

**NOTE:**  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Exploded Diagram

Parts List

Warranty

Ordering Parts

Model  
MP-LVR

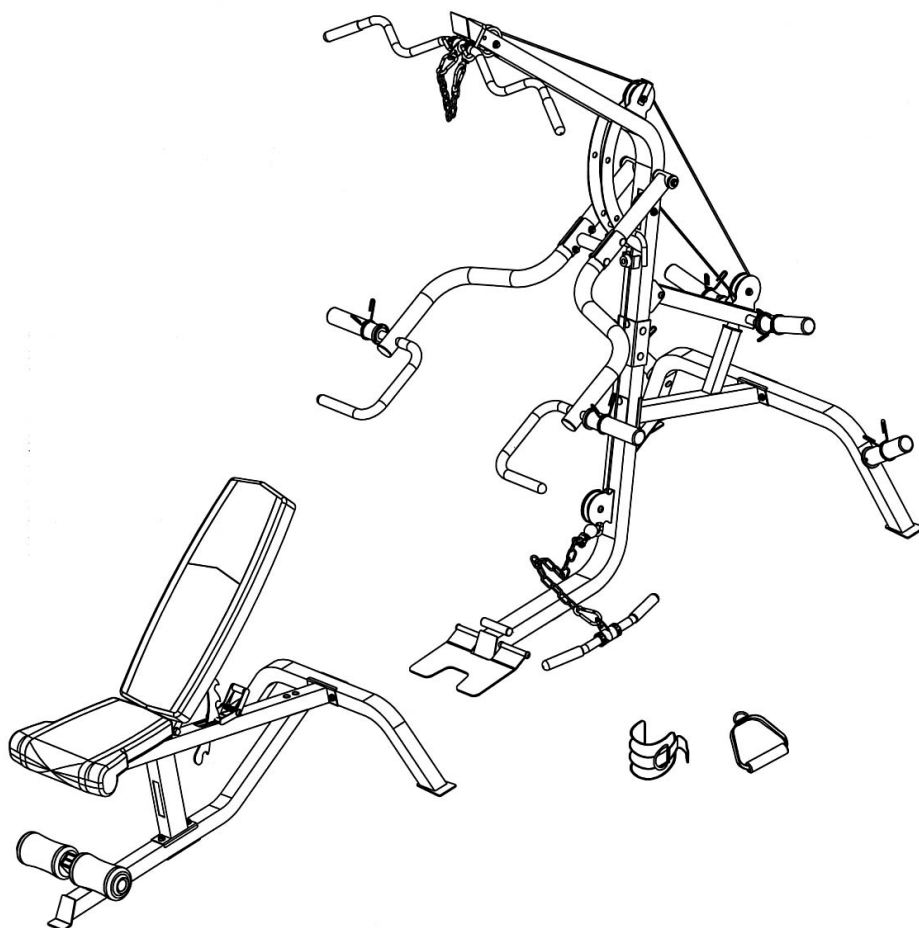
Retain This  
Manual for  
Reference

07/12/07

**OWNER'S  
MANUAL**



## MARCY<sup>®</sup> PLATINUM LEVERAGE BENCH MP-LVR



**IMPEX<sup>®</sup> INC.**

14777 Don Julian Rd., City of Industry, CA 91746

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

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICE.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	8
EXPLODED DIAGRAM.....	16
PARTS LIST.....	18
WARRANTY.....	19
ORDERING PARTS.....	19

---

## BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM MP-LVR Leverage Bench 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](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto: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. Maximum user's weight: 300 lbs.
14. Maximum weight on High Pulley: 100 lbs.
15. Maximum weight on Low Pulley: 100 lbs.
16. Maximum weight on Press Arms: 300 lbs. (150 lbs for each Press Arm).

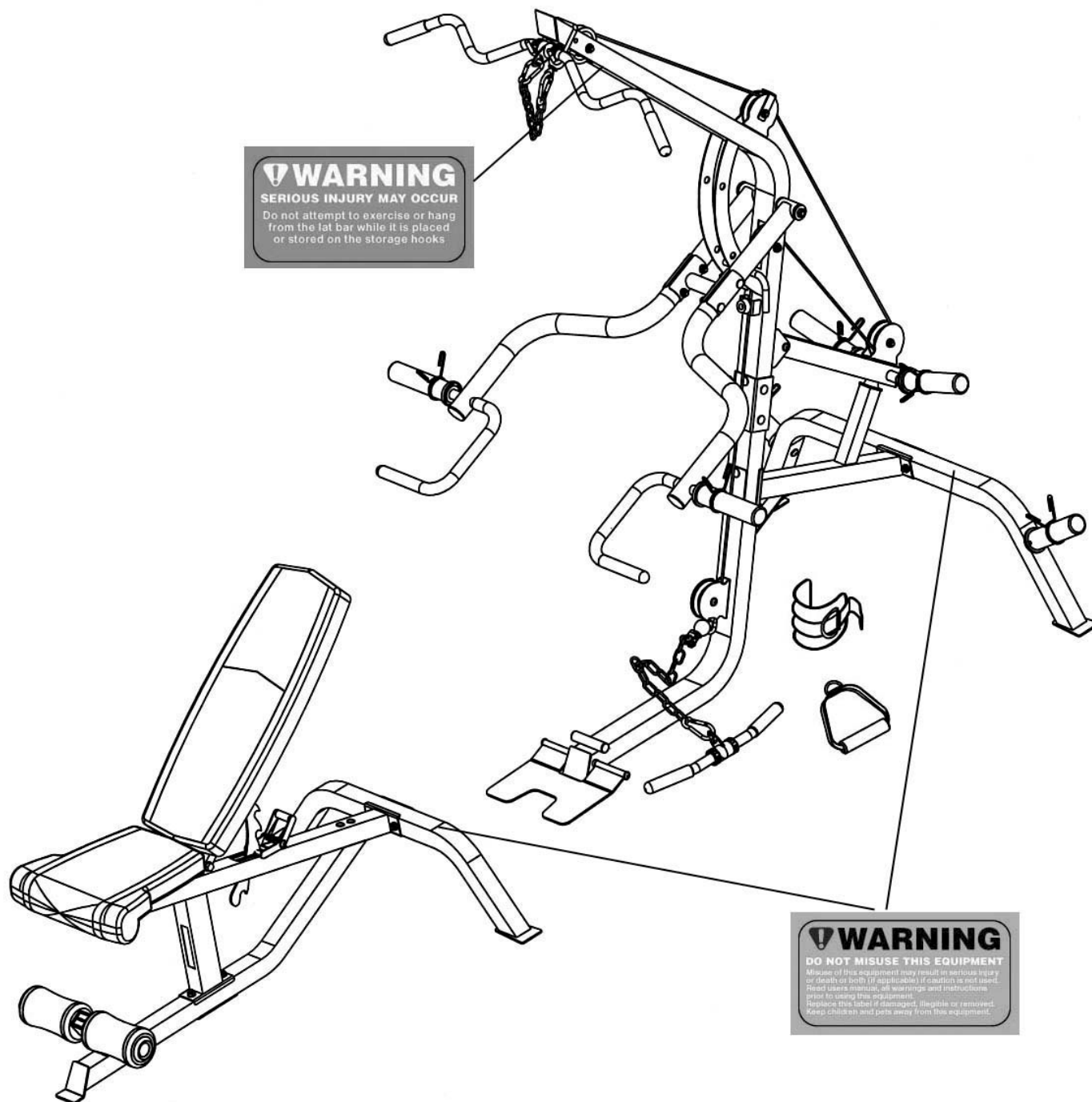
### **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**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

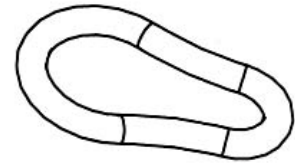


The Warning Labels shown here have been placed on the Rear Stabilizer and Lat Bar. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

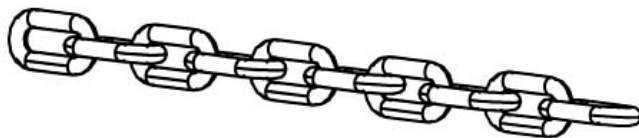
## HARDWARE PACK



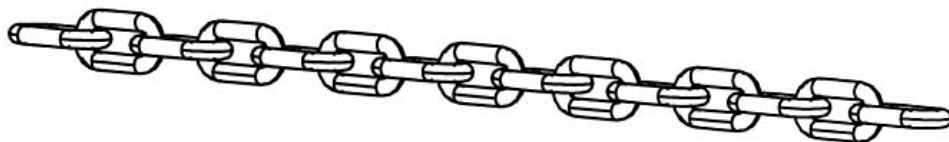
#34 Pulley Bushing (Qty 4)



#30 Hook (Qty 3)



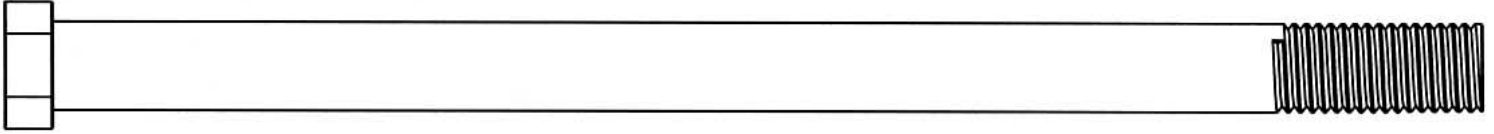
#28 Short Chain (Qty 1)



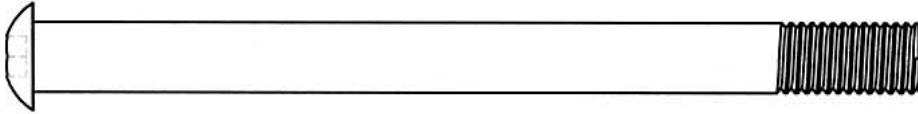
#29 Long Chain (Qty 1)

# HARDWARE PACK

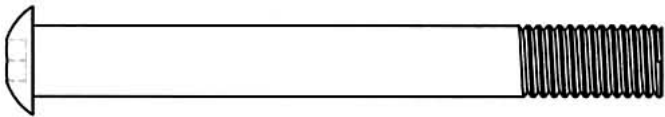
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



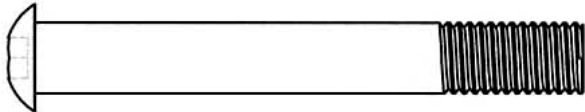
#58 M12 x 7  $\frac{5}{8}$ " Hex Bolt (Qty 1)



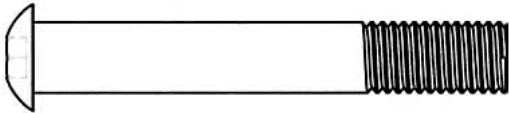
#61 M10 x 4  $\frac{3}{4}$ " Allen Bolt (Qty 2)



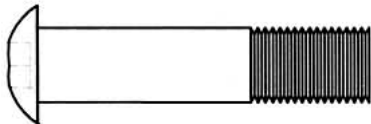
#65 M10 x 3  $\frac{3}{8}$ " Allen Bolt (Qty 2)



#59 M10 x 3" Allen Bolt (Qty 1)

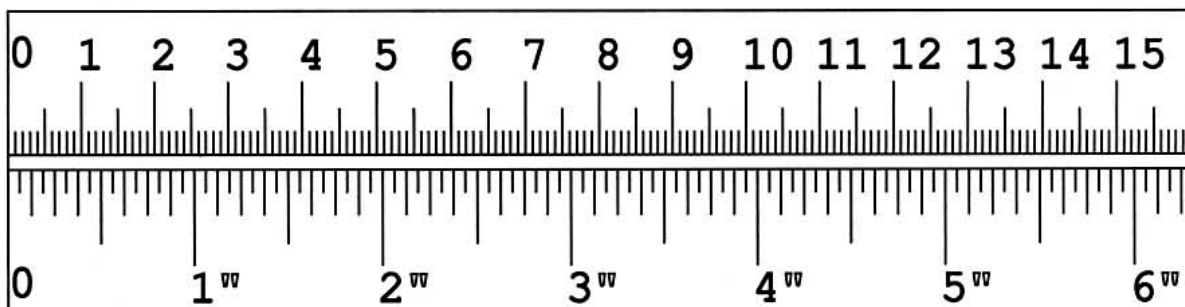


#60 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 2)



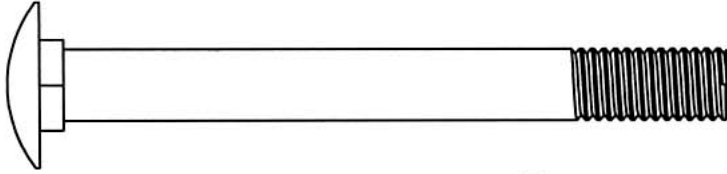
#63 M10 x 1  $\frac{3}{4}$ " Allen Bolt (Qty 3)

mm

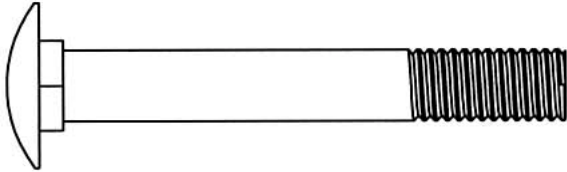


# HARDWARE PACK

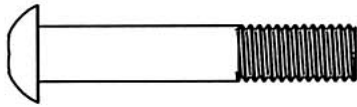
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



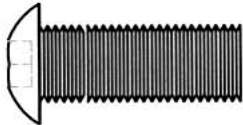
#57 M10 x 3  $\frac{3}{8}$ " Carriage Bolt (Qty 2)



#56 M10 x 2  $\frac{1}{2}$ " Carriage Bolt (Qty 14)



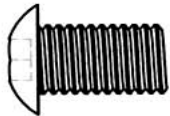
#66 M8 x 1  $\frac{5}{8}$ " Allen Bolt (Qty 12)



#62 M10 x 1" Allen Bolt (Qty 2)

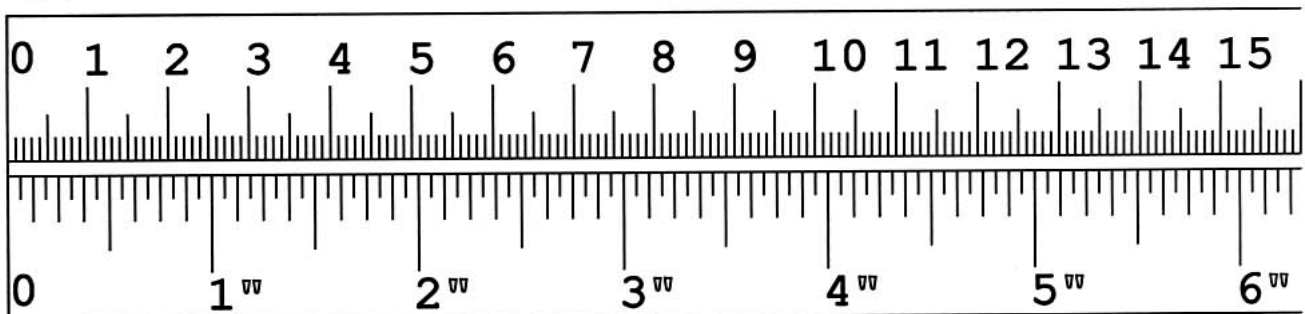


#67 M8 x  $\frac{3}{4}$ " Allen Bolt (Qty 2)



#64 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 2)

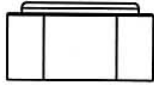
mm



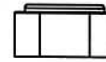


# HARDWARE PACK

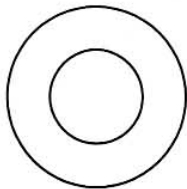
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



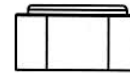
#76 M12 Aircraft Nut  
(Qty 3)



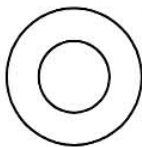
#74 M8 Aircraft Nut  
(Qty 4)



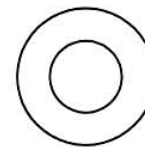
#71 Ø 1" Washer  
(Qty 2)



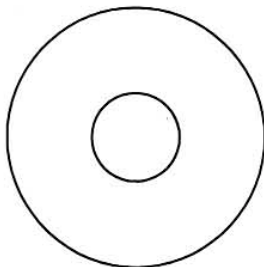
#75 M10 Aircraft Nut  
(Qty 24)



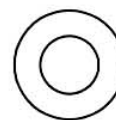
#72 Ø  $\frac{3}{4}$ " Curved Washer  
(Qty 4)



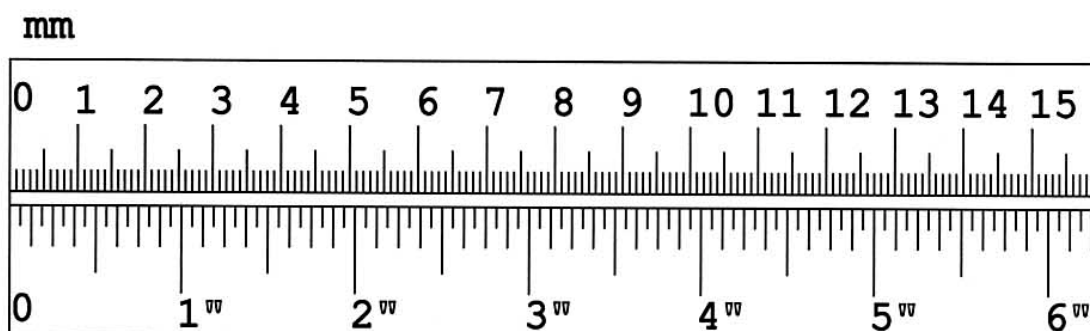
#70 Ø  $\frac{3}{4}$ " Washer  
(Qty 32)



#73 Ø 1  $\frac{1}{2}$ " Washer  
(Qty 2)



#69 Ø  $\frac{5}{8}$ " Washer  
(Qty 18)



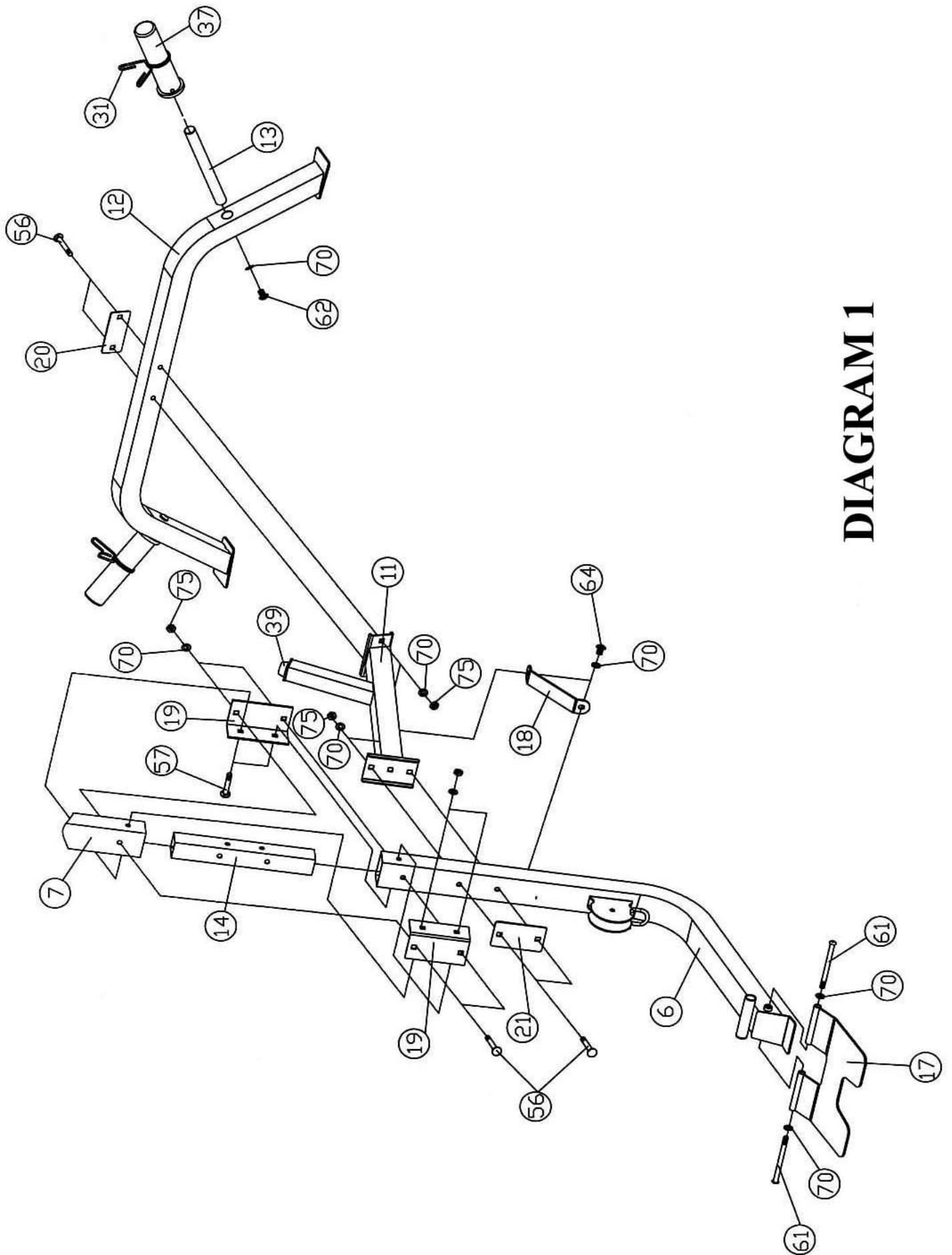


## ASSEMBLY INSTRUCTION

**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)

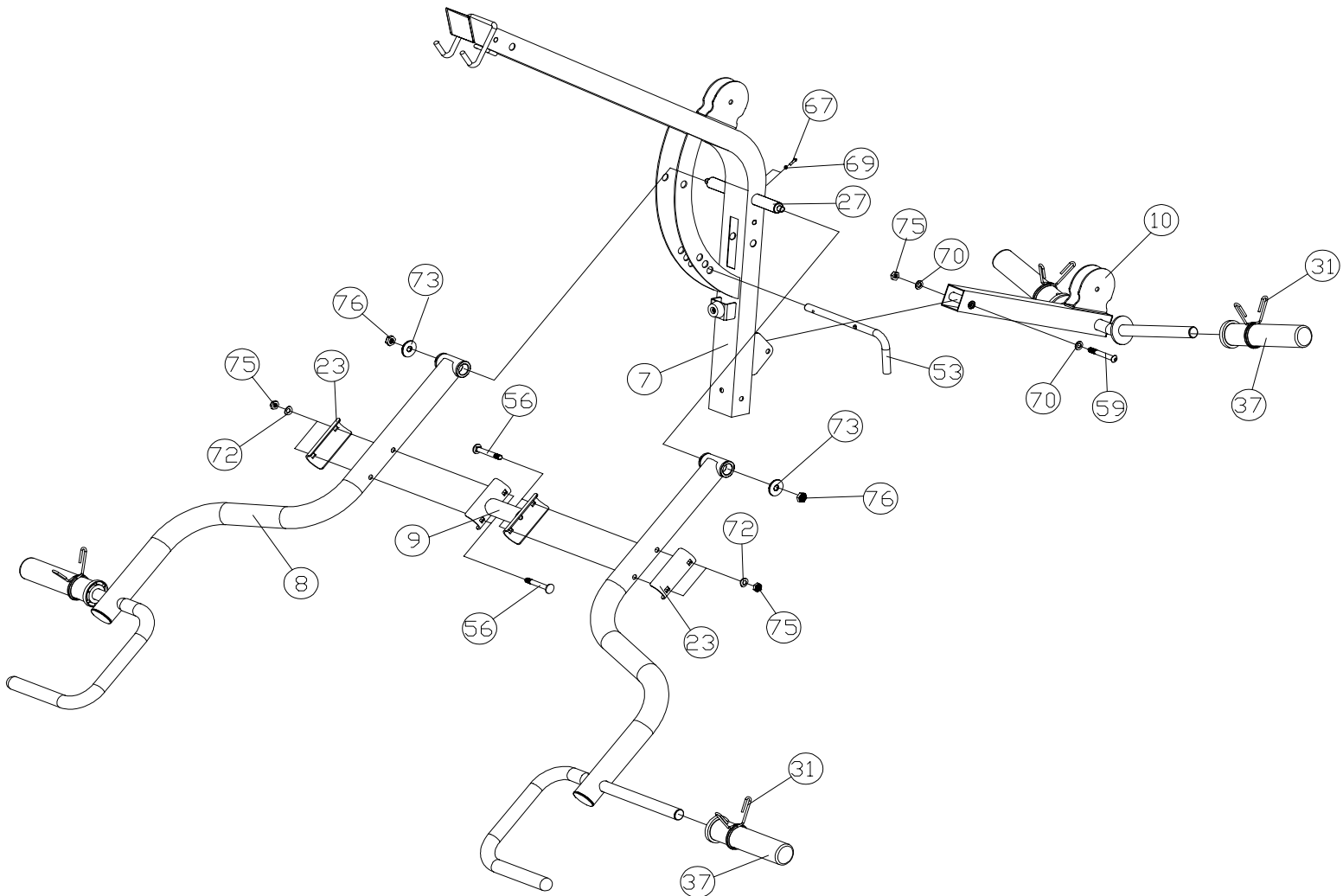
- A.) Do not tighten all Nuts and Bolts installed until instructed to do so.
- B.) Attach the Middle Support Frame (#11) to the Front Support Frame (#6). Secure them together with two M10 x 2 ½" Carriage Bolts (#56), one 4 ¾" x 2 ¾" Bracket (#21), two Ø ¾" Washers (#70), and two M10 Aircraft Nuts (#75).
- C.) Attach the Leverage Rear Stabilizer (#12) to the Middle Support Frame. Secure them with two M10 x 2 ½" Carriage Bolts (#56), one 4 ¾" x 2" Bracket (#20), two Ø ¾" Washers (#70), and two M10 Aircraft Nuts (#75).
- D.) Attach the Diagonal Support (#18) to the Front Support Frame (#6) and Middle Support Frame (#11). Secure each end of Diagonal Support with one M10 x 5/8" Allen Bolt (#64) and Ø ¾" Washer (#70).
- E.) Insert the Lat Bar Frame Insert (#14) halfway into the opening on the Front Support Frame (#6). Attach two Double Brackets (#19) to the top holes on the Front Support Frame (#6). Align the holes and secure it with one M10 x 2 ½" Carriage Bolt (#56), one M10 x 3 3/8" Carriage Bolt (#57), two Ø ¾" Washers (#70) and two M10 Aircraft Nuts (#75).
- F.) Slide the Lat Bar Frame (#7) onto the upper half of the Lat Bar Frame Insert (#14). Align the upper holes on the Double Brackets (#19) to the holes on the Lat Bar Frame (#7). Secure it with one M10 x 2 ½" Carriage Bolt (#56), one M10 x 3 3/8" Carriage Bolt (#57), two Ø ¾" Washers (#70) and two M10 Aircraft Nuts (#75).
- G.) Securely tighten all Nuts and Bolts previously installed.
- H.) Insert a Weight Post (#13) into the hole on the Leverage Rear Stabilizer (#12). Secure it with one M10 x 1" Allen Bolt (#62) and Ø 3/4" Washer (#70). Attach an Olympic Sleeve (#27) onto the Weight Post. Attach a Spring Clip (#31) onto the Sleeve. Repeat the same procedure to install the other side.
- I.) Attach the Foot Plate (#17) to the pivot on the Front Support Frame (#6). Secure it with one M10 x 4 ¾" Allen Bolt (#61) and Ø ¾" Washer (#70) from each side.



**DIAGRAM 1**

## STEP 2 (See Diagram 2)

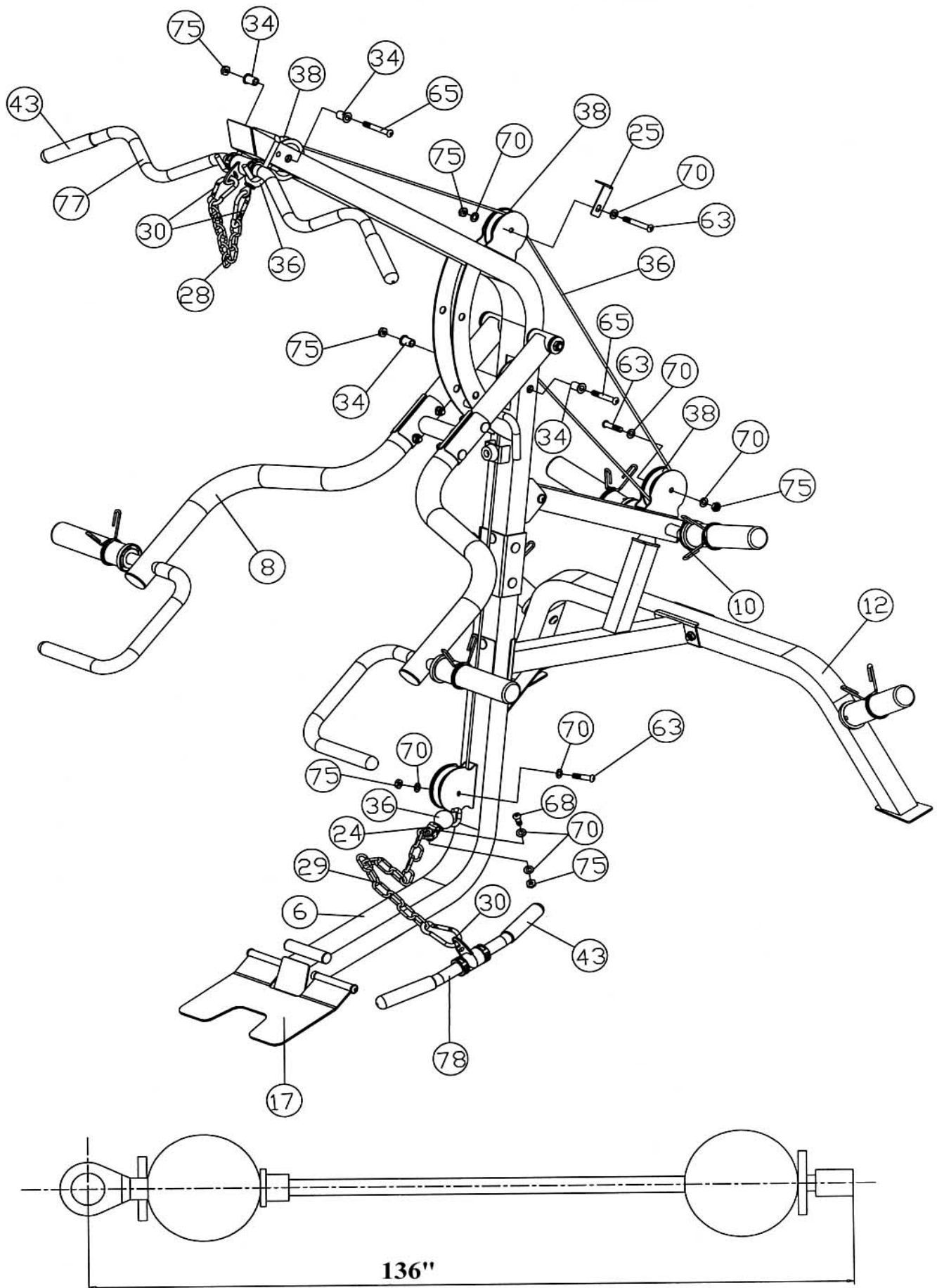
- A.) Slide the Axle (#27) through the holes on the Lat Bar Frame (#7). Align the holes on the middle of the Axle to the holes on the back of the Lat Bar Frame. Secure the Axle to the Lat Bar Frame with two M8 x  $\frac{3}{4}$ " Allen Bolts (#67) and  $\varnothing$  5/8" Washers (#69).
- B.) Slide the two Press Arms (#8) onto the Axle. Secure them with two  $\varnothing$  1  $\frac{1}{2}$ " Washers (#73) and M12 Aircraft Nuts (#76). Do not tighten the Nuts and Bolts yet.
- C.) Connect the two Press Arms (#8) with the Press Arm Connecting Bracket (#9) in the middle. Secure each Press Arm to the Bracket with two M10 x 2  $\frac{1}{2}$ " Carriage Bolts (#56), one Curved Bracket (#23), two  $\varnothing$   $\frac{3}{4}$ " Curved Washers (#72), and two M10 Aircraft Nuts (#75).
- D.) Insert a L-shaped Pin (#53) through the selected hole on the Lat Bar Frame to obtain the desired Press Arm position.
- E.) Securely tighten all the Nuts and Bolts previously installed.
- F.) Attach the Weight Holder (#10) to the bracket on the Lat Bar Frame (#7). Secure it with one M10 x 3" Allen Bolt (#59), two  $\varnothing$   $\frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#75). Do not over tighten the Nut and Bolt. Make sure the Weight Holder is able to swivel.
- G.) Attach four Olympic Sleeves (#37) onto the weight posts on the Weight Holder and Press Arms. Attach a Spring Clip (#31) to each Sleeve.
- H.) Note: Please be extra careful when loading the weights onto the Press Arms. Make sure to load even amount of weights on each side to prevent the machine from tipping over.



### **STEP 3 (See Diagram 3 and Cable Loop Diagram)**

- A.) Un-install the M10 x 1 1/8" Allen Bolt (#68), two Ø 3/4" Washers (#70), one M10 Aircraft Nut (#75) from the U-shaped Cable Bracket (#24) at one end of the 136" Cable (#36). Remove the U-shaped Cable Bracket and the Ball Stopper from the end of the Cable.
- B.) Insert the end of Cable to the opening on the top front of Lat Bar Frame (#7). Attach a Pulley (#38) to the opening. Secure the Pulley with one M10 x 3 3/8" Allen Bolt (#65), two Pulley Bushings (#34), and one M10 Aircraft Nut (#75). Pull the Cable upward over the Pulley until the ball stopper on the other end is underneath the Frame.
- C.) Draw the Cable over Pulley to the open bracket on the back of the Lat Bar Frame. Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#63), one L-shaped Bracket (#25), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#75).
- D.) Draw the Cable over the Pulley to the open bracket on the Weight Holder (#10). Install a Pulley to the bracket with one M10 x 1 3/4" Allen Bolt (#63), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#75).
- E.) Draw the Cable around the Pulley to the opening under the Axle on the Lat Bar Frame. Install a Pulley to the opening with one M10 x 3 3/8" Allen Bolt (#65), two Pulley Bushings (#34), and one M10 Aircraft Nut (#75).
- F.) Draw the Cable over the Pulley then downward through the rubber bumper bracket to the open bracket on the front of the Support Frame (#6). Install a Pulley to the bracket with one M10 x 1 3/4" Allen Bolt (#63), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#75).
- G.) Pull the Cable underneath the Pulley and insert the end of Cable through the ball stopper and the U-shaped Cable Bracket, which were removed in Procedure A above. Connect a Long Chain (#29) to the U-shaped Cable Bracket. Secure the Long Chain to the U-shaped Cable Bracket with the M10 x 1 1/8" Allen Bolt (#68), Ø 3/4" Washers (#70), M10 Aircraft Nut (#75) which were Un-installed in Procedure A above.
- H.) Connect the Lat Bar (#77) to the Cable with two Hooks (#30) and a Short Chain (#28).
- I.) Connect the Shiver Bar (#78) to the Long Chain (#29) with a Hook (#30).

**DIAGRAM 3**

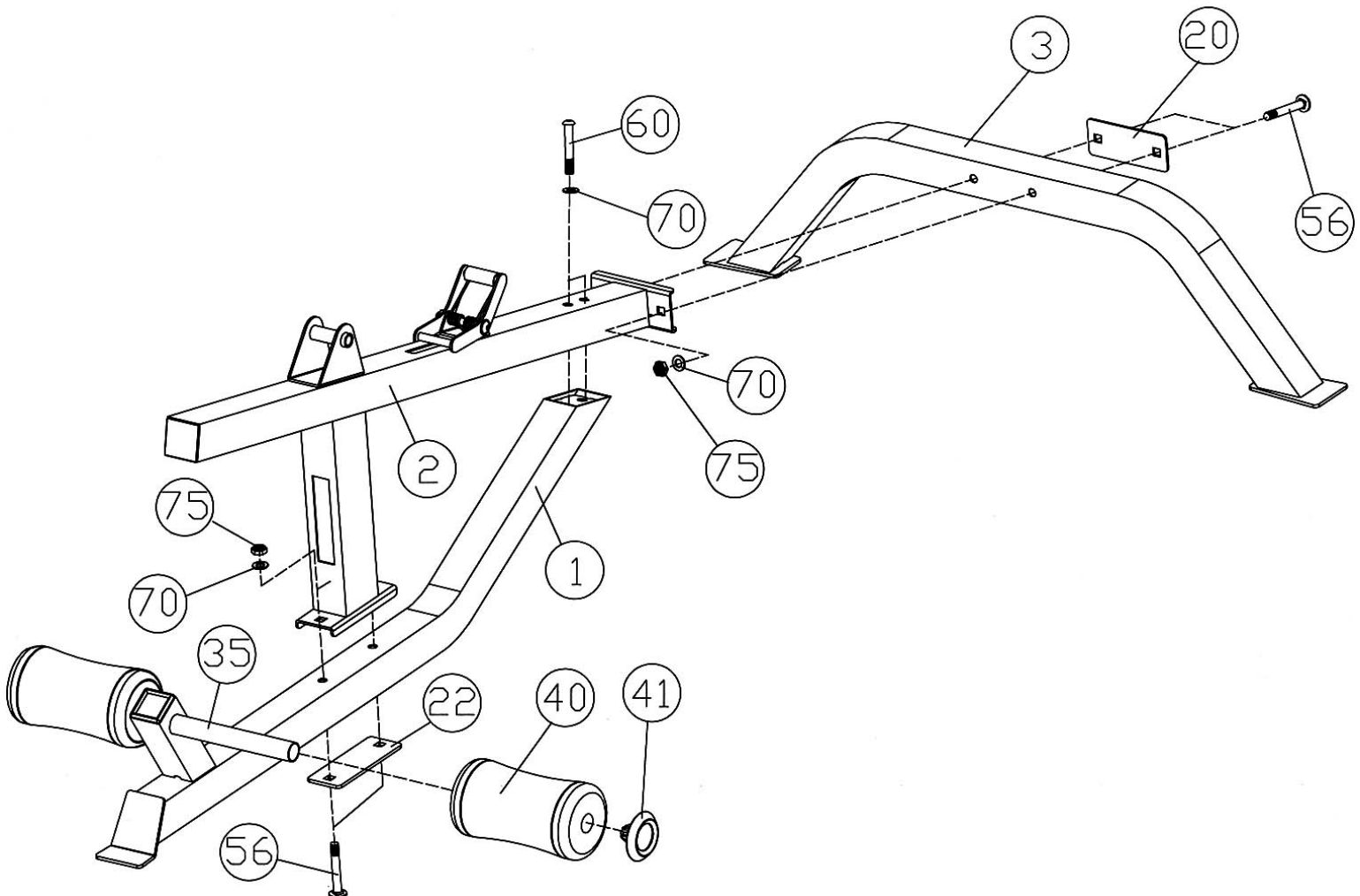


A detailed technical line drawing of a mechanical hoist system. The system features a main vertical frame with a large pulley at the top. A long, angled arm extends from the frame, supporting a smaller pulley. A chain is attached to the end of this arm. Another chain is shown at the bottom of the frame, connected to a horizontal bar. The drawing illustrates the complex arrangement of pulleys, cables, and chains used for lifting and moving heavy loads.

## STEP 4 (See Diagram 4)

- A.) Attach the Main Seat Support (#2) onto the Front Base Frame (#1). Secure it with two M10 x 2 ½" Carriage Bolts (#56), one 5 ½" x 2" Bracket (#22), two Ø ¾" Washers (#70), and two M10 Aircraft Nuts (#75). Secure the Main Seat Support to the top of Front Base Frame with two M10 x 2 ½" Allen Bolts (#60) and Ø ¾" Washers (#70). Do not tighten the Nuts and Bolts yet.
- B.) Attach the Main Seat Support (#2) to the Bench Rear Stabilizer (#3). Secure it with two M10 x 2 ½" Carriage Bolts (#56), one 4 ¾" x 2" Bracket (#20), two Ø ¾" Washers (#70), and two M10 Aircraft Nuts (#75). Securely tighten all Nuts and Bolts installed.
- C.) Insert the Foam Tube (#35) halfway through the holes on the Front Base Frame (#1). Push two Foam Rolls (#40) onto the Tube from both ends. Plug two Foam Roll End Caps (#41) into the ends.

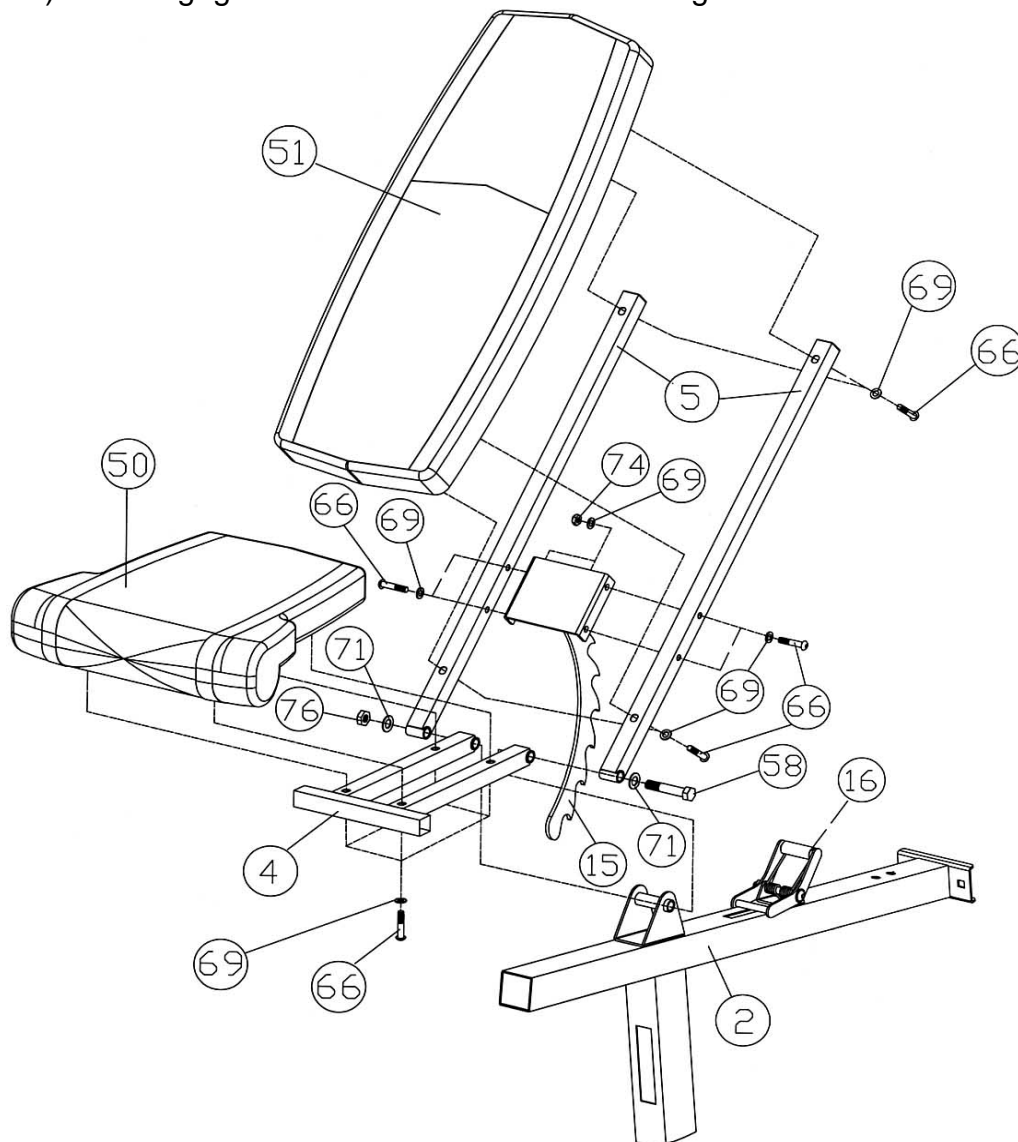
**DIAGRAM 4**



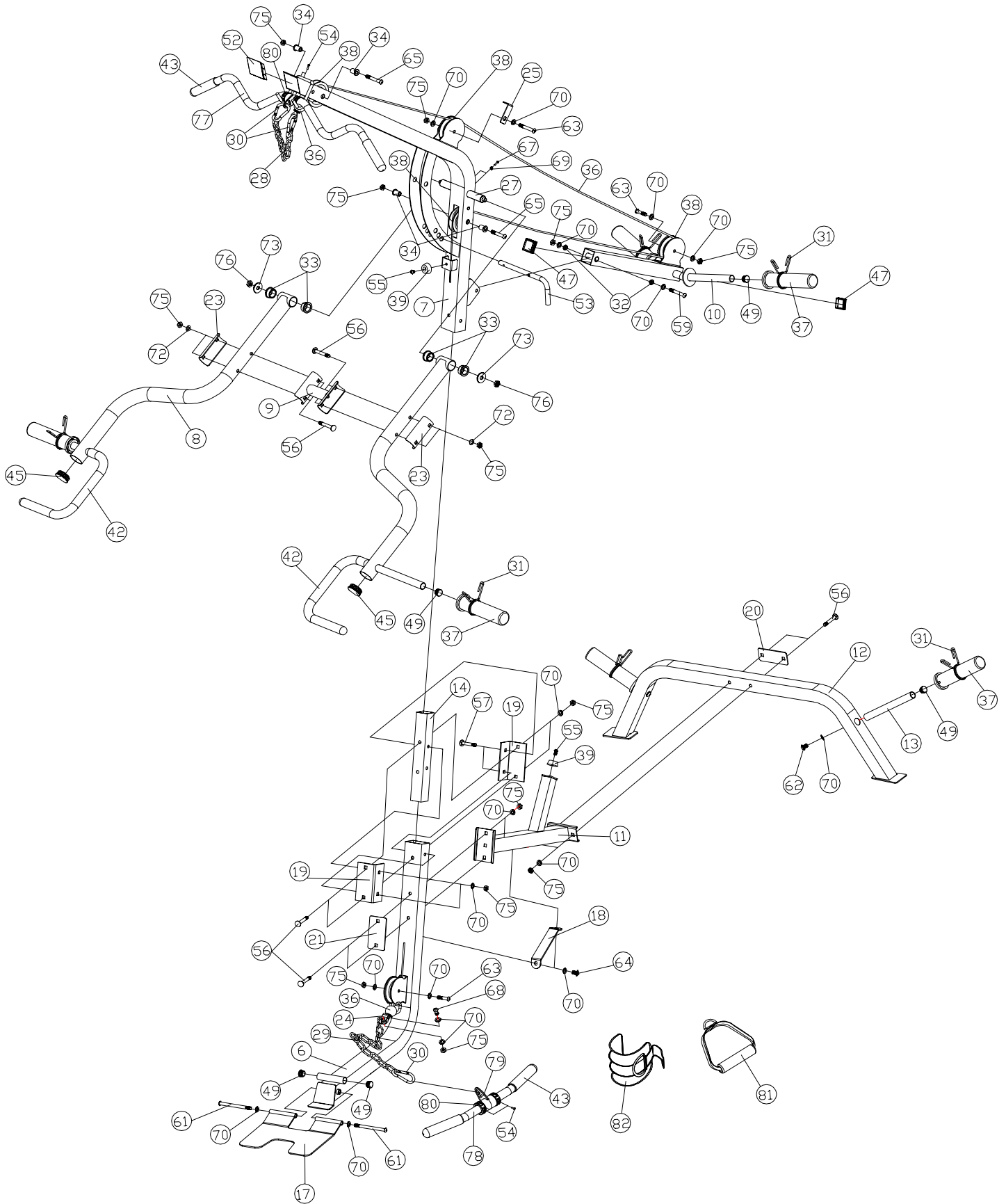


## STEP 5 (See Diagram 5)

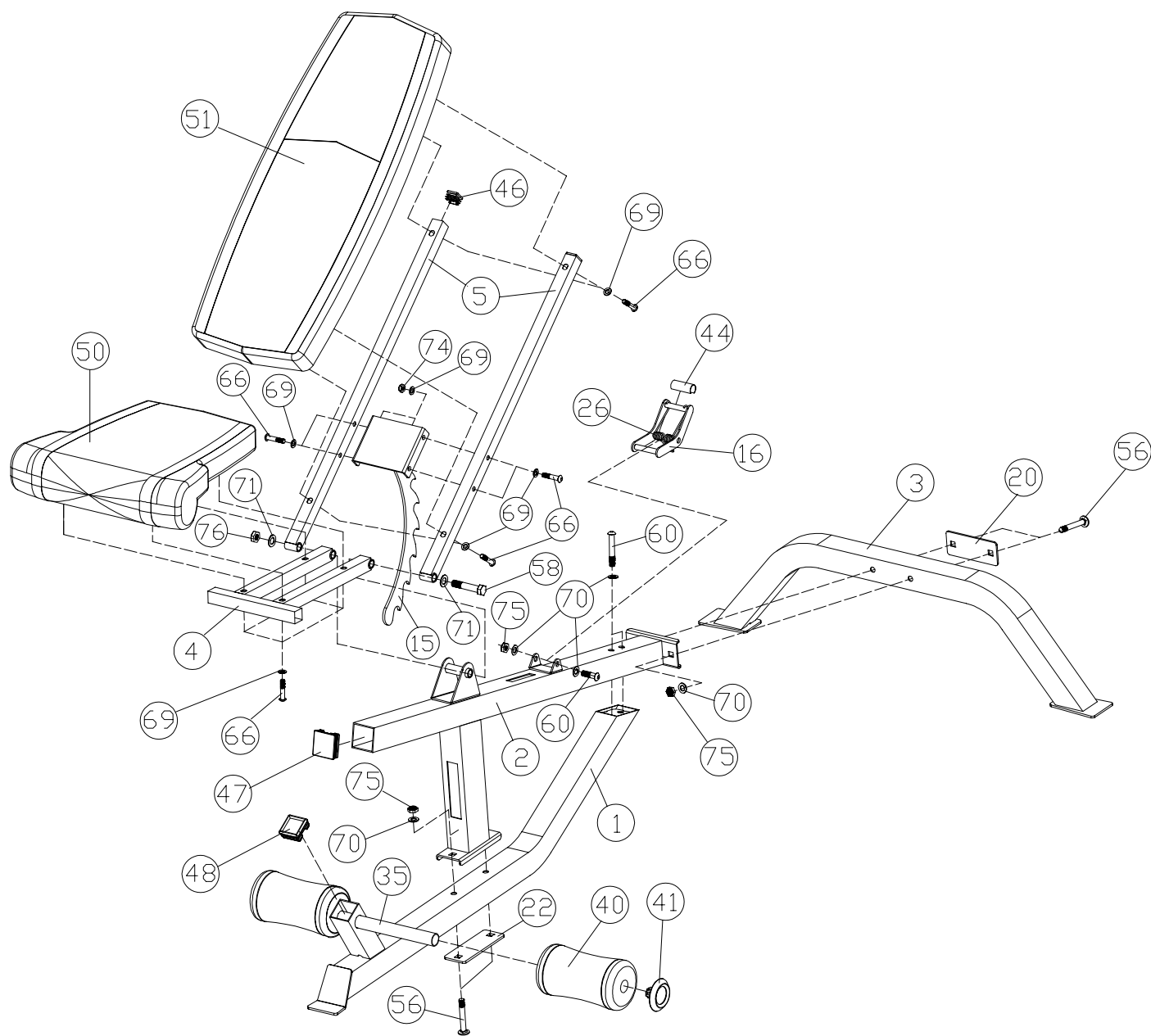
- A.) Align the pivots on the Seat Bracket (#4) to the pivot on the Main Seat Support (#2). Align the pivots on the two Backrest Supports (#5) to the pivots on the Seat Bracket. Secure them with M12 x 7 5/8" Hex Bolt (#58), two Ø 1" Washers (#71), and one M12 Aircraft Nut (#76). Do not over tighten the Nut and Bolt. Make sure the Seat Bracket and Backrest Supports are able to swivel.
- B.) Attach the Backrest Incline Support (#15) in between the two Backrest Supports (#5). Secure each Backrest Support with two M8 x 1 5/8" Allen Bolts (#66), four Ø 5/8" Washers (#69), and two M8 Aircraft Nuts (#74). Do not tighten the Nuts and Bolts yet. Insert the Backrest Adjustment Support (#15) into the open slot on the Main Seat Support (#2). Press or step down on the Backrest Adjustment Lever (#16) to allow the Backrest Adjustment Support (#15) to go through.
- C.) Attach the Backrest Board (#51) onto the Backrest Supports (#5). Secure it with four M8 x 1 5/8" Allen Bolts (#66) and Ø 5/8" Washers (#69).
- D.) Place the Seat Pad (#50) onto the Seat Bracket (#4). Secure it with four M8 x 1 5/8" Allen Bolts (#66) and Ø 5/8" Washers (#69).
- E.) Securely tighten all Nuts and Bolts installed.
- F.) When adjusting the Backrest Board to an incline position, simply pull up the board. When adjusting the Board to a decline position, press or step down on the Backrest Adjustment Lever (#16) to disengage the lever to allow the Board to go down.



# EXPLODED DIAGRAM



# EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	QTY'			
1	Front Base Frame	1	51	Backrest Board	1
2	Main Seat Support	1	52	2" x 2 3/4" End Cap	1
3	Bench Rear Stabilizer	1	53	L-shaped Pin	1
4	Seat Bracket	1	54	Rivet	4
5	Backrest Support	2	55	M6 x 3/8" Philips Screw	2
6	Front Support Frame	1	56	M10 x 2 1/2" Carriage Bolt	14
7	Lat Bar Frame	1	57	M10 x 3 3/8" Carriage Bolt	2
8	Press Arm	2	58	M12 x 7 5/8" Hex Bolt	1
9	Press Arm Connect Bracket	1	59	M10 x 3" Allen Bolt	1
10	Weight Holder	1	60	M10 x 2 1/2" Allen Bolt	3
11	Middle Support Frame	1	61	M10 x 4 3/4" Allen Bolt	2
12	Leverage Rear Stabilizer	1	62	M10 x 1" Allen Bolt	2
13	Weight Post	2	63	M10 x 1 3/4" Allen Bolt	3
14	Lat Bar Frame Insert	1	64	M10 x 5/8" Allen Bolt	2
15	Backrest Adjustment Support	1	65	M10 x 3 3/8" Allen Bolt	2
16	Backrest Adjustment Lever	1	66	M8 x 1 5/8" Allen Bolt	12
17	Foot Plate	1	67	M8 x 3/4" Allen Bolt	2
18	Diagonal Support	1	68	M10 x 1 1/8" Allen Bolt	1
19	Double Bracket	2	69	Ø 5/8" Washer	18
20	4 3/4" x 2" Bracket	2	70	Ø 3/4" Washer	32
21	4 3/4" x 2 3/4" Bracket	1	71	Ø 1" Washer	2
22	5 1/2" x 2" Bracket	1	72	Ø 3/4" Curved Washer	4
23	Curved Bracket	2	73	Ø 1 1/2" Washer	2
24	U-shaped Cable Bracket	1	74	M8 Aircraft Nut	4
25	L-shaped Bracket	1	75	M10 Aircraft Nut	24
26	Spring	1	76	M12 Aircraft Nut	3
27	Axle	1	77	Lat Bar	1
28	Short Chain	1	78	Shiver Bar	1
29	Long Chain	1	79	Rotation Ring	2
30	Hook	3	80	Ø 1 5/8" Plastic Ring	4
31	Spring Clip	6	81	Single Handle	1
32	Ø 3/4" x Ø 1/2" Bushing	2	82	Ankle Strap	1
33	Ø 1 1/2" x Ø 1" Bushing	4			
34	Pulley Bushing	4			
35	Foam Tube	1			
36	136" Cable	1			
37	Olympic Sleeve	6			
38	Pulley	5			
39	Rubber Bumper	2			
40	Foam Roll	2			
41	Foam Roll End Cap	2			
42	23 1/4" Grip	2			
43	5 1/8" Grip	4			
44	Spring Cover	1			
45	Ø 2" End Cap	2			
46	1" Square End Cap	2			
47	2" Square End Cap	3			
48	1 3/4" Square End Cap	1			
49	Ø 1" End Cap	8			
50	Seat Pad	1			

# ***IMPEX INC.***

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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.

**Register on-line [www.impex-fitness.com](http://www.impex-fitness.com)**

**IMPEX<sup>®</sup> 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](mailto: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