NOTE:
Please read all instructions carefully before using this product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model
MACH IV

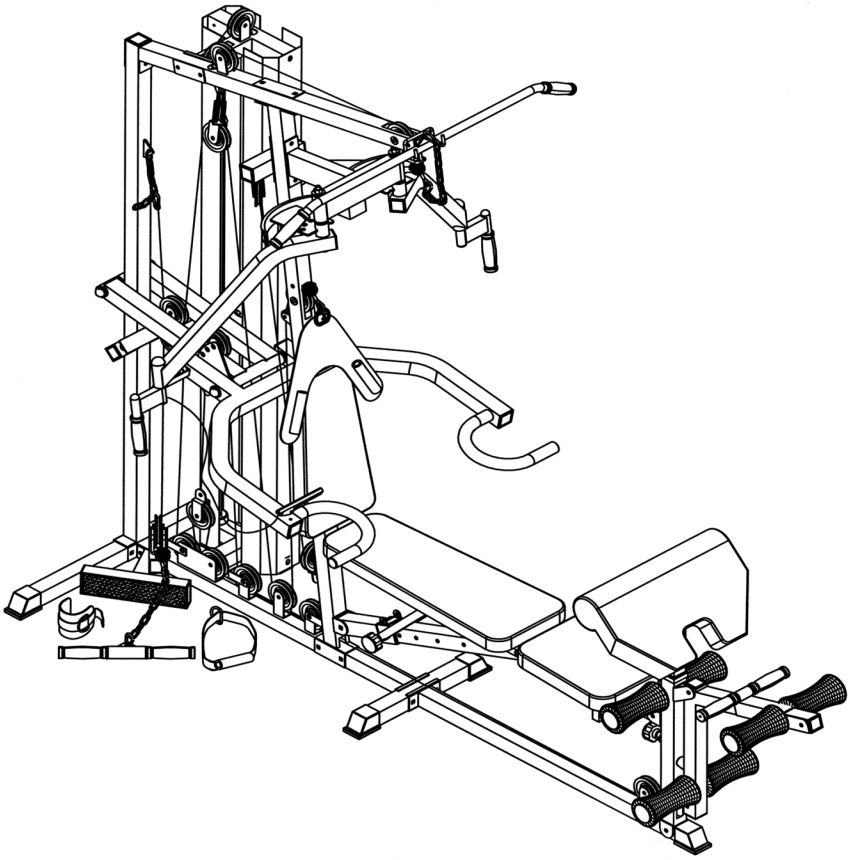
Retain This Manual for Reference

06-20-01

OWNER'S MANUAL

IMPEX
FITNESS PRODUCTS

MARCY MACH IV HOME GYM



IMPEX FITNESS PRODUCTS
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www.impex-fitness.com
info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MACH IV PERSONAL TRAINER 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
www.impex-fitness.com
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.

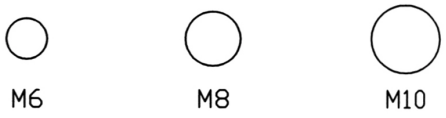
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

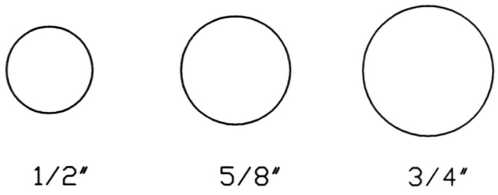
HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



INCHES



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

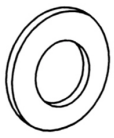
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.

HEX HEAD BOLT

CARRIAGE BOLT

ALLEN BOLT

AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

Tools Required to Assemble 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.) Place the Main Base Frame (#1), Front Stabilizer (#4) and Front Base Frame (#2) on the floor. Secure the three pieces together with two M10 x 2 ¾" Carriage Bolts (#103), ∅3/4" Washers (#127), and M10 Aircraft Nuts (#132). DO NOT tighten all the nuts and bolts yet.

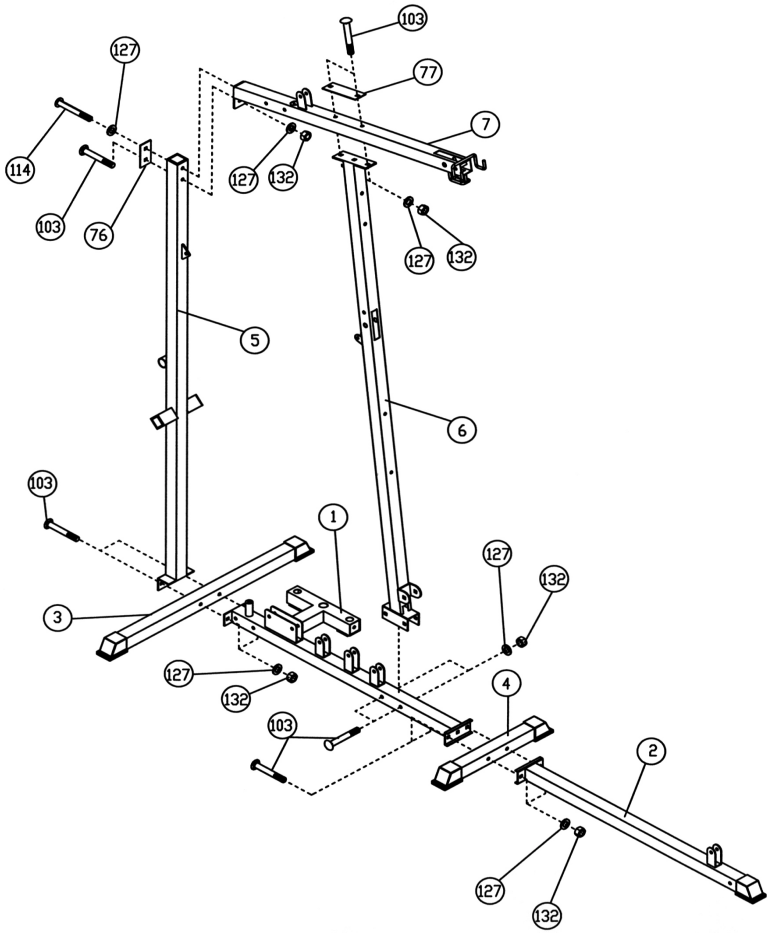
B.) Attach the Rear Stabilizer (#3) and Rear Vertical Beam (#5) to the back end of the Main Base Frame (#1). Secure it with two M10 x 2 ¾" Carriage Bolts (#103), ∅3/4" Washers (#127), and M10 Aircraft Nuts (#132).

C.) Attach the Front Vertical Beam (#6) to the Main Base Frame (#1). Secure it with two M10 x 2 ¾" Carriage Bolts (#103), ∅3/4" Washers (#127), and M10 Aircraft Nuts (#132).

D.) Attach the Upper Frame (#7) to the Rear Vertical Beam (#5). Secure the top hole with one 4" x 2" Bracket (#76), ∅3/4" Washer (#127), and M10 x 2 ½" Allen Bolt (#114). Secure the bottom hole with one M10 x 2 ¾" Carriage Bolt (#103), ∅3/4" Washer (#127) and M10 Aircraft Nut (#132).

E.) Attach the Upper Frame (#7) to the top of the Front Vertical Beam (#6). Secure it with two M10 x 2 ¾" Carriage Bolts (#103), one 6 ¼" x 2" Bracket (#77), two ∅3/4" Washers (#127) and M10 Aircraft Nuts (#132).

DIAGRAM 1



STEP 2 (See Diagram 2)

A.) Align two Rubber Bumpers (#81) to the holes on the Main Base Frame (#1). Push two Guide Rods (#9) into the holes. Install 19 Weight Plates (#62). To install the plates, hold the plate at an angle and place between the two guide rods then drop it down. Make sure the grooves on the plastic covers all face up. The plates should all interlock with each other. See diagram below. It is strongly recommended to spray some lubricant such as WD-40 on the two chromed Guide Rods (#9) to minimize friction.

B.) Insert the Selector Rod (#126) into the center hole on the plates. Slide the Selector Stem (#64) onto the Guide Rods from the top. Align the holes and secure it with a M10 x ½ Allen Bolt (#119).

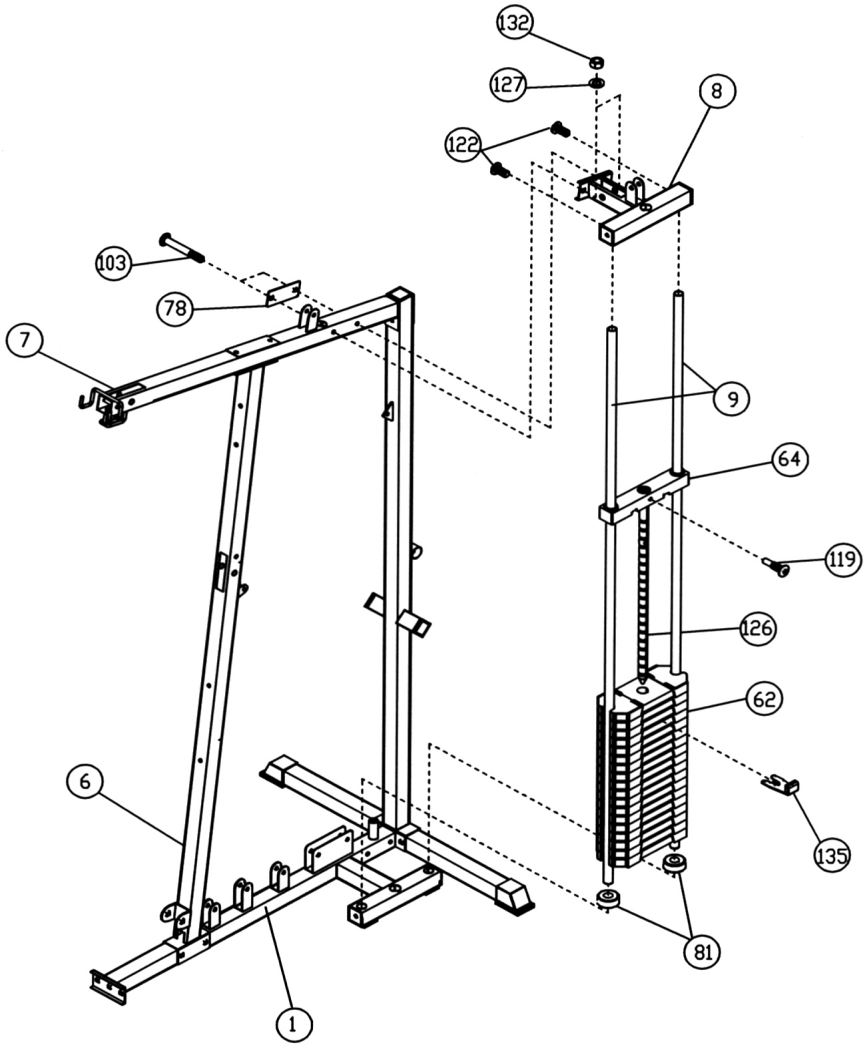
C.) Insert the Weight Plate Selector Pin (#135) in between the plates to secure the rod. Make sure the magnet on the pin faces upward.

D.) Attach the Top Socket Assembly (#8) to the top of the Guide Rods (#9). Secure the Top Socket Assembly (#8) to the Upper Frame (#7) with two M10 x 2 ¾" Carriage Bolts (#103), one 4 ¾" x 2" Bracket (#78), two ∅3/4" Washers (#127), and two M10 Aircraft Nuts (#132).

E.) Securely tighten all the nuts and bolts previously installed.

F.) Attach two M6 x 5/8" Allen Bolts (#122) to the Top Socket Assembly (#8). DO NOT over tighten these two bolts.

DIAGRAM 2



STEP 3 (See Diagram 3)

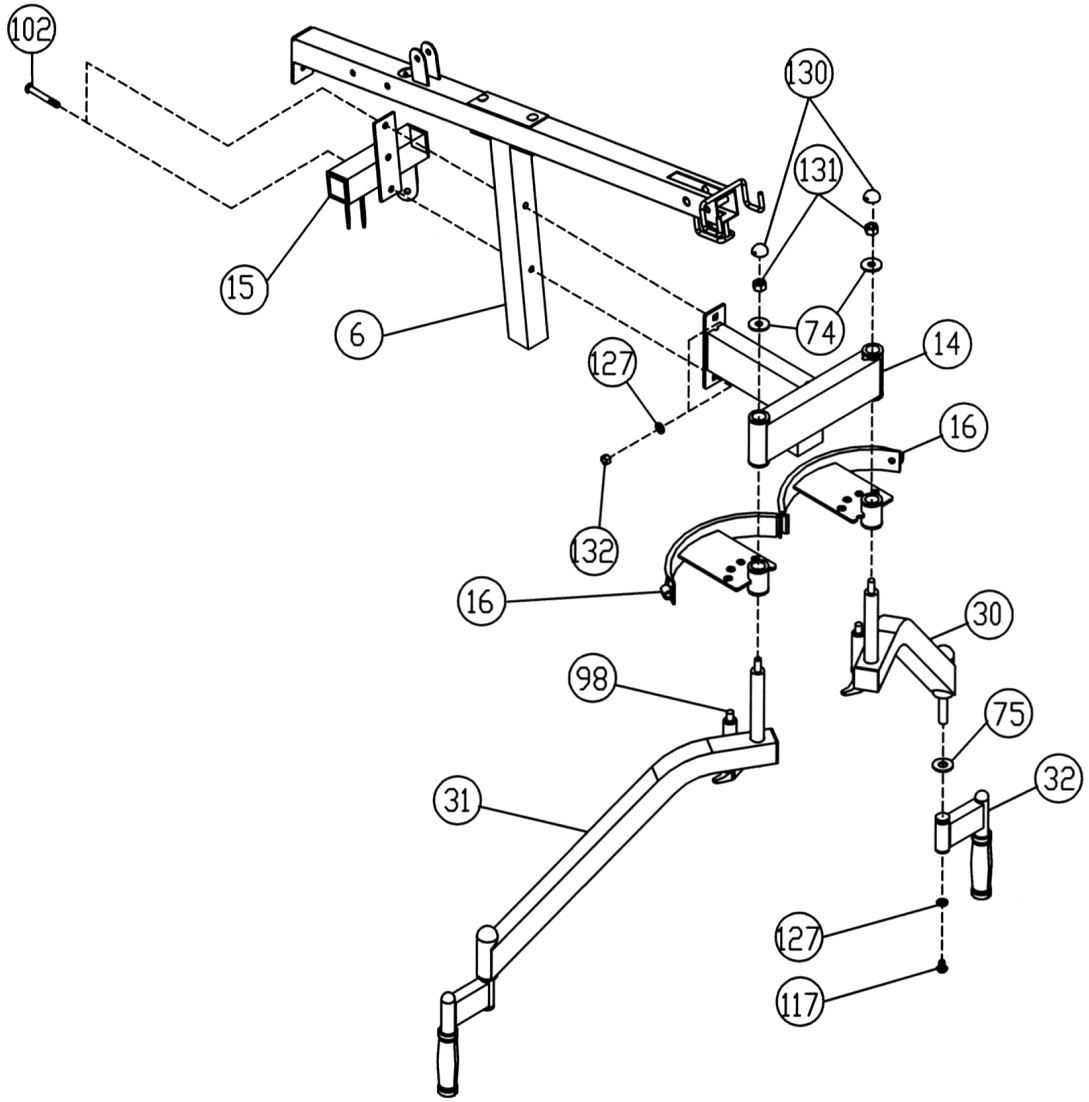
A.) Attach the Butterfly Support Frame (#14) to the front of the Front Vertical Beam (#6). Attach the Butterfly Pulley Support (#15) to the back of the Front Vertical Beam (#6). Secure them with two M10 x 3" Carriage Bolts (#102), ∅3/4" Washers (#127), and M10 Aircraft Nuts (#132).

B.) Attach a Pull Pin Set (#98) to the Right Butterfly Arm (#31). Repeat for the Left Butterfly Arm (#30).

C.) Slide a Butterfly Pulley Bracket (#16) onto the axle on the Right Butterfly Arm (#31). Make sure the Clip is on the outside. Insert the axle on the Right Butterfly Arm (#31) into the hole on the Butterfly Support Frame (#14) from the bottom up. Secure it with a ∅1 ½" Washer (#74) and M12 Aircraft Nut (#131). Securely tighten all the nuts and bolts. Close the end with a Round Cap (#130). Repeat the same procedure to install the Left Butterfly (#30).

D.) Place a ∅1 ½" Washer (#75) onto the axle on the bottom of the Left Butterfly Arm (#30). Slide a Swivel Handle (#32) onto the axle. Secure it with a ∅3/4" Washer (#127) and M10 x ½" Allen Bolt (#117). Repeat for the other side.

DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Attach Foot Support (#11) to the Main Base Frame (#1). Secure it with one M10 x 2 ¾" Carriage Bolt (#103), 4" x 2" Bracket (#76), ∅3/4" Washer (#127), and M10 Aircraft Nut (#132) to the rear hole. Secure the front hole with one M10 x 2 ½" Allen Bolt (#114) and ∅3/4" Washer (#127).

B.) Slide a ∅5/8" Ring (#95) onto the pivot axle on the back of the Main Base Frame (#1). Attach the Swivel Frame (#10) onto the axle. Secure it with a ∅3/4" Washer (#127) and M10 x ¾" Allen Bolt (#116).

C.) Attach the Leg Developer Holder (#25) to the Front Base Frame (#2). Secure it with a M10 x 2 ¾" Carriage Bolt (#103), ∅3/4" Washer (#127), and M10 Aircraft Nut (#132).

D.) Slide the Sliding Block (#47) onto the Main Seat Support (#17). Secure it with a Quick Release Pin (#80). Attach the back end of the Main Seat Support (#17) to the bracket on the bottom of the Front Vertical Beam (#6). Secure it with a M10 x 2 ¾" Carriage Bolt (#103), ∅3/4" Washer (#127), and M10 Aircraft Nut (#132). Secure the front end of the Main Seat Support (#17) to the Leg Developer Holder (#25) with a M10 x 2 ¾" Carriage Bolt (#103), ∅3/4" Washer (#127), and M10 Aircraft Nut (#132).

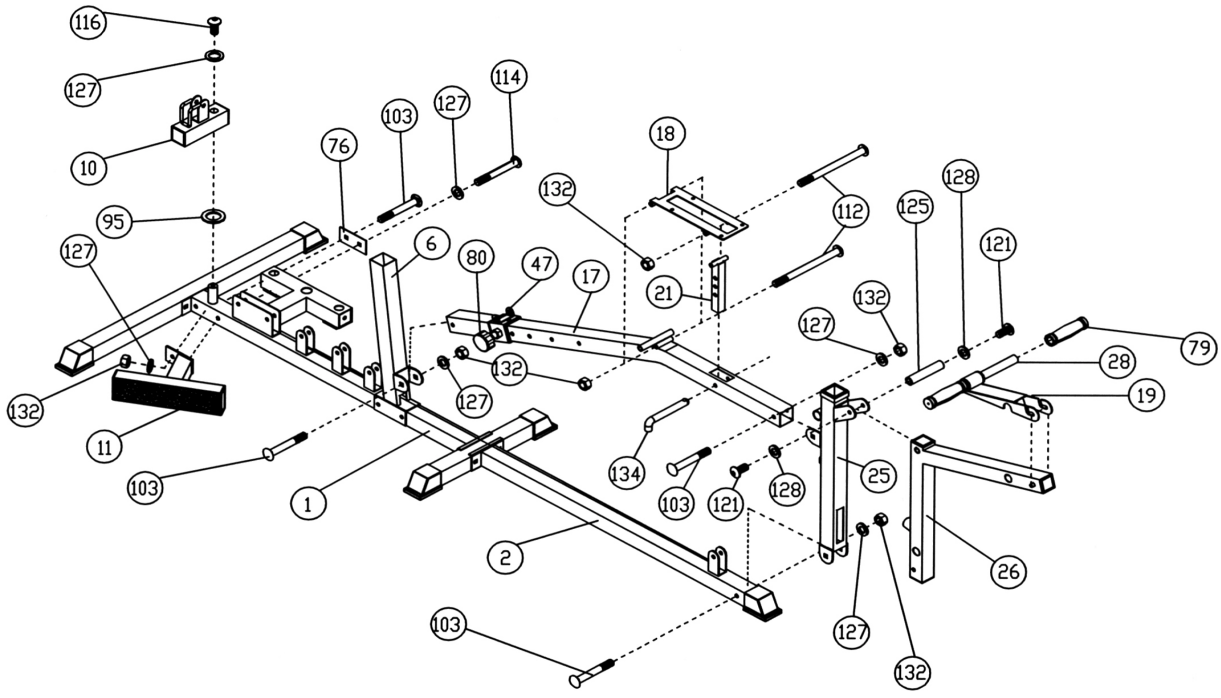
E.) Attach the Leg Developer (#26) to the Leg Developer Holder (#25). Insert a 2 3/16" Axle through the pivot. Secure it with two M8 x 5/8" Allen Bolts (#121) and ∅5/8" Washers (#128).

F.) Attach the Arm Curl Handle (#19) to the front of the Leg Developer (#26). Insert a 12" Tube (#28) through the Handle and push two Grips (#79) onto the Handle.

G.) Attach the Seat Bracket (#18) to the pivot tube on the Main Seat Support (#17). Secure it with a M10 x 4 ¾" Allen Bolt (#112) and M10 Aircraft Nut (#132).

H.) Attach the Seat Incline Support (#21) to the bottom of the Seat Bracket (#18). Secure it with a M10 x 4 ¾" Allen Bolt (#112) and M10 Aircraft Nut (#132). Adjust the incline with a L Shaped Pin (#134).

DIAGRAM 4



STEP 5 (See Diagram 5)

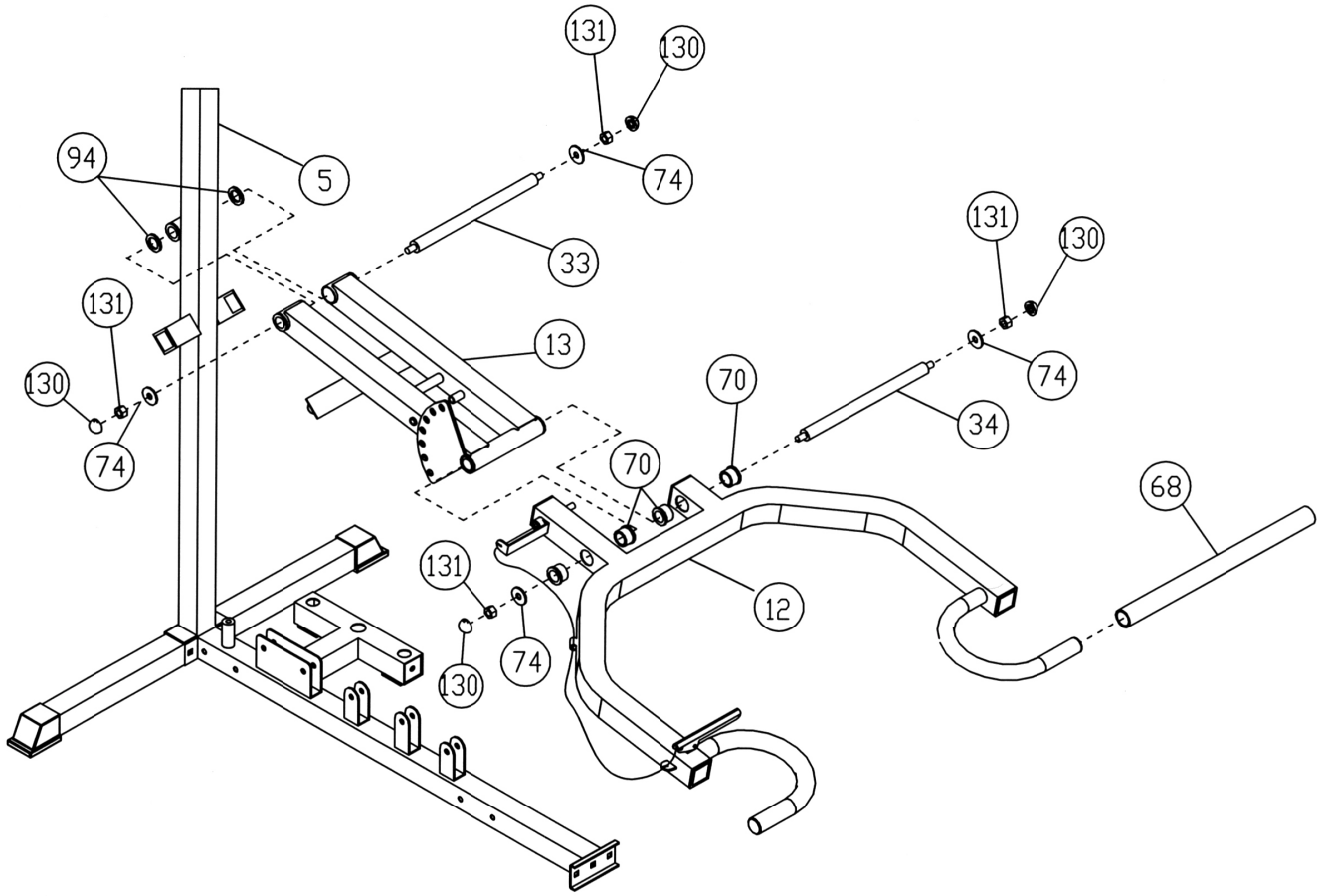
A.) Attach the Bench Press Base (#13) to the opening on the Rear Vertical Beam (#5). Carefully place two ∅1 ½" Washers (#94) in between the Base (#13) and the Vertical Beam (#5). Align the holes and insert a ∅1" x 8" Axle (#33). Secure both sides with two ∅1 ½ Washers (#74) and M12 Aircraft Nuts (#131). Close both ends with two Round Caps (#130).

B.) Attach four ∅1" Bushings (#70) to the openings on the Bench Press Frame (#12). Then attach the Bench Press Frame (#12) to the Bench Press Base (#13). Align the holes and insert a ∅1" x 12 ½" Axle (#34). Secure both sides with two ∅1 ½" Washers (#74) and M12 Aircraft Nuts (#131). Close both ends with two Round Caps (#130).

C.) Lubricate the inside of the Foam Grips (#68) with water then slide them onto the Bench Press Frame (#12).

D.) To adjust the Bench Press Arm, simply squeeze down the break handle on the right side of the Press Arm.

DIAGRAM 5



STEP 6 (See Diagram 6)

A.) Insert three Foam Roll Tubes (#27) halfway through the holes on the Leg Developer (#26). Push six Foam Rolls (#69) onto the Tubes from both sides. Close the ends with six ∅1" End Caps (#89).

B.) Attach the Vertical Backrest Board (#38) to the Front Vertical Beam (#6). Secure it with two M8 x 2 ½" Allen Bolts (#118) and ∅5/8" Washers (#128).

C.) Attach the Arm Curl Pad (#41) to the Arm Curl Stand (#29). Secure it with two M8 x 5/8" Allen Bolts (#121) and ∅5/8" Washers (#128). Insert the Arm Curl Stand (#29) into the opening on the Leg Developer Holder (#25). Secure it with a Quick Release Pin (#80).

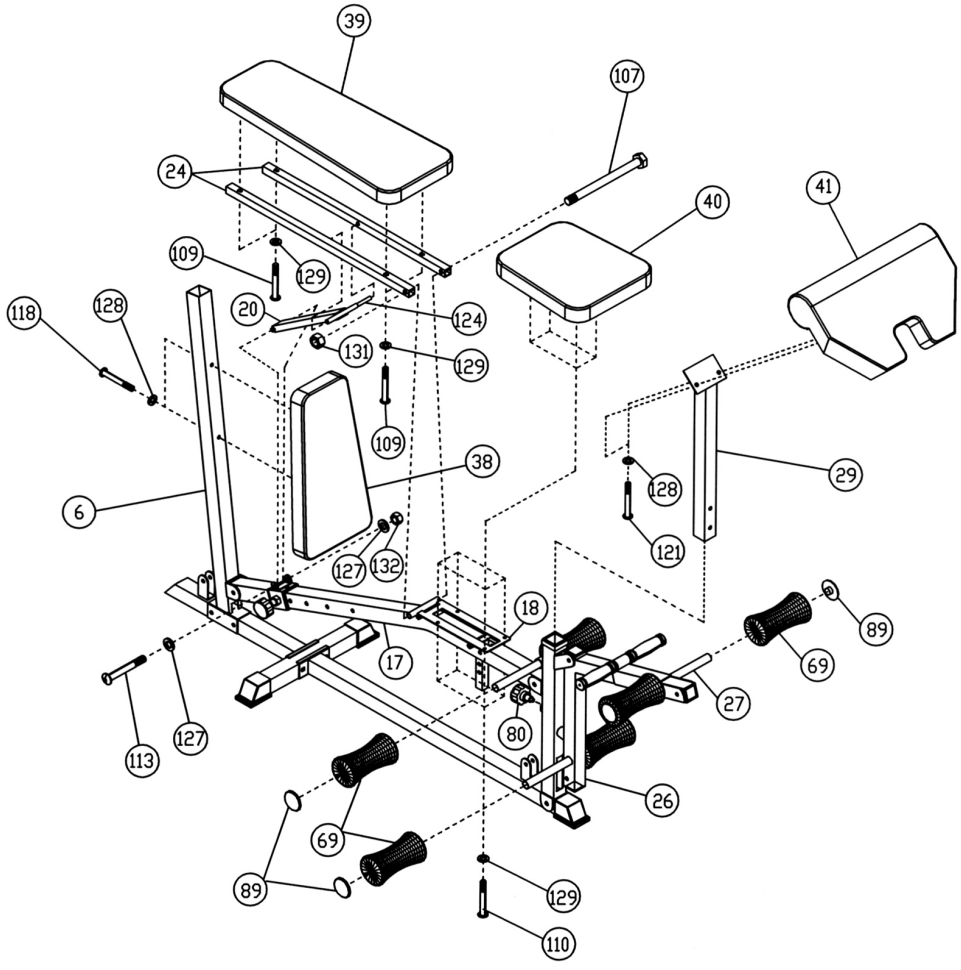
D.) Attach the Seat (#40) to the Seat Bracket (#18). Secure it with four M6 x 5/8" Bolts (#110) and ∅1/2" Washers (#129).

E.) Attach the "Hole-side" of the Backrest Supports (#24) to the pivot tube on the Main Seat Support (#17). Secure it with a M12 x 7 ¼" Bolt (#107) and M12 Aircraft Nut (#131).

F.) Insert a 6 ¼" Pivot Axle (#124) halfway through the Diagonal Support (#20). Attach the Axle to the holes on the Backrest Supports (#24) in the mid-span. Attach the other end of the Diagonal Support (#20) to the Sliding Block (#47) on the Main Seat Support (#17). Secure it with a M10 x 3" Allen Bolt (#113), two ∅3/4" Washers (#127) and one M10 Aircraft Nut (#132).

G.) Attach the Backrest Board (#39) to the Backrest Supports (#24) and secure it with four M6 x 1 3/8" Bolts (#109) and ∅1/2" Washers (#129).

DIAGRAM 6



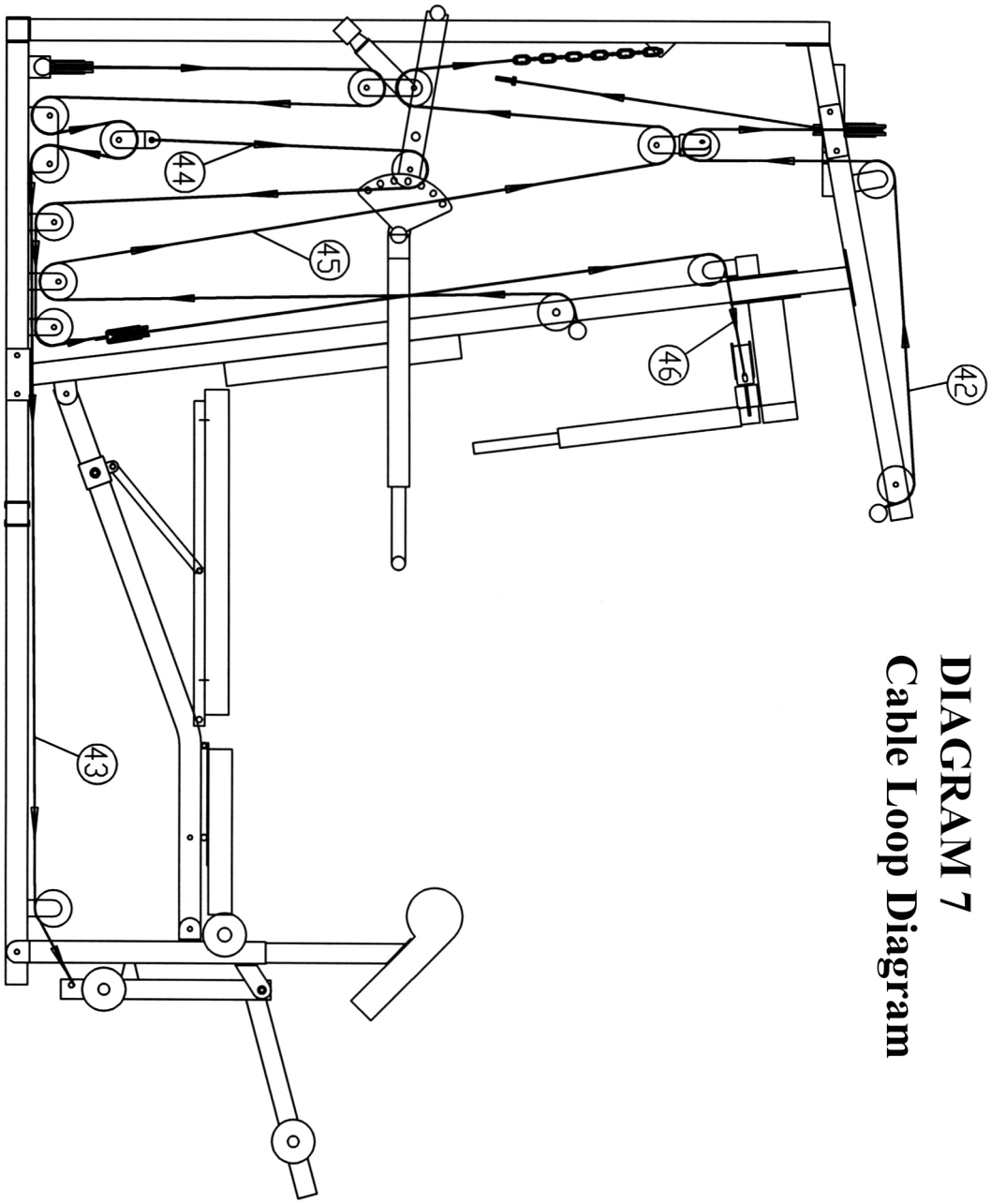


DIAGRAM 7
Cable Loop Diagram

STEP 7 (See Diagram 7 & 8)

A.) Attach one end of the 143" Butterfly Cable (#46) to the Clip on the Butterfly Pulley Bracket (#16) on the right side. Draw the Cable to the Butterfly Pulley Support (#15). Install a Pulley

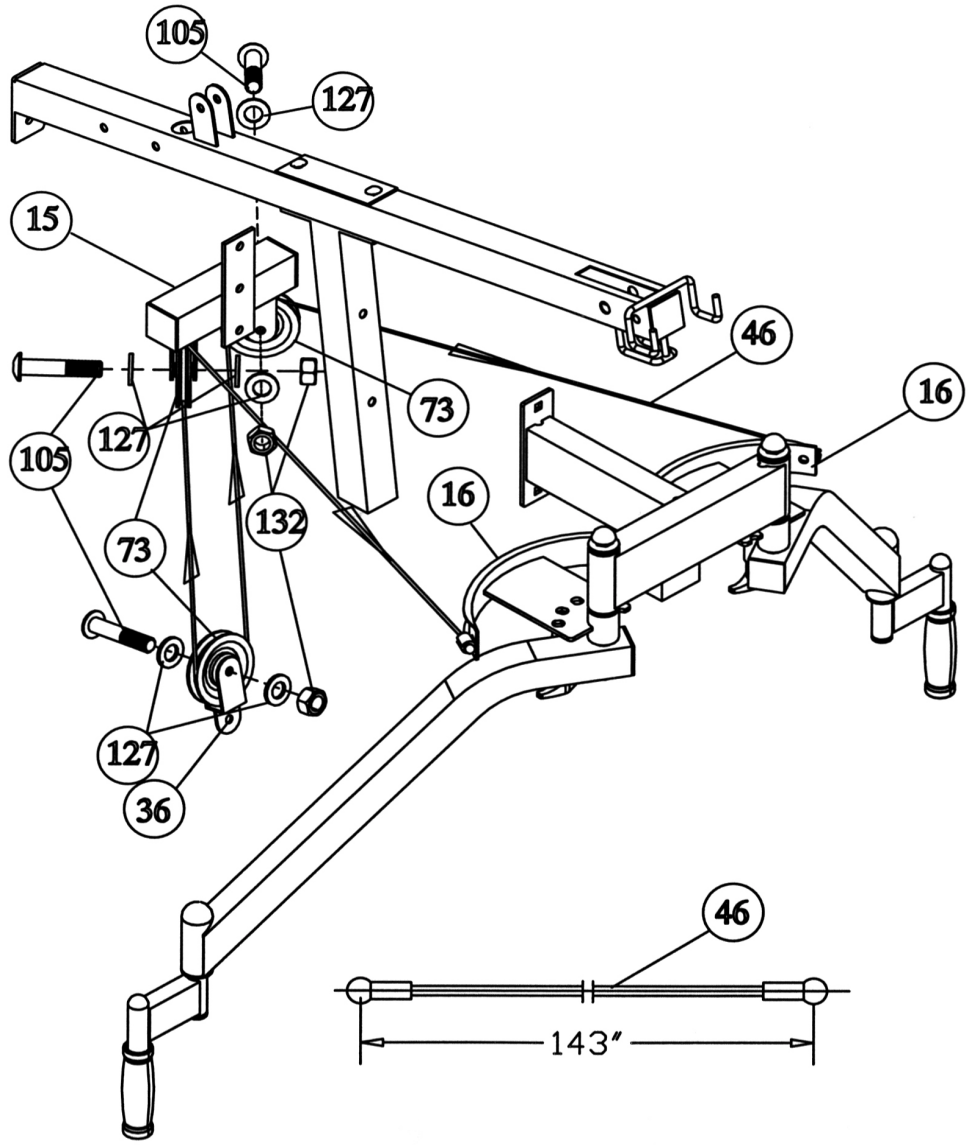
(#73). Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132).

B.) Pull the Cable downward and install a Pulley (#73) and Single Floating Pulley Bracket (#36). Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132). Let the Bracket hang for now.

C.) Pull the Cable upward back to the Butterfly Pulley Support (#15). Install another Pulley (#73) and secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132).

D.) Draw the Cable to the Butterfly Pulley Bracket (#16) on the other side. Secure the end of the Cable to the Clip.

DIAGRAM 8



STEP 8 (See Diagram 7 & 9)

A.) Attach the 121" Upper Cable (#42) to the front of the Upper Frame (#7). Install a Pulley (#73). Secure it with one M10 x 2 ½" Allen Bolt (#114), two ∅3/8" Bushings (#72), and one M10 Aircraft Nut (#132). Make sure the Rubber ball on the Cable is underneath the Frame. Slide the Bolt on the Cable to the other end. Use Quick Release Connector (see How To Use) to connect Short Chain (#56) to the Cable. Use a Clip (#97) to connect the Lat Bar (#22) to Short Chain (#56).

B.) Draw the Cable towards the back of the machine to the bracket on the top of the Upper Frame (#7). Install a Pulley (#73). Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and a M10 Aircraft Nut (#127).

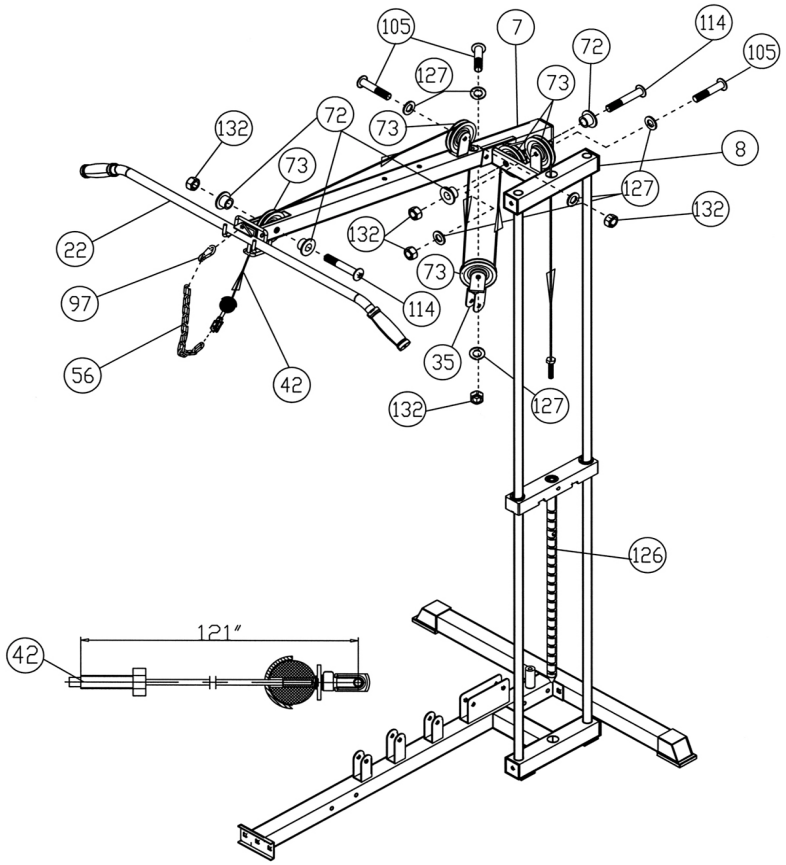
C.) Pull the Cable downward through the opening on the Upper Frame. Install a Pulley (#73) and an Angled Double Floating Pulley Bracket (#35). Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132). Let the Bracket hanging for now.

D.) Pull the Cable upward to the Top Socket Assembly (#8). Install a Pulley. Secure it with a M10 x 2 ½" Allen Bolt (#114), two ∅3/8" Bushings (#72), and one M10 Aircraft Nut (#132).

E.) Continue drawing the Cable to the bracket on the top of the Top Socket Assembly (#8). Install another Pulley. Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132).

F.) Pull the Cable over the Pulleys then through the hole on the Top Socket Assembly (#8) down to the Selector Rod (#126). Screw the Bolt on the end of the Cable into the Selector Rod.

DIAGRAM 9



STEP 9 (See Diagram 7 & 10)

A.) Attach the ball-end of the 171" Ab Cable (#45) to the opening on the Front Vertical Beam (#6). Install a Pulley. Secure it with a M10 x 2 ½" Allen Bolt (#114), two ∅3/8" Bushings (#72), and

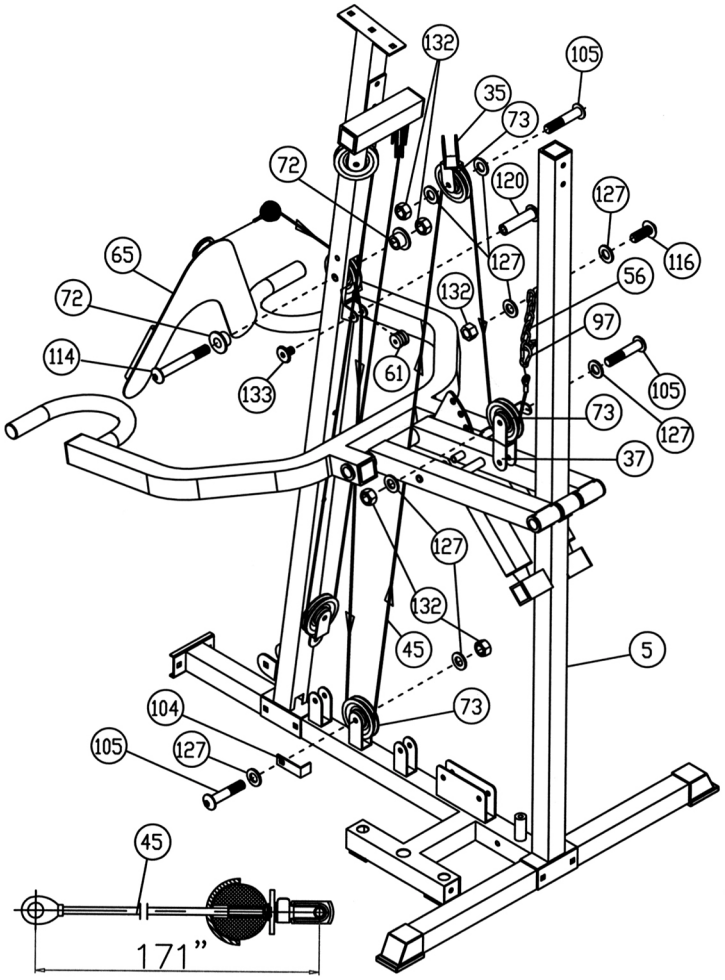
one M10 Aircraft Nut (#132). Use Quick Release Connector and Clip (see How To Use) to connect Ab Strap (#65) to the end of Cable (This is optional).

B.) Install a Small Pulley Wheel (#61) to the bracket behind the opening on the Front Vertical Beam. Secure it with a 1¼" Philips Head Axle (#120) and M5 x 5/16" Philips Head Screw (#133).

C.) Pull the Cable downwards over the Small Pulley Wheel (#61) to the second bracket on the Main Base Frame. Install a Pulley (#73). Then pull the Cable upward to the Angled Double Floating Pulley Bracket (#35) previously installed in STEP 8C. Install a Pulley. Secure it with a M10 x 1 ¾" Allen Bolt (#105), two ∅ ¾" Washers (#127), and one M10 Aircraft Nut (#132).

D.) Draw the Cable downwards then install a Pulley and a Flat Double Floating Pulley Bracket (#37). Let the Bracket hang for now. Attach a Short Chain (#56) to the end of the Cable with a Clip (#97). Attach the other end of the Chain to the bracket on the Rear Vertical Beam (#5). Secure it with a M10 x ¾" Allen Bolt (#116), two ∅3/4" Washers (#127) and a M10 Aircraft Nut (#132). Note: After completing the installation, adjust the length of the Chain to remove the excess sag in the cable loop system.

DIAGRAM 10



STEP 10 (See Diagram 7 & 11)

A.) Attach one end of the 78” Bench Press Cable (#44) to the Single Floating Pulley Bracket (#36) previously installed in STEP 7B. Secure it with a M10 x ¾” Allen Bolt (#116), two ∅3/4” Washers (#127) and a M10 Aircraft Nut (#132).

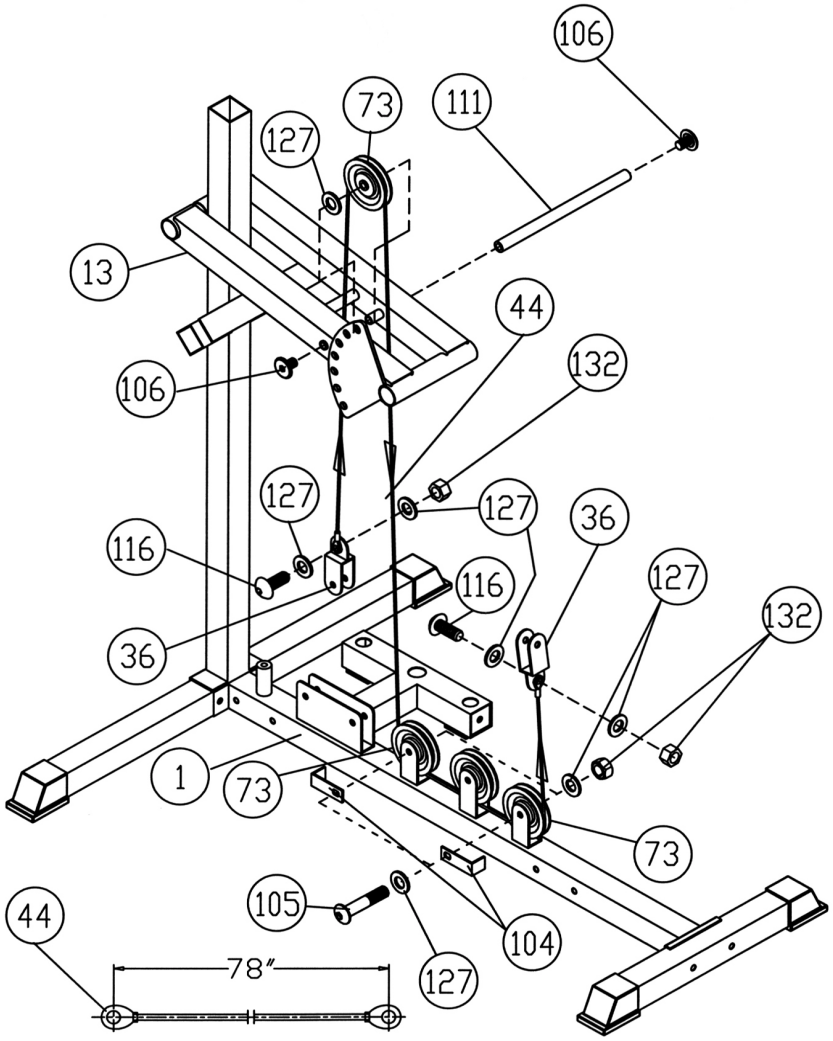
B.) Draw the Cable downward to the first bracket on the Main Base Frame (#1). Install a Pulley (#73). Secure it with a M10 x 1 ¾” Allen Bolt (#105), two ∅ ¾” Washers (#127), one L-shaped Bracket (#104), and one M10 Aircraft Nut (#132). Note: The purpose of the L-Shaped Bracket is to prevent the Cable from coming off the Pulley Wheel.

C.) Draw the Cable towards the back of the machine to the third bracket on the Main Base Frame (#1). The Cable has to travel underneath the second Pulley and bracket previously installed. Install a Pulley to the third bracket.

D.) Pull the Cable upward to the Bench Press Base (#13). Install a Pulley (#73) and a ∅3/4” Washer (#127). Align the holes and insert a M10 x 7” Axle (#111). Secure it with two M8 Hex Socket Screws (#106).

E.) Pull the Cable downward and attach a Single Floating Pulley Bracket (#36) to the end of the Cable. Secure it with a M10 x ¾” Allen Bolt (#116), two ∅3/4” Washers (#127) and a M10 Aircraft Nut (#132). Let the Bracket hang for now.

DIAGRAM 11



STEP 11 (See Diagram 7 & 12)

A.) Attach the Ball-end of the 174” Lower Cable (#43) to the Swivel Frame (#10) on the Main Base Frame (#1). Install a Pulley (#73) and secure it with a M10 x 1 ¾” Allen Bolt (#105), two ∅ ¾” Washers (#127), one L-shaped Bracket (#104), and one M10 Aircraft Nut (#132).

B.) Pull the Cable upward to the Flat Double Floating Pulley Bracket (#37) previously installed in STEP 9D. Install another Pulley.

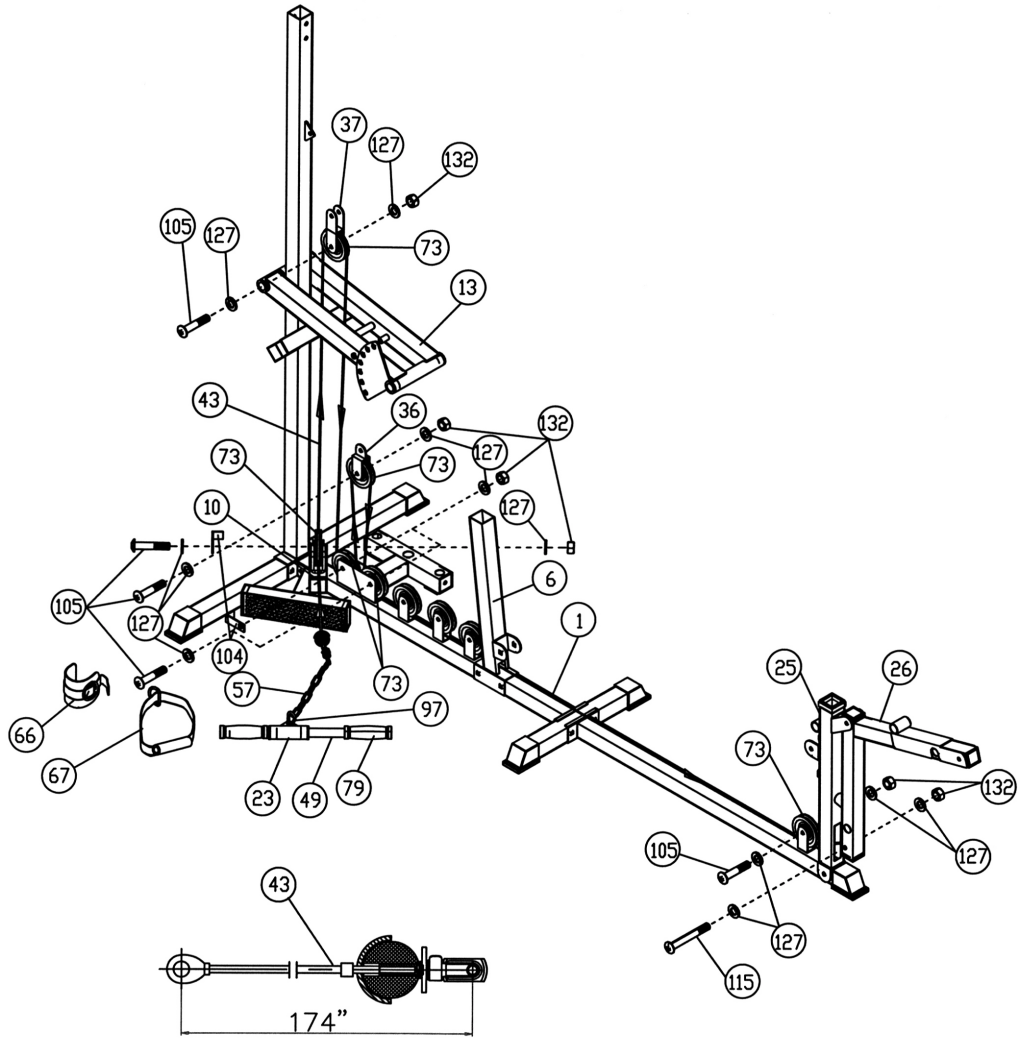
C.) Draw the Cable downward to the plate bracket on the Main Base Frame. Install a Pulley. Then pull the Cable upward to the Single Floating Pulley Bracket (#36) previously installed in STEP 10E. Install another Pulley.

D.) Pull the Cable downward back to the plate bracket on the Main Base Frame. Install a Pulley.

E.) Draw the Cable along the top surface of the Base Frame towards the front of the machine. The Cable goes underneath the three Pulleys that were previously installed then through the opening on the bottom of the Front Vertical Beam (#6). Pull the Cable all the way to the Leg Developer (#26).

F.) Install a Pulley to the bracket behind the Leg Developer Holder (#25). Insert the end of the Cable into the opening on the Leg Developer. Align the ring on the Cable to the holes. Secure it with a M10 x 2 3/8” Allen Bolt (#115), two ∅3/4” Washers (#127) and a M10 Aircraft Nut (#132).

DIAGRAM 12

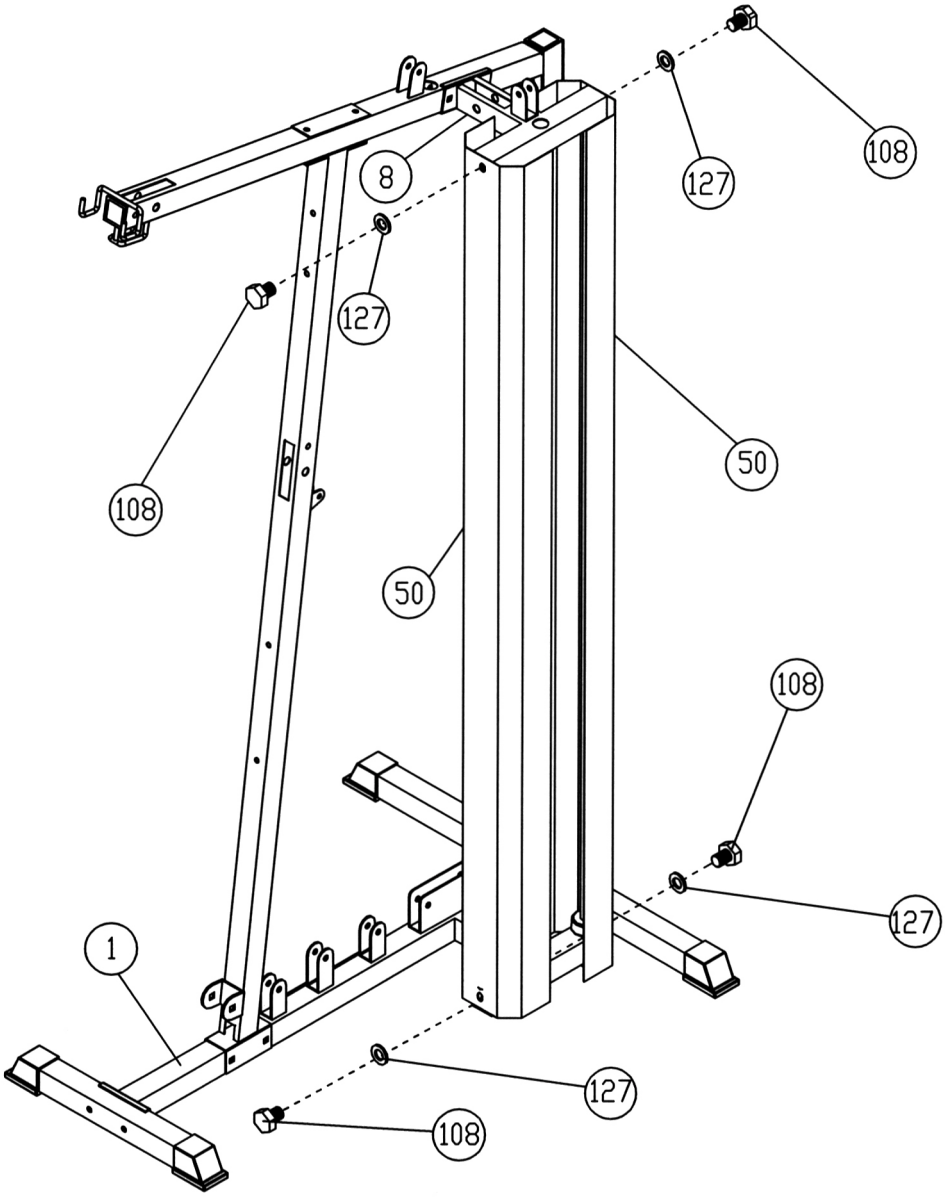


STEP 12 (See Diagram 13)

A.) Securely tighten all the nuts and bolts previously installed.

B.) Attach the Weight Stack Covers (#50) to the machine and secure it with four ∅3/4" Washers (#127) and M10 x 5/8" Bolts (#108).

DIAGRAM 13



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Rear Base Frame	1
2	Front Base Frame	1
3	Rear Stabilizer	1

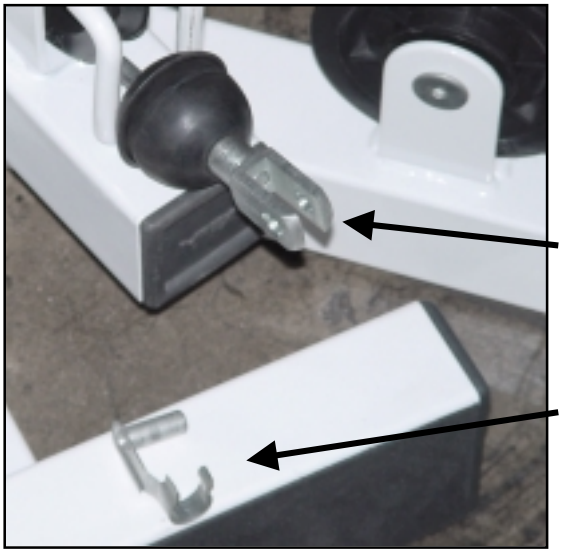
4	Front Stabilizer	1
5	Rear Vertical Beam	1
6	Front Vertical Beam	1
7	Upper Frame	1
8	Top Socket Assembly	1
9	Guide Rod	2
10	Swivel Frame	1
11	Foot Support	1
12	Bench Press Frame	1
13	Bench Press Base	1
14	Butterfly Support Frame	1
15	Butterfly Pulley Support	1
16	Butterfly Pulley Bracket	2
17	Main Seat Support	1
18	Seat Bracket	1
19	Arm Curl Handle	1
20	Diagonal Support	1
21	Seat Incline Support	1
22	Lat Bar	1
23	Curl Bar	1
24	Backrest Support	2
25	Leg Developer Holder	1
26	Leg Developer	1
27	Foam Roll Tube	3
28	∅1” x 12” Tube	1
29	Arm Curl Stand	1
30	Left Butterfly Arm	1
31	Right Butterfly Arm	1
32	Swivel Handle	2
33	∅1” x 9” Axle	1
34	∅1” x 13 3/8” Axle	1
35	Angled Double Floating Pulley Bracket	1
36	Single Floating Pulley Bracket	2
37	Flat Double Floating Pulley Bracket	1
38	Vertical Backrest Board	1
39	Backrest Board	1
40	Seat	1
41	Arm Curl Pad	1
42	121” Upper Cable	1
43	174” Lower Cable	1
44	78” Bench Press Cable	1
45	171” Ab Cable	1
46	143” Butterfly Cable	1
47	Sliding Block	1
48	2” Square Sleeve	2
49	∅1” x 14 ½” Tube	1
50	Weight Stack Cover	2
51	Break Handle	1
52	Small Bushing	2
53	Grip	1
54	M6 x 3/4” Adjustment Screw	2
55	M6 x ½” Adjustment Nut	2
56	Short Chain	2
57	Long Chain	1
63	∅1 ½” Bushing	4
64	Selector Stem	1
65	Ab Strap	1
66	Ankle Strap	1
67	Single Handle	1
68	Foam Grip	2
69	Foam Roll	6
70	∅1” Bushing	18
71	∅5/8” Bushing	6
72	∅3/8” Bushing	6
73	Pulley	21
74	∅1 ½” x ∅1/2” Washer	6
75	∅1 ½” x ∅5/8” Washer	2
76	4” x 2” Bracket	2
77	6 ¼” x 2” Bracket	1
78	4 ¾” x 2” Bracket	1
79	Grip	8
80	Quick Release Pin	2
81	Rubber Bumper	2
82	Rubber Stopper	1
83	2” Square End Cap	1
84	2” Base End Cap	5
85	1 ¾” Square End Cap	5
86	2” Square End Cap	10
87	1 ¾” Square End Cap	2
88	1” Square End Cap	3
89	∅1” Foam Roll End Cap	6
90	∅1 ¼” End Cap	2
91	3 1/8” x 1 ½” End Cap	2
92	∅1 ½” Round End Cap	2
93	∅1” Round End Cap	2
94	∅1 ½” x ∅1” Washer	2
95	∅5/8” Ring	1
96	1 ½” Square Sleeve	1
97	Clip	3
98	Pull Pin	2
99	Pull Pin Nut	1
100	Pull Pin Adjustment	1
101	Spring	1
102	M10 x 3” Carriage Bolt	2
103	M10 x 2 ¾” Carriage Bolt	15
104	L-shaped Bracket	5
105	M10 x 1 ¾” Allen Bolt	17
106	M8 Hex Socket Screw	2
107	M12 x 7 ¼” Bolt	1
108	M10 x 5/8” Bolt	4
109	M6 x 1 3/8” Bolt	4
110	M6 x 5/8” Bolt	4
111	M10 x 7” Axle	1
112	M10 x 4 ¾” Allen Bolt	2
113	M10 x 3” Allen Bolt	1

58	Rubber Bumper	2
59	Wire	1
60	Rubber Pad	1
61	Small Pulley Wheel	1
62	Weight Plate	19
114	M10 x 2 ½” Allen Bolt	5
115	M10 x 2 ¼” Allen Bolt	1
116	M10 x ¾” Allen Bolt	4
117	M10 x ½” Allen Bolt	2
118	M8 x 2 ½” Allen Bolt	2
119	M10 x 1 ¾” Allen Bolt	1
120	1 ¼” Philips Head Screw	1

121	M8 x 5/8” Allen Bolt	4
122	M6 x 5/8” Allen Bolt	5
123	½” Philips Head Screw	2
124	6 ¼” Pivot Axle	1
125	2 3/16” Leg Developer Axle	1
126	Selector Rod	1
127	∅ ¾” Washer	71
128	∅ 5/8” Washer	6
129	∅ ½” Washer	8
130	Cone Shape Cap	6
131	M12 Aircraft Nut	7
132	M10 Aircraft Nut	44
133	M5 x 5/16” Philips Head Screw	3
134	L Shaped Pin	1
135	Weight Selector Pin	1
136	∅ 1 5/8” Bushing	2

HOW TO USE

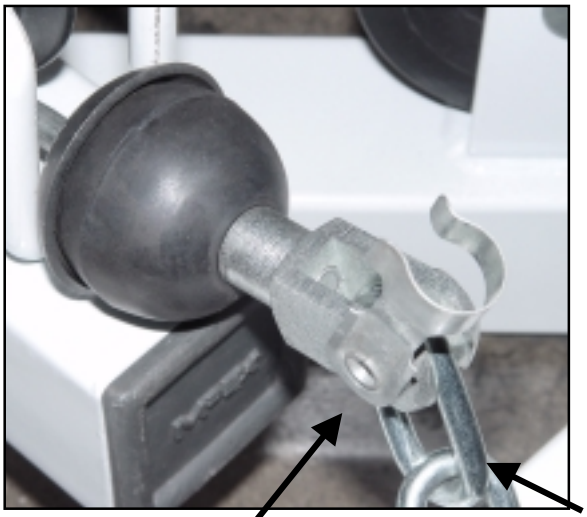
How to use the quick release connector.



The Clip is removed from the Connector.

Connector

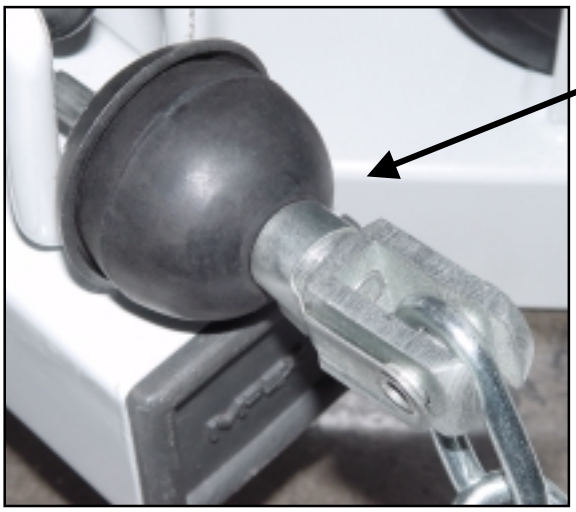
Clip



Place the chain in between the connector and insert the Clip through the holes.

Chain

Insert



Push down the Clip to secure.

MACH IV WEIGHT RESISTANCE CHART

Plate	Arm Curl	Low Pulley	High Pulley	Butterfly	AB Station	Bench Press
0	40	30	20	20	30	60
1	50	40	30	23	40	70
2	60	50	40	26	50	80
3	70	60	50	29	60	90
4	80	70	60	32	70	100
5	90	80	70	35	80	110
6	100	90	80	38	90	120
7	110	100	90	41	100	130
8	120	110	100	44	110	140
9	130	120	110	47	120	150
10	140	130	120	50	130	160
11	150	140	130	53	140	170
12	160	150	140	56	150	180
13	170	160	150	59	160	190
14	180	170	160	62	170	200
15	190	180	170	65	180	210
16	200	190	180	68	190	220
17	210	200	190	71	200	230
18	220	210	200	74	210	240
19	230	220	210	77	220	250

*** 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. 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 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
4. Date of Purchase