

NOTE:
Please read all instructions
carefully before using this
product

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Model
PREMIER

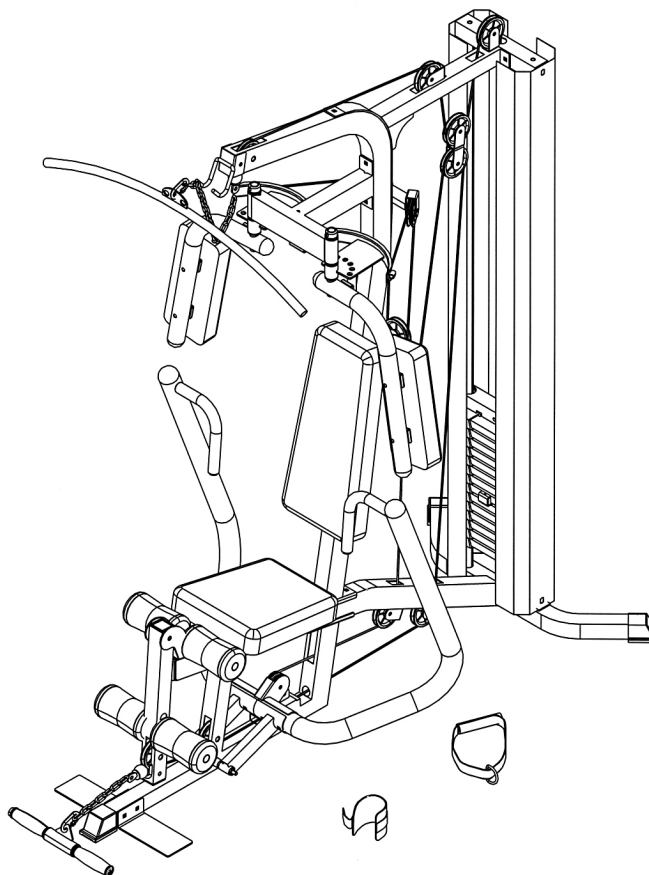
Retain This
Manual for
Reference

09-23-02

**OWNER'S
MANUAL**



MARCY PREMIER HOME GYM



IMPEX FITNESS PRODUCTS

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 PREMIER HOME GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOO-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

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

SAVE THESE INSTRUCTIONS.

HARDWARE IDENTIFIER

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

MILLIMETERS



M6



M8

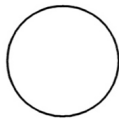


M10

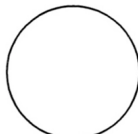
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

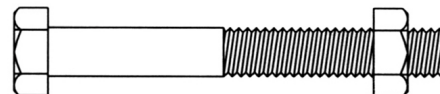
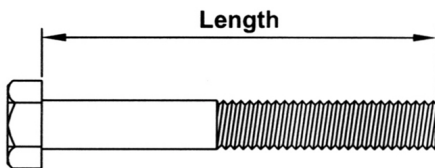
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

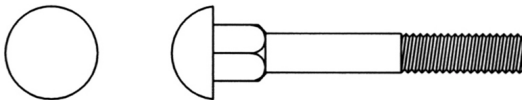


1-800-999-8899

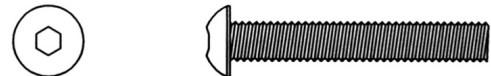
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

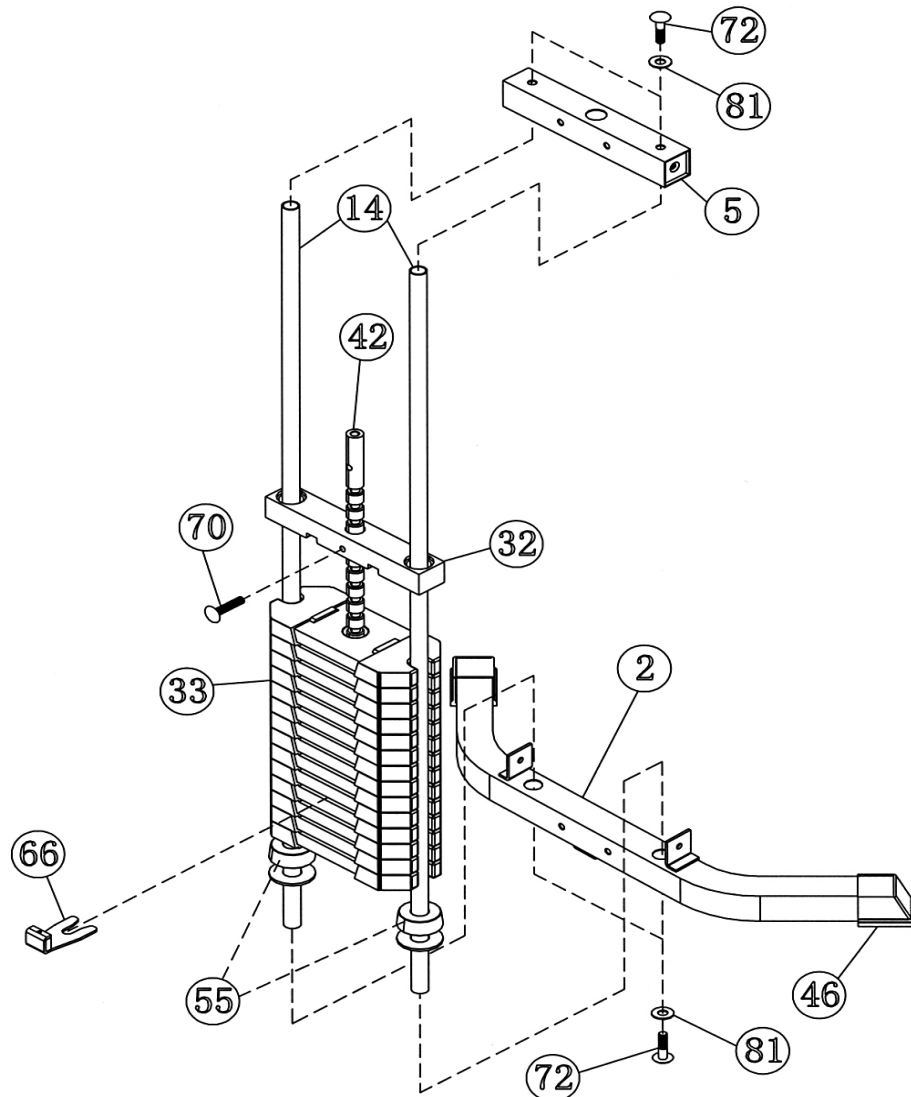
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) Slide two Round Rubber Bumpers (#55) onto the Guide Rods (#14). Align the holes and push two Guide Rods (#14) into the Rear Stabilizer (#2). Secure each Guide Rod with one M10 x $\frac{3}{4}$ " Allen Bolt (#72) and $\varnothing \frac{3}{4}$ " Washer (#81) on the bottom.
- B.) Install fourteen Weight Plates (#33). To install the plate, hold the plate at an angle and place it in between the two Guide Rods then drop it down. NOTE: Make sure the grooves on the plastic covers all face up. Insert the Selector Rod (#42) into the center hole on the Plates. Slide the Selector Stem (#32) onto the Guide Rods from the top. Align the holes and secure the Selector Stem (#32) to the Selector Rod (#42) with a M10 x 1 $\frac{3}{4}$ " Socket Bolt (#70). Use the Weight Select Pin (#66) to secure the Plates. Make sure the magnet on the Pin faces up.
- C.) It is strongly recommended to spray lubricant such as WD-40 on the two Guide Rods to minimize friction. Please note this machine comes with 14 plates. You can purchase another 5 more plates (Model No. WK51) in the future to increase the weights.
- D.) Attach the Top Socket Assembly (#5) to the top of the Guide Rods. Secure the Assembly to the Guide Rods with two M10 x $\frac{3}{4}$ " Allen Bolts (#72) and $\varnothing \frac{3}{4}$ " Washers (#81).

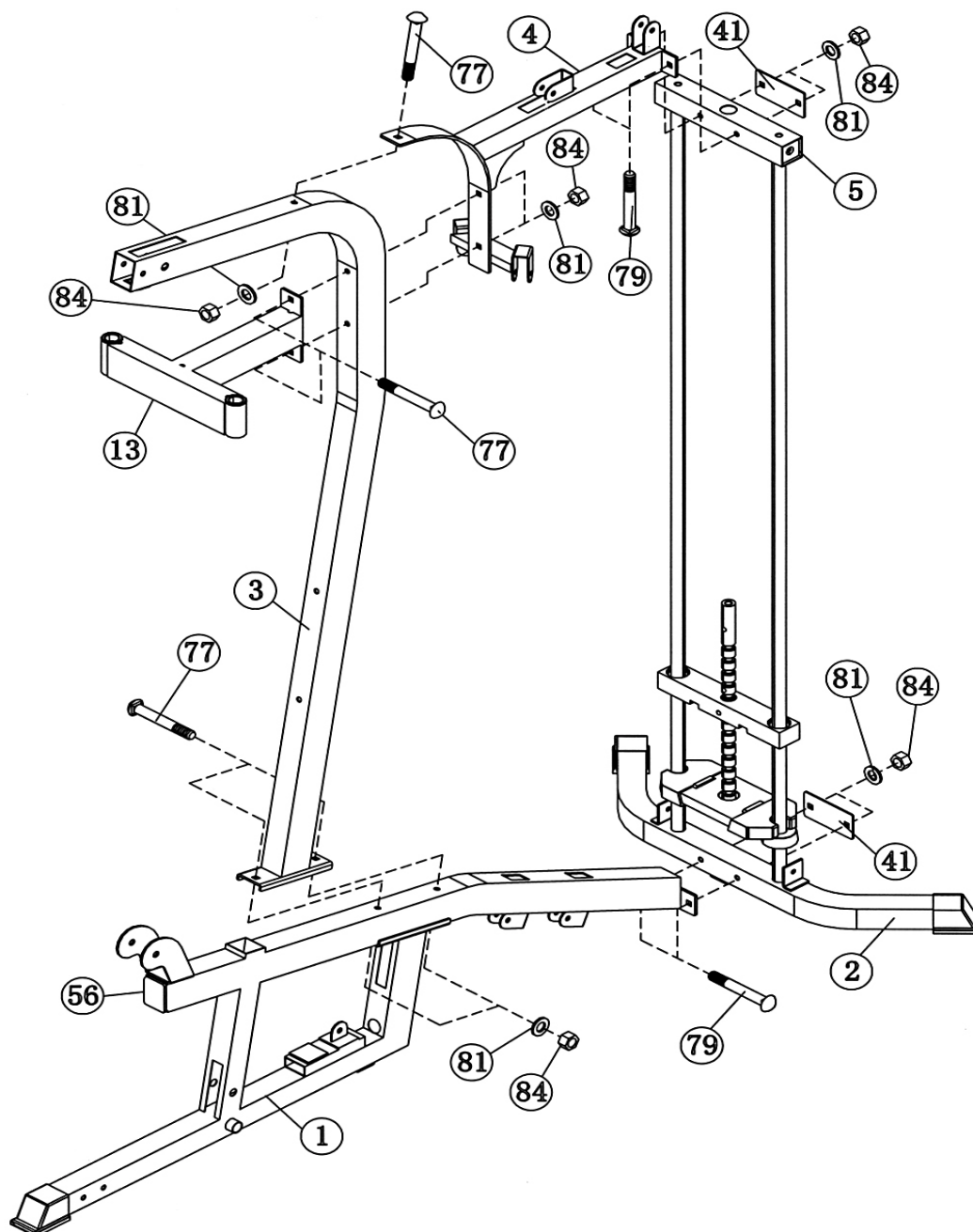
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Base Frame (#1) to the Rear Stabilizer (#2). Secure it with one Bracket (#41), two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#79), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84). Do not tighten the Nuts and Bolts yet.
- B.) Attach the bottom of the Vertical Beam (#3) to the Main Base Frame (#1). Secure it with two M10 x 3 $\frac{1}{2}$ " Carriage Bolts (#77), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84). Do not tighten the Nuts and Bolts yet.
- C.) Attach the Butterfly Support Frame (#13) to the front of Vertical Beam (#3). Attach the front end of Upper Frame (#4) to the back of Vertical Beam. Align the holes and secure them together with three M10 x 3 $\frac{1}{2}$ " Carriage Bolts (#77), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84).
- D.) Attach the rear end of Upper Frame (#4) to the Top Socket Assembly (#5). Secure it with one Bracket (#41), two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#79), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84). Securely tighten all the Nuts and Bolts previously installed.

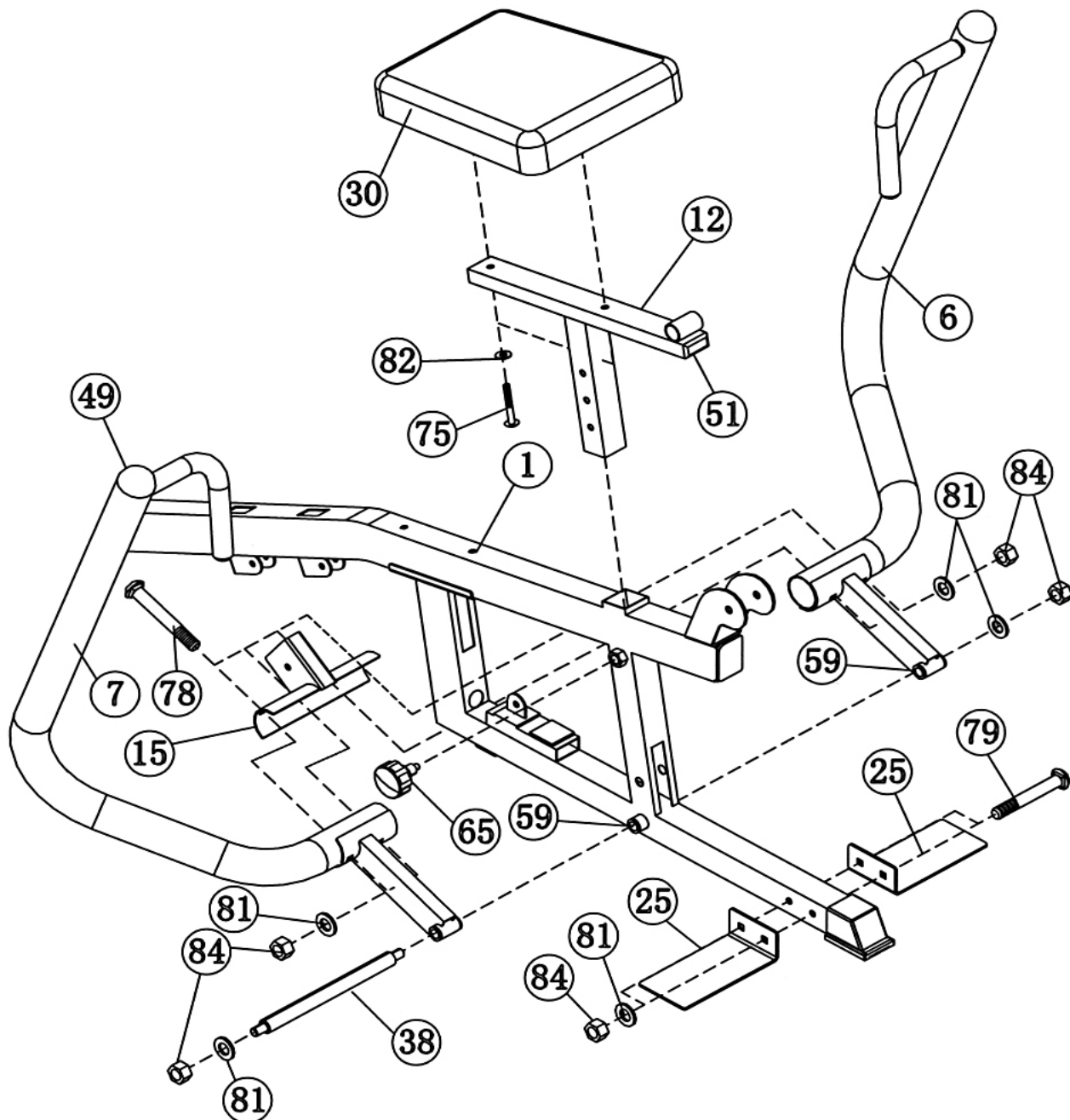
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Left and Right Front Presses (#6 & 7) to the pivot on the Main Base Frame (#1). Secure them together with a M10 x 8 1/8" Axle (#38), two $\varnothing \frac{3}{4}$ " Washers (#81), and two M10 Aircraft Nuts (#84).
- B.) Attach the Front Press Bracket (#15) to the Front Presses. Secure it with two M10 x 3 1/8" Carriage Bolts (#78), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84).
- C.) Attach the Seat Pad (#30) to the Seat Incline Adjustment (#12). Secure it with two M8 x 1 5/8" Allen Bolts (#75), and $\varnothing \frac{5}{8}$ " Washers (#82). Insert the Seat Incline Adjustment into the opening on the Main Base Frame. Lock the desired incline position with a Lock Knob (#65).
- D.) Attach two Foot Plates (#25) to the Main Base Frame (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#79), $\varnothing \frac{3}{4}$ " Washers (#81), and M10 Aircraft Nuts (#84).

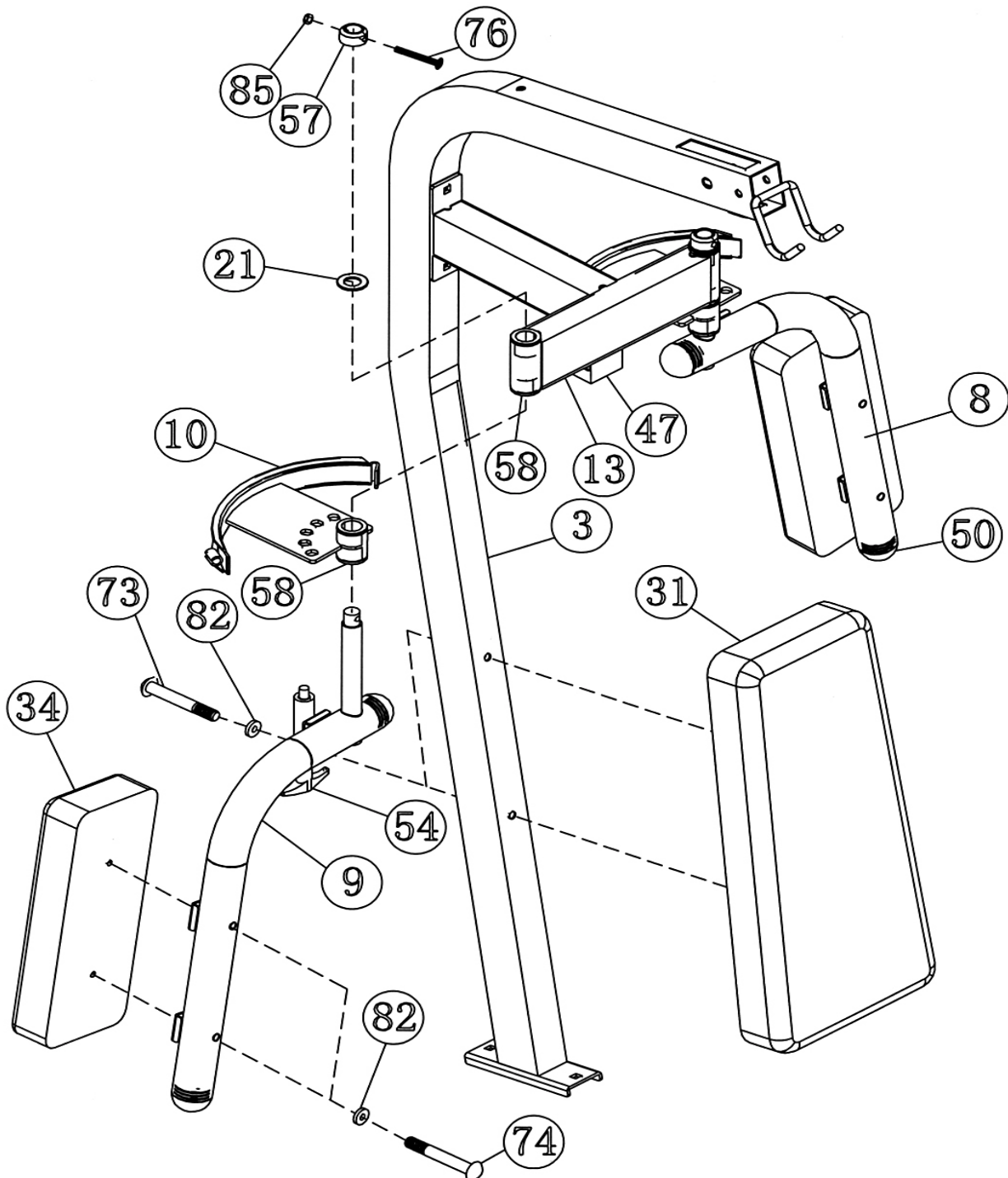
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Slide one Butterfly Support Bracket (#10) onto the Right Butterfly (#9). Insert the Right Butterfly into the pivot on the Butterfly Support Frame (#13) from the bottom. Secure it with one $\varnothing 1 \frac{1}{2}$ " Washer (#21), $\varnothing 1 \frac{3}{8}$ " Lock Ring (#57), M6 x $1 \frac{5}{8}$ " Hex Bolt (#76), and M6 Aircraft Nut (#85).
- B.) Attach the Butterfly Arm Pad (#34) to the Right Butterfly. Secure it with two M8 x $2 \frac{3}{4}$ " Allen Bolts (#74) and $\varnothing 5/8$ " Washers (#82).
- C.) Repeat steps A & B above to install the Left Butterfly (#8).
- D.) Attach the Backrest Board (#31) to the Vertical Beam (#3). Secure it with two M8 x $3 \frac{1}{2}$ " Allen Bolts (#73) and $\varnothing 5/8$ " Washers (#82).

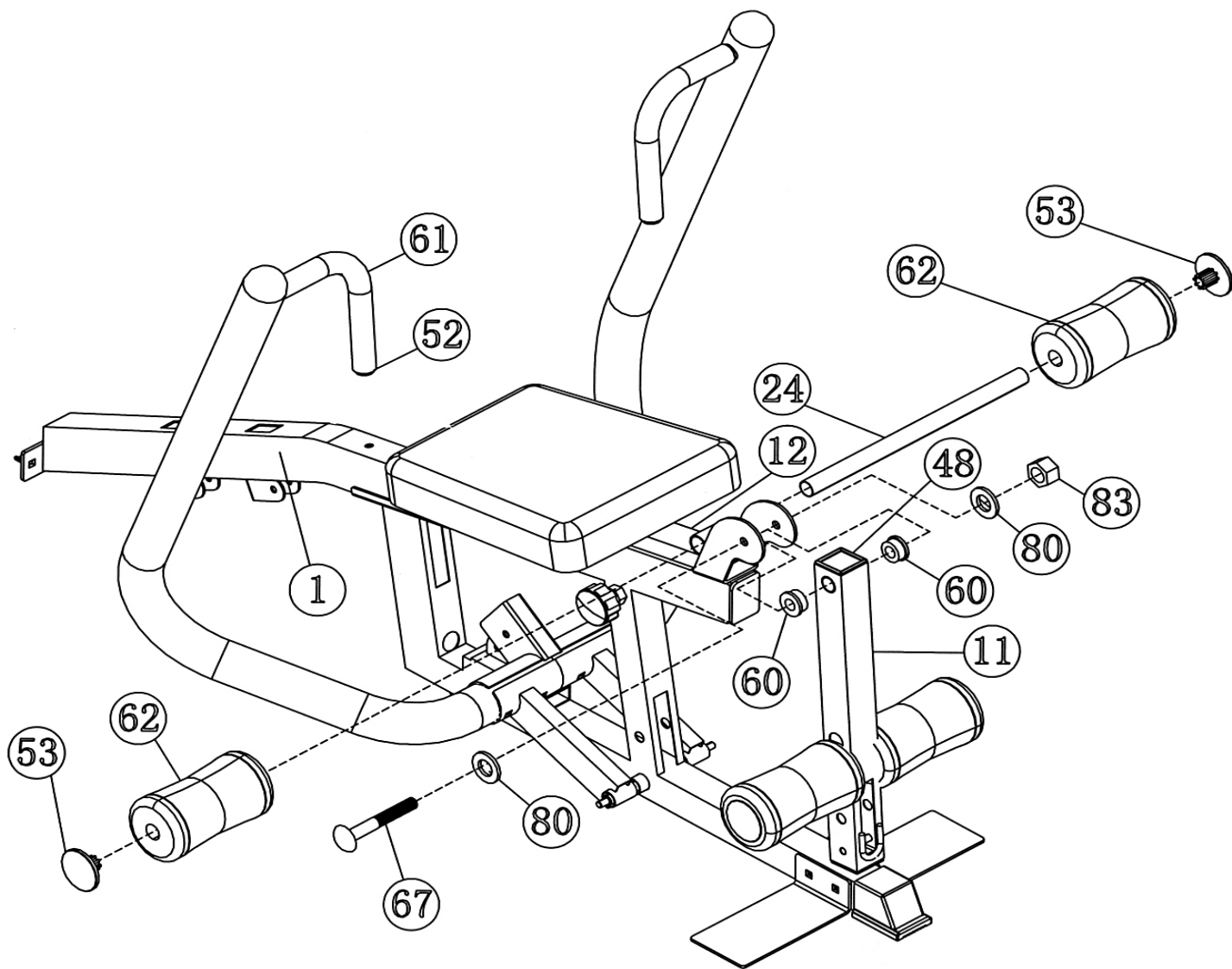
DIAGRAM 4



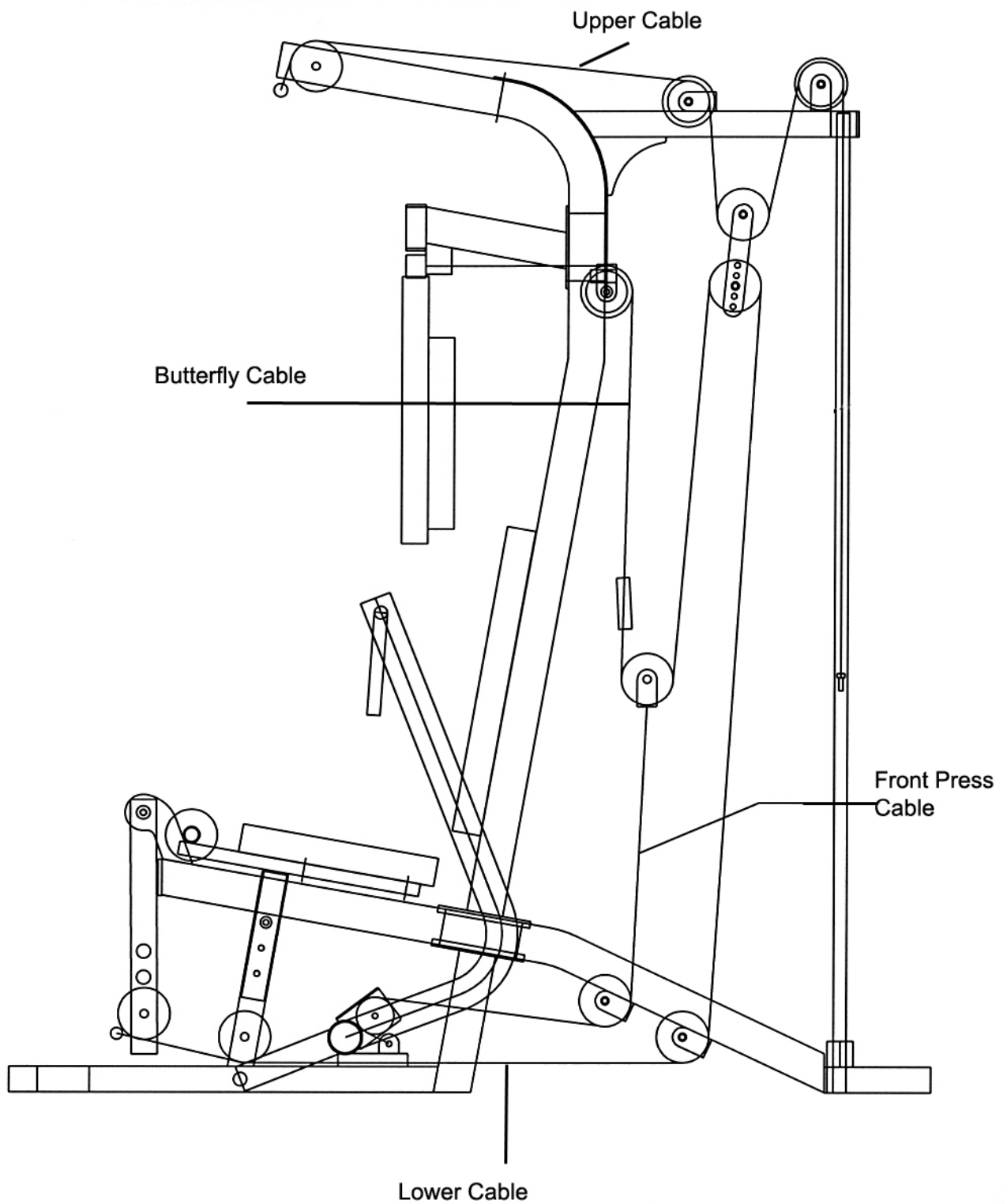
STEP 5 (See Diagram 5)

- A.) Attach two \varnothing 1" x $\frac{1}{4}$ " Bushings (#60) to the pivot on the Leg Developer (#11). Attach the Leg Developer (#11) to the Bracket in front of the Seat. Secure it with one M12 x 3 $\frac{1}{8}$ " Allen Bolt (#67), two \varnothing 1" Washers (#80) and one M12 Aircraft Nut (#83).
- B.) Insert two Foam Roll Tubes (#24) halfway through the holes on the Seat Incline Adjustment (#12) and Leg Developer (#11). Push four Foam Rolls (#62) onto the Tubes from both ends. Plug four \varnothing 2 $\frac{5}{8}$ " Foam Roll End Caps (#53) to the ends.

DIAGRAM 5



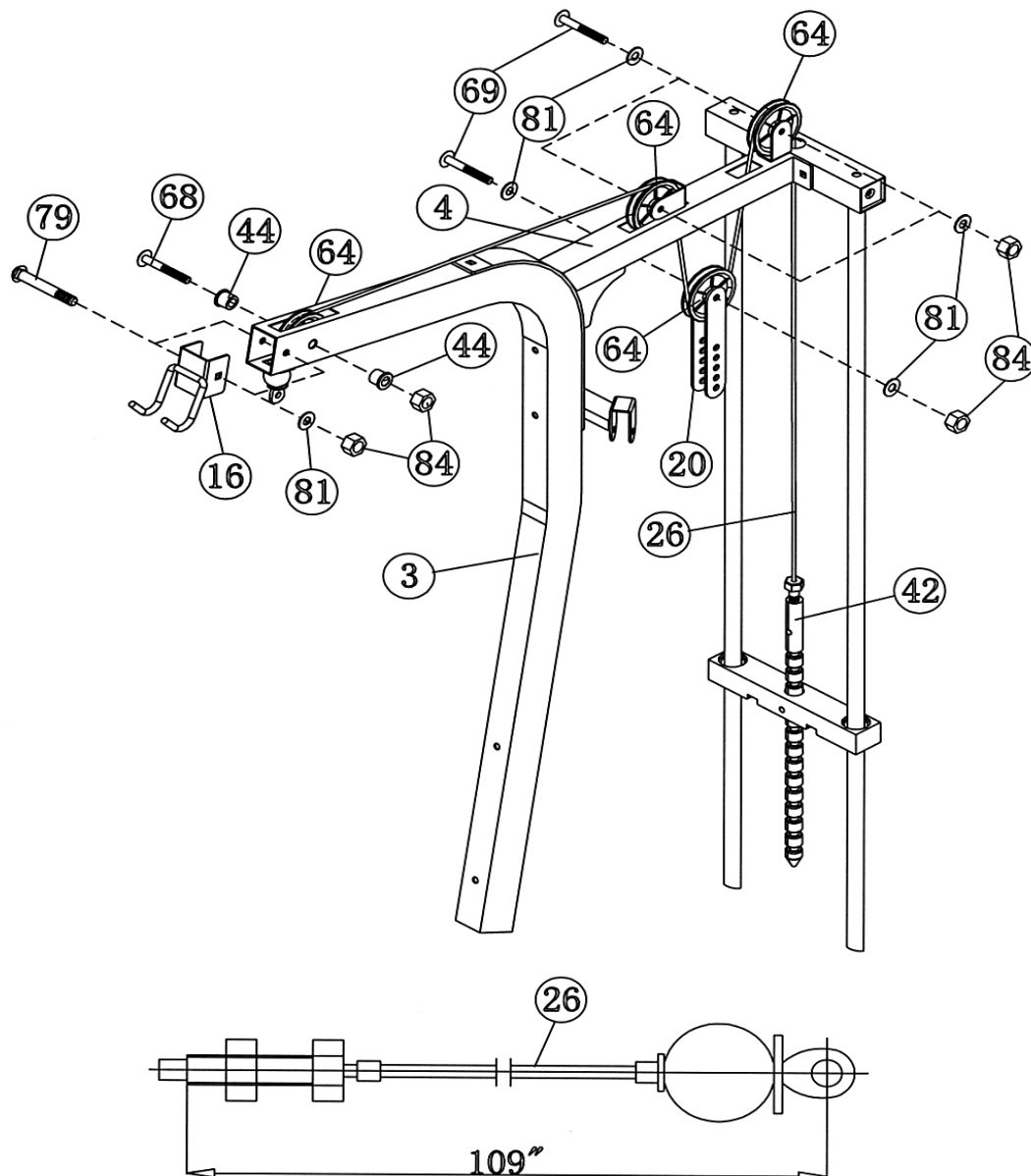
CABLE LOOP DIAGRAM



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the Lat Bar Holder (#16) to the top of Vertical Beam (#3). Secure it with one M10 x 2 ¾" Carriage Bolt (#79), Ø ¾" Washer (#81), and M10 Aircraft Nut (#84).
- B.) Attach the 109" Upper Cable (#26) to the top opening on the Vertical Beam. Attach a Pulley (#64) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#68), two Ø 7/8" Pulley Bushings (#44), and one M10 Aircraft Nut (#84). Make sure the ball stopper on the Cable is underneath the Frame.
- C.) Draw the Cable over the Pulley towards the back of the machine to the opening on the Upper Frame (#4).
- D.) Attach a Pulley to the opening. Secure it with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#81), and one M10 Aircraft Nut (#84).
- E.) Draw the Cable over the Pulley and downward. Install another Pulley as described in step D above with two Double Floating Pulley Brackets (#20). Let the Bracket hanging for now.
- F.) Draw the Cable around the Pulley and upward through the opening on Upper Frame to the last open bracket on the rear of the Upper Frame. Install another Pulley.
- G.) Draw the Cable around the Pulley and downward to the Selector Rod (#42). Securely thread the Cable head into the Selector Rod.

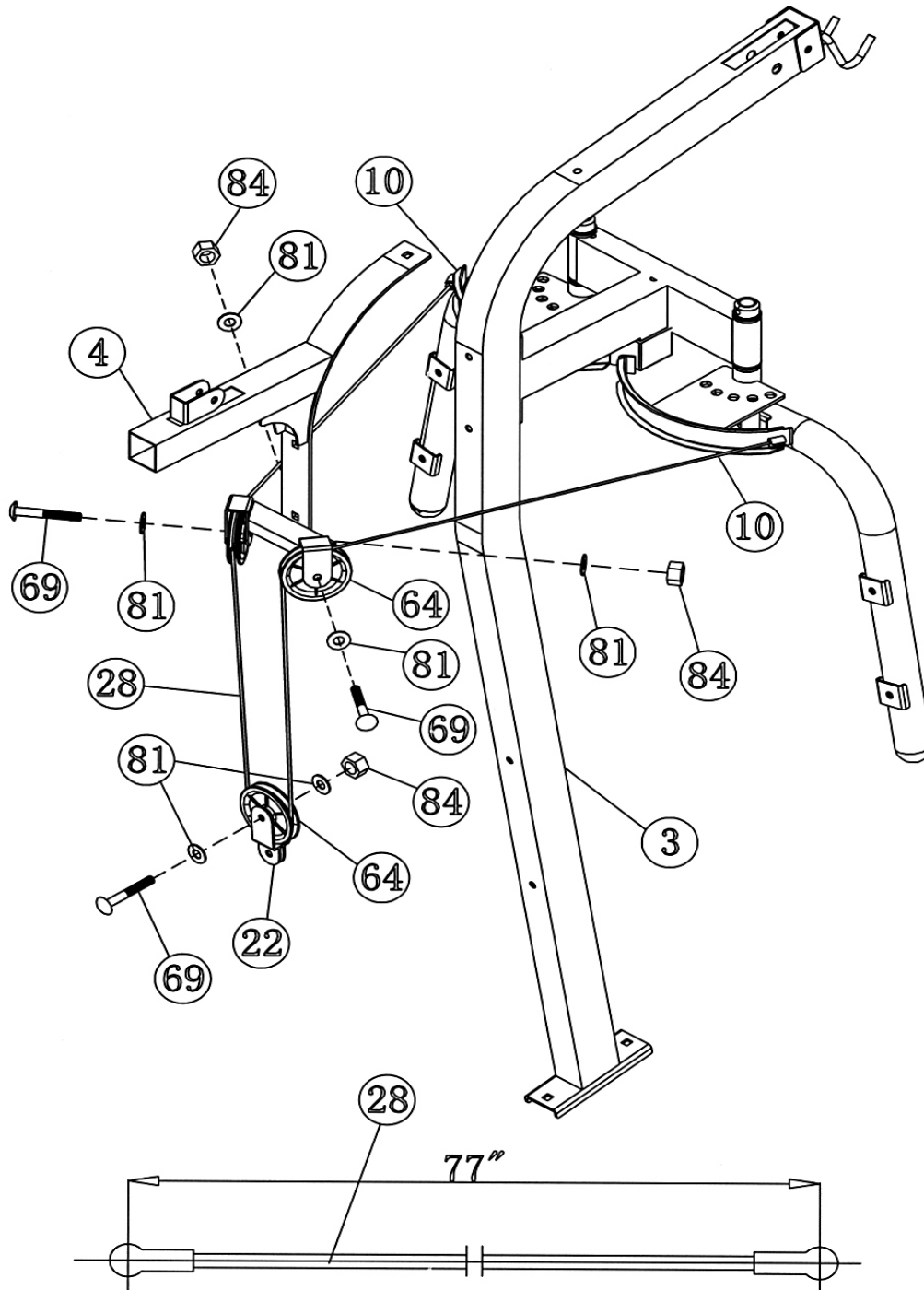
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach one end of the 77" Butterfly Cable (#28) to the slot on the Right Butterfly Support Bracket (#10). Draw the Cable towards the right open bracket on the Upper Frame (#4).
- B.) Attach a Pulley (#64) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#81), and one M10 Aircraft Nut (#84).
- C.) Draw the Cable over the Pulley and downward. Attach the Cable to a Single Floating Pulley Bracket (#22). Install a Pulley as described in B. Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley and upward to the left open bracket on the Upper Frame.
- E.) Draw the Cable over the Pulley to the open slot on the Left Pulley Support Bracket (#10).

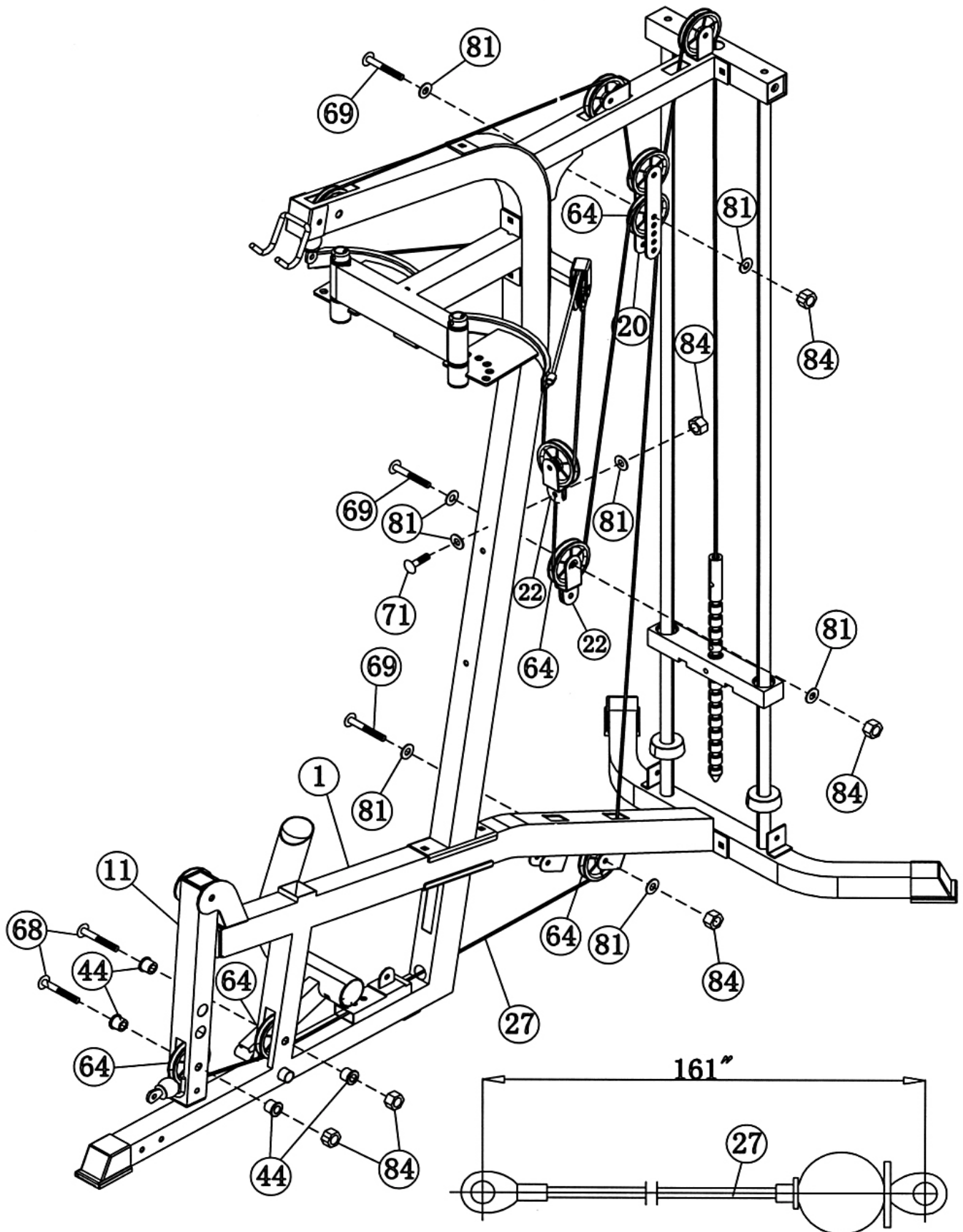
DIAGRAM 7



STEP 8 (See Diagram 8 & Cable Loop Diagram)

- A.) Attach the 161" Lower Cable (#27) to the opening on the bottom of the Leg Developer (#11).
- B.) Attach a Pulley (#64) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#68), two Ø 7/8" Pulley Bushings (#44), and one M10 Aircraft Nut (#84).
- C.) Draw the Cable underneath the Pulley towards the back of the machine to the opening on the bottom of the Main Base Frame (#1). Install a Pulley as described in Step B above.
- D.) Draw the Cable underneath the Pulley. Insert the Cable through the rectangular tube and the hole on the bottom of the Vertical Beam to the second open bracket under the Main Base Frame.
- E.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#81), and one M10 Aircraft Nut (#84).
- F.) Pull the Cable upward to the Double Floating Pulley Brackets (#20) previously installed in Step 6. Install another Pulley. Use any hole on the Bracket for now. After completing the Cable installation, come back to this Pulley and adjust the position. If the Cable loop is too loose, move the Pulley up on the Bracket. If the Cable loop is too tight, move the Pulley down on the Bracket.
- G.) Draw the Cable around the Pulley then downward. Attach the Cable to another Single Floating Pulley Bracket (#22). Install another Pulley. Let the Bracket hanging for now.
- H.) Pull the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#22) previously in Step 7. Secure the end of the Cable to the Bracket with one M10 x 1 1/8" Allen Bolt (#71), two Ø ¾" Washers (#81), and one M10 Aircraft Nut (#84).

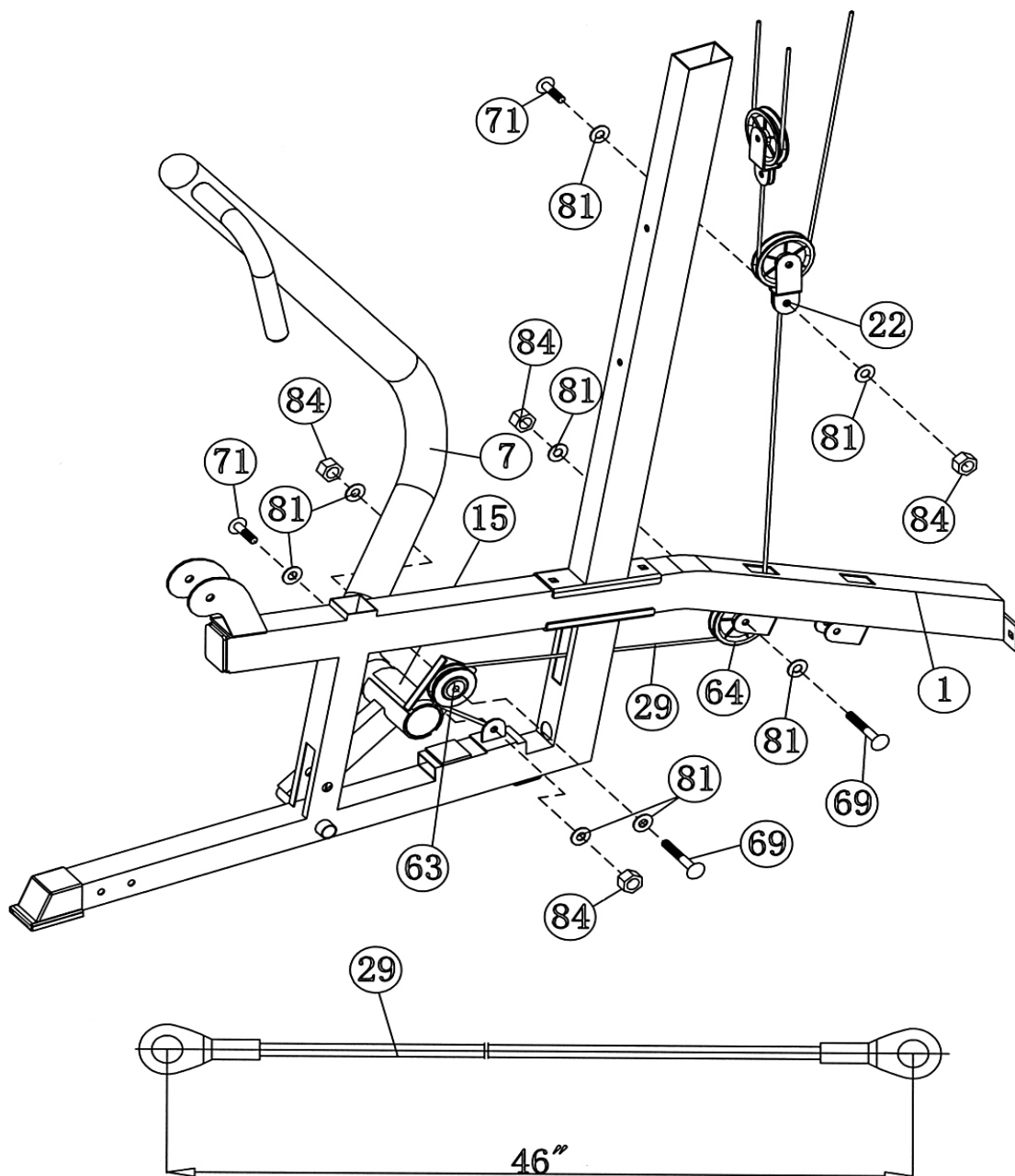
DIAGRAM 8



STEP 9 (See Diagram 9 & Cable Loop Diagram)

- A.) Attach the 46" Front Press Cable (#29) to the bracket on the Main Base Frame (#1). Secure the Cable to the bracket with one M10 x 1 1/8" Allen Bolt (#71), two $\varnothing 3/4$ " Washers (#81), and one M10 Aircraft Nut (#84). DO NOT over tighten the Nut and Bolt. The eyelet on the Cable should be able to rotate on the Bolt.
- B.) Draw the Cable to the open slot on the Front Press Bracket (#15). Attach a Small Pulley (#63) to the open slot. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two $\varnothing 3/4$ " Washers (#81), and one M10 Aircraft Nut (#84).
- C.) Draw the Cable around the Pulley then backward through the opening on the Vertical Beam to the open bracket under the Main Base frame (#1). Install another Pulley.
- D.) Pull the Cable upward through the hole on the Main Base Frame to the Single Floating Pulley Bracket (#22) previously installed in Step 8. Secure the Cable to the Bracket with one M10 x 1 1/8" Allen Bolt (#71), two $\varnothing 3/4$ " Washers (#81), and one M10 Aircraft Nut (#84).

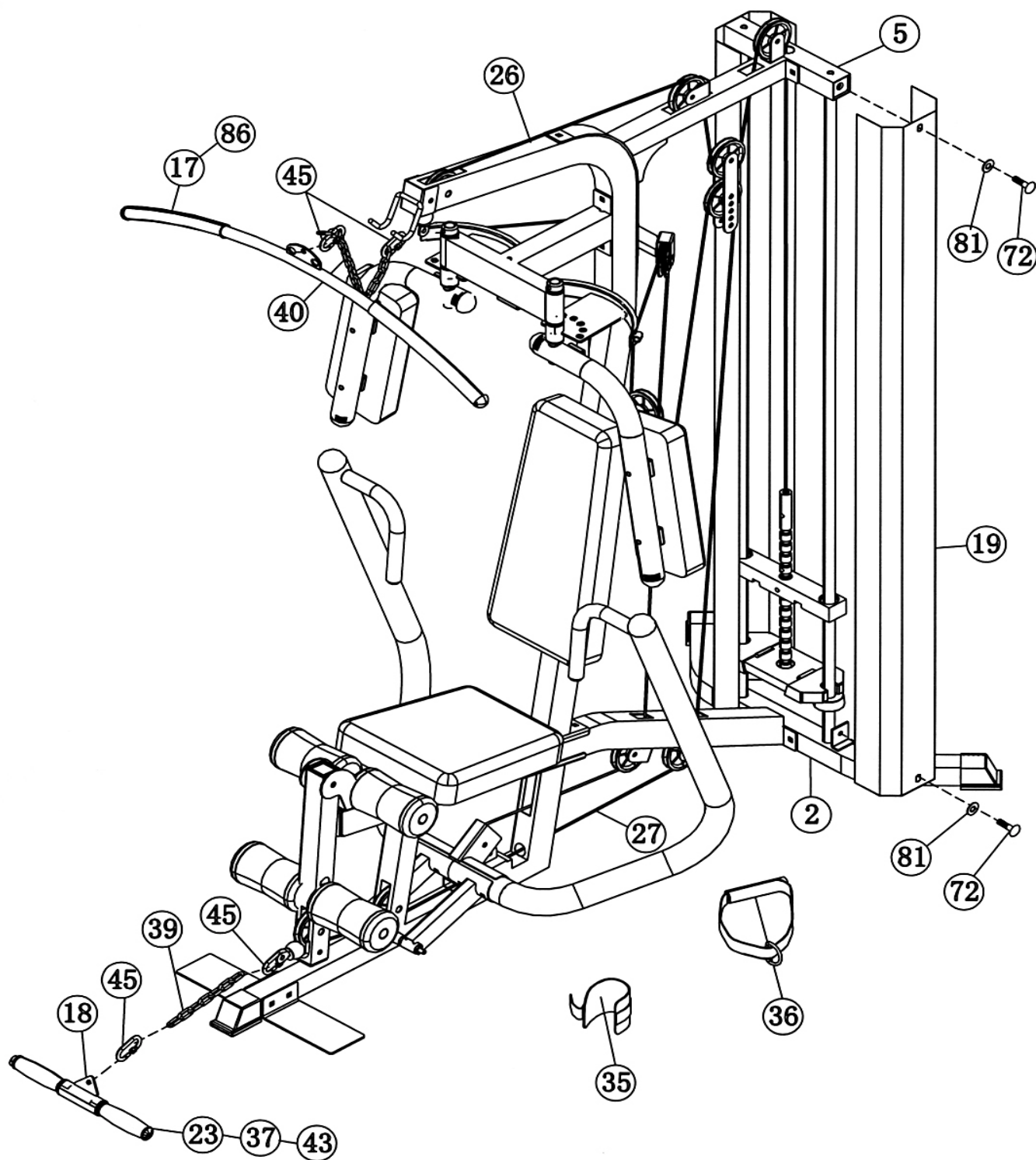
DIAGRAM 9



STEP 10 (See Diagram 10)

- A.) Cover the Weight stack by two Weight Stack Covers (#19). Secure each Weight Stack Cover with two M10 x 3/4" Allen Bolts (#72) and Ø 3/4" Washers (#81).
- B.) Connect the Lat Bar (#17) to the Upper Cable (#26) with two C-clips (#45) and one Short Chain (#40).
- C.) Connect the Arm Curl Handle (#18) to the Lower Cable (#27) with two C-clips (#45) and one Long Chain (#39).

DIAGRAM 10



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Main Base Frame	1	51	1" x 2" End Cap	2
2	Rear Stabilizer	1	52	Ø 1" Con-shaped End Cap	2
3	Vertical Beam	1	53	Ø 2 5/8" Foam Roll End Cap	4
4	Upper Frame	1	54	Quick Release Lock Pin	2
5	Top Socket Assembly	1	55	Round Rubber Bumper	2
6	Left Front Press	1	56	Square Rubber Bumper	2
7	Right Front Press	1	57	Ø 1 3/8" Lock Ring	2
8	Left Butterfly	1	58	Ø 1 1/2" Bushing	8
9	Right Butterfly	1	59	Ø 1" Bushing	6
10	Butterfly Support Bracket	2	60	Ø 1" x 1/4" Bushing	2
11	Leg Developer	1	61	Front Press Handle Grip	2
12	Seat Incline Adjustment	1	62	Foam Roll	4
13	Butterfly Support Frame	1	63	Small Pulley	1
14	Guide Rod	2	64	Pulley	13
15	Front Press Bracket	1	65	Lock Knob	1
16	Lat Bar Holder	1	66	Weight Select Pin	1
17	Lat Bar	1	67	M12 x 3 1/8" Allen Bolt	1
18	Arm Curl Handle	1	68	M10 x 2 1/2" Allen Bolt	3
19	Weight Stack Cover	2	69	M10 x 1 3/4" Allen Bolt	11
20	Double Floating Pulley Bracket	2	70	M10 x 1 3/4" Socket Bolt	1
21	Ø 1 1/2" Washer	2	71	M10 x 1 1/8" Allen Bolt	3
22	Single Floating Pulley Bracket	2	72	M10 x 3/4" Allen Bolt	8
23	Arm Curl Handle Grip	1	73	M8 x 3 1/2" Allen Bolt	2
24	Foam Roll Tube	2	74	M8 x 2 3/4" Allen Bolt	4
25	Foot Plate	2	75	M8 x 1 5/8" Allen Bolt	2
26	109" Upper Cable	1	76	M6 x 1 5/8" Hex Bolt	2
27	161" Lower Cable	1	77	M10 x 3 1/2" Carriage Bolt	5
28	77" Butterfly Cable	1	78	M10 x 3 1/8" Carriage Bolt	4
29	46" Front Press Cable	1	79	M10 x 2 3/4" Carriage Bolt	7
30	Seat Pad	1	80	Ø 1" Washer	2
31	Backrest Board	1	81	Ø 3/4" Washer	54
32	Selector Stem	1	82	Ø 5/8" Washer	8
33	Weight Plate	14	83	M12 Aircraft Nut	1
34	Butterfly Arm Pad	2	84	M10 Aircraft Nut	35
35	Ankle Strap	1	85	M6 Aircraft Nut	2
36	Single Handle	1	86	Lat Bar Grip	2
37	Ø 1 1/2" Handle Bushing	2			
38	M10 x 8 1/8" Axle	1			
39	Long Chain	1			
40	Short Chain	1			
41	Bracket	2			
42	Selector Rod	1			
43	Arm Curl Handle Grip	2			
44	Ø 7/8" Pulley Bushing	6			
45	C-clip	4			
46	2" Square End Cap	3			
47	2" Rubber Stopper	1			
48	2" Square End Cap (Impex Logo)	2			
49	Ø 2 3/8" Con-shaped End Cap	2			
50	Ø 2" Con-shaped End Cap	4			

MWM Premier Weight Resistant Chart

No. of Plates	Bench Press	Butterfly	Lat Pull	Leg Developer
1	38	10	20	20
2	49	13.5	30	30
3	60	16.5	40	40
4	71	20	50	50
5	82	23.5	60	60
6	93	26.5	70	70
7	104	30	80	80
8	115	33.5	90	90
9	126	36.5	100	100
10	137	40	110	110
11	148	43	120	120
12	159	46.5	130	130
13	170	50	140	140
14	181	53	150	150

***Each plate weights 10 lbs.**

***Numbers are approximate. Actual weight may vary.**

***Value for butterfly is 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.
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