

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
MD-739

Retain This  
Manual for  
Reference

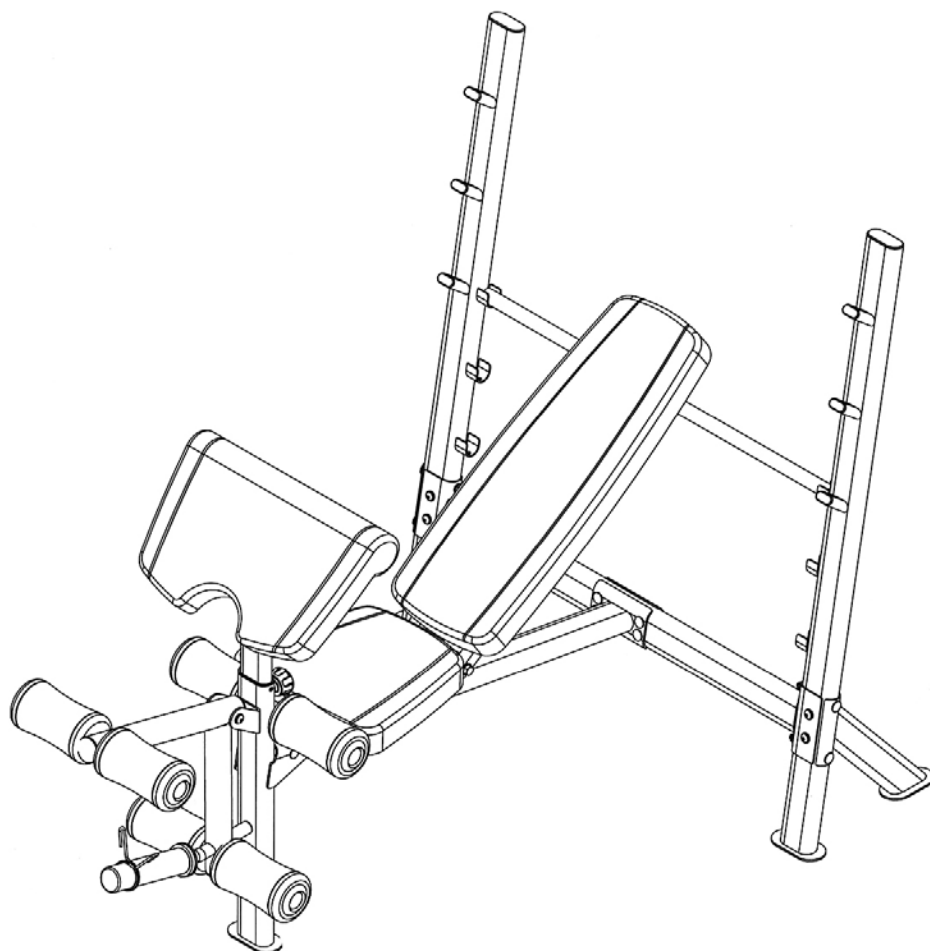
110816

OWNER'S  
MANUAL

# IMPEX

## MARCY DIAMOND ELITE OLYMPIC BENCH

### MD-739



**IMPEX<sup>®</sup> INC.**

2801 S. Towne Ave., Pomona, CA 91766

Tel: (800) 999-8899 Fax: (626) 961-9966

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

[info@impex-fitness.com](mailto:info@impex-fitness.com)

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	10
PARTS LIST.....	11
WARRANTY.....	12
ORDERING PARTS.....	12

---

## BEFORE YOU BEGIN

Thank you for selecting the Marcy Diamond Elite MD-739 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](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. A spotter is recommended during exercise.

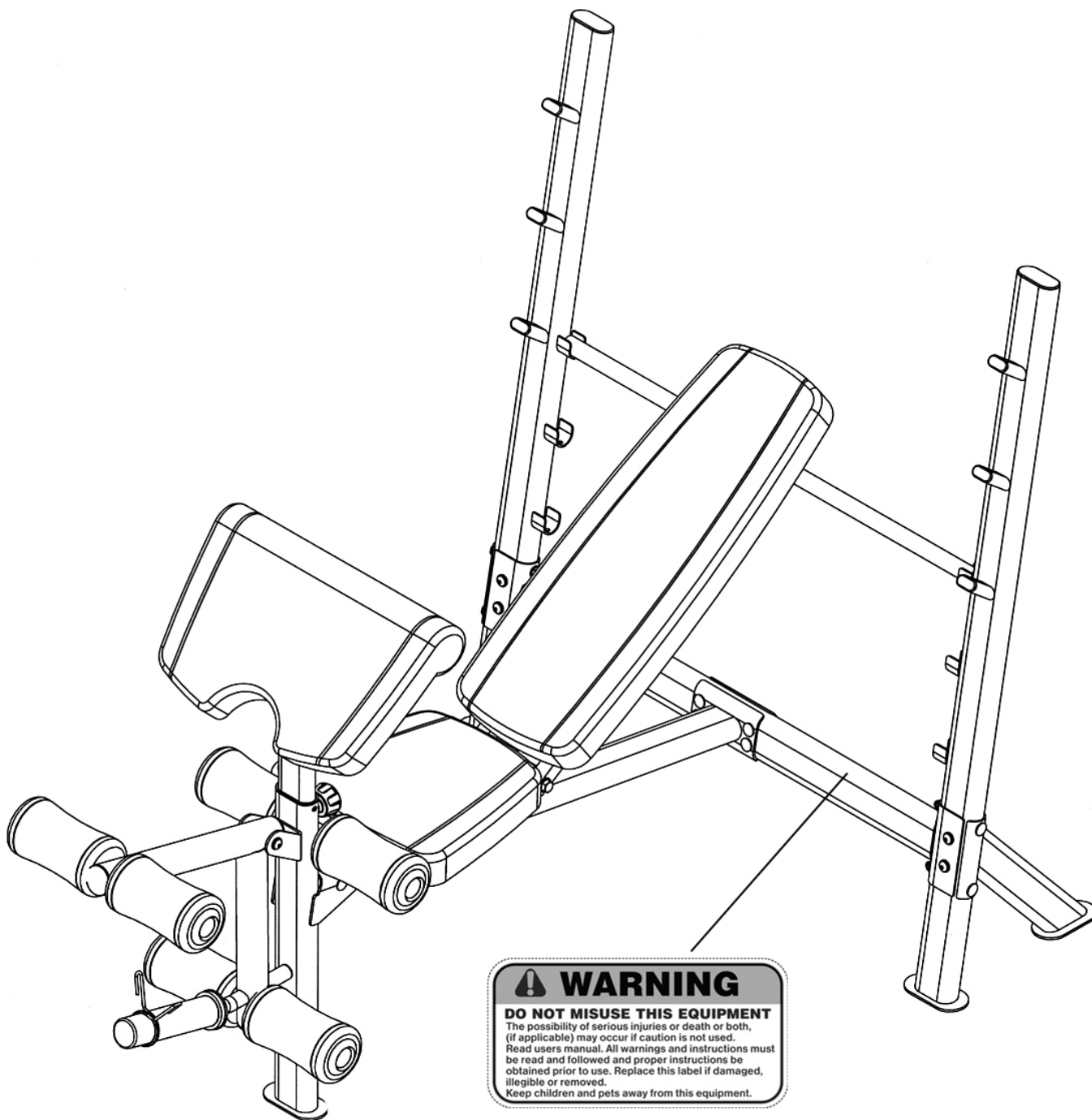
## **CARE AND MAINTENANCE**

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 on Upright Beams: 300 lbs
4. Maximum weight on Leg Developer: 100 lbs
5. Maximum user weights: 300 lbs
4. Maximum weight capacity 600 lbs (include user's weight).

**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.**

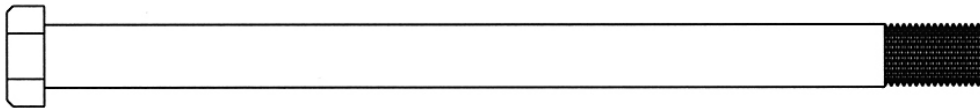
# WARNING LABEL PLACEMENT



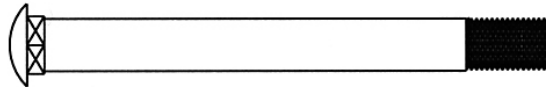
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

# HARDWARE PACK

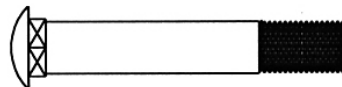
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



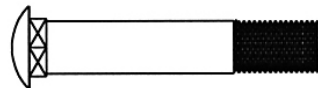
#31 M12 x 7 1/8" Hex Bolt (Qty 1)



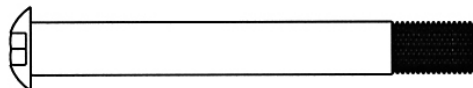
#32 M10 x 4" Carriage Bolt (Qty 5)



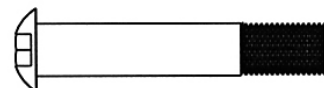
#33 M10 x 2 3/8" Carriage Bolt (Qty 4)



#34 M10 x 2 1/8" Carriage Bolt (Qty 2)



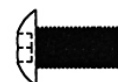
#35 M10 x 3 1/8" Allen Bolt (Qty 1)



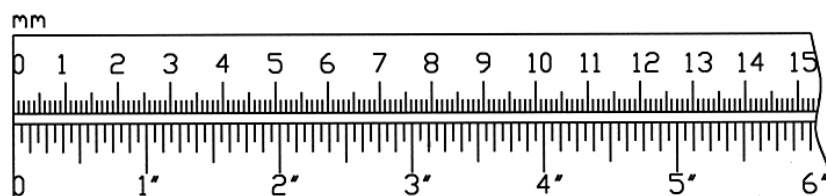
#36 M10 x 2 1/8" Allen Bolt (Qty 4)



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



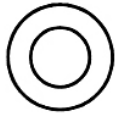
#38 M8 x 5/8" Allen Bolt (Qty 2)



# HARDWARE PACK



#29  $\varnothing \frac{3}{4}'' \times \varnothing \frac{3}{8}''$  Bushing (Qty 2)



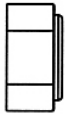
#39  $\varnothing 1''$  Washer (Qty 2)



#40  $\varnothing \frac{3}{4}''$  Washer (Qty 17)



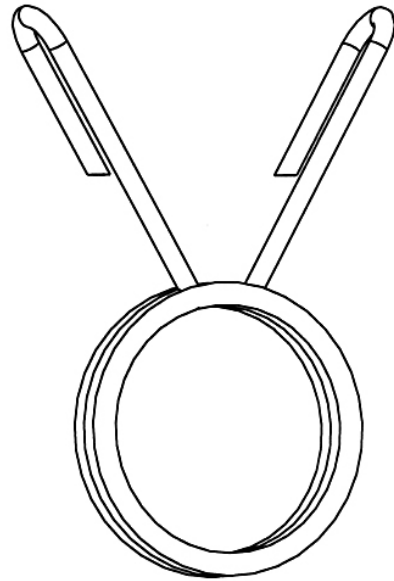
#41  $\varnothing \frac{5}{8}''$  Washer (Qty 10)



#42 M12 Aircraft Nut (Qty 1)



#43 M10 Aircraft Nut (Qty 12)



#30 Spring Clip (Qty 1)

# ASSEMBLY INSTRUCTION

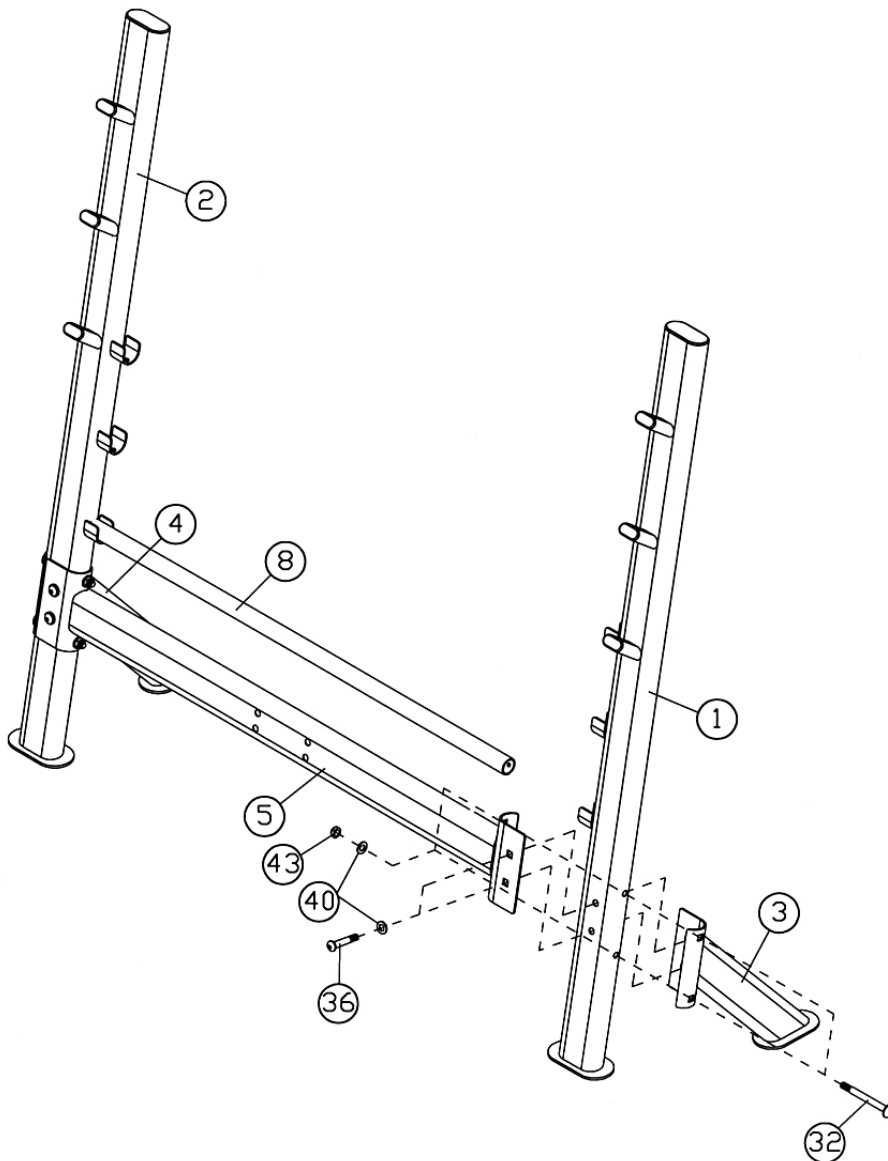
**Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**

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

## **STEP 1 (See Diagram 1)**

- A.) **Do not tighten all nuts and bolts until instructed to do so.**
- B.) Attach the Left Diagonal Support (#3) to the Left Upright Beam (#1) from rear. Attach the Cross Brace (#5) to the Left Upright Beam from the other side. Secure them together with two M10 x 4" Carriage Bolts (#32) from side, two  $\varnothing \frac{3}{4}$ " Washers (#40), and two M10 Aircraft Nuts (#43). Secure with two M10 x 2 1/8" Allen Bolts (#36) and two  $\varnothing \frac{3}{4}$ " Washers (#40) from front into Left Diagonal Support. Repeat the same step to install the other side of Cross Brace, Right Diagonal Support (#4), and Right Upright Beam (#2) together.
- C.) Place the Backrest Adjustment Bar (#8) onto the selected slot on the Upright Beams to obtain the desired Backrest incline.

**DIAGRAM 1**



## STEP 2 (See Diagram 2)

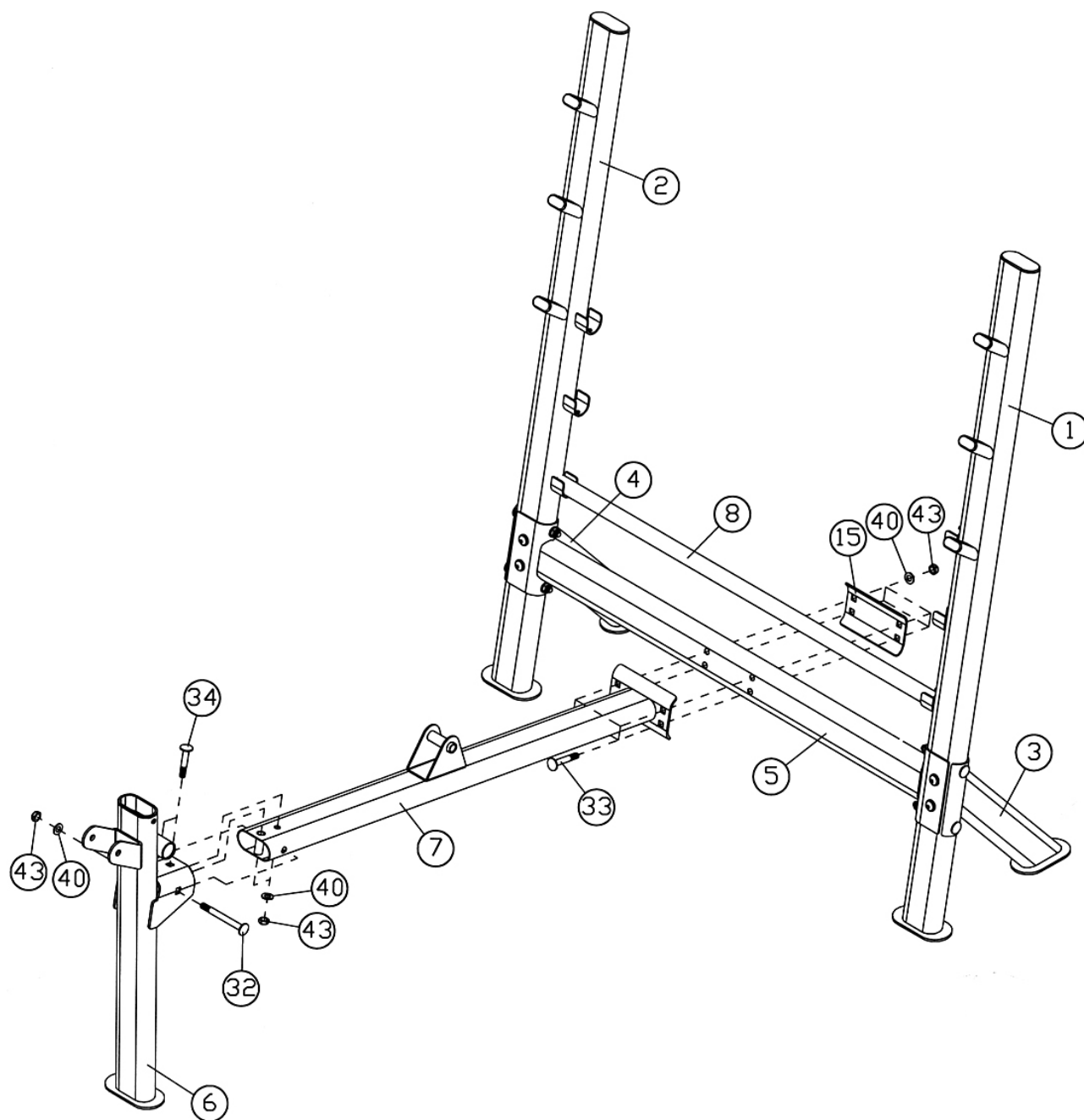
A.) **Do not tighten Nuts and Bolts until instructed to do so.**

B.) Attach the Front Post (#6) to the Main Seat Support (#7). Secure it with one M10 x 4" Carriage Bolt (#32), one  $\varnothing \frac{3}{4}$ " Washer (#40), and one M10 Aircraft Nut (#43) from side. Secure it with two M10 x 2 1/8" Carriage Bolts (#34), two  $\varnothing \frac{3}{4}$ " Washers (#40), and two M10 Aircraft Nuts (#43) from top.

C.) Attach the Main Seat Support to the Cross Brace (#5). Secure it with four M10 x 2 3/8" Carriage Bolts (#33), one 5 1/2" x 3" Bracket (#15), four  $\varnothing \frac{3}{4}$ " Washers (#40), and four M10 Aircraft Nuts (#43).

D.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

**DIAGRAM 2**

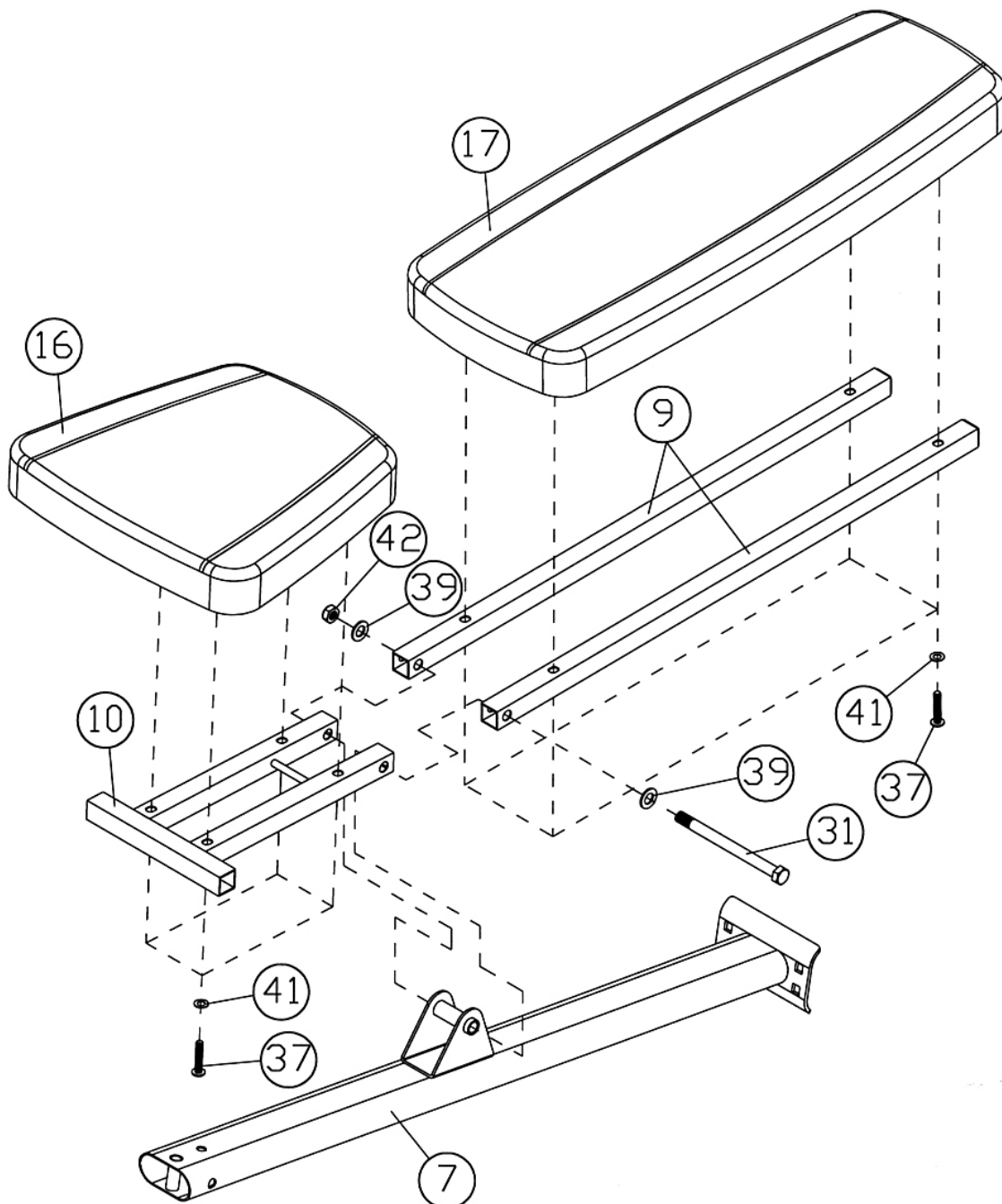




### STEP 3 (See Diagram 3)

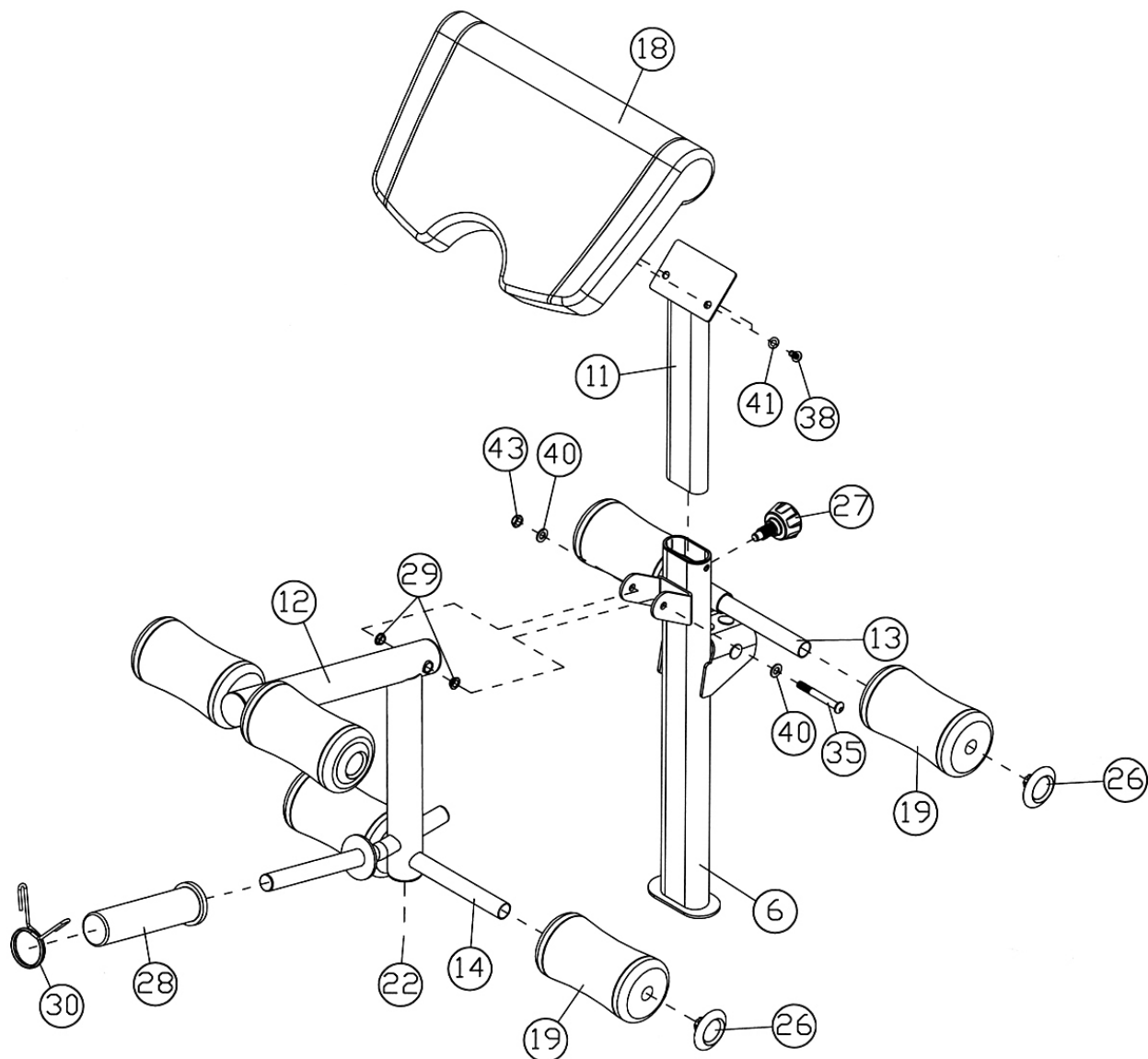
- A.) Attach the Seat Bracket (#10) to the pivot on Main Seat Support (#7). Attach the two Backrest Supports (#9) to the Seat Bracket from each side. Secure them together with One M12 x 7 1/8" Hex Bolt (#31), two Ø 1" Washers (#39), and one M12 aircraft Nut (#42).
- B.) Attach the Backrest Board (#17) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#37) and four Ø 5/8" Washers (#41).
- C.) Attach the Seat Pad (#16) to Seat Bracket. Secure it with four M8 x 1 5/8" Allen Bolts (#37) and four Ø 5/8" Washers (#41).

**DIAGRAM 3**

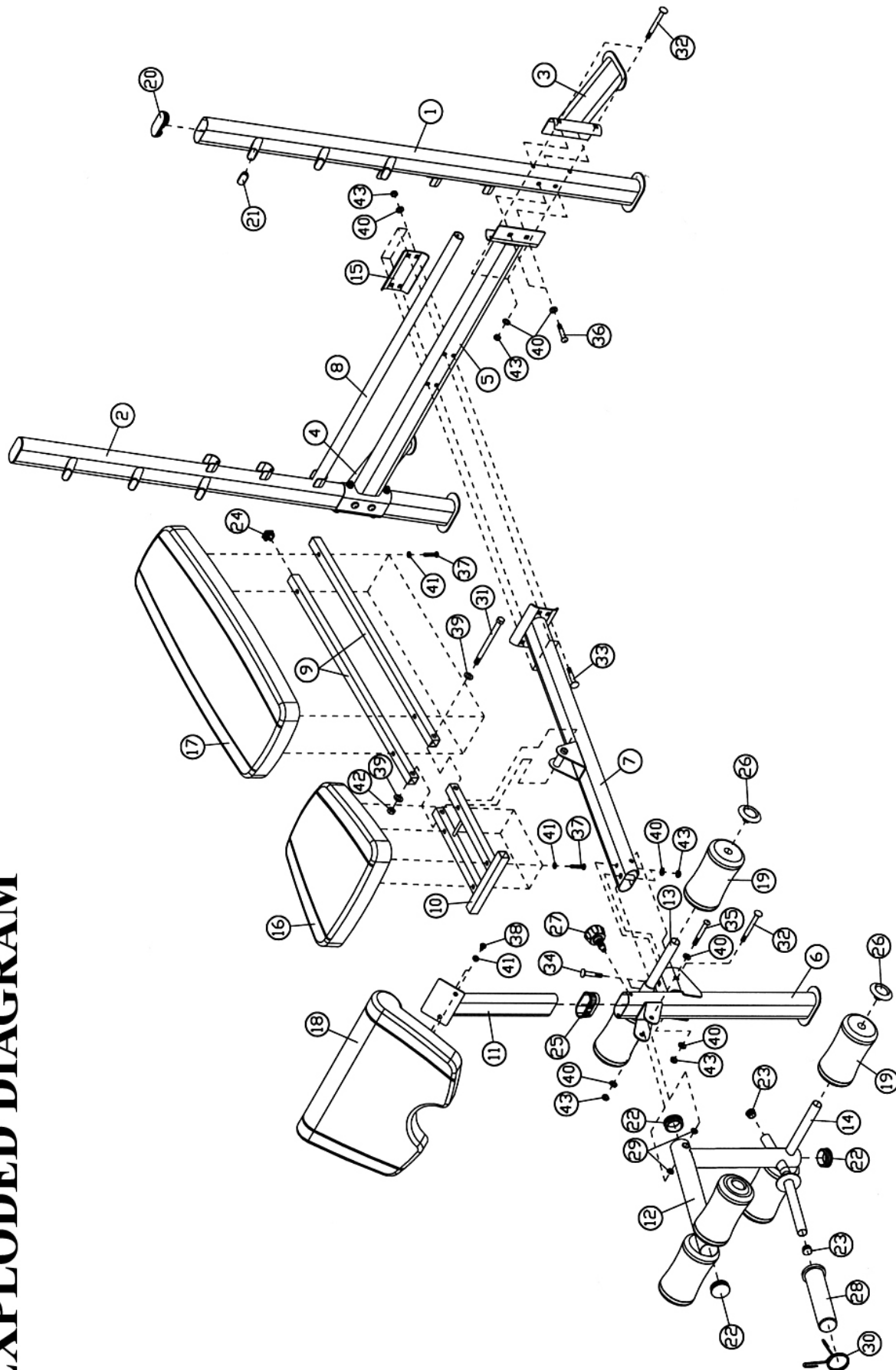


**STEP 4 (See Diagram 4)**

- A.) Attach two  $\varnothing \frac{3}{4}$ " x  $\varnothing \frac{3}{8}$ " Bushings (#29) to the Leg Developer (#12). Attach the Leg Developer to the open bracket on Front Post (#6). Secure it with one M10 x 3  $\frac{1}{8}$ " Allen Bolt (#35), two  $\varnothing \frac{3}{4}$ " Washers (#40), and one M10 Aircraft Nut (#43).
- B.) Insert one Long Foam Tube (#13) and two Foam Tubes (#14) halfway through the holes on the Front Post and Leg Developer. Push six Foam Rolls (#19) onto the Tubes from both ends. Plug six Foam Roll End Caps (#26) into the ends.
- C.) Slide an Olympic Sleeve (#28) onto the weight post on the Leg Developer. Attach a Spring Clip (#30) to the Sleeve.
- D.) Attach the Arm Curl Pad (#18) to the Arm Curl Stand (#11). Secure it with two M8 x  $\frac{5}{8}$ " Allen Bolts (#38) and two  $\varnothing \frac{5}{8}$ " Washers (#41). Insert the Arm Curl Stand into the opening on Front Post. Use the M18 Lock Knob (#27) to lock the Stand in position.

**DIAGRAM 4**

# EXPLODED DIAGRAM



## **PARTS LIST**

<b>KEY NO.</b>	<b>DESCRIPTION</b>	<b>Q'ty</b>
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Left Diagonal Support	1
4	Right Diagonal Support	1
5	Cross Brace	1
6	Front Post	1
7	Main Seat Support	1
8	Backrest Adjustment Bar	1
9	Backrest Support	2
10	Seat Bracket	1
11	Arm Curl Stand	1
12	Leg Developer	1
13	Long Foam Tube	1
14	Foam Tube	2
15	5 ½" x 3" Bracket	1
16	Seat Pad	1
17	Backrest Board	1
18	Arm Curl Pad	1
19	Foam Roll	6
20	3 1/8" Upright Beam End Cap	2
21	1 5/8" End Cap	6
22	Ø 2" End Cap	3
23	Ø 1" End Cap	2
24	1" Square End Cap	2
25	3 1/8" Sleeve	1
26	Foam Roll End Cap	6
27	M18 Lock Knob	1
28	Olympic Sleeve	1
29	Ø ¾" x Ø 3/8" Bushing	2
30	Spring Clip	1
31	M12 x 7 1/8" Hex Bolt	1
32	M10 x 4" Carriage Bolt	5
33	M10 x 2 3/8" Carriage Bolt	4
34	M10 x 2 1/8" Carriage Bolt	2
35	M10 x 3 1/8" Allen Bolt	1
36	M10 x 2 1/8" Allen Bolt	4
37	M8 x 1 5/8" Allen Bolt	8
38	M8 x 5/8" Allen Bolt	2
39	Ø 1" Washer	2
40	Ø ¾" Washer	17
41	Ø 5/8" Washer	10
42	M12 Aircraft Nut	1
43	M10 Aircraft Nut	12

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

**IMPEX<sup>®</sup> 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](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