

NOTE:
Please read all instructions
carefully before using this
product

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Model
AB 3000

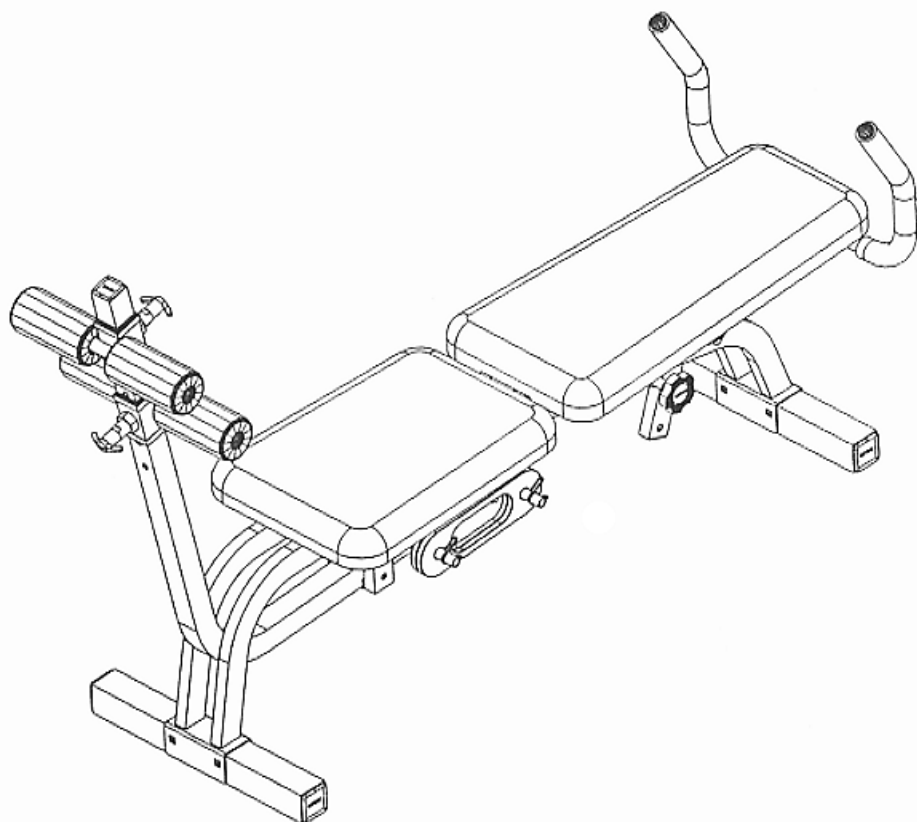
Retain This
Manual for
Reference

8-1-00

OWNER'S
MANUAL

IMPEX
F I T N E S S P R O D U C T S

MARCY AB BENCH AB 3000



IMPEX FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY AB 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

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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

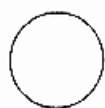


M8

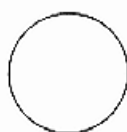


M10

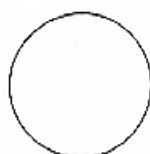
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

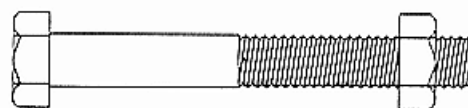
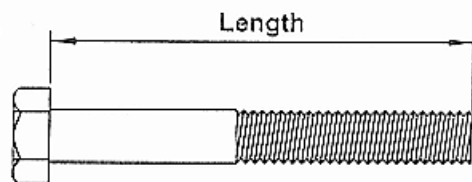
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

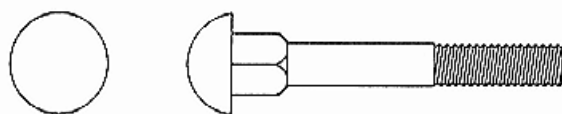


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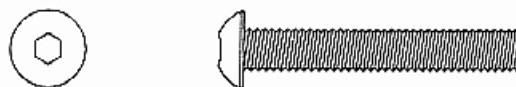
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



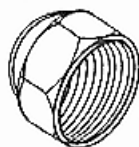
HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

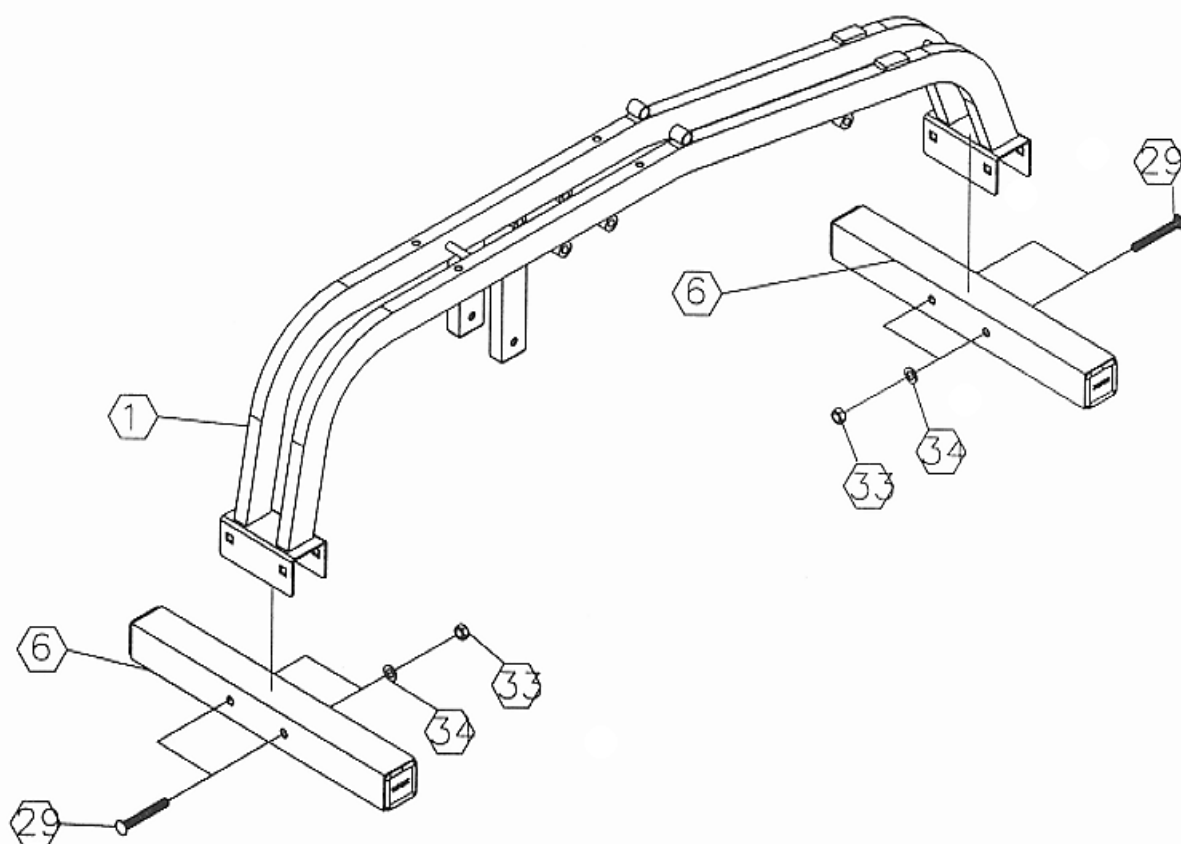
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) Attach a Stabilizer Bar (#6) to the front of the Main Frame (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#29), Ø7/8" Washers (#34), and M10 Aircraft Nuts (#33). Repeat the same procedure to install the back Stabilizer.

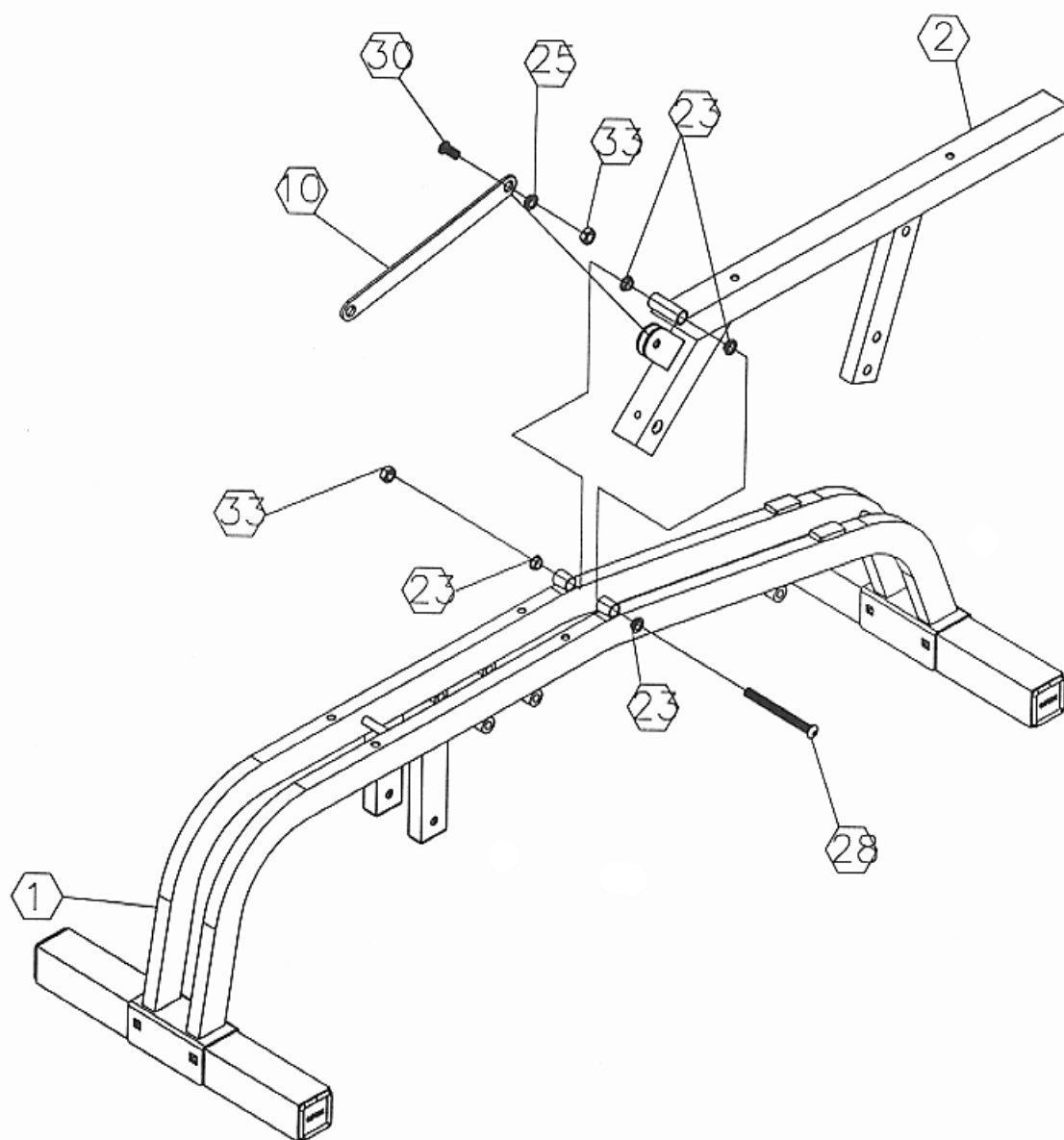
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach a Bushing (#25) to the hole on the Connecting Rod (#10). Attach the Connecting Rod (#10) to the U shaped bracket on the Backrest Frame (#2). Secure it with a M10 x 1" Allen Bolt (#30) and M10 Aircraft Nut (#33).
- B.) Attach two Bushings (#23) to the pivot tube on the Backrest Frame (#2).
- C.) Attach two Bushings (#23) to the pivot tube on the Main Frame (#1).
- D.) Insert the Backrest Frame (#2) in between the two tubes of the Main Frame (#1). Align the holes and insert a M10 x 4 1/8" Allen Bolt (#28). Secure it with a M10 Aircraft Nut (#33).

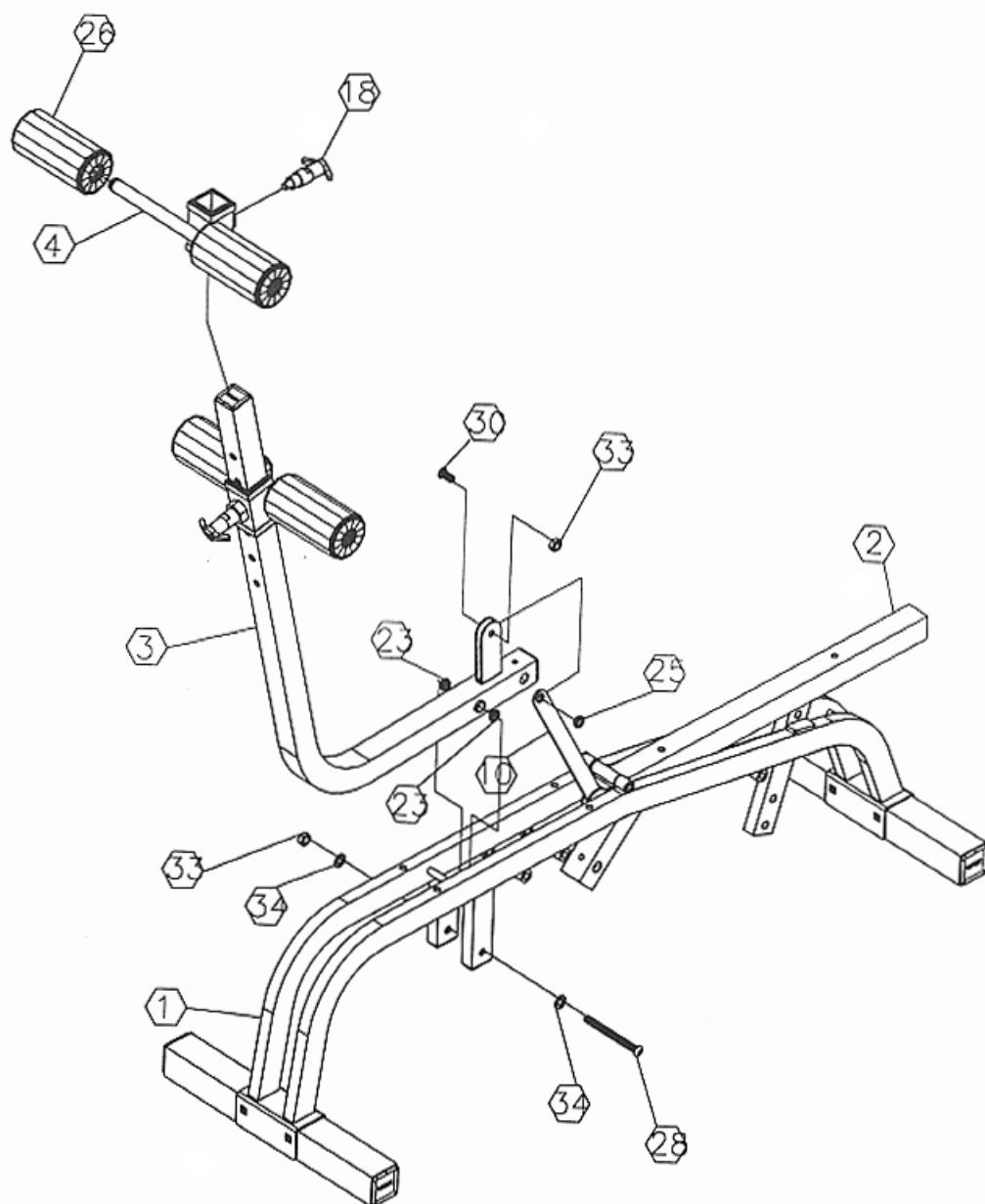
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach two Bushings (#23) to the hole on the Leg Support (#3). Insert the Leg Support in between the two tubes of the Main Frame (#1). Align the holes to the holes on the Main Frame (#1). Secure it with one M10 x 4 1/8" Allen Bolt (#28), two Ø7/8" Washers (#34), and one M10 Aircraft Nut (#33).
- B.) Attach a Busing (#25) to the hole on the Connecting Rod (#10). Attach the Connecting Rod to the U shaped bracket on the Leg Support (#3). Secure it with a M10 x 1" Allen Bolt (#30) and M10 Aircraft Nut (#33).
- C.) Push four Foam Rolls (#26) onto the tube on the Foot Supports (#4). Slide the two Foot Supports (#4) onto the Leg Support (#3). Secure them with two Quick Release Pins (#18). Make sure the bottom Foot Support has the Knob facing the front of the machine and the top Support has the Knob facing the back of the machine.

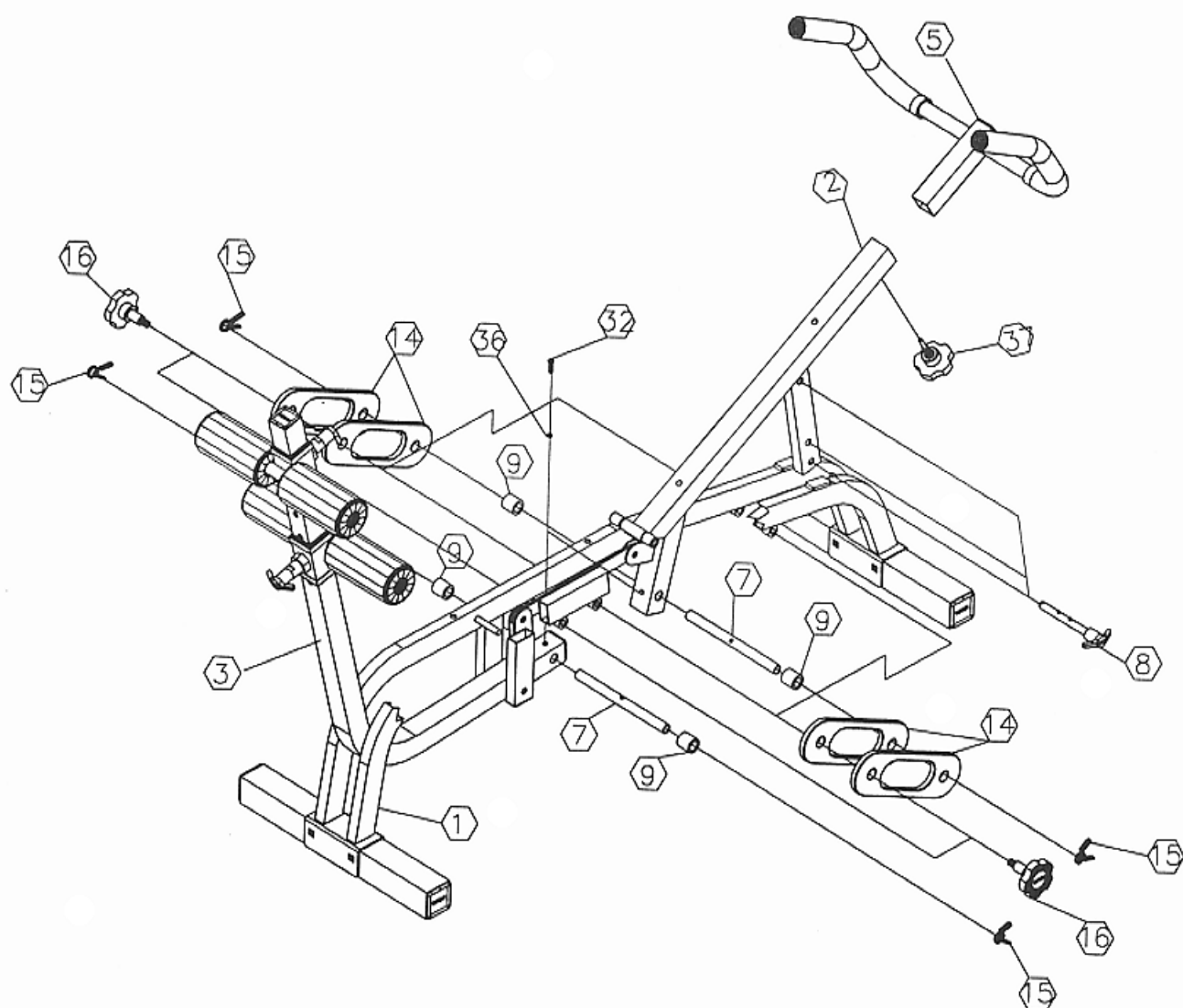
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Insert the Handlebar (#5) to the opening on the end of the Backrest Frame (#2). Secure it with a knob Bolt (#37).
 - B.) Insert a Rubber Band Tube (#7) into the hole on the end of the Leg Support (#3). Secure it with a $\varnothing 1/2"$ Washer (#36) and M6 x $3/4"$ Allen Bolt (#32).
 - C.) Slide two Plastic Spacers (#9), one on each side, onto the Tube. Secure them with two Spring Clips (#15).
 - D.) Repeat above steps B&C to install another Tube to the Backrest Frame (#2).
 - E.) Slide four Rubber Bands (#14) onto the Tubes. Secure them with Spring Clips (#15).
- Note: See How to Use one page 9.

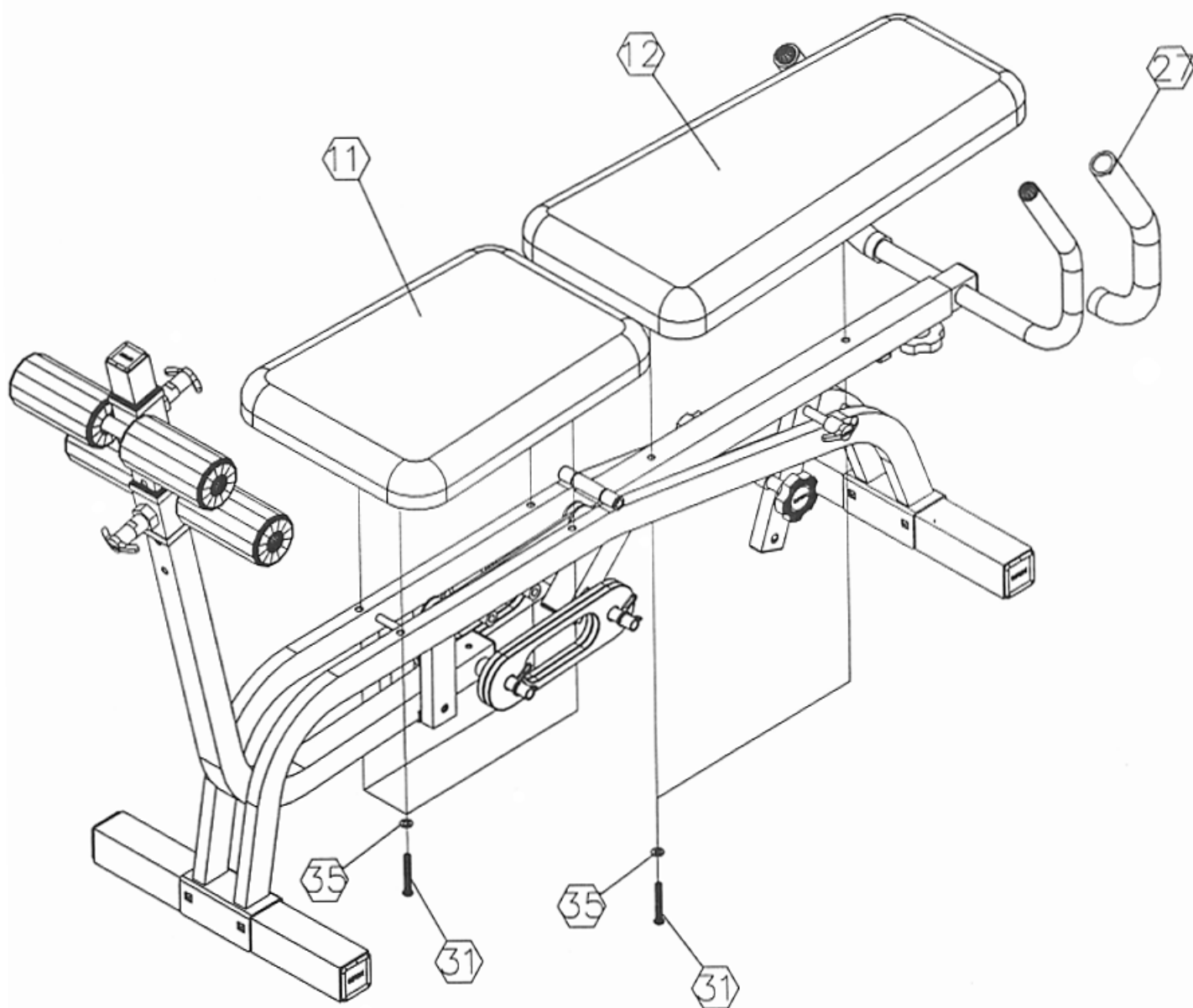
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Seat (#11) to the Main Frame and secure it with four $\varnothing 3/4"$ Washers (#35) and M8 x 2 1/8" Allen Bolts (#31).
- B.) Attach the Backrest Board (#12) to the Backrest Frame and secure it with two $\varnothing 3/4"$ Washers (#35) and 2 1/8" Allen Bolts (#31).
- C.) Lubricate the inside of the Foam Grips (#27) with water and slide them onto the Handlebar.

DIAGRAM 5



HOW TO USE (See Diagram Below)

INCLINE ADJUSTMENT

The incline of the Backrest Board can be adjusted by using the Long Pull Pin (#8).

FLAT BENCH

The AB Bench can be used as a flat bench to do dumbbell exercises. First, remove all Rubber Bands. Second, remove the Long Pull Pin (#8) and set the Backrest Board to a flat position. Then remove the Knob Bolt (#37) and pull out the Handlebar.

FOAM ROLL ADJUSTMENT

The position of the Foam Rolls can be adjusted by using the Quick Release Pin. First position the lower Foam Rolls at the desired height. Then position your ankles in between the upper and lower Foam Rolls. At last, pull the Quick Release Pin on the upper Foam Rolls and push them downward until the pin locks in to secure the ankles.

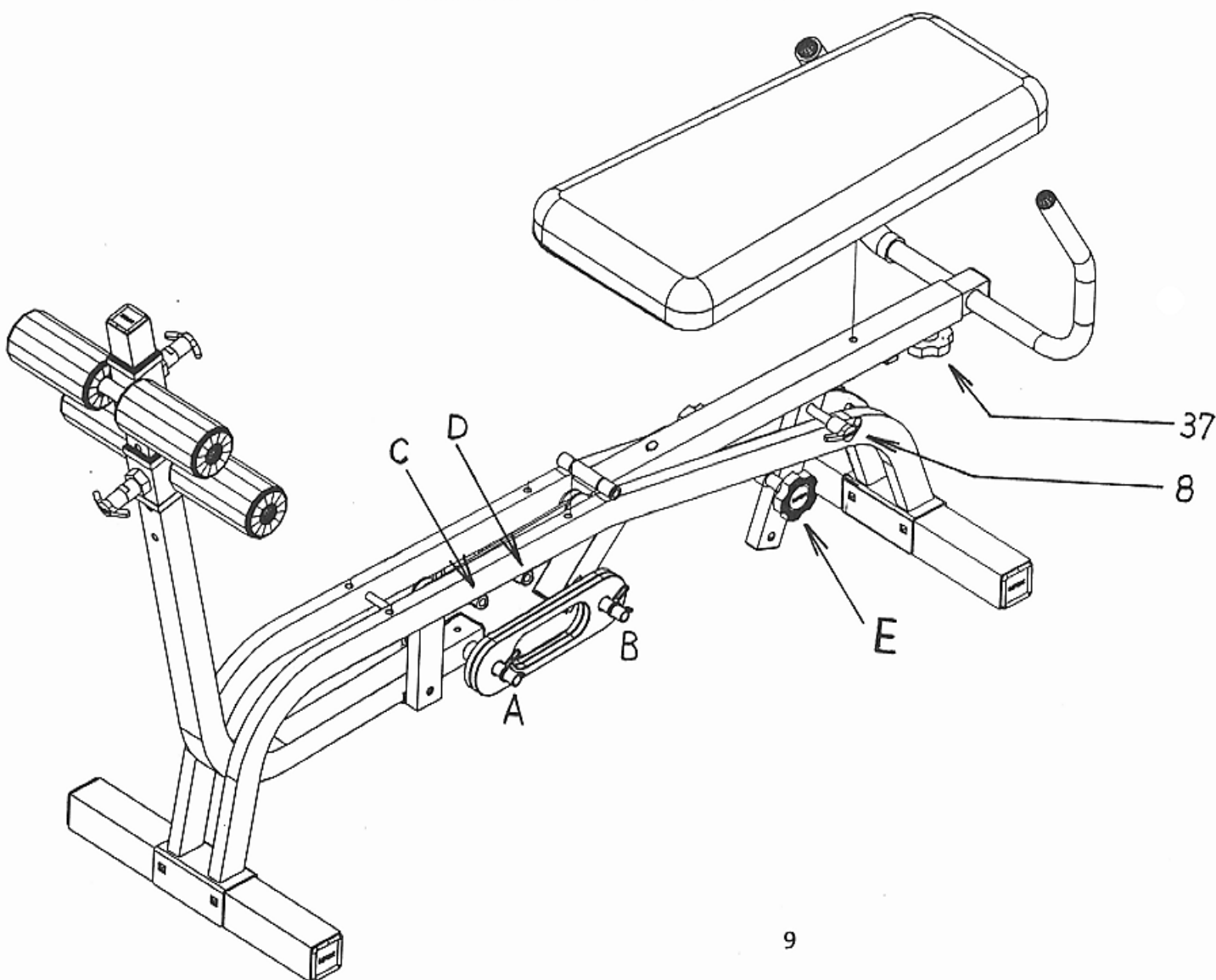
RUBBER BAND ADJUSTMENT

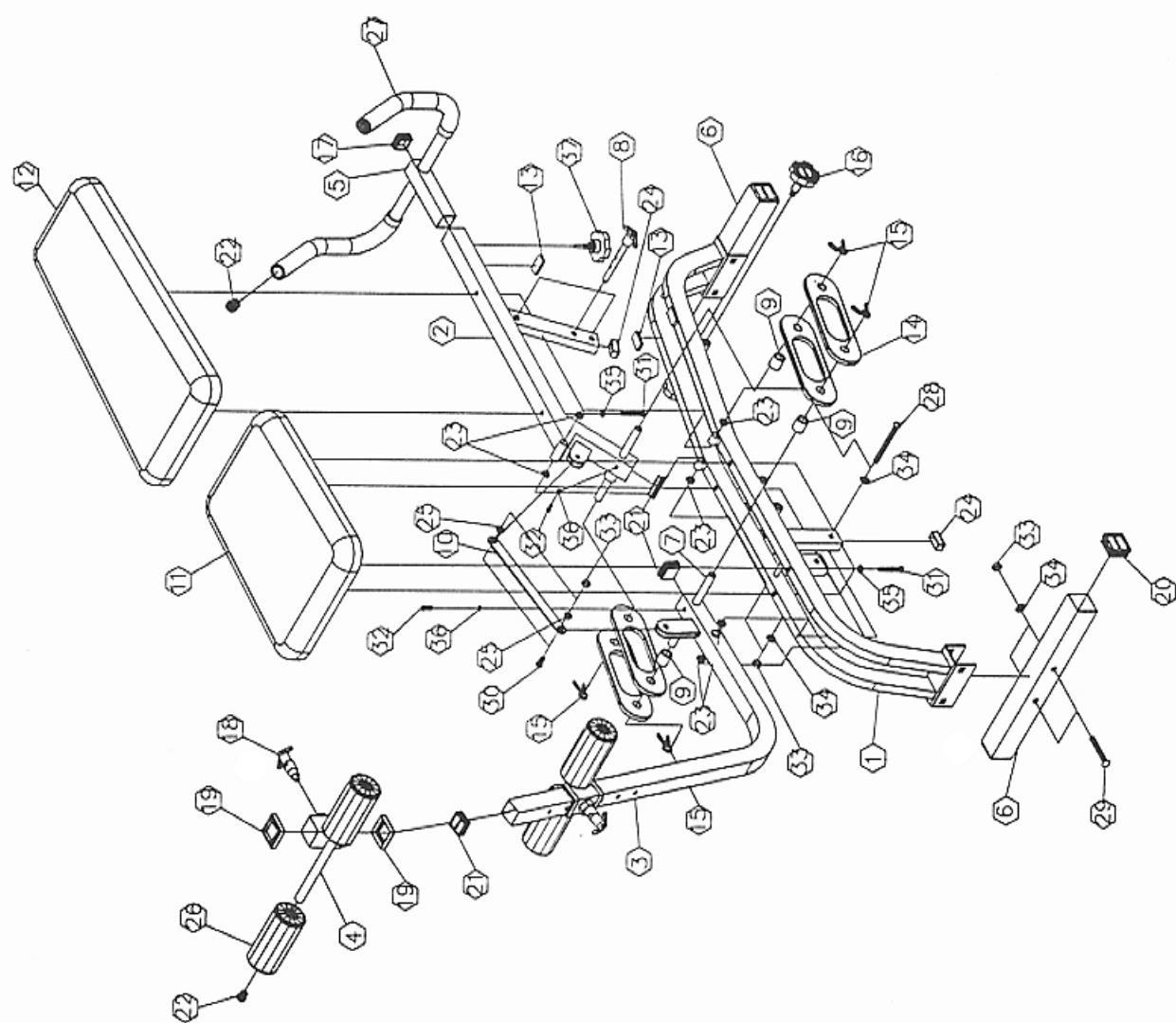
There are total of four rubber bands come with this machine. You can adjust them in many different ways. For beginners, we suggest not to use any rubber band or use the "assist mode" until you are familiar with the exercises.

Assist Mode: Remove the Pull Pin (#8) and lift up the Backrest Board. Reinsert the Pin. Connect the one end of the Rubber Band to Position B. Connect the other end to Position E using the Knob Bolt.

Intermediate Mode: Adjust the Backrest to a slight angle. Connect one end of the Rubber Band to Position B and other end to Position C or D. Position C is harder than D.

Advance Mode: Remove the Pull Pin and connect Position A and B.





PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Backrest Frame	1
3	Leg Support	1
4	Foot Support	2
5	Handlebar	1
6	Stabilizer	2
7	Rubber Band Tube	2
8	Long Pull Pin	1
9	Plastic Spacer	4
10	Connecting Rod	1
11	Seat	1
12	Backrest Board	1
13	Cushion	3
14	Rubber Band	4
15	Spring Clip	4
16	Knob Bolt	2
17	1 3/8" Square End Cap	1
18	Quick Release Pin	2
19	1 1/2" Square Sleeve	4
20	2" Square End Cap	4
21	1 1/2" Square End Cap	3
22	Ø1" Round End Cap	6
23	Bushing	6
24	1 9/16" x 3/4" End Cap	3
25	Bushing	2
26	Foam Roll	4
27	Foam Grip	2
28	M10 x 4 1/8" Allen Bolt	2
29	M10 x 2 3/4" Carriage Bolt	4
30	M10 x 1" Allen Bolt	2
31	M8 x 2 1/8" Allen Bolt	6
32	M6 x 3/4" Allen Bolt	2
33	M10 Aircraft Nut	8
34	Ø7/8" Washer	6
35	Ø3/4" Washer	6
36	Ø1/2" Washer	2
37	Knob Bolt	1

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