

NOTE:  
Please read all instructions  
carefully before using this  
product

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APEX

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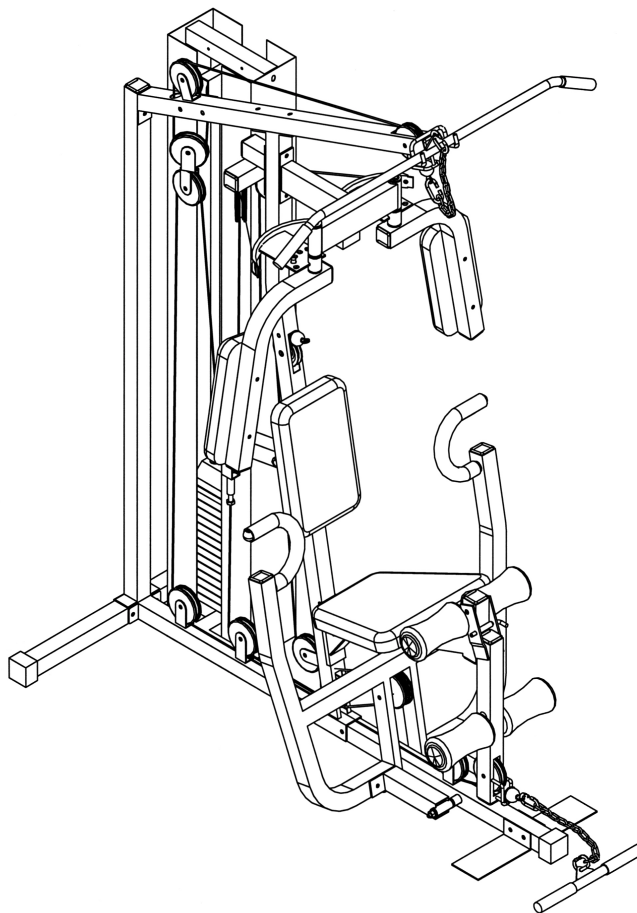
06-24-02

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

**MARCY HOME GYM**

**APEX**



**IMPEx FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY APEX HOME GYM 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 TOO-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.

**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

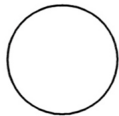


M10

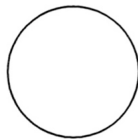
## INCHES



1/2"



5/8"



3/4"

## REPLACEMENT PARTS

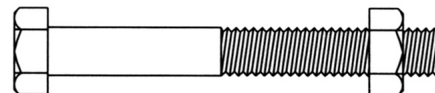
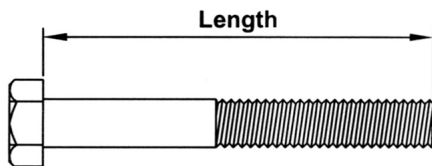
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

**QUESTION ?**

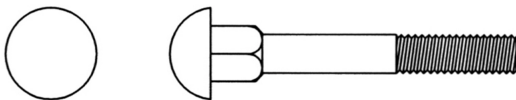


**1-800-999-8899**

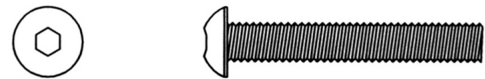
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

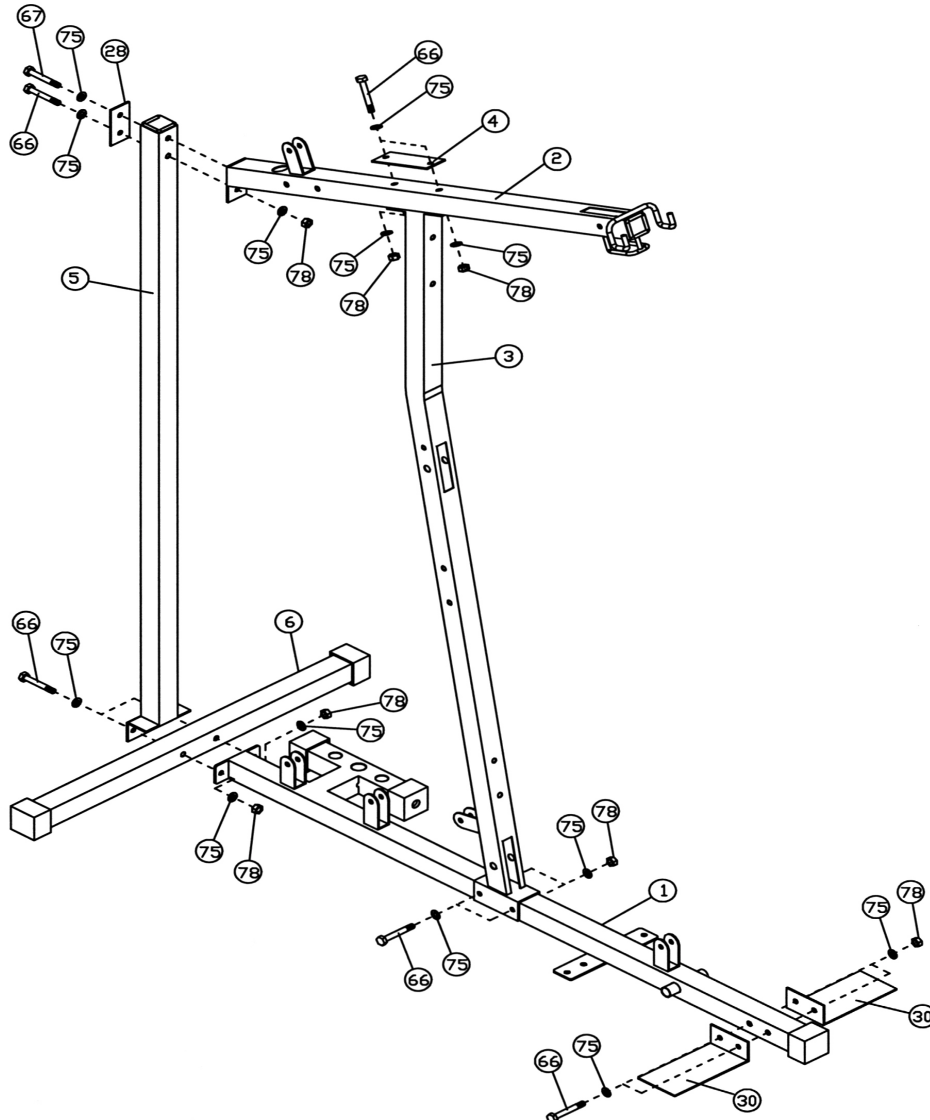
# ASSEMBLY INSTRUCTION

**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.**

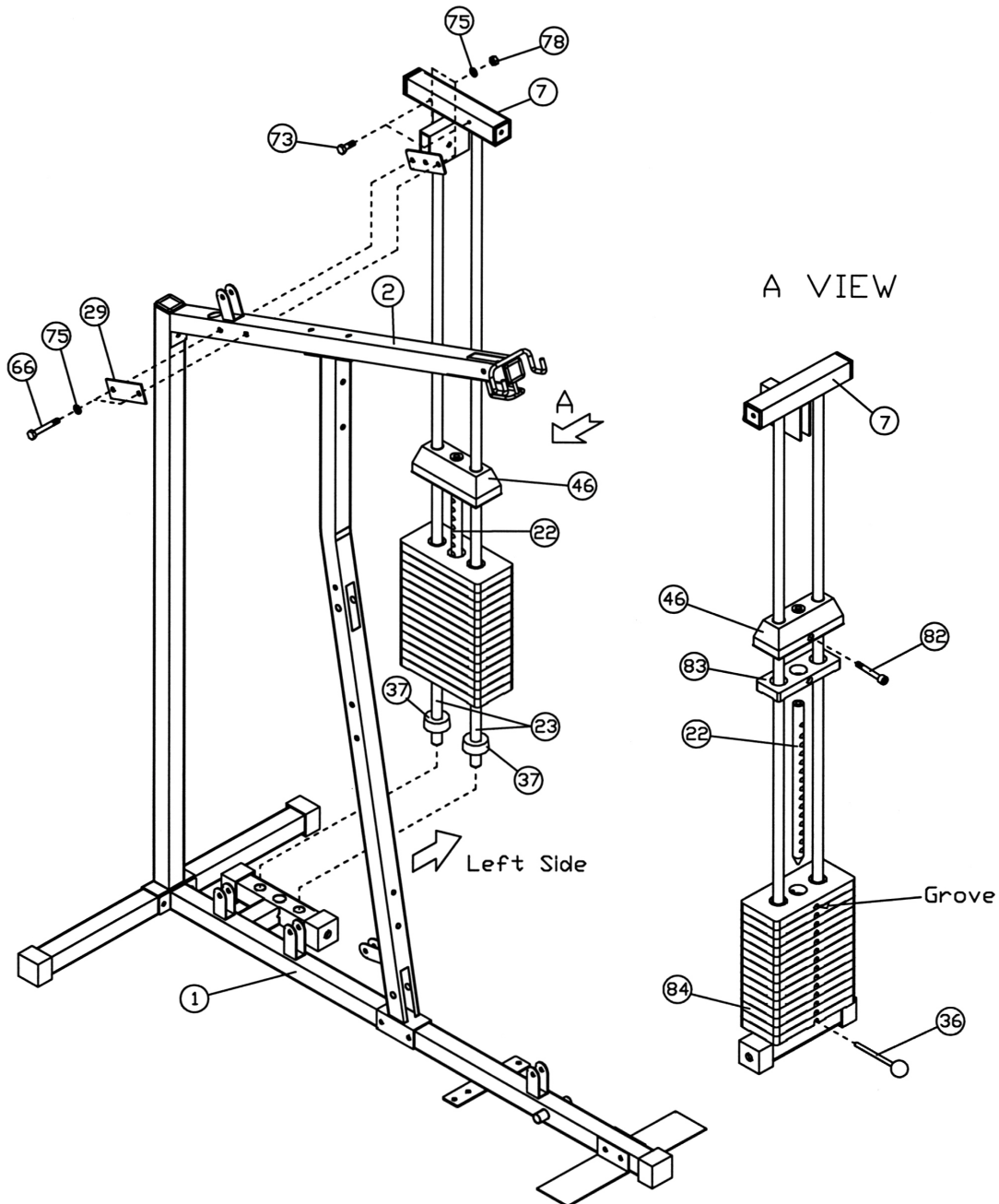
## STEP 1 (See Diagram 1)

- A.) Place the Base Frame (#1) on the floor. Attach two Foot Plates (#30) to the front of the Base Frame (#1). Align the holes and secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78). NOTE: DO not tighten all the nuts and bolts yet. Only finger-tighten them for now.
- B.) Attach the Rear Base Frame (#6) and the Rear Vertical Frame (#5) to the back of the Base Frame (#1). Align the holes and secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), and two Aircraft Nuts (#78).
- C.) Attach the Front Vertical Frame (#3) to the Base Frame (#1). Secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78).
- D.) Attach the Upper Frame (#2) to the top of the Front Vertical Frame (#3). Secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), one 2" x 6 5/16" Bracket (#4) and two M10 Aircraft Nuts (#78).
- E.) Attach the Upper Frame (#2) to the top of Rear Vertical Beam (#5). Secure it with one M10 x 2 9/16" Hex Bolt (#67), one M10 x 3" Hex Bolt (#66), three  $\varnothing$  13/16" Flat Washers (#75), one 2" x 4" Bracket (#28), and one M10 Aircraft Nut (#78).



## STEP 2 (See Diagram 2)

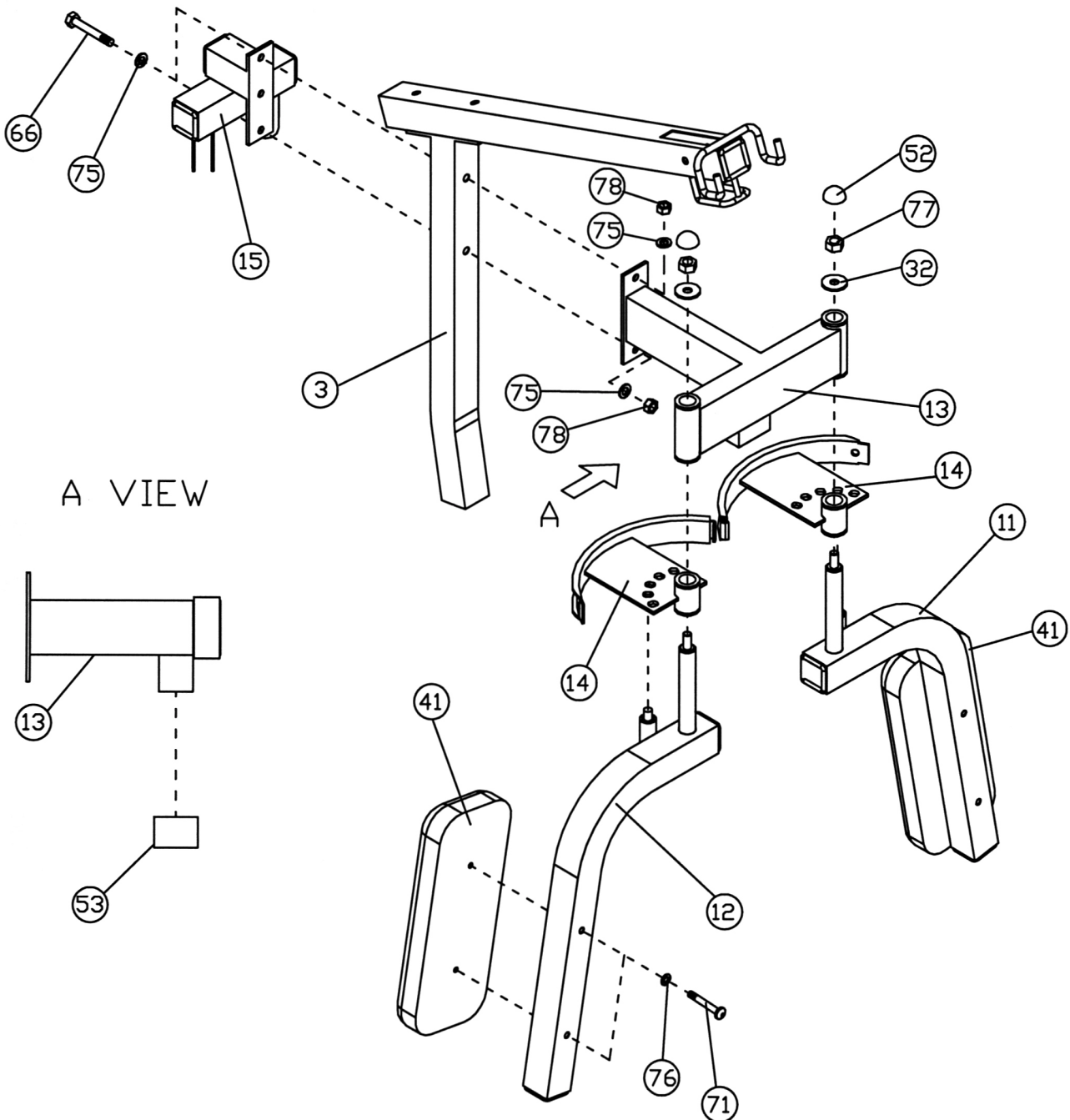
- A.) Place two Rubber Bumpers (#37) onto the Base Frame (#1). Align the two holes and push two Weight Plate Guide Rods (#23) through the Bumpers into the Base Frame.
- B.) Slide fourteen Selective Weight Plates (#84) from top of the Guide Rods (#23) down to the Base Frame (#1). NOTE: The groove on the Plates should always face down and toward the left side of the machine. Insert the Selecting Rod (#22) into the center hole on the Plates. Slide the Selector Stem (#46) and the Top Weight Plate (#83) onto the Guide Rods. Align the hole and secure the Selector Stem (#46) to the Selecting Rod (#22) with a M10 x 1 9/16" Socket Bolt (#82).
- C.) Attach the Top Socket Assembly (#7) to the top of the Weight Plates Guide Rods (#23). Secure it to the Upper Frame (#2) with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), one 2" x 4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- D.) Secure the Top Socket Assembly (#7) to the Weight Plates Guide Rods (#23) with two M6 x 5/8" Allen Bolts (#73).



**STEP 3 (See Diagram 3)**

- A.) Attach the Butterfly Support (#13) and the Butterfly Pulley Frame (#15) to the Front Vertical Frame (#3). Secure them with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78).
- B.) Attach a 2" Square Rubber Cap (#53) to the opening underneath the Butterfly Support (#13). See A View.
- C.) Place a Butterfly Cable Guide (#14) onto the axle on the Right Butterfly (#12). Insert the Right Butterfly through the hole on the Butterfly Support (#13). Secure it with a  $\varnothing$  1 1/2" Washer (#32), M12 Aircraft Nut (#77), and M12 Cone Shape Cap (#52).
- D.) Attach a Butterfly Pad (#41) to the Right Butterfly (#12) and secure it with two M8 x 2 9/16" Allen Bolts (#71) and two  $\varnothing$  11/16" Flat Washers (#76).
- E.) Repeat the above procedure C and D to install the other side.

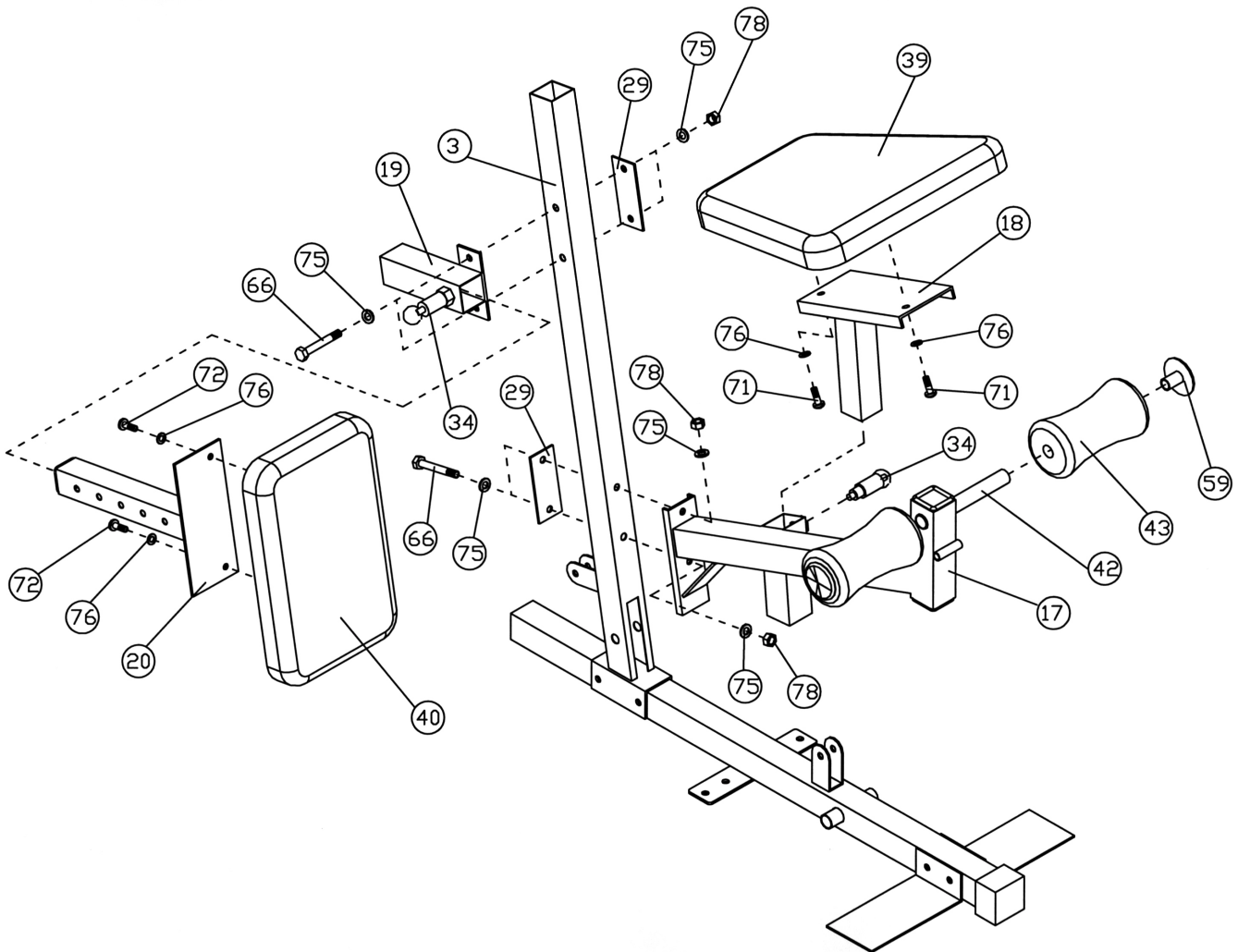
**DIAGRAM 3**



#### STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer Holder (#17) to the Front Vertical Frame (#3). Secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), one 2" x 4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- B.) Attach the Short Quick Release Pin (#34) to the Leg Developer Holder (#17).
- C.) Attach the Seat (#39) to the Seat Support (#18). Secure it with two  $\varnothing$  11/16" Flat Washers (#76), and two M8 x 2 9/16" Allen Bolts (#71).
- D.) Attach the Seat Support (#18) to the Leg Developer Holder (#17). Pull the Short Quick Release Pin (#34) to adjust the height of the Seat.
- E.) Insert a Foam Roll Tube (#42) halfway through the hole on Leg Developer Holder (#17). Push two Foam Rolls (#43) onto the Tube from both ends. Push two  $\varnothing$  3" Round Plugs (#59) onto both ends of the Tube.
- F.) Attach the Backrest Support Frame (#19) to the Front Vertical Frame (#3). Secure it with two M10 x 3" Hex Bolts (#66), four  $\varnothing$  13/16" Flat Washers (#75), one 2" x 4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- G.) Attach the Short Quick Release Pin (#34) to the Backrest Support Frame (#19).
- H.) Attach the Backrest (#40) to the Backrest Adjustment Tube (#20). Secure it with two  $\varnothing$  11/16" Flat Washers (#76) and M8 x 5/8" Allen Bolts (#72). Insert the Backrest Adjustment Tube (#20) into the Backrest Support Frame (#19). Pull out the Quick Release Pin (#34) to adjust the Backrest position.

**DIAGRAM 4**

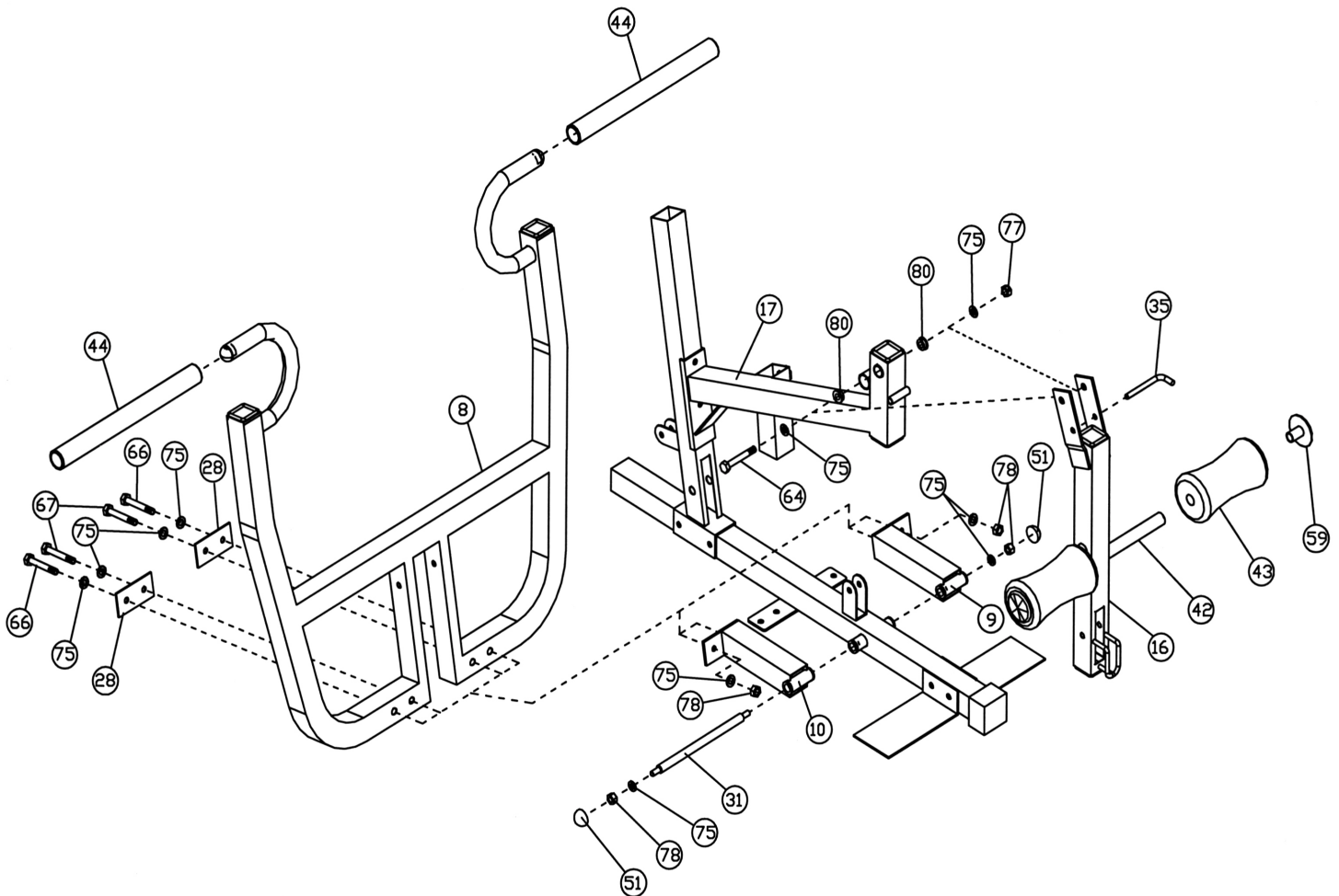




## STEP 5 (See Diagram 5)

- A.) Insert a  $\varnothing 5/8"$  x  $9 3/8"$  Axle (#31) halfway through the hole on the Base Frame (#1).
- B.) Attach the Front Press Left Base (#9) and the Front Press Right Base (#10) onto the Axle (#31) from both sides. Secure the Axle with two  $\varnothing 13/16"$  Flat Washers (#75), M10 Aircraft Nuts (#78), and M10 Cone Shape Caps (#51).
- C.) Attach the Front Press (#8) to the Front Press Base (#9 & #10). Secure it with one M10 x 3" Hex Bolt (#66), one M10 x 2 9/16" Hex Bolt (#67), three  $\varnothing 13/16"$  Flat Washers (#75), one 2" x 4" Bracket (#28), and one M10 Aircraft Nut (#78) on each side of the Front press.
- D.) Lubricate the inside of the Foam Grips (#44) with water and slide them onto the handlebars on the Front Press.
- E.) Attach the Leg Developer (#16) to the Leg Developer Holder (#17). Secure it with one M12 x 3 3/8" Hex Bolt (#64), two  $\varnothing 1"$  x  $\varnothing 1/2"$  Bushings (#80), two  $\varnothing 15/16"$  Flat Washers (#74), and one M12 Aircraft Nut (#77).
- F.) Insert a Foam Roll Tube (#42) halfway through the hole on the Leg Developer (#16). Push two Foam Rolls (#43) onto the Tube from both ends. Push two  $\varnothing 3"$  Round Plugs (#59) onto both ends of the Tube.
- G.) Insert an L Shape Pin (#35) through the hole on the Leg Developer (#16) to lock it in place. Remove the Pin when using the Leg Developer.

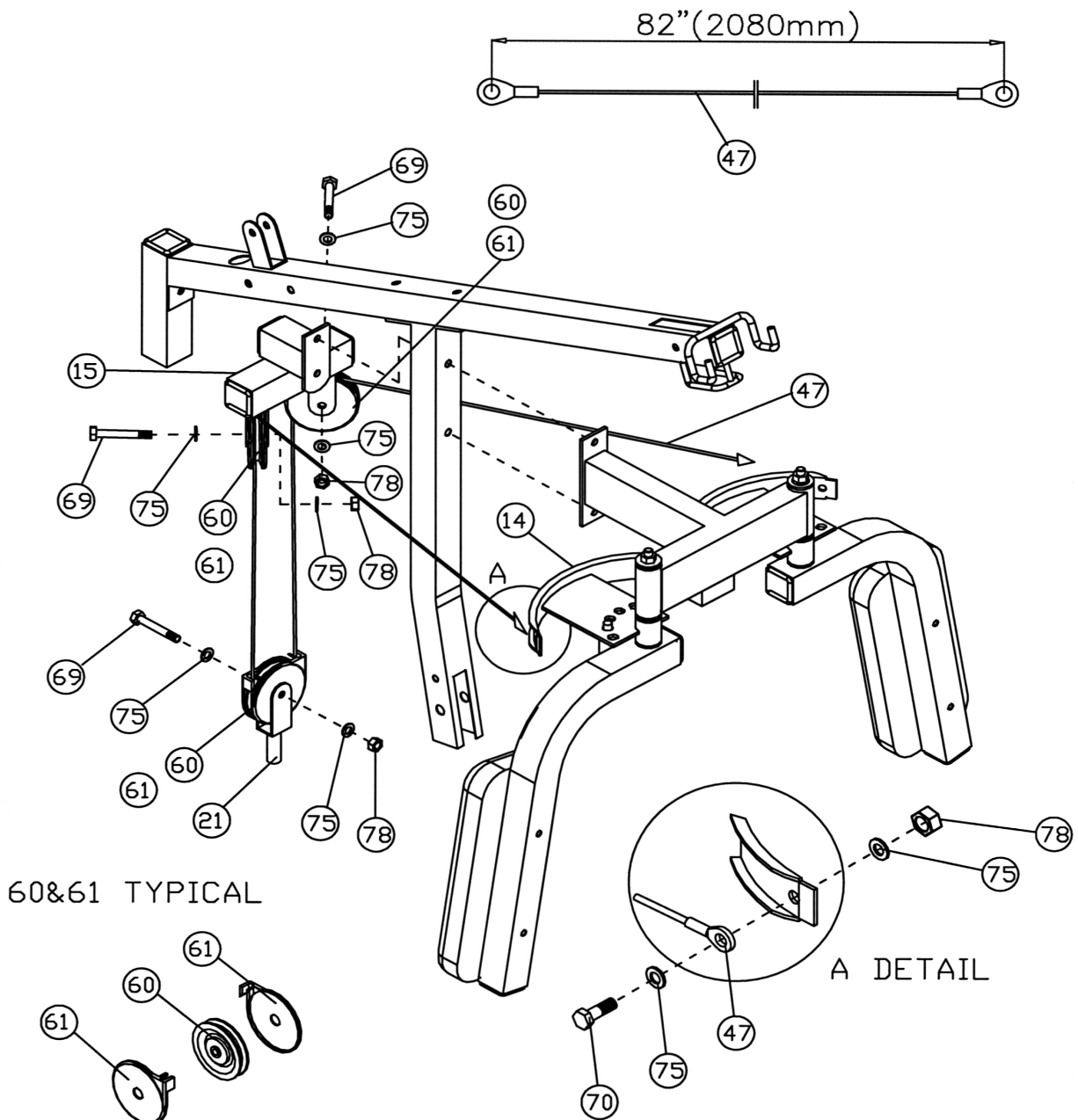
### DIAGRAM 5



## STEP 6 (See Diagram 6)

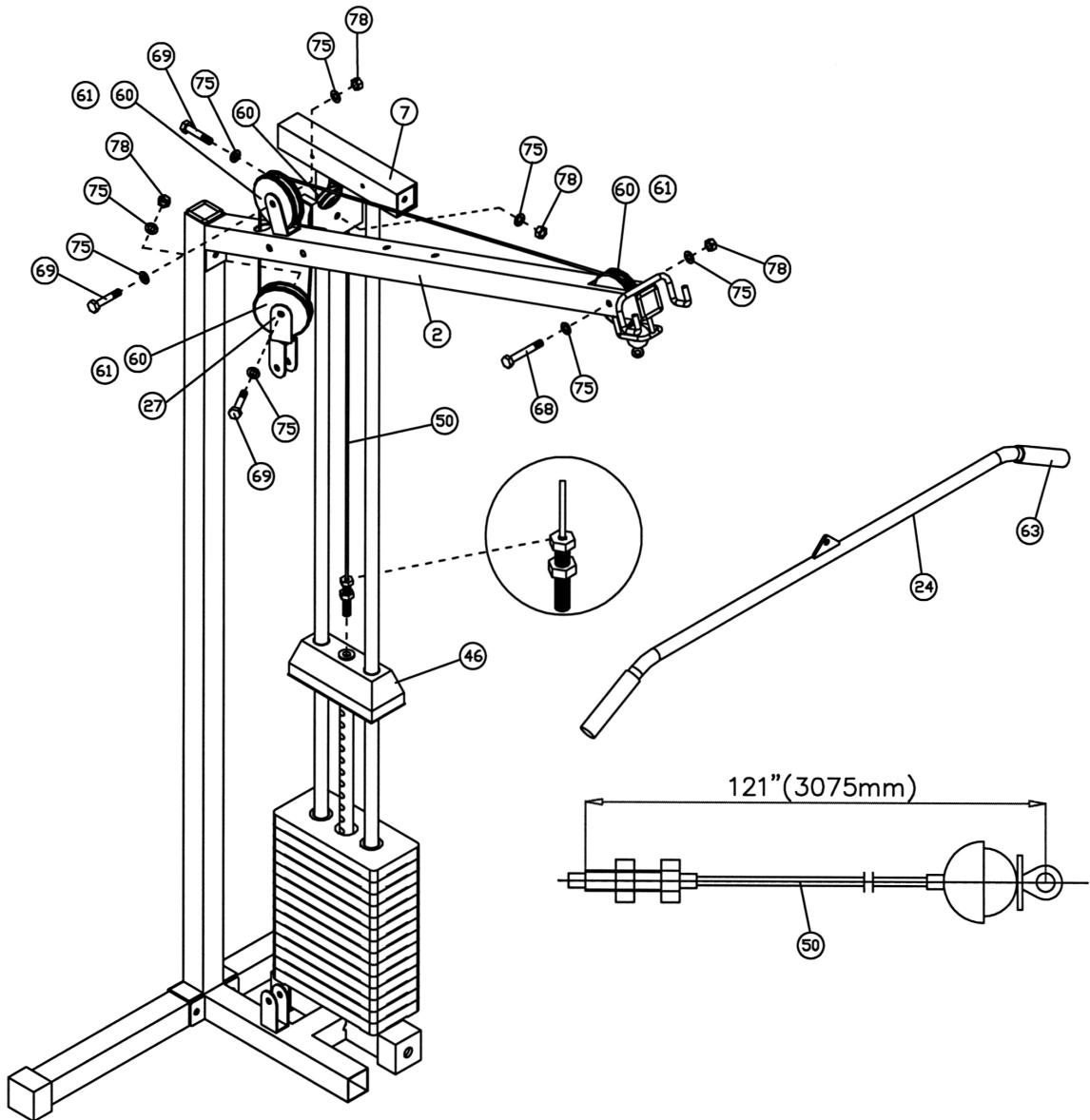
- A.) Attach one end of the 82" Butterfly Cable (#47) to the Butterfly Cable Guide (#14). Secure it with one M10 x 1" Hex Bolt (#70), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). (See A Detail)
- B.) Draw the Cable (#47) to the bracket underneath the Butterfly Pulley Frame (#15). Attach Pulley (#60) and two Pulley Covers (#61) to the Cable. Align the hole on the Pulley to the bracket and secure it with one M10 x 1 3/4" Hex Bolt (#69), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- C.) Pull the Cable downward and attach a Pulley (#60) and two Pulley Covers (#61) in the mid-span. Attach a Single Floating Pulley Bracket (#21) to the Pulley and secure it with one M10 x 1 3/4" Hex Bolt (#69), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). Let the Single Floating Pulley Bracket (#21) hanging for now.
- D.) Draw the Cable upward to the Butterfly Pulley Frame (#15) and install another Pulley.
- E.) Attach the other end of the Cable to the other Cable Guide.

### DIAGRAM 6



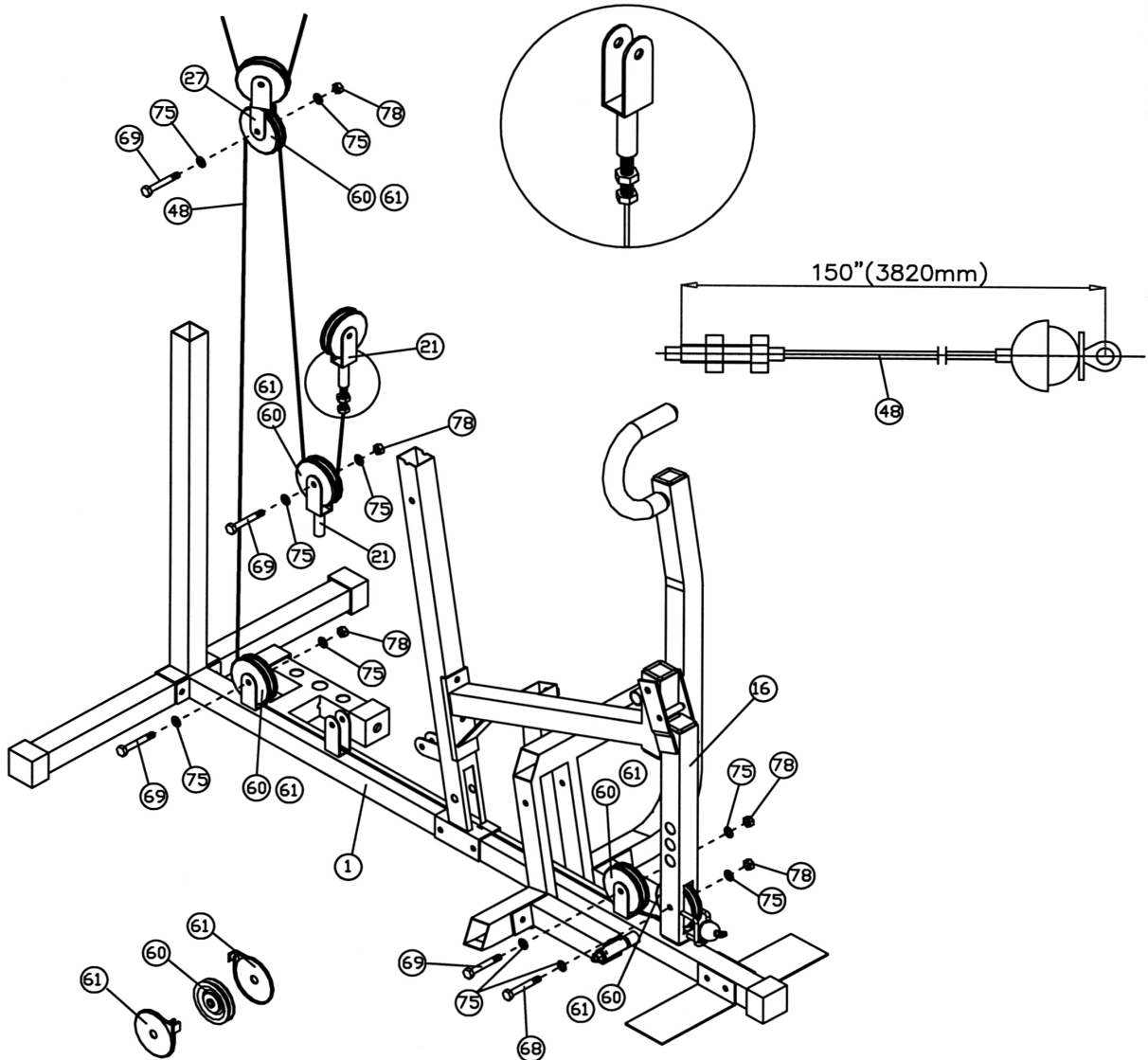
## STEP 7 (See Diagram 7)

- A.) Attach the 121" Cable (#50) to the top of the Upper Frame (#2). Attach a Pulley (#60) and two Pulley Covers (#61) to the beginning of the Cable. Secure it to the front open slot on the Upper Frame with one M10 x 2 3/8" Hex Bolt (#68), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- B.) Draw the Cable towards back of the machine to the open bracket on the Upper Frame. Install a Pulley with two Pulley Covers. Draw the Cable over the Pulley then insert the Cable downward through the hole behind the bracket on the top of the Upper Frame.
- C.) Attach Pulley (#60) and two Pulley Covers (#61) to the Cable. Attach the Double Floating Pulley Bracket (#27) to the Pulley set and secure it with one M10 x 2 3/8" Hex Bolt (#68), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- D.) Draw the Cable upward towards the bracket underneath the Top Socket Assembly (#7). Attach one Pulley (#60) to the Cable and secure it to the bracket with one M10 x 2 3/8" Hex Bolt (#68), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). (Please note there is no Pulley Cover needed in this Step)
- E.) Pull the Cable downward towards the Selector Stem (#46). Screw the Bolt on the end of the Cable into the Selector Stem (#46) by at least 1/2". Do not screw the Bolt all the way in the Selector Stem. It may cause the Cable to be too short. Tighten down the nut on the bolt.



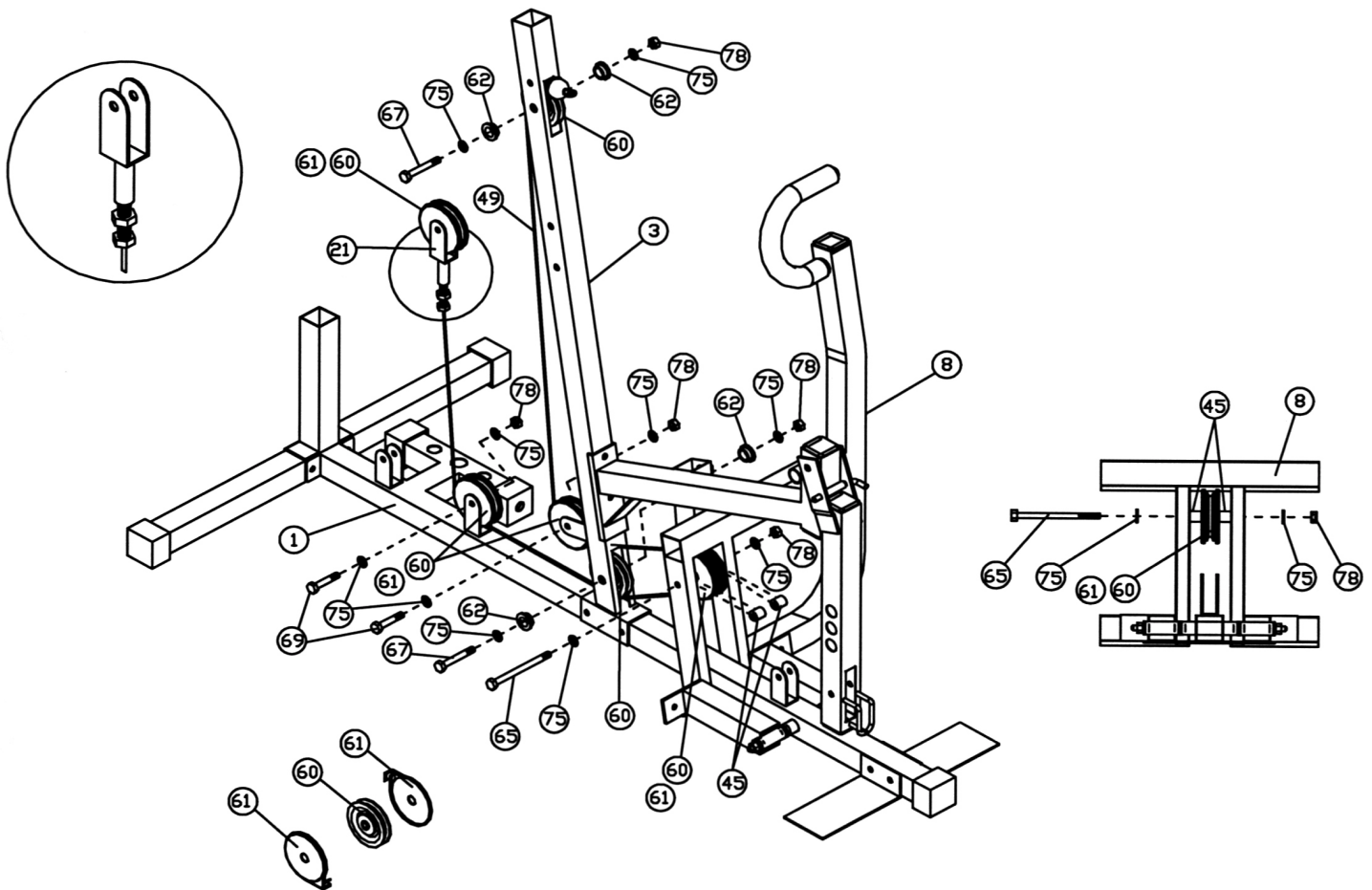
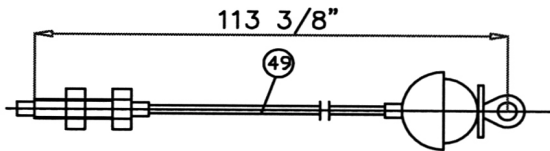
**STEP 8 (See Diagram 8 & Cable Loop Diagram)**

- A.) Attach the 150" Cable (#48) to the Leg Developer (#16). Attach a Pulley (#60) and two Pulley Covers (#61) to the Cable. Secure it with one M10 x 2 3/8" Hex Bolt (#68), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- B.) Draw the Cable to the first open bracket on the Base Frame. Install a Pulley set.
- C.) Draw the Cable underneath the Pulley and through the hole on the bottom of the Front Vertical Frame (#3).
- D.) Draw the Cable through the first bracket behind the Front Vertical Frame. Install another Pulley set on the second bracket.
- E.) Pull the Cable upward towards the Double Floating Pulley Bracket (#27). Install another Pulley set. Draw the Cable over the Pulley set then downward.
- F.) Attach another Pulley set and Single Pulley Bracket (#21). Secure it with one M10 x 1 3/4" Hex Bolt (#69), two  $\varnothing$  13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). Let the Bracket hanging for now.
- G.) Pull the Cable upward and screw it at least 1/2" into the Single Floating Pulley Bracket (#21) that was installed in Step 6C. NOTE: Do not screw the bolt all the way into the Bracket. It may cause the Cable to be too short. After completing the installation, check the tightness of the cable loop then come back to adjust the bolt. Make sure to securely tighten the nut on the bolt.



**STEP 9 (See Diagram 9 & Cable Loop Diagram)**

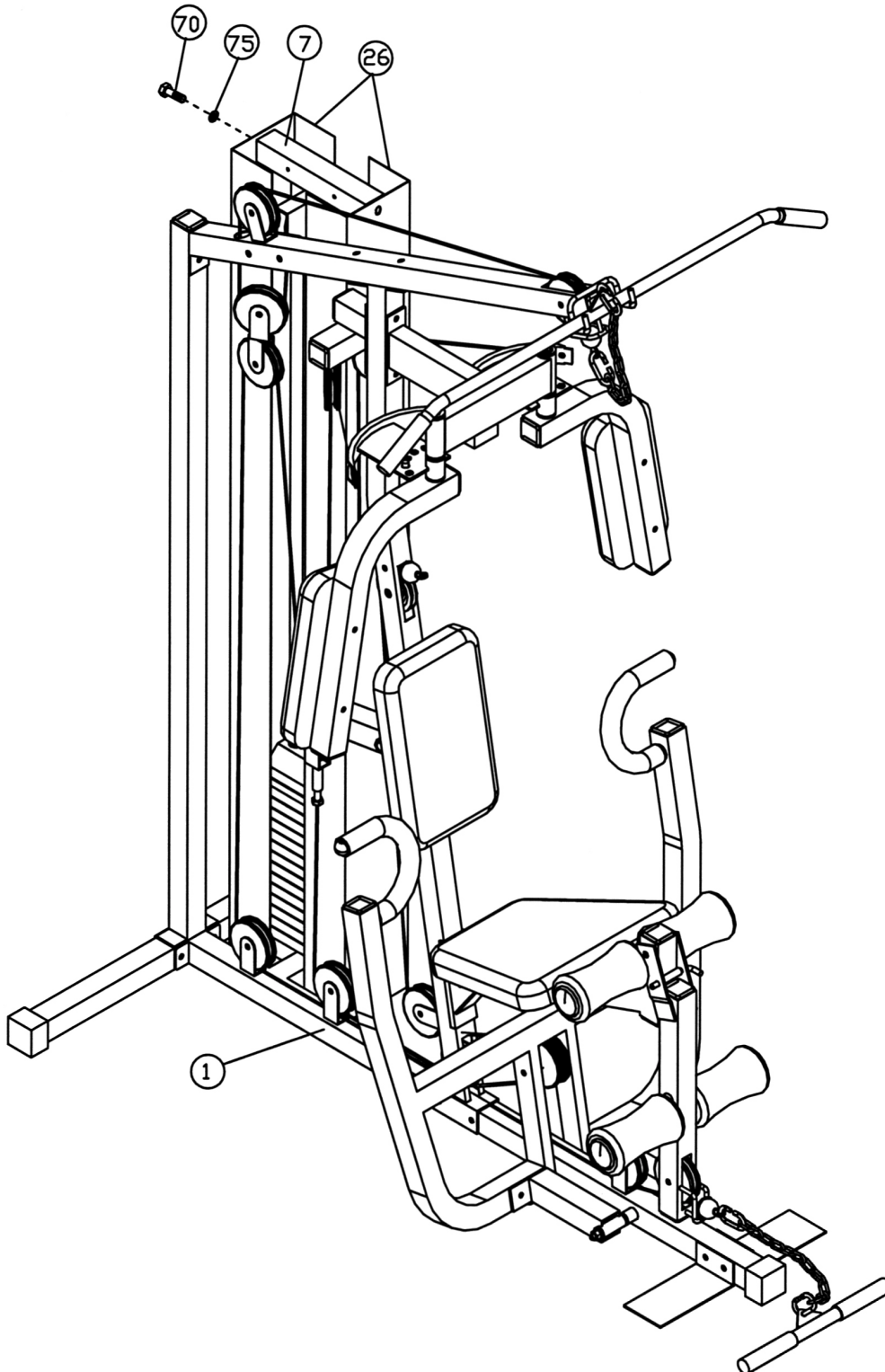
- A.) Insert the 113" Cable (#49) through the upper hole on Front Vertical Frame (#3). Attach a Pulley (#60) to the Cable. (NOTE: There is no Cable Cover needed.) Secure it with one M10 x 2 9/16" Hex Bolt (#67), two  $\varnothing$  13/16" Flat Washers (#75), two Bushings (#62), and one M10 Aircraft Nut (#78).
- B.) Pull the Cable downwards to the open bracket on the Front Vertical Frame (#3) and install another Pulley set.
- C.) Draw the Cable through the hole at the bottom of the Front Vertical Frame (#3) to the Front Press (#8). Attach another Pulley set to the Cable and secure it with one M10 x 5 11/16" Hex Bolt (#65), two  $\varnothing$  13/16" Washers (#75), two Plastic Spacers (#45), and one M10 Aircraft Nut (#78). NOTE: See Detail B to install the Plastic Spacer.
- D.) Draw the Cable backward through the hole at the bottom of the Front Vertical Frame (#3). Attach another Pulley and secure it with one M10 x 2 9/16" Hex Bolt (#67), two  $\varnothing$  13/16" Flat Washers (#75), two Bushings (#62), and one M10 Aircraft Nut (#78).
- E.) Draw the Cable back to the first bracket behind the Front Vertical Frame (#3). Install another Pulley set.
- F.) Pull the Cable upward towards the Single Floating Pulley Bracket (#21) previously installed in Step 8F. Screw the Bolt into the Bracket.



**STEP 10 (See Diagram 10 & Cable Loop Diagram)**

- A.) Attach two Weight Plate Covers (#26) to the Weight stack. Secure it with four M10 x 1" Hex Bolts (#70) and four  $\varnothing$  13/16" Flat Washers (#75).
- B.) Securely tighten all nuts and bolts previously installed from Step 1 through 10.

**DIAGRAM 10**



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Base Frame	1	51	M10 Cone Shape Cap	2
2	Upper Frame	1	52	M12 Cone Shape Cap	2
3	Front Vertical Frame	1	53	2" Square Rubber Cap	4
4	2" x 6 5/16" Bracket	1	54	2" Square Cap (w/hole)	2
5	Rear Vertical Frame	1	55	2" Square Curved End Cap	3
6	Rear Base Frame	1	56	2" Square Flat End Cap	14
7	Top Socket Assembly	1	57	1 3/4" Square End Cap	1
8	Front Press	1	58	Ø 1 1/4" Round Plug	2
9	Front Press Left Base	1	59	Ø 3" Round Plug	4
10	Front Press Right Base	1	60	Pulley	17
11	Left Butterfly	1	61	Pulley Cover	28
12	Right Butterfly	1	62	Bushing	4
13	Butterfly Support	1	63	Grip	4
14	Butterfly Cable Guide	2	64	M12 x 3 3/8" Hex Bolt	1
15	Butterfly Pulley Frame	1	65	M10 x 5 11/16" Hex Bolt	1
16	Leg Developer	1	66	M10 x 3" Hex Bolt	19
17	Leg Developer Holder	1	67	M10 x 2 9/16" Hex Bolt	5
18	Seat Support	1	68	M10 x 2 3/8" Hex Bolt	2
19	Backrest Support Frame	1	69	M10 x 1 3/4" Hex Bolt	12
20	Backrest Adjustment Tube	1	70	M10 x 1" Hex Bolt	6
21	Single Floating Pulley Bracket	2	71	M8 x 2 9/16" Allen Bolt	4
22	Selecting Rod	1	72	M8 x 5/8" Allen Bolt	4
23	Weight Plates Guide Rod	2	73	M6 x 5/8" Allen Bolt	2
24	Lat Bar	1	74	Ø 15/16" Flat Washer	2
25	Curl Bar	1	75	Ø 13/16" Flat Washer	85
26	Weight Plates Cover	2	76	Ø 11/16" Flat Washer	8
27	Double Floating Pulley Bracket	2	77	M12 Aircraft Nut	3
28	2" x 4" Bracket	3	78	M10 Aircraft Nut	40
29	2" x 4 3/4" Bracket	3	79	Ø 1" x Ø 5/8" Bushing	6
30	Foot Plate	2	80	Ø 1" x Ø 1/2" Bushing	2
31	Ø 5/8" x 9 3/8" Axle	1	81	Ø 1 1/2" x Ø 1" Bushing	8
32	Ø 1 1/2" Washer	2	82	M10 x 1 9/16" Socket Bolt	1
33	Long Quick Release Pin	2	83	Top Weight Plate	1
34	Short Quick Release Pin	2	84	Selective Weight Plates	14
35	L Shape Pin	1	85	Single Cross Pull Handle	1
36	Selector Pin	1	86	Ankle Strap	1
37	Rubber Bumper	2	87	AB Strap	1
38	Leg Developer Bumper	1			
39	Seat	1			
40	Backrest	1			
41	Butterfly Pad	2			
42	Foam Roll Tube	2			
43	Foam Roll	4			
44	Foam Grip	2			
45	Plastic Spacer	2			
46	Selector Stem	1			
47	82" Cable	1			
48	150" Cable	1			
49	113" Cable	1			
50	121" Cable	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](http://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.

**[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