

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
MWB SMP

Retain This
Manual for
Reference

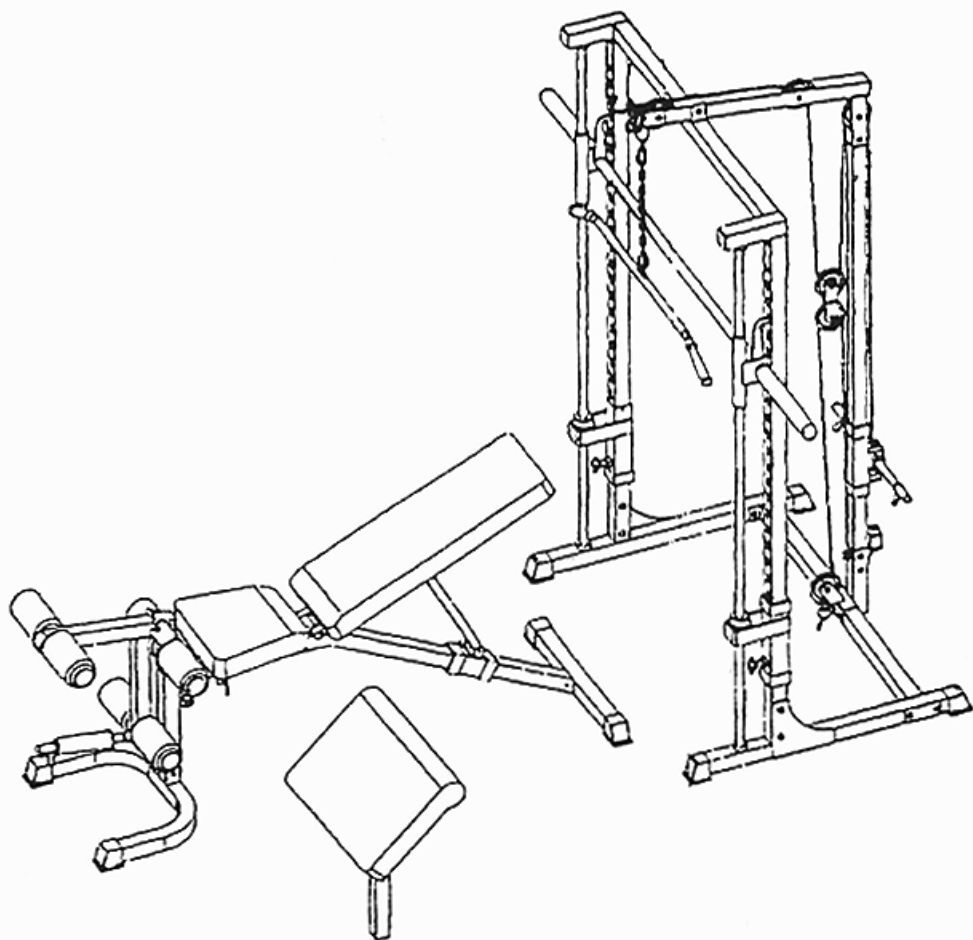
9-18-00

**OWNER'S
MANUAL**



MARCY®

MARCY SMITH MACHINE PLUS MWB SMP



IMPEX FITNESS PRODUCTS

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

impex@impex-fitness.com

TABLE OF CONTENTS

| | |
|------------------------------|----|
| BEFORE YOU BEGIN..... | 1 |
| IMPORTANT SAFETY NOTICE..... | 2 |
| HARDWARE IDENTIFIER..... | 3 |
| ASSEMBLY INSTRUCTIONS..... | 4 |
| PARTS LIST..... | 14 |
| EXPLODED VIEW..... | 15 |
| WARRANTY..... | 16 |
| ORDERING PARTS..... | 16 |

BEFORE YOU BEGIN

Thank you for selecting the MARCY SMITH MACHINE PLUS 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

impex@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.

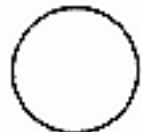
HARDWARE IDENTIFIER

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

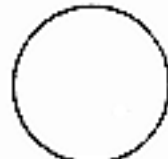
MILLIMETERS



M6

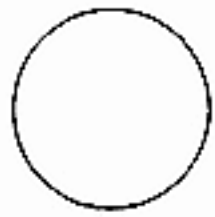


M8

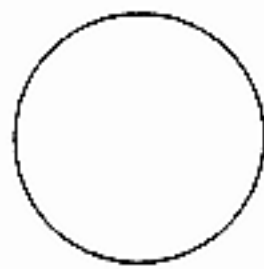


M10

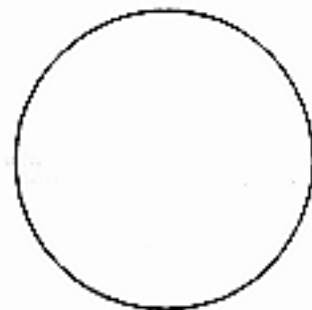
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

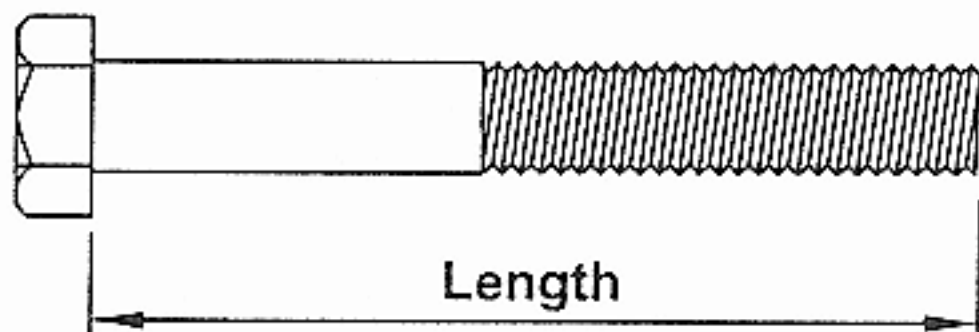
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?



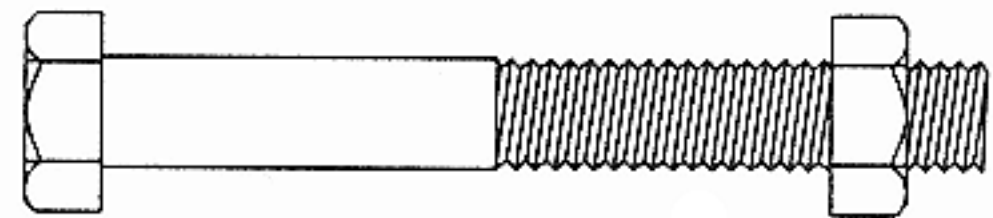
1-800-999-8899

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.

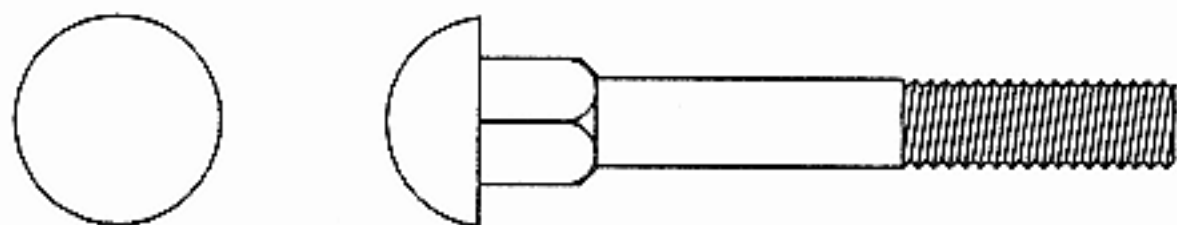


Length

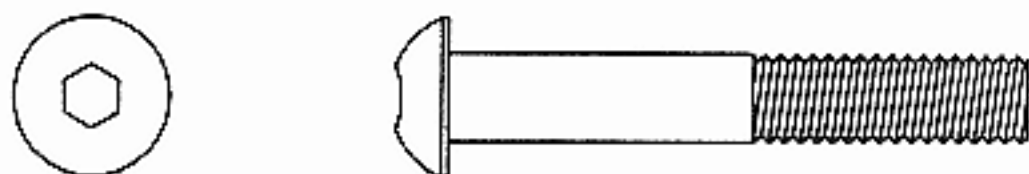
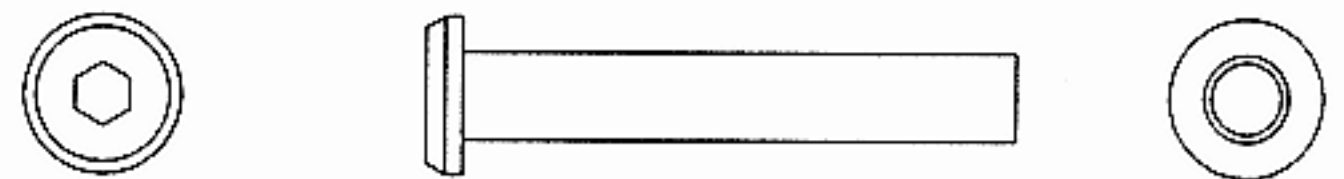
HEX HEAD BOLT



HEX SOCKET AXLE



CARRIAGE BOLT



ALLEN BOLT



HEX SOCKET SCREW



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

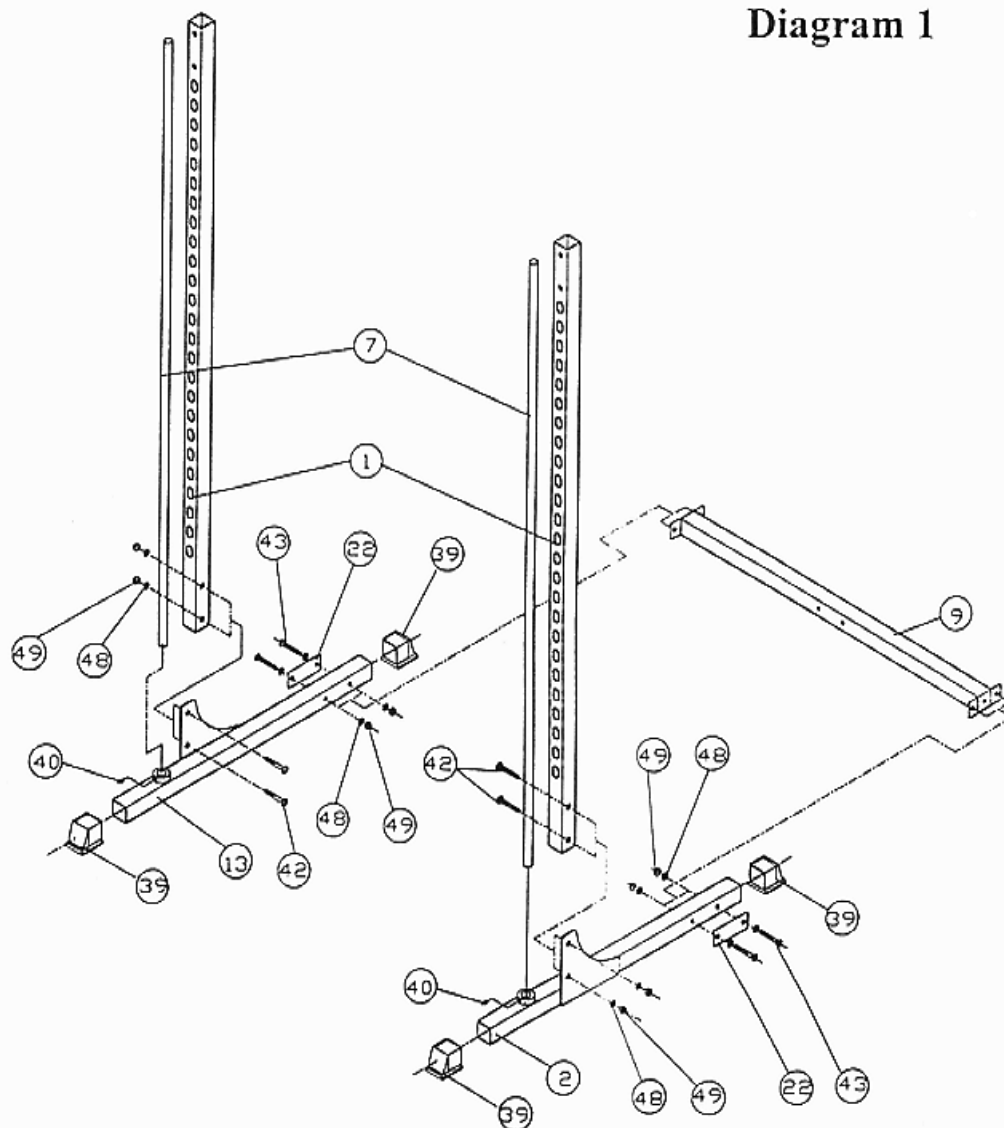
Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

- A.) Attach two 2" Base End Caps (#39) to the Left Base Frame (#2). Attach the Rear Base Frame (#9) to the Left Base Frame (#2). Secure it with two M10 x 3" Allen Bolts (#43), four Ø3/4" Washers (#48), one Bracket (#22), and two M10 Aircraft Nuts (#49). DO NOT tighten all the nuts and bolts yet. Only finger-tight for now.
- B.) Repeat the above procedure to attach the Right Base Frame (#13).
- C.) Attach the Front Vertical Beam (#1) to the bracket on the Left Base Frame (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#42), Ø3/4" Washers (#48), and M10 Aircraft Nuts (#49). Repeat the same procedure to install the other side.
- D.) Attach the Guide Rod (#7) to the circular clamp on the Left Base Frame (#2). Secure the M8 x 3/8" Allen Screw (#40) with an Allen wrench. Repeat the same procedure for the other side.

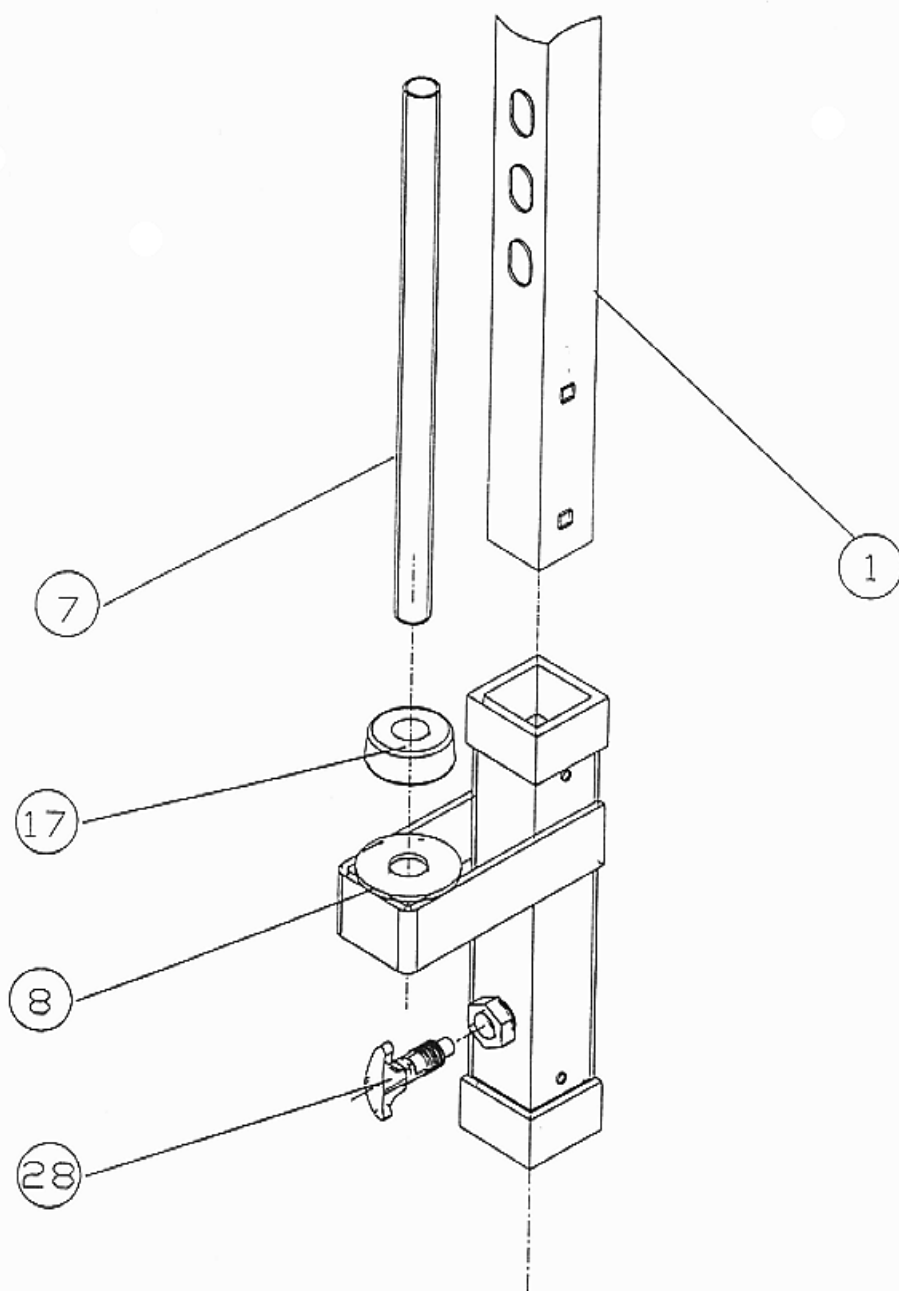
Diagram 1



STEP 2 (See Diagram 2)

- A.) Slide the Safety Stop Frame (#8) onto the Front Vertical Beam (#1) and Guide Rod (#7) from the top. Drop the Beam all the way down. Align the hole and secure it with a Quick Release Pin (#28). Slide the Rubber Bumper (#17) onto the Guide Rod (#7).
- B.) Repeat the same procedure above to install the other side.
- C.) Securely tighten all the nuts and bolts previously installed.

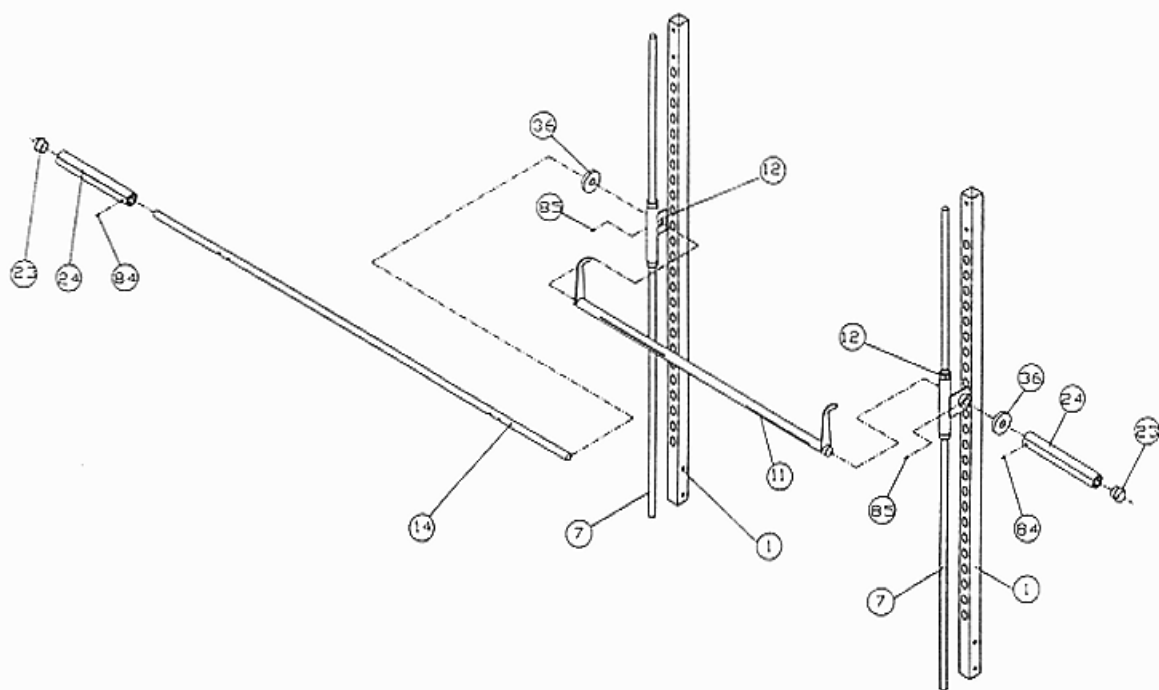
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Slide the Sliding Safety Catch (#12) onto the Guide Rod (#7) from the top. Repeat for the other side.
- B.) NOTE: Help of another person is strongly recommended for this step. Insert the 7' Weight Bar (#14) through a Ø3" x ½" Thick Rubber Bumper (#36) from the left side of the machine. Then insert the Bar through the hole on the Sliding Safety Catch (#12). Continue the Bar through the 4' Lifting Sleeve (#11).
- C.) Insert the Bar through the Sliding Safety Catch (#12) on the right side. Place another Ø3" x ½" Thick Rubber Bumper (#36) onto the Bar. Make sure the gap on both side of the bar is even. Secure the M8 x 3/8" Allen Screws (#40) on the Sliding Safety Catches (#12) with an Allen Wrench.
- D.) Install a Long Olympic Sleeve (#24) onto the right side of the Bar. Secure it with a M8 x 3/8" Allen Screw (#40). Close the end with a Ø2" Round End Cap (#23). Repeat the procedure for the other side. Note: If you are using standard plates, remove the Sleeves.

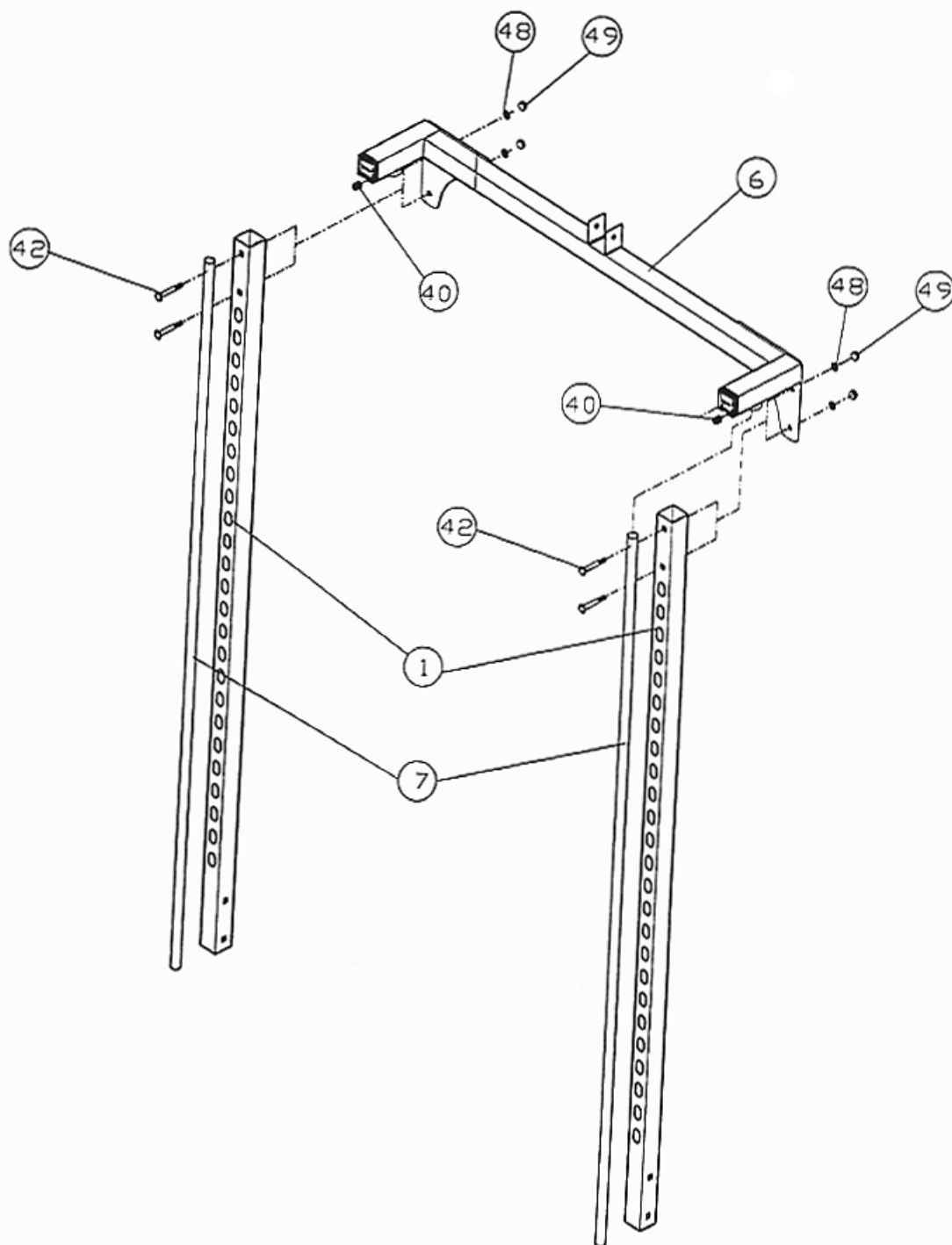
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Front Top Beam (#6) to the top of the Front Vertical Beams (#1) and Guide Rods (#7). Secure the Guide Rods with two M8 x 3/8" Allen Screws (#40).
- B.) Secure each side of the Front Top Beam (#6) with two M10 x 2 3/4" Carriage Bolts (#42), Ø3/4" Washers (#48), and M10 Aircraft Nuts (#49).

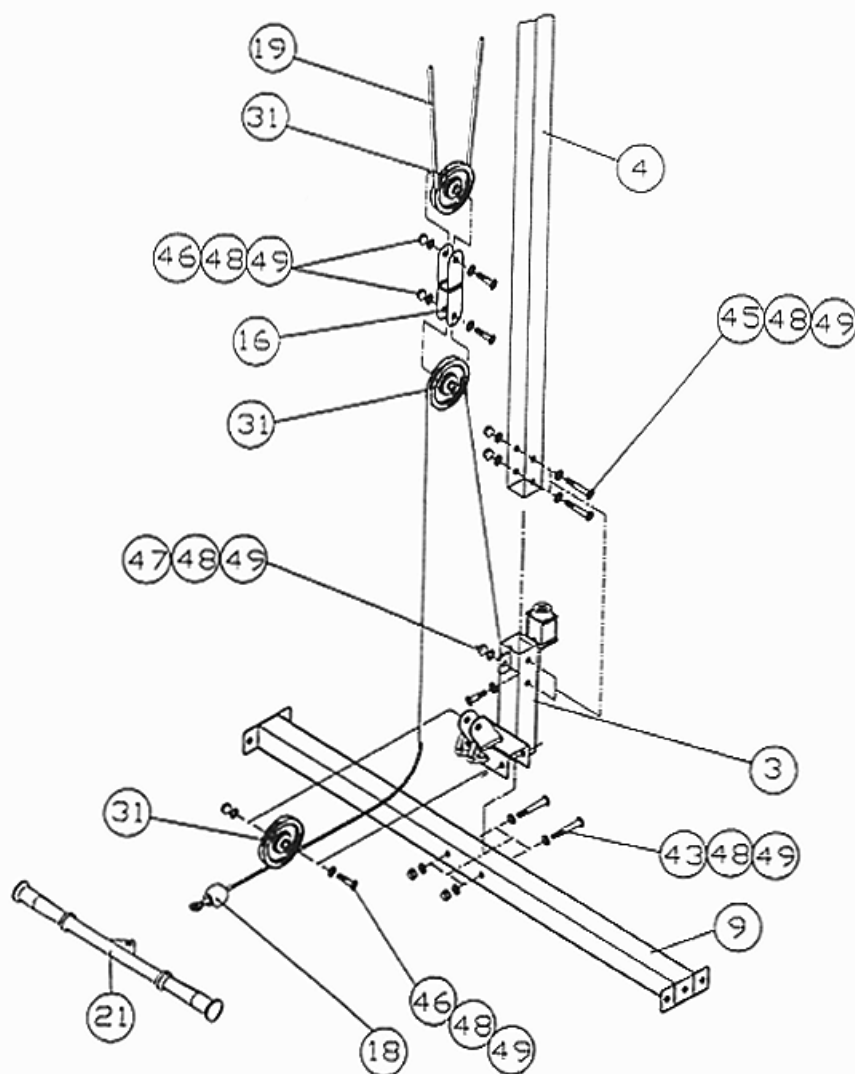
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Lat Bar Base (#3) to the Rear Base Frame (#9). Secure it with two M10 x 3" Allen Bolts (#43), four Ø3/4" Washers (#48) and two M10 Aircraft Nuts (#49).
- B.) Attach the Lat Bar Frame (#4) to the Lat Bar Base (#3). Secure it with two M10 x 2 1/2" Allen Bolts (#45), four Ø3/4" Washers (#48) and two M10 Aircraft Nuts (#49).
- C.) Attach the 89" Lower Cable (#18) to the bracket on the Lat Bar Base (#3). Install a Pulley (#31). Secure it with one M10 x 1 3/4" Allen Bolt (#46), two Ø3/4" Washers (#48) and one M10 Aircraft Nut (#49).
- D.) Draw the Cable upward and install another Pulley to the Double Floating Pulley Bracket (#16). Secure it with a M10 x 1 3/4" Allen Bolt (#46), two Ø3/4" Washers (#48) and one M10 Aircraft Nut (#49). Set the Bracket on the side for now.
- E.) Attach the end of the Cable to the small plate on the Lat Bar Base (#3). Secure it with a M10 x 1" Allen Bolt (#47), two Ø3/4" Washers (#48) and one M10 Aircraft Nut (#49).

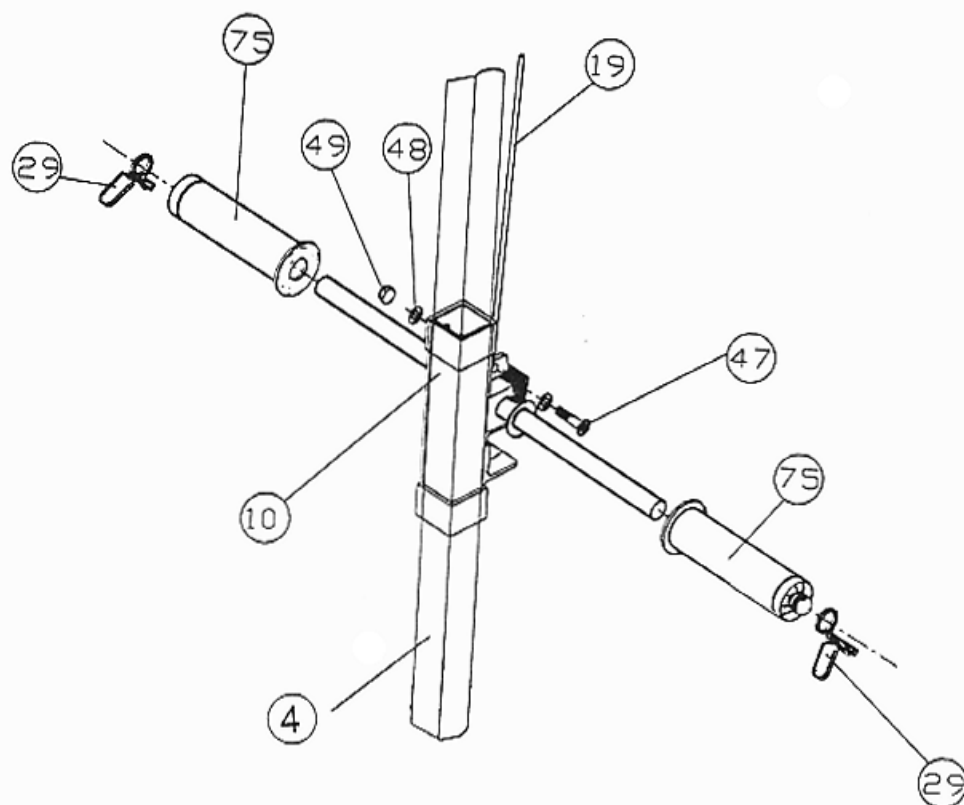
DIAGRAM 5



STEP 6 (See Diagram 6)

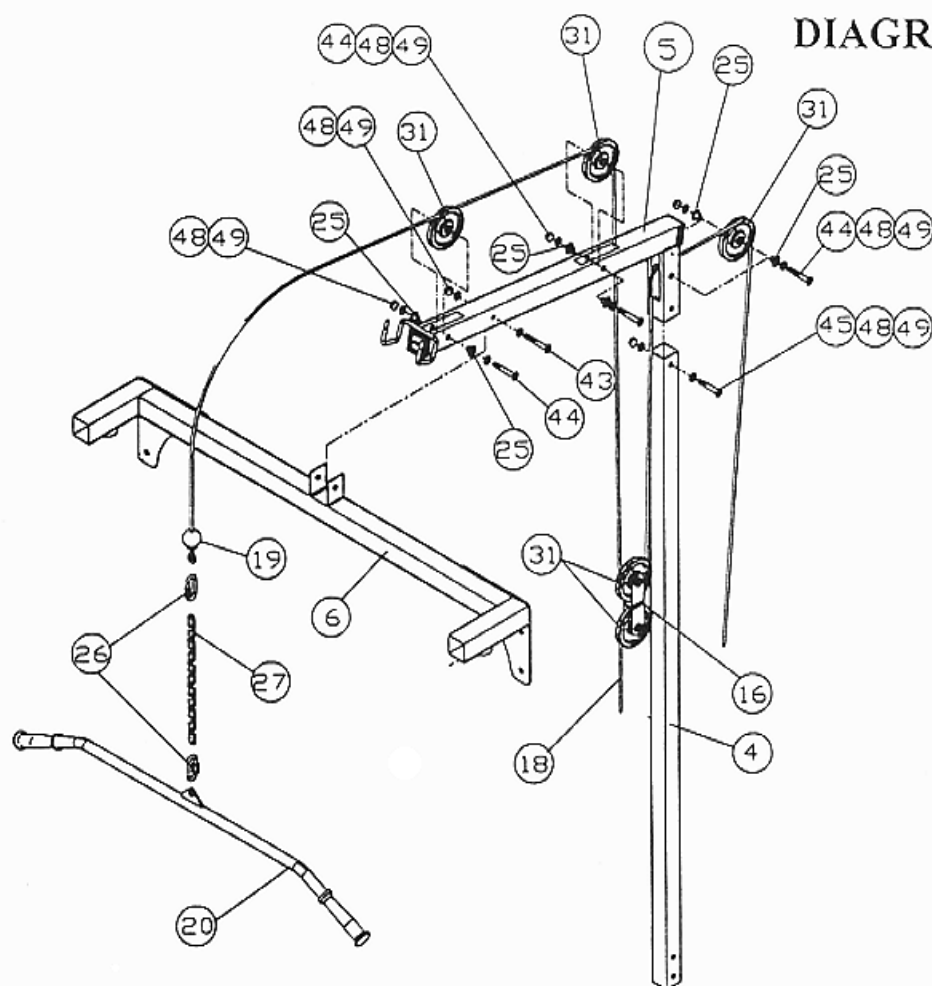
A.) Slide the Weight Post (#10) onto the Lat Bar Frame (#4). Attach two Short Olympic Sleeves (#75) onto the post. Secure them with two Ø1" Spring Clips (#29). Remove the Sleeves if you are using standard weight plates.

DIAGRAM 6



STEP 7 (See Diagram 7)

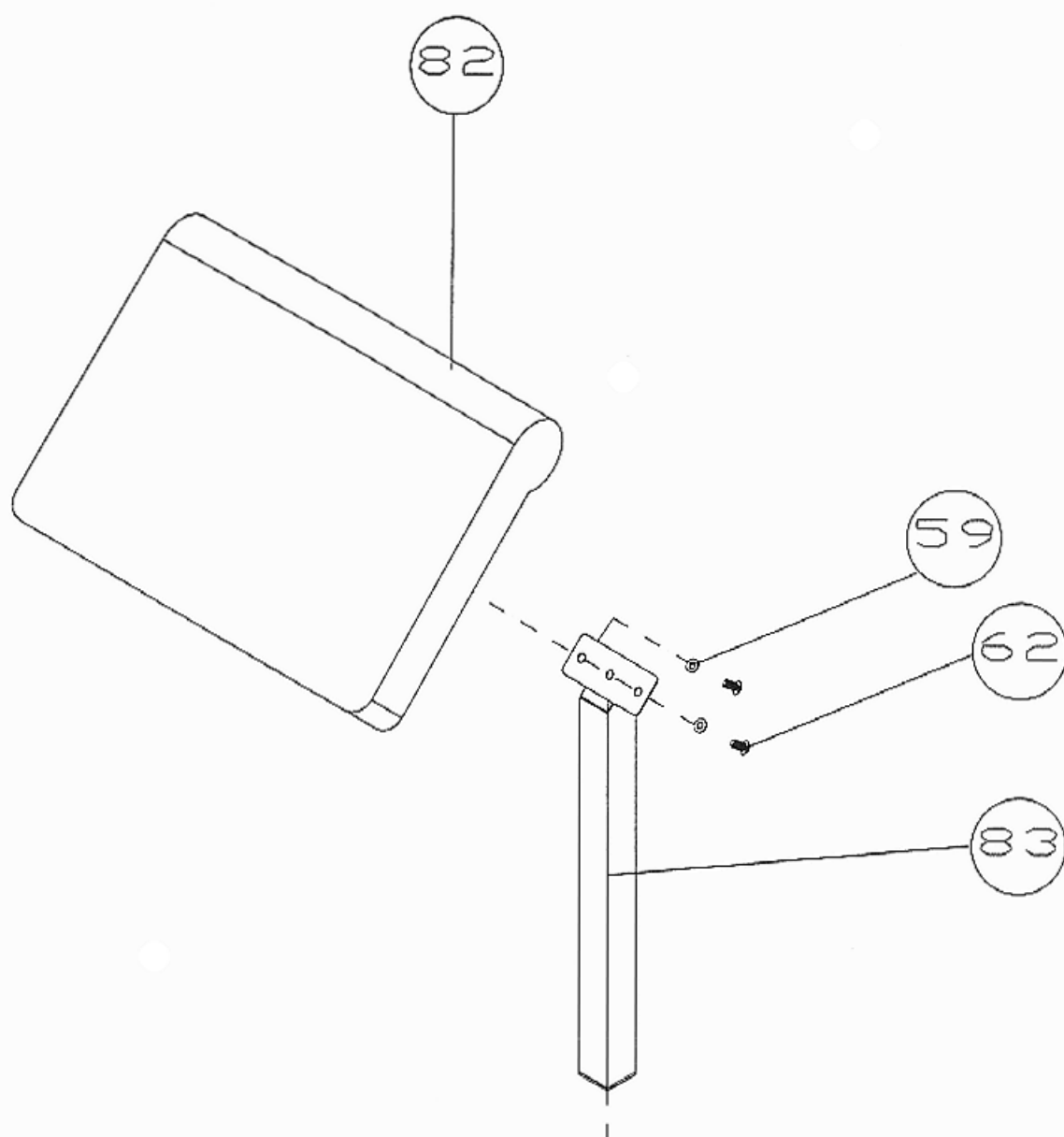
- A.) Attach the Upper Frame (#5) to the top of the Front Top Beam (#6). Secure it with one M10 x 3" Allen Bolt (#43), two Ø3/4" Washers (#48) and two M10 Aircraft Nuts (#49).
- B.) Attach the back of the Upper Frame (#5) to the top of the Lat Bar Frame (#4). Secure it with a M10 x 2 ½" Allen Bolt (#45), two Ø3/4" Washers (#48) and two M10 Aircraft Nuts (#49).
- C.) Attach the 142" Upper Cable (#19) to the top of the Upper Frame (#5). Make sure the ball on the Cable is underneath the Frame. Draw the Cable to the top of the Frame and install a Pulley (#31) in between the slotted opening. Secure it with two Bushings (#25), one M10 x 2 ¾" Allen Bolts (#44), two Ø3/4" Washers (#48) and one M10 Aircraft Nut (#49).
- D.) Continue drawing the Cable (#19) towards the back of the machine. Install another Pulley.
- E.) Draw the Cable (#19) downward through the slotted opening. Install a Pulley (#31) and Double Floating Pulley Bracket (#16). SEE DIAGRAM 5 Secure it with a M10 x 1 ¾" Allen Bolt (#46), two Ø3/4" Washers (#48) and one M10 Aircraft Nut (#49). Let the Bracket hanging for now.
- F.) Pull the Cable (#19) upward towards the top of the Lat Bar Frame (#4). Install another Pulley.
- G.) Draw the Cable (#19) downward towards the Weight Post (#10). SEE DIAGRAM 6. Secure the end of the Cable to the Post with a M10 x 1" Allen Bolt (#47), two Ø3/4" Washers (#48), and one M10 Aircraft Nut (#49).



STEP 8 (See Diagram 8)

- A.) Attach the Arm Curl Pad (#82) to the Arm Curl Stand (#83). Secure it with two M8 x 5/8" Allen Bolts (#62) and Ø5/8" Washers (#59).

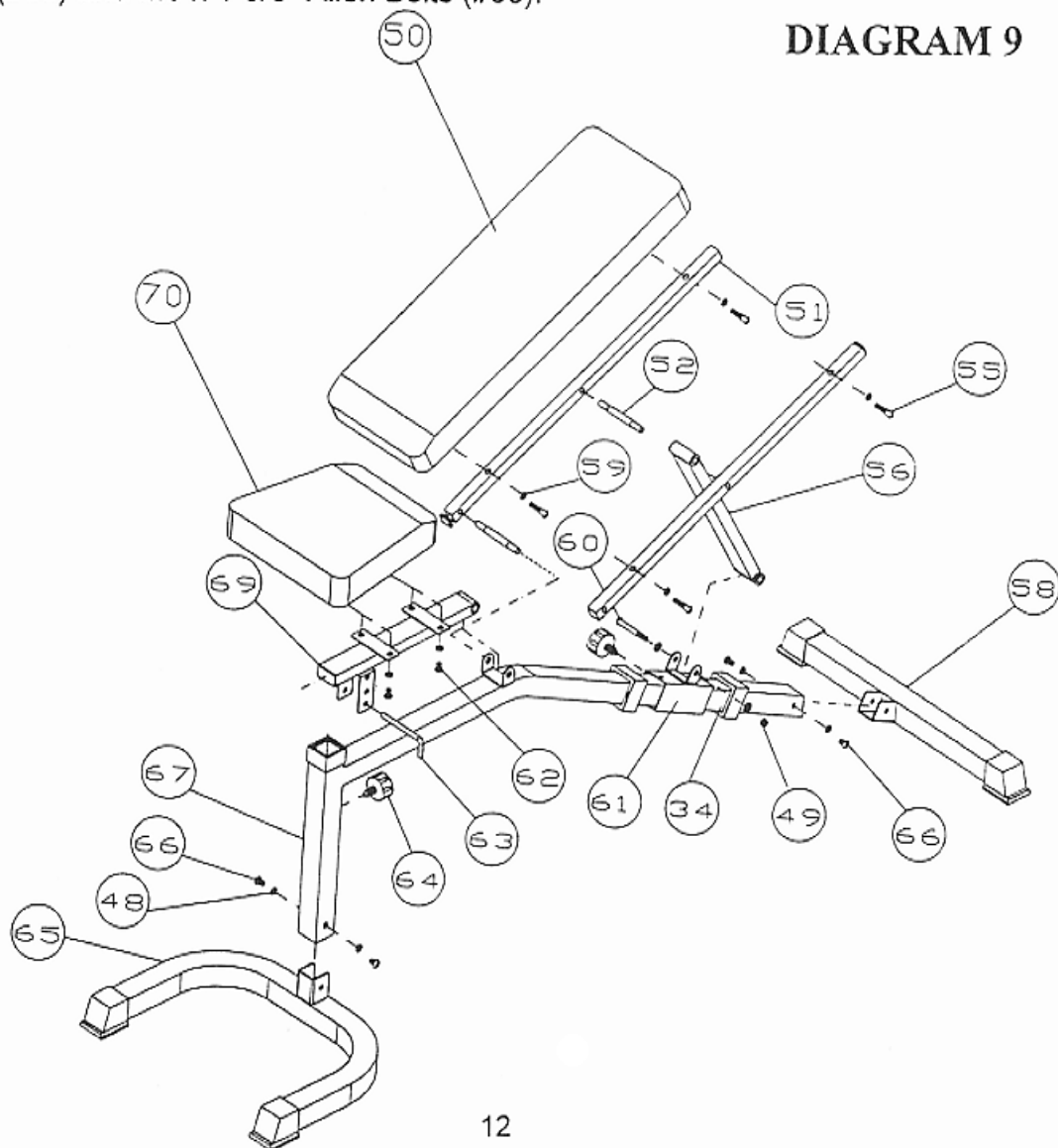
DIAGRAM 8



STEP 9 (See Diagram 9)

- A.) Attach the Front Stabilizer (#65) to the Main Frame (#67). Secure it with two M10 x 5/8" Allen Bolts (#66) and Ø3/4" Washers (#48).
- B.) Slide the Sliding Block (#61) onto the Main Frame (#67). Make sure the bracket is on the top. Secure the Sliding Block with a Pull Pin (#64).
- C.) Attach the Rear Stabilizer (#58) to the Main Frame (#67). Secure it with two M10 x 5/8" Allen Bolts (#66) and Ø3/4" Washers (#48).
- D.) Attach the Seat Bracket (#69) to the U-shaped bracket on the Main Frame (#67). Align the holes and insert an Axle (#52) through the holes. Place the Seat (#70) onto the Seat Bracket and secure it with four Ø5/8" Washers (#59) and M8 x 5/8" Allen Bolts (#62).
- E.) Adjust the incline of the Seat using the L-Shaped Pin (#63).
- F.) Attach the "hole side" of the Backrest Support Bars (#51) to the Axle previously installed in above step D.
- G.) Insert another Axle (#52) through the end of Backrest Diagonal Support (#56). The other end attach to the Sliding Block (#61) and secure it with one M10 x 3 1/8" Allen Bolt (#60), two Ø3/4" Washers (#48), and one M10 Aircraft Nut (#49).
- H.) Align the holes on the Backrest Support Bars (#51) to the Axle (#52). Place the Backrest Board (#50) onto the Bars. Secure it with four Ø5/8" Washers (#59) and M8 x 1 5/8" Allen Bolts (#55).

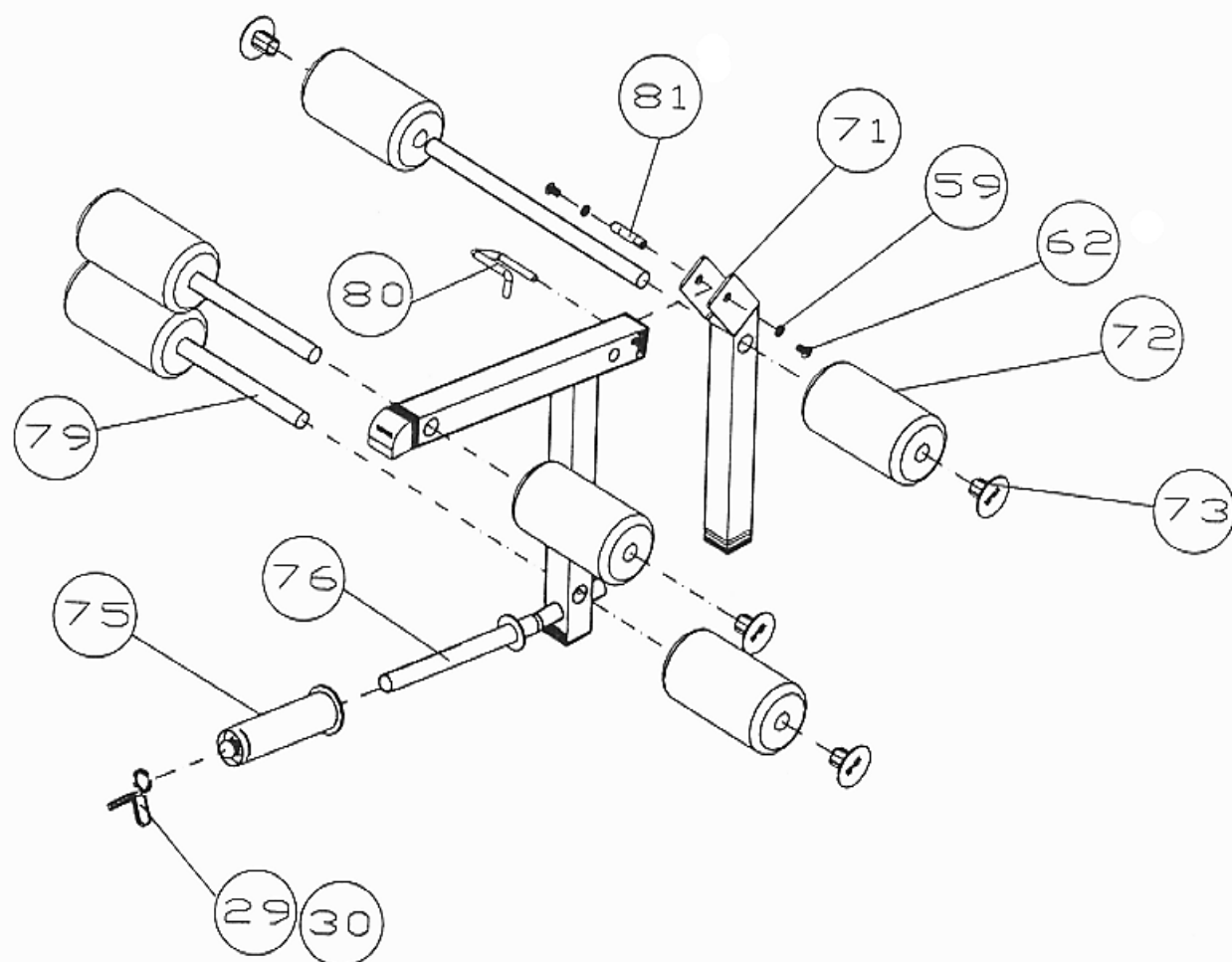
DIAGRAM 9



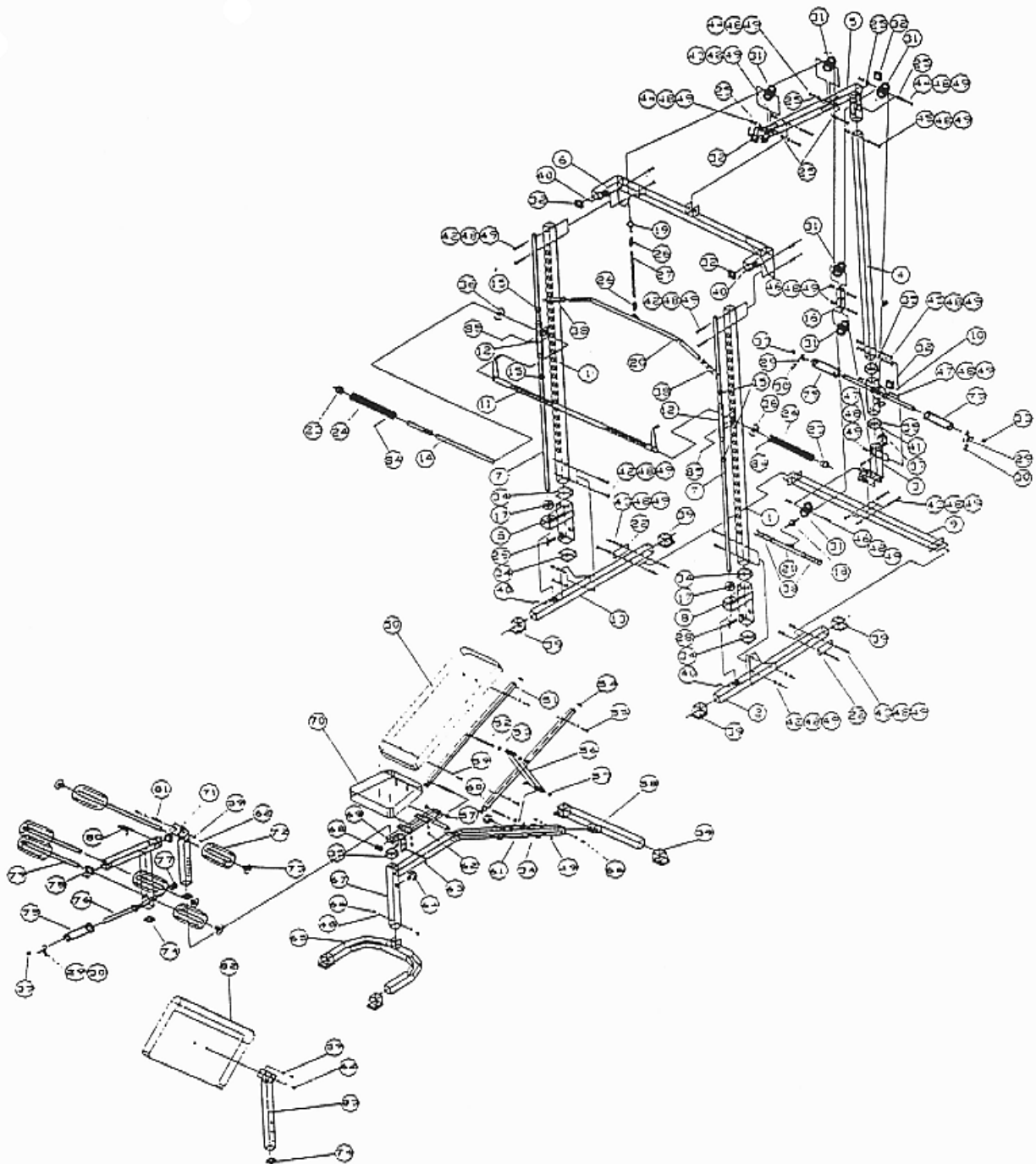
STEP 10 (See Diagram 10)

- A.) Attach the Leg Developer (#76) to the Leg Developer Holder (#71). Insert a Leg Developer Axle (#81) through the holes. Secure it with two $\varnothing 5/8"$ Washers (#59) and M8 x $5/8"$ Allen Bolts (#62).
- B.) Insert three Foam Roll Tubes (#79) halfway through the holes on the Leg Developer. Push six Foam Rolls (#72) onto the tubes from both sides. Close the ends with six $\varnothing 1"$ End Caps (#73).
- C.) Insert the G-Shaped Pin (#80) into the hole on the end of the Leg Developer (#76) to lock it in place. Remove the Pin when using the Leg Developer.
- D.) Slide the Short Olympic Sleeve (#75) onto the post on the Leg Developer. Secure it with $\varnothing 1"$ Spring Clip (#29). Remove the Sleeve if using standard weight plates.

DIAGRAM 10



Smith Plus



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

| | | | | | |
|----|--------------------------------|---|----|-------------------------------|----|
| 1 | Front Vertical Beam | 2 | 44 | M10 x 2 3/4" Allen Bolt | 3 |
| 2 | Left Base Frame | 1 | 45 | M10 x 2 1/2" Allen Bolt | 3 |
| 3 | Lat Bar Base | 1 | 46 | M10 x 1 3/4" Allen Bolt | 3 |
| 4 | Lat Bar Frame | 1 | 47 | M10 x 1" Allen Bolt | 2 |
| 5 | Upper Frame | 1 | 48 | Ø3/4" Washer | 50 |
| 6 | Front Top Beam | 1 | 49 | M10 Aircraft Nut | 27 |
| 7 | Guide Rods | 2 | 50 | Backrest Board | 1 |
| 8 | Safety Stop Frame | 2 | 51 | Backrest Support | 2 |
| 9 | Rear Base Frame | 1 | 52 | Axle | 2 |
| 10 | Weight Post | 1 | 53 | Plastic Bushing | 4 |
| 11 | 4" Lifting Sleeve | 1 | 54 | 1" Square End Cap | 4 |
| 12 | Sliding Safety Catch | 2 | 55 | M8 x 1 5/8" Allen Bolt | 4 |
| 13 | Right Base Frame | 1 | 56 | Backrest Diagonal Support | 1 |
| 14 | 7" Weight Bar | 1 | 57 | Plastic Bushing | 2 |
| 15 | Ø1" Bushing | 4 | 58 | Rear Stabilizer | 1 |
| 16 | Double Floating Pulley Bracket | 1 | 59 | Ø5/8" Washer | 12 |
| 17 | Rubber Bumper | 2 | 60 | M10 x 3 1/8" Allen Bolt | 1 |
| 18 | 89" Lower Cable | 1 | 61 | Sliding Block | 1 |
| 19 | 142" Upper Cable | 1 | 62 | M8 x 5/8" Allen Bolt | 8 |
| 20 | Lat Bar | 1 | 63 | L-Shaped Pin | 1 |
| 21 | Curl Bar | 1 | 64 | Pull Pin | 2 |
| 22 | Bracket | 2 | 65 | Front Stabilizer | 1 |
| 23 | Ø2" Round End Cap | 2 | 66 | M10 x 5/8" Allen Bolt | 4 |
| 24 | Long Olympic Sleeve | 2 | 67 | Main Frame | 1 |
| 25 | Bushing for Pulley | 6 | 68 | 2" x 1" End Cap | 1 |
| 26 | Clip | 2 | 69 | Seat Bracket | 1 |
| 27 | Chain | 1 | 70 | Seat | 1 |
| 28 | Quick Release Knob | 2 | 71 | Leg Developer Holder | 1 |
| 29 | Ø1" Spring Clip | 3 | 72 | Foam Roll | 6 |
| 30 | Clip Cover | 6 | 73 | Ø1" End Cap | 6 |
| 31 | Pulley | 6 | 74 | 3/4" Square End Cap | 4 |
| 32 | 2" Square End Cap | 5 | 75 | Short Olympic Sleeve | 3 |
| 33 | Ø1" Round End Cap | 3 | 76 | Leg Developer | 1 |
| 34 | 2 1/4" Square Sleeve | 6 | 77 | Ø1" Rubber End Cap | 1 |
| 35 | 2" Square Sleeve | 3 | 78 | 3/4" Slant End Cap | 1 |
| 36 | Ø3" x 1/2" Thick Rubber Bumper | 2 | 79 | Foam Roll Tube | 3 |
| 37 | Ø1 1/2" Rubber Bumper | 1 | 80 | G-Shaped Pin | 1 |
| 38 | Grip | 4 | 81 | Leg Developer Axle | 1 |
| 39 | 2" Base End Cap | 8 | 82 | Arm Curl Pad | 1 |
| 40 | M8 x 3/8" Allen Screw | 4 | 83 | Arm Curl Stand | 1 |
| 41 | M6 Screw | 1 | 84 | M8X1/2" Socket Head Lock Bolt | 2 |
| 42 | M10 x 2 3/4" Carriage Bolt | 8 | 85 | M8X1/2" Hex Bolt | 2 |
| 43 | M10 x 3" Allen Bolt | 7 | | | |

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

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.

www.impex-fitness.com
impex@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