

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
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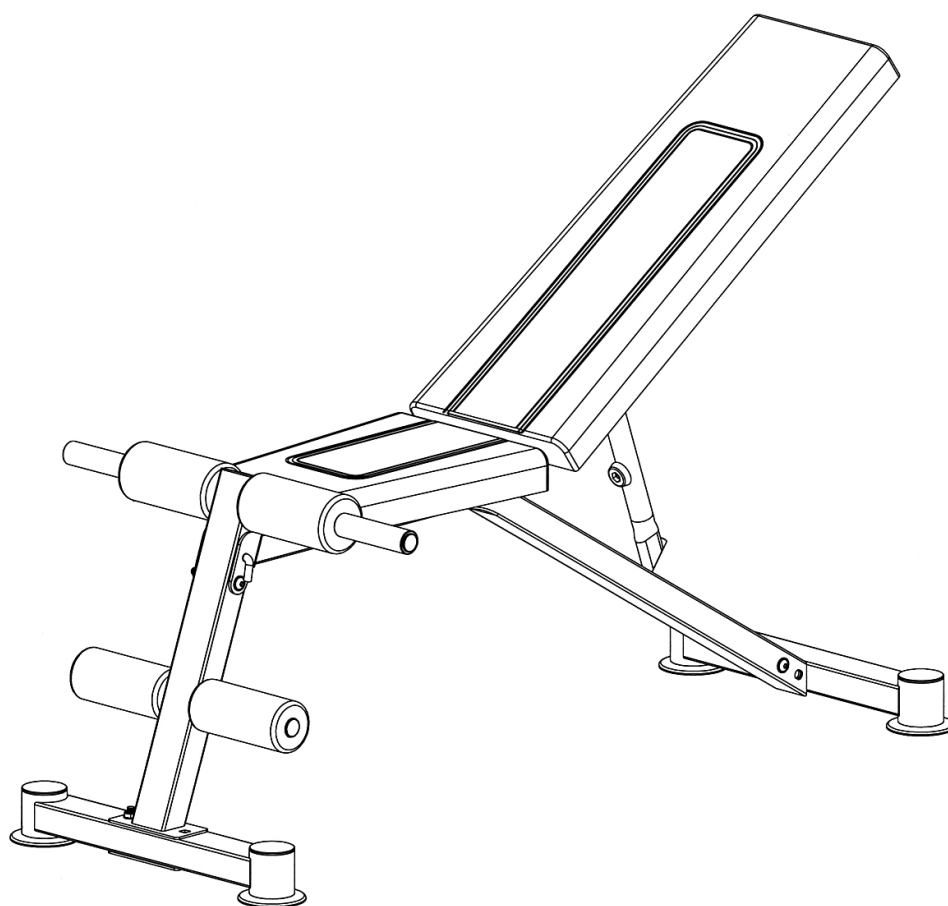
Retain This  
Manual for  
Reference

06-19-09

OWNER'S  
MANUAL

# IMPEX

## MARCY® Multi Purpose Bench SB-241



**IMPEX® 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)

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY SB-241 Multi Purpose Bench by IMPEX® Inc. For your safety and benefit, read this manual carefully before using the machine. As the 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. This machine is designed and intended for home and consumer use only, not for commercial use.
13. Maximum user weight: 300 lbs.
14. Assembled Dimension: 57" x 25" x 46"

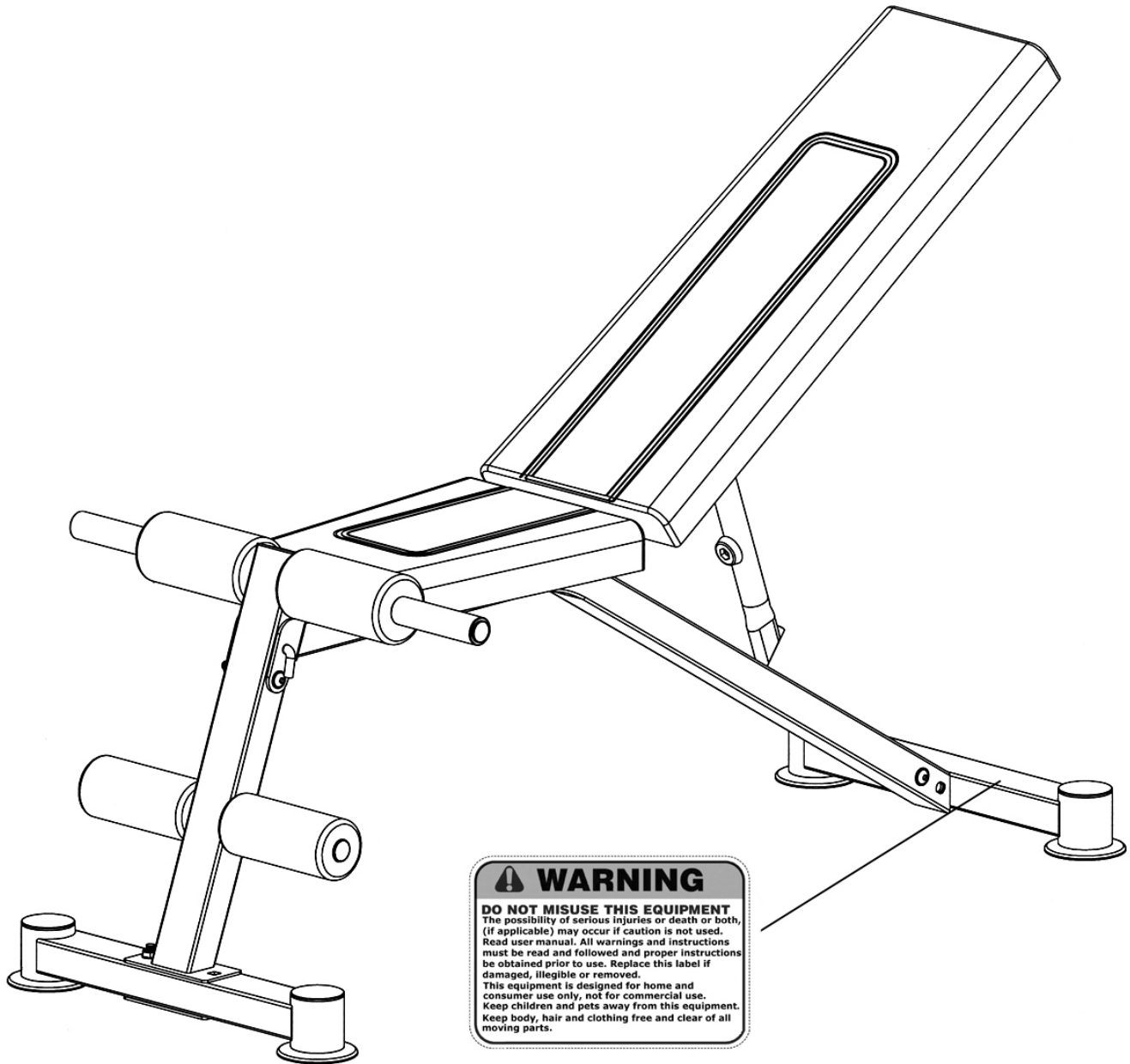
### **CARE AND MAINTENANCE**

1. Inspect and tighten all parts before using the machine.
2. Immediately replace worn or damaged parts obtained from the manufacturer.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Keep fingers away from all Pinch Points.

**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.**

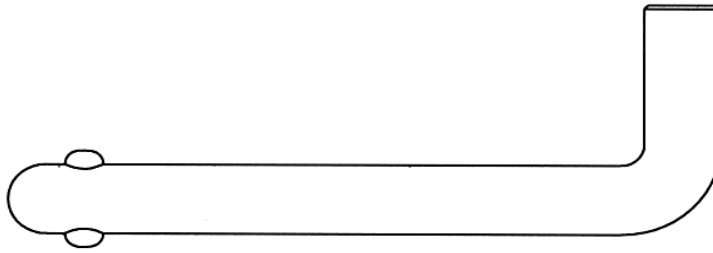
## WARNING LABEL PLACEMENT



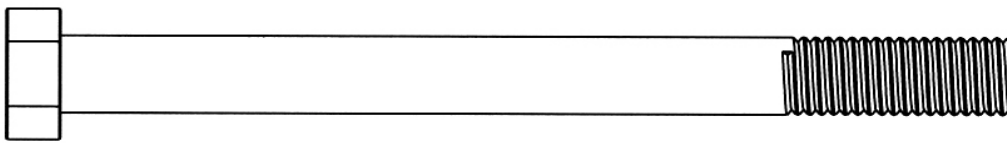
The Warning Label shown here has been placed on the Rear Stabilizer.  
If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement.  
Apply the label in the location shown.

# HARDWARE PACK

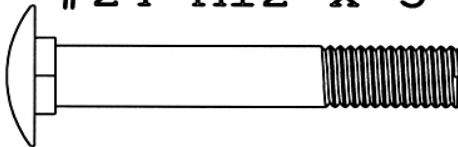
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



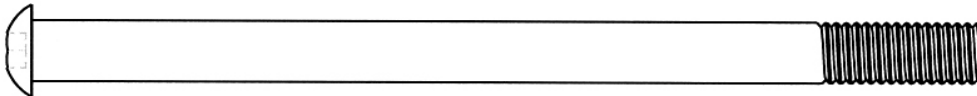
#22 L-shaped Lock Pin (Qty 1)



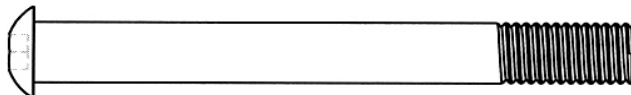
#24 M12 x 5  $\frac{1}{4}$ " Hex Bolt (Qty 1)



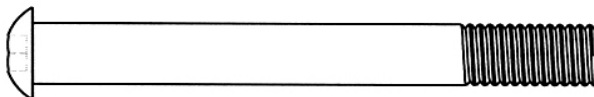
#25 M10 x 2  $\frac{3}{8}$ " Carriage Bolt (Qty 2)



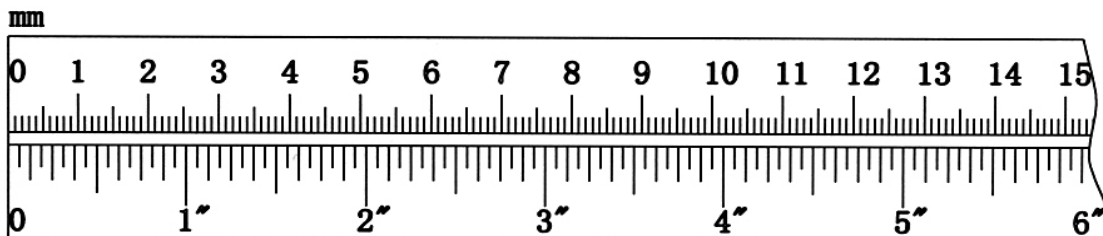
#26 M10 x 5  $\frac{1}{4}$ " Allen Bolt (Qty 1)



#27 M10 x 3  $\frac{3}{8}$ " Allen Bolt (Qty 1)

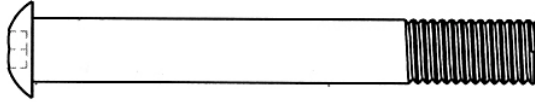


#28 M10 x 3  $\frac{1}{8}$ " Allen Bolt (Qty 1)

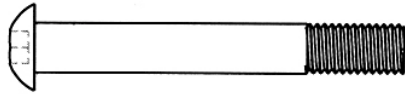


## **HARDWARE PACK**

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



#29 M10 x 3<sup>00</sup> Allen Bolt (Qty 2)



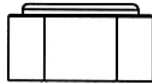
#30 M8 x 2  $\frac{1}{8}$ <sup>00</sup> Allen Bolt (Qty 1)



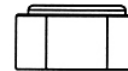
#31 M8 x 1  $\frac{5}{8}$ <sup>00</sup> Allen Bolt (Qty 4)



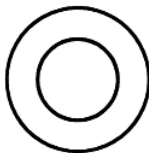
#32 M8 x  $\frac{3}{4}$ <sup>00</sup> Allen Bolt (Qty 2)



#37 M12 Aircraft Nut  
(Qty 1)



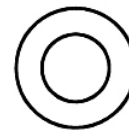
#36 M10 Aircraft Nut  
(Qty 7)



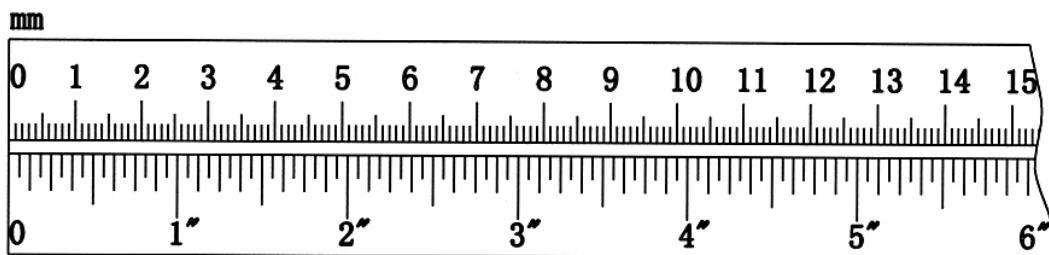
#33 Ø 1<sup>00</sup> Washer  
(Qty 2)



#35 Ø  $\frac{5}{8}$ <sup>00</sup> Washer  
(Qty 7)



#34 Ø  $\frac{3}{4}$ <sup>00</sup> Washer  
(Qty 12)



## ASSEMBLY INSTRUCTION

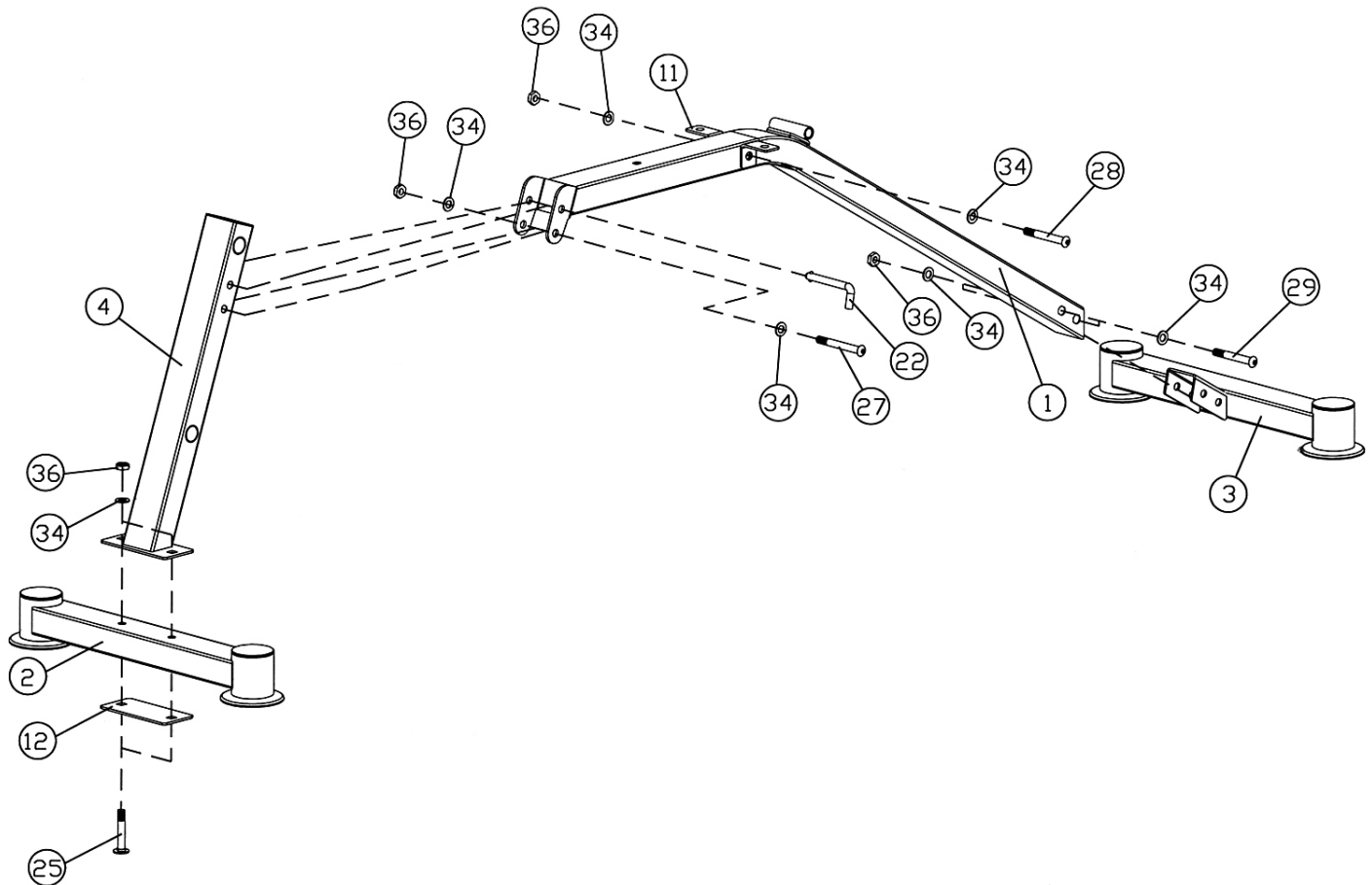
Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrench

**NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injuries.

**STEP 1 (See Diagram 1)**

- A.) **Do not tighten all Nuts and Bolts until instructed to do so.**
- B.) Attach the Front Vertical Frame (#4) to the Front Stabilizer (#2). Secure it with two M10 x 2 3/8" Carriage Bolts (#25), one Bracket (#12), two Ø 3/4" Washers (#34), and two M10 Aircraft Nuts (#36).
- C.) Attach the Main Frame (#1) to Front Vertical Frame. Secure the lower hole with one M10 x 3 3/8" Allen Bolt (#27), two Ø 3/4" Washers (#34), and one M10 Aircraft Nut (#36). Secure the upper hole with a L-shaped Lock Pin (#22). Pull out the Lock Pin enable to fold the Front Vertical Frame.
- D.) Attach the Main Frame to the Rear Stabilizer (#3). Secure it with two M10 x 3" Allen Bolts (#29), four Ø 3/4" Washers (#34), and two M10 Aircraft Nuts (#36).
- E.) Attach the two L-shaped Seat Brackets (#11) to the Main Frame from both sides. Secure them together with one M10 x 3 1/8" Allen Bolt (#28), two Ø 3/4" Washers (#34), and one M10 Aircraft Nut (#36).
- F.) **Securely tighten all Nuts and Bolts installed in the Step.**

**DIAGRAM 1**

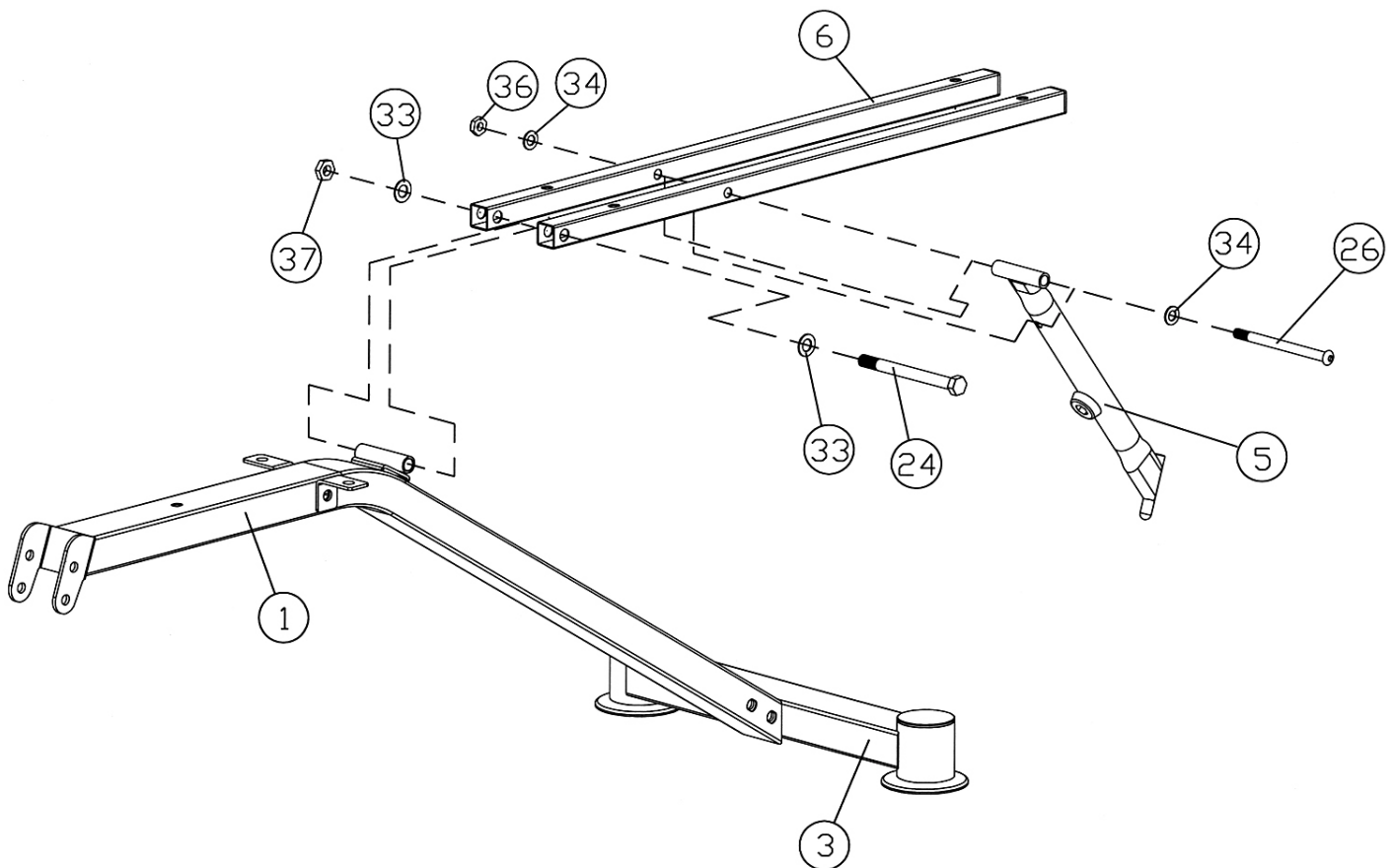


**STEP 2 (See Diagram 2)**



- A.) Attach the pivot on Incline Support (#5) in between the two Backrest Supports (#6). Attach the other end of Incline Support to the selected open slot on Main Frame (#1) to hold the selected incline in position.
- B.) Attach the side-holes of the two Backrest Supports (#6) to the Pivot on the Main Frame (#3). Secure them with one M12 x 5 1/4" Hex Bolt (#24), two Ø 1" Washer (#33), and one M12 Aircraft Nut (#37).

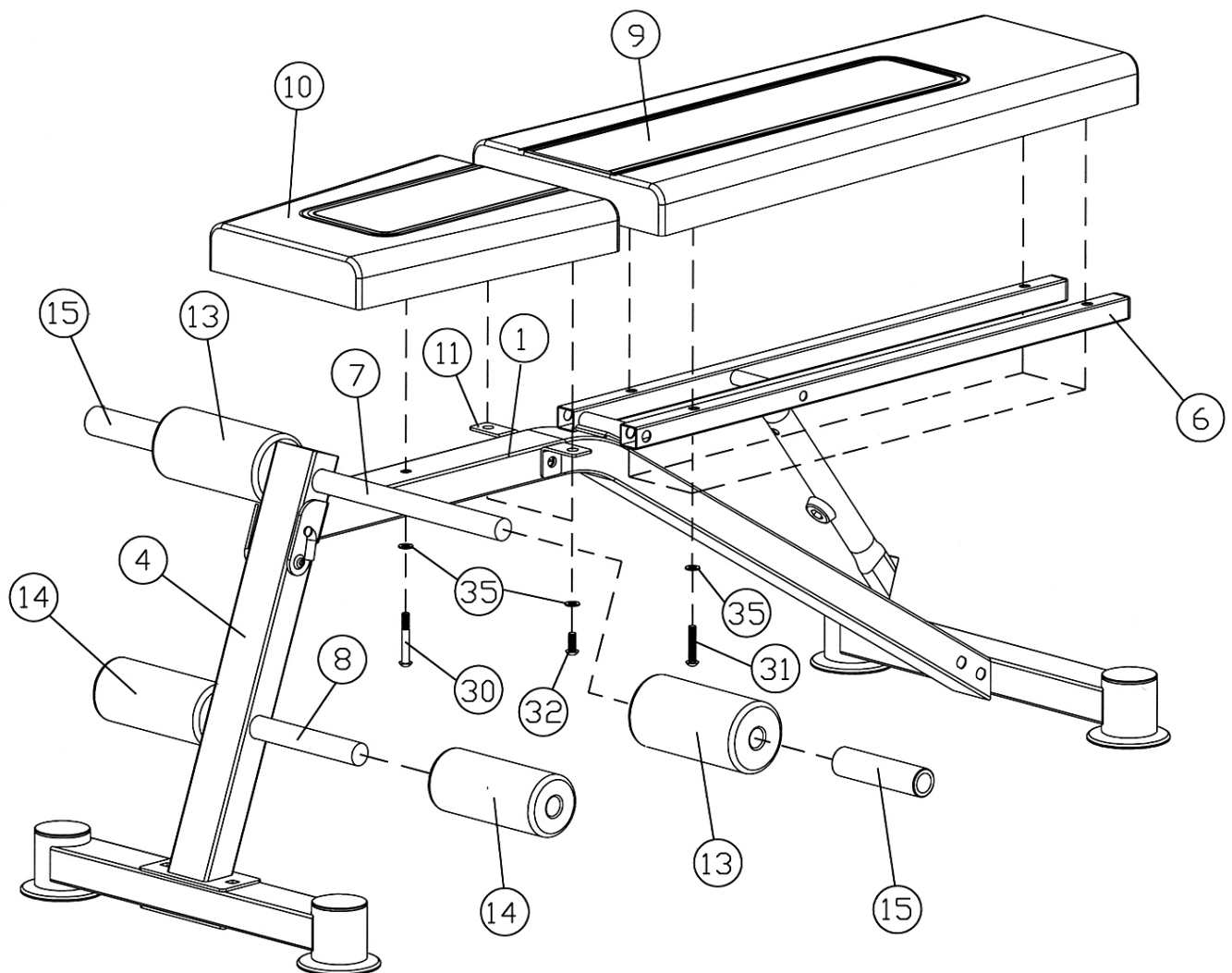
**DIAGRAM 2**

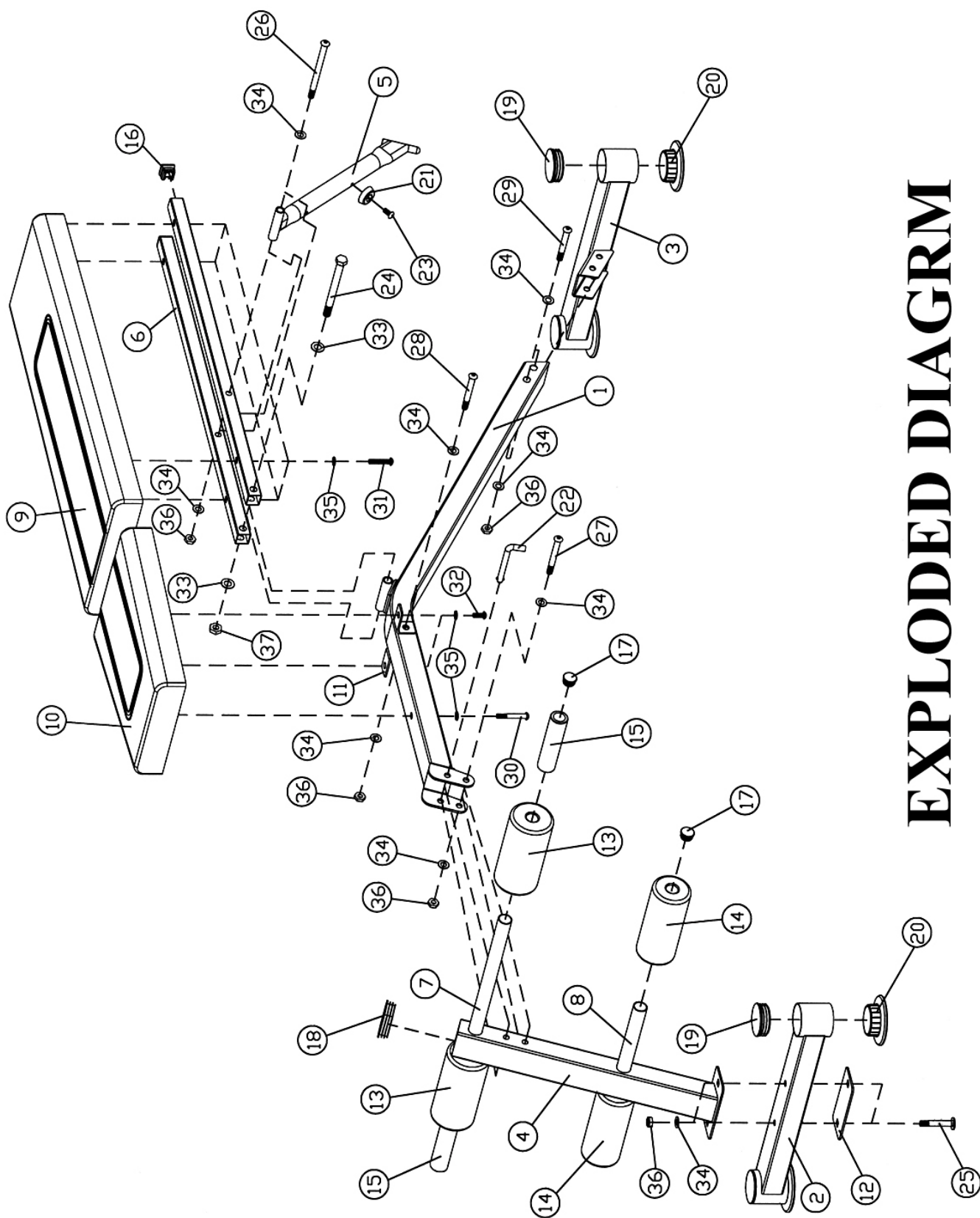


### STEP 3 (See Diagram3)

- A.) Place the Seat pad (#10) onto Main Frame (#1). Secure it to the two L-shaped Brackets (#11) with two M8 x  $\frac{3}{4}$ " Allen Bolts (#32) and two  $\varnothing$  5/8" Washers (#35). Secure the Seat to the Main Frame with one M8 x 2  $\frac{1}{8}$ " Allen Bolt (#30) and one  $\varnothing$  5/8" Washer (#35).
- B.) Attach the Backrest Board (#9) to the two Backrest Supports (#6). Secure it with four M8 x 1  $\frac{5}{8}$ " Allen Bolts (#31) and four  $\varnothing$  5/8" Washers (#35).
- C.) Insert the Foam Tube (#8) halfway through the hole on the Front Vertical Frame (#4). Push two  $\varnothing$  2  $\frac{3}{4}$ " Foam Rolls (#14) onto the Tubes.
- D.) Insert the Long Foam Tube (#7) halfway through the upper hole on Front Vertical Frame. Push two  $\varnothing$  3  $\frac{1}{8}$ " Foam Rolls (#13) onto the Long Tube. Lubricate the inside of the Foam Grips (#15) with water. Slide the Foam Grips onto the Long Foam Tube (#7) from both sides.

**DIAGRAM 3**





# EXPLODED DIAGRAM

## Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Front Vertical Frame	1
5	Incline Support	1
6	Backrest Support	2
7	Long Foam Tube	1
8	Foam Tube	1
9	Backrest Board	1
10	Seat Pad	1
11	L-shaped Seat Bracket	2
12	Bracket	1
13	Ø 3 1/8" Foam Roll	2
14	Ø 2 3/4" Foam Roll	2
15	Foam Grip	2
16	1" Square End Cap	2
17	Ø 1" End Cap	4
18	1 5/8" x 2 3/8" End Cap	1
19	Ø 2 3/8" End Cap	4
20	Ø 3 1/2" Stabilizer End Cap	4
21	Rubber Bumper	1
22	L-shaped Lock Pin	1
23	M6 x 5/8" Philips Screw	1
24	M12 x 5 1/4" Hex Bolt	1
25	M10 x 2 3/8" Carriage Bolt	2
26	M10 x 5 1/4" Allen Bolt	1
27	M10 x 3 3/8" Allen Bolt	1
28	M10 x 3 1/8" Allen Bolt	1
29	M10 x 3" Allen Bolt	2
30	M8 x 2 1/8" Allen Bolt	1
31	M8 x 1 5/8" Allen Bolt	4
32	M8 x 3/4" Allen Bolt	2
33	Ø 1" Washer	2
34	Ø 3/4" Washer	12
35	Ø 5/8" Washer	7
36	M10 Aircraft Nut	7
37	M12 Aircraft Nut	1
	#5 Allen Wrench (Tool)	1
	#6 Allen Wrench (Tool)	1

# **IMPEX<sup>®</sup> 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 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.

**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.

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