

NOTE:
Please read all instructions
carefully before using this
product

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Model
MCB-379

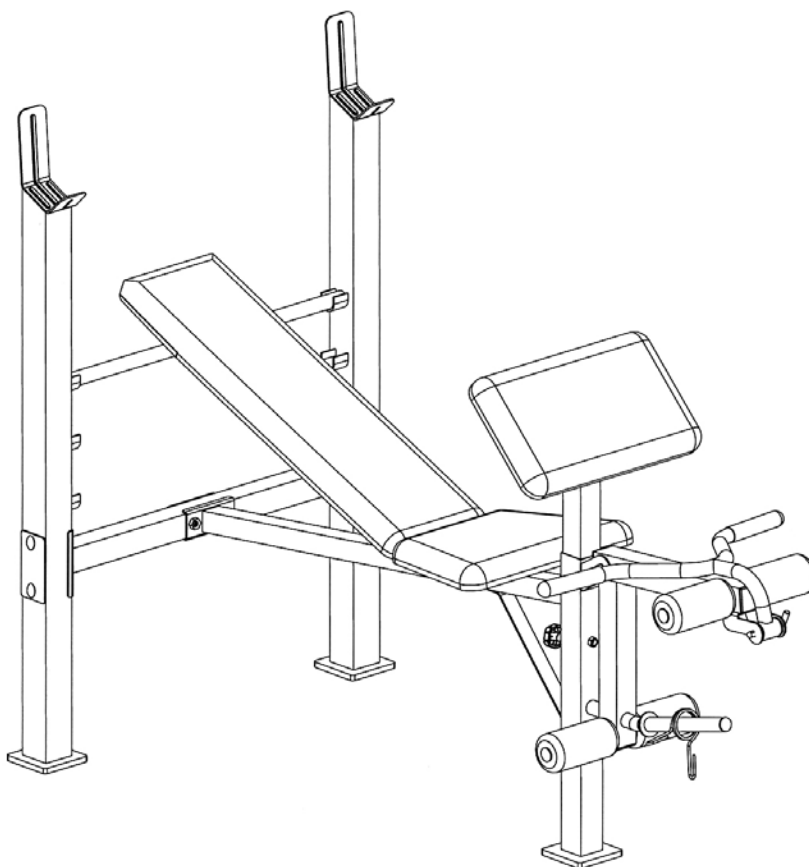
Retain This
Manual for
Reference

05-26-09

OWNER'S
MANUAL



MARCY[®] CLASSIC WEIGHT BENCH MCB-379



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC MCB-379 Weight 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

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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:

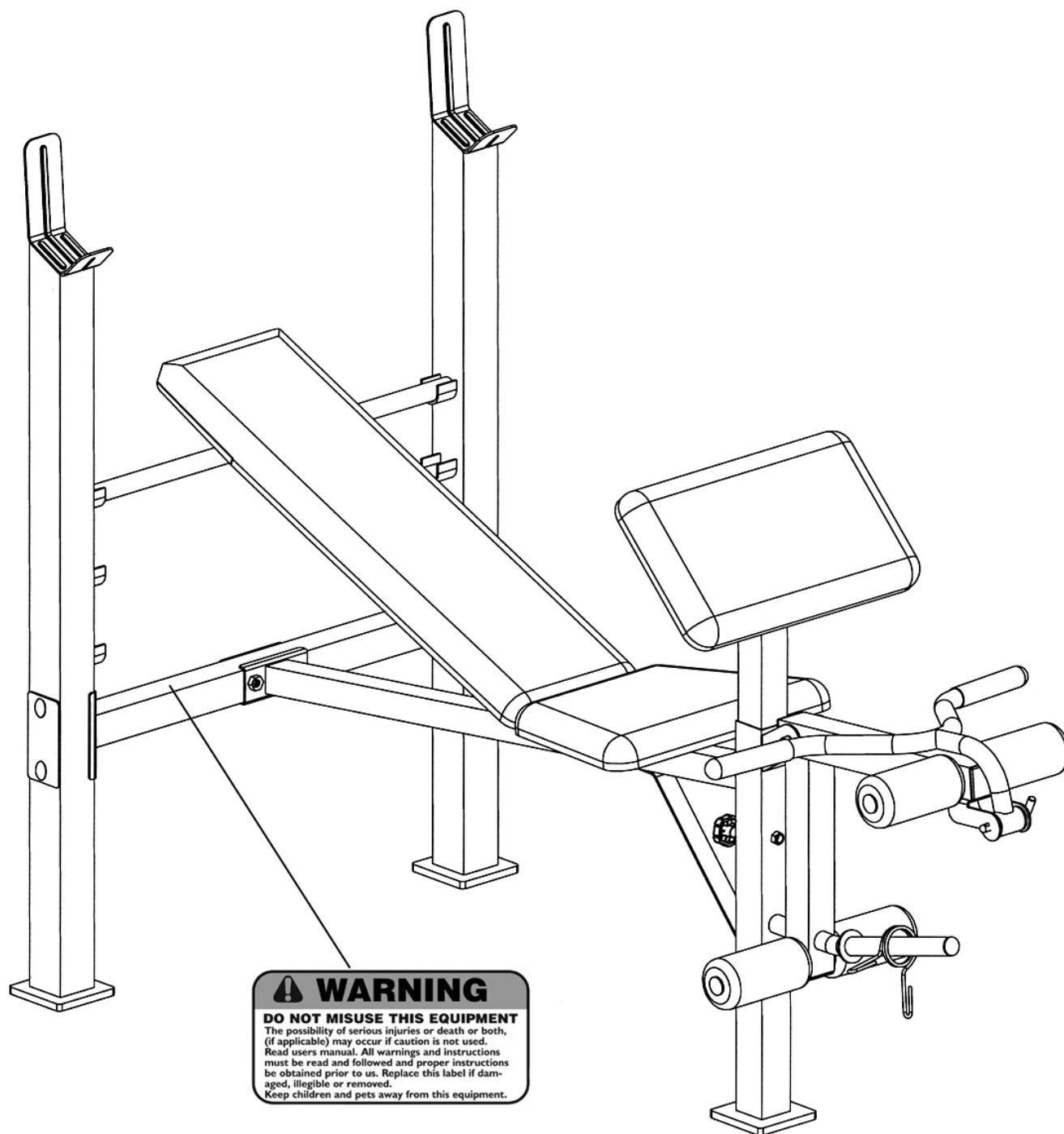
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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 and feet 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. This machine is designed and intended for home and consumer use only, not for commercial use.

CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum weight capacity on the uprights: 300 lbs.
5. Maximum user's weight: 300 lbs.
6. Maximum weight capacity on the leg developer: 100 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.

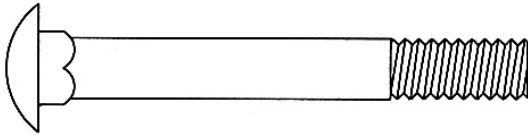
WARNING LABEL REPLACEMENT



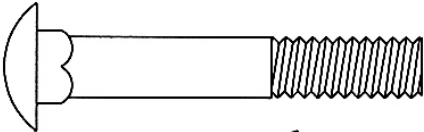
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

HARDWARE IDENTIFIER

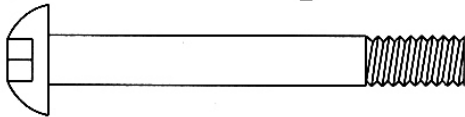
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



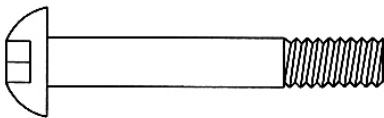
#29 M10 x 3 $\frac{1}{8}$ " Carriage Bolt (Qty 4)



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



#31 M8 x 2 $\frac{5}{8}$ " Allen Bolt (Qty 1)



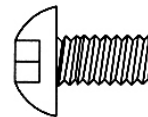
#33 M8 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 1)



#34 M6 x 1 $\frac{1}{2}$ " Hex Bolt (Qty 4)



#35 M6 x 1 $\frac{3}{8}$ " Hex Bolt (Qty 4)



#32 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 6)



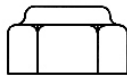
#36 \varnothing $\frac{1}{2}$ " Washer (Qty 8)



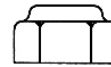
#37 \varnothing $\frac{5}{8}$ " Washer (Qty 10)



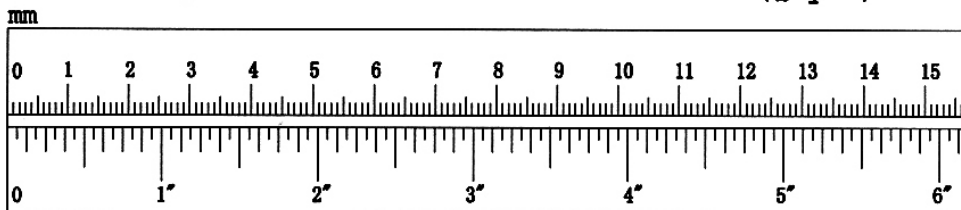
#38 \varnothing $\frac{3}{4}$ " Washer (Qty 6)



#39 M10 Aircraft Nut (Qty 6)



#40 M8 Aircraft Nut (Qty 2)



ASSEMBLY INSTRUCTION

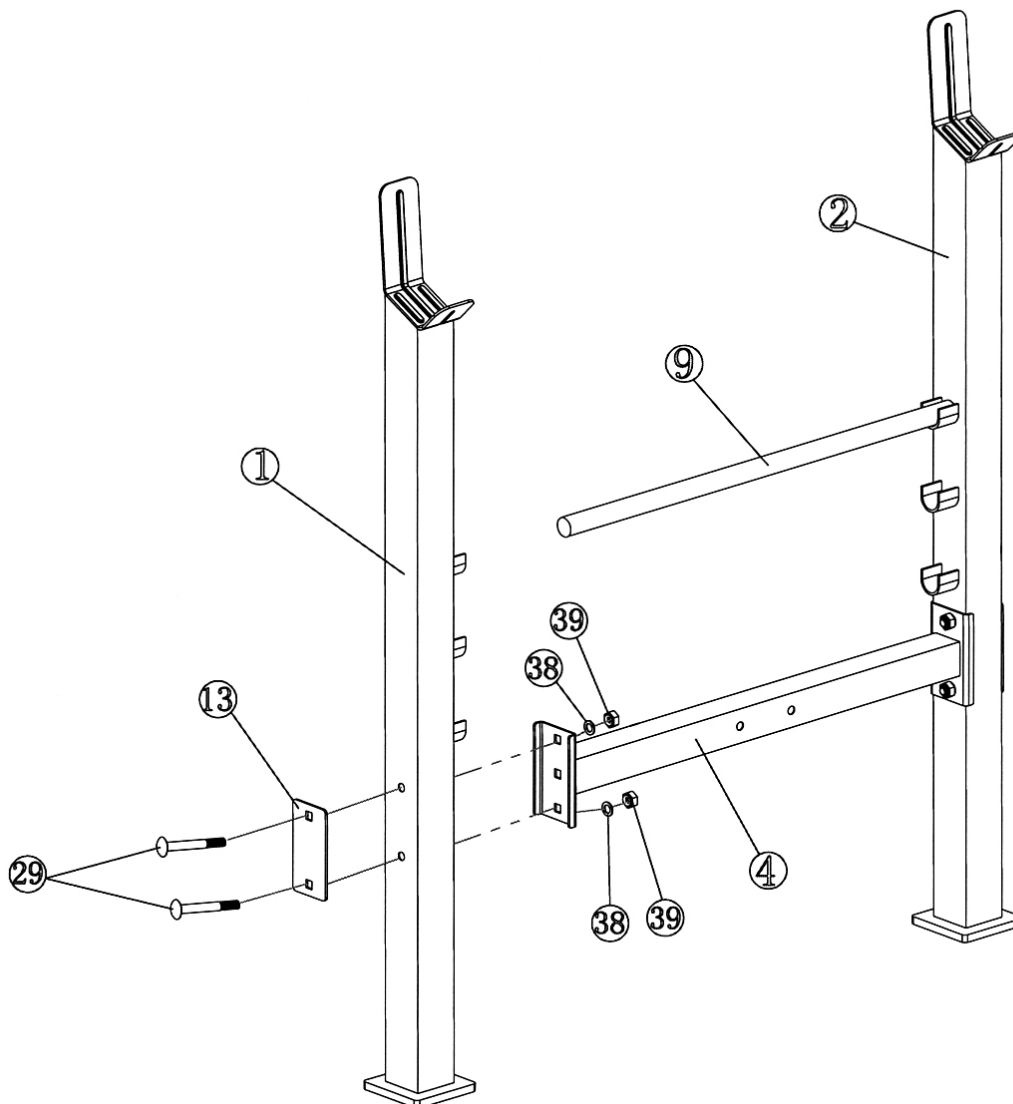
Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

- A.) Connect the Right & Left Upright Beam (#1 & #2) with a Cross Brace (#4) in the Mid-span. Secure them with two M10 x 3 1/8" Carriage Bolts (#29), one 2 3/8" x 4 3/4" Bracket (#13), two \varnothing 3/4" Washers (#38), and two M10 Aircraft Nuts (#39) on each end of the Cross Brace.
- B.) Place the Backrest Adjustment Bar (#9) onto the selected slot on the Upright Beams to obtain desired incline of Backrest.

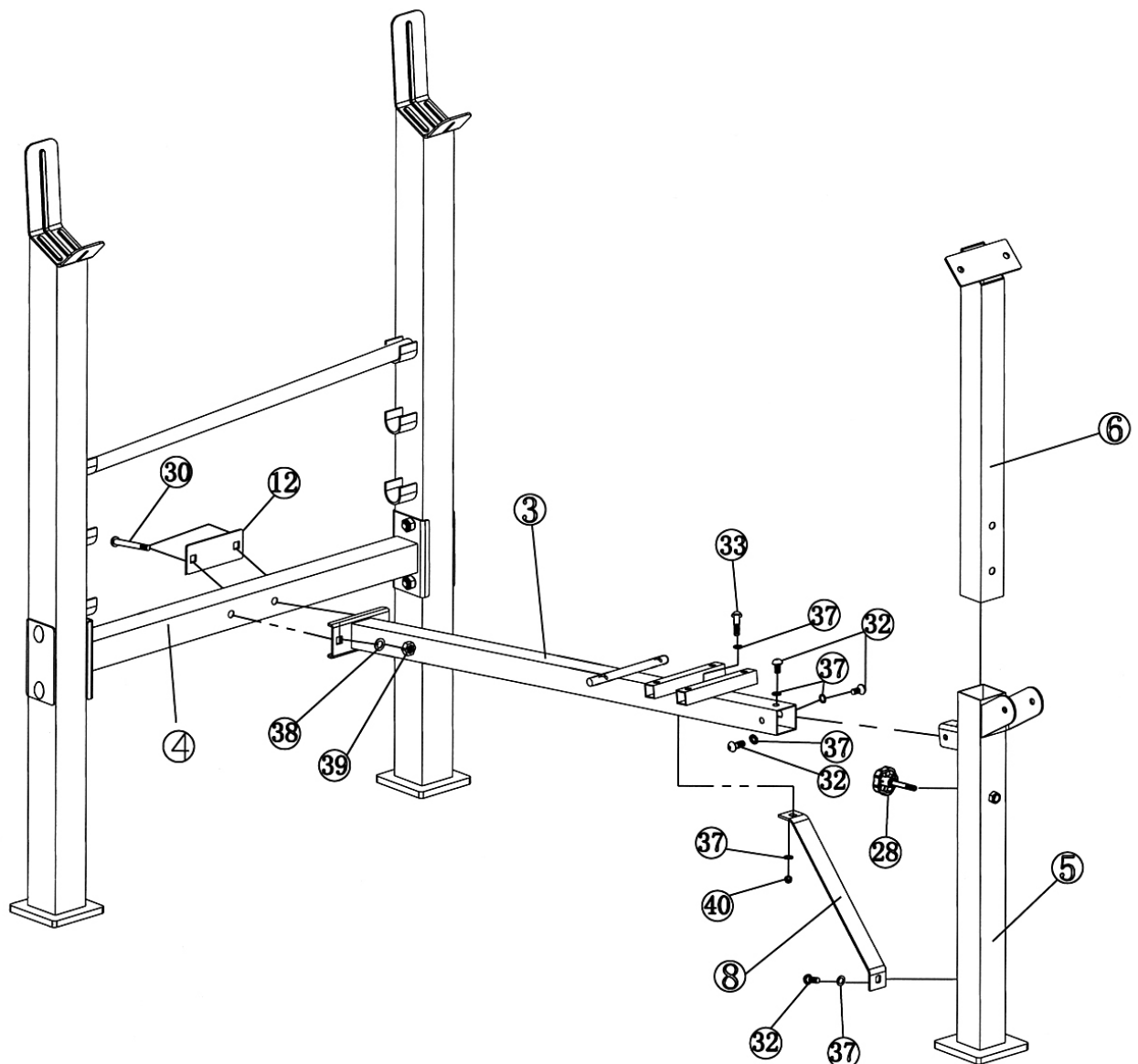
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Main Seat Support (#3) to the Cross Brace (#4). Secure them together with two M10 x 2 1/2" Carriage Bolts (#30), one 1 3/4" x 4 3/8" Bracket (#12), two Ø 3/4" Washers (#38), and two M10 Aircraft Nuts (#39).
- C.) Attach the Main Seat Support to the Front Post (#5). Secure it with three M8 x 5/8" Allen Bolts (#32) and three Ø 5/8" Washers (#37).
- D.) Attach the Diagonal Support (#8) to Front Post. Secure it with one M8 x 5/8" Allen Bolt (#32) and one Ø 5/8" Washer (#37).
- E.) Attach the other end of Diagonal Support to Main Seat Support. Secure it with one M8 x 2 1/8" Allen Bolt (#33), two Ø 5/8" Washers (#37), and one M8 Aircraft Nut (#40).
- F.) Insert the Arm Curl Stand (#6) into Front Post. Use the Lock Knob (#28) to lock it in position.
- G.) **Securely tighten all Nuts and Bolts installed.**

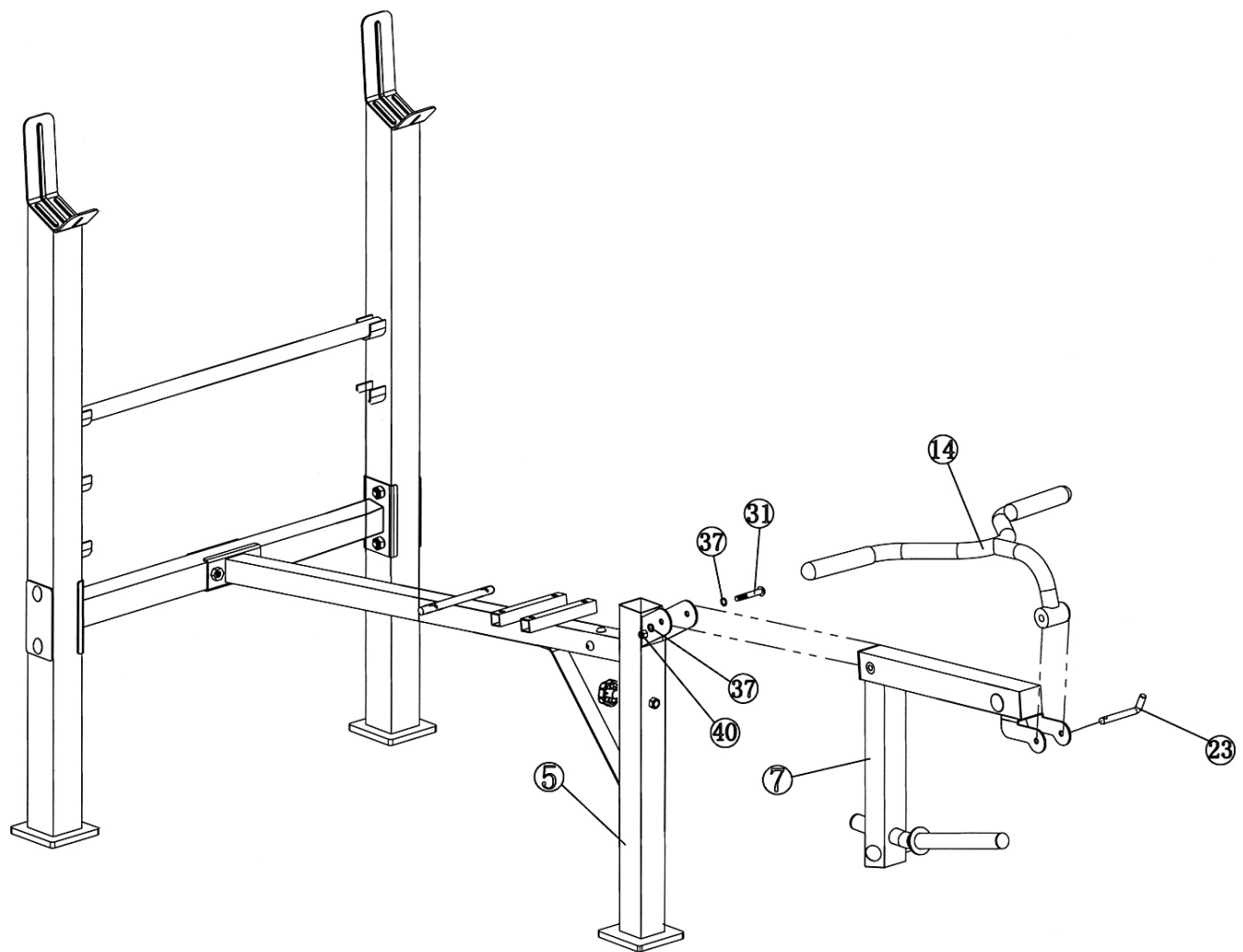
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#7) to the open bracket on Front Post (#5). Secure it with one M8 x 2 5/8" Allen Bolt (#31), two Ø 5/8" Washers (#37), and one M8 Aircraft Nut (#40).
- B.) Attach the pivot on Arm Curl Handle to the open bracket on Leg Developer. Use the L-shaped Lock Pin (#23) to lock it in position.

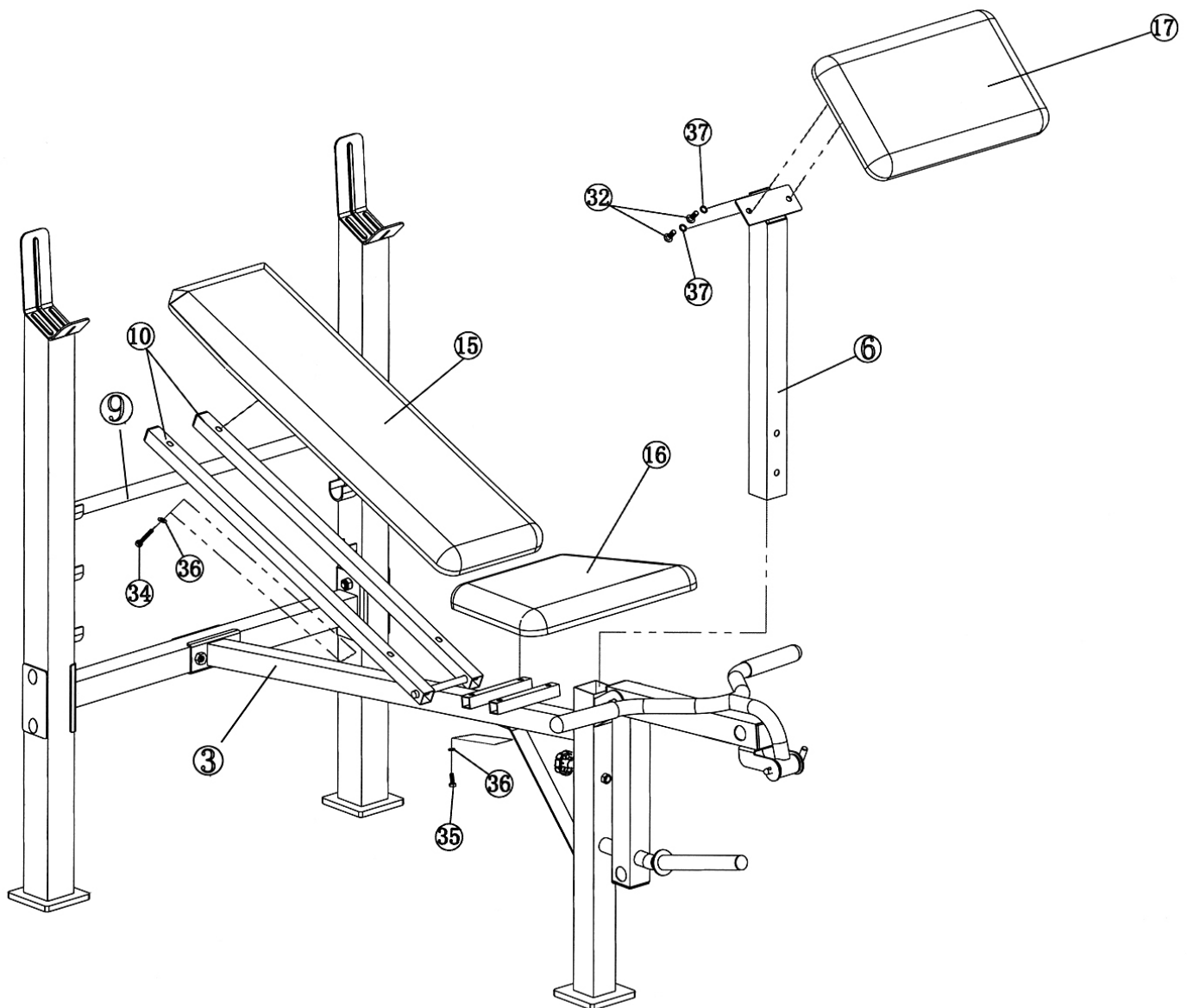
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Backrest Supports (#10) onto both ends of the pivot on the Main Seat Support (#3). Place the other end rest against the Backrest Adjustment Bar (#9).
- B.) Place the Backrest Board (#15) onto the Backrest Supports. Secure it with four M6 x 1 ½" Hex Bolts (#34) and four Ø ½" Washers (#36).
- C.) Place the Seat Pad (#16) onto the Main Seat Support. Secure it with four M6 x 1 3/8" Hex Bolts (#35) and four Ø ½" Washers (#36).
- D.) Attach the Arm Curl Pad (#17) to Arm Curl Stand (#6). Secure it with two M8 x 5/8" Allen Bolts (#32) and two Ø 5/8" Washers (#37).

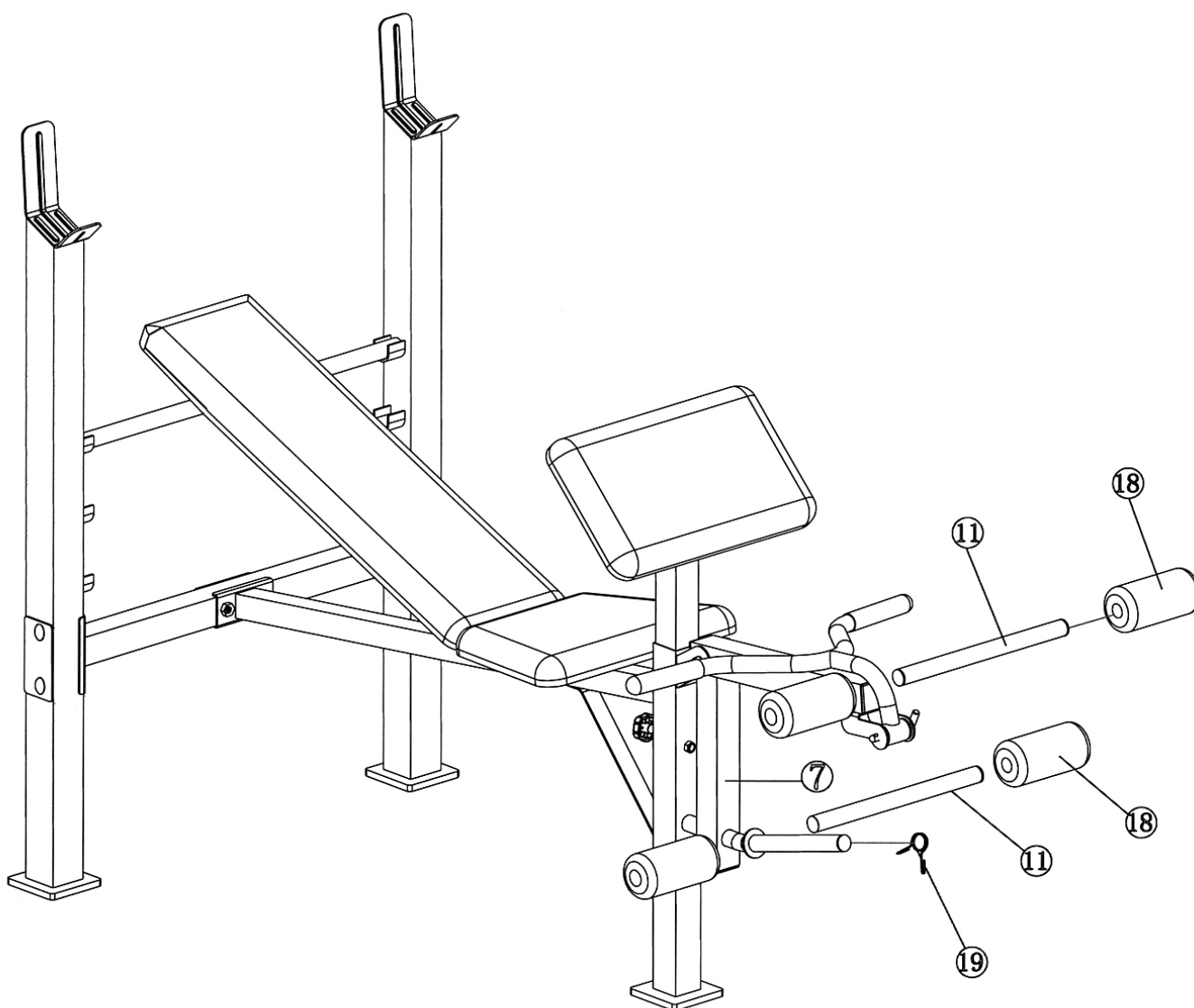
DIAGRAM 4

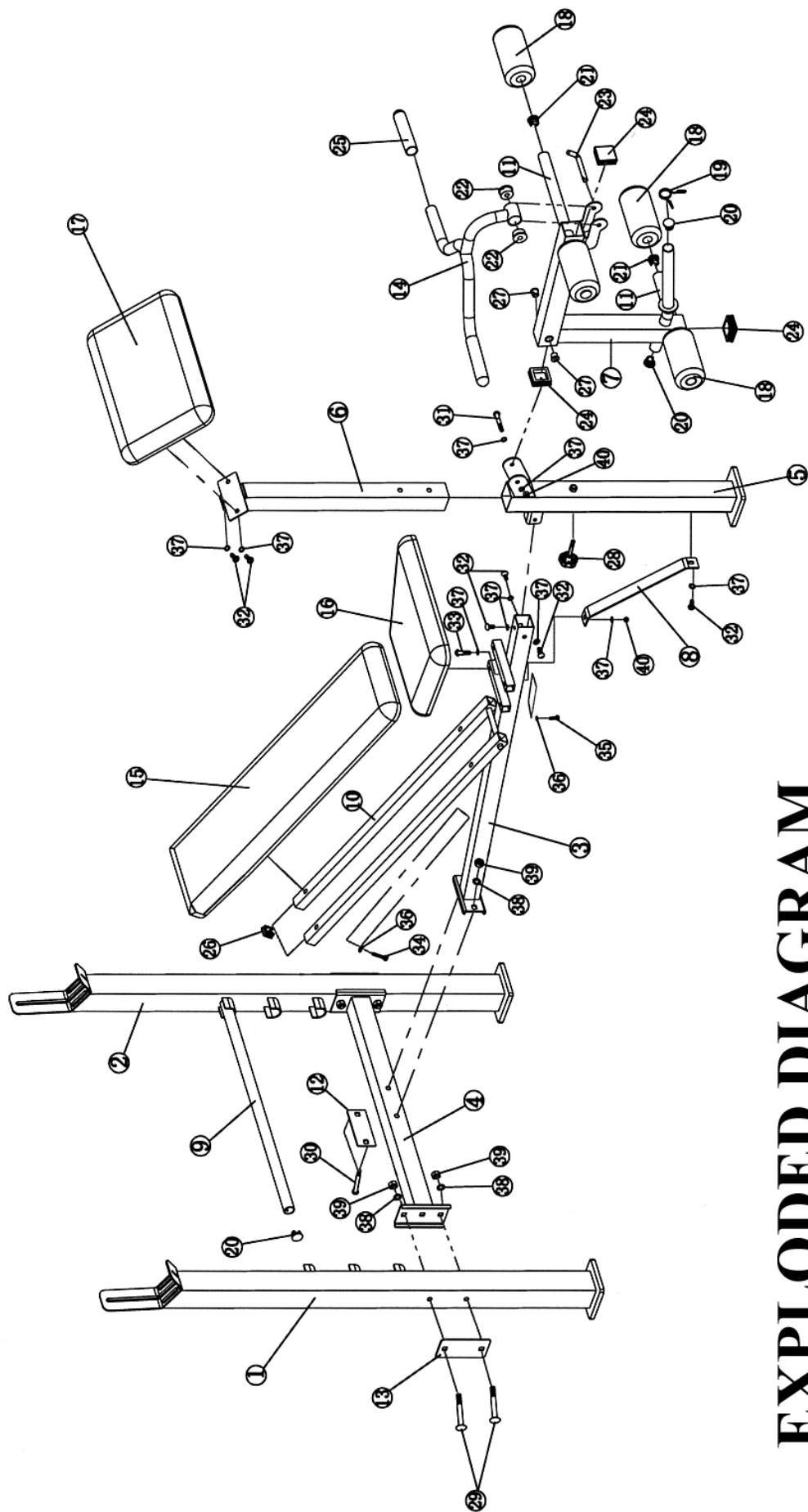


STEP 5 (See Diagram 5)

- A.) Insert two Foam Tubes (#11) halfway through the holes on Leg Developer (#7).
- B.) Push four Foam Rolls (#18) onto the Tubes from both ends.
- C.) Remove the Arm Curl Handle (#14) when doing Leg Developer exercises.

DIAGRAM 5





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Right Upright Beam	1
2	Left Upright Beam	1
3	Main Seat Support	1
4	Cross Brace	1
5	Front Post	1
6	Arm Curl Stand	1
7	Leg Developer	1
8	Diagonal Support	1
9	Backrest Adjustment Bar	1
10	Backrest Support	2
11	Foam Tube	2
12	1 3/4" x 4 3/8" Bracket	1
13	2 3/8" x 4 3/4" Bracket	2
14	Arm Curl Handle	1
15	Backrest Board	1
16	Seat Pad	1
17	Arm Curl Pad	1
18	Foam Roll	4
19	Spring Clip	1
20	Ø 1" End Cap	4
21	Ø 1" Foam Tube End Cap	4
22	Ø 1 1/4" Bushing	2
23	L-shaped Lock Pin	1
24	1 3/4" Square End Cap	3
25	Grip	2
26	1" Square End Cap	2
27	Ø 3/4" Bushing	2
28	Lock Knob	1
29	M10 x 3 1/8 Carriage Bolt	4
30	M10 x 2 1/2" Carriage Bolt	2
31	M8 x 2 5/8" Allen Bolt	1
32	M8 x 5/8" Allen Bolt	6
33	M8 x 2 1/8" Allen Bolt	1
34	M6 x 1 1/2" Hex Bolt	4
35	M6 x 1 3/8" Hex Bolt	4
36	Ø 1/2" Washer	8
37	Ø 5/8" Washer	10
38	Ø 3/4" Washer	6
39	M10 Aircraft Nut	6
40	M8 Aircraft Nut	2

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 for products return 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 www.impex-fitness.com

IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766

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