

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
SB-510

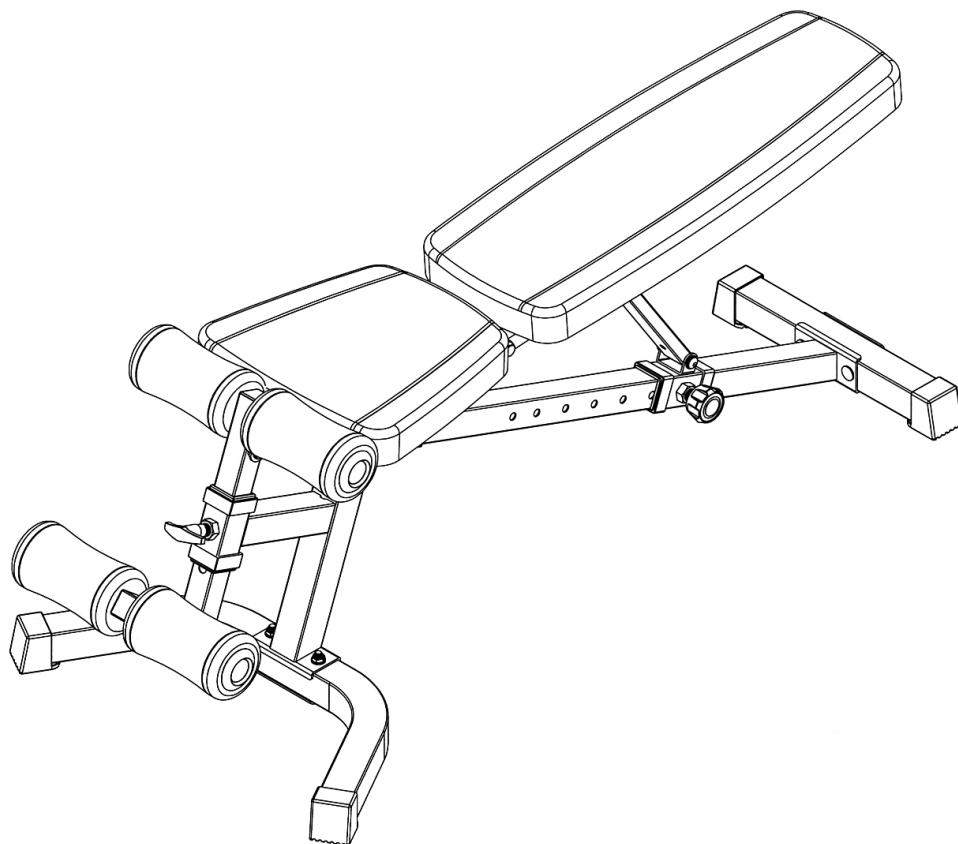
Retain This  
Manual for  
Reference

07/15/09

**OWNER'S  
MANUAL**

# IMPEX

## MARCY<sup>®</sup> Multi Purpose Bench SB-510



**IMPEX<sup>®</sup> Inc.**

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CITY OF INDUSTRY, CA 91746  
Tel: (800) 999-8899 Fax: (626) 961-9966  
[www.impex-fitness.com](http://www.impex-fitness.com)  
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## BEFORE YOU BEGIN

Thank you for selecting the **MARCY MULTI PURPOSE BENCH SB-510** by **IMEX 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 your 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.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

## 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. Maximum user's weight: 300 lbs.

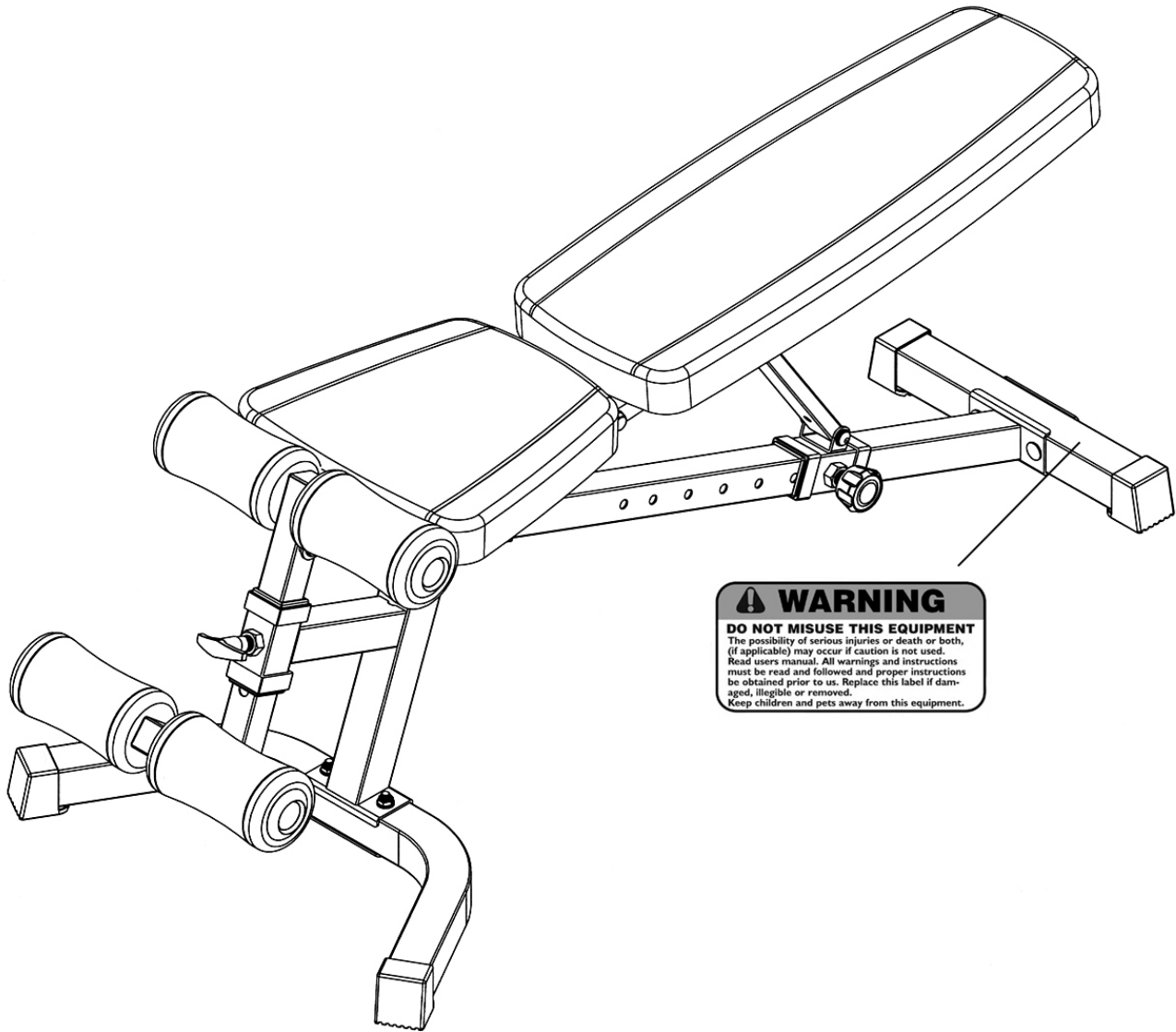
### CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**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 ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

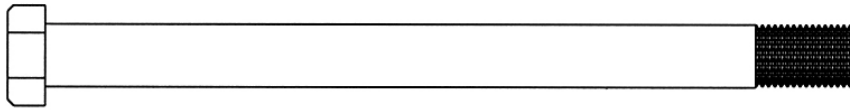
# WARNING LABEL PLACEMENT



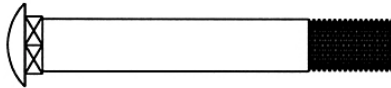
The Warning Label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

# HARDWARE PACK

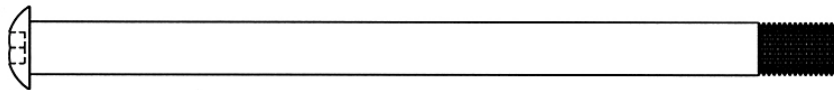
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



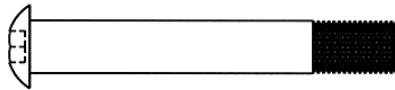
#23 M12 x 6  $\frac{1}{8}$ " Hex Bolt (Qty 1)



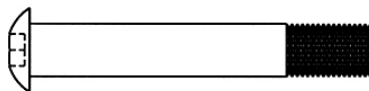
#24 M10 x 2  $\frac{3}{4}$ " Carriage Bolt (Qty 4)



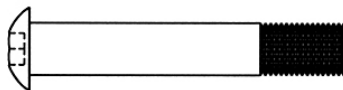
#25 M10 x 6  $\frac{1}{8}$ " Allen Bolt (Qty 1)



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



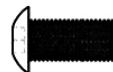
#27 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 3)



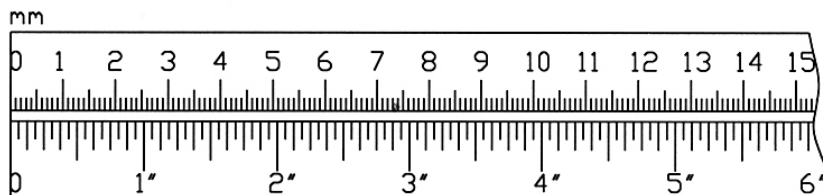
#28 M10 x 2  $\frac{3}{8}$ " Allen Bolt (Qty 1)



#29 M8 x 1  $\frac{5}{8}$ " Allen Bolt (Qty 4)

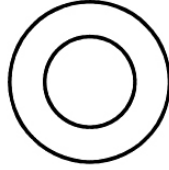


#30 M8 x  $\frac{5}{8}$ " Allen Bolt (Qty 4)

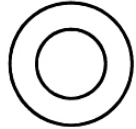


# HARDWARE PACK

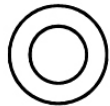
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#31  $\varnothing$  1<sup>00</sup> Washer (Qty 2)



#32  $\varnothing$   $\frac{3}{4}$ <sup>00</sup> Washer (Qty 16)



#33  $\varnothing$   $\frac{5}{8}$ <sup>00</sup> Washer (Qty 8)



#34 M12 Aircraft Nut (Qty 1)



#35 M10 Aircraft Nut (Qty 10)

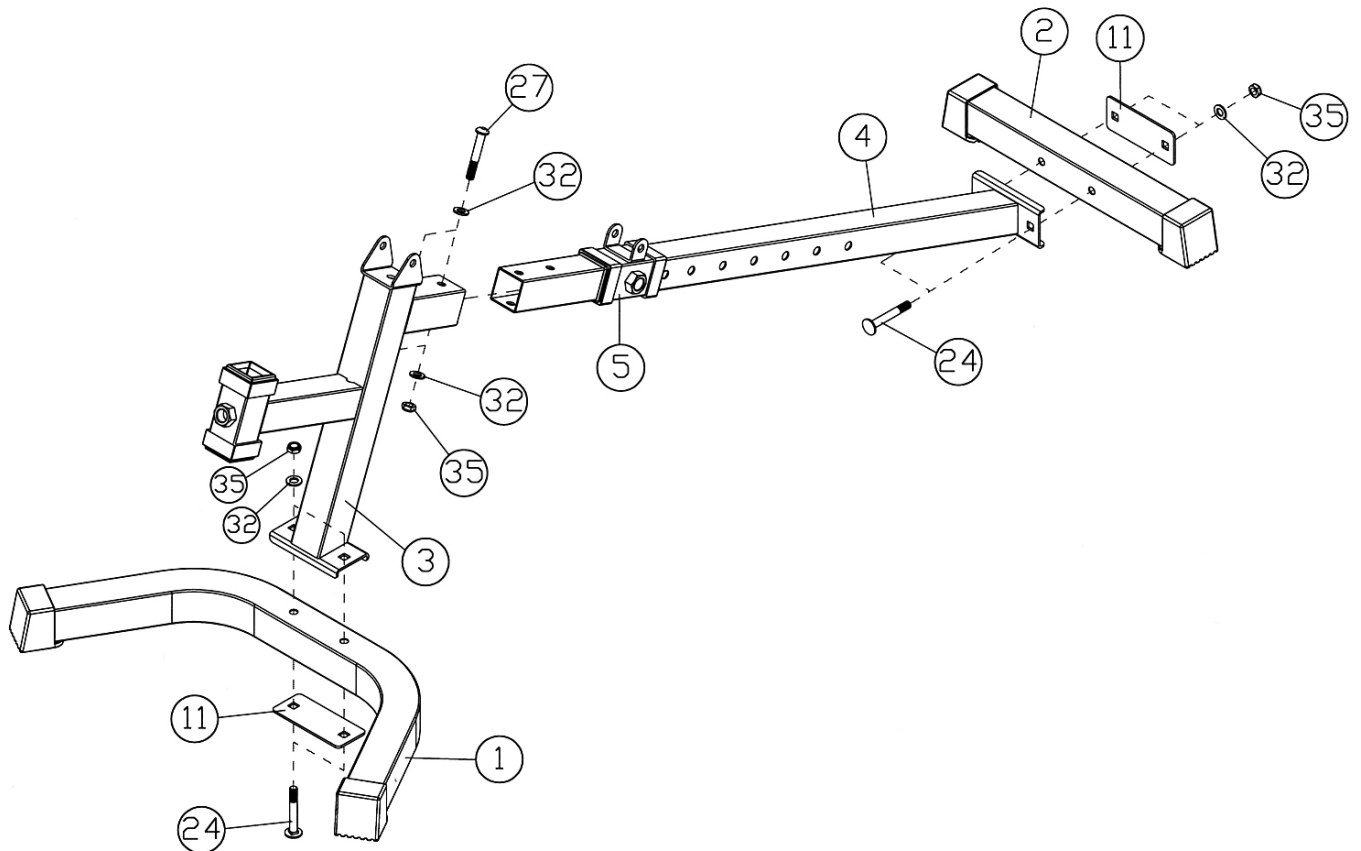
# ASSEMBLY INSTRUCTION

**Tools Required For Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended for two or more people to assemble this machine to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Front Post (#3) to the Front Stabilizer (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#24), one 4 3/4" x 2" Bracket (#11), two Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#35).
- C.) Slide the Sliding Block (#5) onto the Main Seat Support (#4).
- D.) Attach the Main Seat Support to Front Post. Secure it with two M10 x 2 1/2" Allen Bolts (#27), four Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#35).
- E.) Attach the Main Seat Support to the Rear Stabilizer (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#24), one 4 3/4" x 2" Bracket (#11), two Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#35).
- F.) **Securely tighten all nuts and bolts.**

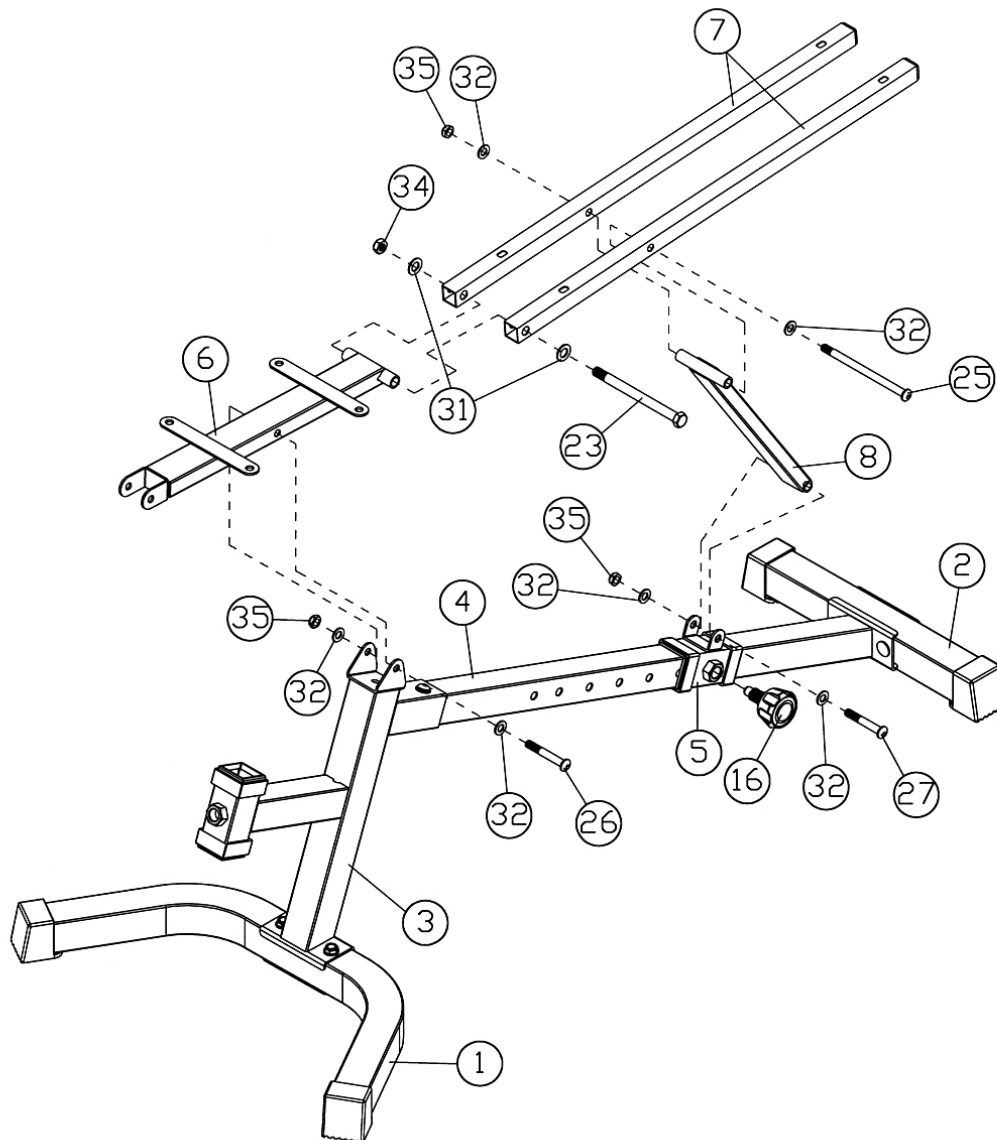
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) **Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Attach the Incline Support (#8) to the side-holes on the two Backrest Supports (#7). Align the holes. Secure it with one M10 x 6 1/8" Allen Bolt (#25), two Ø 3/4" Washers (#32), and one M10 Aircraft Nut (#35). Attach the other end of Incline Support to the open bracket on Sliding Block (#5). Secure it with one M10 x 2 1/2" Allen Bolt (#27), two Ø 3/4" Washers (#32), and one M10 Aircraft Nut (#35).
- C.) Attach the middle side holes on Seat Bracket to the open bracket on Front Post (#3). Secure it with one M10 x 2 3/4" Allen Bolt (#26), two Ø 3/4" Washers (#32), and one M10 Aircraft Nut (#35).
- D.) Attach the holes on the end of the Backrest Supports to the pivot on the Seat Bracket. Align the holes. Secure the two Backrest Supports to the pivot with one M12 x 6 1/8" Hex Bolt (#23), two Ø 1" Washers (#31), and one M12 Aircraft Nut (#34).
- E.) **Securely tighten all Nuts and Bolts. Make sure the Backrest Supports and Incline Support are able to swivel.**
- F.) Slide the Sliding Block to a selected hole on Main Seat Support. Use a M18 Lock Knob to securely lock the Incline Support in desired position.

**DIAGRAM 2**

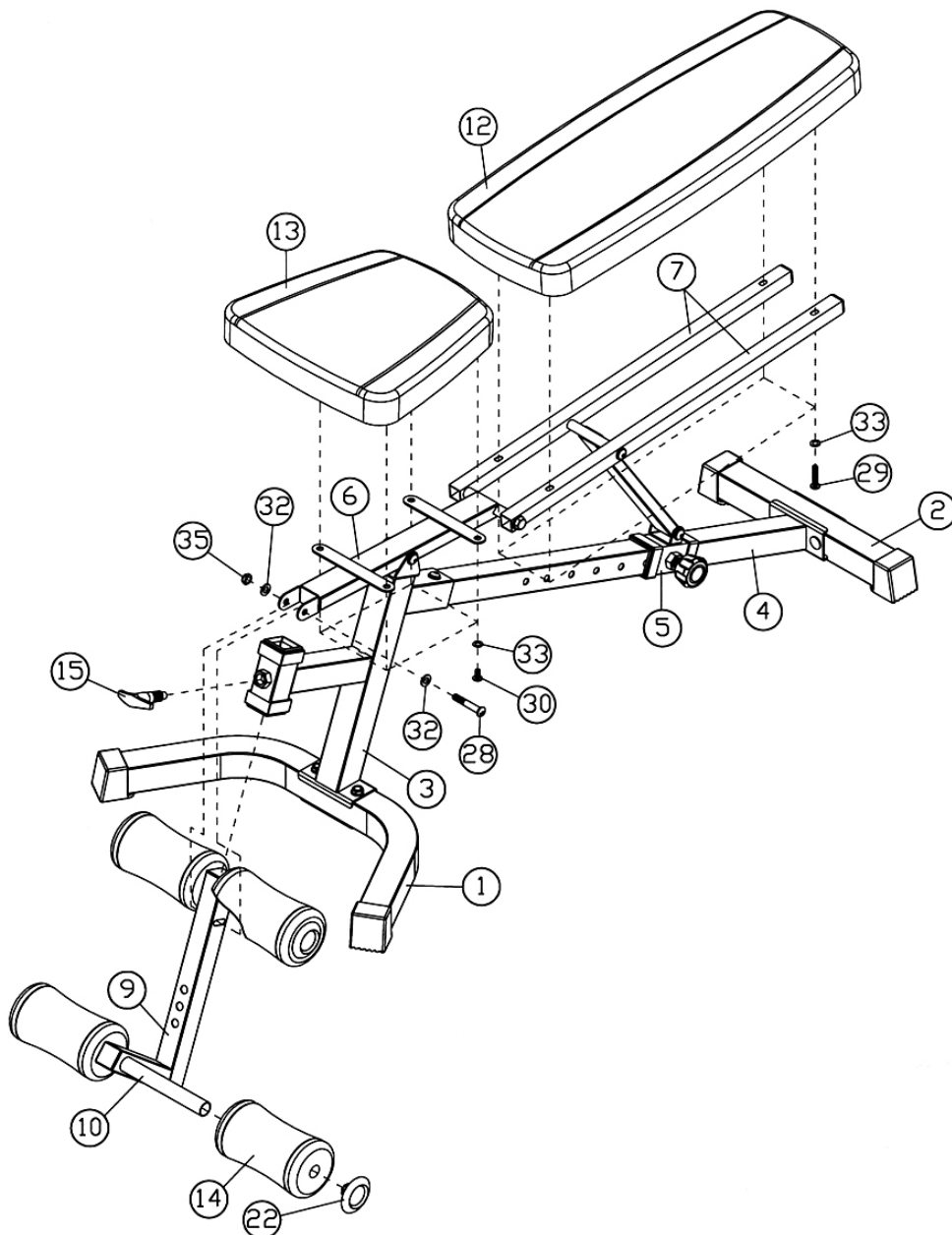




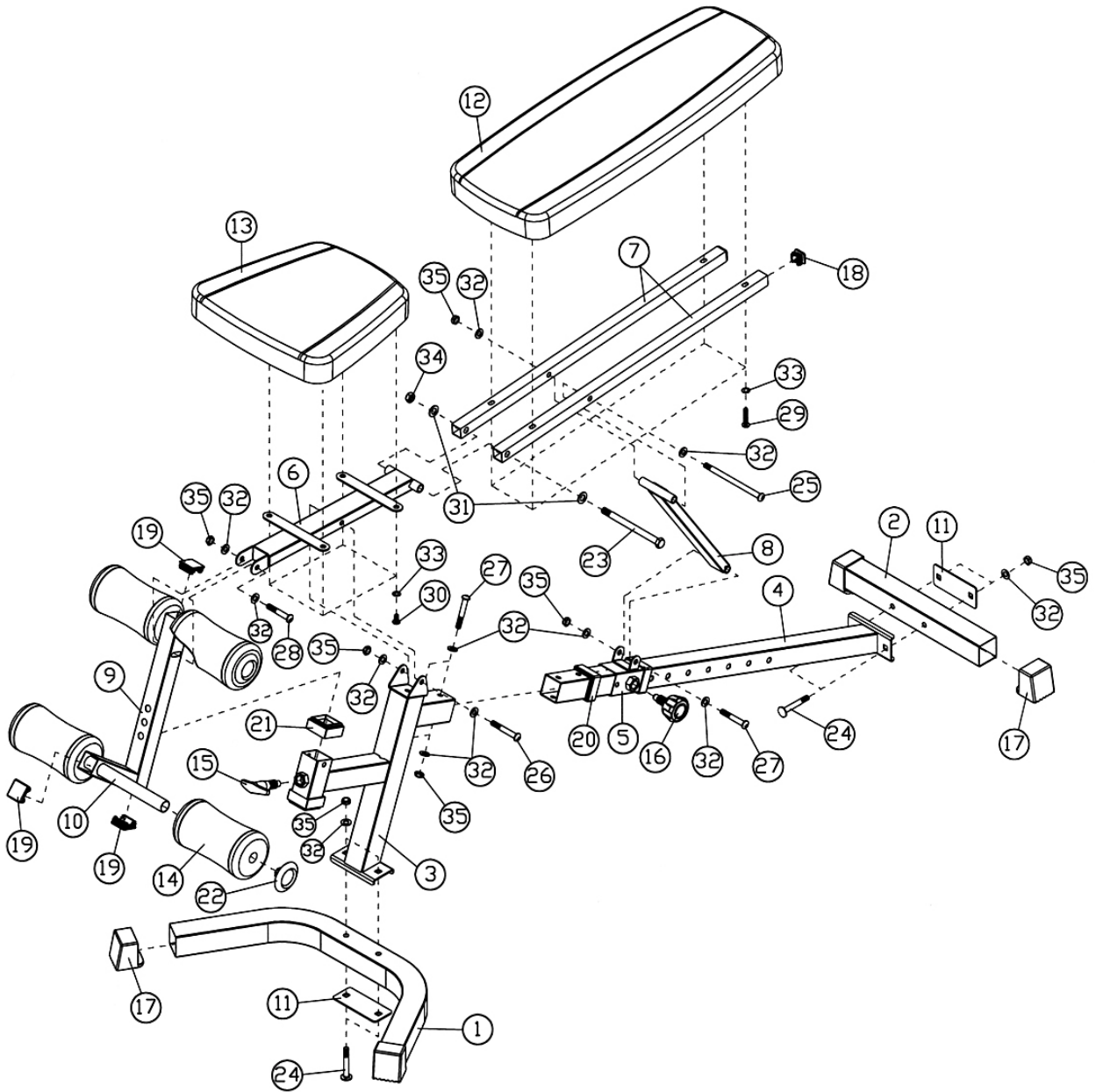
### STEP 3 (See Diagram 3)

- A.) Insert the Adjustment Frame (#9) through the frame holder on Front Post (#3). Attach the two side holes on the Adjustment Frame to the open bracket on front of the Seat Bracket (#6). Secure it with one M10 x 2 3/8" Allen Bolt (#28), two Ø 3/4" Washers (#32), and one M10 Aircraft Nut (#35).
- B.) Use the T-shaped Lock Pin (#15) to lock the Adjustment Frame at desired height.
- C.) Attach the Backrest Board (#12) to the Backrest Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#29) and four Ø 5/8" Washers (#33).
- D.) Place the Seat Pad (#13) onto the Seat Bracket. Secure it with four M8 x 5/8" Allen Bolts (#30) and four Ø 5/8" Washers (#33).
- E.) Insert two Foam Tubes (#10) halfway through the holes on Adjustment Frame. Push four Foam Rolls (#14) onto the Tubes from both ends. Plug four Foam Roll End Caps (#22) into the Tube ends.

**DIAGRAM 3**



# EXPLODED DIAGRAM



**PARTS LIST**  
**KEY NO.**

**DESCRIPTION**

**QUANTITY**

|    |                          |    |
|----|--------------------------|----|
| 1  | Front Stabilizer         | 1  |
| 2  | Rear Stabilizer          | 1  |
| 3  | Front Post               | 1  |
| 4  | Main Seat Support        | 1  |
| 5  | Sliding Block            | 1  |
| 6  | Seat Bracket             | 1  |
| 7  | Backrest Support         | 2  |
| 8  | Incline Support          | 1  |
| 9  | Adjustment Frame         | 1  |
| 10 | Foam Tube                | 2  |
| 11 | 4 ¾" x 2" Bracket        | 2  |
| 12 | Backrest Board           | 1  |
| 13 | Seat Pad                 | 1  |
| 14 | Foam Roll                | 4  |
| 15 | T-shaped Lock Pin        | 1  |
| 16 | M18 Lock Knob            | 1  |
| 17 | Stabilizer End Cap       | 4  |
| 18 | 1" Square End Cap        | 2  |
| 19 | 1 ½" Square End Cap      | 3  |
| 20 | 2" x 1 ¾" End Cap        | 2  |
| 21 | 1 ¾" x 1 ½" End Cap      | 2  |
| 22 | Foam Roll End Cap        | 4  |
| 23 | M12 x 6 1/8" Hex Bolt    | 1  |
| 24 | M10 x 2 ¾" Carriage Bolt | 4  |
| 25 | M10 x 6 1/8" Allen Bolt  | 1  |
| 26 | M10 x 2 ¾" Allen Bolt    | 1  |
| 27 | M10 x 2 ½" Allen Bolt    | 3  |
| 28 | M10 x 2 3/8" Allen Bolt  | 1  |
| 29 | M8 x 1 5/8" Allen Bolt   | 4  |
| 30 | M8 x 5/8" Allen Bolt     | 4  |
| 31 | Ø 1" Washer              | 2  |
| 32 | Ø ¾" Washer              | 16 |
| 33 | Ø 5/8" Washer            | 8  |
| 34 | M12 Aircraft Nut         | 1  |
| 35 | M10 Aircraft Nut         | 10 |
|    | #6 Allen Wrench (Tool)   | 1  |
|    | #5 Allen Wrench (Tool)   | 1  |

# IMPEX<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") 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 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.

**IMPEX<sup>®</sup> 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.

**[www.impex-fitness.com](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

When ordering replacement parts, always give the following information.

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