

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



**MARCY**  
By IMPEX

# MARCY UTILITY BENCH AB 2000

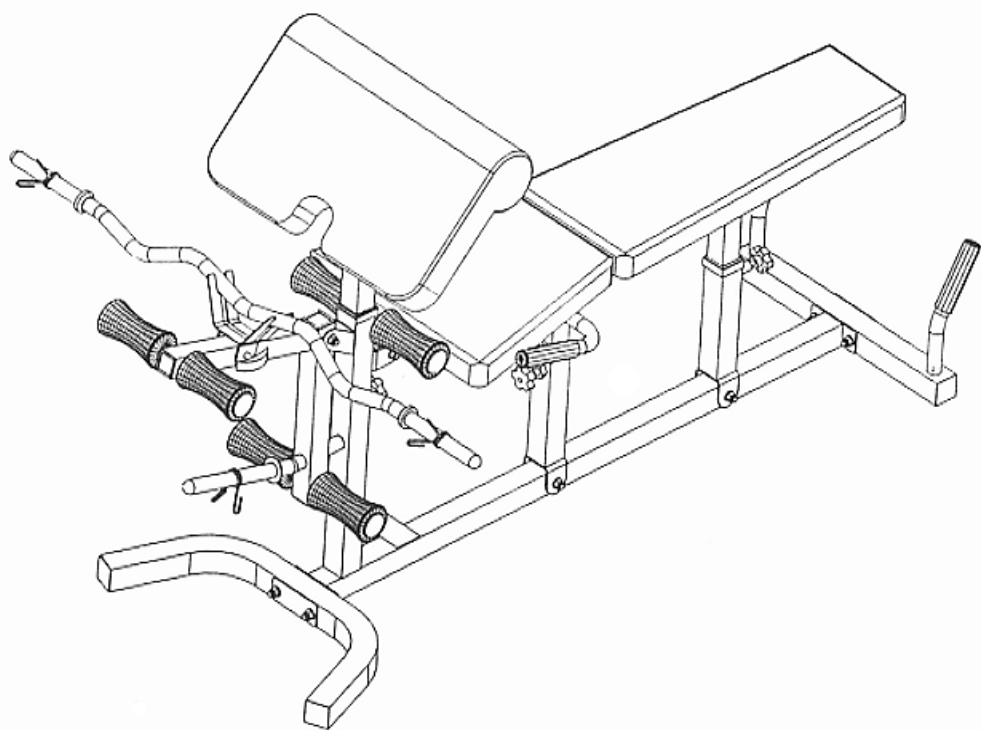


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Model  
AB 2000

Retain This  
Manual for  
Reference

8-1-00

**OWNER'S  
MANUAL**

**IMPEX FITNESS PRODUCTS**  
14777 Don Julian Rd., City of Industry, CA 91746  
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## BEFORE YOU BEGIN

Thank you for selecting the MARCY UTILITY BENCH 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](http://www.impex-fitness.com)**

**[impex@impex-fitness.com](mailto: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

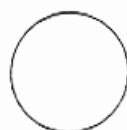


M10

## INCHES



1/2"



5/8"



3/4"

## REPLACEMENT PARTS

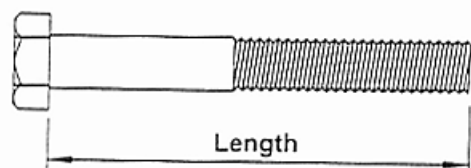
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?



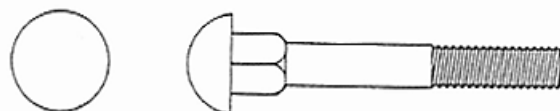
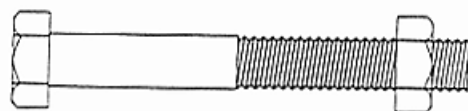
1-800-999-8899

**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.

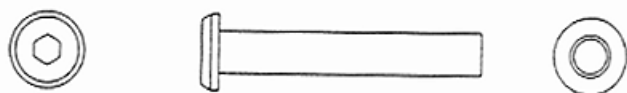


Length

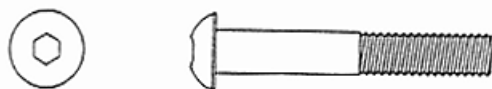
HEX HEAD BOLT



CARRIAGE BOLT



HEX SOCKET AXLE



ALLEN BOLT



HEX SOCKET SCREW



AIRCRAFT NUT



FLAT WASHER

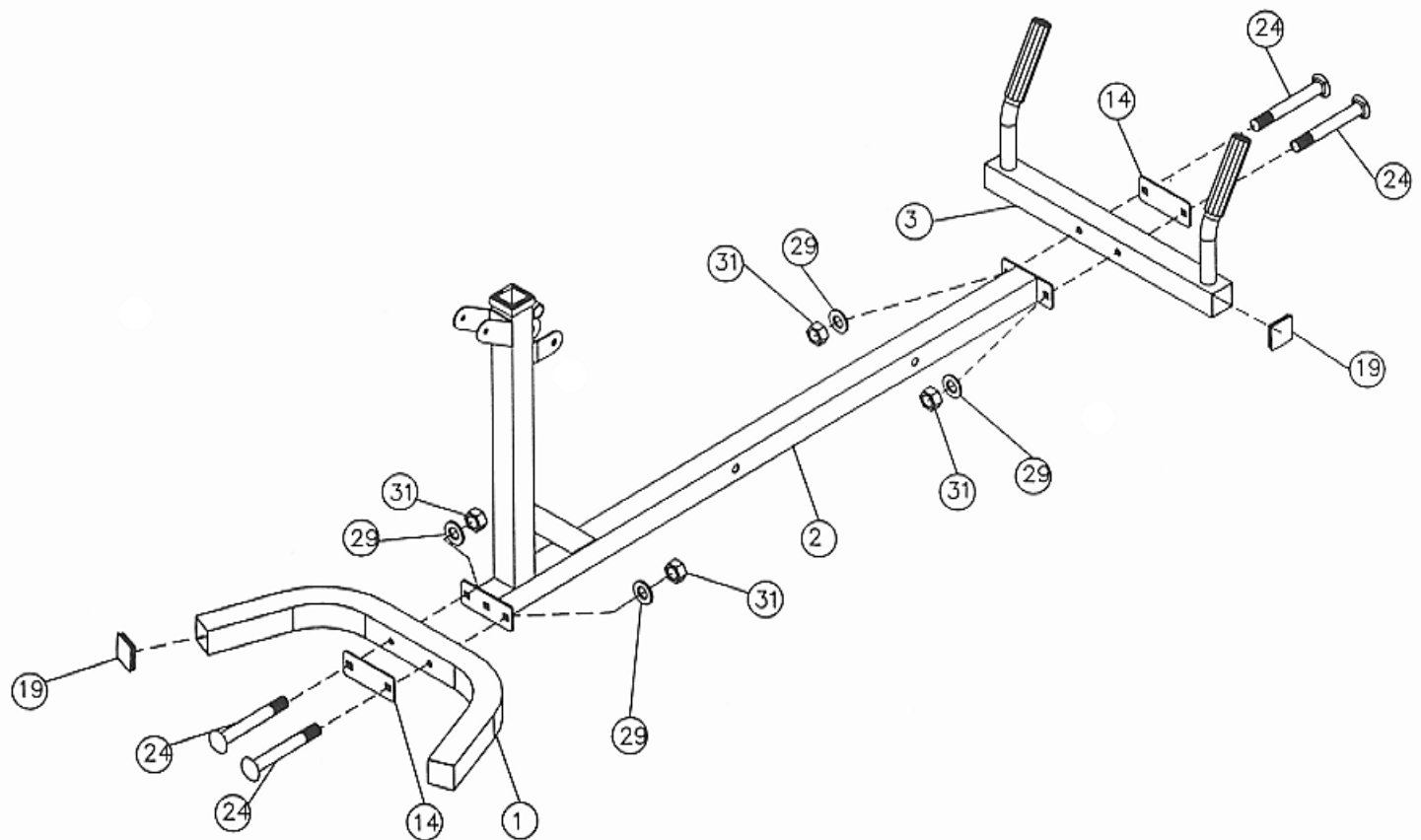
## ASSEMBLY INSTRUCTION

**Tools Required to Assemble The Machine:**  
**One Adjustable Wrench and two Allen Wrenches**

### STEP 1 (See Diagram 1)

- A.) Attach the Front Stabilizer (#1) to the front of the Main Frame (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#24), one Bracket (#14), two Ø7/8" Washers (#29), and M10 Aircraft Nuts (#31). Repeat the same procedure to install the back Stabilizer (#3).

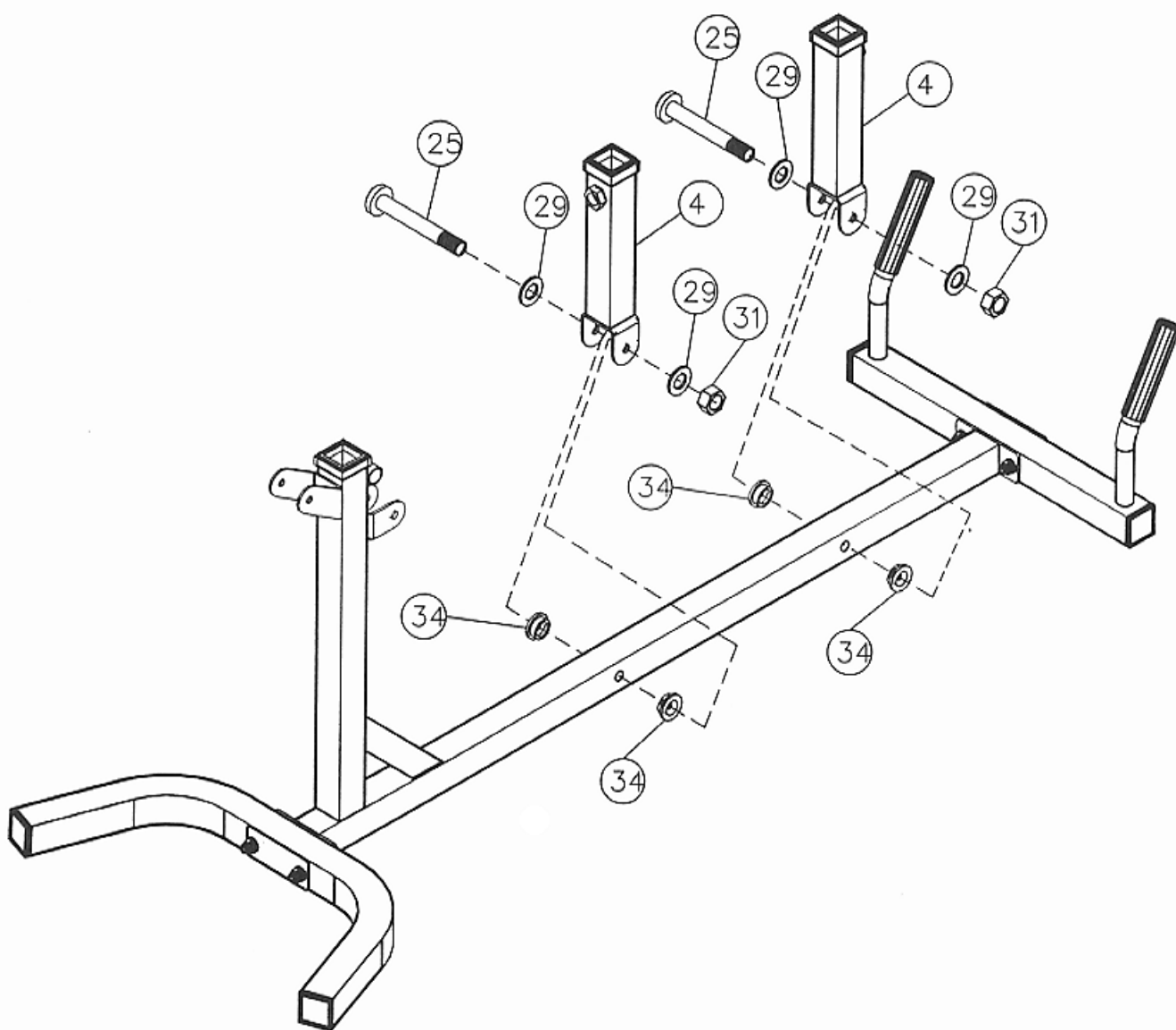
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach two Bushings (#34) to the front hole on the Main Frame (#2). Attach a Pivot Tube (#4) to the holes. Make sure the Big Nut on the Tube faces the front. Secure it with a M10 x 3" Allen Bolt (#25), two  $\varnothing 7/8"$  Washers (#29), and M10 Aircraft Nut (#31). DO NOT over tighten the Nut. Make sure the Pivot Tube is able to move.
- B.) Attach two Bushings (#34) to the back hole on the Main Frame (#2). Repeat about Step A to install another Pivot Tube (#4). Make sure the "Big Nut" faces the back.

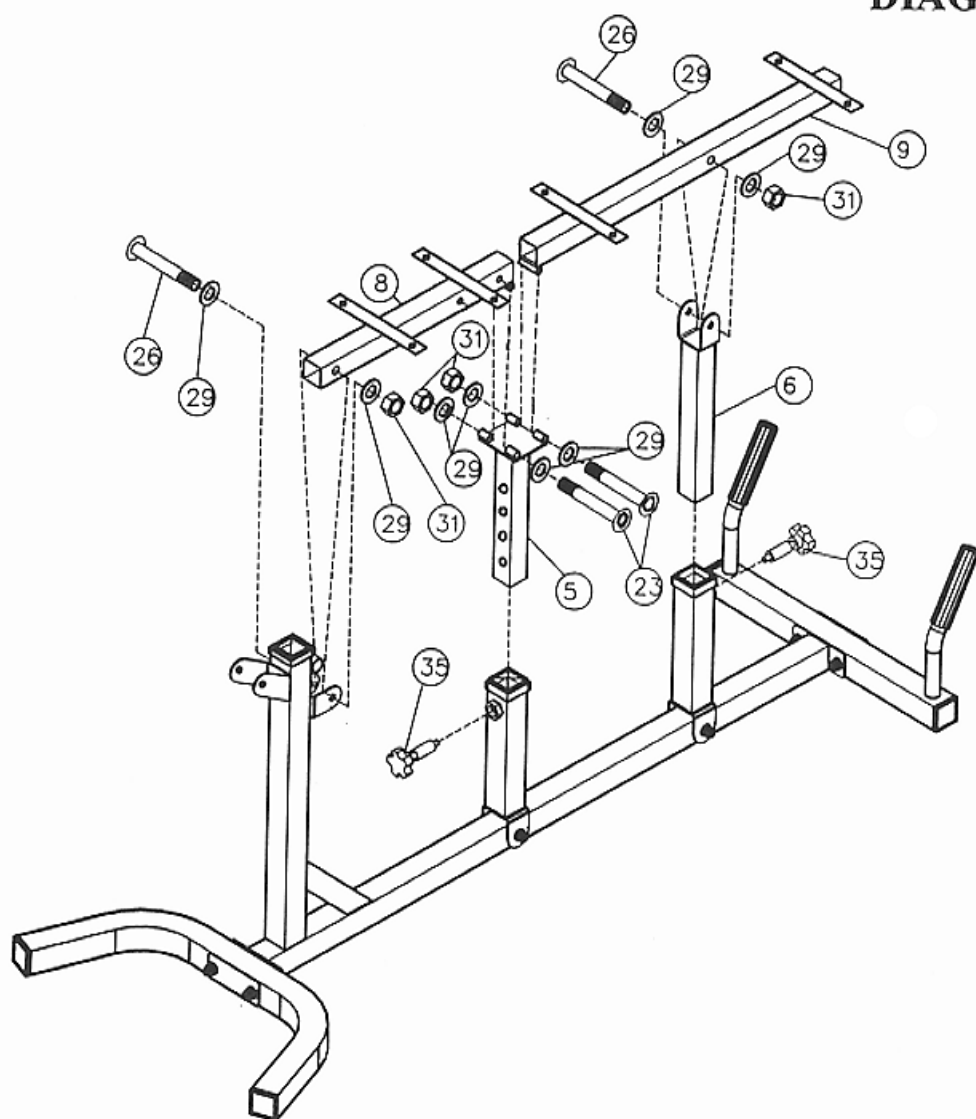
### DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Insert the Front Vertical Adjustment (#5) into the Pivot Tube (#4) and secure it with a Quick Release Knob (#35).
- B.) Insert the Rear Vertical Adjustment (#6) into the Pivot Tube (#4) and secure it with a Quick Release Knob (#35).
- C.) Attach the Seat Support (#8) to the Main Frame (#2) and secure it with a M10 x 2 3/8" Allen Bolt (#26), two Ø7/8" Washers (#29), and one M10 Aircraft Nut (#31). Do not over tighten the nut and bolt. Allow the Support to rotate.
- D.) Secure the other end of the Seat Support (#8) to the Front Vertical Adjustment (#5). Secure it with a M10 x 3 3/4" Allen Bolt (#23), two Ø7/8" Washers (#29), and one M10 Aircraft Nut (#31).
- E.) Attach the Backrest Support Frame (#9) to the Front Vertical Adjustment (#5). Secure it with a M10 x 3 3/4" Allen Bolt (#23), two Ø7/8" Washers (#29), and one M10 Aircraft Nut (#31).
- F.) Attach the other end of the Backrest Support Frame (#9) to the Rear Vertical Adjustment (#6). Secure it with a M10 x 2 3/8" Allen Bolt (#26), two Ø7/8" Washers (#29), and one M10 Aircraft Nut (#31).

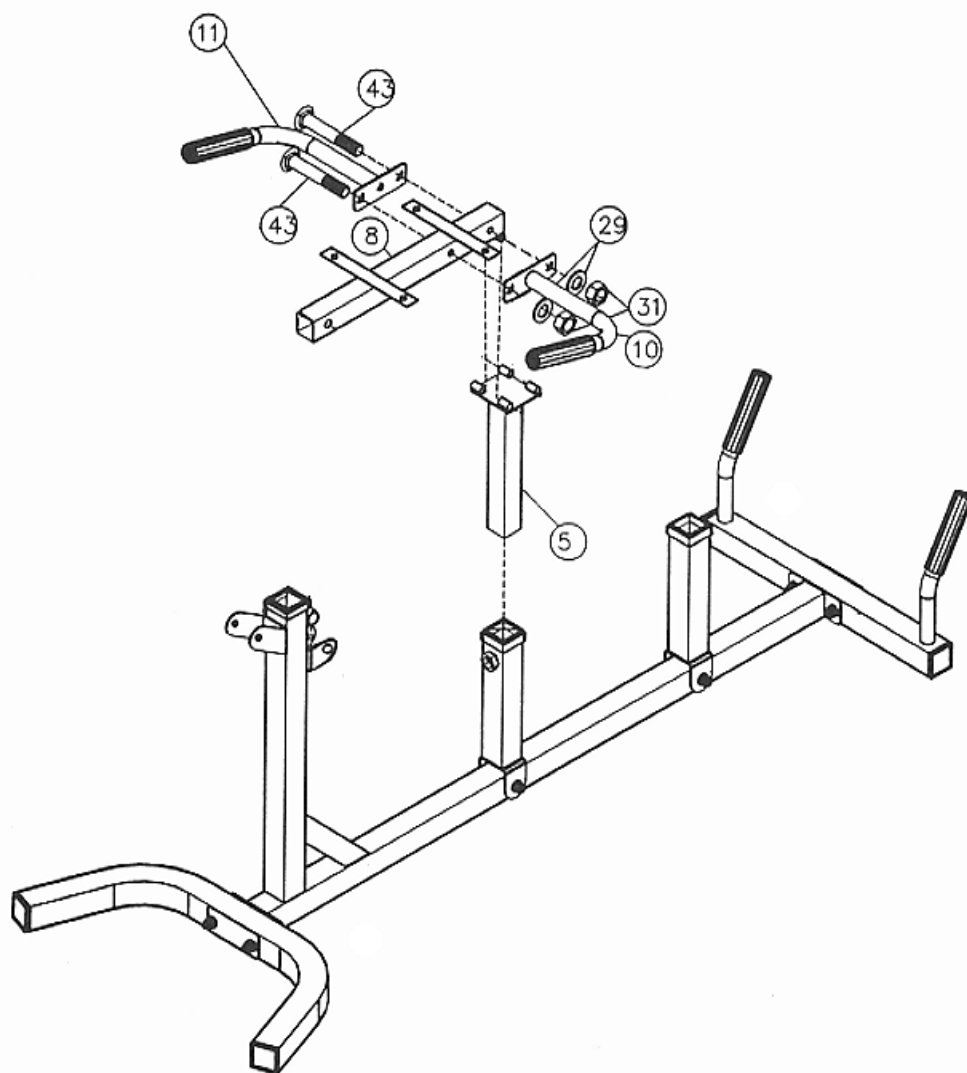
DIAGRAM 3



#### STEP 4 (See Diagram 4)

A.) Attach the Left and Right Handlebar (#10 & 11) to the Seat Support (#8). Secure it with two M10 x 2 3/8" Carriage Bolts (#43), Ø7/8" Washers (#29), and M10 Aircraft Nuts (#31).

**DIAGRAM 4**

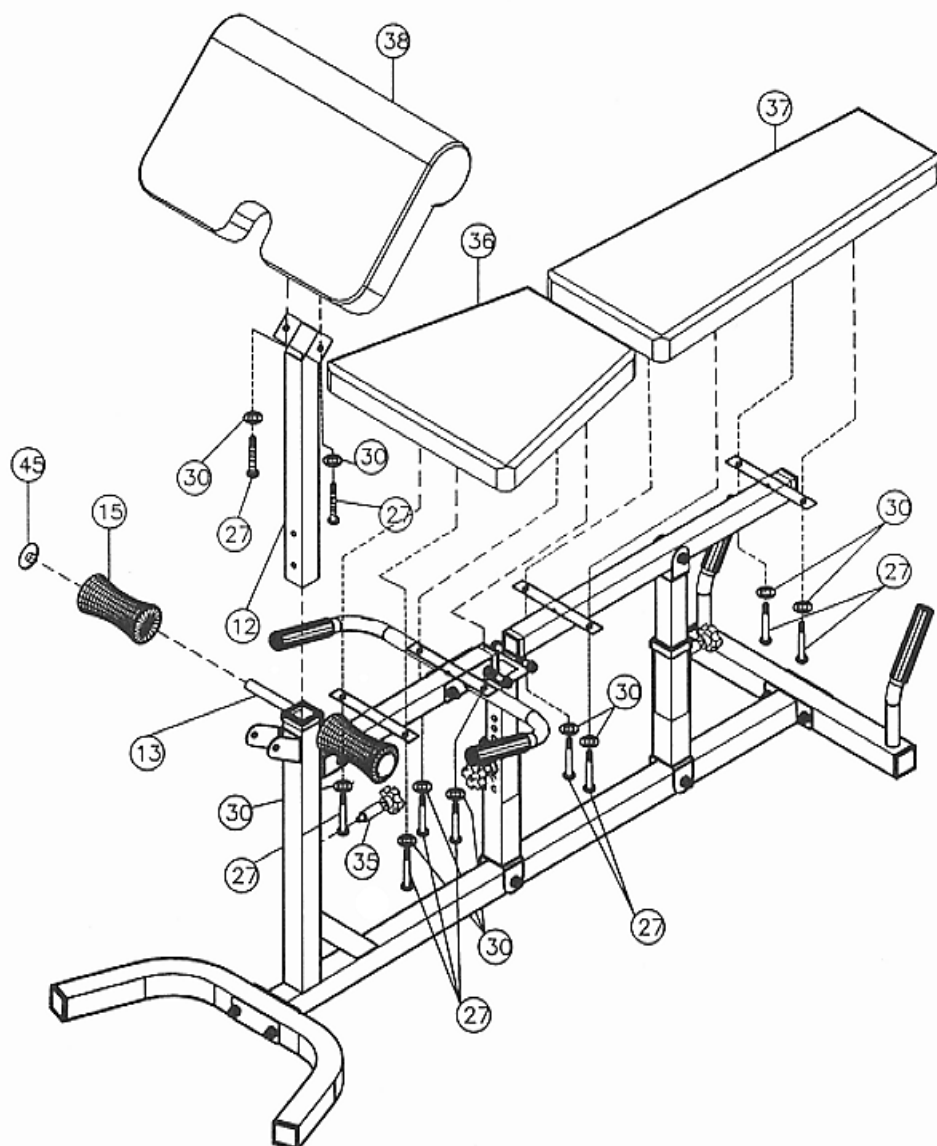




## STEP 5 (See Diagram 5)

- A.) Attach the Seat (#36) to the Seat Support and secure it with four Ø3/4" Washers (#30) and M8 x 5/8" Allen Bolts (#27).
- B.) Attach the Backrest Board (#37) to the Backrest Support Frame and secure it with four Ø3/4" Washers (#30) and M8 x 5/8" Allen Bolts (#27).
- C.) Insert the Arm Curl Stand (#12) into the top opening on the Main Frame (#2). Secure it with a Quick Release Pin (#35).
- D.) Attach the Arm Curl Pad (#38) to the Arm Curl Stand (#12). Secure it with two Ø3/4" Washers (#30) and M8 x 5/8" Allen Bolts (#27).
- E.) Insert a Foam Roll Tube (#13) halfway through the opening on the top of the Main Frame (#2). Slide two Foam Rolls (#15) onto the tube and close the ends with two End Caps (#45).

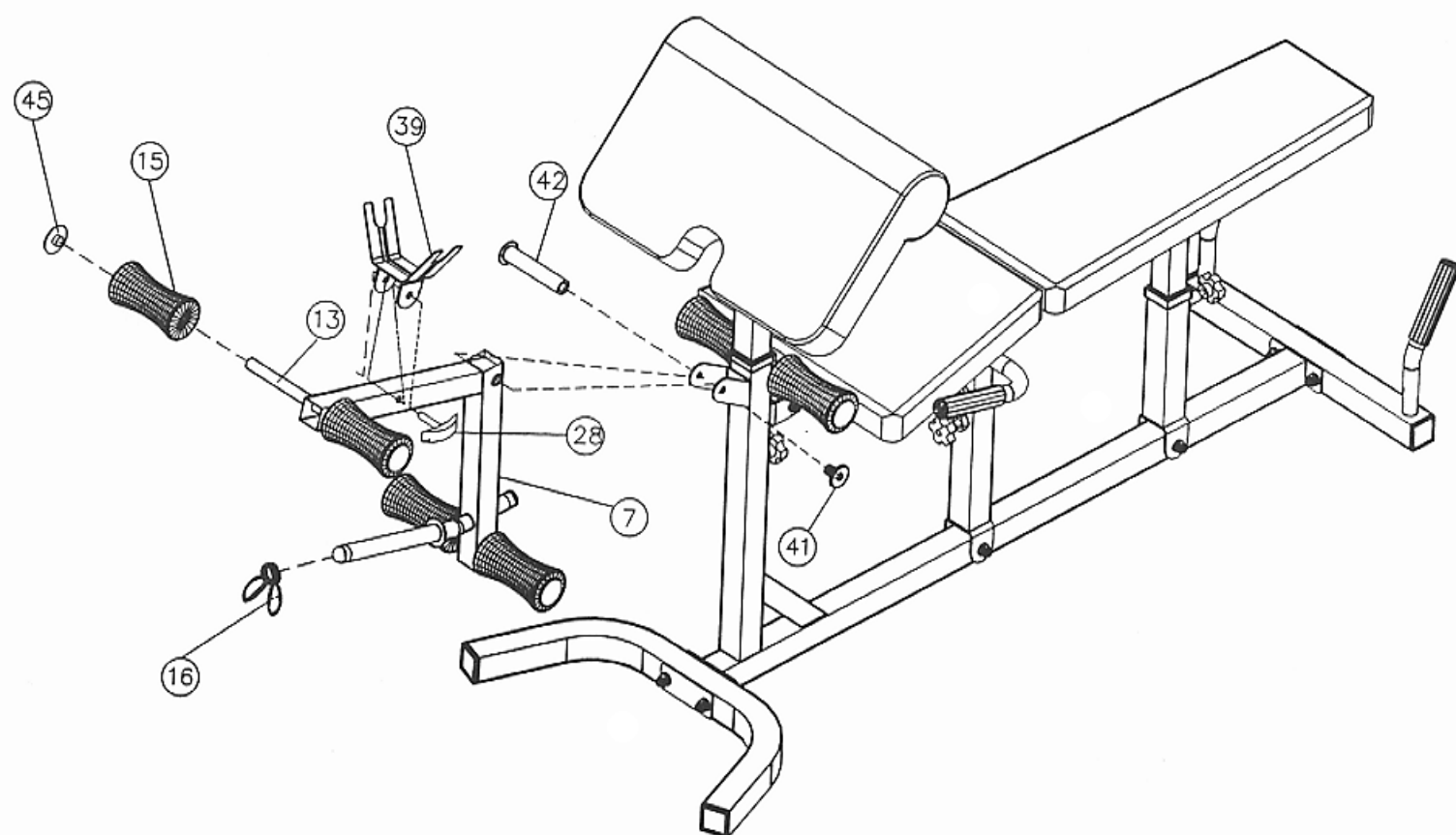
**DIAGRAM 5**

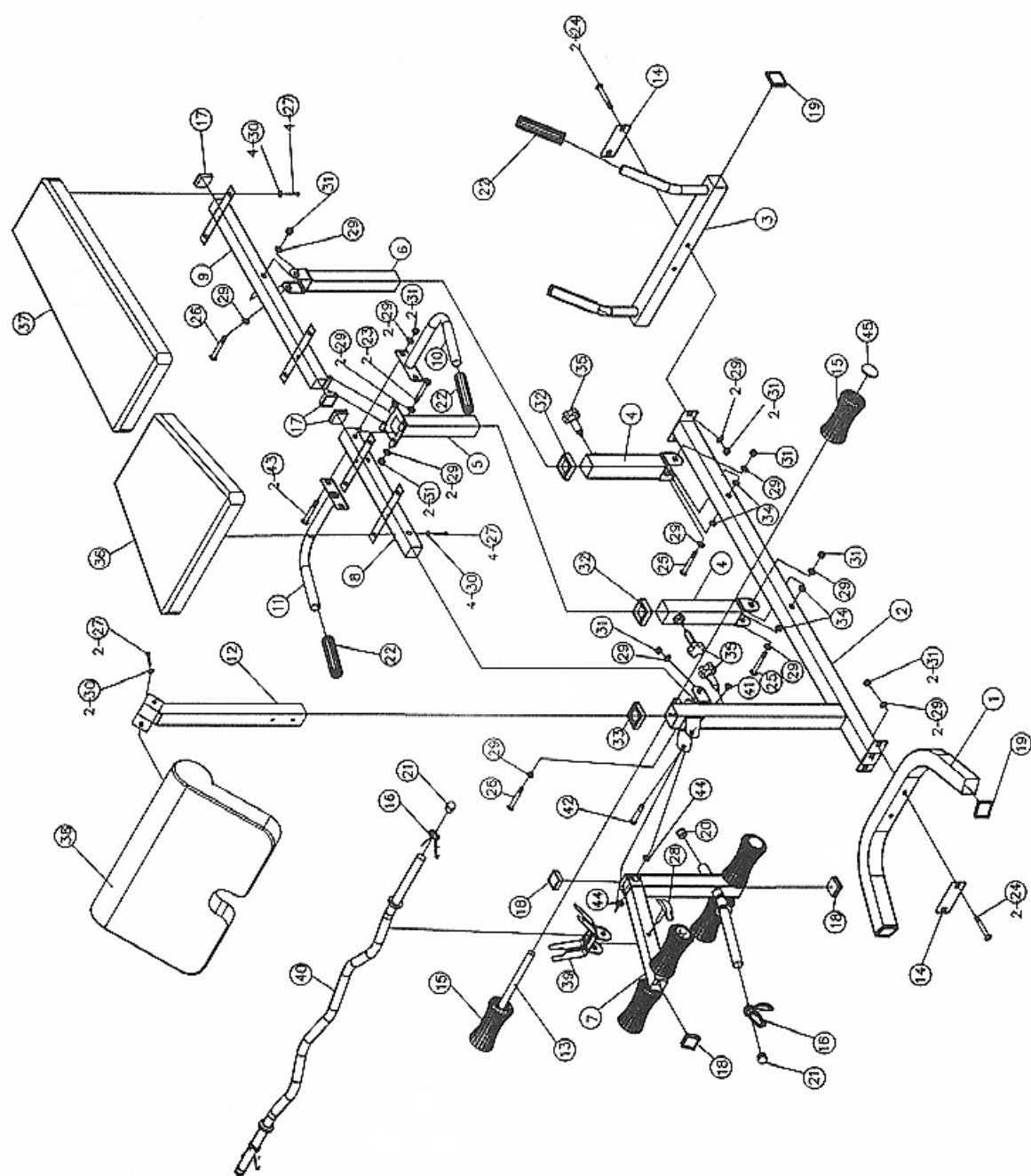


## STEP 6 (See Diagram 6)

- A.) Attach the Leg Developer (#7) to the bracket on the Main Frame. Secure it with a M8 Hex Socket Axle (#42) and M8 x 1/2" Hex Socket Screw (#41).
- B.) Attach the Curl Bar Holder (#39) to the Leg Developer (#7). Secure it with a Pull Pin (#28).
- C.) Insert two Foam Roll Tubes (#13) halfway through the holes on the Leg Developer. Slide four Foam Rolls (#15) onto the tube. Close the ends with four End Caps (#45).

**DIAGRAM 6**





# PARTS LIST

NO.	DESCRIPTION	Q'TY			
1	Front Stabilizer	1	23	M10 x 3 3/4" Allen Bolt	2
2	Main Frame	1	24	M10 x 2 3/4" Carriage Bolt	4
3	Rear Stabilizer	1	25	M10 x 3" Allen Bolt	2
4	Pivot Tube	2	26	M10 x 2 3/8" Allen Bolt	2
5	Front Vertical Adjustment	1	27	M8 x 5/8" Allen Bolt	10
6	Rear Vertical Adjustment	1	28	Pull Pin	1
7	Leg Developer	1	29	Ø7/8" Washer	18
8	Seat Support	1	30	Ø3/4" Washer	10
9	Backrest Support Frame	1	31	M10 Aircraft Nut	12
10	Left Handlebar	1	32	1 1/2" Sleeve	2
11	Right Handlebar	1	33	1 3/4" Sleeve	1
12	Arm Curl Stand	1	34	Bushing	4
13	Foam Roll Tube	3	35	Quick Release Knob	3
14	Bracket	2	36	Seat	1
15	Foam Roll	6	37	Backrest Board	1
16	Ø1" Spring Clip	3	38	Arm Curl Pad	1
17	1 1/2" Square End Cap	3	39	Curl Bar Holder	1
18	1 3/4" Square End Cap	3	40	Curl Bar	1
19	2" Square End Cap	4	41	M8 x 1/2" Hex Socket Screw	1
20	Ø1" Flat End Cap	1	42	M8 Hex Socket Axle	1
21	Ø1" Round End Cap	3	43	M10 x 2 3/8" Carriage Bolt	2
22	Grip	4	44	Plastic Bushing	2
			45	Foam Roll End Cap	6

# **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](http://www.impex-fitness.com)**  
**[impex@impex-fitness.com](mailto: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