NOTE: Please read all instructions carefully before using this product

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Retain This Manual for Reference

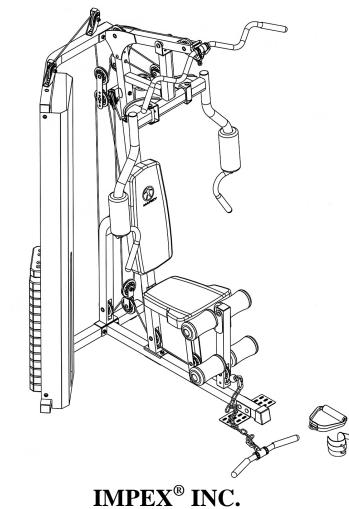
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OWNER'S MANUAL



MARCY HOME GYM

MWM-8150



14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746 Tel: (800) 999-8899 Fax: (626) 961-9966 www.impex-fitness.com

info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the Marcy Home Gym MWM-8150 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 and feet 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.

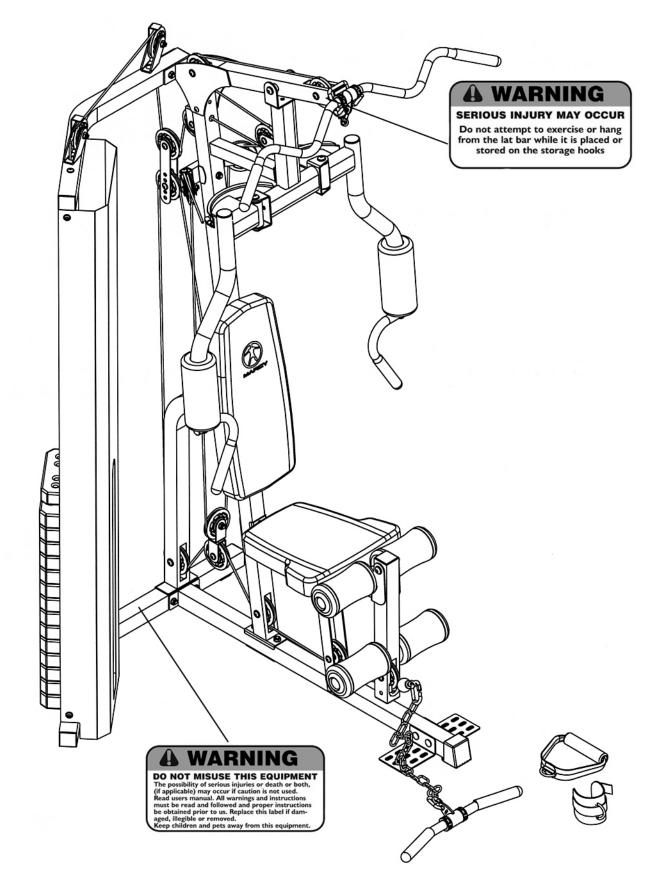
CARE AND MAINTENANCE

- 1. Lubricate moving parts with WD-40 or light oil periodically.
- 2. Inspect and tighten all parts before using the machine.
- 3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
- 4. Maximum user's weight: 300 lbs.

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.

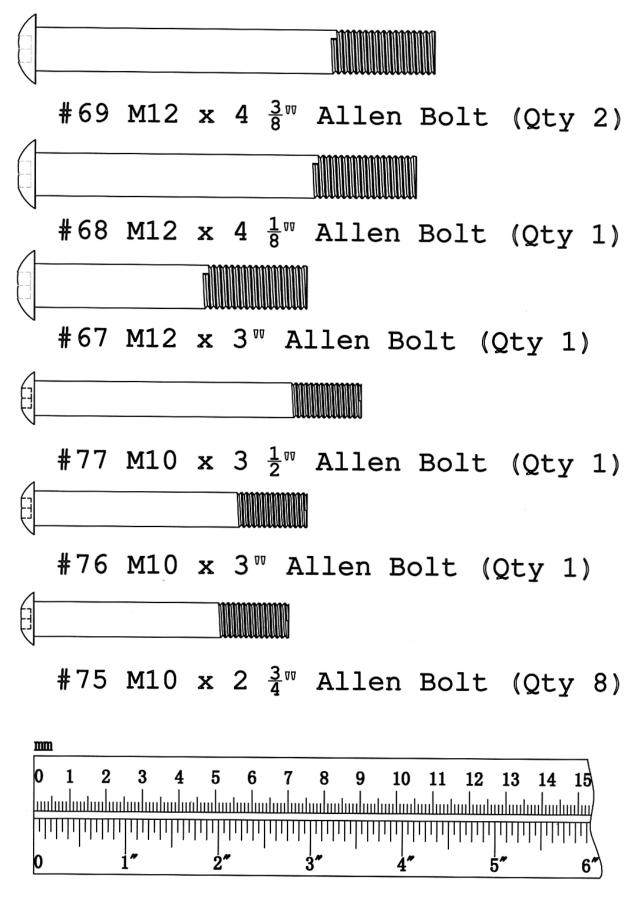
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

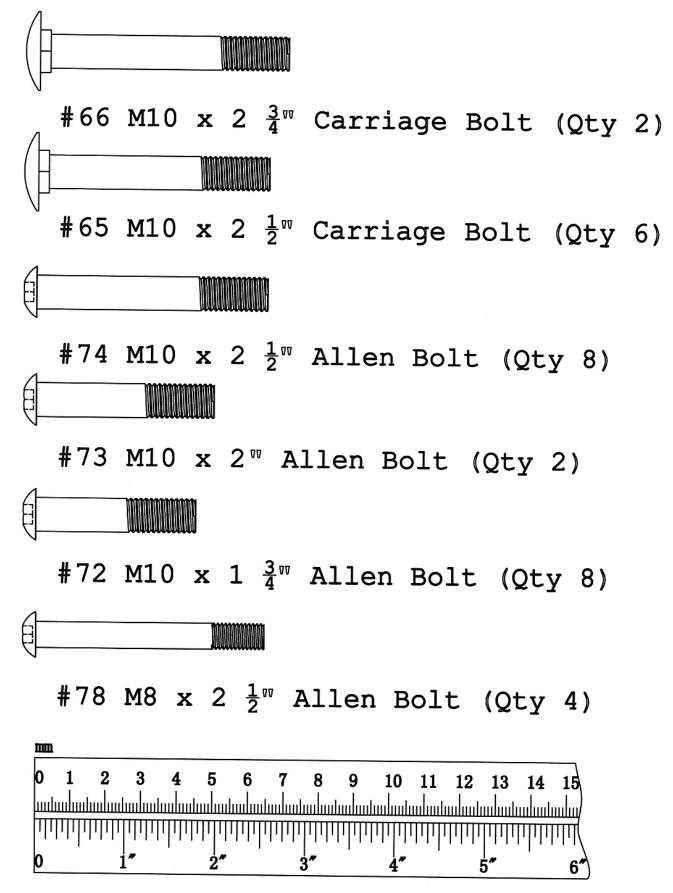


The warning labels shown here have been placed on the Rear Base and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

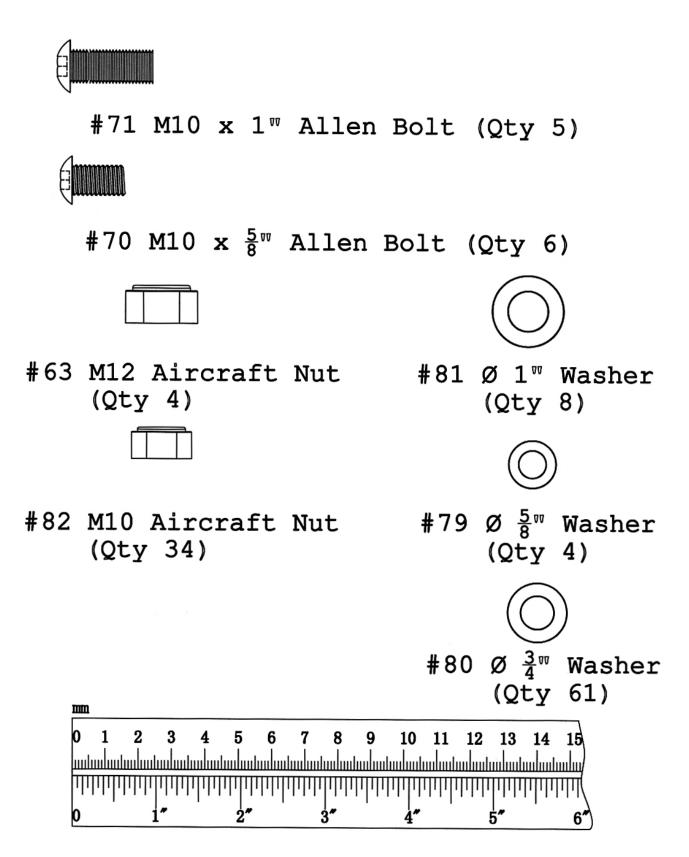
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



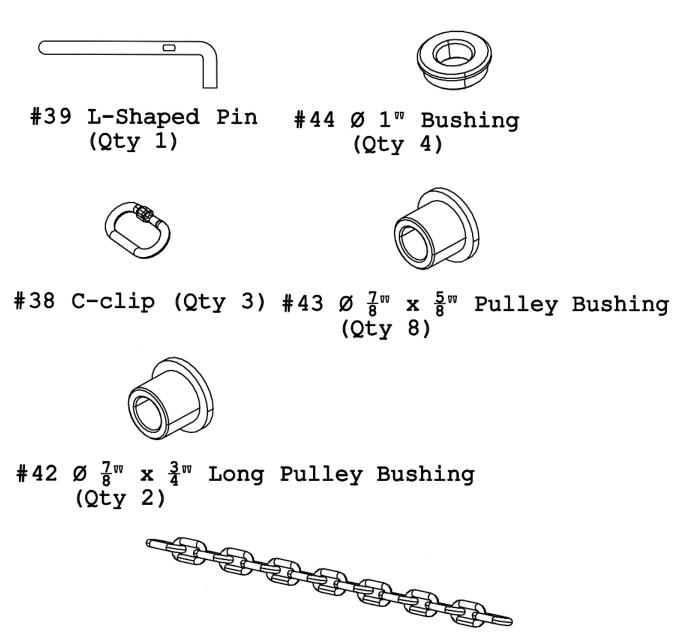
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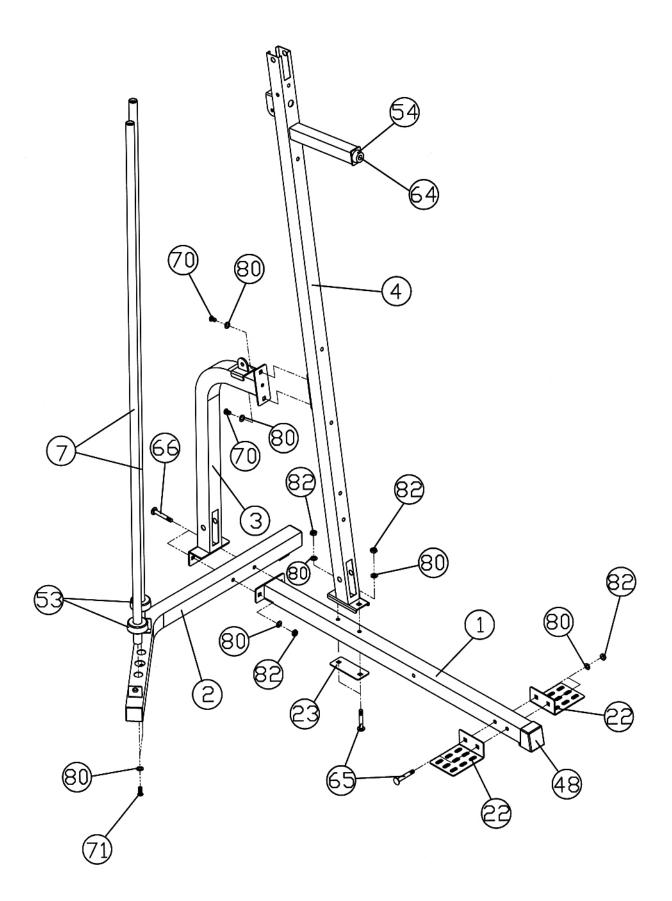
#37 Chain (Qty 1)

ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.

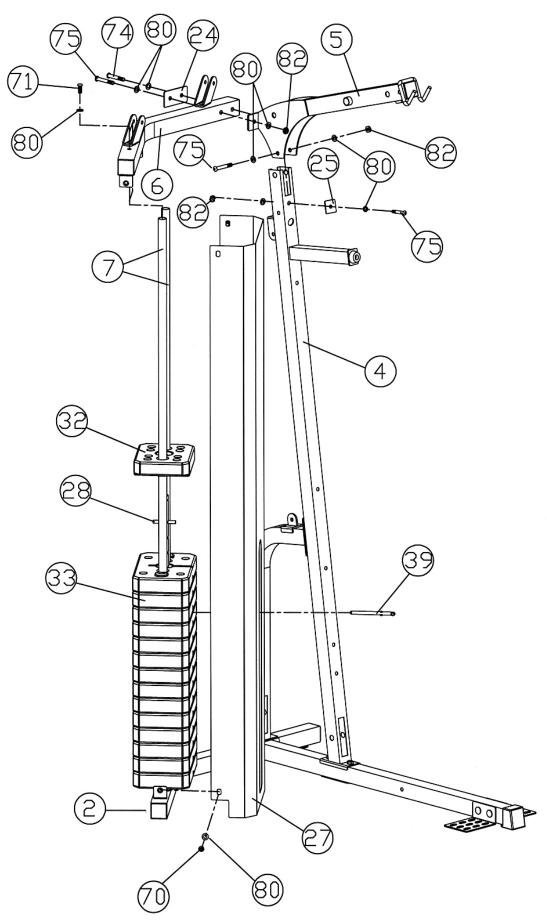
STEP 1 (See Diagram 1)

- A.) Insert the two Guide Rods (#7) into the holes on the Rear Base Frame (#2). Secure it with two M10 x 1" Allen Bolts (#71) and Ø ¾" Washers (#80) from the bottom. Slide two Ø 2 ½" Rubber Bumpers (#53) onto the Guide Rods from top to bottom.
- B.) Attach the Vertical Frame (#4) onto the Main Base Frame (#1). Secure it with two M10 x 2 ½" Carriage Bolts (#65), one 4 ¾" x 2" Bracket (#23), two Ø ¾" Washers (#80), and two M10 Aircraft Nuts (#82).
- C.) NOTE: Do not tighten all the Nuts and Bolts until instructed to do so.
- D.) Attach the Main Base Frame to the Rear Base Frame. Attach the Vertical Support Frame (#3) onto the Rear Base Frame. Align the holes. Secure them together with two M10 x 2 ³/₄" Carriage Bolts (#66), two Ø ³/₄" Washers (#80), and two M10 Aircraft Nuts (#82).
- E.) Attach the top of Vertical Support Frame to the Vertical Frame. Secure it with two M10 x 5/8" Allen Bolts (#70) and two Ø ¾" Washers (#80).
- F.) Attach the two Foot Plates (#22) to the front of Main Base Frame from each side. Align the holes. Secure the two Foot Plates to the Main Base Frame with two M10 x 2 ½" Carriage Bolts (#65), two Ø ¾" Washers (#80), and two M10 Aircraft Nuts (#82).



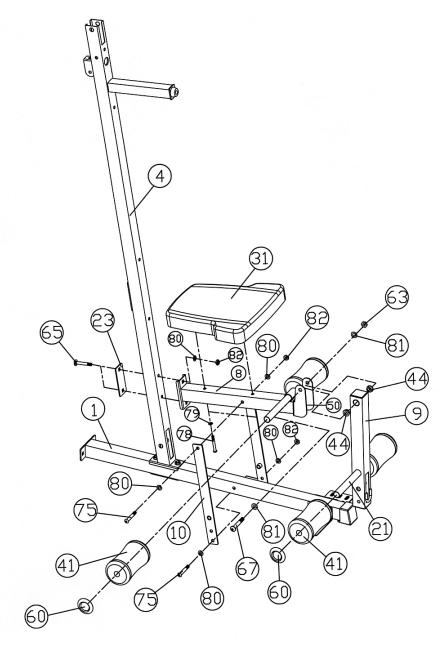
STEP 2 (See Diagram 2)

- A.) Slide 14 Weight Plates (#33) onto the Guide Rods. Make sure the deep groove on the Weight Plates all facing the front of the machine and downward. Insert the Selector Rod (#28) through the center hole on the Weight Plates. Slide the Selector Stem (#32) onto the Guide Rods. Use the L-shaped Pin (#39) to select total weights to exercise. Please refer to the Weight Resistance Chart in page 22.
- B.) Place the Upper Frame (#5) onto the Vertical Frame (#4). Secure them with one M10 x 2 ¾" Allen Bolt (#75), two Ø ¾" Washers (#80), and one M10 Aircraft Nut (#82) from the side. One M10 x 2 ¾" Allen Bolt (#75), one 1 7/8" Square Bracket (#25), two Ø ¾" Washers (#80), and one M10 Aircraft Nut (#82) from front.
- C.) Attach the holes on the Top Socket Assembly (#6) onto the two Guide Rods (#7). Secure it with two M10 x 1" Allen Bolts (#71) and two Ø ³/₄" Washers (#80).
- D.) Attach the other end of Top Socket Assemble to the Upper Frame. Secure it with one M10 x 2 ³⁄₄" Allen Bolts (#75), one M10 x 2 ¹⁄₂" Allen Bolt (#74), two Ø ³⁄₄" Washers (#80), one 4" x 2" Bracket (#24), one Ø ³⁄₄" Washer (#80), and one M10 Aircraft Nuts (#82).
- E.) Attach the Weight Stack Cover (#27) to Rear Base Frame (#2) and Top Socket Assembly. Secure it with four M10 x 5/8" Allen Bolts (#70) and four Ø ¾" Washers (#80).
- F.) Securely tighten all Nuts and Bolts previously installed in Sept-1 and Step-2.



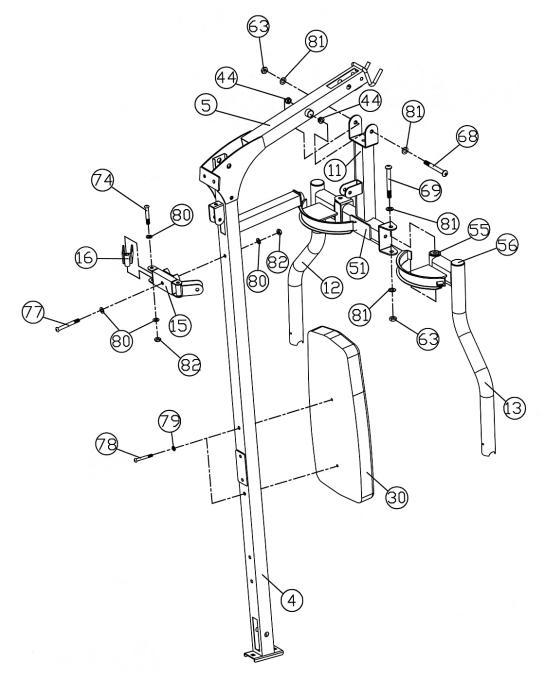
STEP 3 (See Diagram 3)

- A.) Attach the Seat Support (#8) to the Vertical Frame (#4). Secure it with two M10 x 2 ½" Carriage Bolts (#65), one 4 ¾" x 2" Bracket (#23), two Ø ¾" Washers (#80), and two M10 Aircraft Nuts (#82). **Do not tighten the Nuts and Bolts yet.**
- B.) Attach the two Seat Support Frames (#10) to the Seat Support and the Main Base frame (#1) from each side. Secure them to the Seat Support and Main Base Frame with two M10 x 2 ³/₄" Allen Bolts (#75), four Ø ³/₄" Washers (#80), and two M10 Aircraft Nuts (#82).
- C.) Securely tighten all Nuts and Bolts installed in this step.
- D.) Attach the Seat Pad (#31) to Main Seat Support. Secure it with two M8 x 2 ½" Allen Bolts (#78) and two Ø 5/8" Washers (#79).
- E.) Attach two Ø 1" Bushings (#44) to the hole on the Leg Developer (#9). Attach the Leg Developer to the open bracket on Main Seat Support. Secure it with one M12 x 3" Allen Bolt (#67), two Ø 1" Washers (#81), and one M12 Aircraft Nuts (#63).
- F.) Insert two Foam Tubes (#21) halfway through the holes on Main Seat Support and Leg Developer. Push four Foam Rolls (#41) onto the Tubes from each end. Plug four Foam Roll End Caps (#60) into the Ends.

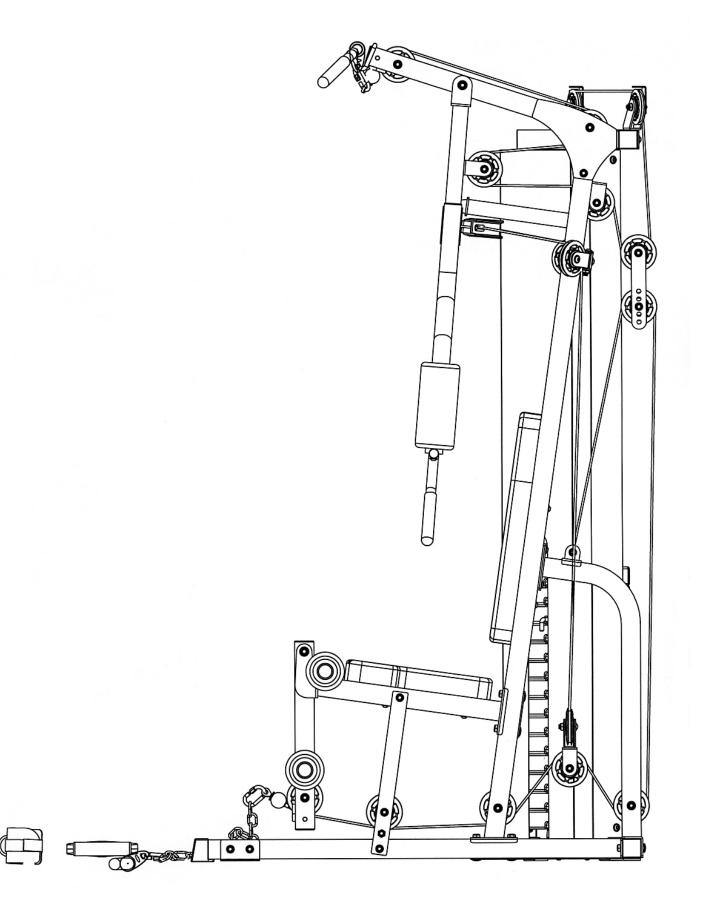


STEP 4 (See Diagram 4)

- A.) Attach two Ø 1" Bushings (#44) to the holes on the Upper Frame (#5). Attach the Front Press Base (#11) to the two Bushings. Secure it with one M12 x 4 1/8" Allen Bolt (#68), two Ø 1" Washers (#81), and one M12 Aircraft Nuts (#63). Do not over tighten the Nut and Bolt. Make sure the Front Press Base is able to move smoothly.
- B.) Attach the Right Butterfly (#13) to the Front Press Base. Secure it with one M12 x 4 3/8" Allen Bolt (#69), two Ø 1" Washer (#81), and one M12 Aircraft Nut (#63).
- C.) Repeat the Steps B above to install the Left Butterfly (#12).
- D.) Attach a Butterfly Pulley Bracket (#15) to the Vertical Frame (#4). Secure it with one M10 x 3 ½" Allen Bolt (#77), two Ø ¾" Washers (#80), and one M10 Aircraft Nut (#82).
- E.) Attach one Swivel Pulley Brackets (#16) to each end of the Butterfly Pulley Bracket. Secure each Bracket with one M10 x 2 ½" Allen Bolt (#74), two Ø ¾" Washers (#80), and one M10 Aircraft Nut (#82). Do not over tighten! Make sure the Brackets are able to swivel freely.
- F.) Attach the Backrest Board (#30) to the Vertical Frame. Secure it with two M8 x 2 ½" Allen Bolts (#78) and Ø 5/8" Washers (#79).

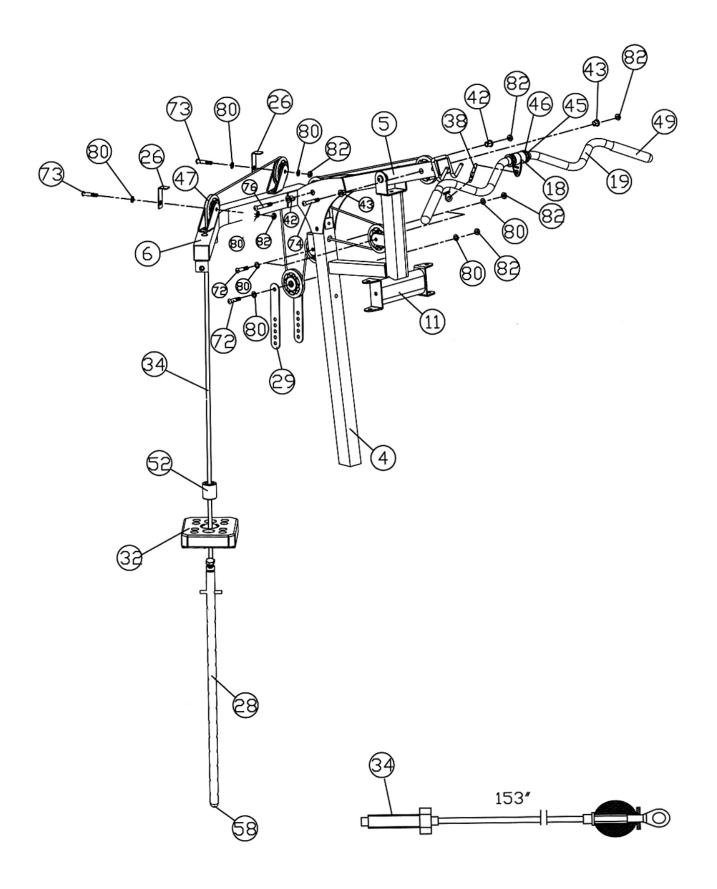


CABLE LOOP DIAGRAM



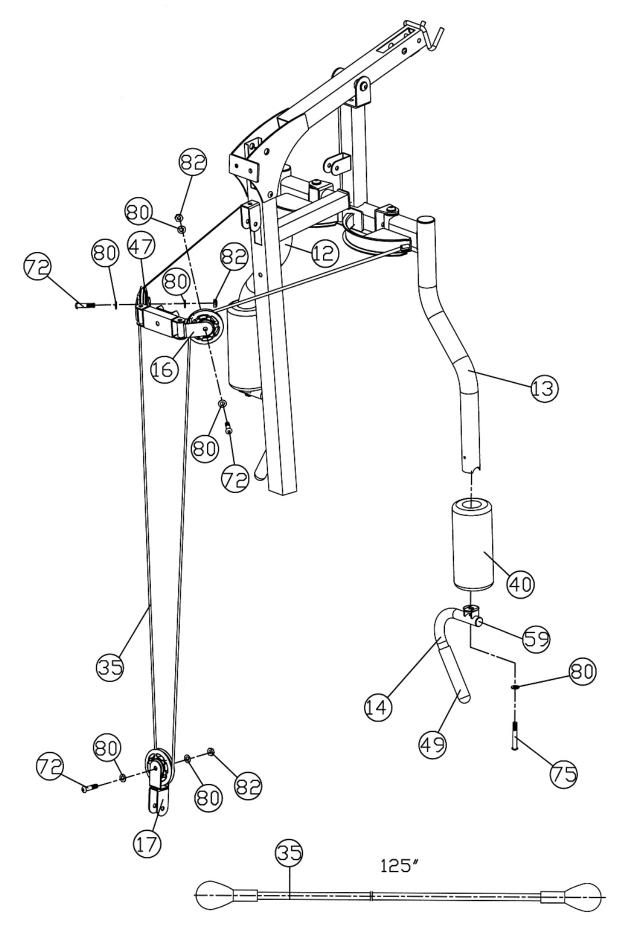
STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 153" Upper Cable (#34) to the opening at the front of the Upper Frame (#5). Note: The Ball Stopper on the cable should be underneath the Frame.
- B.) Attach a Pulley (#47) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#74), two Ø 7/8" x 5/8" Pulley Bushings (#43), and one M10 Aircraft Nut (#82).
- C.) Draw the Cable towards the back of the machine to the opening on the Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 3" Allen Bolt (#76), two Ø 7/8" x ¾" Long Pulley Bushings (#42), and one M10 Aircraft Nut (#82).
- D.) Draw the Cable around the Pulley then pull back towards the open bracket on the Front Press Base (#11).
- E.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#72), two Ø ¾" Washers (#80), and one M10 Aircraft Nut (#82).
- F.) Draw the Cable around the Pulley through the hole on the Vertical Frame to the open bracket on the rear of Vertical Frame (#4). Repeat Procedure E above to install another Pulley.
- G.) Draw the Cable around the Pulley then downward. Attach the Cable to in between the two Double Floating Pulley Brackets (#29). Repeat Procedure E to install a Pulley. Let the bracket hanging for now.
- H.) Draw the Cable around the Pulley then pull the Cable upward to the open bracket on the Top Socket Assembly (#6).
- Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#73), one L-shaped Cable Retainer (#26), two Ø ³/₄" Washers (#80), and one M10 Aircraft Nut (#82).
- J.) Draw the Cable to the other open bracket on the Top Socket Assembly. Repeat Procedure I to install another Pulley.
- K.) Pull the Cable downward between the two Guide Rods, through a Ø 1 ³⁄₄" Rubber Bumper (#52) to the Selector Rod (#28). Fully thread the bolt at the end of the Cable into the top opening on the Selector Rod.
- L.) Connect the Lat Bar (#19) to the Upper Cable with a C-clip (#38).



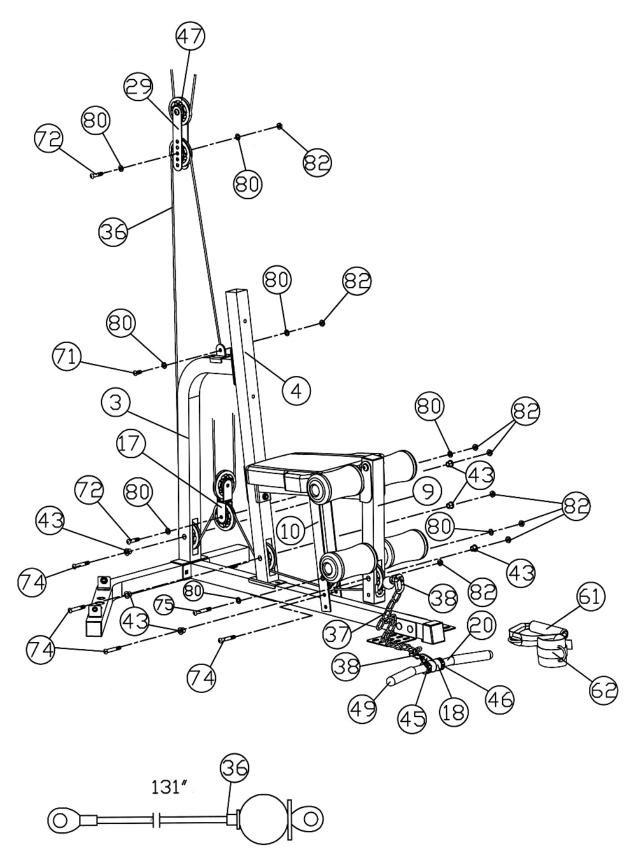
STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 125" Butterfly Cable (#35) to the hook on the Right Butterfly (#13).
- B.) Draw the Cable to the right Swivel Pulley Bracket (#16).
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ³/₄" Allen Bolt (#72), two Ø ³/₄" Washers (#80), and one M10 Aircraft Nut (#82).
- D.) Draw the Cable around the Pulley then downward. Attach the Cable to a Crossed Double Floating Pulley Bracket (#17). Install another Pulley. Let the Bracket hang for now.
- E.) Pull the Cable around the Pulley then upward to the left Swivel Pulley Bracket. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable to the left Butterfly. Attach the end to the hook on the Left Butterfly.
- G.) Push one Butterfly Foam Roll (#40) onto the Right Butterfly. Attach a Front Press Handle (#14) to the Right Butterfly. Secure it with one M10 x 2 ³/₄" Allen Bolt (#75) and Ø ³/₄" Washer (#80). Repeat the same procedure to install the Foam Roll and Handle to Left Butterfly.



STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach the 131" Lower Cable (#36) to the opening on the bottom of the Leg Developer (#9).
- B.) Attach a Pulley to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#74), two Ø 7/8" x 5/8" Pulley Bushings (#43), and one M10 Aircraft Nut (#82).
- C.) Draw the Cable underneath the Pulley to the opening in between the two Seat Support Frames (#10).
- D.) Attach a Pulley to the opening. Secure it with one M10 x 2 ¾" Allen Bolt (#75), two Ø ¾" Washers (#80) and one M10 Aircraft Nut (#82). Insert a M10 x 2 ½" Allen Bolts (#74) through the hole on the two Seat Support Frames under the Pulley. Secure the Bolt with two Ø ¾" Washers (#80) and one M10 Aircraft Nut (#82).
- E.) Draw the Cable underneath the Pulley along the Main Base Frame to the opening on the bottom of the Vertical Frame (#4). Repeat Procedure B above to install another Pulley.
- F.) Pull the Cable upward to the Crossed Double Floating Pulley Bracket (#17) previously installed in Step-6. Install another Pulley with one M10 x 1 ³/₄" Allen Bolt (#72), two Ø ³/₄" Washers (#80) and one M10 Aircraft Nut (#82).
- G.) Draw the Cable over the Pulley then downward to the opening on the bottom of Vertical Support Frame (#3). Repeat Procedure B to install another Pulley.
- H.) Pull the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#29) previously installed in Step-5. Install another Pulley with one M10 x 1 ³⁄₄" Allen Bolt (#72), two Ø ³⁄₄" Washers (#80) and one M10 Aircraft Nut (#82).
- Draw the Cable around the Pulley then pull downward to the bracket on the back of the Vertical Support Frame. Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#71), two Ø ³/₄" Washers (#80), and one M10 Aircraft Nut (#82).
- J.) Adjust the tension of the Cable by adjusting the Pulley position on the Double Floating Pulley Bracket (#29). If the cables are too loose, move the Pulley up one hole. If the cables are too tight, move the Pulley down one hole.
- K.) For best performance of the machine, adjust the Cables so the Selector Stem (Top Plate) on the weight stack is ¼" above the first plate. To select the weight, push down on the Selector Stem to close the gap then insert the selector pin. This will remove the slack in the cable system so the range of motion is smooth and tight.
- L.) Connect the Shiver Bar (#20) to a Chain (#37) with a C-clip (#38). Connect the Chain to the Lower Cable with another C-clip.



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PARTS LIST KEY NO. DESCRIPTION

Q'ty

1	Main Base Frame	1	51	4 1/8" x 2 1/8" Rubber Bumper
2	Rear Base Frame	1	52	Ø 1 ¾" Rubber Bumper
		1	53	Ø 2 1/2" Rubber Bumper
3	Vertical Support Frame	-	54	Ø 1 ½" Rubber Bumper
4	Vertical Frame	1	55	Ø 1 ½" Bushing
5	Upper Frame	1	56	Ø 1 ¾" End Cap
6	Top Socket Assembly	1		•
7	Guide Rod	2	57	2" Square End Cap
8	Seat Support	1	58	Ø 1" Cone-shaped End Cap
9	Leg Developer	1	59	Ø 1" End Cap
10	Seat Support Frame	2	60	Foam Roll End Cap
11	Front Press Base	1	61	Single Handle
12	Left Butterfly	1	62	Ankle Strap
13	Right Butterfly	1	63	M12 Aircraft Nut
14	Front Press Handle	2	64	M6 x 5/8" Philips Screw
15	Butterfly Pulley Bracket	1	65	M10 x 2 1/2" Carriage Bolt
16	Swivel Pulley Bracket	2	66	M10 x 2 ¾" Carriage Bolt
17			67	M12 x 3" Allen Bolt
	Crossed Double Floating Pulley Bra		68	M12 x 4 1/8" Allen Bolt
18	Rotating Ring	2	69	M12 x 4 3/8" Allen Bolt
19	Lat Bar	1	70	M10 x 5/8" Allen Bolt
20	Shiver Bar	1	70	M10 x 1" Allen Bolt
21	Foam Tube	2	72	M10 x 1 $\frac{3}{4}$ " Allen Bolt
22	Foot Plate	2	72	M10 x 2" Allen Bolt
23	4 ¾" x 2" Bracket	2		M10 x 2 $\frac{1}{2}$ " Allen Bolt
24	4" x 2" Bracket	1	74	
25	1 7/8" Square Bracket	2	75	M10 x 2 ¾" Allen Bolt
26	L-shaped Cable Retainer	2	76	M10 x 3" Allen Bolt
27	Weight Stack Cover	1	77	M10 x 3 ½" Allen Bolt
28	Selector Rod	1	78	M8 x 2 1/2" Allen Bolt
29	Double Floating Pulley Bracket	2	79	Ø 5/8" Washer
30	Backrest Board	1	80	Ø ¾" Washer
31	Seat Pad	1	81	Ø 1" Washer
32	Selector Stem	1	82	M10 Aircraft Nut
33	Weight Plate	14		#5 Allen Wrench (Tool)
34	153" Upper Cable	1		#6 Allen Wrench (Tool)
				#8 Allen Wrench (Tool)
35	125" Butterfly Cable	1		
36	131" Lower Cable	1		
37	Chain	1		
38	C-Clip	3		
39	L-shaped Pin	1		
40	Butterfly Foam Roll	2		
41	Foam Roll	4		
42	Ø 7/8" x ¾" Long Pulley Bushing	2		
43	Ø 7/8" x 5/8" Pulley Bushing	8		
44	Ø 1" Bushing	4		
45	Plastic Ring	4		
46	Rivet	4		
47	Pulley	16		
48	Main Base Frame End Cap	1		
49	Handle Grip	6		
50	1 7/8" x 1 7/8" Rubber Bumper	1		
00				

MWM	MWM8150 WEIGHT RESISTANCE CHART	GHT RESIS	TANCE CI	HART
Weight Plate	Front Press	Butterfly	Lat Pull	Low Pulley
1	28	20	30	30
2	40	25	40	40
3	52	30	50	50
4	64	35	60	60
5	76	40	70	70
9	88	45	80	80
7	100	50	60	90
8	112	55	100	100
9	124	60	110	110
10	136	65	120	120
11	148	70	130	130
12	160	75	140	140
13	172	80	150	150
14	184	85	160	160
Note:Each plate weights 10 lbs.	0 lbs.			
Numbers are approxim:				
values for Butterriy are for	tor each arm.			



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**

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