NOTE: Please read all instructions carefully before using this product

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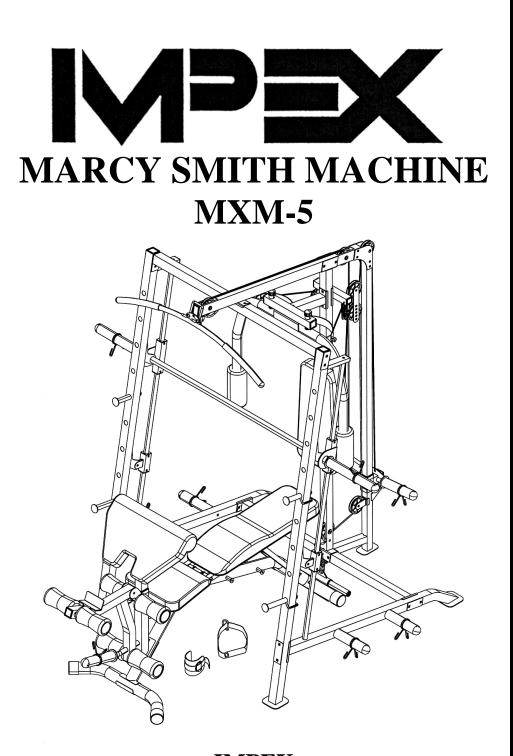
Ordering Parts

Model MXM-5

Retain This Manual for Reference

09-01-05

OWNER'S MANUAL



IMPEX 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 Smith Machine MXM-5 by IMPEX. 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.

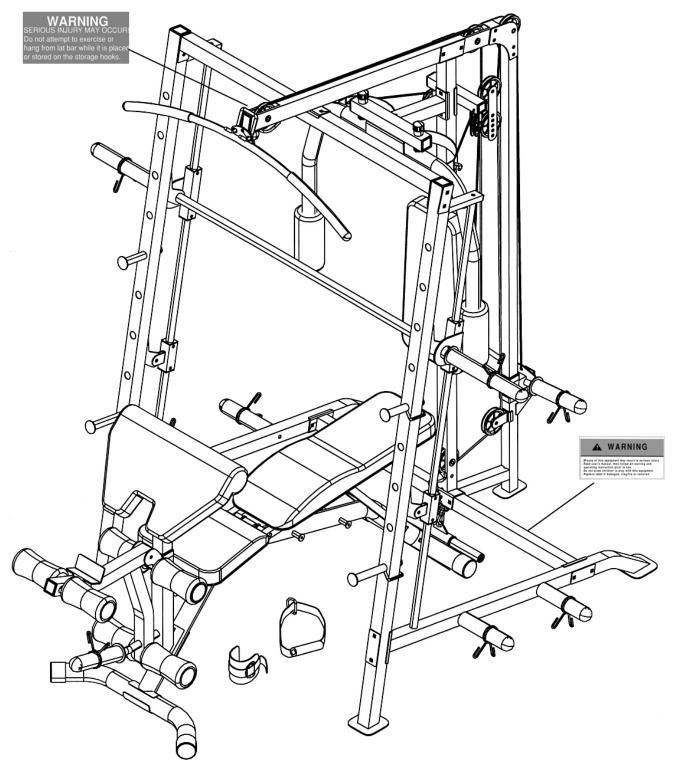
CARE AND MAINTENANCE

- 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 ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

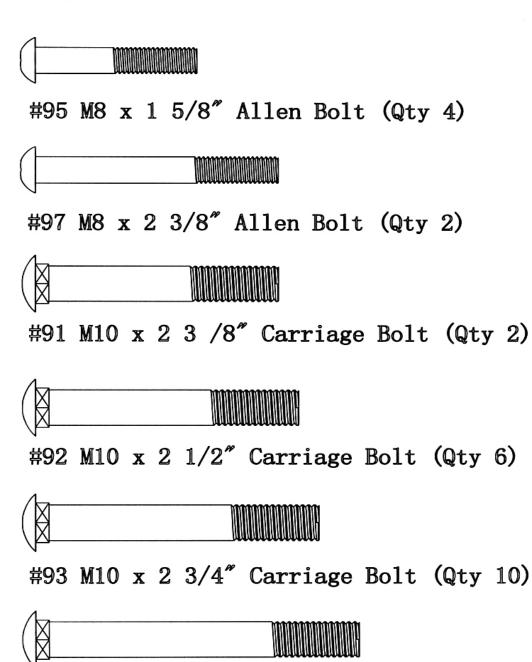


The warning labels shown here have been placed on the Cross Brace and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

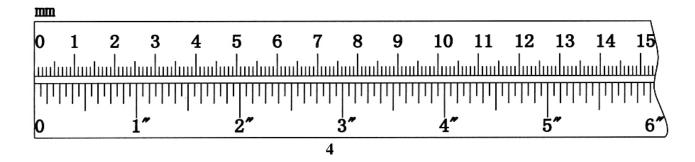
HARDEWARE PACK

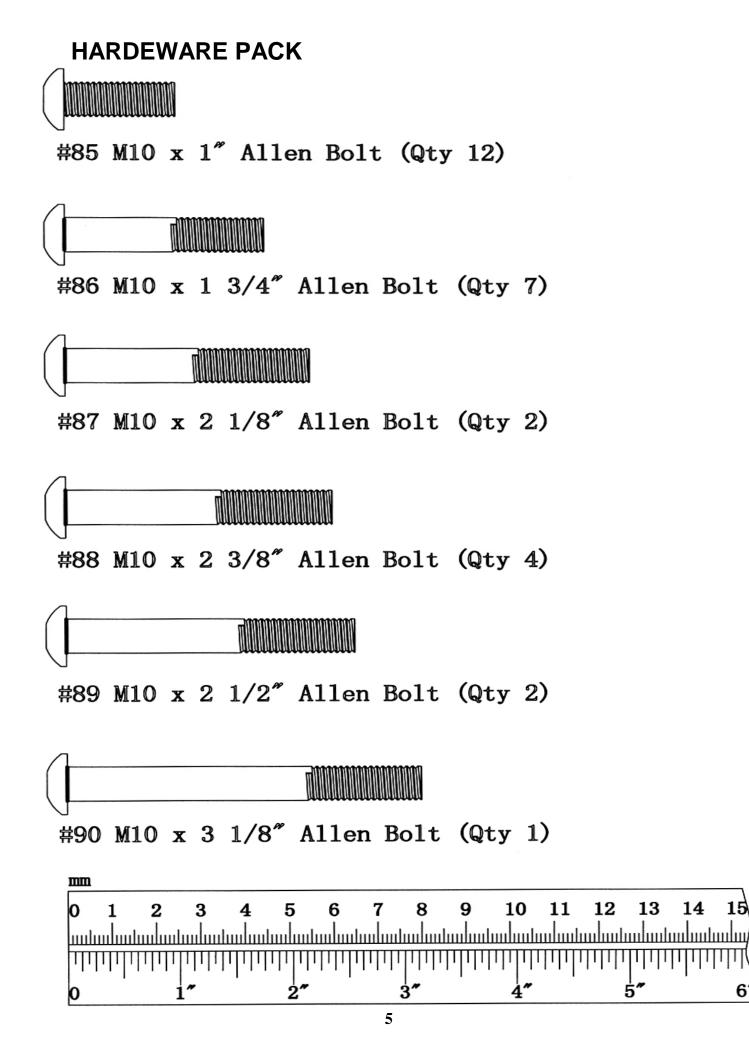


#96 M8 x 3/4" Allen Bolt (Qty 12)



#94 M10 x 3 1/8" Carriage Bolt (Qty 6)



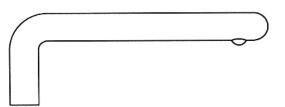


15

6'

HARDEWARE PACK

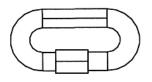
#84 M12 x 8" Allen Bolt (Qty 2)



#107 L-shaped Pin (Qty 1)

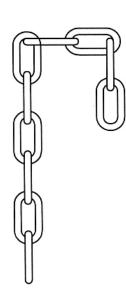


#100 M6 x 1 1/4" Allen Screw (Qty 2)

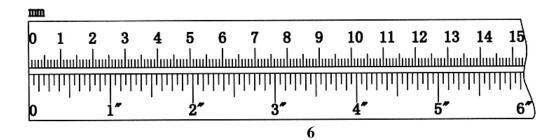


#77 C-clip (Qty 4)



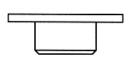


#76 Spring Clip (Qty 9) #80 Chain (Qty 2)

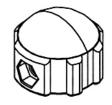




#78 Ø1["] Bushing (Qty 2)

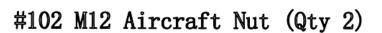


#79 Ø7/8" Bushing (Qty 4)





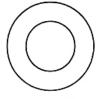
#73 Lock Ring (Qty 2)







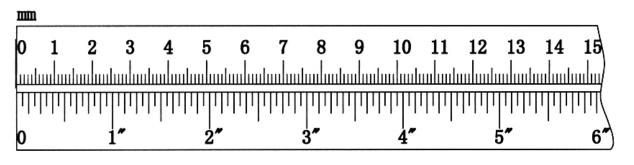
#101 M6 Aircraft Nut (Qty 2) #99 M10 Aircraft Nut (Qty 42)



(Qty 4)

(Qty 64)

#83 Ø1" Washer #82 Ø3/4" Washer #81 Ø5/8" Washer (Qty 16)



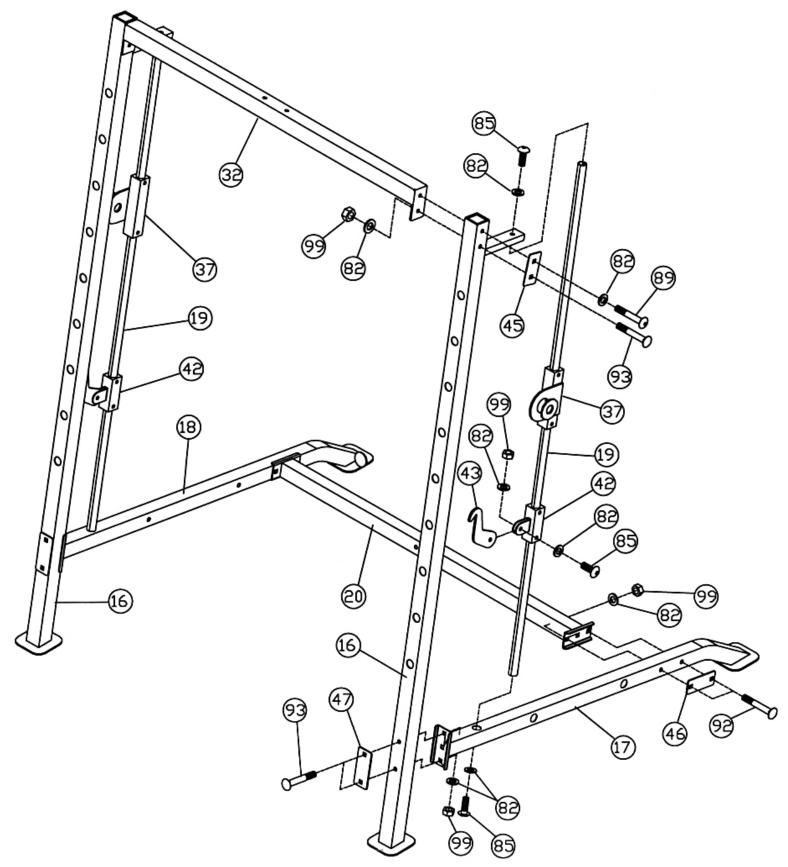
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.

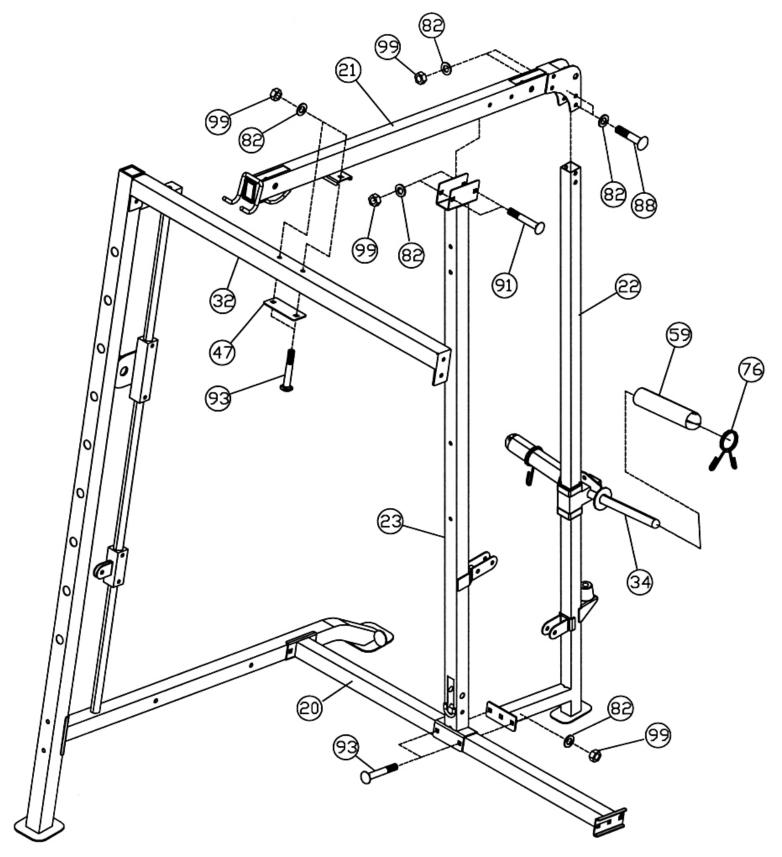
STEP 1 (See Diagram 1)

- A.) NOTE: Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Connect the Left & Right Base Frames (#17 & #18) by a Cross Brace (#20) in the midspan. Secure each end of the Cross Brace with two M10 x 2 ½" Carriage Bolts (#92), one 4 3/8" x 1 ¾" Bracket (#46), two Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99).
- C.) Attach a Front Vertical Beam (#16) to the Left Base Frame (#17). Secure it with two M10 x 2 ¾" Carriage Bolts (#93), one 4 ¾" x 2" Bracket (#47), two Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99). Repeat the same procedure to install the other side.
- D.) Attach the Front Top Beam (#32) to the two Front Vertical Beams. Secure each end with one M10 x 2 ½" Allen Bolt (#89), 4" x 2" Bracket (#45), and Ø ¾" Washer (#82) into the top hole. Secure the bottom hole with one M10 x 2 ¾" Carriage Bolt (#93), Ø ¾" Washer (#82), and M10 Aircraft Nut (#99).
- E.) Insert a Guide Rod (#19) into the hole on the Left Base Frame (#17). Secure it with one M10 x 1" Allen Bolt (#85) and Ø ¾" Washer (#82) at the bottom.
- F.) Slide a Lower Safety Stop Frame (#42) and a Safety Stop Frame (#37) onto the Guide Rod (#19).
- G.) Secure the top of the Guide Rod with one M10 x 1" Allen Bolt (#85) and \emptyset 3/4" Washer (#82).
- H.) Attach a Safety Hook (#43) to the Lower Safety Stop Frame (#42). Secure it with one M10 x 1" Allen Bolt (#85), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99).
- I.) Attach the Safety Hook to the selected hole on the Front Vertical Beam.
- J.) Repeat procedures E through I above to install the other side.



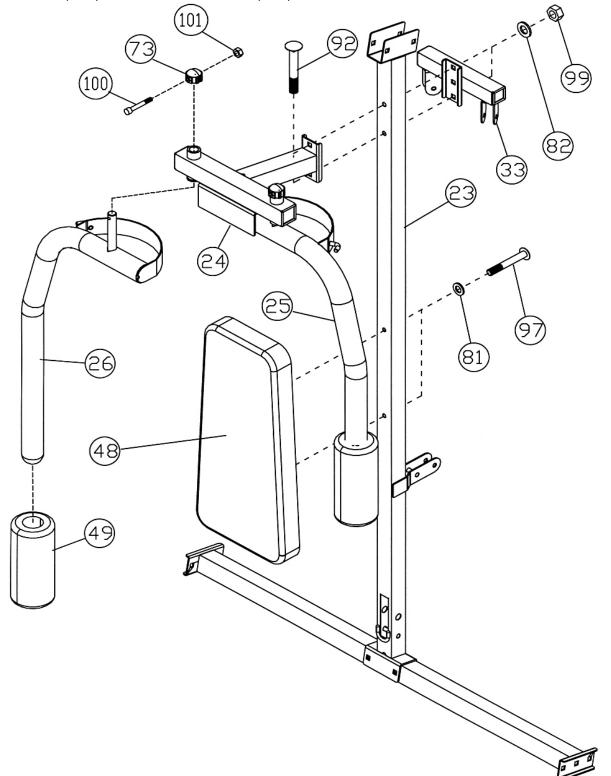
STEP 2 (See Diagram 2)

- A.) Attach the Rear Vertical Beam (#23) onto the Cross Brace (#20). Attach the Weight Glide Post (#22) to the Rear Vertical Beam and Cross Brace. Align the holes and secure them with two M10 x 2 ¾" Carriage Bolts (#93), Ø ¾" Washers (#82), and M10 Aircraft Nuts (#99).
- B.) Slide the Sliding Weight Post (#34) onto the Weight Glide Post (#22).
- C.) Place the Upper Frame (#21) onto the Rear Vertical Beam (#23), Weight Glide Post (#22), and Front Top Beam (#32).
- D.) Secure the Upper Frame to the Weight Glide Post (#22) with two M10 x 2 3/8" Allen Bolts (#88), four Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99).
- E.) Secure the Upper Frame to the Rear Vertical Beam (#23) with two M10 x 2 3/8" Carriage Bolts (#91), Ø ¾" Washers (#82), and M10 Aircraft Nuts (#99).
- F.) Secure the Upper Frame to the Front Top Beam (#32) with two M10 x 2 ¾" Carriage Bolts (#93), one 4 ¾" x 2" Bracket (#47), two Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99).
- G.) Push two Olympic Sleeves (#59) onto the weight posts on the Sliding Weight Post (#34). Attach a Spring Clip (#76) to each Sleeve.
- H.) Securely tighten all nuts and bolts previously installed.



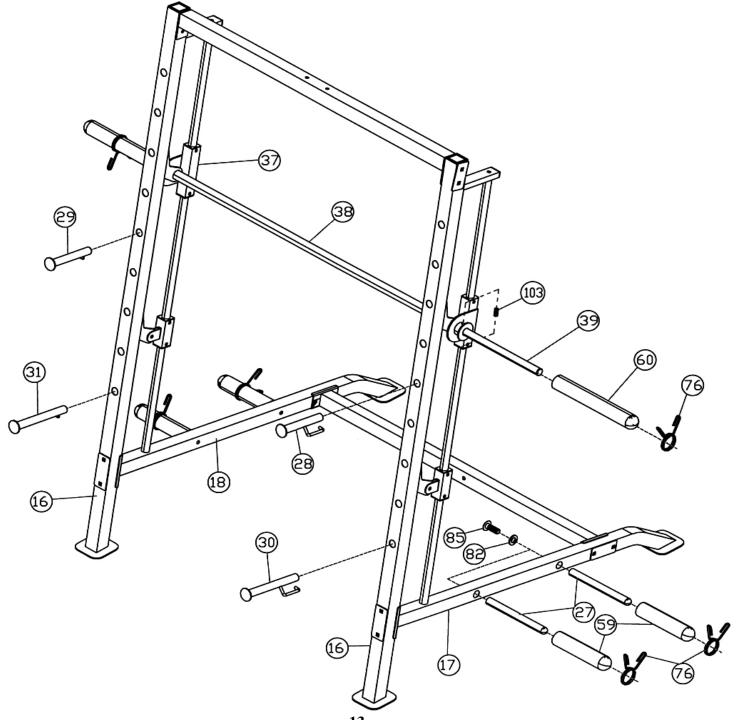
STEP 3 (See Diagram 3)

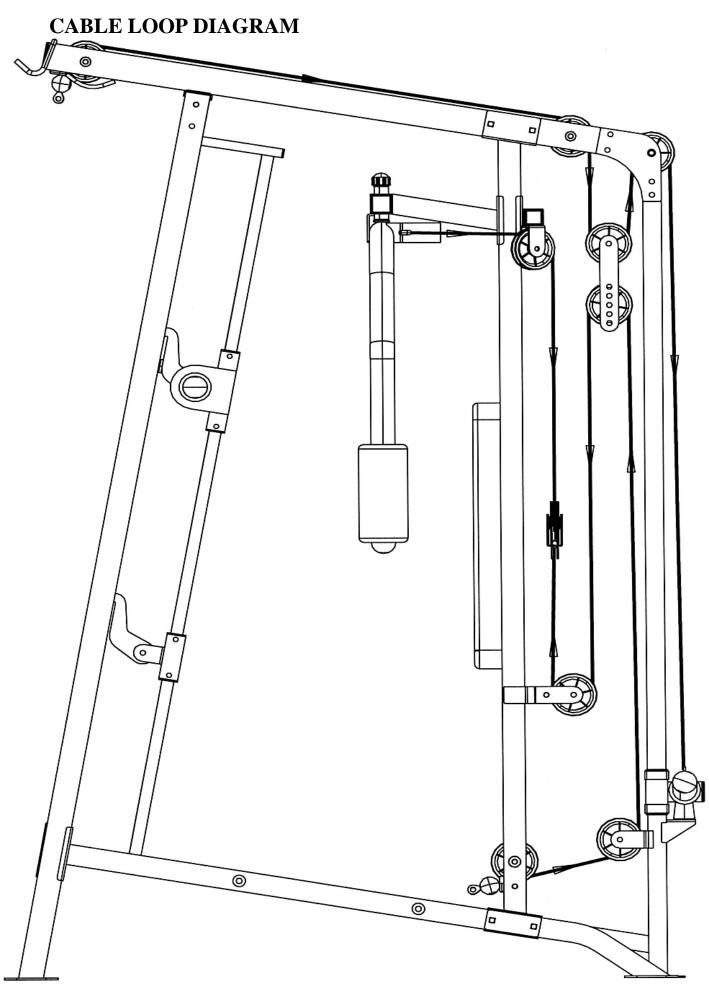
- A.) Attach the Butterfly Base (#24) and Butterfly Pulley Bracket (#33) to the Rear Vertical Beam (#23). Align the holes and secure them with two M10 x 2 ½" Carriage Bolts (#92), Ø ¾" Washers (#82), and M10 Aircraft Nuts (#99).
- B.) Insert the pivot on the Right Butterfly (#26) through the hole on the Butterfly Base. Secure it with one Lock Ring (#73), M6 x 1 ¼" Allen Screw (#100), and M6 Aircraft Nut (#101).
- C.) Push a Butterfly Arm Pad (#49) onto the Right Butterfly.
- D.) Repeat Procedures B and C above to install the other side.
- E.) Attach the Backrest Board (#48) to the Rear Vertical Beam. Secure it with two M8 x 2 3/8" Allen Bolts (#97) and \emptyset 5/8" Washers (#81).



STEP 4 (See Diagram 4)

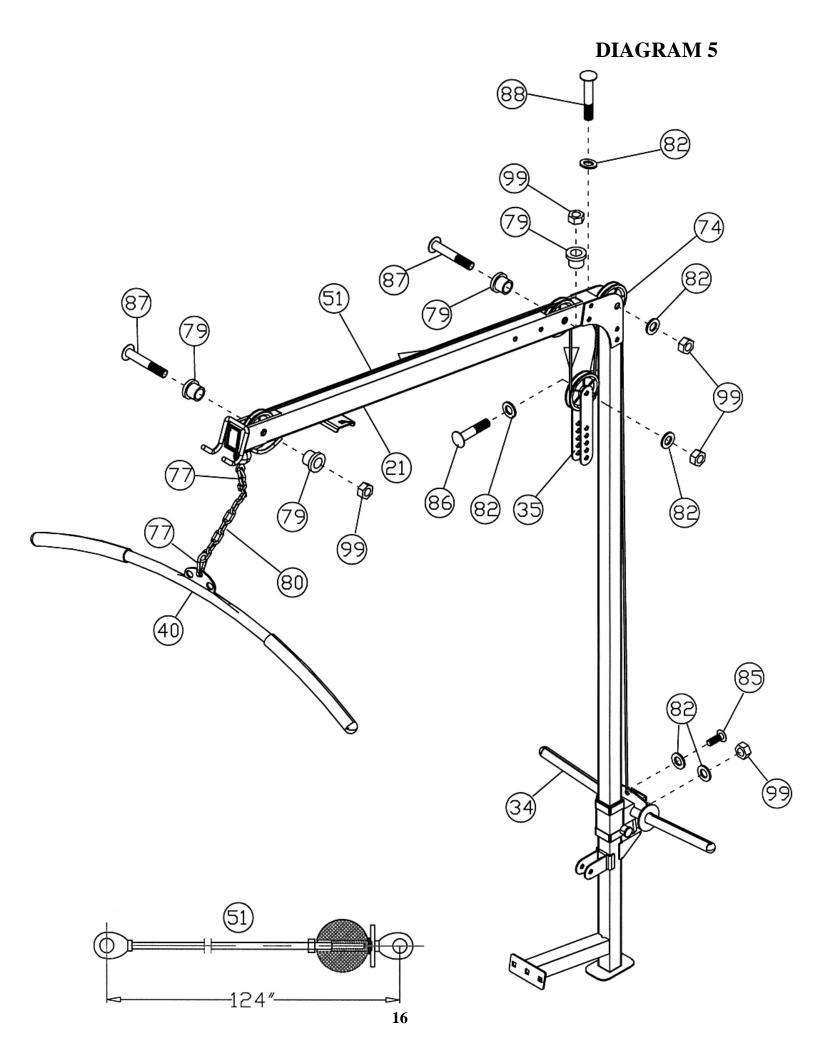
- A.) Note: Help of another person is strongly recommended for this step. Place the Weight Lifting Sleeve (#38) in between the two Safety Stop Frames (#37). Align the holes and insert the Weight Bar (#39) into the Safety Stop Frame from one end through the Weight Lifting Sleeve to the other Safety Stop Frame on the opposite end. Secure the Weight Bar to each Safety Stop Frame with a M8 x 3/8" Allen Bolt (#103).
- B.) Turn the safety hook on the Weight Lifting Sleeve to secure its position on the selected holes on the Front Vertical Beams. Slide two Long Olympic Sleeves (#60) onto the Weight Bar. Attached two Spring Clips (#76) to the Olympic Sleeves.
- C.) Attach four Weight Posts (#27) to the Left & Right Base Frames (#17 & #18). Secure each Post with one M10 x 1" Allen Bolt (#85) and Ø ¾" Washer (#82).
- D.) Attach four Olympic Sleeves (#59) to the Posts. Attach a Spring Clip (#76) to each Sleeve.
- E.) Insert the Left & Right Bar Holders (#28 & #29), Left & Right Safety Catches (#30 & #31) into the selected holes on the two Front Vertical Beams (#16).





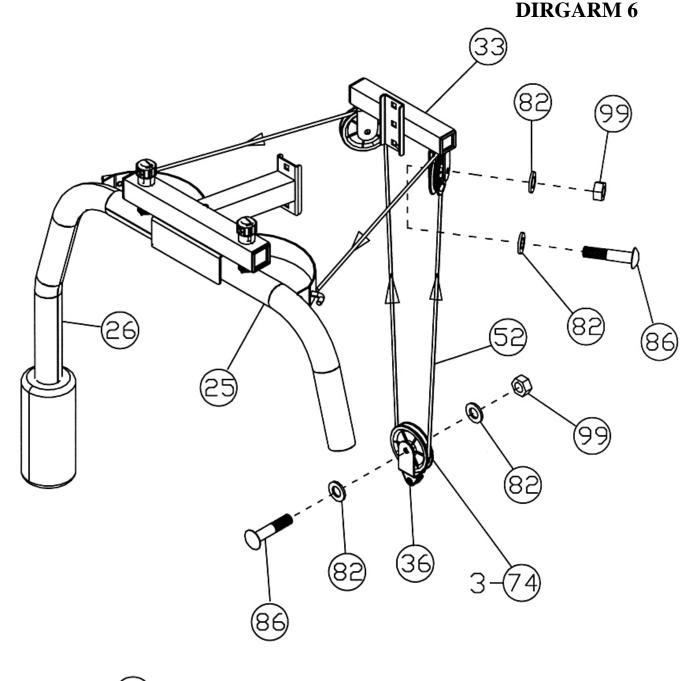
STEP 5 (See Diagram 5 & Cable Loop Diagram)

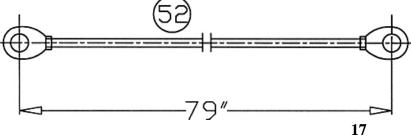
- A.) Attach a 124" Cable (#51) to the front opening on the Upper Frame (#21). Attach a Pulley (#74) to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#87), two Ø 7/8" Bushings (#79), and one M10 Aircraft Nut (#99). Make sure the ball stopper of the Cable is underneath the Upper Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame to the opening on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#87), two Ø 7/8" Bushings (#79), and one M10 Aircraft Nut (#99).
- C.) Draw the Cable around the Pulley then downward. Install a Pulley in between the two Double Floating Pulley Brackets (#35). Secure the Pulley with one M10 x 1 ³/₄" Allen Bolt (#86), two Ø ³/₄" Washers (#82), and one M10 Aircraft Nut (#99). Let the Brackets hanging for now.
- D.) Draw the Cable around the Pulley then upward to the open bracket on the top of Weight Glide Post (#22). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#88), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99).
- E.) Draw the Cable around the Pulley then downward to the Sliding Weight Post (#34). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#85), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99).
- F.) Connect the Lat Bar (#40) to the Cable with a Chain (#80) using two C-clips (#77).



STEP 6 (See Diagram 6 & Cable Loop Diagram)

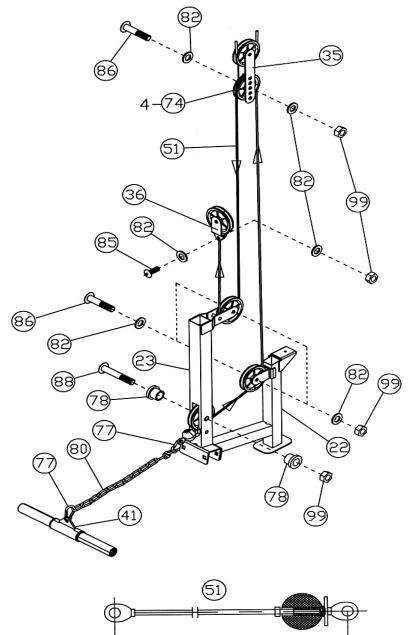
- A.) Attach one end of the 79" Butterfly Cable (#52) to the clip on the Left Butterfly (#25). Draw the Cable to the left Butterfly Pulley Bracket (#33).
- B.) Attach a Pulley (#74) to the Bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#86), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#36). Install a Pulley to the Bracket. Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then upward to the right Butterfly Pulley Bracket. Install another Pulley. Draw the Cable around the Pulley then clip to Right Butterfly (#26).





STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach one 124" Cable (#51) to the lower opening on the Rear Vertical Beam (#23). Attach a Pulley to the opening. Secure it with M10 x 2 3/8" Allen Bolt (#88), two Ø 1" Bushings (#78), and one M10 Aircraft Nut (#99).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Post (#22). Attach a Pulley to the bracket. Secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#86), two \emptyset $\frac{3}{4}$ " Washers (#82), and one M10 Aircraft Nut (#99).
- C.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket installed in Step-5. Install a Pulley.
- D.) Draw the Cable around the Pulley then downward to the open bracket on the back of Rear Vertical Beam. Install a Pulley then draw the Cable upward to the Single Floating Pulley Bracket installed in Step-6. Secure the end of the Cable to the bracket with M10 x 1" Allen Bolt (#85), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99).
- E.) Connect the Shiver Bar (#41) to the Cable with a Chain (#80) using two C-clips (#77).
- F.) Check the tension of the Cables. If the Cables are too loose, adjust the tension by moving up the Pulley on the Double Floating Pulley Bracket (#35). If the Tension is too tight, then move down the Pulley.

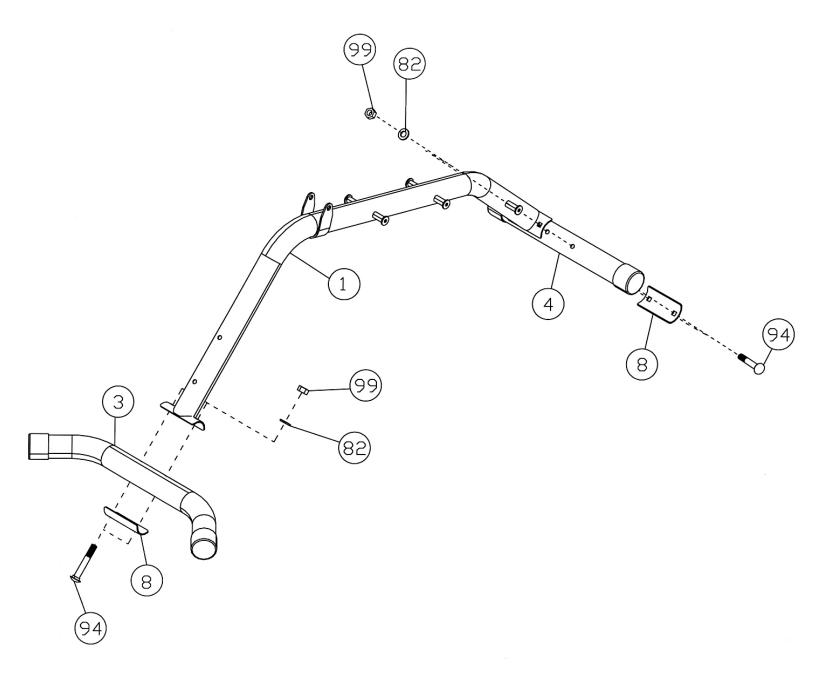


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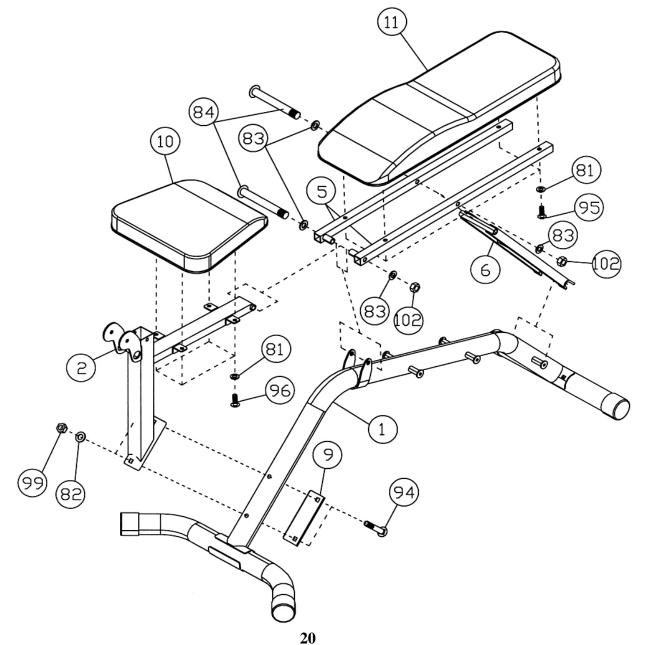
STEP 8 (See Diagram 8)

- A.) Attach the Main Seat Support (#1) to the Front & Rear Stabilizers (#3 & #4).
- B.) Secure each end with two M10 x 3 1/8" Carriage Bolts (#94), one 4 ¾" Curve Bracket (#8), two Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99).



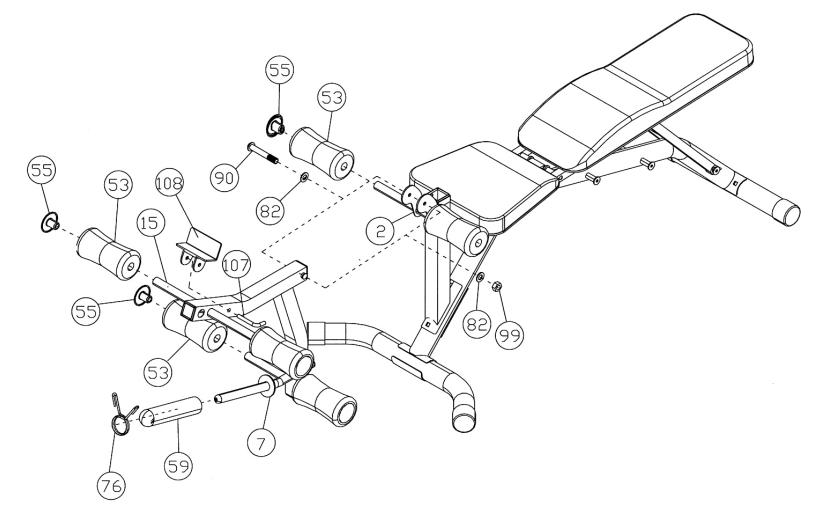
STEP 9 (See Diagram 9)

- A.) Do not tighten all nuts and bolts until instructed to so.
- B.) Attach the Leg Developer Holder (#2) to the Main Seat Support. Secure it with two M10 x 3 1/8" Carriage Bolts (#94), one 6 ¼" Curve Bracket (#9), two Ø ¾" Washers (#82), and two M10 Aircraft Nuts (#99).
- C.) Attach the Backrest Supports (#5) to the bracket on the Main Seat Support. Attach the seat support on the Leg Developer Holder (#2) to the inside of the open bracket. Align the holes and secure them together with a M12 x 8" Hex Bolt (#84), two Ø 1" Washers (#83), and one M12 Aircraft Nut (#102).
- D.) Attach the Backrest Incline Support (#6) to the Backrest Supports (#5). Align the holes and secure them with one M12 x 8" Hex Bolt (#84), two Ø 1" Washers (#83), and one M12 Aircraft Nut (#102).
- E.) Securely tighten all nuts and bolts previously installed. Make sure the Backrest Supports and the Backrest Incline Support are able to swivel.
- F.) Place the Backrest Board (#11) onto the Backrest Supports (#5). Secure it with four M8 x 1 5/8" Allen Bolts (#95) and Ø 5/8" Washers (#81).
- G.) Place the Seat Pad (#10) onto the Leg Developer Holder (#2). Secure it with four M8 x ³/₄" Allen Bolts (#96) and Ø 5/8" Washers (#81).



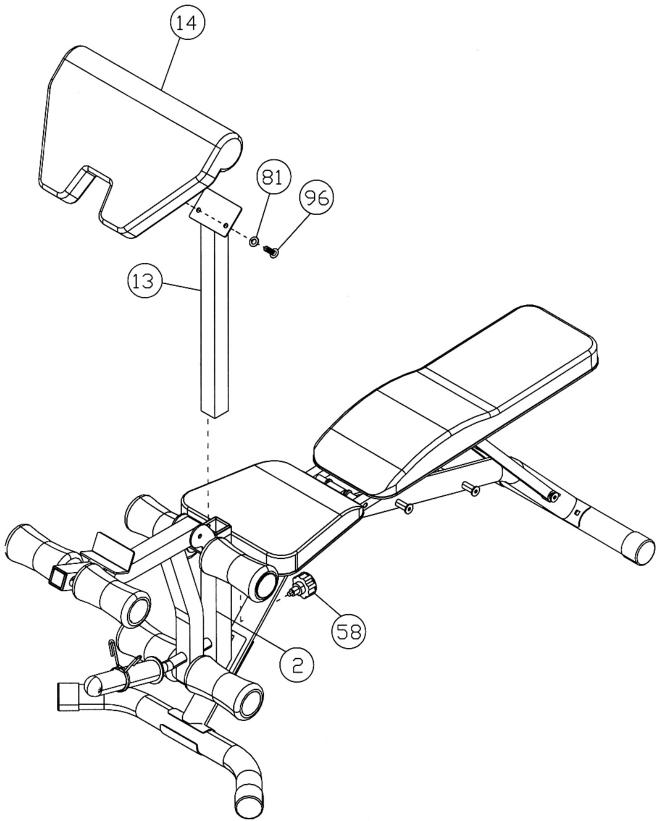
STEP-10 (See Diagram 10)

- A.) Attach the Leg Developer (#7) to the Leg Developer Holder (#2). Secure it with one M10 x 3 1/8" Allen Bolt (#90), two Ø ¾" Washers (#82), and one M10 Aircraft Nut (#99). Do not over tighten the nut and bolt. Make sure the Leg Developer is able to swivel.
- B.) Insert three Foam Tubes (#15) halfway through the holes on the Leg Developer Holder and Leg Developer. Push six Foam Rolls (#53) onto the Tubes. Plug six Foam Roll End Caps (#55) into the Tubes.
- C.) Attach an Olympic Sleeve (#59) onto the weight post on the Leg Developer. Attach a Spring Clip (#76) to the Sleeve.
- D.) Attach a Curl Bar Holder Frame (#108) to the Leg Developer. Secure it with a L-shaped Pin (#107).

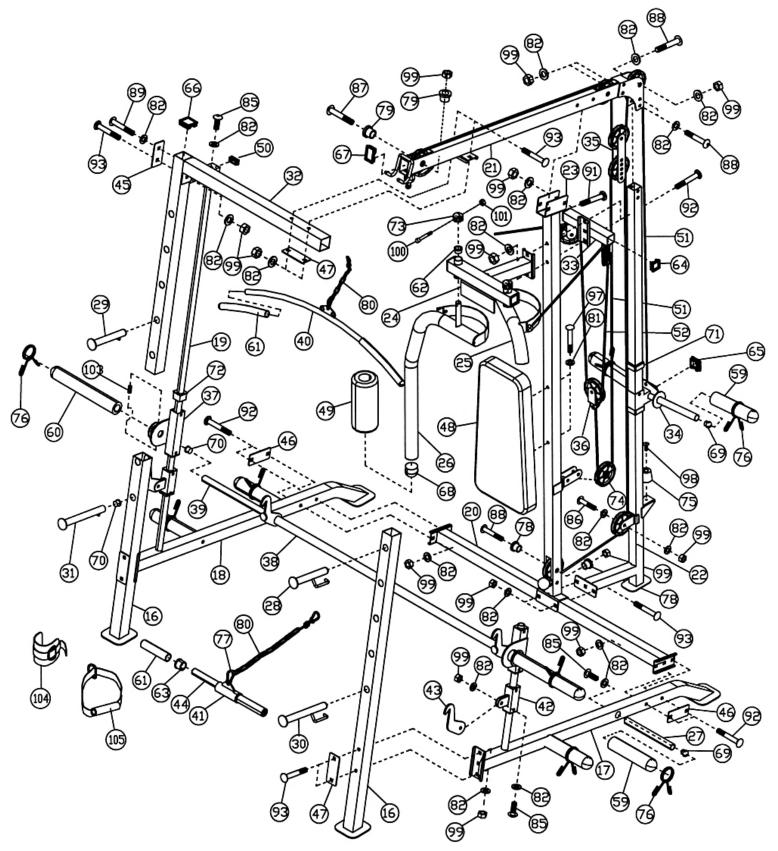


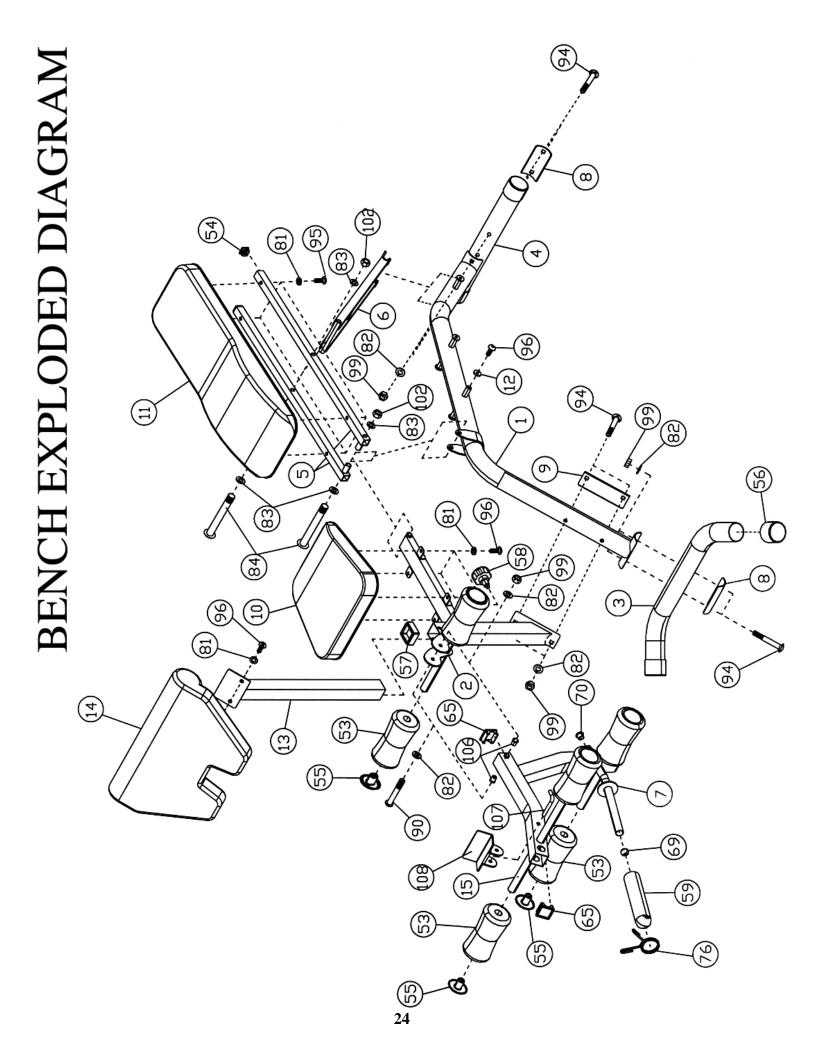
STEP-11 (See Diagram 11)

- A.) Attach the Arm Curl Pad (#14) to the Arm Curl Stand (#13). Secure it with two M8 x $\frac{3}{4}$ " Allen Bolts (#96) and \emptyset 5/8" Washers (#81).
- B.) Insert the Arm Curl Stand into the opening on the Leg Developer Holder. Use a Lock Knob (#58) to secure it in position. Remove the Arm Curl Stand and Curl Bar Holder Frame when doing leg exercises.



SMITH MACHINE EXPLODED DIAGRAM





PARTS LIST KEY NO. DESCRIPTION

Q'ty

1	Main Seat Support	1	56	Ø 2 3/8" End Cap	4
2	Leg Developer Holder	1	57	2" x 1 ¾" Sleeve	1
3	Front Stabilizer	1	58	Lock Knob	1
4	Rear Stabilizer	1	59	Olympic Sleeve	7
5	Backrest Support	2	60	Long Olympic Sleeve	2
6	Backrest Incline Support	1	61	5" Grip	4
7	Leg Developer	1	62	\emptyset 1 1/8" Bushing	4
8	4 ³ / ₄ " Curve Bracket	2	63	Ø 1 ½" x 1" Washer	2
9	6 ¼" Curve Bracket	1	64	1 ½" Square End Cap	2
	Seat Pad	1	65	1 ¾" Square End Cap	6
	Bench Backrest Board	1	66	2" Square End Cap	2
	Ø 1" Spacer	6	67	1 5/8" x 2 3/8" End Cap	1
	•			•	
	Arm Curl Stand	1	68	Ø 2" End Cap	2
	Arm Curl Pad	1	69	\varnothing 1" Cone-shaped End Cap	7
15	Foam Tube	3	70	Ø 1" End Cap	7
16	Front Vertical Beam	2	71	1 ¾" x 1 ½" Sleeve	2
17	Left Base Frame	1	72	1 ½" x 1" Sleeve	8
18	Right Base Frame	1	73	Lock Ring	2
	Guide Rod	2	74	Pulley	11
	Cross Brace	1	75	\emptyset 1 $\frac{3}{4}$ " Rubber Bumper	1
	Upper Frame	1	76	Spring Clip	9
	Weight Glide Post	1	70	C-clip	4
	Rear Vertical Beam	1	78	Ø 1" Bushing	2
	Butterfly Base	1	79	Ø 7/8" Bushing	4
	Left Butterfly	1	80	Chain	2
	Right Butterfly	1	81	\varnothing 5/8" Washer	16
27	Weight Post	4	82	Ø ¾" Washer	64
28	Left Bar Holder	1	83	Ø 1" Washer	4
29	Right Bar Holder	1	84	M12 x 8" Allen Bolt	2
30	Left Safety Catch	1	85	M10 x 1" Allen Bolt	12
	Right Safety Catch	1	86	M10 x 1 ¾" Allen Bolt	7
	Front Top Beam	1	87	M10 x 2 1/8" Allen Bolt	2
	Butterfly Pulley Bracket	1	88	M10 x 2 3/8" Allen Bolt	4
	Sliding Weight Post	1	89	M10 x 2 $\frac{1}{2}$ " Allen Bolt	2
	Double Floating Pulley Bracket	2	90	M10 x 3 1/8" Allen Bolt	1
	Single Floating Pulley Bracket	1	90	M10 x 2 3/8" Carriage Bolt	2
	Safety Stop Frame	2	92	M10 x 2 ½" Carriage Bolt	6
	Lifting Sleeve	1	93	M10 x 2 ³ / ₄ " Carriage Bolt	10
	Weight Bar	1	94	M10 x 3 1/8" Carriage Bolt	6
	Lat Bar	1	95	M8 x 1 5/8" Allen Bolt	4
	Shiver Bar	1	96	M8 x ¾" Allen Bolt	12
	Lower Safety Stop Frame	2	97	M8 x 2 3/8" Allen Bolt	2
	Safety Hook	2	98	M6 x 5/8" Philips Screw	1
	Shiver Bar Handle	1	99	M10 Aircraft Nut	42
	4" x 2" Bracket	2	100	M6 x 1 ¼" Allen Screw	2
46	4 3/8" x 1 ¾" Bracket	2	101	M6 Aircraft Nut	2
47	4 ¾" x 2" Bracket	3	102	M12 Aircraft Nut	2
48	Backrest Board	1	103	M8 x 3/8" Allen Bolt	4
	Butterfly Arm Pad	2	104	Ankle Strap	1
	1 5/8" x ¾" End Cap	2	105	Single Handle	1
	124" Cable	2	106	\emptyset ½" Bushing	2
	79" Butterfly Cable	1	100	L-shaped Pin	1
	Foam Roll	6	107	Curl Bar Holder Frame	1
	1" Square End Cap	2	100		I
		2 6			
55	Foam Roll End Cap	U			



LIMITED WARRANTY

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 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