

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
SM 2000

Retain This
Manual for
Reference

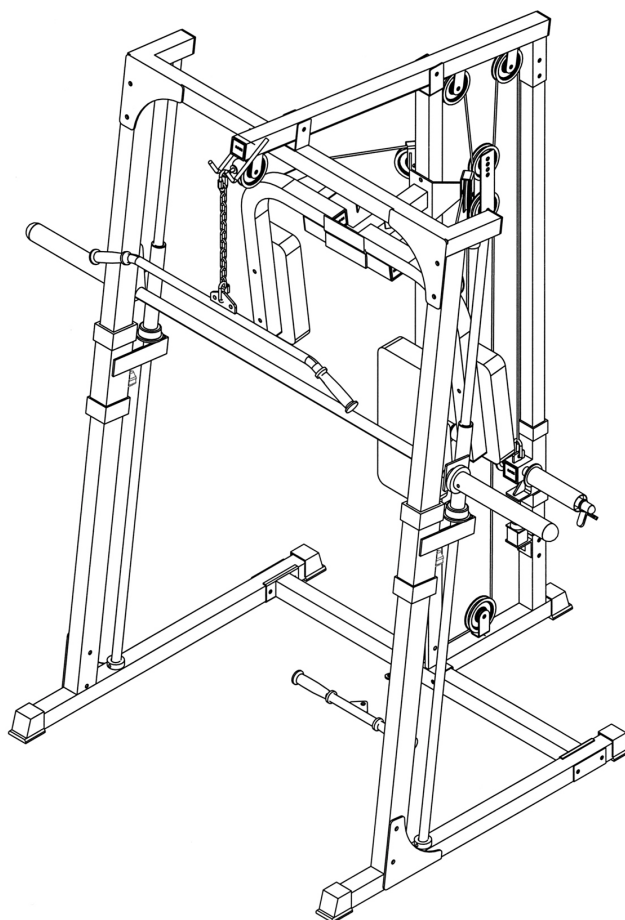
07-30-01

OWNER'S
MANUAL



MARCY SMITH MACHINE

SM 2000



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

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM.....	12
PARTS LIST.....	13
WARRANTY.....	14
ORDERING PARTS.....	14

BEFORE YOU BEGIN

Thank you for selecting the MARCY SMITH MACHINE SM 2000 by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

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

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands 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.

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

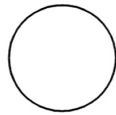


M10

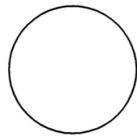
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

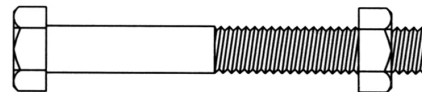
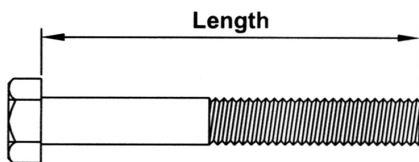
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

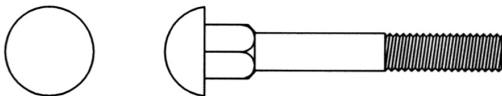


1-800-999-8899

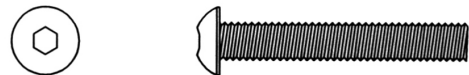
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

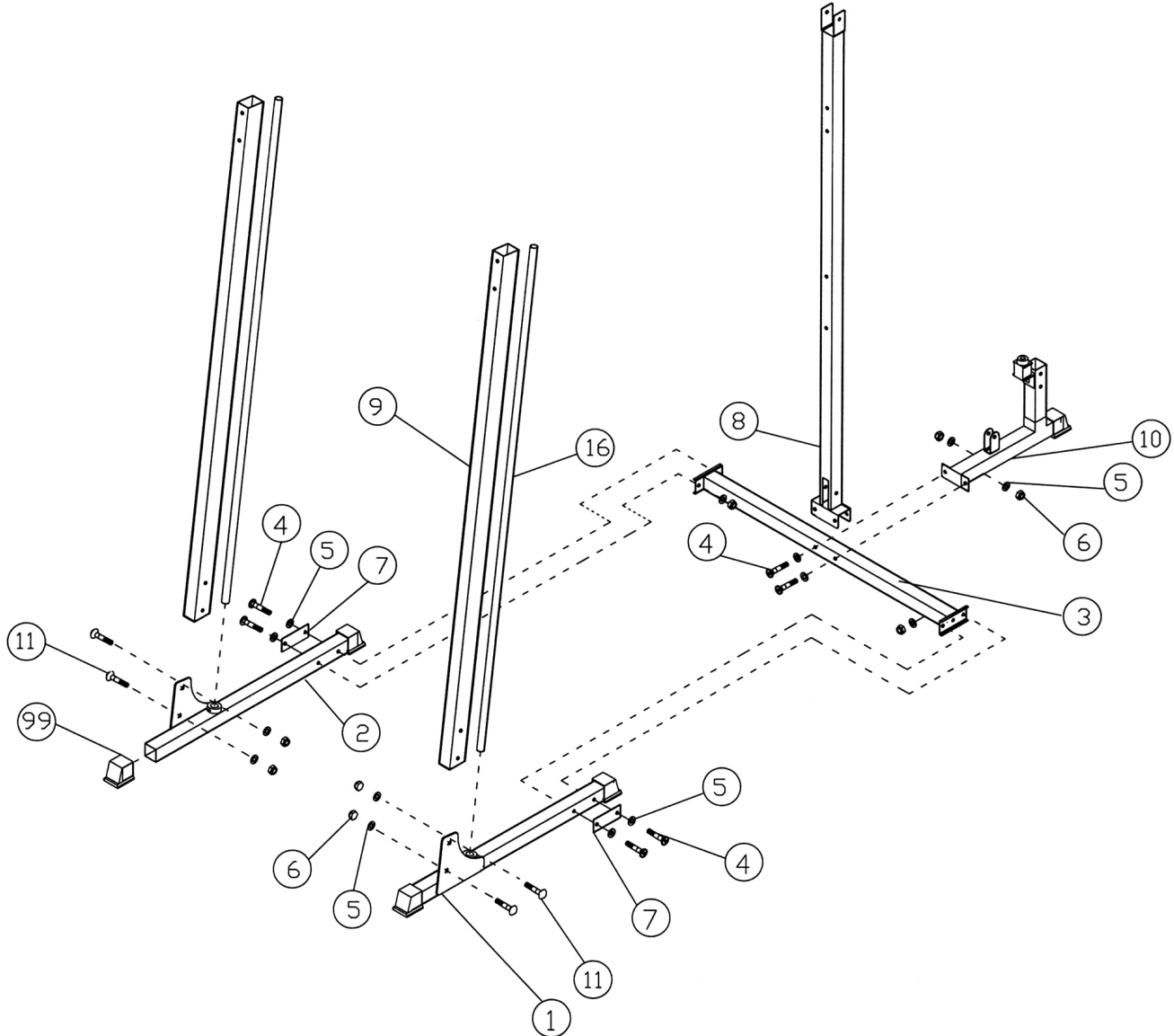
ASSEMBLY INSTRUCTION

Tools Required to Assemble 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.

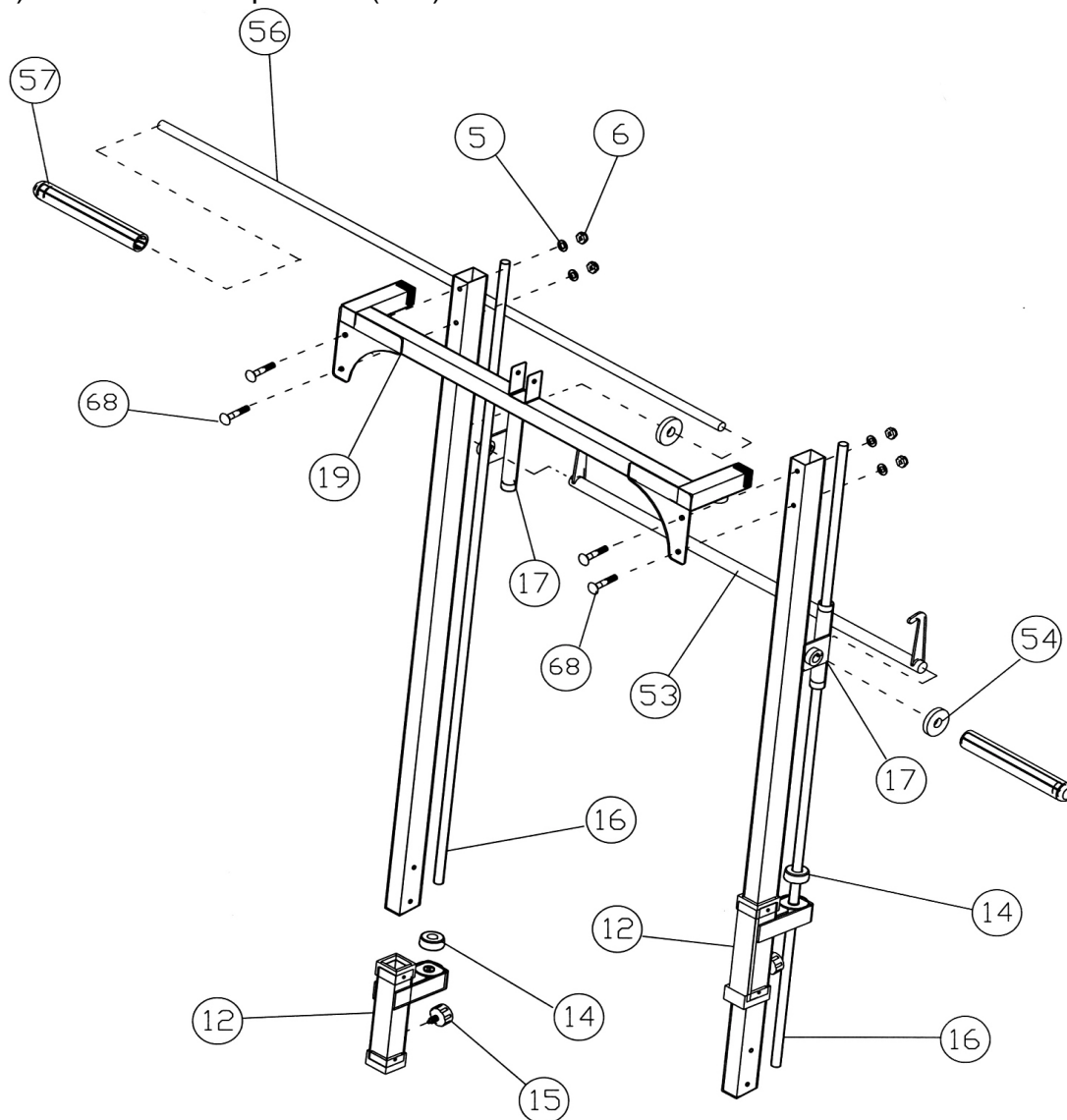
STEP 1 (See Diagram 1)

- A.) Connect the Main Base Frame (#3) to both Left & Right Base Frames (#1) & (#2). Secure them with one Bracket (#7), two M10 x 3" Allen Bolt (#4), four $\varnothing \frac{3}{4}$ " Washers (#5), and two M10 Aircraft Nuts (#6) on each end of the Main Base Frame.
- B.) Attach one Front Vertical Beam (#9) to Left Base Frame (#1). Secure it with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#11), $\varnothing \frac{3}{4}$ " Washers (#5), and M10 Aircraft Nuts (#6). Repeat the same procedure to install the other Vertical Beam to the Right Base Frame (#2). Insert the Guide Rods (#16) into the hole on the Left & Right Base Frame. Secure them with two M8 x $\frac{3}{8}$ " Allen Set Screws (#60).
- C.) Attach the Middle Vertical Beam (#8) to the Main Base Frame (#3). Attach the Rear Stabilizer (#10) to the rear of the Main Base Frame (#3). Secure them all together with two M10 x 3" Allen Bolts (#4), four $\varnothing \frac{3}{4}$ " Washers (#5), and two M10 Aircraft Nuts (#6).



STEP 2 (See Diagram 2)

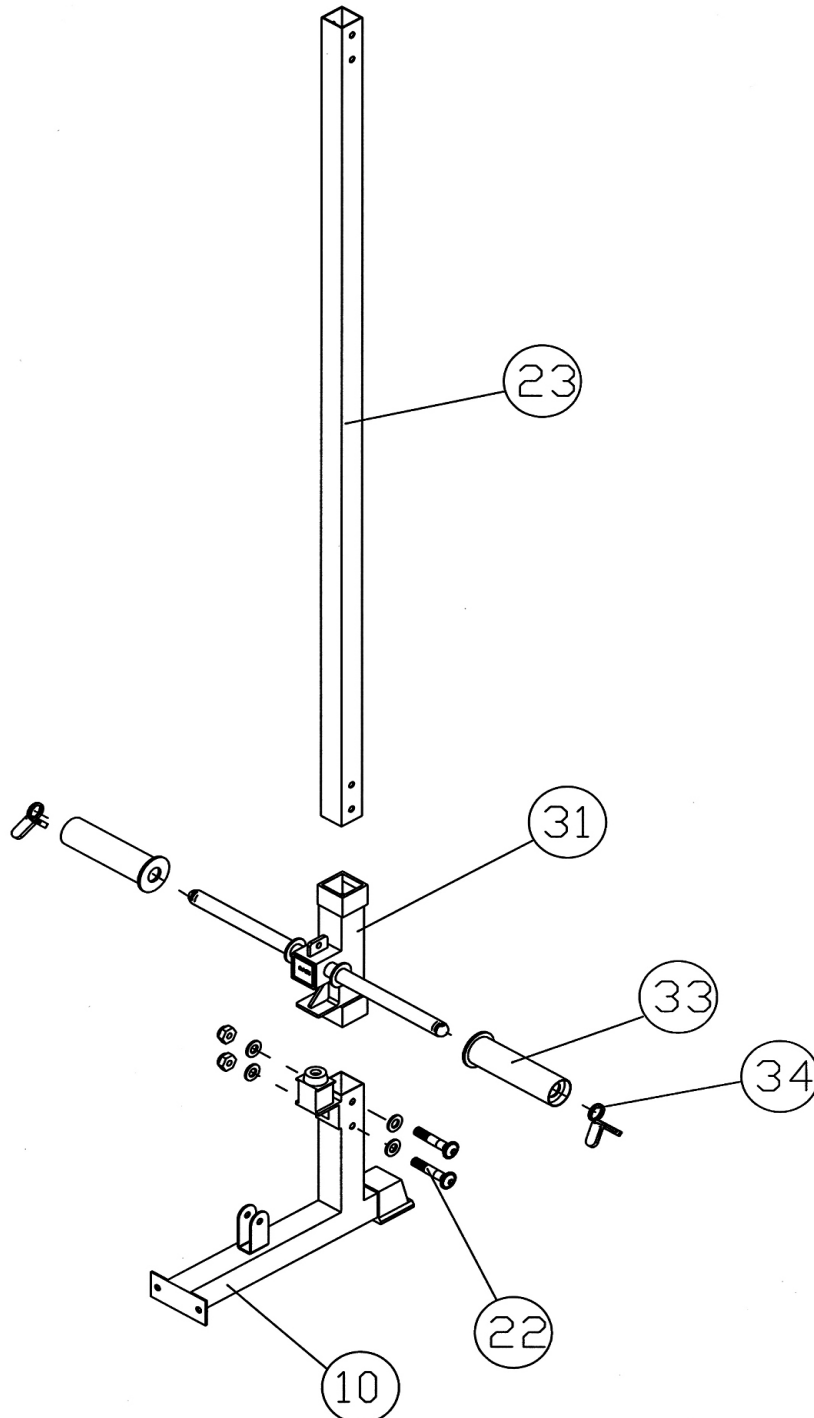
- A.) Slide the two Safety Catches (#12) onto the two Front Vertical Beams (#9) and the Guide Rods (#16). Push them down to the selected hole on the Front Vertical Beams and insert a Lock Knob (#15) to obtain the desired height for each Catch.
- B.) Slide two Rubber Bumpers (#14) onto each of the Guide Rods (#16). Then slide two Sliding Blocks (#17) onto each of the Guide Rods.
- C.) Note: Help of another person is strongly recommended for this step. Insert the 7' Long Bar (#56) through the Sliding Block (#17) from one side. Position the 4' Chrome Bar Sleeve (#53) in between the two Sliding Blocks (#17). Continue inserting the 7' Bar through the 4' Chrome Bar Sleeve and the Sliding Block (#17) on the other side.
- D.) Slide two $\varnothing 3$ " Rubber Bumpers (#54) onto the Bar from both sides. Then plug two Plastic Olympic Sleeves (#57) onto the bar from both sides. Securely tighten the M8 x 5/8" Allen Bolt (#55) on the Sliding Block (#17).
- E.) Attach the Front Top Beam (#19) onto top of the Front Vertical Beams (#9) and Guide Rods (#16). Secure them with two M10 x 3 1/2 Carriage Bolts (#68), $\varnothing 3/4$ " Washers (#5), and M10 Aircraft Nuts (#6) on each end. Make sure the top of the Guide Rods (#16) are inserted into the holes on the Front Top Beam (#19). Secure them with two M8 x 3/8" Allen Set Screws (#60) on the Front Top Beam (#19).



STEP 3 (See Diagram 3)

- A.) Insert the Rear Vertical Beam (#23) into the opening on the Rear Stabilizer (#10). Secure it with two M10 x 2 ½" Allen Bolts (#22), four Ø ¾" Washers (#5), and two M10 Aircraft Nuts (#6).
- B.) Slide the Weight Holder (#31) onto the Rear Vertical Beam (#23). Push two Olympic Sleeves (#33) onto the Weight Holder then attach two Spring Clips (#34) onto the Sleeves.

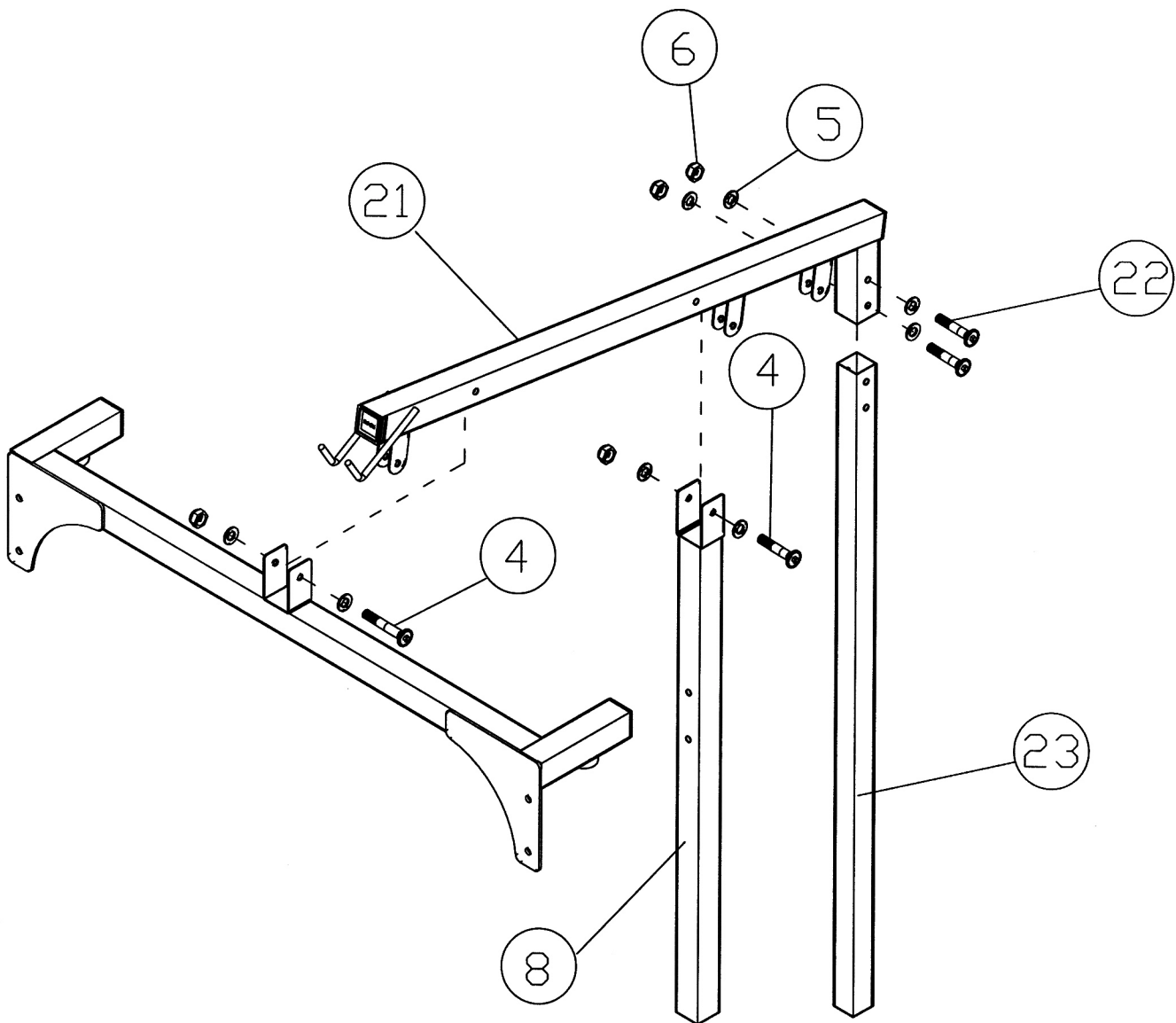
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Upper Frame (#21) to the top of Front Top Beam (#19), Middle Vertical Beam (#8), and Rear Vertical Beam (#23).
- B.) Secure the Upper Frame (#21) to the Rear Vertical Beam (#23) with two M10 x 2 ½" Allen Bolts (#22), four Ø ¾" Washers (#5), and two M10 Aircraft Nuts (#6).
- C.) Secure the Upper Frame (#21) to the Middle Vertical Beam (#8) with one M10 x 3 Allen Bolt (#4), two Ø ¾" Washers (#5), and one M10 Aircraft Nut (#6).
- D.) Secure the Upper Frame (#21) to the Front Top Beam (#19) with one M10 x 3" Allen Bolt (#4), two Ø ¾" Washers (#5), and one M10 Aircraft Nut (#6).

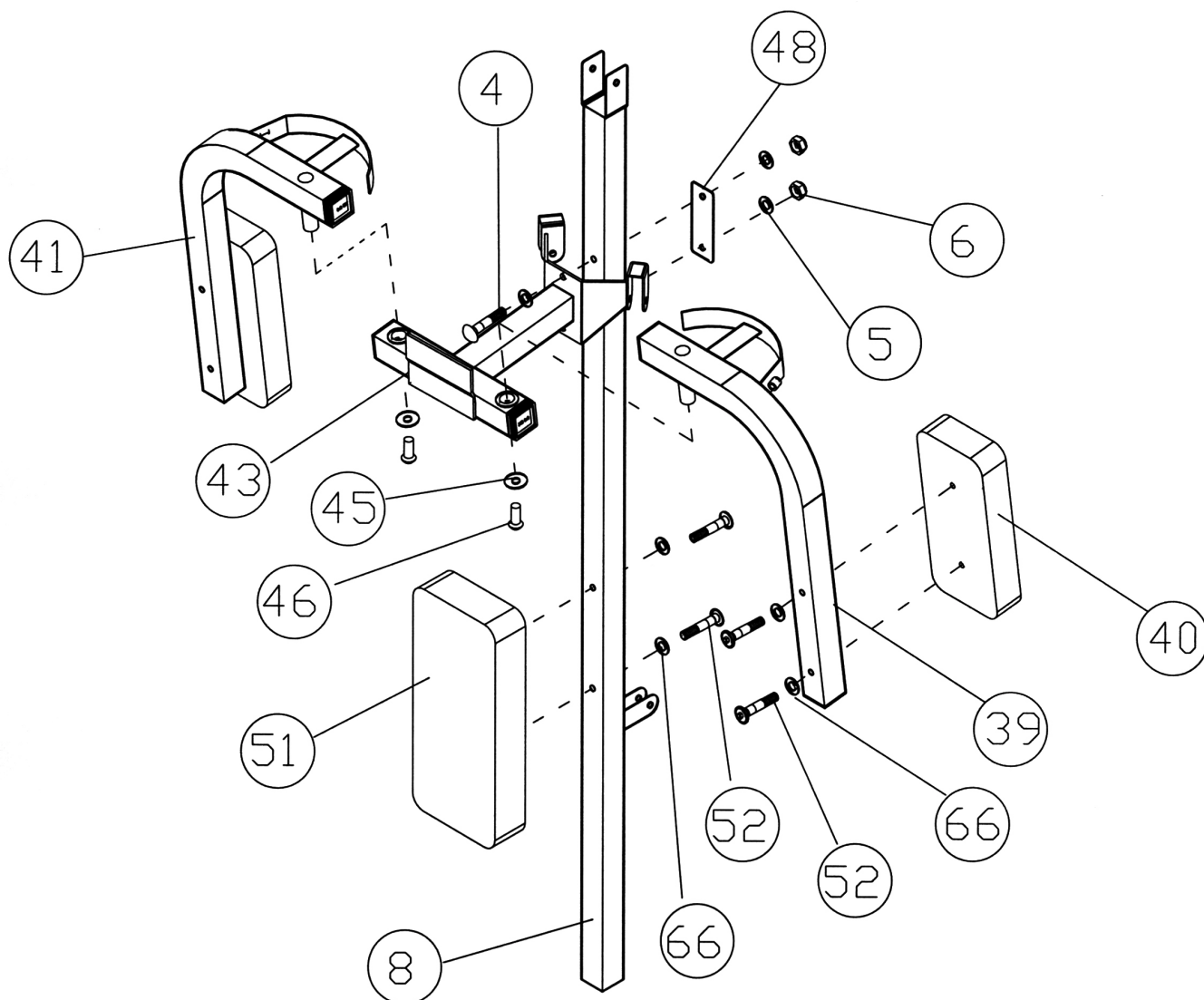
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Butterfly Bracket (#43) to the Middle Vertical Beam (#8). Secure it with one Bracket (#48), two M10 x 3" Allen Bolt (#4), four \varnothing 3/4" Washers (#5), and two M10 Aircraft Nuts (#6).
- B.) Attach the Left Butterfly (#39) to the Butterfly Bracket. Secure it with one M10 x 3/4" Allen Bolt (#46) and Large Washer (#45).
- C.) Attach the Butterfly Pad (#40) to the Left Butterfly (#39). Secure it with two M8 x 2 1/2" Allen Bolts (#52) and \varnothing 5/8" Washers (#66).
- D.) Repeat the Procedure (B) & (C) to install the Right Butterfly (#41) and its Pad.
- E.) Attach the Backrest Board (#51) to the Middle Vertical Beam (#8). Secure it with two M8 x 2 1/2" Allen Bolts (#52) and \varnothing 5/8" Washers (#66).

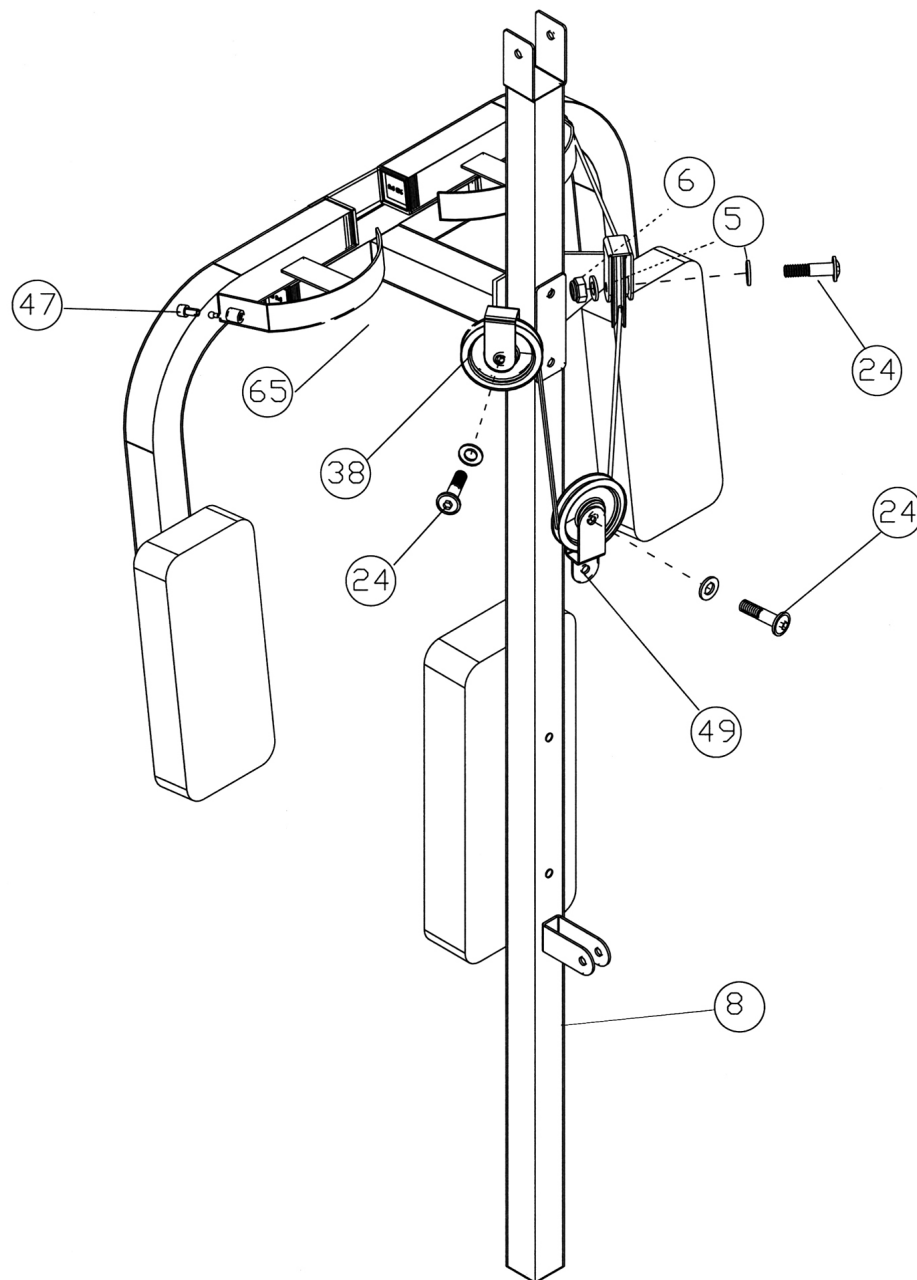
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Insert one end of the Butterfly Cable (#65) through the hole on the Left Butterfly (#39). Attach a Cable End Clip (#47) to the Cable. Pull the Cable towards the back of the machine to secure the end.
- B.) Draw the Cable to the Butterfly Bracket behind the Vertical Beam (#8). Install a Pulley and secure it with a M10 x 1 3/4" Allen Bolt (#24), two Ø3/4" Washers (#5) and M10 Aircraft Nut (#6). The Cable should be on top of the Pulley.
- C.) Pull the Cable downward then attach a Pulley to the Cable. Attach a Single Floating Pulley Bracket (#49) to the Pulley. Secure it with a M10 x 1 3/4" Allen Bolt (#24), two Ø3/4" Washers (#5) and one M10 Aircraft Nut (#6). Let the Bracket hanging for now. Draw the Cable around the Pulley upward towards the other side.
- D.) Repeat Step A & B above to install the Cable to the Right Butterfly.

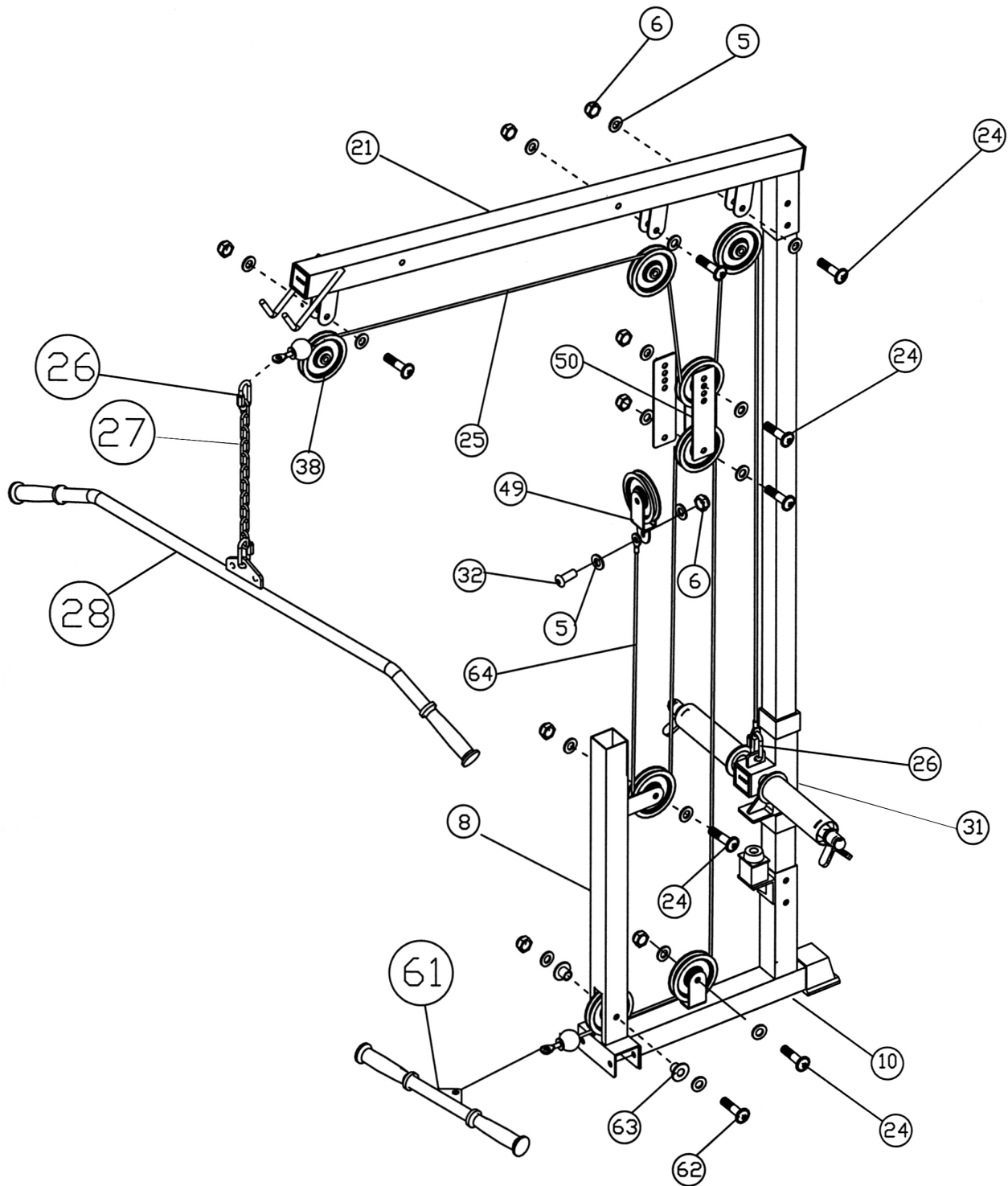
DIAGRAM 6



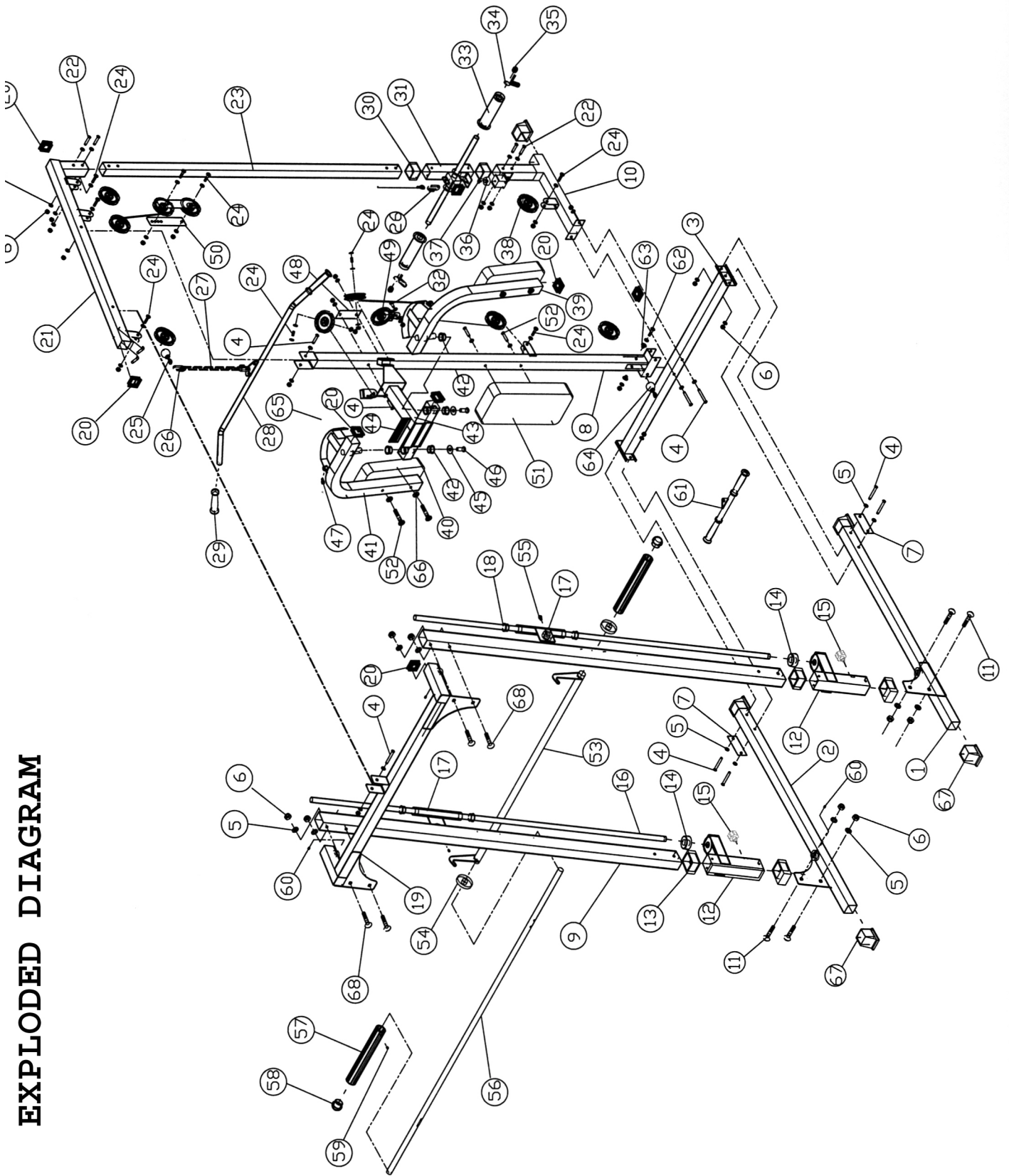
STEP 7 (See Diagram 7)

- A.) Attach the Upper Cable (#25) to the open bracket at the front of the Upper Frame (#21). Install a Pulley to the bracket. Secure it with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#24), two $\varnothing \frac{3}{4}$ " Washers (#5), and one M10 Aircraft (#6).
- B.) Draw the Cable along the Frame towards the back of the machine to the first open bracket. Install another Pulley. Pull the Cable downward and attach a Pulley to the Cable. Install the Double Floating Pulley Brackets (#50) to the Pulley. Select any hole on the Bracket for now. After completing the installation, come back and adjust the tightness of the cable loop by selecting a different hole. Let the Bracket hanging for now.
- C.) Draw the Cable upward to the last bracket on the Upper Frame. Install a Pulley. Draw the Cable around the Pulley then pull the Cable down to the Weight Holder (#31). Attach the end of Cable to a C-clip (#26) then connect to the Weight Holder.
- D.) Attach the Lower Cable (#64) to the opening on the bottom of the Middle Vertical Beam (#8). Install a Pulley to the opening. Attach two Pulley Bushings (#63) to the holes. Secure it with one M10 x 2 $\frac{3}{4}$ " Allen Bolt (#62), two $\varnothing \frac{3}{4}$ " Washers (#5), and one M10 Aircraft Nut (#6).
- E.) Draw the Cable towards the back of the machine to the open bracket on the Rear Stabilizer (#10). Install a Pulley. Draw the Cable underneath around the Pulley then pull upward to the Double Floating Pulley Bracket (#50). Install a Pulley. Pull the Cable around the Pulley then downward to the bracket on the Middle Vertical Frame (#8). Install another Pulley. Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#29). Connect the Cable to the Bracket and secure it with one M10 x 1" Allen Bolt (#32), two $\varnothing \frac{3}{4}$ " Washers (#5), and one M10 Aircraft Nut (#6).
- F.) Attach C-clips (#26) to each end of the Chain (#27). Connect one end to the Upper Cable (#25) and the other end to the Lat Bar (#28).
- G.) Attach the Arm Curl Handle (#61) to the Lower Cable (#64).

DIAGRAM 7



EXPLODED DIAGRAM



PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Left Base Frame	1	51	Backrest Board	1
2	Right Base Frame	1	52	M8 x 2 ½" Allen Bolt	6
3	Main Base Frame	1	53	4' Chrome Bar Sleeve	1
4	M10 x 3" Allen Bolt	10	54	Ø 3" Rubber Bumper	2
5	Ø ¾" Washer	60	55	M8 x 5/8" Allen Bolt	2
6	M10 Aircraft Nut	34	56	7' Long Bar	1
7	Bracket	2	57	Plastic Olympic Sleeve	2
8	Middle Vertical Beam	1	58	Olympic Sleeve End Cap	2
9	Front Vertical Beam	2	59	M8 x ½" Allen Set Screw	2
10	Rear Stabilizer	1	60	M8 x 3/8" Allen Set Screw	4
11	M10 x 2 ¾" Carriage Bolt	4	61	Arm Curl Handle	1
12	Safety Catch	2	62	M10 x 2 ¾" Allen Bolt	1
13	2" Square Sleeve	4	63	Pulley Bushing	2
14	Rubber Bumper	2	64	Lower Cable	1
15	Lock Knob	2	65	Butterfly Cable	1
16	Guide Rod	2	66	Ø 5/8" Washer	7
17	Sliding Block	2	67	2" Square End Cap	5
18	1" Bronze Bushing	4	68	M10 x 3 ½" Carriage Bolt	4
19	Front Top Beam	1			
20	2" End Cap	11			
21	Upper Frame	1			
22	M10 x 2 ½" Allen Bolt	4			
23	Rear Vertical Beam	1			
24	M10 x 1 ¾" Allen Bolt	10			
25	Upper Cable	1			
26	C-clip	3			
27	Chain	1			
28	Lat Bar	2			
29	Grip	4			
30	2" x 1 ¾" Sleeve	2			
31	Weight Holder	1			
32	M10 x 1" Allen Bolt	1			
33	Olympic Sleeve	2			
34	Spring Clip	2			
35	Weight Holder End Cap	2			
36	Weight Holder Bumper	1			
37	M6 x 5/8" Screw	1			
38	Pulley	11			
39	Left Butterfly	1			
40	Butterfly Pad	2			
41	Right Butterfly	1			
42	Bronze Bushing	4			
43	Butterfly Bracket	1			
44	Rubber Stopper	1			
45	Large Washer	2			
46	M10 x ¾" Allen Bolt	2			
47	Cable End Clip	2			
48	Butterfly Bracket	1			
49	Single Floating Pulley Bracket	1			
50	Double Floating Pulley Bracket	2			

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