

NOTE:
Please read all instructions
carefully before using this
product

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Model
MD-440

Retain This
Manual for
Reference

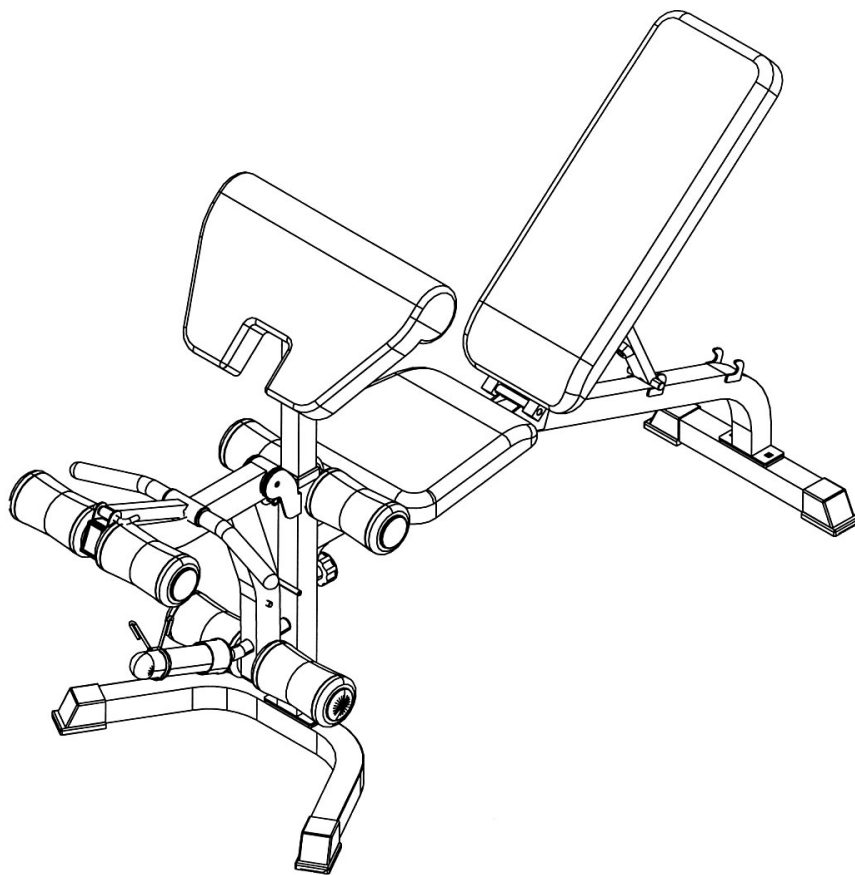
07-23-05

OWNER'S
MANUAL



MARCY DIAMOND ELITE UTILITY BENCH

MD-440



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY DIAMOND ELITE Utility Bench MD-440 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

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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.

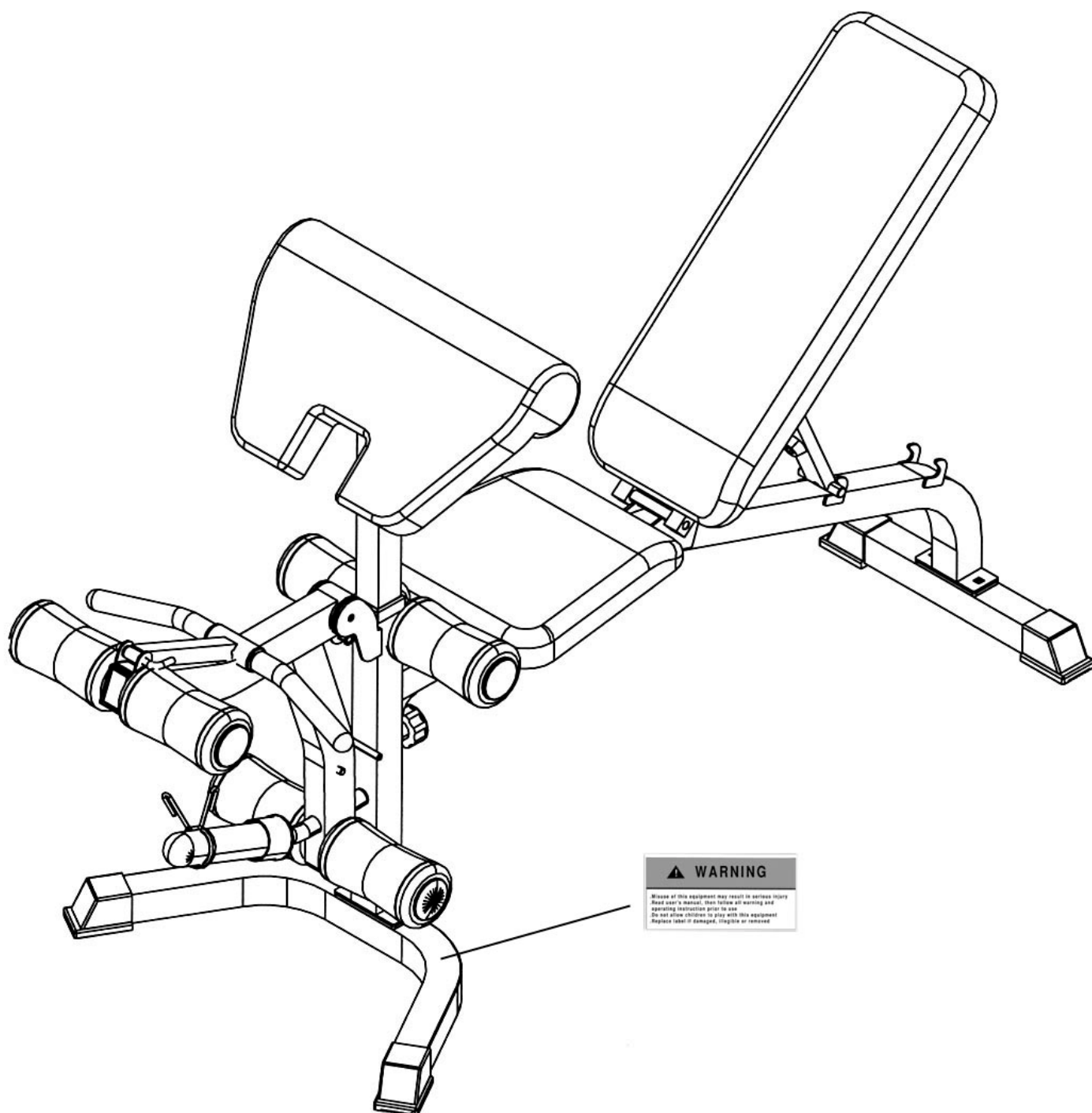
CARE AND MAINTENANCE

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

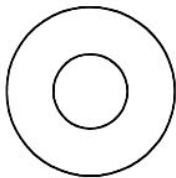
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

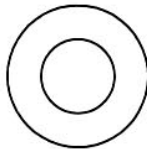


The Warning Label shown here has been placed on the Front Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

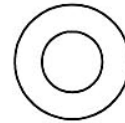
HARDWARE PACK



#38 Ø 1" Washer
(Qty 4)



#39 Ø 3/4" Washer
(Qty 6)



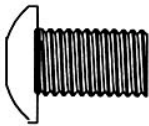
#40 Ø 5/8" Washer
(Qty 10)



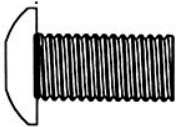
#28 Ø 1/2" Washer
(Qty 1)



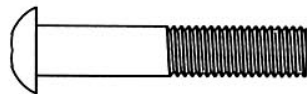
#36 M12 Aircraft Nut
(Qty 2)



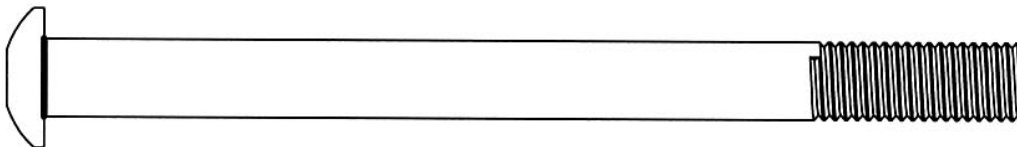
#30 M10 x 5/8" Allen Bolt (Qty 2)



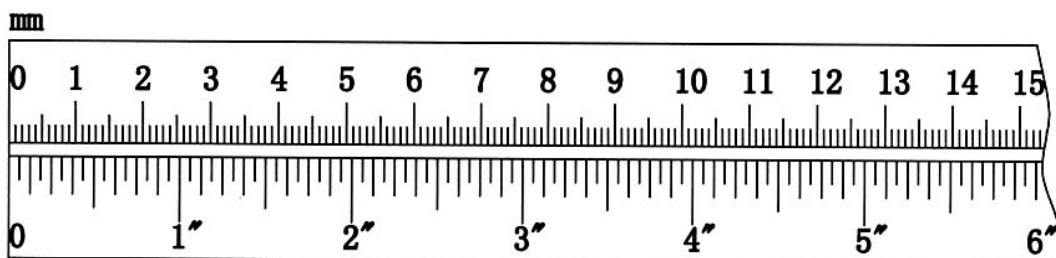
#32 M10 x 3/4" Allen Bolt (Qty 4)



#34 M8 x 1 5/8" Allen Bolt (Qty 8)



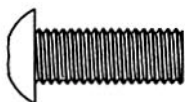
#31 M12 x 5 3/4" Allen Bolt (Qty 2)



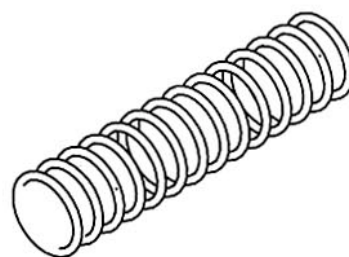
HARDWARE PACK



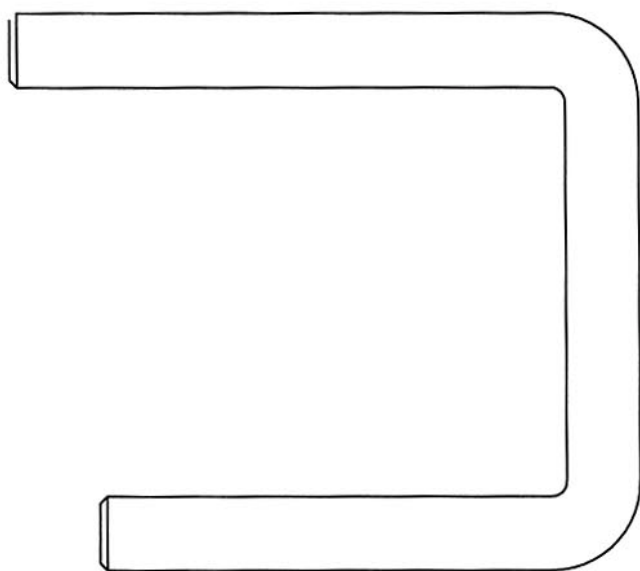
#35 M6 x 1/2" Philips Screw (Qty 1)



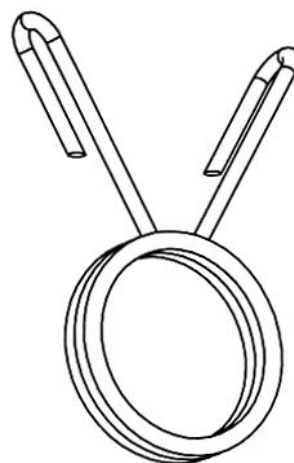
#33 M8 x 3/4" Allen Bolt (Qty 2)



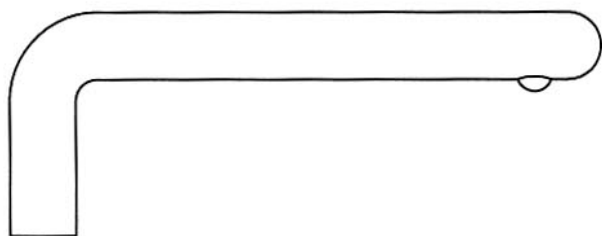
#29 Spring (Qty 1)



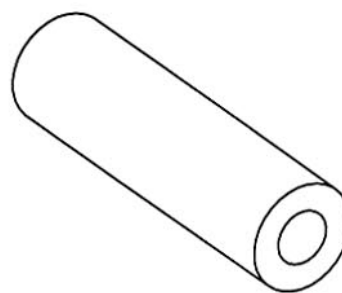
#10 U-shaped Pin (Qty 1)



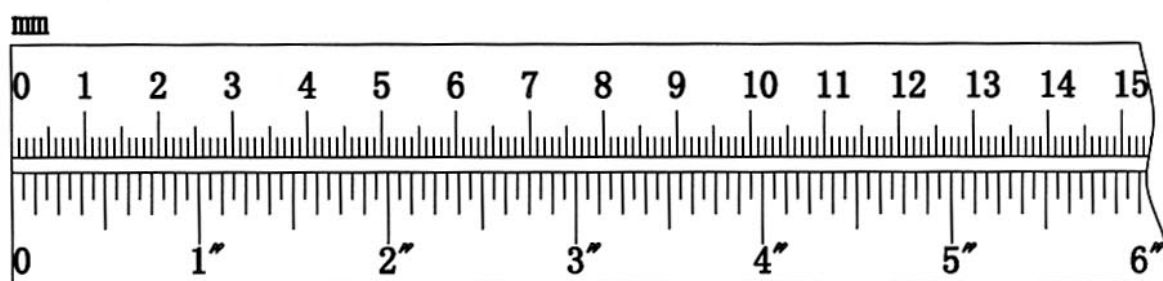
#15 Spring Clip (Qty 1)



#27 L-shaped Pin (Qty 1)



#42 Axle (Qty 1)



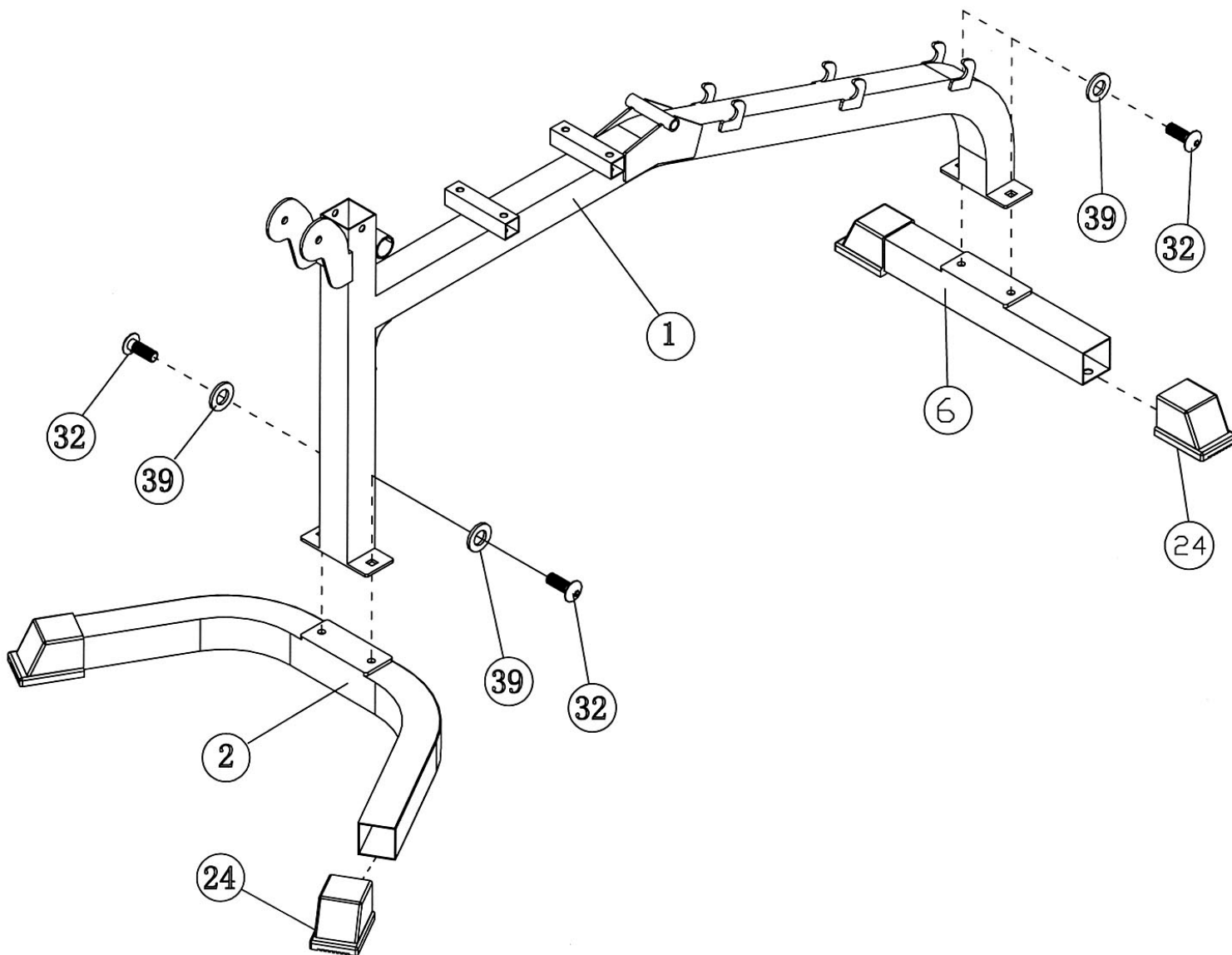
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

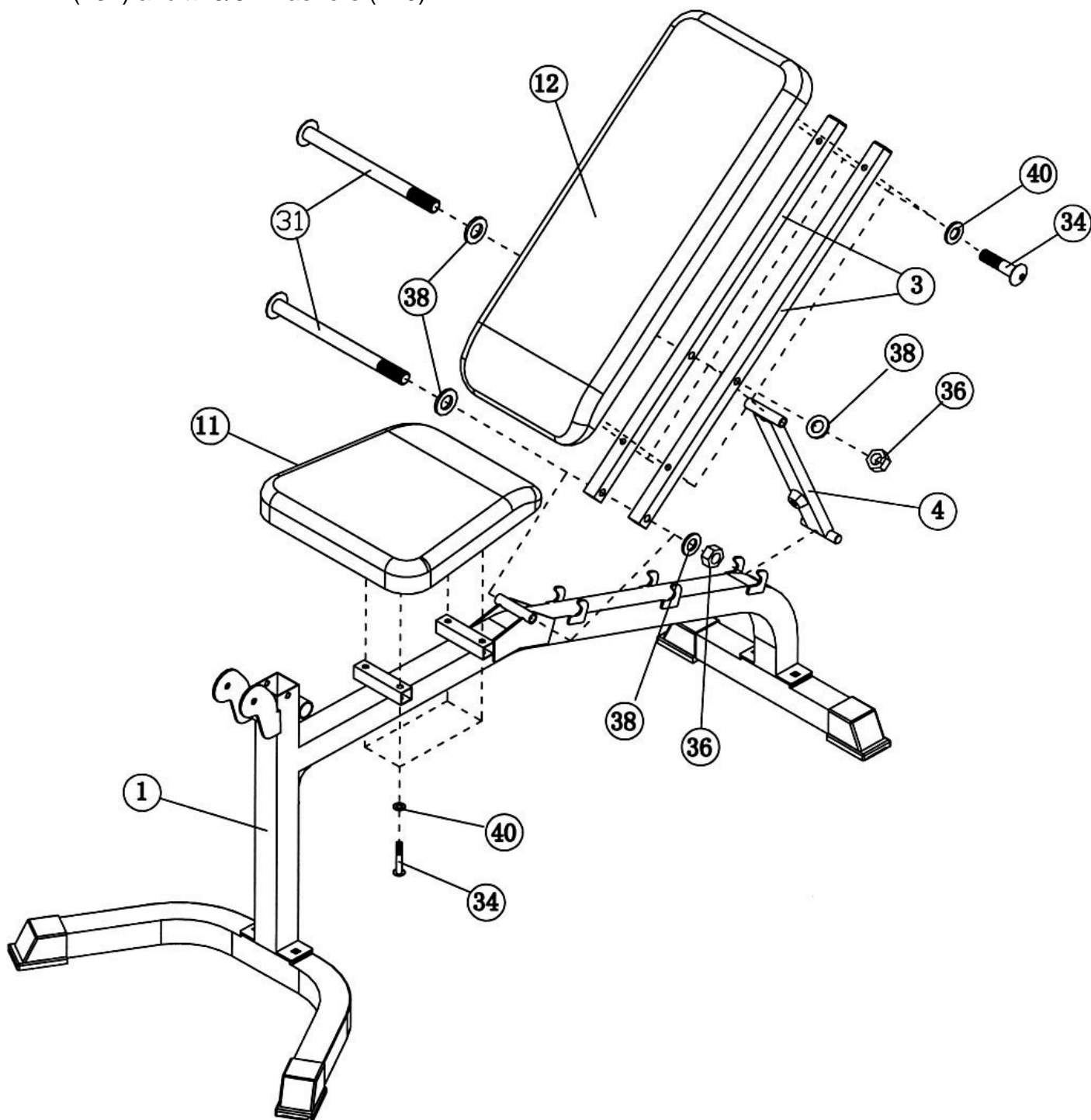
A.) Attach the Main Frame (#1) onto the Front & Rear Stabilizers (#2 & 6). Secure each end with two M10 x $\frac{3}{4}$ " Allen Bolts (#32) and $\varnothing \frac{3}{4}$ " Washers (#39).

DIAGRAM 1



STEP 2 (See Diagram 2)

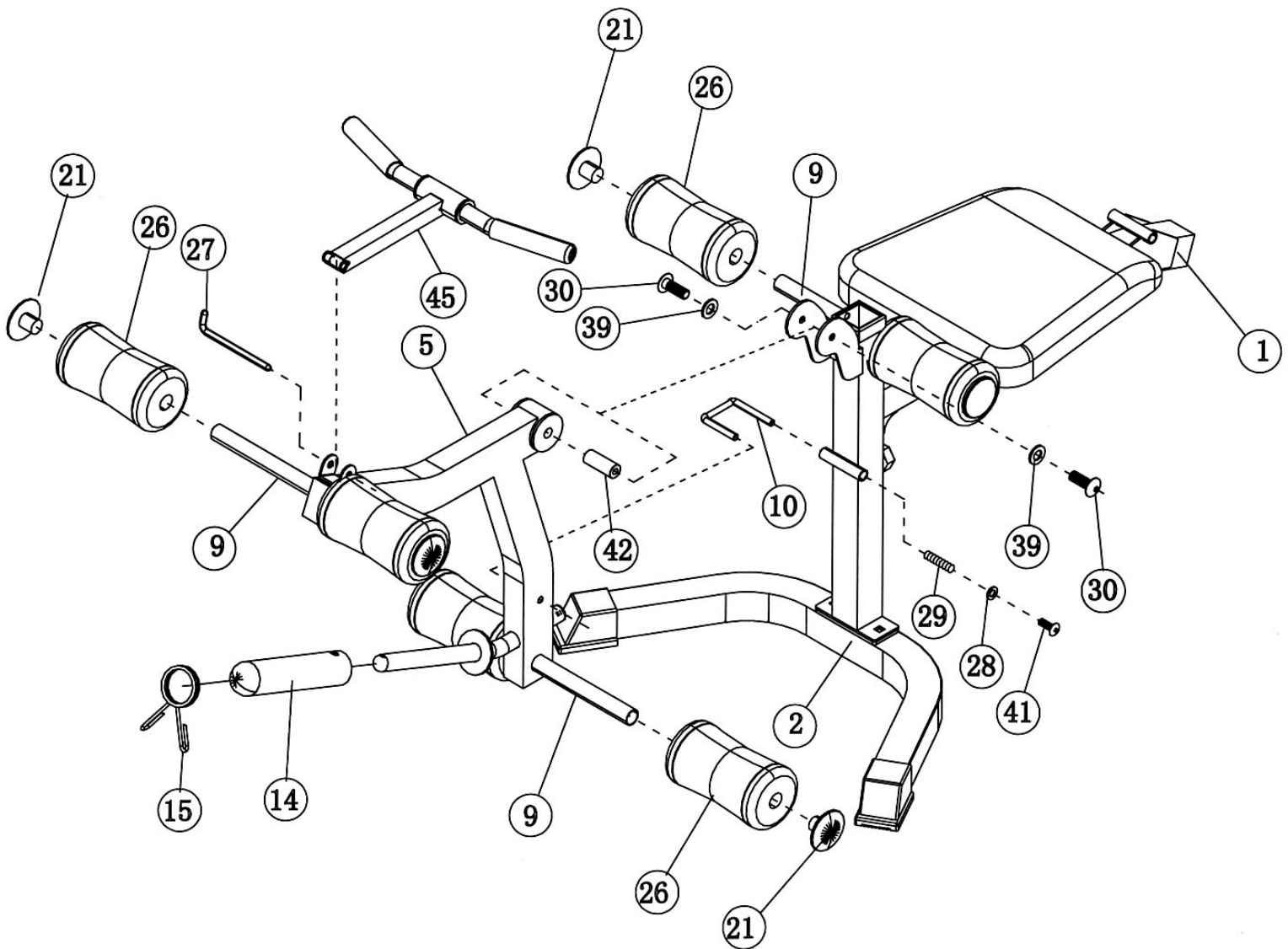
- A.) Attach the Backrest Supports (#3) to the pivot on the Main Frame (#1). Secure it with one M12 x 5 3/4" Allen Bolt (#31), two Ø1" Washers (#38), and one M12 Aircraft Nut (#36). Do not over tighten the Nut and Bolt, make sure the Backrest Supports are able to swivel.
- B.) Attach the Backrest Incline Support (#4) in between the Backrest Supports (#3). Secure it with one M12 x 5 3/4" Allen Bolt (#31), two Ø1" Washers (#38), and one M12 Aircraft Nut (#36). Attach the other end of Backrest Incline Support to the selected slot on the Main Frame to obtain the desired backrest incline position.
- C.) Place the Backrest Board (#12) onto the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and Ø 5/8" Washers (#40).
- D.) Place the Seat (#11) onto the Main Frame. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and Ø 5/8" Washers (#40).



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with one Axle (#42), two M10 x 5/8" Allen Bolts (#30), and two Ø 3/4" Washers (#39). Do not over tighten the Bolts, make sure the Leg Developer is able to swivel.
- B.) Insert the U-shaped Pin (#10) into the tube in front of the Main Frame. Secure it with one Spring (#29), Ø 1/2" Washer (#28), and M6 x 5/8" Philips Screw (#41).
- C.) Insert three Foam Tubes (#9) halfway through the holes on the Main Frame and Leg Developer. Push six Foam Rolls (#26) onto the Tubes from both ends. Plug six Foam Roll End Caps (#21) into the Tubes from both ends.
- D.) Attach the Curl Bar Handle Support (#45) to the bracket on the Leg Developer. Secure it with a L-shaped Pin (#27).
- E.) Attach an Olympic Sleeve (#14) onto the weight post on Leg Developer. Attach a Spring Clip (#15) to the Sleeve.

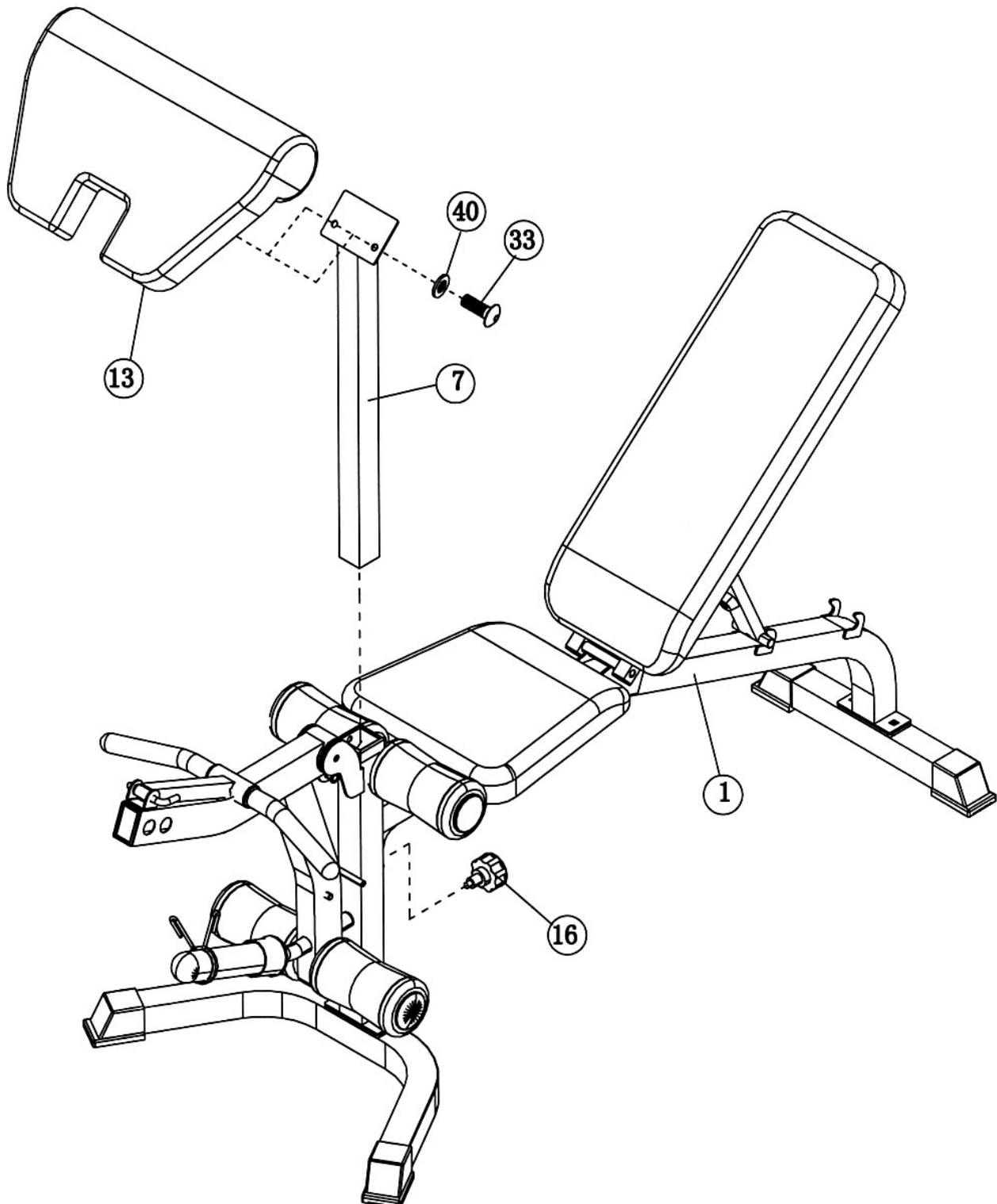
DIAGRAM 3

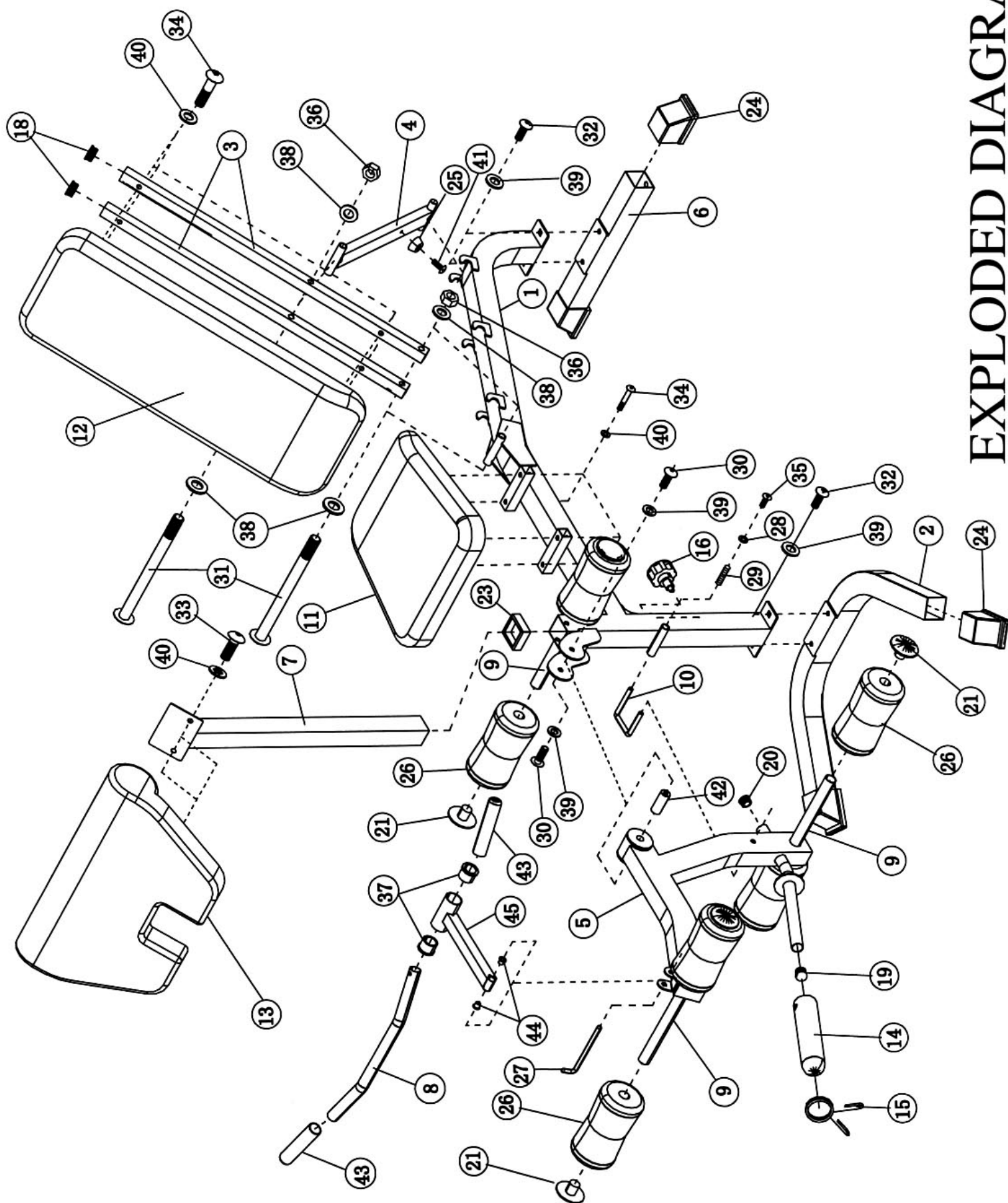


STEP 4 (See Diagram 4)

- A.) Attach the Arm Curl Pad (#13) to the Arm Curl Stand (#7). Secure it with two M8 x $\frac{3}{4}$ " Allen Bolts (#33) and \varnothing 5/8" Washers (#40).
- B.) Insert the Arm Curl Stand into the front opening on the Main Frame. Use a Lock Knob (#16) to secure the Stand at desired height.
- C.) The Leg Developer can be locked when doing sit up exercise. Simply pull the U-shaped Pin (#10) out and drop into the hole on the Leg Developer. Remove the Pin when doing Leg Developer exercises.
- D.) Remove the Arm Curl Stand and Curl Bar Handle when using Leg Developer.

DIAGRAM 4





EXPLODED DIAGRAM

PARTS LIST
KEY NO.

DESCRIPTION

Q'ty

1	Main Frame	1
2	Front Stabilizer	1
3	Backrest Support	2
4	Backrest Incline Support	1
5	Leg Developer	1
6	Rear Stabilizer	1
7	Arm Curl Stand	1
8	Curl Bar	1
9	Foam Tube	3
10	U-shaped Pin	1
11	Seat	1
12	Backrest Board	1
13	Arm Curl Pad	1
14	Olympic Sleeve	1
15	Spring Clip	1
16	Lock Knob	1
17	2 3/8" x 1 5/8" End Cap	2
18	1" Square End Cap	2
19	Ø 1" Cone-shaped End Cap	1
20	Ø 1" End Cap	1
21	Foam Roll End Cap	6
22	Ø 2 3/8" Bushing	2
23	Sleeve	1
24	Stabilizer End Cap	4
25	Rubber Bumper	1
26	Foam Roll	6
27	L-shaped Pin	1
28	Ø 1/2" Washer	1
29	Spring	1
30	M10 x 5/8" Allen Bolt	2
31	M12 x 5 3/4" Allen Bolt	2
32	M10 x 3/4" Allen Bolt	4
33	M8 x 3/4" Allen Bolt	2
34	M8 x 1 5/8" Allen Bolt	8
35	M6 x 1/2" Philips Screw	1
36	M12 Aircraft Nut	2
37	Ø 1 1/2" Bushing	2
38	Ø 1" Washer	4
39	Ø 3/4" Washer	6
40	Ø 5/8" Washer	10
41	M6 x 5/8" Philips Screw	1
42	Axle	1
43	Curl Bar Handle Grip	2
44	Ø 3/4" Bushing	2
45	Curl Bar Handle Support	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 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