

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model
MWM-981

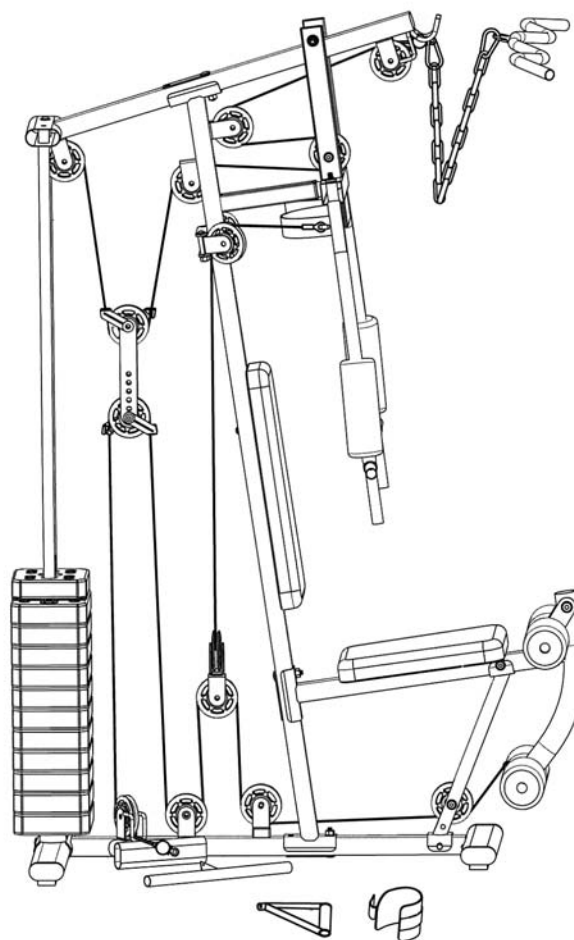
Retain This
Manual for
Reference

100322

OWNER'S
MANUAL



MARCY[®] MWM 981 HOME GYM



IMPEX[®] INC.

2801 S. Towne Ave., Pomona, CA 91766
Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	4
ASSEMBLY INSTRUCTIONS.....	6
PARTS LIST.....	21
RESISTANCE CHART.....	22
WARRANTY.....	23
ORDERING PARTS.....	23

BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM-981 HOME GYM by IMPEX® INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee 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.
12. A spotter is recommended during exercise.
13. Do not intend to insert weight selector pin while the weight stack or top plate is in elevated position.
14. Be certain the weight Selector Pin is completely inserted.
15. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
16. This machine is designed and intended for home and consumer use only, not for commercial use.

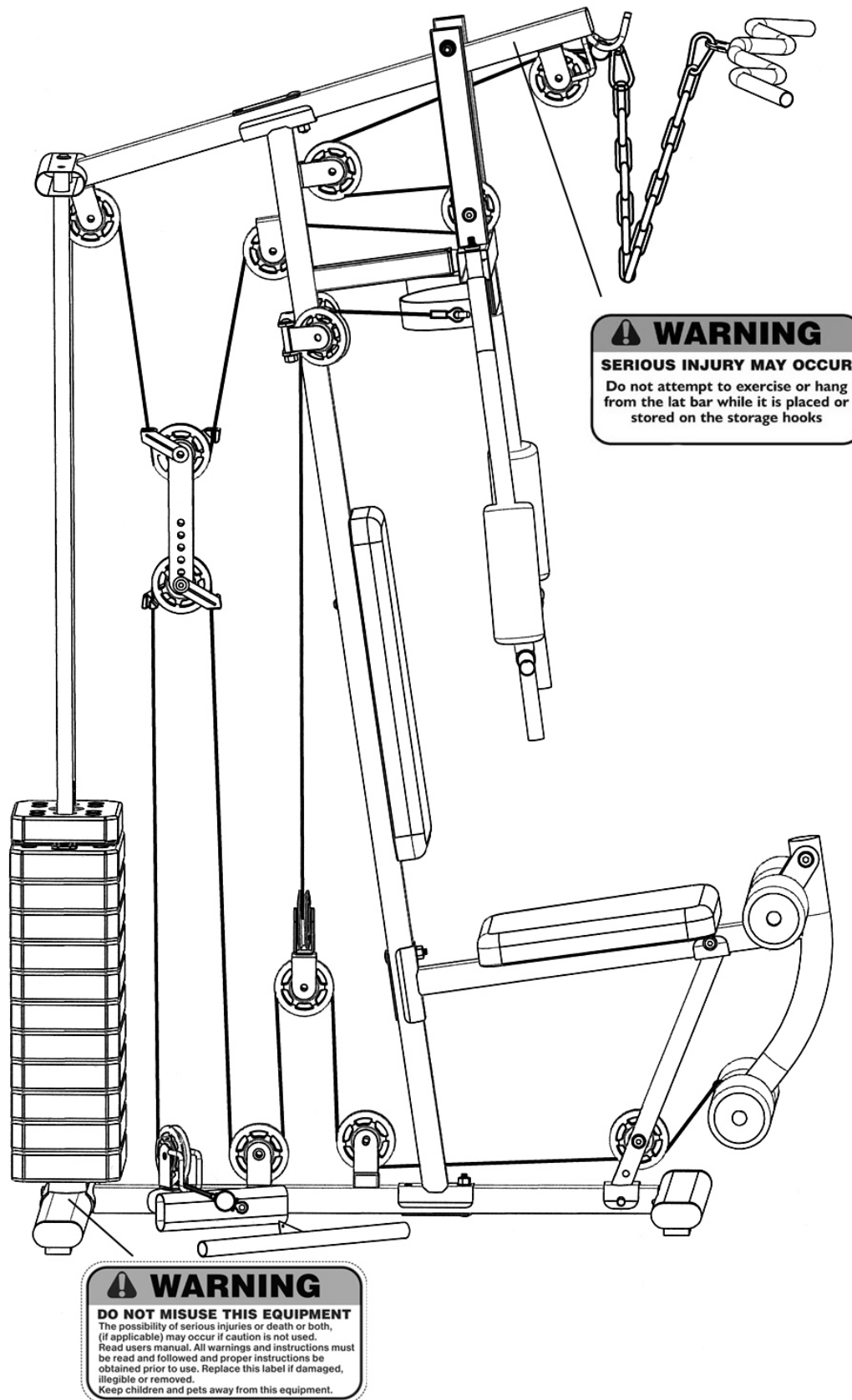
CARE AND MAINTENANCE

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.

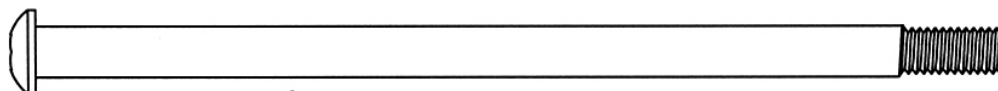
WARNING LABEL REPLACEMENT



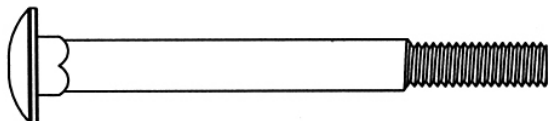
The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

HARDWARE PACK

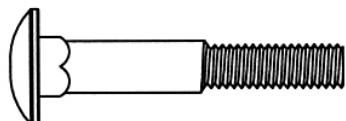
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



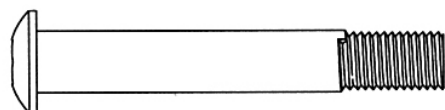
#68 M10 x 7 $\frac{1}{2}$ " Allen Bolt (Qty 1)



#59 M10 x 4" Carriage Bolt (Qty 2)



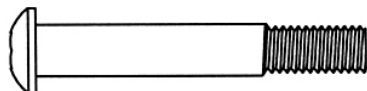
#58 M10 x 2 $\frac{3}{8}$ " Carriage Bolt (Qty 6)



#67 M12 x 3 $\frac{1}{8}$ " Allen Bolt (Qty 1)



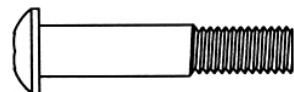
#60 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 4)



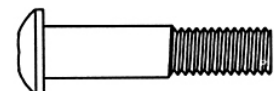
#66 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 3)



#61 M8 x $\frac{3}{4}$ " Allen Bolt (Qty 2)



#65 M10 x 2" Allen Bolt (Qty 2)



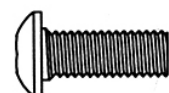
#62 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 11)



#76 \varnothing $\frac{5}{8}$ " Curved Washer (Qty 2)

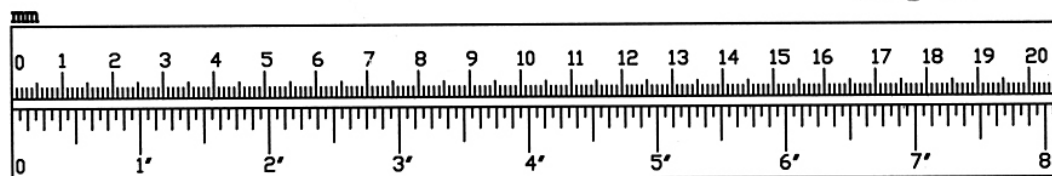


#63 M8 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 2)



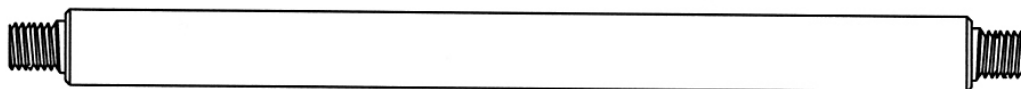
#64 M10 x 1" Allen Bolt (Qty 9)

#57 \varnothing 1" x \varnothing $\frac{5}{8}$ " Pulley Bushing (Qty 2)

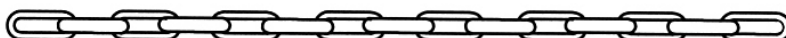


HARDWARE PACK

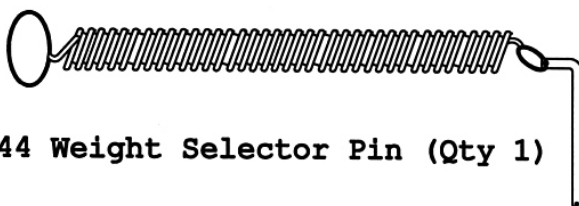
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



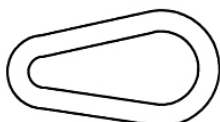
#19 8 $\frac{1}{2}$ " Front Press Axle (Qty 1)



#54 15-Link Chain (Qty 1)



#44 Weight Selector Pin (Qty 1)



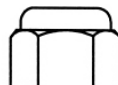
#53 Hook (Qty 2)



#46 2" Lock Pin (Qty 1)



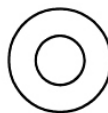
#70 M10 Aircraft Nut (Qty 30)



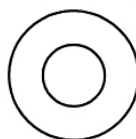
#71 M12 Aircraft Nut (Qty 1)



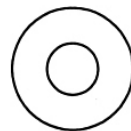
#72 $\varnothing \frac{5}{8}$ " Washer (Qty 6)



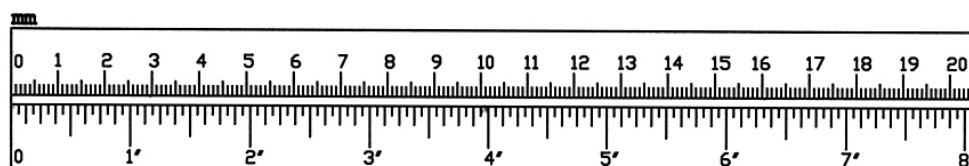
#73 $\varnothing \frac{3}{4}$ " Washer (Qty 46)



#74 $\varnothing 1$ " Washer (Qty 2)



#75 $\varnothing 1$ " x $\varnothing \frac{5}{8}$ " Washer (Qty 4)



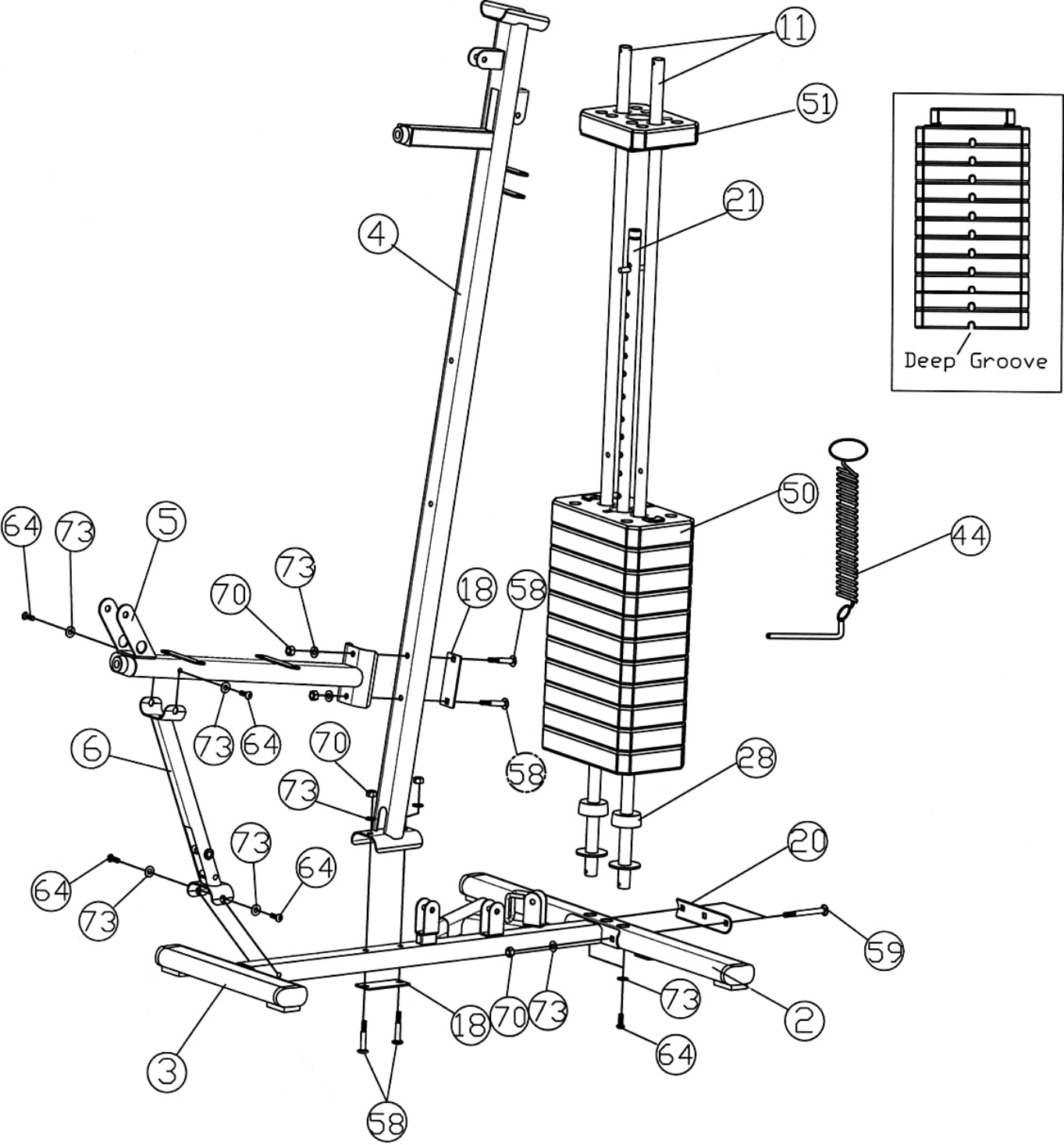
ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. 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 (#11) through Rubber Bumpers and into the holes on the Rear Stabilizer. Secure each Guide Rod with one M10 x 1" Allen Bolt (#64) and $\varnothing \frac{3}{4}$ " Washer (#73) from the bottom. **The Guide Rods has holes on the rod to lock the weight stack when not in use. The shorter end of the guide rod with the lock hole will need to be pointed downwards towards the Rear Stabilizer.**
- B.) **Do not tighten all Nuts and Bolts starting from this procedure until instructed to do so.**
- C.) Attach two Rubber Bumpers (#28) onto the holes onto the Guide Rods.
- D.) Attach the Base Frame (#3) to the Rear Stabilizer. Secure them with two M10 x 4" Carriage Bolts (#59), one U-shaped Bracket (#20), two $\varnothing \frac{3}{4}$ " Washers (#73), and two M10 Aircraft Nuts (#70).
- E.) Attach the Vertical Frame (#4) onto the Base Frame. Secure them with two M10 x 2 $\frac{3}{8}$ " Carriage Bolts (#58), one 1 $\frac{3}{4}$ " x 4 $\frac{3}{4}$ " Bracket (#18), two $\varnothing \frac{3}{4}$ " Washers (#73), and two M10 Aircraft Nuts (#70).
- F.) Slide 11 Weight Plates (#50) onto the Guide Rods. **Make sure the deep grooves on the Weight Plates all face the back of the machine and downward.** Align the holes on the Weight Plates. Insert a Selector Rod (#21) through the center hole. Slide the Selector Stem (#51) onto the Guide Rods.
- G.) Use a Weight Selector Pin (#44) to select the number of Weight Plates to exercise. Attach the ring on Weight Selector Pin's cable onto the Selector Rod. **Note: Each Weight Plate weights approximately 10 lbs. Please refer to the Weight Resistance Chart in page 25.**
- H.) Attach the Seat Support (#5) to the Vertical Frame. Secure it with two M10 x 2 $\frac{3}{8}$ " Carriage Bolts (#58), one 1 $\frac{3}{4}$ " x 4 $\frac{3}{4}$ " Bracket (#18), two $\varnothing \frac{3}{4}$ " Washers (#73), and two M10 Aircraft Nuts (#70).
- I.) Attach the Vertical Seat Support (#6) to Seat Support and Base Frame. Secure each end of Vertical Seat Support with two M10 x 1" Allen Bolts (#64) and two $\varnothing \frac{3}{4}$ " Washers (#73).

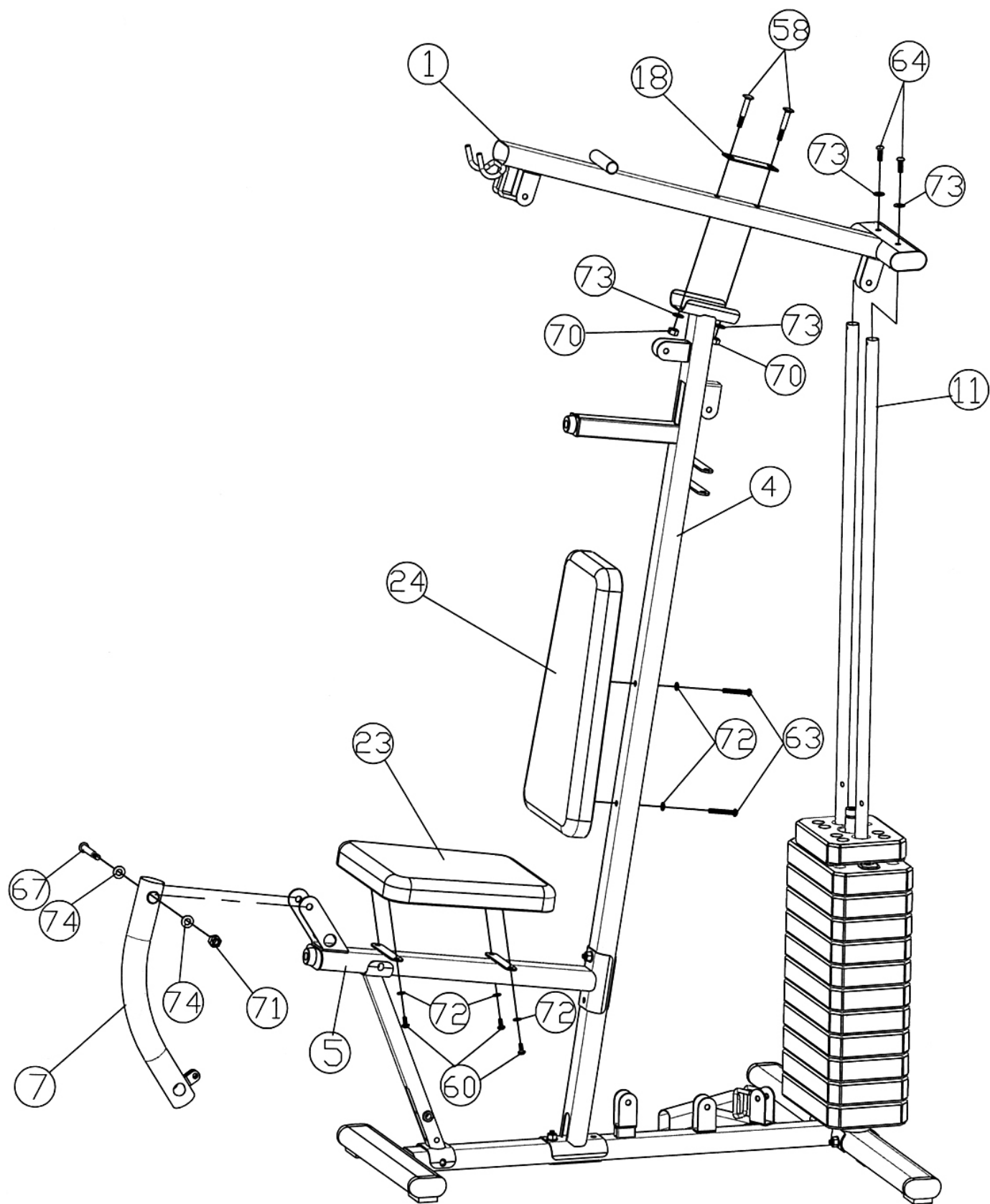
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the holes on the Upper Frame (#1) onto the Guide Rods (#11). Place the Upper Frame onto the Vertical Frame (#4).
- B.) Secure the Upper Frame to the Guide Rods with two M10 x 1" Allen Bolts (#64) and Ø ¾" Washers (#73).
- C.) Secure the Upper Frame to the Vertical Frame with two M10 x 2 3/8" Carriage Bolts (#58), one 1 ¾" x 4 ¾" Bracket (#18), two Ø ¾" Washers (#73), and two M10 Aircraft Nuts (#70).
- D.) **Securely tighten all Nuts and Bolts previously installed in Step-1 and Step-2.**
- E.) Attach the Leg Developer (#7) to the open bracket on Seat Support (#5). Secure it with one M12 x 3 1/8" Allen Bolt (#67), two Ø 1" Washers (#74), and one M10 Aircraft Nut (#71).
- F.) Attach Seat Pad (#23) to Seat Support. Secure it with four M8 x 5/8" Allen Bolts (#60) and four Ø 5/8" Washers (#72).
- G.) Attach Backrest Board (#24) to Vertical Frame. Secure it with two M8 x 2 1/8" Allen Bolts (#63) and two Ø 5/8" Washers (#72).

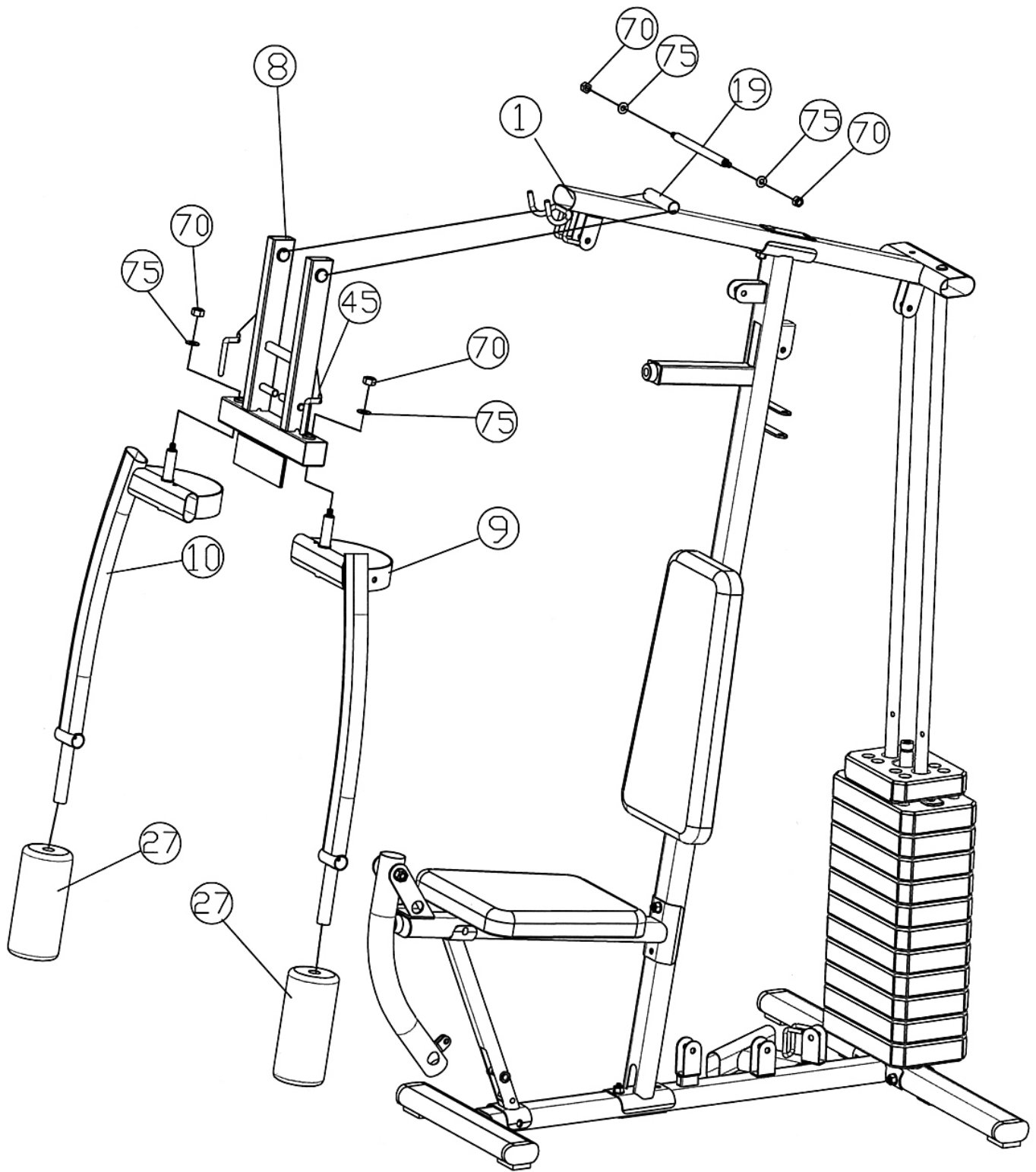
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Front Press Base (#8) to the Upper Frame (#1). Secure it with one 8 ½" Front Press Axle (#19), two Ø 1" x Ø 5/8" Washers (#75), and two M10 Aircraft Nuts (#70). **Do not over tighten the Nuts.**
- B.) Insert the axle on the Left Butterfly (#9) through the open hole on Front Press Base from bottom. Secure it with one Ø 1" x Ø 5/8" Washers (#75) and one M10 Aircraft Nuts (#70). **Do not over tighten the Nut.** Push one large Foam Roll (#27) onto the Left Butterfly.
- C.) Repeat Procedure B to install the Right Butterfly (#10).
- D.) Insert the two Butterfly Lock Pins (#45) through the holes on Front Press Base into holes on Butterfly to lock the Butterflies for Front Press exercise.
- E.) Pull out the Butterfly Lock Pins and insert into the other open holes on the Front Press Base for Butterfly exercise.

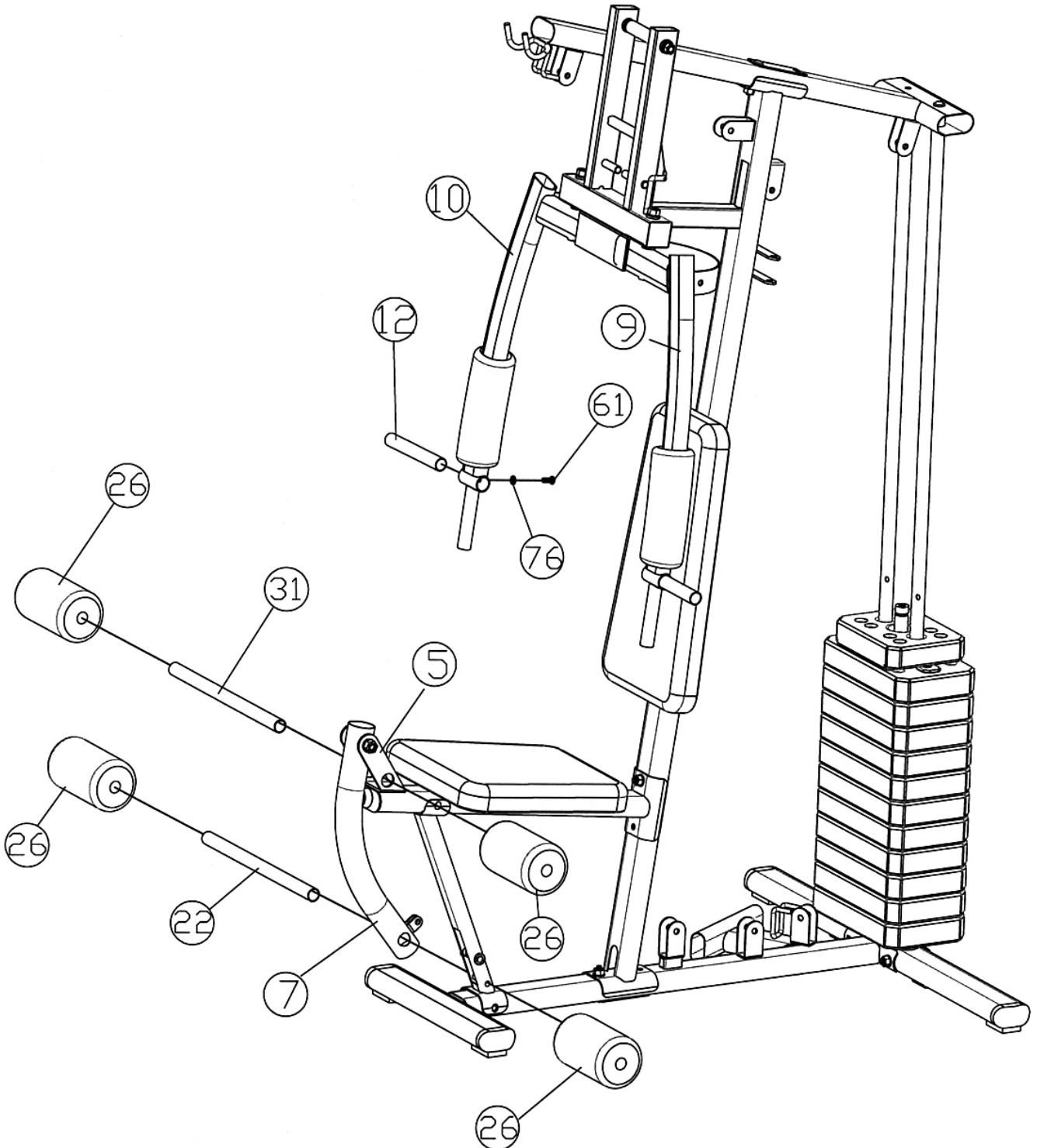
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Insert the Front Press Handle (#12) into the hole on Right Butterfly (#10) and Left Butterfly (#9). Secure each Handle with one M8 x 3/4" Allen Bolt (#61) and one Ø 5/8" Curved Washer (#76).
- B.) Insert 15 3/4" Long Foam Tube (#31) halfway through the hole on Seat Support (#5).
- C.) Push four Foam Rolls (#26) onto the Tubes from both ends of each Tube.

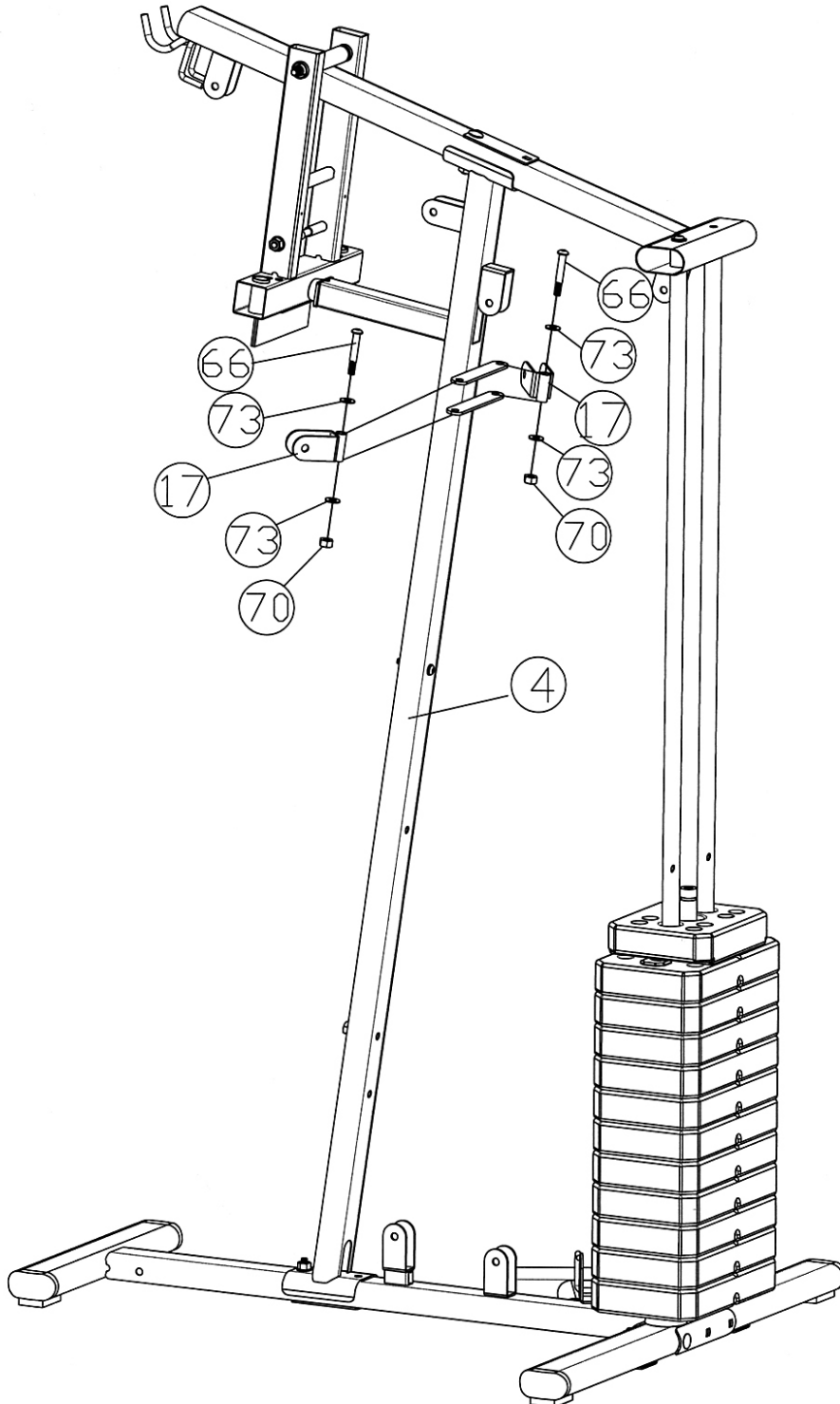
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach one Swivel Pulley Bracket (#17) to the open bracket on the back of Vertical Frame (#4). Secure it with one M10 x 2 ½" Allen Bolt (#66), two Ø ¾" Washers (#73), and one M10 Aircraft Nut (#70). **Do not over tighten the Nut and Bolt. Make sure the Swivel Pulley Bracket can swivel freely.**
- B.) Repeat Procedure A to install the other Swivel Pulley Bracket on the other side.

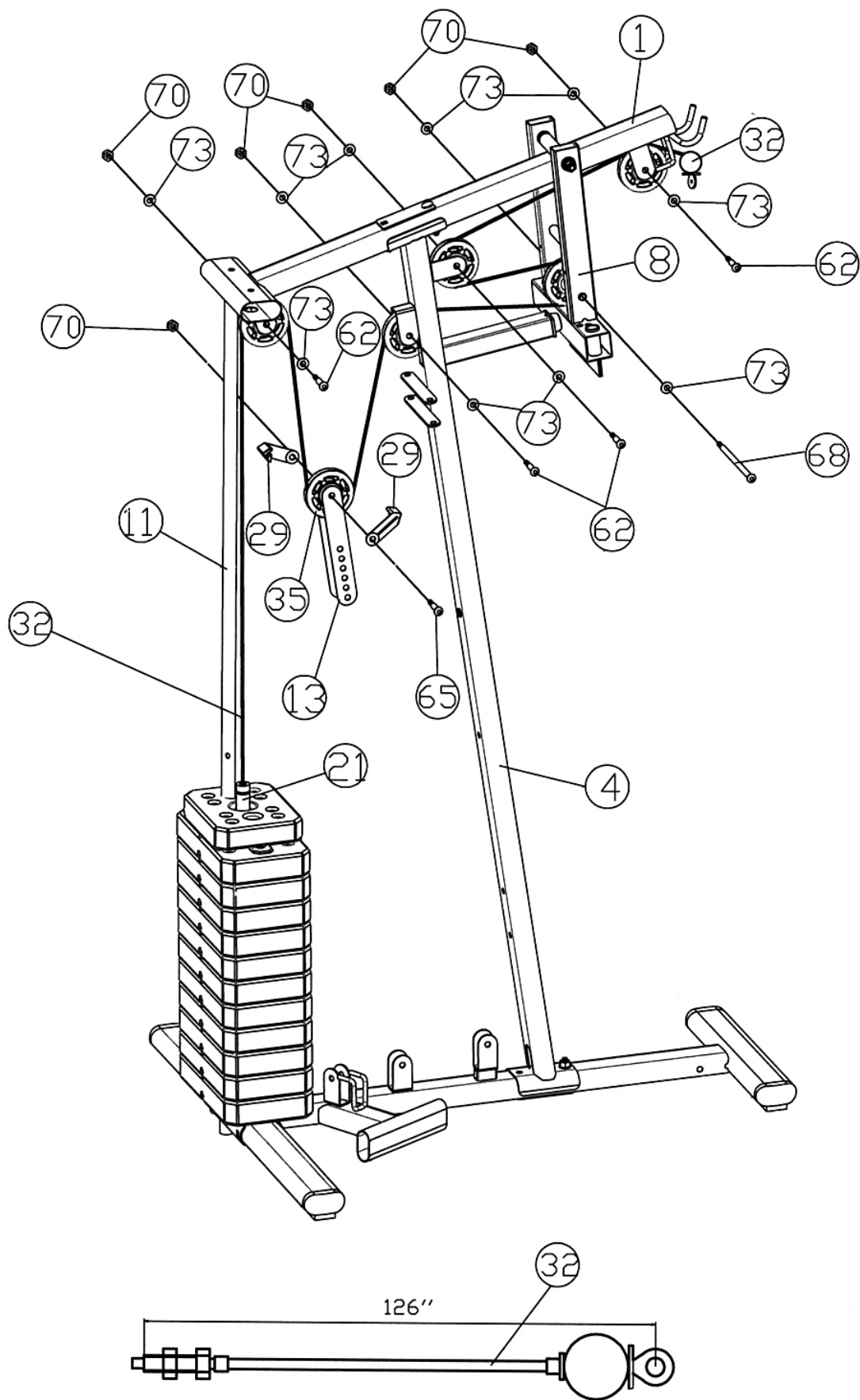
DIAGRAM 5



STEP 6 (See Diagram 6 & Cable Loop Diagram)

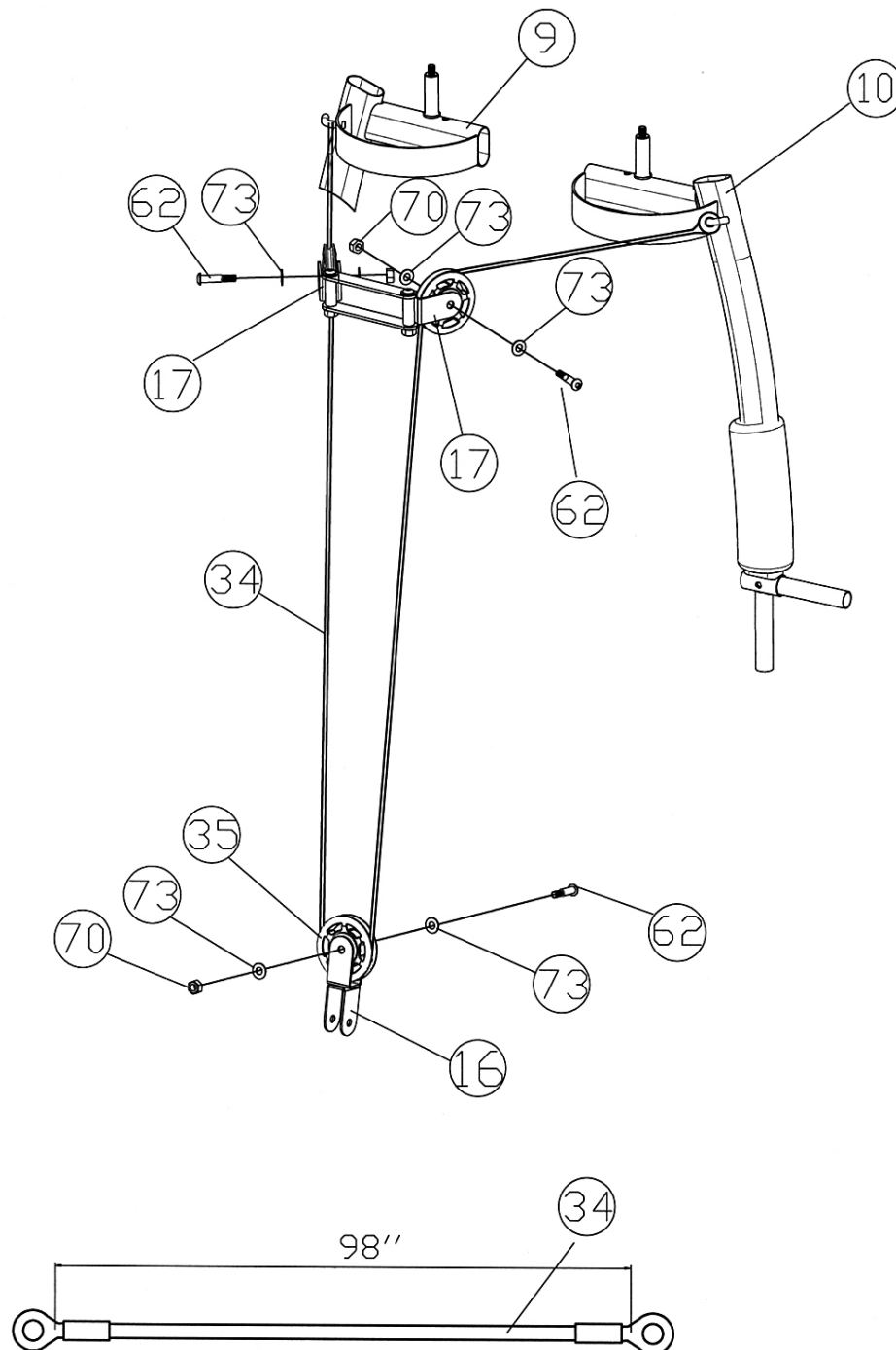
- A.) Attach the 126" Upper Cable (#32) to the front open bracket under the Upper Frame (#1).
- B.) Attach a Pulley (#35) to the bracket. Secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#62), two $\varnothing \frac{3}{4}$ " Washers (#73), and one M10 Aircraft Nut (#70).
- C.) Draw the Cable towards the back of the machine to the open bracket on Vertical Frame (#4). Repeat B to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back to the opening on the Front Press Base (#8).
- E.) Attach a Pulley to the opening. Secure it with one M10 x 7 $\frac{1}{2}$ " Allen Bolt (#68), two $\varnothing \frac{3}{4}$ " Washers (#73), and one M10 Aircraft Nut (#70).
- F.) Draw the Cable around the Pulley then through the opening on the Vertical Frame (#2) to the open bracket on the back of Vertical Frame. Repeat Procedure B to install a Pulley.
- G.) Draw the Cable over the Pulley and pull the Cable downwards. Attach a Pulley to the upper hole on the two Double Floating Pulley Brackets (#13). Secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#62), two Cable Retainers (#29), and one M10 Aircraft Nut (#70). Let the Bracket hanging for now.
- H.) Draw the Cable around the Pulley then pull upwards the open bracket under the Upper Frame. Repeat Procedure B to install a Pulley.
- I.) Draw the Cable downwards between the two Guide Rods (#11) to the Selector Rod (#21). Securely thread the bolt on the end of the Cable into the Selector Rod.

DIAGRAM 6



F.) Draw the Cable over the Pulley and hook the end to the Left Butterfly (#9).

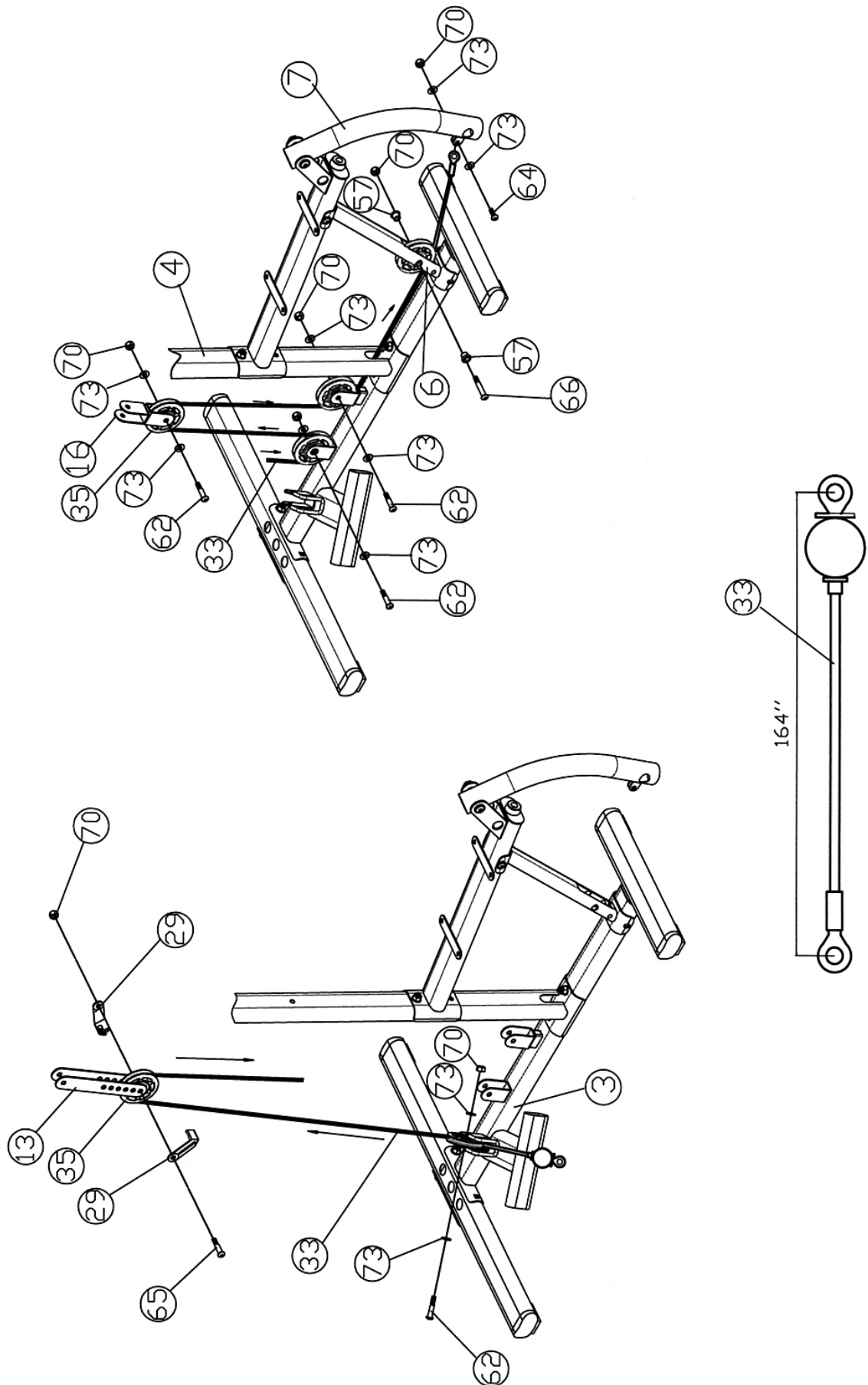
DIAGRAM 7



STEP 8 (See Diagram 8 & Cable Loop Diagram)

- A.) Attach the 164" Lower Cable (#33) to the open bracket on the Base Frame (#3).
- B.) Attach a Pulley (#35) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#62), two Ø 3/4" Washers (#73), and one M10 Aircraft Nut (#70).
- C.) Draw the Cable underneath the Pulley then pull upward towards the Double Floating Pulley Brackets (#13) installed in Step-6.
- D.) Attach a Pulley to the selected hole on the Brackets. Secure it with one M10 x 1 3/4" Allen Bolt (#62), two Cable Retainers (#29), and one M10 Aircraft Nut (#70).
- E.) Draw the Cable around the Pulley then downward to an open bracket on Base Frame. Repeat B to install a Pulley.
- F.) Draw the Cable around the Pulley and pull the Cable upward to the Angled Double Floating Pulley Brackets (#16) previously installed in Step-7. Repeat B to install a Pulley.
- G.) Draw the Cable around the Pulley and downward to the open bracket on Base Frame. Repeat Procedure B to install another Pulley.
- H.) Draw the Cable underneath the Pulley through the opening on Vertical Frame (#4) to the opening on Vertical Seat Support (#6). Attach a Pulley to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#66), two Ø 1" x Ø 5/8" Pulley Bushings (#57), and one M10 Aircraft Nut (#70).
- I.) Draw the Cable underneath the Pulley to the bracket on the Leg Developer (#7). Secure the end of Cable to the bracket with one M10 x 1" Allen Bolt (#64), two Ø 3/4" Washers (#73), and one M10 Aircraft Nut (#70).
- J.) If the whole Cable system is too loose, adjust the tension of the cable system by moving up or down the lower pulley on the Double Floating Pulley Bracket. Moving up the pulley up will increase the tension in the pulley system; conversely, lowering the pulley will decrease the tension.

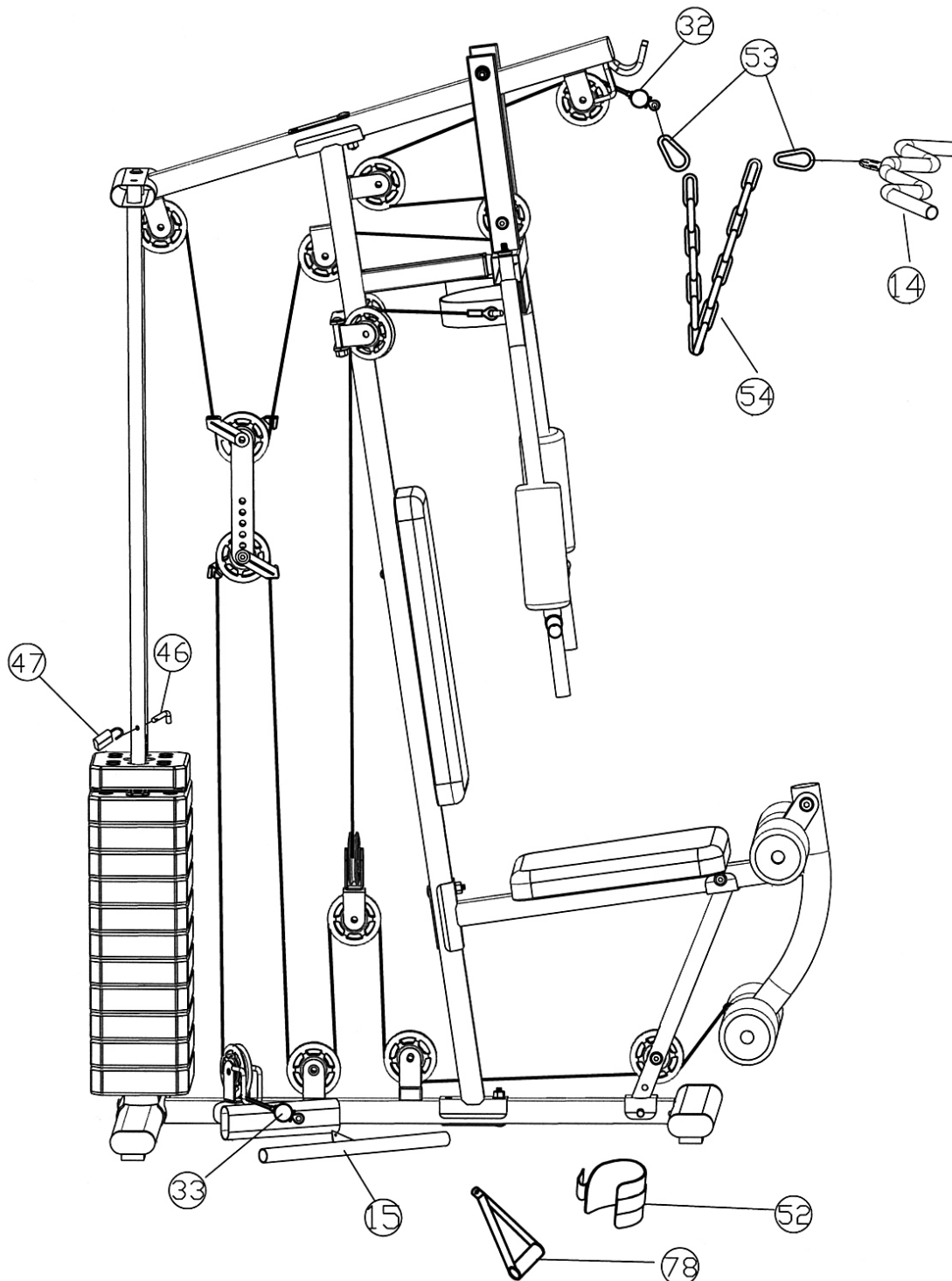
DIAGRAM 8



STEP 9 (See Diagram 9)

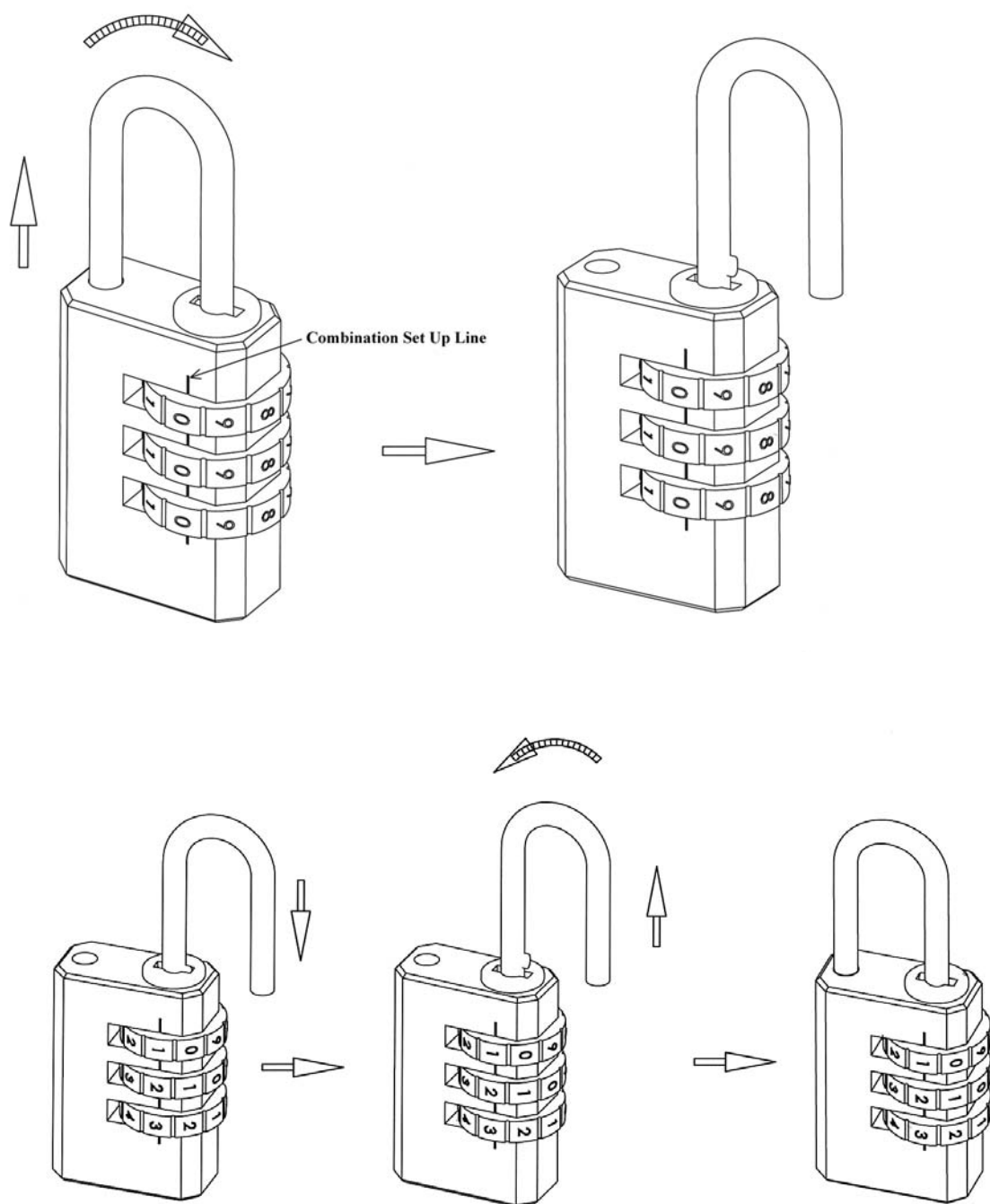
- A.) Attach Lat Bar (#14) to the Upper Cable (#32) with two Hooks (#53) and one 15-link Chain (#54) when doing Lat Pull exercises.
- B.) Attach Shiver Bar (#15) to the Lower Cable (#33) use the two Hooks (#53) and the 15-link Chain (#33) from Lat Bar when doing Arm Curl exercises
- C.) Replace Shiver Bar with the Ankle Strap (#52) or Single Handle (#78) to the Lower Cable for various exercises.
- D.) Insert a 2" Lock Pin (#46) through the hole on Guide Rod and lock with a Combination Lock (#47) to prevent any un-authorized usage of the machine.
- E.) Unlock the Lock and attach it to Selector Rod before using the machine.

DIAGRAM 9



Set up the Lock Combination

- A.) The combination is pre-set to 0-0-0 by the factory.
- B.) Turn the dials to 0-0-0 and aligned to the Combination Set Up Line.
- C.) Pull out the shackle and turn 180°.
- D.) Press down on the shackle.
- E.) Turn the dials (aligned to the Combination Set Up Line) to your desired combination.
- F.) Pull out the shackle and twist back to normal position and the combination are set.
- G.) Repeat Procedure C to F to re-set the combination.



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Upper Frame	1	51	Selector Stem	1
2	Rear Stabilizer	1	52	Ankle Strap	1
3	Base Frame	1	53	Hook	2
4	Vertical Frame	1	54	15-link Chain	1
5	Seat Support	1	55	2" x 2" End Cap	2
6	Vertical Seat Support	1	56	Ø 1" x 3/8" Bushing	2
7	Leg Developer	1	57	Ø 1" x Ø 5/8" Pulley Bushing	2
8	Front Press Base	1	58	M10 x 2 3/8" Carriage Bolt	6
9	Left Butterfly	1	59	M10 x 4" Carriage Bolt	2
10	Right Butterfly	1	60	M8 x 5/8" Allen Bolt	4
11	Guide Rod	2	61	M8 x 3/4" Allen Bolt	2
12	Front Press Handle	2	62	M10 x 1 3/4" Allen Bolt	11
13	Double Floating Pulley Bracket	2	63	M8 x 2 1/8" Allen Bolt	2
14	Lat Bar	1	64	M10 x 1" Allen Bolt	9
15	Shiver Bar	1	65	M10 x 2" Allen Bolt	2
16	Angled Double Floating Pulley Bracket	1	66	M10 x 2 1/2" Allen Bolt	3
17	Swivel Pulley Bracket	2	67	M12 x 3 1/8" Allen Bolt	1
18	1 3/4" x 4 3/4" Bracket	3	68	M10 x 7 1/2" Allen Bolt	1
19	8 1/2" Front Press Axle	1	69	M6 x 5/8" Philips Screw	2
20	U-shaped Bracket	1	70	M10 Aircraft Nut	30
21	Selector Rod	1	71	M12 Aircraft Nut	1
22	15" Short Foam Tube	1	72	Ø 5/8" Washer	6
23	Seat Pad	1	73	Ø 3/4" Washer	46
24	Backrest Board	1	74	Ø 1" Washer	2
25	Ø 1 1/2" Small Rubber Bumper	2	75	Ø 1" x Ø 5/8" Washer	4
26	Foam Roll	4	76	Ø 5/8" Curved Washer	2
27	Butterfly Large Foam Roll	2	77	ST5 Screw	2
28	Rubber Bumper	2	78	Single Handle	1
29	Cable Retainer	4			
30	Cable Retainer Bushing	4			
31	15 3/4" Long Foam Tube	1			
32	126" Upper Cable	1			
33	164" Lower Cable	1			
34	98" Butterfly Cable	1			
35	Pulley	15			
36	Ø 1" Bushing	6			
37	1 5/8" x 3 1/8" End Cap	3			
38	1 1/8" x 2 3/8" End Cap	4			
39	1" x 2" End Cap	2			
40	1 5/8" x 3 1/8" Base Frame End Cap	4			
41	Ø 2" End Cap	2			
42	Ø 1" End Cap	4			
43	Ø 1" Corn-shaped End Cap	1			
44	Weight Selector Pin	1			
45	Butterfly Lock Pin	2			
46	2" Lock Pin	1			
47	Combination Lock	1			
48	4 3/4" Grip	6			
49	6" Lat Bar Grip	2			
50	Weight Plate	11			

MWM981 WEIGHT RESISTANCE CHART						
Weight Plate	Leg Developer	Front Press	Butterfly	Lat Pull	Low Pulley	
1	30	31	15	30	30	
2	40	44	20	40	40	
3	50	57	25	50	50	
4	60	70	30	60	60	
5	70	83	35	70	70	
6	80	96	40	80	80	
7	90	109	45	90	90	
8	100	122	50	100	100	
9	101	135	55	110	110	
10	102	148	60	120	120	
11	103	161	65	130	130	

Note: Each plate weights 10 lbs.

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 at www.impex-fitness.com

**IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766**

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