NOTE:

Please read all instructions carefully before using this product

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Model MACH I

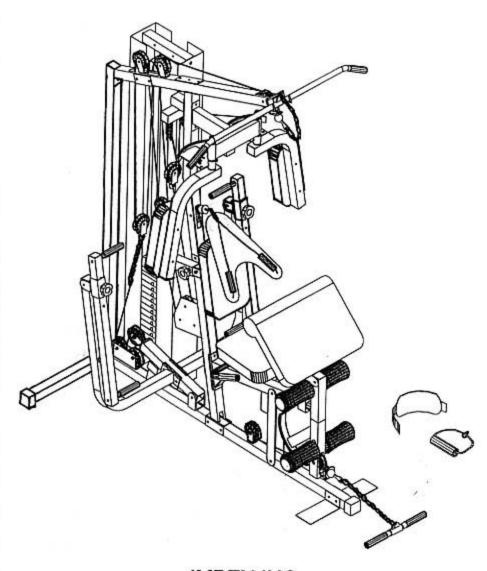
Retain This Manual for Reference

Nov. 12, 1998

OWNER'S MANUAL



MACH I HOME GYM



IMPEX INC. 14777 Don Julian Rd., City of Industry, CA 91746 (800) 999-8899 Fax (626) 961-9966

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BEFORE YOU BEGIN

Thank you for selecting the Marcy MACH I 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 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

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

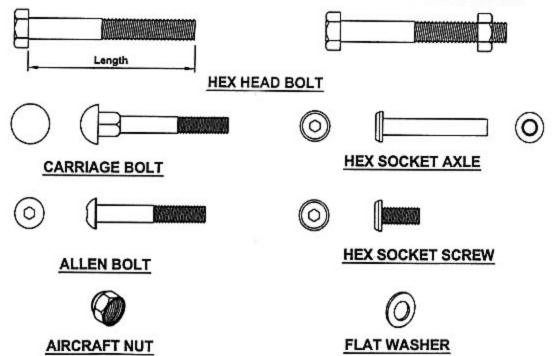
PLACE WASHER, END OF BOLT, OR SCREW REPLACEMENT PARTS ON CIRCLE TO CHECK FOR CORRECT SIZE. MILLIMETERS Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you M6 M8 find either a defective or missing part in this product, Please contact us for INCHES 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.

3/4"

1/2"

5/8



ASSEMBLY INSTRUCTION

Tools required to assembly the machine: Two Adjustable Wrenches One Allen Wrench

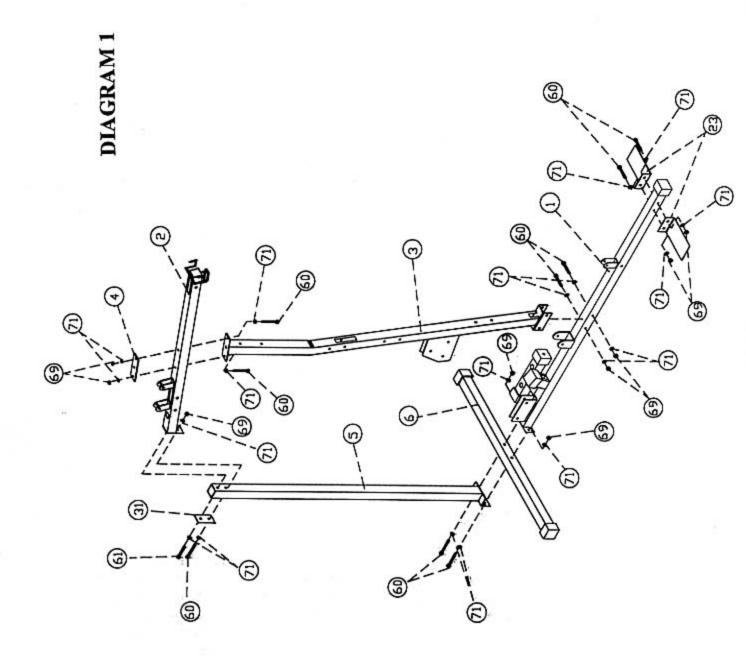
NOTE: It is strongly recommended that this machine be assembled by two or more people to avoid possible injury.

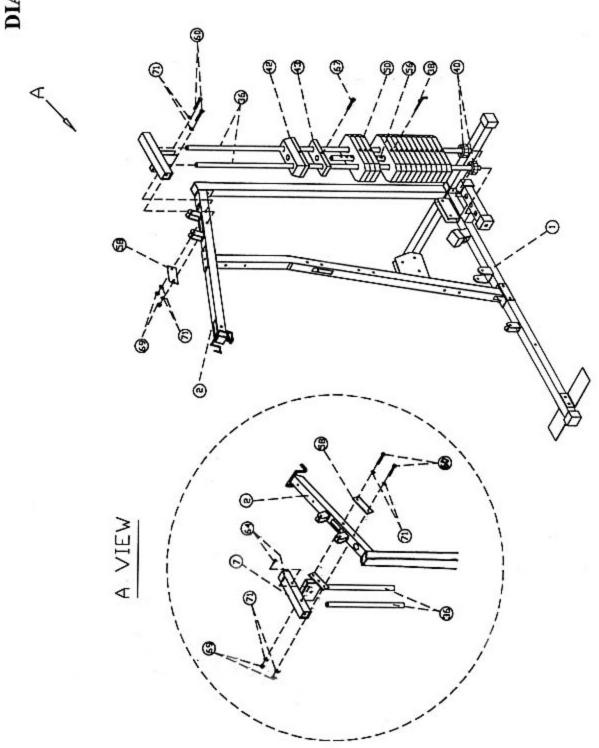
STEP 1 (SEE DIAGRAM 1)

- A.) Place the Base Frame (#1) firmly on the floor. Attach two Foot Plates (#23) to front of the Base Frame (#1). Align the holes and secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69). Note: Do not tighten all the nuts and bolts yet. Only finger-tighten them for now.
- B.) Attach the Rear Stabilizer Bar (#6) and Rear Vertical Frame (#5) to the back of the Base Frame (#1). Align the holes and secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- C.) Attach the Front Vertical Frame (#3) to the Base Frame (#1) and secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- D.) Attach the Upper Frame (#2) to the top of the Front Vertical Frame (#3). Secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), one 2"x6 1/4" Bracket (#4), and two M10 Aircraft Nuts (#69).
- E.) Attach the Upper Frame (#2) to the top of the Rear Vertical Frame (#5). Secure it with one M10 x 2 ½" Bolt (#61), one M10 x 3" Bolt (#60), three Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Securely tighten all the nuts and bolts previously installed.

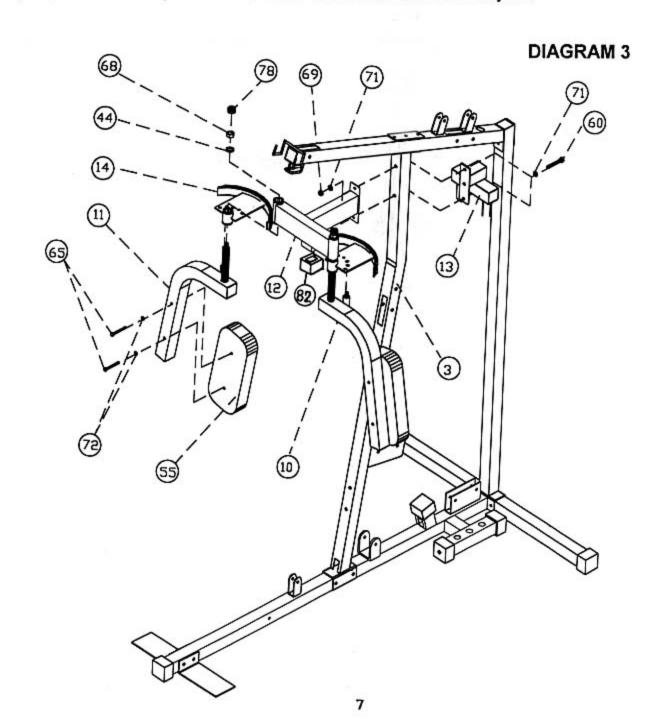
STEP 2 (SEE DIAGRAM 2)

- A.) Place two Rubber Bumpers (#40) onto the Base Frame (#1). Align the two holes and push two Weight Plate Guide Rods (#36) through the Bumpers into the Base Frame.
- B.) Slide fourteen Selective Weight Plates (#50) from top of the Guide Rods (#36) down to the Base Frame (#1). NOTE: The grove on the plates should always faces down and towards the left side of the machine. Insert the Selecting Rod (#56) into the center hole on the plates. Slide the Selector Stem (#42) onto the Guide Rods. Align the holes and secure the Selector Stem (#42) to the Selecting Rod (#56) with a M10 x 1 5/8" Socket Bolt (#67). Please note that the Top Plate (#43) is already inside the Selector Stem (#42).
- C.) Attach the Top Socket Assembly (#7) to the top of the Weight Plate Guide Rods (#36). Secure it to the Upper Frame (#2) with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), one 4 3/4" x 2" Bracket (#58), and two M10 Aircraft Nuts (#69). (See A View.)
- D.) Secure the Top Socket Assembly (#7) to the Weight Plate Guide Rods (#36) with two M6 x 5/8" Bolts (#64).



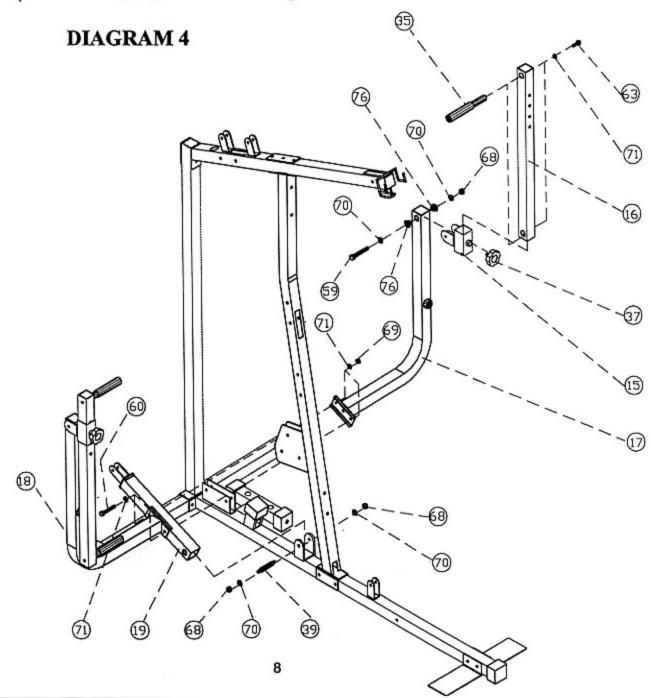


- A.) Attach the Butterfly Support Frame (#12) and the Butterfly Pulley Frame (#13) to the Front Vertical Frame (#3). Secure them with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- B.) Attach a 2" Square Rubber Cap (#82) to the opening underneath the Butterfly Support Frame (#12).
- C.) Place a Butterfly Cable Guide (#14) onto the axle on the Right Butterfly Arm (#11). Insert the Right Butterfly Arm through the hole on the Butterfly Support Frame (#12). Secure it with a Ø1 ½" Washer (#44), M12 Aircraft Nut (#68), and M12 Cone Shape Cap (#78).
- D.) Attach a Butterfly Pad (#55) to the Right Butterfly (#11) and secure it with two M8 x 2 ½" Allen Bolts (#65) and Ø3/4" Washers (#72).
- E.) Repeat the above procedures C and D to install the other Butterfly set.



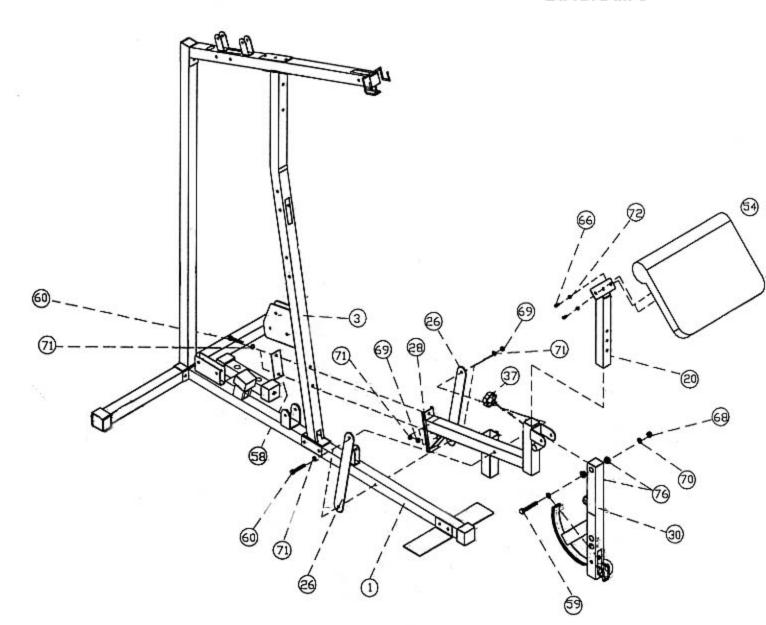
STEP 4 (SEE DIAGRAM 4)

- A.) Attach the Front Press Base (#19) to the Bracket on the Base Frame (#1). Secure it with one Ø5/8"x3 3/4" Axle (#39), two Ø1" Washers (#70), and M12 Aircraft Nuts (#68).
- B.) Attach both Left and Right Front Press Arms (#17 & 18) to the Front Press Base (#19). Secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- C.) Attach two D-Shaped Bushings (#76) to the top of the Left Front Press Arm (#17). Attach a Front Press Pivot Tube (#15) to the Bushings. Secure it with one M12 x 3 3/8" Bolt (#59), two Ø1" Washers (#70), and one M12 Aircraft Nut (#68).
- D.) Slide a Chromed Front Press Adjustment Bar (#16) through the Pivot Tube (#15). Select a desired hole and secure it with a Quick-Release Knob (#37).
- E.) Install a Front Press Handle (#35) to the top of the Chromed Front Press Adjustment Bar (#16). Secure it with a Ø7/8" Washer (#71) and M10 x 1" Bolt (#63). Repeat the same procedure to install another Handle to the bottom of the Adjustment Bar.
- F.) Repeat the above procedures C through E to install the other side.



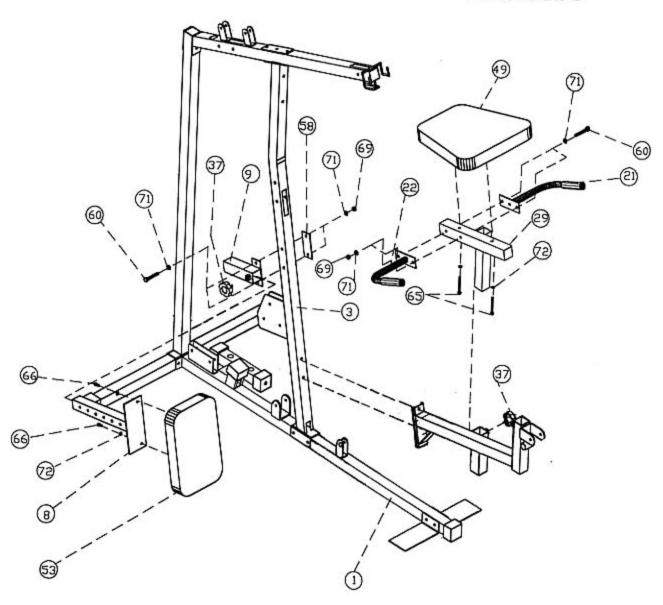
STEP 5 (SEE DIAGRAM 5)

- A.) Attach the Front Main Seat Support (#28) to the Front Vertical Frame (#3). Secure it with two M10 x 3" Bolts (#60); four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- B.) Attach two Seat Support Plates (#26), one on each side, to the Front Main Seat Support (#28). Secure it with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- C.) Attach the Arm Curl Pad (#54) to the Arm Curl Stand (#20). Secure it with two Ø3/4" Washers (#72), and M8 x 5/8" Allen Bolts (#66). Insert the Arm Curl Stand into the front opening on the Main Seat Support (#28) and secure it with a Quick Release Knob (#37).
- D.) Attach two D-Shaped Bushings (#76) to the Leg Developer (#30). Attach the Leg Developer to the bracket on the Front Main Seat Support (#28). Secure it with one M12 x 3 3/8" Bolt (#59), two Ø1" Washers (#70), and one M12 Aircraft Nut (#68).



STEP 6 (SEE DIAGRAM 6)

- A.) Attach both the Left and Right Stationary Handles (#21 & #22) to the Seat Post (#29). Secure them with two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- B.) Attach the Seat (#49) to the Seat Post (#29). Secure it with two Ø3/4" Washers (#72) and M8 x 2 ½" Allen Bolts (#65). Insert the Seat Post into the opening on the Front Main Seat Support (#28) and secure it with a Quick-Release Knob (#37).
- C.) Attach the Backrest Support Frame (#9) to the Front Vertical Frame (#3). Secure it with one 4 ¾" x 2" Bracket (#58), two M10 x 3" Bolts (#60), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- D.) Attach the Backrest Pad (#53) to the Backrest Adjustment Tube (#8). Secure it with two M8 x 5/8" Allen Bolts (#66) and Ø3/4" Washers (#72).
- E.) Insert the Backrest Adjustment Tube (#8) into the Backrest Support Frame (#9) and secure it with a Quick-Release Knob (#37).

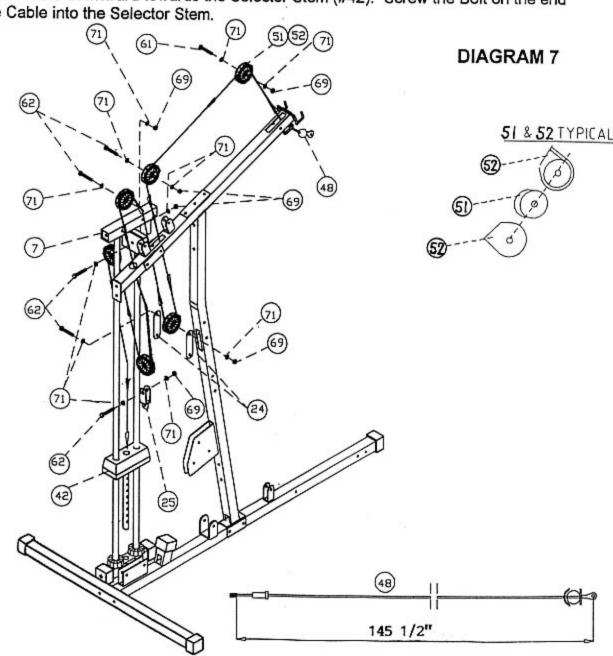


STEP 7 (SEE DIAGRAM 7 & 11)

11

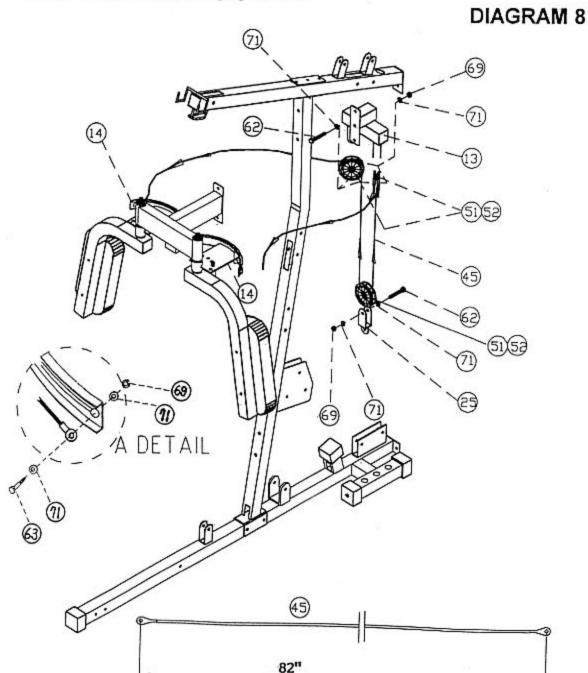
- A.) Attach the 145 ½" Upper Cable (#48) to the front of the Upper Frame (#2). Attach a Pulley (#51) and two Pulley Covers (#52) to the beginning of the Cable. Secure it to the Upper Frame with one M10 x 2 ½" Bolt (#61), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).
- B.) Draw the Cable over another Pulley set on top of the Upper Frame. Insert the Cable downward through the slotted hole behind the Pulley set. (See Diagram 11)
- C.) Attach a Pulley (#51) and two Pulley Covers (#52) to the Cable and secure it with two Double Floating Pulley Brackets (#24), one M10 x 1 ¾" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Let the Pulley and Bracket hanging for now.
- D.) Draw the Cable upward and through the same slotted hole the cable came down from in Step B above. Install another set of Pulley and Covers. Draw the Cable over the Pulley set downward through the small circular hole. Install another set of Pulley and Covers. Secure it with one Single Floating Pulley Bracket (#25), one M10 x 1 3/4" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Let the Bracket hanging for now
- E.) Draw the Cable upward to the Top Socket Assembly (#7). Install a Pulley (#51) with one M10 x 1 3/2" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).

F.) Pull the Cable downward towards the Selector Stem (#42). Screw the Bolt on the end of the Cable into the Selector Stem.



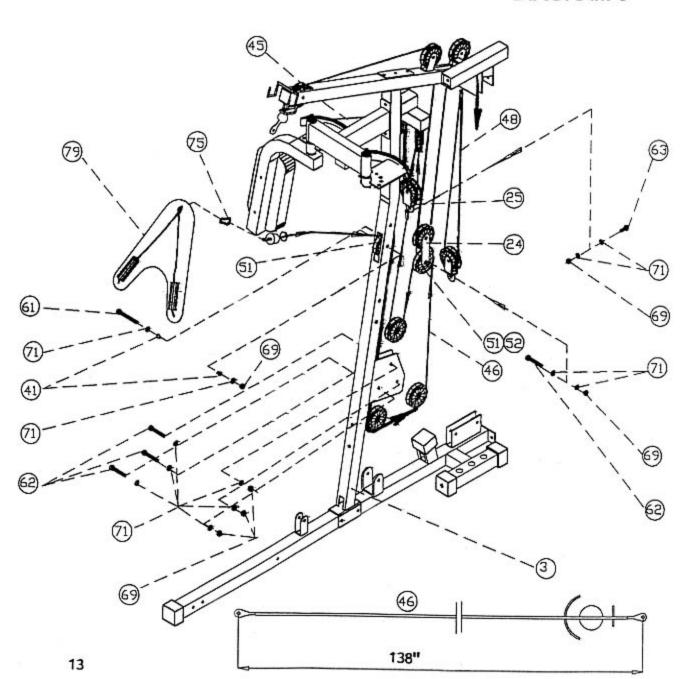
STEP 8 (SEE DIAGRAM 8 &-11)

- A.) Attach one end of the 82" Butterfly Cable (#45) to the Butterfly Cable Guide (#14). Secure it with one M10 x 1" Bolt (#63), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Attach the other end of the Cable to the other Cable Guide. See Diagram 11.
- B.) Draw the Cable (#45) to the bracket underneath the Butterfly Pulley Frame (#13). Attach Pulley (#51) and two Pulley Covers (#52) to the bracket. Secure it with one M10 x 1 ¾" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Repeat the same procedure to install the other side.
- C.) Pull the Cable downward and attach Pulley (#51) and two Pulley Covers (#52) in the mid-span. Attach a Single Floating Pulley Bracket (#25) to the Pulley and secure it with one M10 x 1 3/4" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69). Let the Bracket hanging for now.

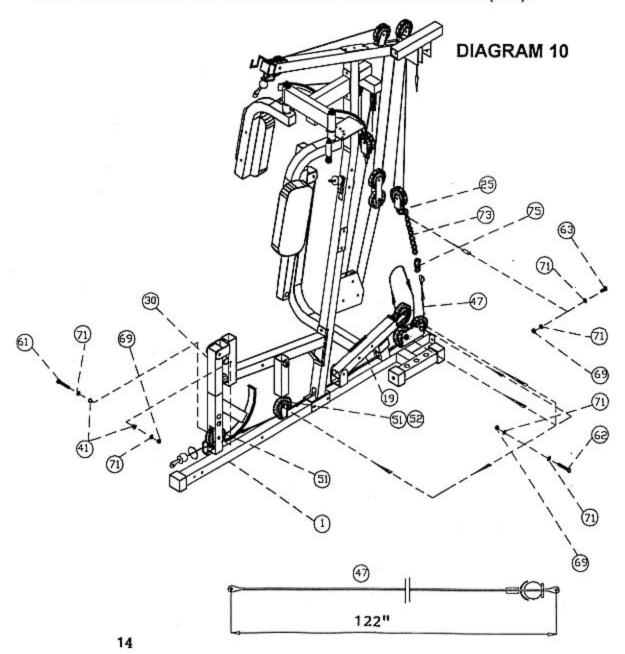


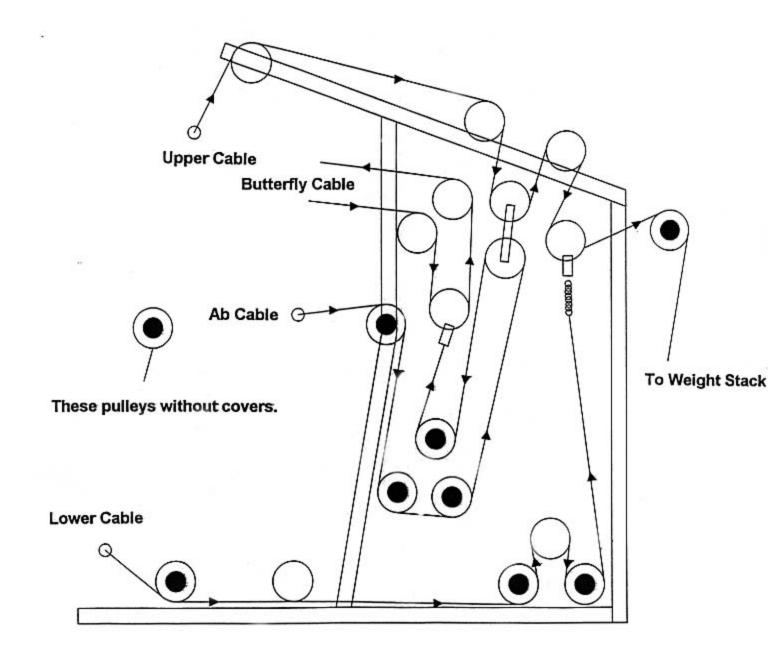
STEP 9 (SEE DIAGRAM 9 & 11)

- A.) Insert the 138"Ab Cable (#46) through the slotted hole on the Front Vertical Frame (#3). Install a Pulley (#51) to the hole and secure it with one M10 x 2 ½" Bolt (#61), two Ø7/8" Washers (#71), two Bushings (#41), and one M10 Aircraft Nut (#69).
- B.) Draw the Cable downward between the two Plates. Install two Pulleys (#51) with two M10 x 1 ¾" Bolts (#62), four Ø7/8" Washers (#71), and two M10 Aircraft Nuts (#69).
- C.) Draw the Cable upward towards the Double Floating Bracket (#24) previously installed in Step 7C. Install Pulley (#51) and two Pulley Covers (#52). Secure it with one M10 x 1 3/4" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).
- D.) Draw the Cable downward back towards the two Plates. Install another Pulley then draw the Cable upward again towards the Single Floating Bracket previously installed in Step 8C. Secure it with a M10 x 1" Bolt (#63), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).
- E.) Attach the Ab Strap (#79) to the beginning of the Cable with a Hook (#75).



- A.) Insert the 122" Lower Cable (#47) through the hole on the bottom of the Leg Developer (#30). Install a Pulley (#51). Secure it with a M10 x 2 ½" Bolt (#61), two Ø7/8" Washers (#71), two Bushings (#41), and one M10 Aircraft Nut (#69).
- B.) Draw the Cable towards the back of the machine. Install a Pulley and two Covers to the bracket underneath the seat. See Diagram 11.
- C.) Insert the Cable through the opening on the bottom of the Front Vertical Frame (#3) and Front Press Base (#19).
- D.) Draw the Cable to the two plates on the Base Frame (#1). Install a Pulley with one M10 x 1 3/4" Bolt (#62), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).
- E.) Draw the Cable upward towards the bracket on the tip of the Front Press Base (#19). Install a Pulley. Route the Cable around the Pulley back to the Plates. Install another Pulley.
- F.) Pull the Cable upward towards the Single Floating Pulley Bracket (#25) previously installed in Step 7D. Connect a Short Chain (#73) to the Bracket with one M10 x 1" Bolt (#63), two Ø7/8" Washers (#71), and one M10 Aircraft Nut (#69).
- G.) Connect the other end of the Chain to the Cable with a Hook (#75).

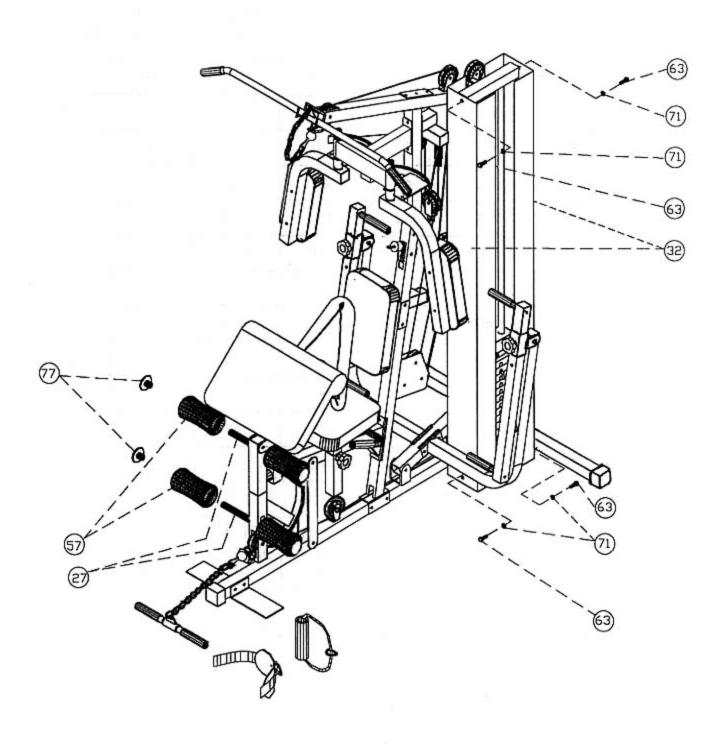




STEP 11

(SEE DIAGRAM 12)

- A.) Insert two Foam Roll Tubes (#27) halfway through the Leg Developer (#30). Push four Foam Rolls (#57) onto the Tube from both sides. Plug four Ø1" End Caps (#77) to close the opening.
- B.) Attach two Weight Plate Covers (#32) to the outside of the selective weight plates. Secure it with four M10 x 1" Bolts (#63) and Ø7/8" Washers (#71).



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. The "Top" refers to the 10 lb. selector stem. The other numbers refer to the number of plates below the stem.

^{*} Weight resistance shown for the butterfly station is for each arm. Actual resistance may very.

WEIGHT PLATES	FRONT PRESS (lbs.)	LEG CURL (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	ARM CURL (lbs.)	BUTTER FLY (lbs.)	AB Pulley (lbs.)
Тор	20	20	10	20	20	10	10
1	40	40	20	40	40	20	20
2	60	60	30	60	60	30	30
3	80	80	40	80	80	40	40
4	100	100	50	100	100	50	50
5	120	120	60	120	120	60	60
6	140	140	70	140	140	70	70
7	160	160	80	160	160	80	80
8	180	180	90	180	180	90	90
9	200	200	100	200	200	100	100
10	220	220	110	220	220	110	110
11	240	240	120	240	240	120	120
12	260	260	130	260	260	130	130
13	280	280	140	280	280	140	140
14	300	300	150	300	300	150	150

PARTS LIST

	Description	Q'ty			
1.	Base Frame	1	48.	145 1/2" Upper Cable	1
2.	Upper Frame	1	49.	Seat	1
3.	Front Vertical Frame	1	50.	Weight Plates	14
4.	2" x 6 1/4" Bracket	1	51.	Pulley	19
5,	Rear Vertical Frame	1	52.	Pulley Covers	22
6	Rear Stabilizer Bar	1	53.	Backrest Pad	92
7.	Top Socket Assembly	1	54.	Arm Curl Pad	1
8.	Backrest Adjustment Tube	1	55.	Butterfly Pad	2
9.	Backrest Support Frame	1	56.	Selecting Rod	1
10.	Left Butterfly Arm	1	57.	Foam Roll	4
11.	Right Butterfly Arm	1	58.	4 ¾" x 2" Bracket	3
12.	Butterfly Support Frame	1	59.	M12 x 3 3/8" Bolt	3
13.	Butterfly Pulley Frame	1	60.	M10 x 3" Bolt	23
14.	Butterfly Cable Guide	2	61.	M10 x 2 ½" Bolt	4
15.	Front Press Pivot Tube	2	62.	M10 x 2 ½ Bolt M10 x 1 ¾" Bolt	16
16.	Front Press Adjustment Bar	2	63.	M10 x 1" Bolt	12
17.	Left Front Press	1	64.	M6 x 5/8" Bolt	2
18.	Right Front Press	1	65.	M8 x 2 ½" Allen Bolt	6
19.	Front Press Base	1	66.	M8 x 5/8" Allen Bolt	4
20.	Arm Curl Stand	1	67.	M10 x 1 5/8" Socket Bolt	1
21.	Left Stationary Handle	1	68.	M12 Aircraft Nut	7
22.	Right Stationary Handle	1	69.	M10 Aircraft Nut	46
23.	Foot Plate	2	70.	Ø1" Washer	8
24.	Double Floating Pulley Bracket	2	71.	Ø7/8" Washer	101
25.	Single Floating Pulley Bracket	2			
26.	Seat Support Plates	2	72. 73.	Ø3/4" Washer	10
27.	Foam Roll Tube	2		Short Chain	2
28.	Front Main Seat Support	1	74. 75.	Long Chain	1
29.	Seat Post	1	76.	Hook	6
30.	Leg Developer	1		D-Shaped Bushing	0
31.	4" x 2" Bracket	1	77.	Ø1" Foam Roll End Cap	4
32.	Weight Plate Cover	2	78. 70	Cone-Shaped Cap	2
33.	Lat Bar	1	79.	AB Strap	1
34.	Shiver Bar	1	80.	Single Cross Pull Handle	1
35.	Front Press Handle	4	81.	Ankle Strap	1
36.	Weight Plates Guide Rod	2	82.	2" Square Rubber Cap	1
37.	Quick-Release Knob	5			
38.	Selector Pin	1			
39.	Ø5/8" x 3 ¾" Axle	1			
40.	Rubber Bumper	2			
41.	Bushing	4			
42.	Selector Stem	1			
43.	Top Plate	1			
44.	Ø1 ½" Washer	2			
45.	82" Butterfly Cable	1			
46.	138" AB Cable	1			
47.	122" Lower 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 a 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 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

When ordering replacement parts, always give the following information.

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