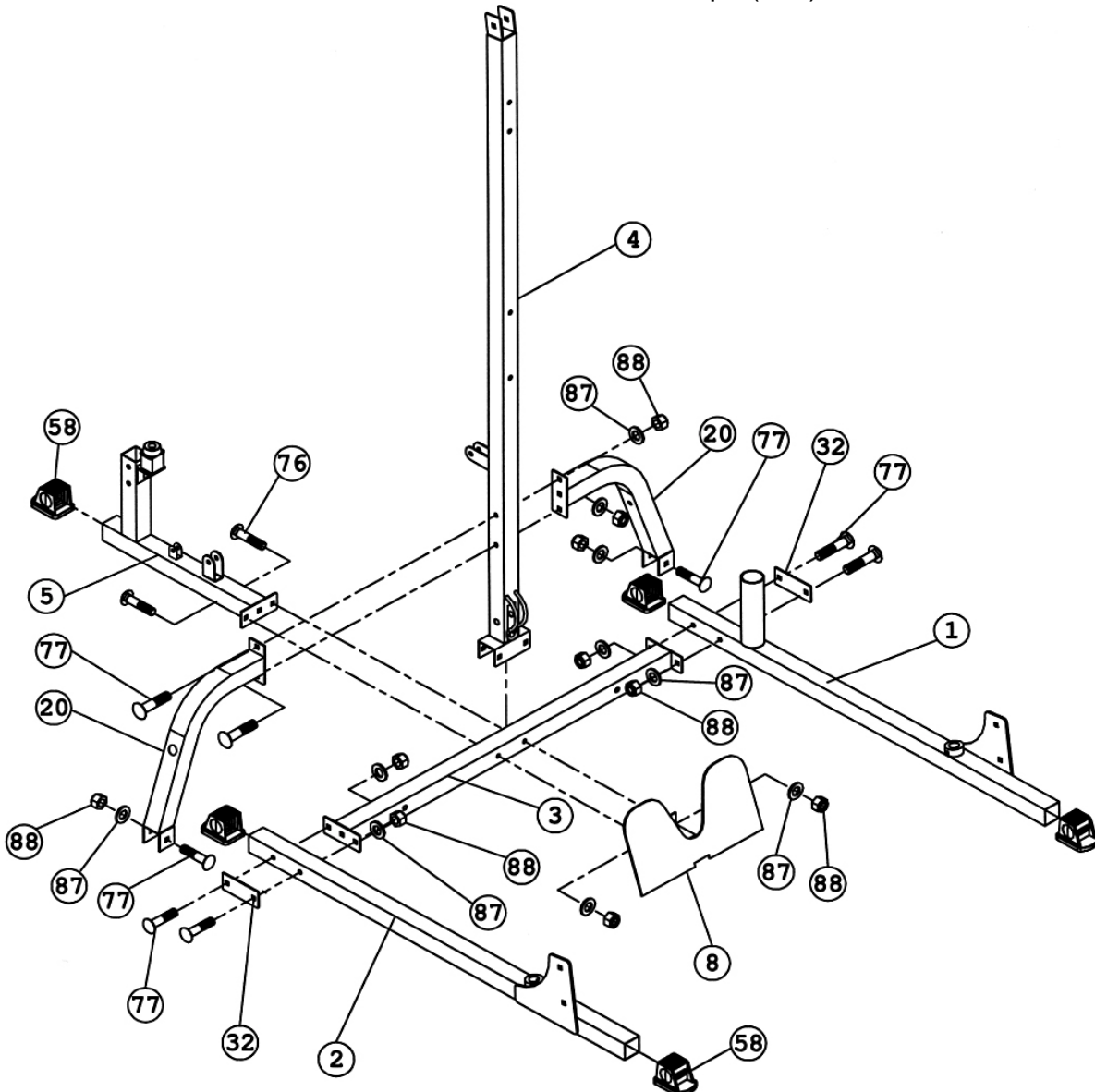
#64 Lock Ring (Qty 2)

SMITH MACHINE 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)

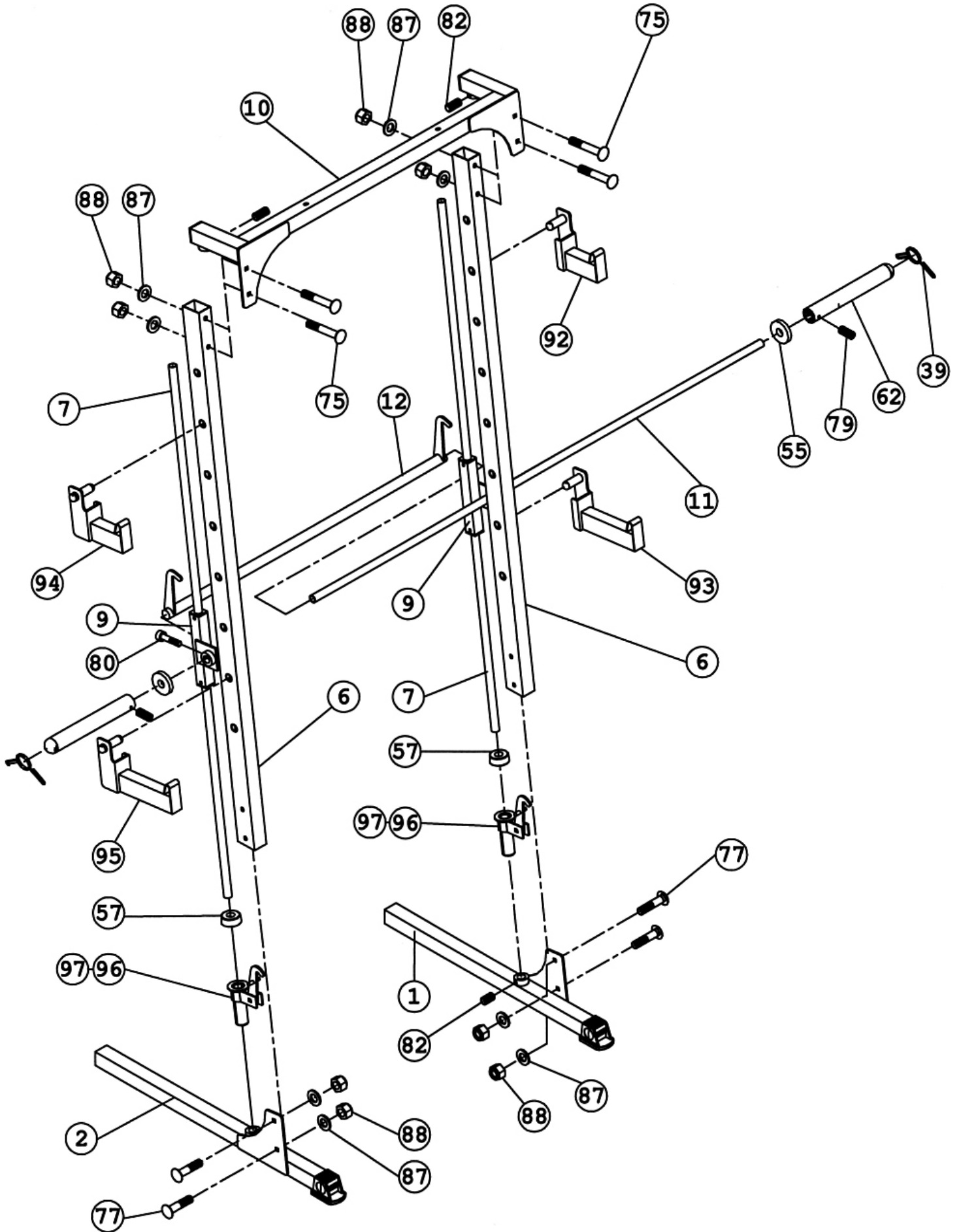
- A.) Connect the Left & Right Base Frame (#1 & 2) by a Cross Brace (#3) in the mid-span. Secure each end of the Cross Brace to each Base Frame with two M10 x 2 3/4" Carriage Bolts (#77), one 4 3/4" x 2" Bracket (#32), two Ø 3/4" Washers (#87), and two M10 Aircraft Nuts (#88). **NOTE: DO NOT tighten the Nuts and Bolts yet.**
- B.) Attach the Middle Vertical Frame (#4), the Rear Base Frame (#5) and the Foot Plate (#8) to the Cross Brace (#3). Align the holes and secure them together with two M10 x 3" Carriage Bolts (#76), Ø 3/4" Washers (#87), and M10 Aircraft Nuts (#88).
- C.) Attach the top of each Weight Post Support (#20) to the Middle Vertical Beam (#4) from each side. Attach the bottom of each Weight Post Support to the Cross Brace (#3).
- D.) Secure the two Weight Post Supports (#20) to the Middle Vertical Frame (#4) with two M10 x 2 3/4" Carriage Bolts (#77), Ø 3/4" Washers (#87), and M10 Aircraft Nuts (#88).
- E.) Secure the bottom of each Weight Post Support to the Cross Brace with one M10 x 2 3/4" Carriage Bolt (#77), Ø 3/4" Washer (#87), and M10 Aircraft Nut (#88).
- F.) Cover all ends on the Base Frame with five 2" End Caps (#58).



STEP 2 (See Diagram 2)

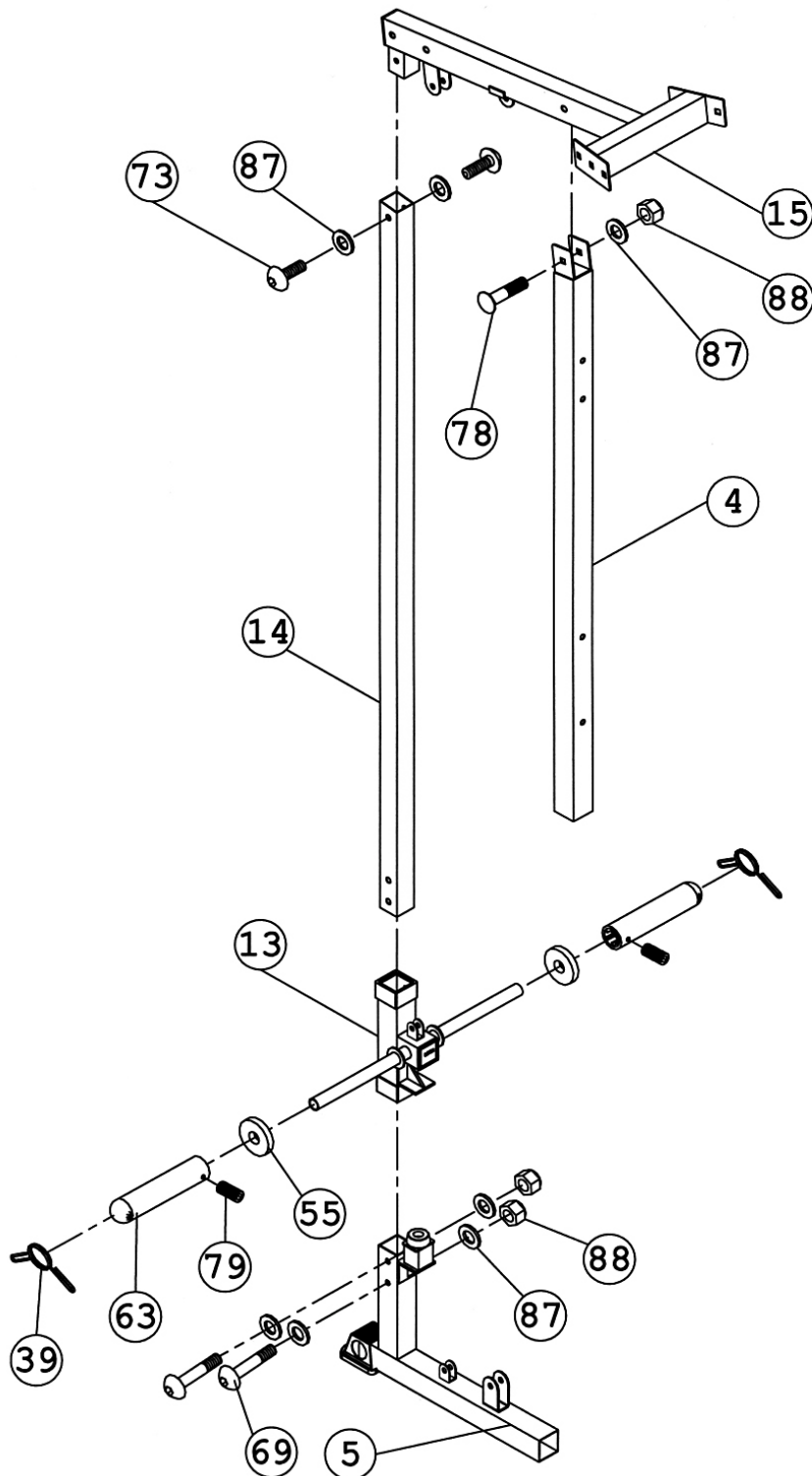
- A.) Attach a Front Vertical Frame (#6) to the Right Base Frame (#2). Secure it with two M10 x 2 ¾" Carriage Bolts (#77), Ø ¾" Washers (#87), and M10 Aircraft Nuts (#88). Do not tighten the Nuts and Bolts yet.
- B.) Repeat Procedure A above to install the other side.
- C.) Connect the two Front Vertical Frames (#6) with an Upper Frame (#10) on the top. Secure each end with two M10 x 3 ½" Carriage Bolts (#75), Ø3/4" Washers (#87) and M10 Aircraft Nuts (#88).
- D.) Insert a Guide Rod (#7) into the "Ring" on the Right Base Frame (#2). Secure it with a M8 x 3/8" Screw (#82).
- E.) Slide a Lower Safety Catch (#96) onto the Guide Rod (#7).
- F.) Slide an Ø 2 ½" Rubber Bumper (#57) onto the Rod.
- G.) Slide a Safety Stop Frame (#9) onto the Rod.
- H.) Attach the top of the Guide Rod (#7) to the "Ring" on the Upper Frame (#10) and secure it with a M8 x 3/8" Screw (#82).
- I.) Repeat the above Procedures D through H to install the other side.
- J.) NOTE: Help of another person for this step is strongly recommended. Place the Lifting Sleeve (#12) in between the two Safety Stop Frames (#9). Align the holes and insert the Weight Bar (#11) into the Safety Stop Frame from one side and through the Lifting Sleeve to the other Safety Stop Frame on the opposite side. Secure the Weight Bar to each Safety Stop Frame with one M8 x 5/8" Allen Bolt (#80).
- K.) Turn the safety hook forward on the Lifting Sleeve (#12) into the selected holes on the Front Vertical Frame to secure its position.
- L.) Slide an Ø 3" Rubber Bumper (#55) onto each end of the Weight Bar. Attach the Long Olympic Sleeve (#62) onto each end of the Weight Bar. Secure each Sleeve to the Bar with one M8 x ½" Allen Bolt (#79).
- M.) Attach a Spring Clip (#39) to each Olympic Sleeve.
- N.) Insert Right & Left Short Safety Catches (#92 & #94) and the Right & Left Long Safety Catches (#93 & #95) into the selected holes on the Front Vertical Frames.
- O.) Securely tighten all Nuts and Bolts previously installed.

DIAGRAM2



STEP 3 (See Diagram 3)

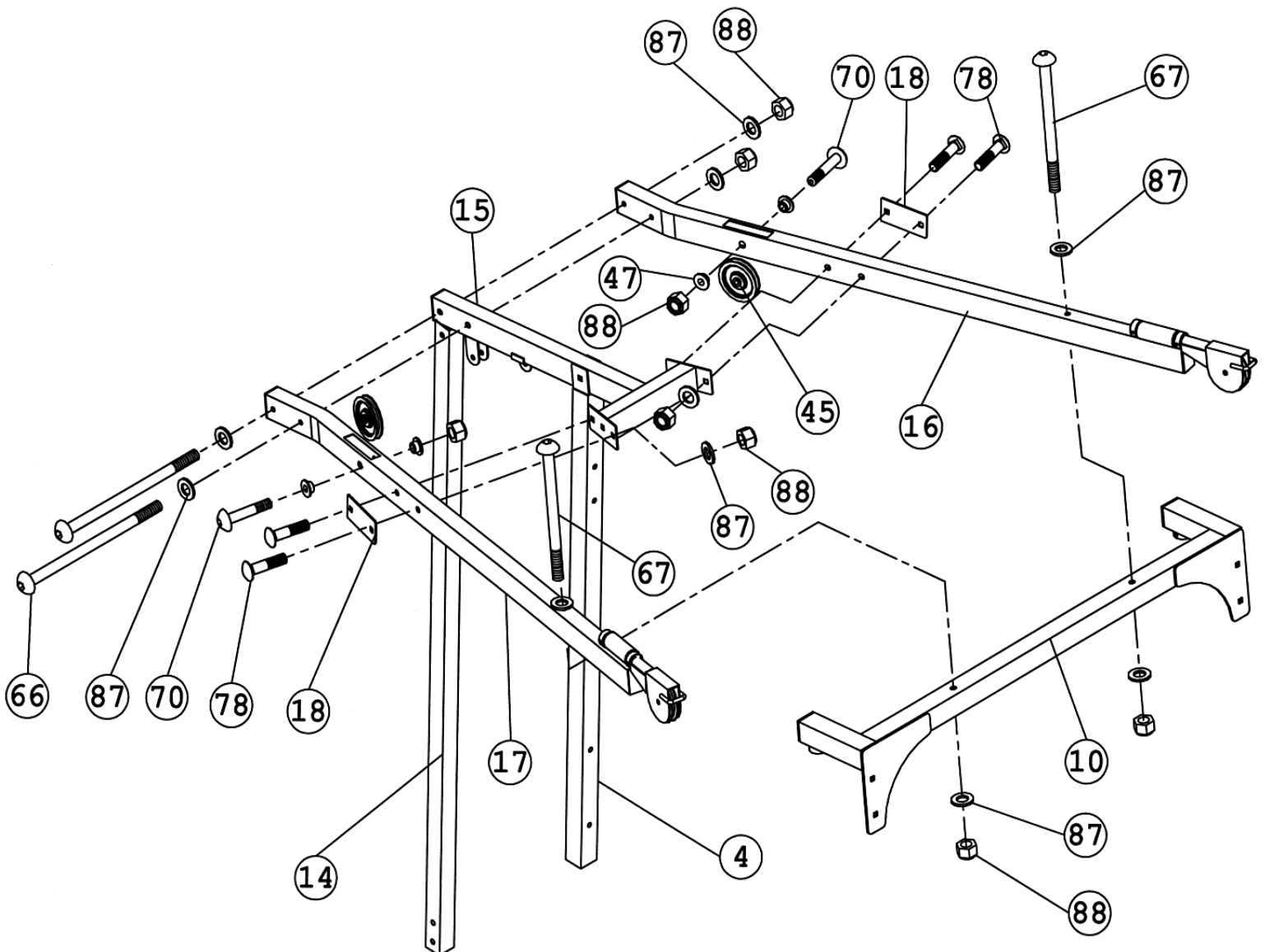
- A.) Attach the Rear Vertical Frame (#14) to the Rear Base Frame (#5). Secure it with two M10 x 2 1/2" Allen Bolts (#69), four Ø 3/4" Washers (#87), and two M10 Aircraft Nuts (#88). Slide the Sliding Weight Post (#13) onto the Rear Vertical Frame (#14).
- B.) Place the Lat Bar Frame Bracket (#15) onto the Rear & Middle Vertical Frame (#4 & #14). Secure it to the Rear Vertical Frame (#14) with two M10 x 3/4" Allen Bolts (#73) and Ø 3/4" Washers (#87). Secure it to the Middle Vertical Frame (#4) with one M10 x 2 3/8" Carriage Bolt (#78), Ø 3/4" Washer (#87), and M10 Aircraft Nut (#88).
- C.) Slide one Ø 3" Rubber Bumper (#55) and Olympic Sleeve (#63) onto each post on the Sliding Weight Post. Secure each Sleeve with one M8 x 1/2" Allen Bolt (#79).
- D.) Attach one Spring Clip (#39) to each Sleeve.



STEP 4 (See Diagram 4)

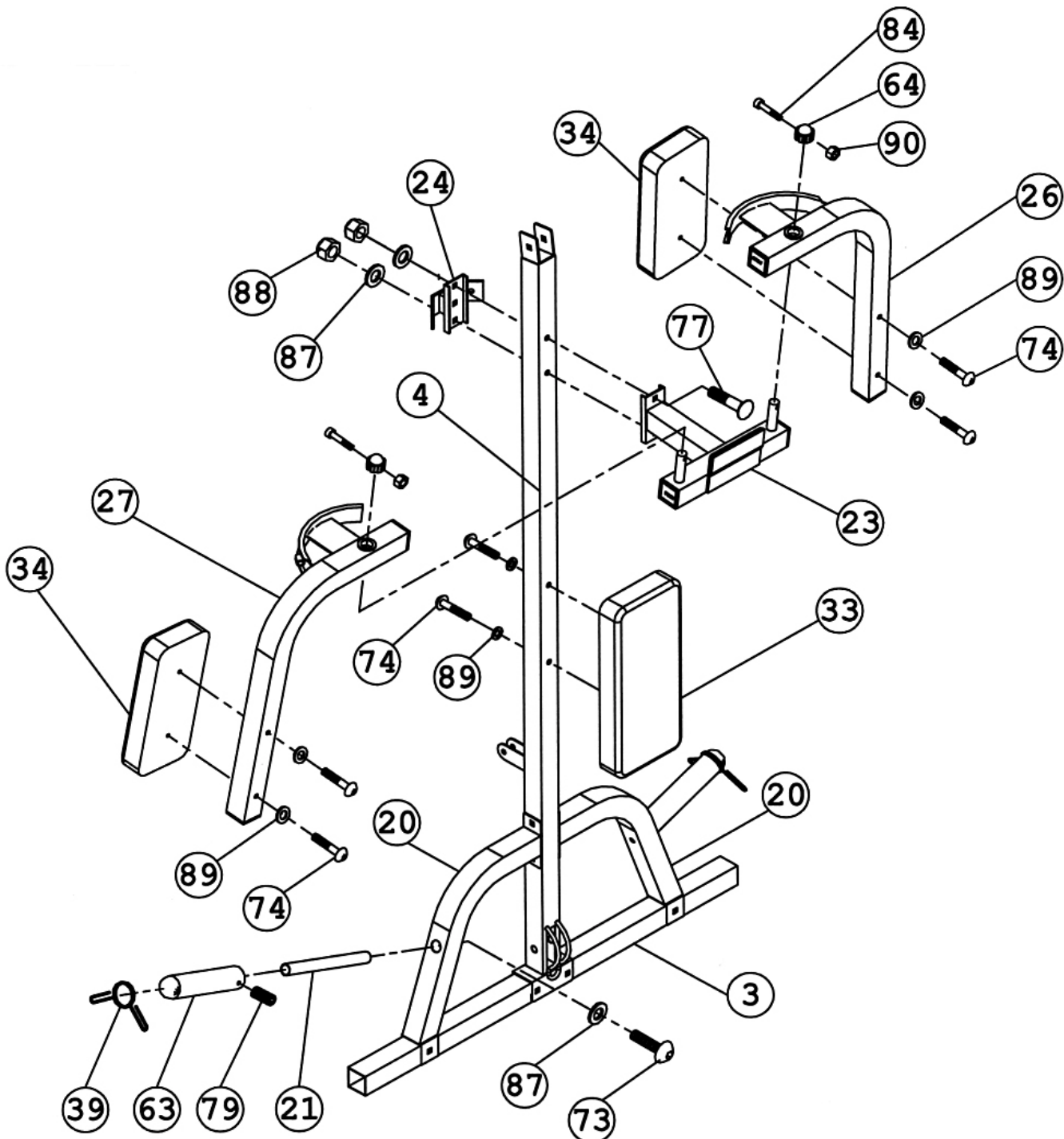
- A.) Attach the Left & Right Lat Bar Frames (#16 & #17) to the Upper Frame (#10). Align the holes and secure each Lat Bar Frame to Upper Frame with one M10 x 5" Allen Bolt (#67), two $\text{\O} \frac{3}{4}$ " Washers (#87), and one M10 Aircraft Nut (#88). Do not tighten the Nut and Bolt yet.
- B.) Attach the Left & Right Lat Bar Frames to the Lat Bar Frame Bracket (#15) from each side. Secure them with two M10 x 5 3/8" Allen Bolts (#66), four $\text{\O} \frac{3}{4}$ " Washers (#87), and two M10 Aircraft Nuts (#88).
- C.) Secure each Lat Bar Frames to the front of the Bracket from each side with two M10 x 2 3/8" Carriage Bolts (#78), one 4 3/4" x 2 3/8" Bracket (#18), two $\text{\O} \frac{3}{4}$ " Washers (#87) and two M10 Aircraft Nuts (#88).
- D.) Securely tighten all nuts and bolts.
- E.) Place a Pulley (#45) in the open slot on the Lat Bar Frame (#17). Secure the Pulley with one M10 x 2 1/8" Allen Bolt (#70), two Short Pulley Bushings (#47), and one M10 Aircraft Nut (#88). Repeat the same procedure to install the other side.

DIAGRAM 4

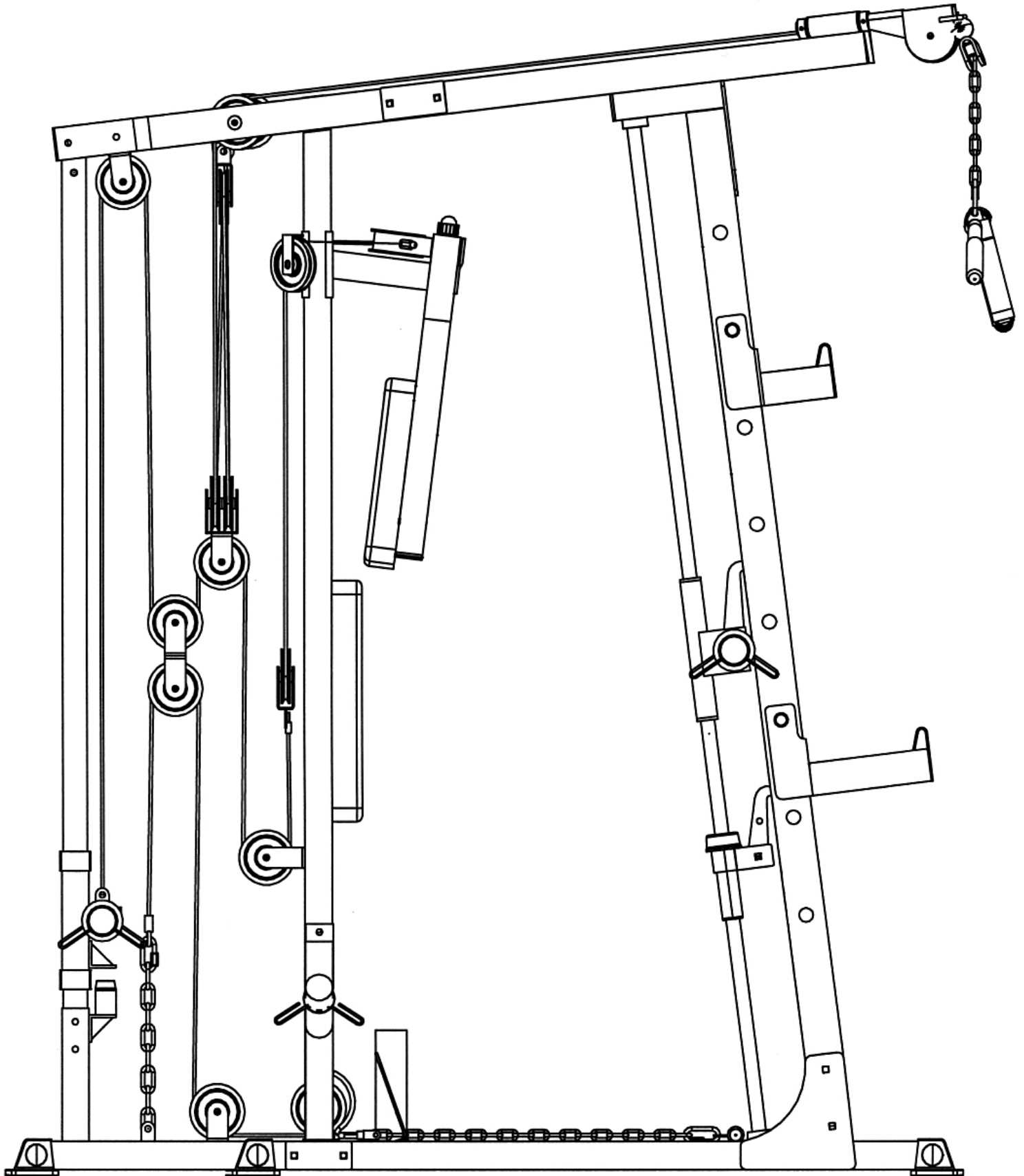


STEP 5 (See Diagram 5)

- A.) Attach the Butterfly Base (#23) to the front of Middle Vertical Frame (#4). Attach the Butterfly Pulley Bracket (#24) to the back of the Frame. Secure them with two M10 x 2 3/4" Carriage Bolts (#77), Ø 3/4" Washers (#87), and M10 Aircraft Nuts (#88).
- B.) Slide the Left Butterfly (#26) onto the pivot on the Butterfly Base. Secure it with one Lock Ring (#64), M6 x 3/8" Allen Bolt (#84), and M6 Aircraft Nut (#90).
- C.) Attach the Butterfly Arm Pad (#34) to the Left Butterfly. Secure it with two M8 x 2 1/2" Allen Bolts (#74) and Ø 5/8" Washers (#89).
- D.) Repeat the Procedures B & C above to install the Right Butterfly (#27).
- E.) Insert two Weight Posts (#21) into the holes on the Weight Post Supports (#20). Secure each Post with one M10 x 3/4" Allen Bolt (#73) and Ø 3/4" Washer (#87). Slide one Olympic Sleeve (#63) onto each Post. Secure each Sleeve with one M8 x 1/2" Allen Bolt (#79). Attach a Spring Clip (#39) to each Sleeve.



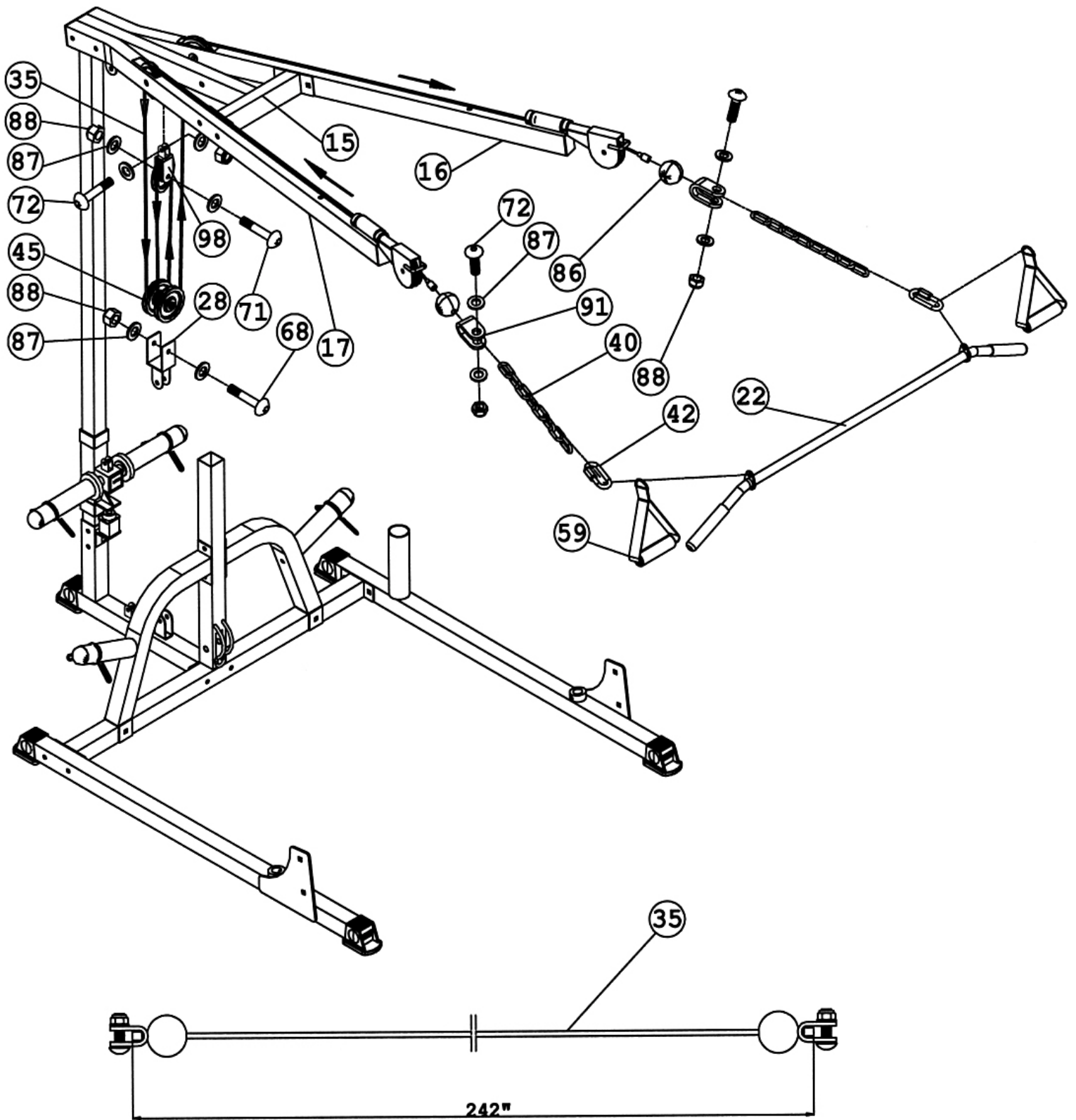
CABLE LOOP DIAGRAM



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Insert the 242" Upper Cable (#35) through the swivel pulley bracket pre-installed in the top front of the Right Lat Bar Frame (#17).
- B.) Install a Ball Stopper (#86) onto the end of the Cable. Attach a U-shaped Connector (#91) to the end of the Cable.
- C.) Attach a Short Chain (#40) in between the opening on the Connector and secure it with a M10 x 1 3/8" Allen Bolt (#72), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).
- D.) Draw the Cable over the Pulley and pull through the Cable sleeve on the Right Lat Bar Frame. Draw the Cable along the Frame towards the back of the machine to the Pulley previously installed. Draw the Cable around the Pulley then downward to an Angled Floating Pulley Bracket (#28).
- E.) Attach two Pulleys (#45) to the Bracket. Secure them with one M10 x 2 3/4" Allen Bolt (#68), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).
- F.) Draw the Cable around the back Pulley then upward to the open bracket underneath the Lat Bar Frame Bracket (#15). Attach a Single Pulley Bracket (#98) to the bracket. Secure it with one M10 x 1 3/8" Allen Bolt (#72), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88). Attach a Pulley to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#71), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).
- G.) Draw the Cable around the Pulley then back down to the Angled Floating Pulley Bracket (#28) again. Let the Bracket hanging for now.
- H.) Draw the Cable around the front Pulley then upward towards the Pulley on the Left Lat Bar Frame (#16).
- I.) Draw the Cable over the Pulley then along the Left Lat Bar Frame towards the front of the machine. Insert the Cable through the cable sleeve and over the pre-installed Pulley on the front of the Left Lat Bar Frame.
- J.) Repeat the Procedures B & C above to install a Ball Stopper, U-shaped Connector, and a Short Chain.
- K.) Connect the Lat Bar (#22) or Single Handles (#59) to the Short Chains using C-clips (#42).

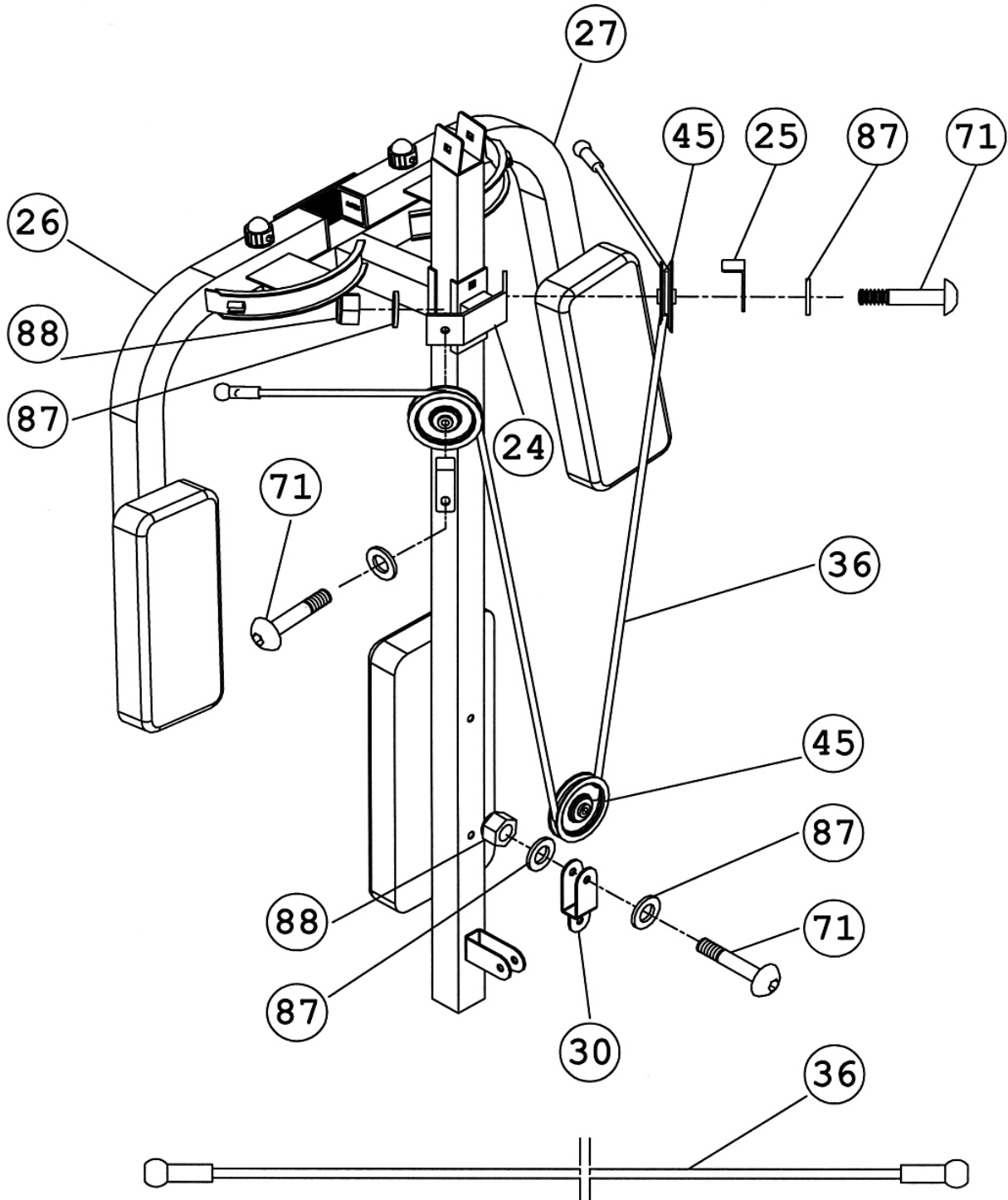
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

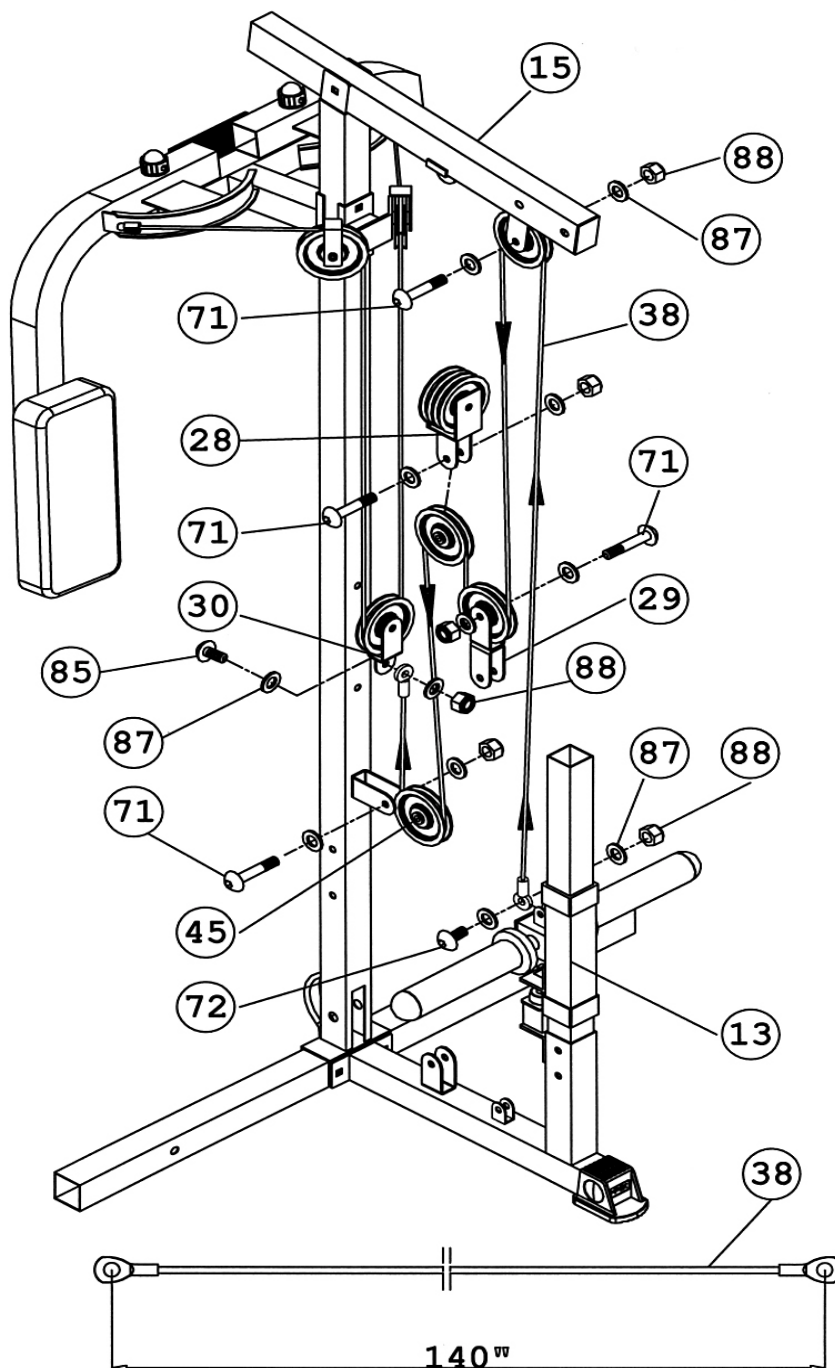
- A.) Attach one end of the 76" Butterfly Cable (#36) to the clip on the Left Butterfly (#26). Draw the Cable to the Butterfly Base Bracket (#24).
- B.) Attach a Pulley (#45) to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#71), one L-shaped Bracket (#25), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#30). Secure it with one M10 x 1 3/4" Allen Bolt (#71), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88). Let the Bracket hanging for now.
- D.) Pull the Cable upward to the right open bracket on the Butterfly Base Bracket (#24). Repeat Procedure B above to install another Pulley.
- E.) Draw the Cable around the Pulley then clip it to the Right Butterfly.

DIAGRAM 7



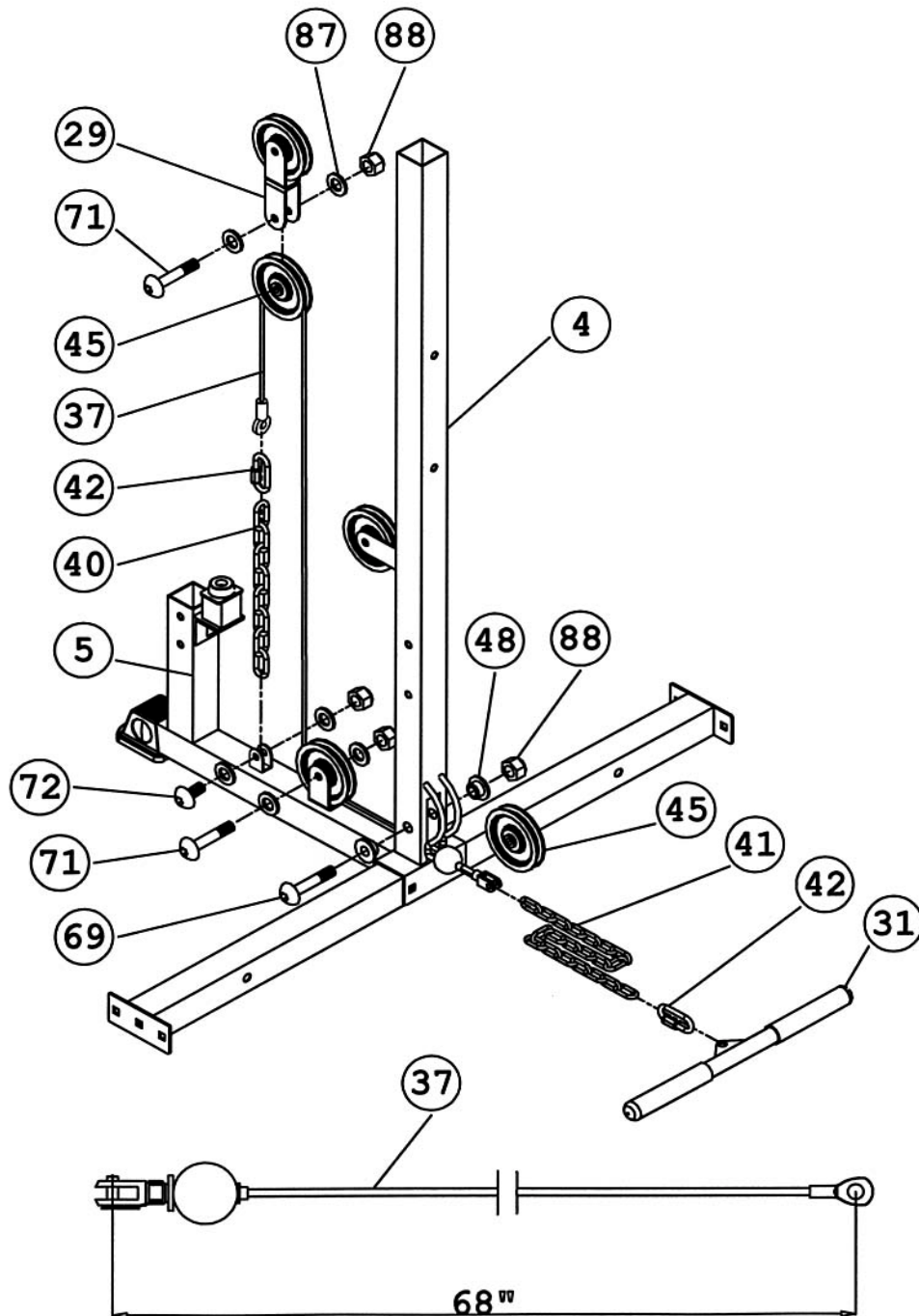
STEP 8 (See Diagram 8 & Cable Loop Diagram)

- A.) Attach one end of the 140" High-Low Cable (#38) to the bracket on the Sliding Weight Post (#13). Secure it with one M10 x 1 3/8" Allen Bolt (#72), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).
- B.) Draw the Cable upward to the open bracket underneath the Lat Bar Frame Bracket (#15). Install another Pulley.
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Double Floating Pulley Bracket (#29). Install a Pulley to the upper bracket.
- D.) Draw the Cable around the Pulley and upward to the Angled Floating Pulley Bracket (#28) previously installed in Step-6. Install another Pulley.
- E.) Draw the Cable around the Pulley then downward to the open bracket on the back of the Middle Vertical Frame (#4). Install another Pulley.
- F.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#30) previously installed in Step-7. Secure the end of the Cable to the bracket with one M10 x 1" Allen Bolt (#85), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88).

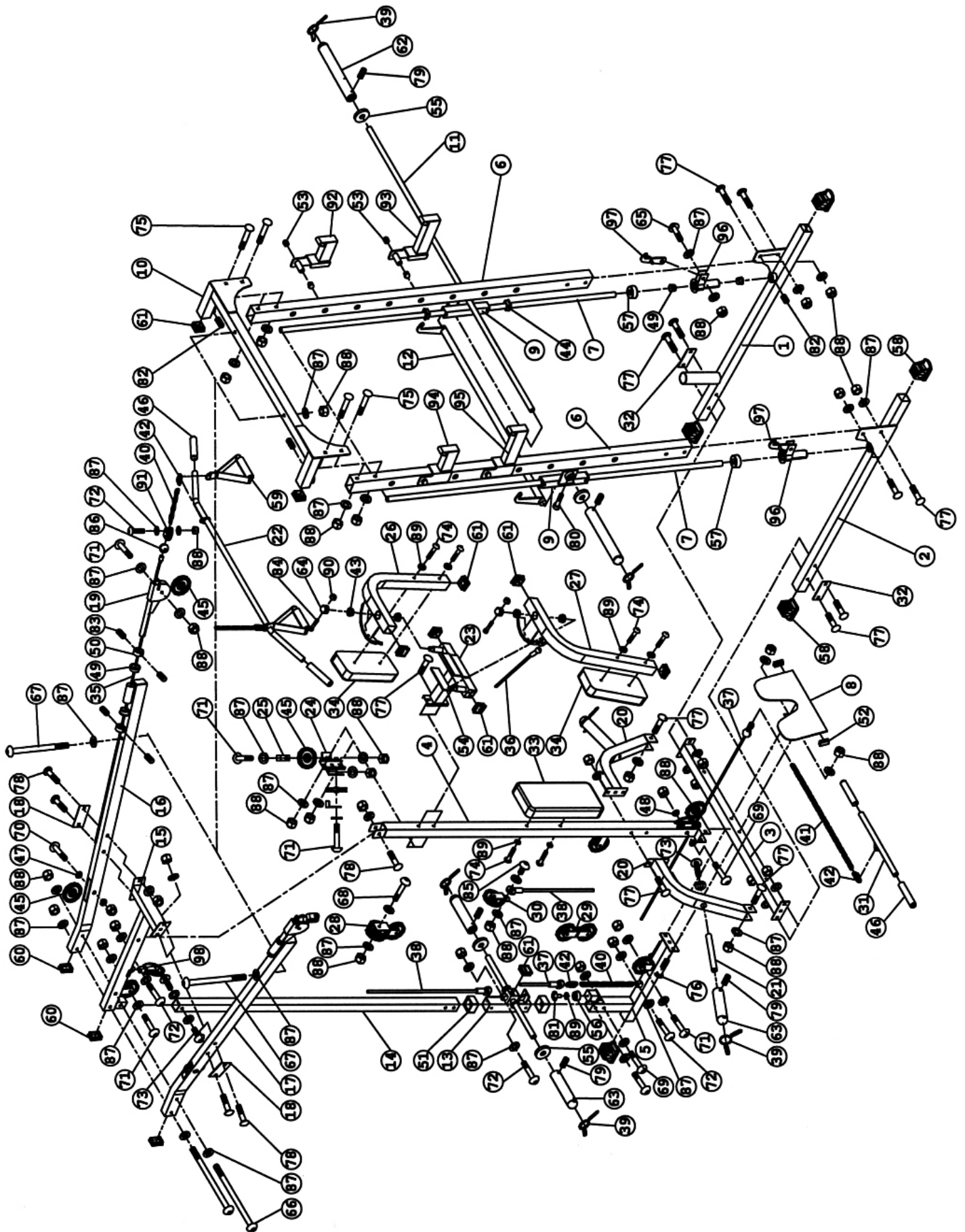


STEP 9 (See Diagram 9 & Cable Loop Diagram)

- A.) Attach the 68" Lower Cable (#37) to the opening on the bottom of Middle Vertical Frame (#4). Attach a Pulley to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#69), two Long Pulley Bushings (#48), and one M10 Aircraft Nut (#88).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Rear Base Frame (#5). Install a Pulley to the bracket.
- C.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#29) previously installed in Step-8. Install another Pulley.
- D.) Draw the Cable around the Pulley then down to the open bracket on the Rear Base Frame. Connect the end of the Cable to a Short Chain (#40) using a C-clip (#42). Secure the Short Chain to the bracket with one M10 x 1 3/8" Allen Bolt (#72), two Ø 3/4" Washers (#87), and one M10 Aircraft Nut (#88). Adjust the tension of the Cable Loop System by adjusting the length of the Short Chain.
- E.) Connect a Long Chain (#41) to the U-shaped Connector at the end of the Cable. Connect the Shiver Bar (#31) to the Long Chain using a C-clip (#42).



EXPLODED DIAGRAM

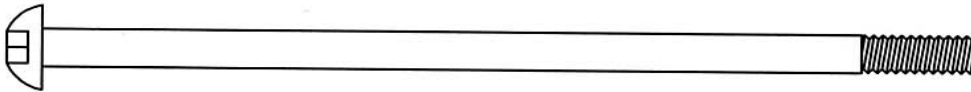


SMITH MACHINE

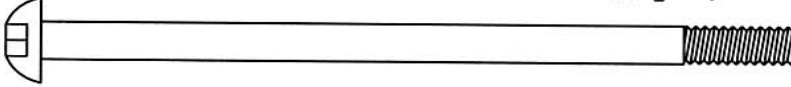
PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Left Base Frame	1	51	2" x 1 3/4" Sleeve	2
2	Right Base Frame	1	52	1" End Cap	2
3	Cross Brace	1	53	Ø 1" Con-shaped End Cap	8
4	Middle Vertical Frame	1	54	6" x 2" Rubber Bumper	1
5	Rear Base Frame	1	55	Ø 3" Rubber Bumper	4
6	Front Vertical Frame	2	56	Ø 1 1/2" Rubber Bumper	1
7	Guide Rod	2	57	Ø 2 1/2" Rubber Bumper	2
8	Foot Plate	1	58	2" End Cap	5
9	Safety Stop Frame	2	59	Single Handle	2
10	Upper Frame	1	60	1 5/8" x 2 3/8" End Cap	5
11	Weight Bar	1	61	2" Square End Cap	9
12	Lifting Sleeve	1	62	Long Olympic Sleeve	2
13	Sliding Weight Post	1	63	Olympic Sleeve	4
14	Rear Vertical Frame	1	64	Lock Ring	2
15	Lat Bar Frame Bracket	1	65	M10 x 1 5/8" Allen Bolt	2
16	Left Lat Bar Frame	1	66	M10 x 5 3/8" Allen Bolt	2
17	Right Lat Bar Frame	1	67	M10 x 5" Allen Bolt	2
18	4 3/4" x 2 3/8" Bracket	2	68	M10 x 2 3/4" Allen Bolt	1
19	Swivel Pulley Bracket	2	69	M10 x 2 1/2" Allen Bolt	3
20	Weight Post Support	2	70	M10 x 2 1/8" Allen Bolt	2
21	Weight Post	2	71	M10 x 1 3/4" Allen Bolt	12
22	Lat Bar	1	72	M10 x 1 3/8" Allen Bolt	5
23	Butterfly Base	1	73	M10 x 3/4" Allen Bolt	4
24	Butterfly Base Bracket	1	74	M8 x 2 1/2" Allen Bolt	6
25	L-shaped Bracket	2	75	M10 x 3 1/2" Carriage Bolt	4
26	Left Butterfly	1	76	M10 x 3" Carriage Bolt	2
27	Right Butterfly	1	77	M10 x 2 3/4" Carriage Bolt	14
28	Angled Floating Pulley Bracket	1	78	M10 x 2 3/8" Carriage Bolt	5
29	Double Floating Pulley Bracket	1	79	M8 x 1/2" Allen Bolt	6
30	Single Floating Pulley Bracket	1	80	M8 x 5/8" Allen Bolt	2
31	Shiver Bar	1	81	M6 x 5/8" Screw	1
32	4 3/4" x 2" Bracket	2	82	M8 x 3/8" Screw	4
33	Backrest Board	1	83	M6 x 3/8" Allen Bolt	8
34	Butterfly Arm Pad	2	84	M6 x 1 3/8" Allen Bolt	2
35	242" Upper Cable	1	85	M10 x 1" Allen Bolt	1
36	76" Butterfly Cable	1	86	Ball Stopper	2
37	68" Lower Cable	1	87	Ø 3/4" Washer	83
38	140" High Low Cable	1	88	M10 Aircraft Nut	55
39	Spring Clip	6	89	Ø 5/8" Washer	7
40	Short Chain	3	90	M6 Aircraft Nut	2
41	Long Chain	1	91	U-shaped Connector	2
42	C-clip	4	92	Left Short Safety Catch	1
43	Butterfly Bushing	4	93	Left Long Safety Catch	1
44	1 1/2" x 1" Sliding Sleeve	4	94	Right Short Safety Catch	1
45	Pulley	17	95	Right Long Safety Catch	1
46	Handle Grip	4	96	Lower Safety Catch	2
47	Short Pulley Bushing	4	97	Safety Hook	2
48	Long Pulley Bushing	2	98	Single Pulley Bracket	1
49	Ø 1 3/8" Bushing	8			
50	Ring Cap	4			

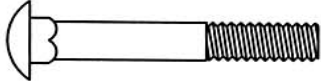
MULTI-PURPOSE BENCH HARDWARE PACK



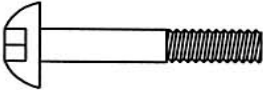
#33 M10 x 8 1/4" Allen Bolt (Qty 1)



#32 M10 x 6 3/4" Allen Bolt (Qty 1)



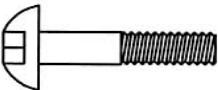
#29 M10 x 2 1/2" Carriage Bolt (Qty 2)



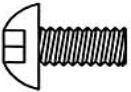
#34 M8 x 2" Allen Bolt (Qty 8)



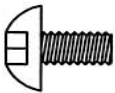
#31 M10 x 1 3/4" Allen Bolt (Qty 2)



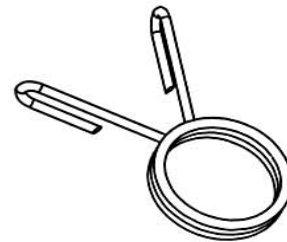
#44 M8 x 1 5/8" Allen Bolt (Qty 2)



#30 M10 x 3/4" Allen Bolt (Qty 6)



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



#17 Spring Clip (Qty 1)



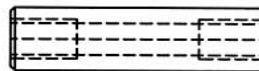
#38 M10 Aircraft Nut (Qty 4)



#21 Bushing (Qty 16)



#45 M8 Aircraft Nut (Qty 2)



#14 Axle (Qty 1)

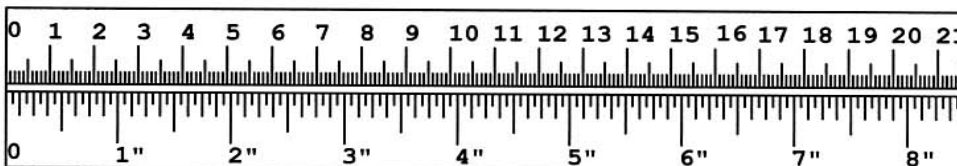


#36 \varnothing 3/4" Washer (Qty 14)



#37 \varnothing 5/8" Washer (Qty 14)

mm



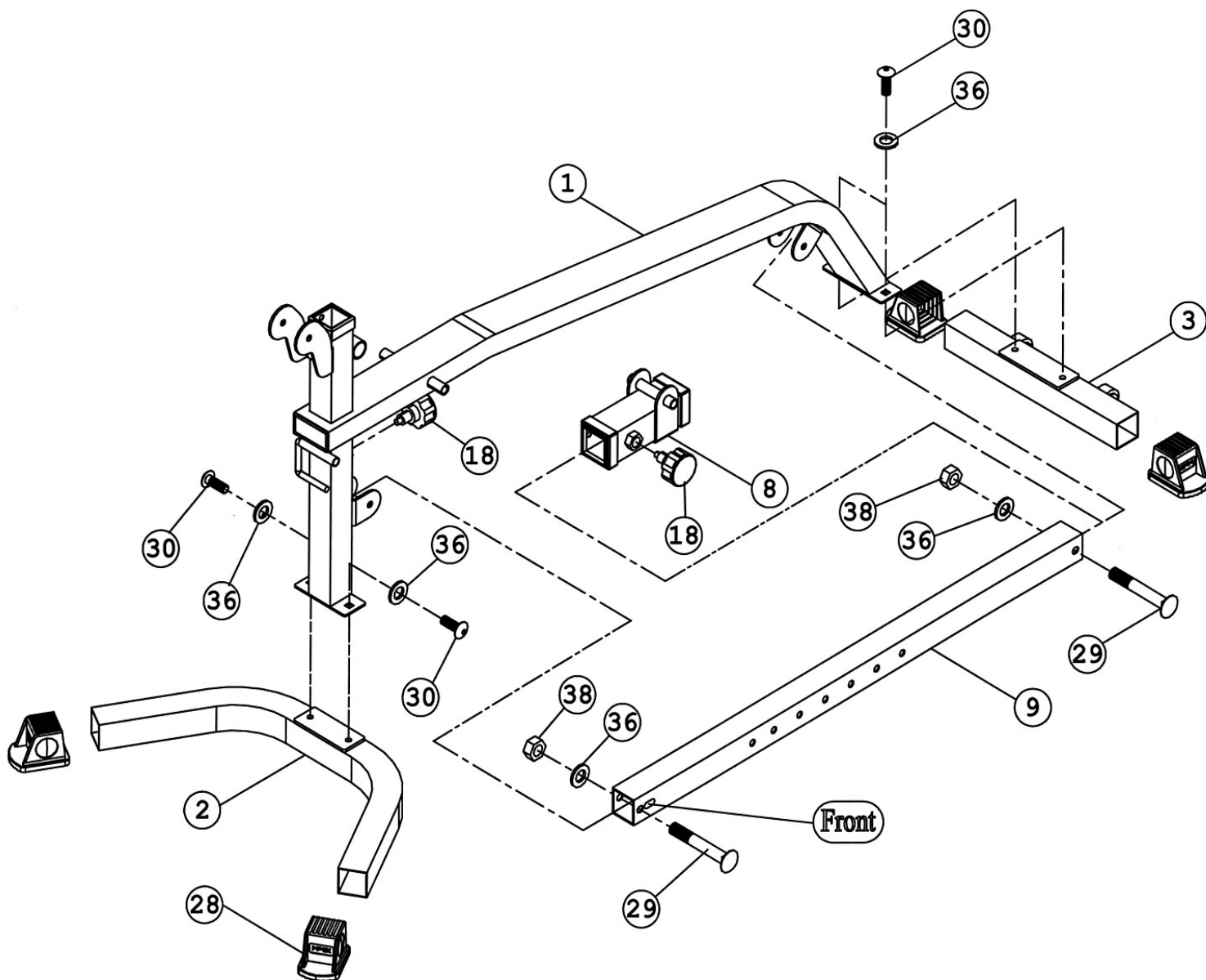
MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

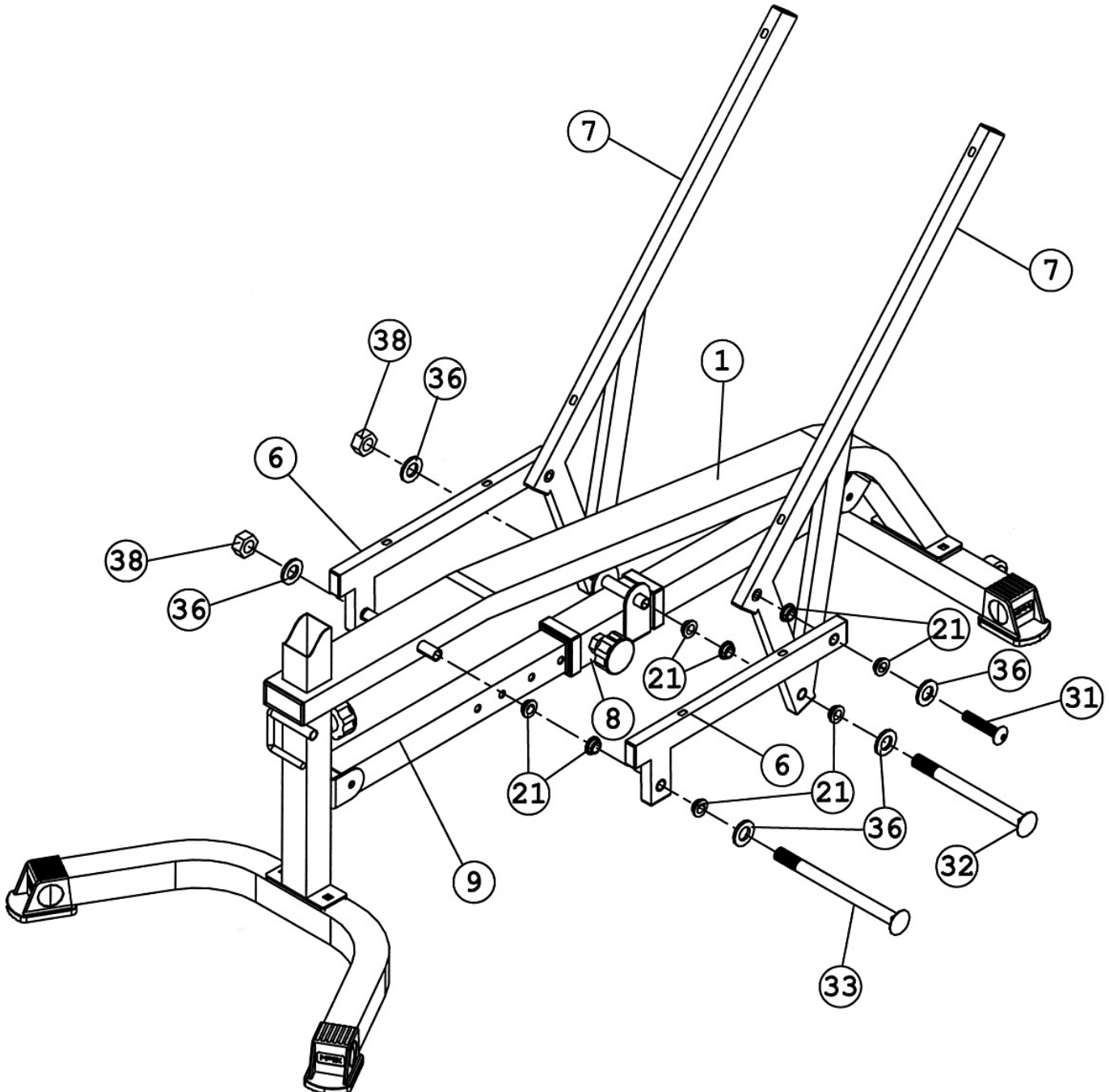
- A.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x 3/4" Allen Bolts (#30) and \varnothing 3/4" Washers (#36). Attach a Lock Knob (#18) to the Nut underneath the Main Frame (#1).
- B.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Lock Knob (#18) to hold the Sliding Block in position.
- C.) Attach the Incline Adjustment Bar (#9) to the brackets on the Main Frame (#1). Secure each end with one M10 x 2 1/2" Carriage Bolt (#29), \varnothing 3/4" Washer (#36), and M10 Aircraft Nut (#38).
- D.) Cover the Stabilizer ends with four 2" Stabilizer End Caps (#28).

DIAGRAM 1



STEP 2 (See Diagram 2)

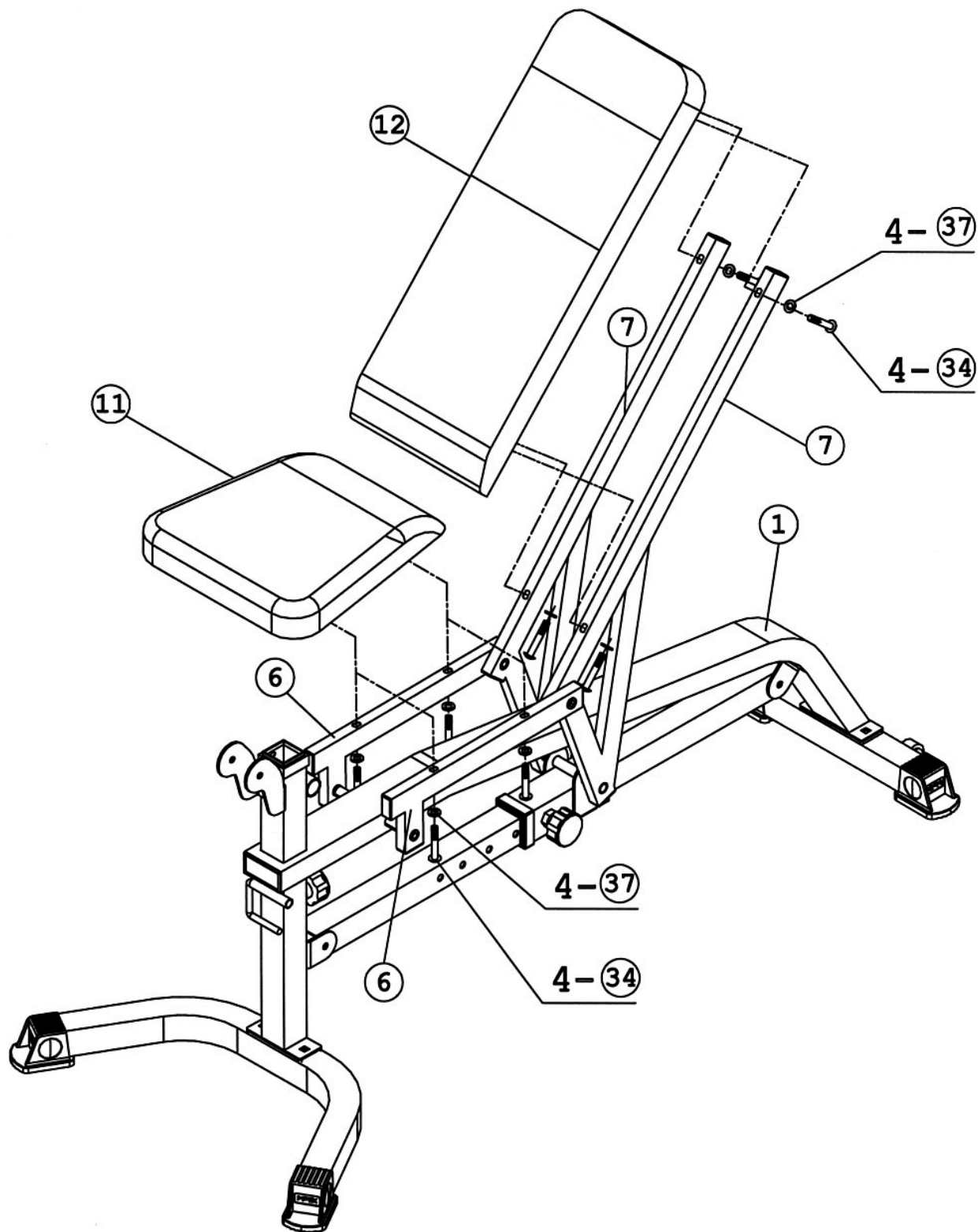
- A.) Attach four Bushings (#21) to a Seat Support Frame (#6).
- B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 3/4" Allen Bolt (#31) and \varnothing 3/4" Washer (#36). Repeat the same procedure to install the other side.
- C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 3/4" Allen Bolt (#32), two \varnothing 3/4" Washers (#36), and one M10 Aircraft Nut (#38). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 1/4" Allen Bolt (#33), two \varnothing 3/4" Washers (#36), and one M10 Aircraft Nut (#38).
- E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.



STEP 3 (See Diagram 3)

- A.) Place the Backrest Board (#12) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#34) and \varnothing 5/8" Washers (#37).
- B.) Place the Seat Pad (#11) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#34) and \varnothing 5/8" Washers (#37).

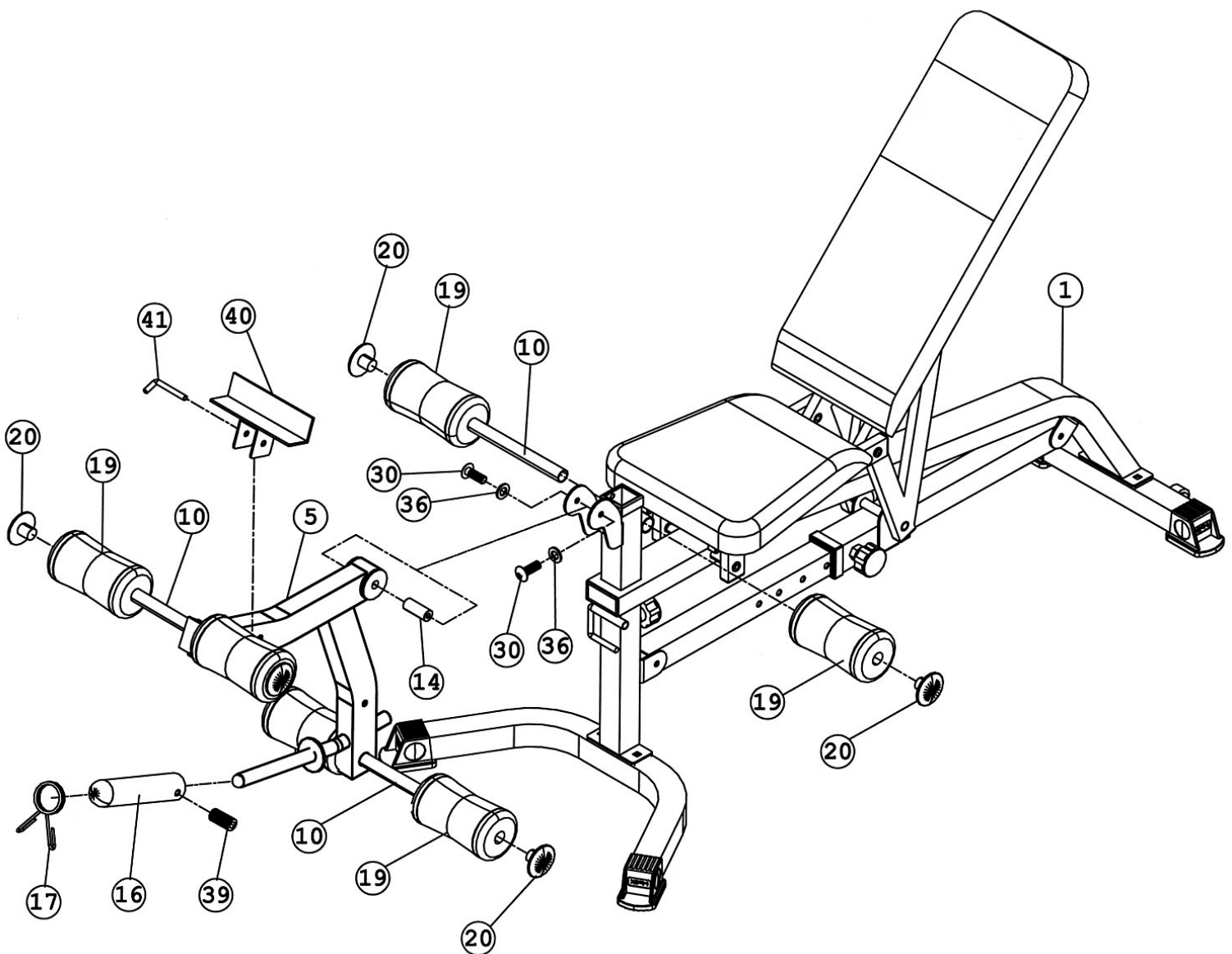
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#14), two M10 x 3/4" Allen Bolts (#30), and two Ø 3/4" Washers (#36).
- B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#19) onto the Tubes from both ends. Plug six Foam Roll End Caps (#20) into the Tubes.
- C.) Slide the Olympic Sleeve (#16) onto the weight post on the Leg Developer and secure it with one M8 x 1/2" Allen Bolt (#39). Attach a Spring Clip (#17) to the Sleeve.
- D.) Attach the Bar Holder (#40) to the Leg Developer and secure it with a L-shaped Lock Pin (#41). Remove the Pin and Bar Holder when doing Leg Exercise.

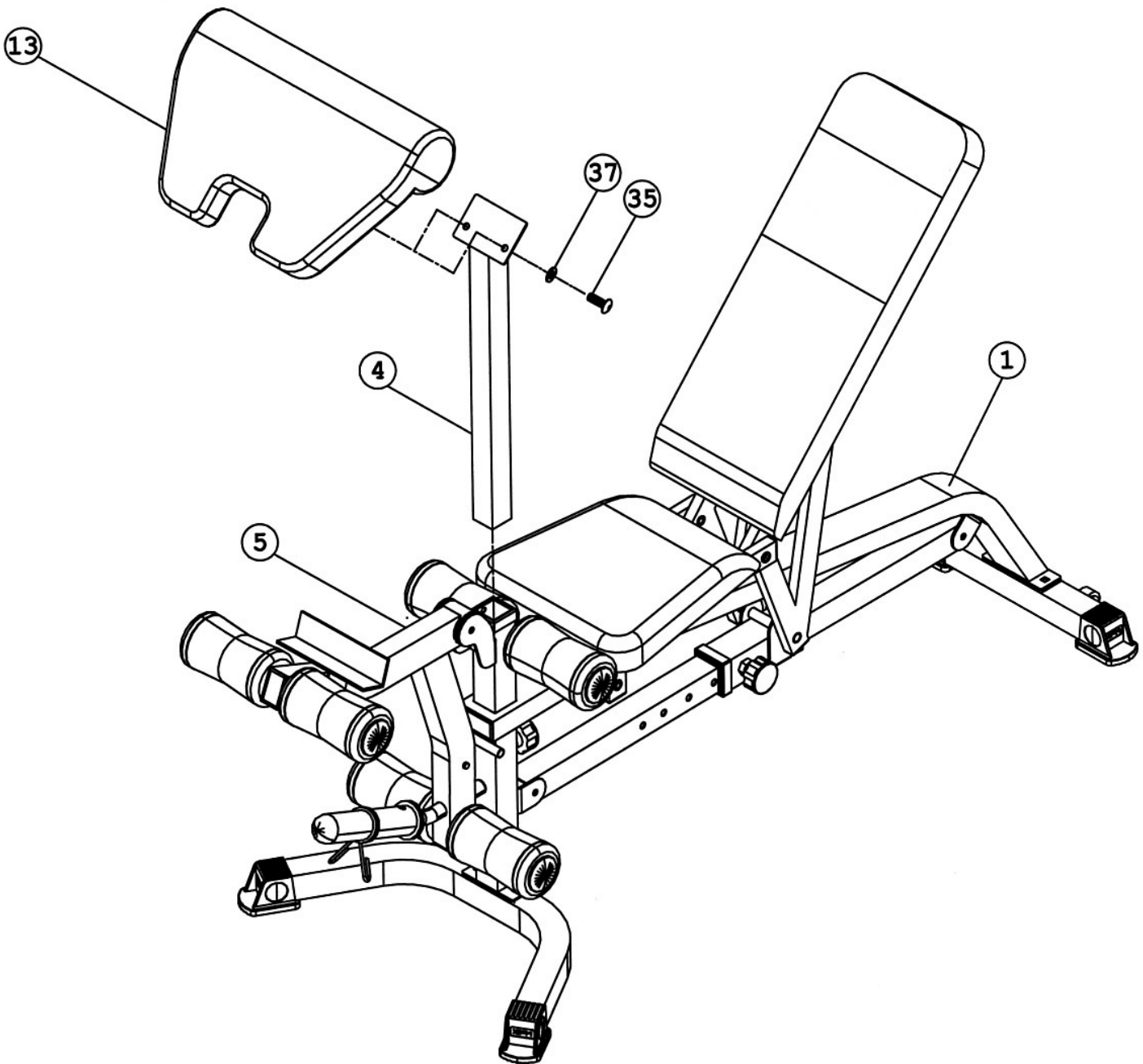
DIAGRAM 4



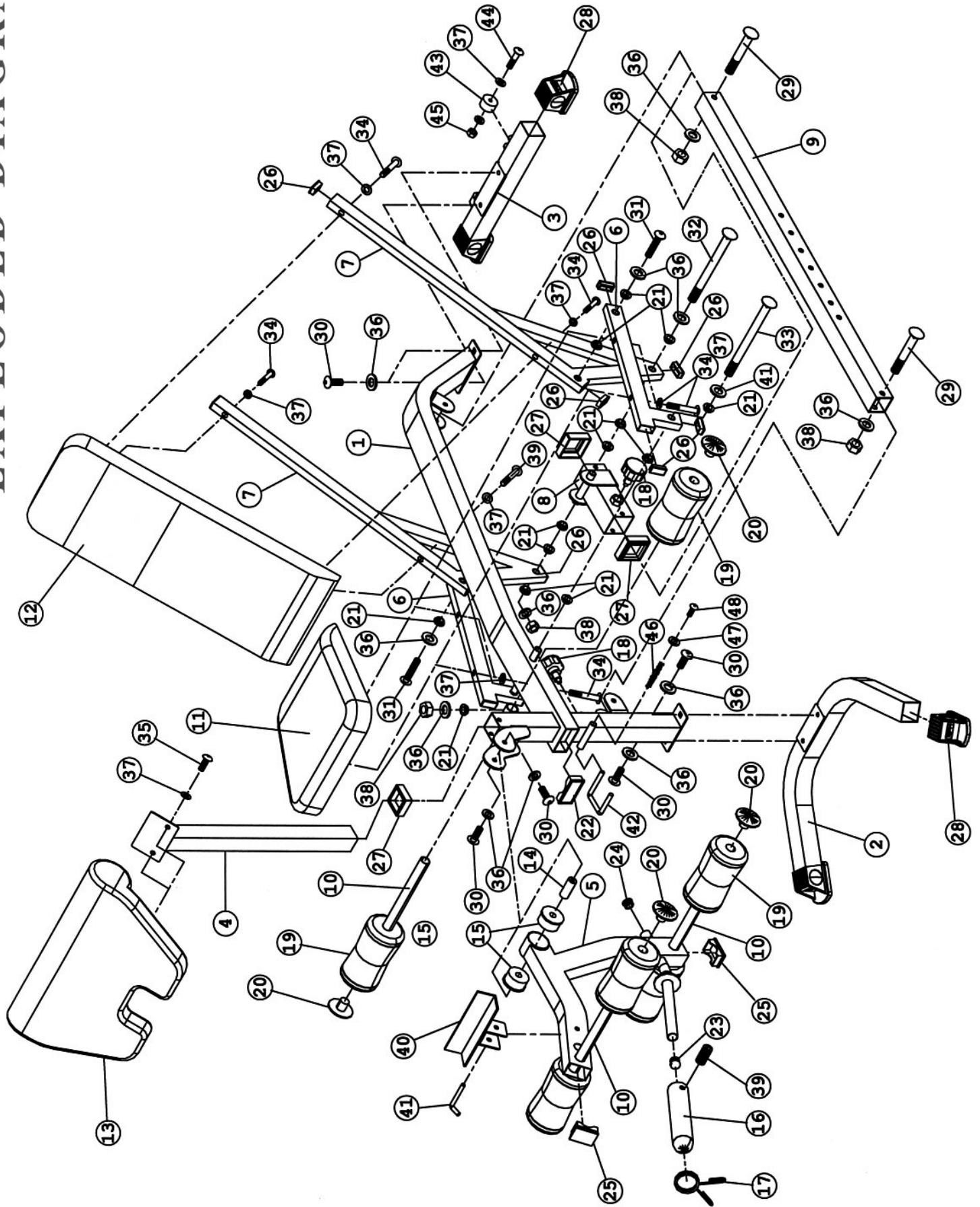
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#13) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#35) and two \varnothing 5/8" Washers (#37). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
- B.) The Leg Developer can be locked when doing Sit Up exercises. Simply pull the U-shaped Pin out and drop into the hole on the Leg Developer. Remove the Pin when doing Leg Developer exercises.

DIAGRAM 5



EXPLODED DIAGRAM



MULTI-PURPOSE BENCH

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Arm Curl Stand	1
5	Leg Developer	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Sliding Block	1
9	Incline Adjustment Bar	1
10	Foam Tube	3
11	Seat Pad	1
12	Backrest Board	1
13	Arm Curl Pad	1
14	Axle	1
15	Ø 2 3/8" Bushing	2
16	Olympic Sleeve	1
17	Spring Clip	1
18	Lock Knob	2
19	Foam Roll	6
20	Foam Roll End Cap	6
21	Bushing	16
22	1 5/8" x 3 1/8" End Cap	1
23	Ø 1" Cone-shaped End Cap	1
24	Ø 1" End Cap	1
25	1 5/8" x 2 3/8" End Cap	2
26	1 5/8" x 3/4" End Cap	12
27	2" Sleeve	3
28	2" Stabilizer End Cap	4
29	M10 x 2 1/2" Carriage Bolt	2
30	M10 x 3/4" Allen Bolt	6
31	M10 x 1 3/4" Allen Bolt	2
32	M10 x 6 3/4" Allen Bolt	1
33	M10 x 8 1/4" Allen Bolt	1
34	M8 x 2" Allen Bolt	8
35	M8 x 5/8" Allen Bolt	2
36	Ø 3/4" Washer	14
37	Ø 5/8" Washer	14
38	M10 Aircraft Nut	4
39	M8 x 1/2" Allen Bolt	1
40	Bar Holder	1
41	L-shaped Lock Pin	1
42	U-shaped Lock Pin	1
43	Roller Wheel	2
44	M8 x 1 5/8" Allen Bolt	2
45	M8 Aircraft Nut	2
46	Spring	1
47	Spring Spacer	1
48	M6 x 5/8" 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.

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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.
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City of Industry, CA 91746

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