

NOTE:
Please read all
instructions carefully
before using this product

Table of Contents

Safety Notices

Hardware Pack

Assembly Instructions

Parts List

Warranty

Ordering Parts

Model
MWM-2054

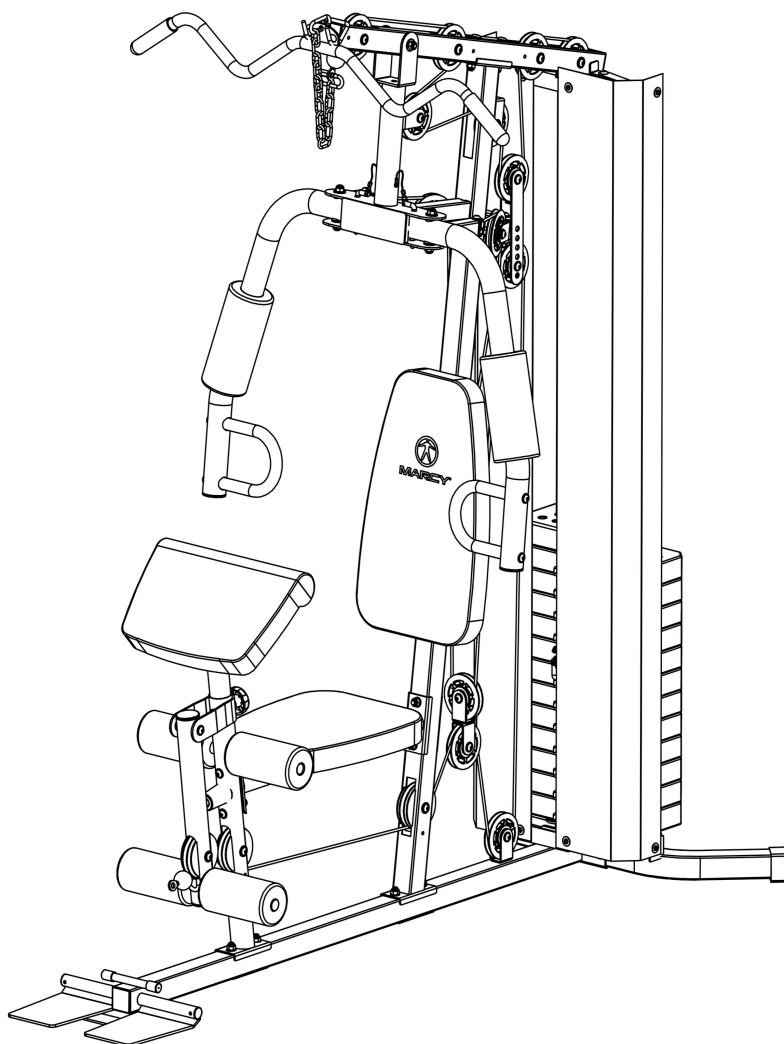
Retain This
Manual for
Reference

**OWNER'S
MANUAL**

260504

MARCY®

188lb Stack Home Gym MWM-2054



IMPEX® INC.

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TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICES	2
EXERCISE GUIDELINES	3
WARNING LABEL PLACEMENT	5
IMPORTANT ASSEMBLY INFORMATION	6
OPERATION NOTES	7
CARE AND MAINTENANCE	8
WEIGHT CAPACITY AND DIMENSION	9
FREE AND TRAINING ZONE	10
PARTS LIST	11
EXPLODED DIAGRAM	13
COMBINATION LOCK SET UP INSTRUCTION	14
WEIGHT RESISTANCE CHART	15
WARRANTY	16
ORDERING PARTS	16

BEFORE YOU BEGIN

Thank you for selecting the Marcy 188lb Stack Home Gym by IMPEX® INC. For your safety and benefit, read this manual carefully before using the Marcy 188lb Stack Home Gym. As a manufacturer, we are committed to providing 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.marcypro.com
support@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise equipment 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 equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
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 equipment on a clear, leveled surface. DO NOT use the equipment 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 equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment 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 equipment.
9. Disabled persons should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**

⚠ 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.

EXERCISE GUIDELINES

Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally.

To increase muscle strength, follow this principle: Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength.

To tone your body, follow the principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone.

Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 50 lb / 22.5 kg and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up lifting 60 lb / 27 kg for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

Training Intensity

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases.

Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

Beginning a Strength Building Program

Warming Up

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature, and delivering more oxygen to your muscles.

Workout

Keep in mind that muscle soreness that lasts for a long period is not desirable and may mean that injury has occurred.

Cool Down

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch, only going as far as you can. This stage allows your muscles wind down after training.

To provide a total workout program, it is also recommended that 2 to 3 days of aerobic exercise be performed in addition to the strength training.

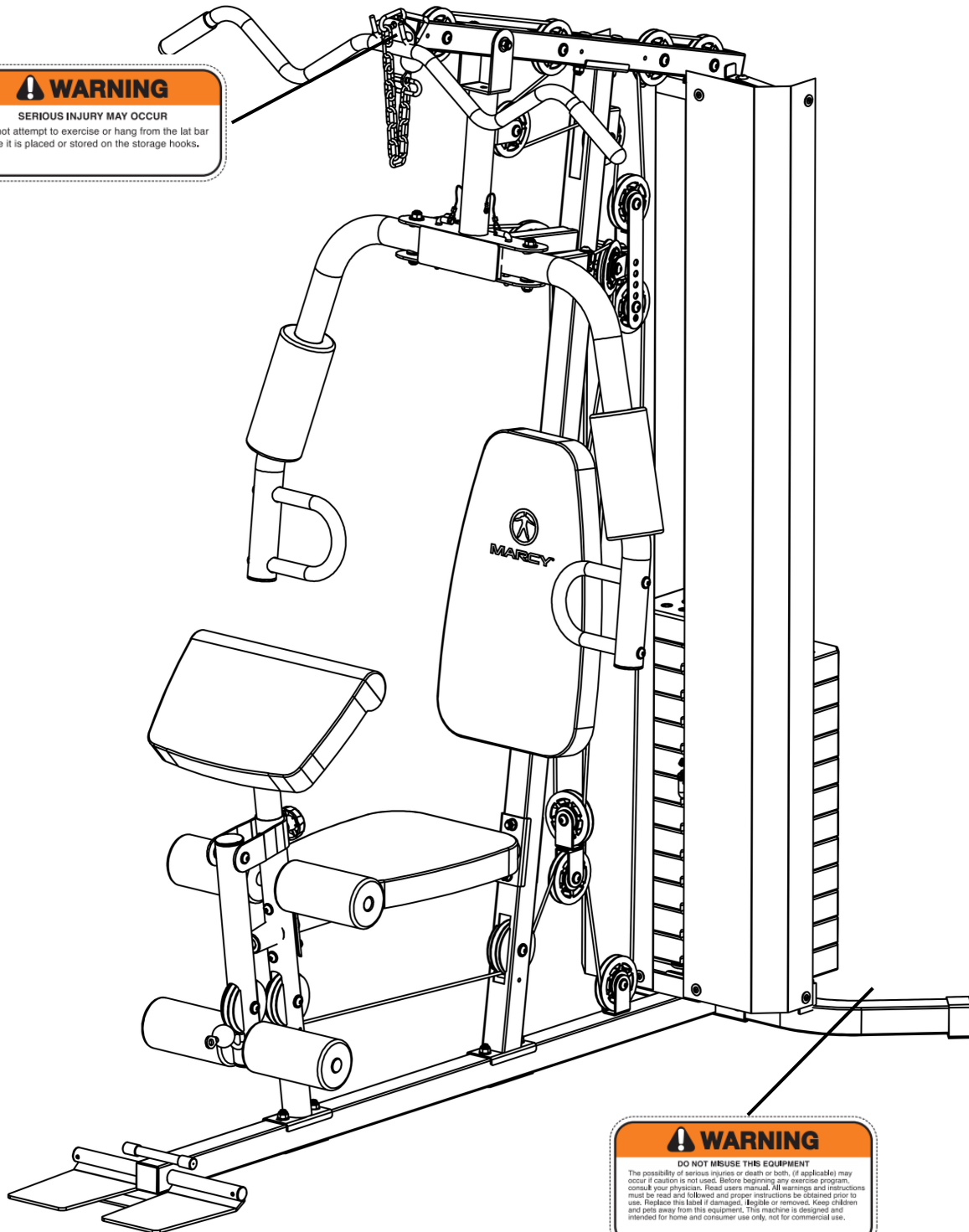
Drinking Water

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

Rest Day

Although you may not feel like doing it, taking a rest day at least once a week is important because it gives your body a chance to heal itself. Continuously working your muscles will result in overtraining, which will not benefit you in the long run.

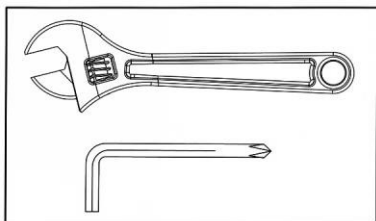
WARNING LABEL PLACEMENT



IMPORTANT ASSEMBLY INFORMATION

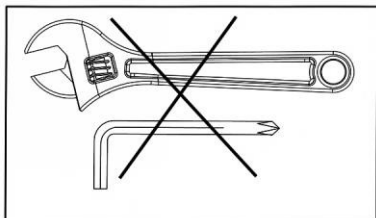
- ❖ Tools Required for Assembling the Bench (Adjustable Wrench not included, Allen Wrench included): Two Adjustable Wrenches and Allen Wrenches.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts



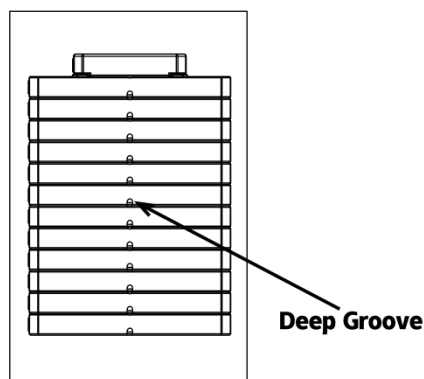
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function. Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

Weight Plate Installation



Slide weight plates onto Guide Rod from top to bottom.

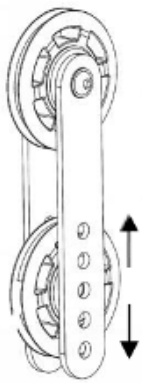
The deep groove on each weight plate needs to face front and downwards.

OPERATION NOTES

Weight Plate Selection

- Use the Weight Selector Pin to select the number of weight plates to exercise.
- Do not insert weight selector pin while the weight stack or top plate is in elevated position.
- Be certain the weight Selector Pin is completely inserted.
- Each Weight Plate weighs approximately 4.5 kg / 10 lb.
- Please refer to Weight Resistance Chart page.
- Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
- **For safety purpose while the equipment is not in use. Insert the Lock Pin into the hole on the Guide Rod and use the Combination Lock to lock the Pin to prevent the movement of Weight Plates.** Please refer to the Combination Lock set up.

Cable Tension Adjustment



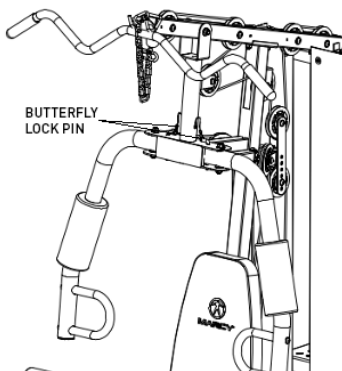
Lower Pulley

Adjust the tension of the Cable System by moving the position of lower Pulley on the two Double Floating Pulley Brackets.

If the tension is too loose, move the lower pulley up by one hole.

If the tension is too tight, move the lower pulley down by one hole.

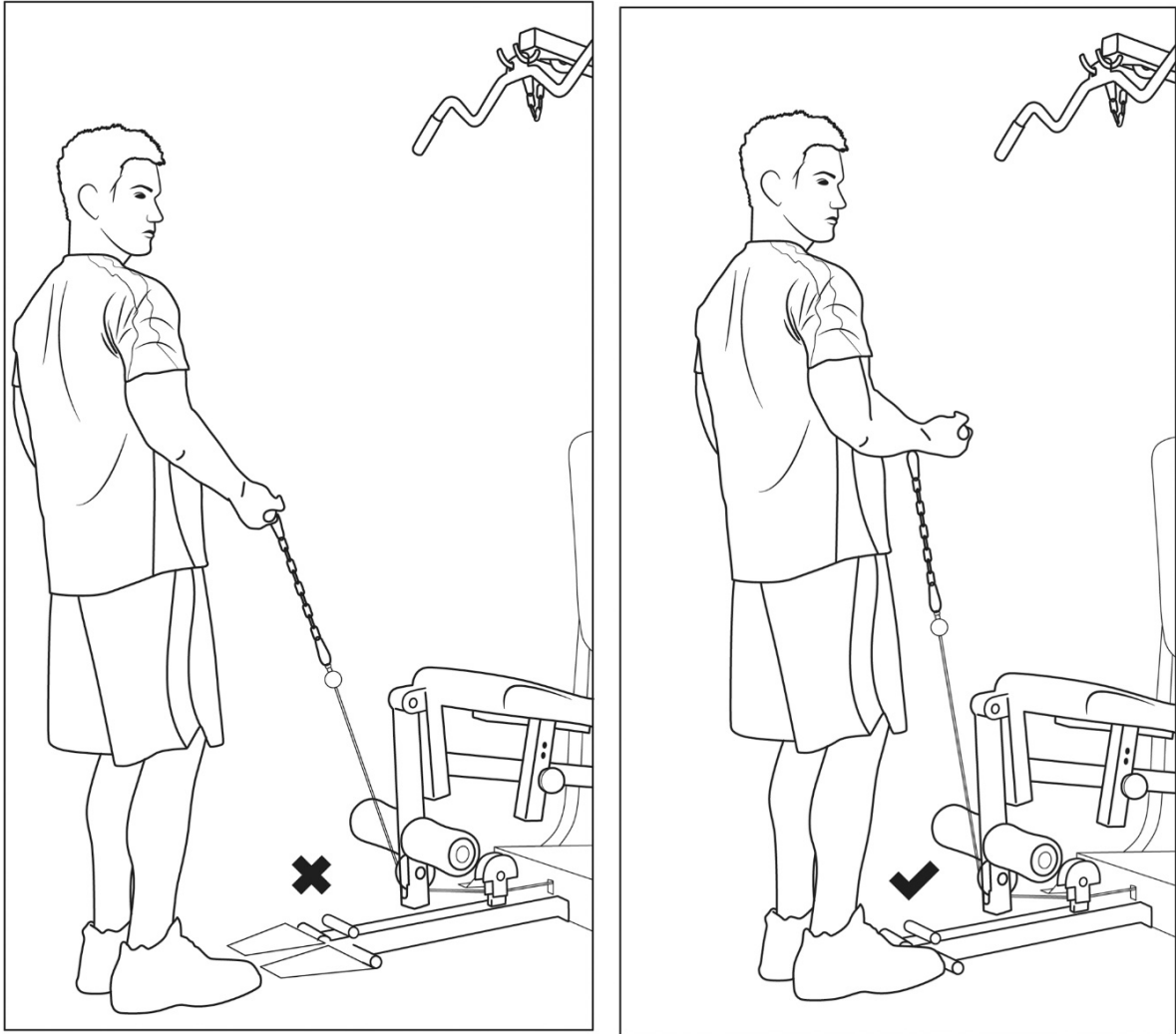
Front Press adjustment



1. Insert the Butterfly Lock Pin through the holes on Front Press Base and Butterfly to lock the Butterfly in position when doing Front Press exercises.
2. Pull out the Butterfly Lock Pin when doing Butterfly exercises.

⚠ WARNING

Please ensure to step with both feet on the included foot-plate while performing lower pulley exercises to avoid any unwanted movement of the exercise machine.

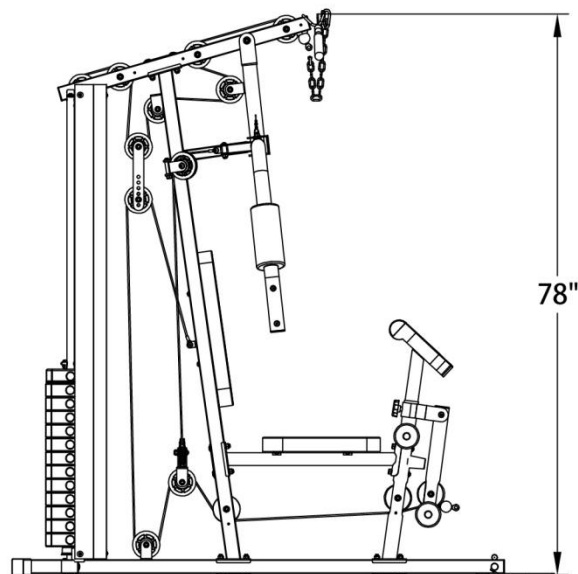
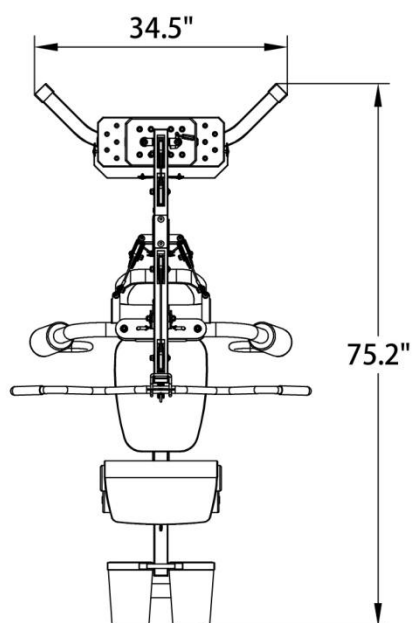
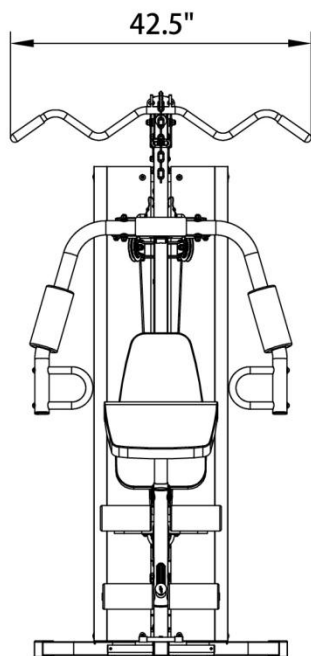


CARE AND MAINTENANCE

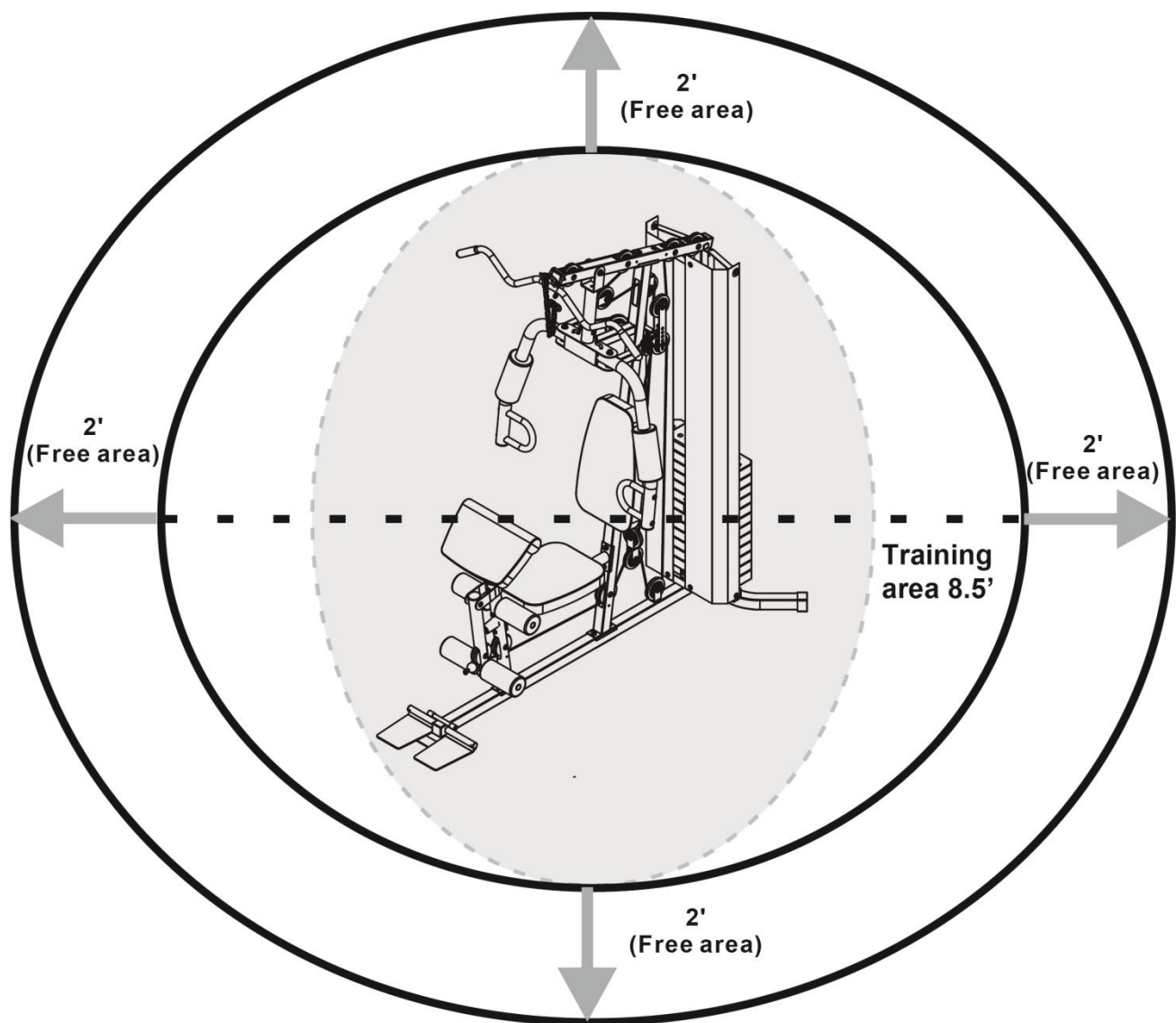
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT** use solvents.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. **Failure to examine the equipment regularly may affect its safety level.**

WEIGHT CAPACITY AND DIMENSION

1. Maximum user weight: 136 kg / 300 lb
2. Assembled Dimension: 75.2"x42.5"x78" (L x W x H)



FREE AND TRAINING ZONE



MWM-2054 PARTS LIST

Part #	Description	Size	Qty
1	Upper Frame		1
2	Vertical Frame		1
3	Base Frame		1
4	Rear Stabilizer		1
5	Leg Developer Holder		1
6	Seat Support		1
7	Leg Developer		1
8	Front Press Base		1
9	Right Butterfly		1
10	Left Butterfly		1
11	Front Press Handle		2
12	Butterfly Cable Bracket		2
13	Arm Curl Stand		1
14	Swivel Pulley Bracket		2
15	Angled Double Floating Pulley Bracket		1
16	Guide Rod		2
17	Left Weight Stack Cover		1
18	Right Weight Stack Cover		1
19	Selector Rod		1
20	Bracket	1 3/4" x 4 3/4"	4
21	U-Shaped Bracket	2" x 7"	1
22	Lock Knob		1
23	Foam Tube		2
24	Backrest Board		1
25	Seat Pad		1
26	Arm Curl Pad		1
27	Large Foam Roll	Ø 1 7/8" x Ø 8 5/8"	2
28	Foam Roll	Ø 7/8" x Ø 7"	4
29	Weight Stack Cover Bracket		2
30	Double Floating Pulley Bracket		2
31	Rear Stabilizer End Cap		2
32	Weight Selector Pin		1
33	Chain		1
34	C-Clip		2
35	Selector Stem		1
36	Weight Plate		12
37	Bushing	Ø 1"	8
38	Front Press Axle	3"	1
39	Butterfly Axle	2 5/8"	2
40	Leg Developer Axle		1
41	Weight Plate Rubber Bumper	Ø 2 3/8" x 1"	2
42	Pulley		16
43	Pulley Bushing	Ø 7/8" x 1/2"	14

44	Rubber Bumper	Ø 1 7/8" x 2 1/2"	1
45	Rubber Bumper	Ø 1 1/2" x 5/8"	1
46	Butterfly Lock Pin		2
47	Ankle Strap		1
48	Upper Cable	116"	1
49	Butterfly Cable	91"	1
50	Lower Cable	134"	1
51	Cone-Shaped End Cap	Ø 1"	1
52	End Cap	2" x 2"	3
53	End Cap	Ø 2"	7
54	End Cap	Ø 1"	6
55	Carriage Bolt	M10 x 2 3/4"	10
56	Allen Bolt	M10 x 2 3/4"	9
57	Allen Bolt	M10 x 2 1/2"	2
58	Allen Bolt	M10 x 2"	3
59	Allen Bolt	M10 x 1 3/4"	8
60	Allen Bolt	M10 x 3/4"	13
61	Allen Bolt	M8 x 2 3/4"	2
62	Allen Bolt	M8 x 5/8"	6
63	Allen Bolt	M6 x 3/5"	8
64	Philips Screw	M6 x 5/8"	2
65	Washer	Ø 3/4"	50
66	Washer	Ø 5/8"	8
67	Washer	Ø 3/4" x Ø 1/2"	8
68	Washer	Ø 1" x Ø 3/4"	6
69	Aircraft Nut	M10	41
70	Foot Plate		1
71	Self Tapping Screw	ST5 x 3/8"	2
72	Lock Pin		1
73	Combination Lock		1
74	Cable Retainer		3
75	Lat Bar		1
76	Handle Grip		2
77	Foam Roll Cover		4
78	Foot-Pedaled Intubation		1
79	Triceps resistance band		1

EXPLODED DIAGRAM



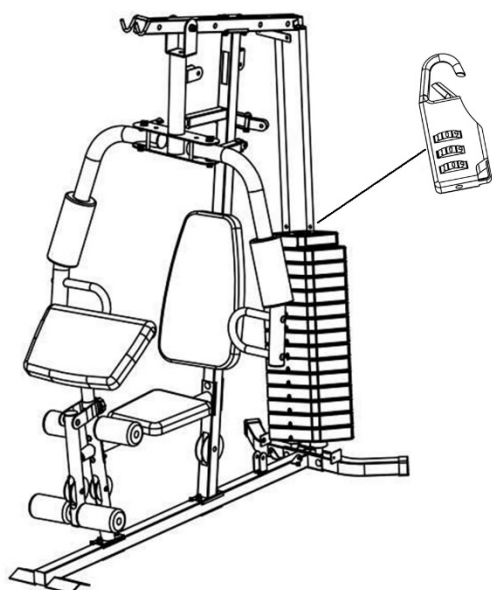
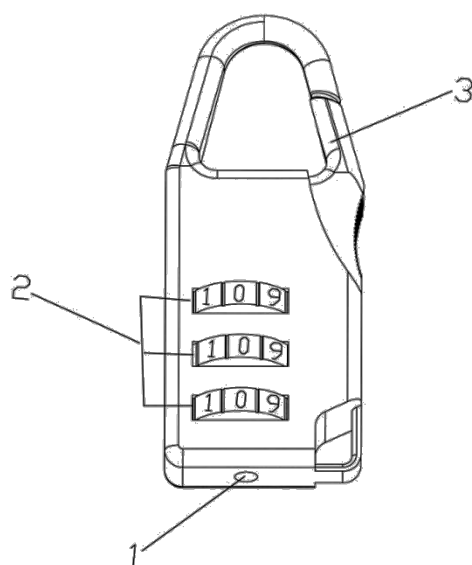
Combination Lock Set Up Instruction

The lock is factory preset to open at 0-0-0 (with all zeros aligned in the middle).

It is recommended to change the combination to ensure safety.

Please follow the below steps to change the combination:

1. Push and hold the combination adjustment button (#1) as indicated below, while holding down the adjustment button, turn the numerical dial (#2) to set the desired combination in the middle. Release the button (#1). Set the two other numerical dials the same way. This only needs to be done once.
2. To lock, turn the dials so the Lock shows random numbers.
3. To unlock, turn the dials to the combination setup in step one, press the shackle (#3) to open.



MWM-2054 WEIGHT RESISTANCE CHART

Weight Plate	Weight Plate (LBS)	Front Press (LBS)	Butterfly (LBS)	Lat Pull (LBS)	Low Pulley (LBS)
1	8	11	4	8	8
2	23	31	12	23	23
3	38	51	19	38	38
4	53	72	27	53	53
5	68	92	34	68	68
6	83	112	42	83	83
7	98	132	49	98	98
8	113	153	57	113	113
9	128	173	64	128	128
10	143	193	72	143	143
11	158	213	79	158	158
12	173	234	87	173	173
13	188	254	94	188	188

Note: Each plate weighs 15 lbs.

Numbers are approximate. Actual weights may vary.

Values for Butterfly are for each arm.

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 of a new product purchased from an IMPEX authorized retailer/distributor**. IMPEX's obligation under this Warranty is limited to replacing or repairing the product, 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 freight for 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.
- Products used for commercial or rental purposes.
- **Products purchased from auctions, liquidation sales, resale by third parties, unauthorized dealers, or any purchase described as "as-is" are not covered.**
- **Products that are incomplete, previously used, reconditioned, refurbished, or sold without original packaging and documentation.**
- **Products for which the purchaser cannot provide a valid dated proof of purchase from an IMPEX authorized retailer.**

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 www.marcypromo.com**

IMPEX® INC.
2801 South Towne Avenue,
Pomona, California 91766

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.

www.marcypromo.com
support@impex-fitness.com

When ordering replacement part, always give the following information.

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