

NOTE:
Please read all instructions
carefully before using this
product

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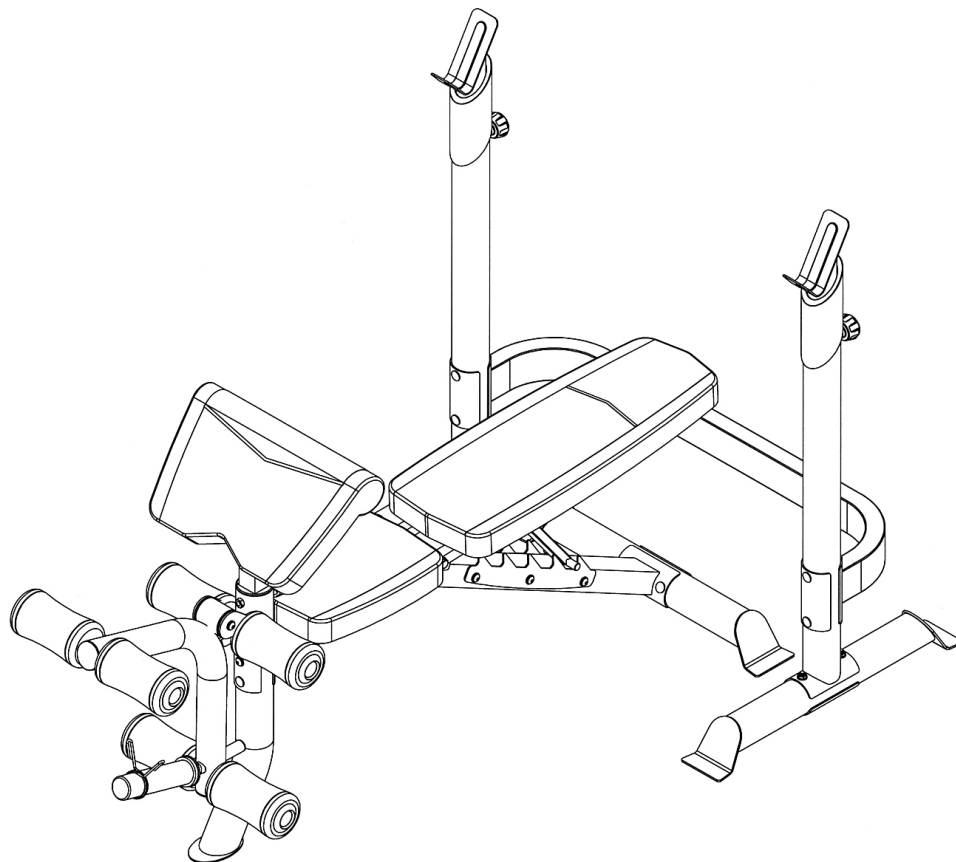
Retain This
Manual for
Reference

07/10/09

**OWNER'S
MANUAL**

IMPEX

MARCY DIAMOND ELITE WEIGHT BENCH MD-860



IMPEX® INC.

14777 Don Julian Rd., City of Industry, CA 91746

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BEFORE YOU BEGIN

Thank you for selecting the **MARCY DIAMOND WEIGHT BENCH MD-860** 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 your 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

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.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.

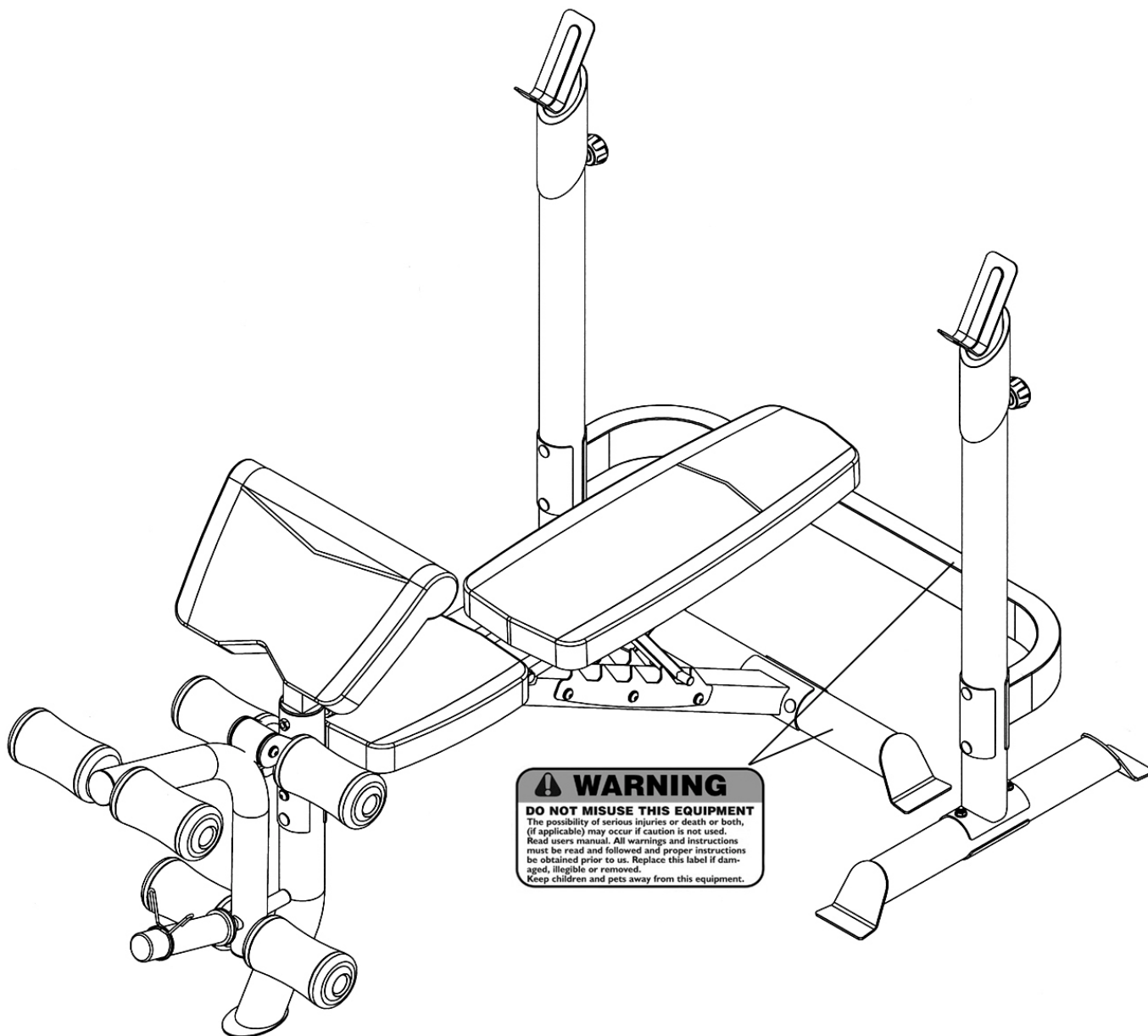
CARE AND MAINTENANCE

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.

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.

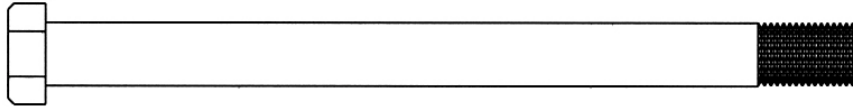
WARNING LABEL PLACEMENT



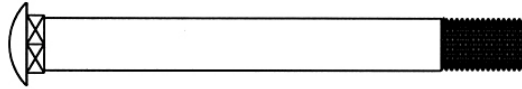
The Warning Labels shown here have been placed on the Cross Brace and Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown

HARDWARE PACK

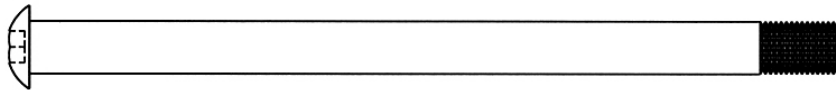
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



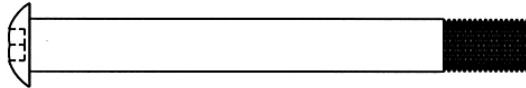
#34 M12 x 6 $\frac{1}{8}$ " Hex Bolt (Qty 1)



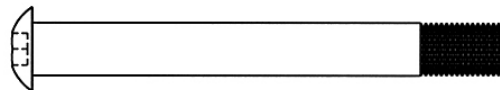
#35 M10 x 3 $\frac{3}{4}$ " Carriage Bolt (Qty 7)



#36 M10 x 6 $\frac{1}{8}$ " Allen Bolt (Qty 1)



#37 M10 x 3 $\frac{3}{4}$ " Allen Bolt (Qty 5)



#38 M10 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 3)



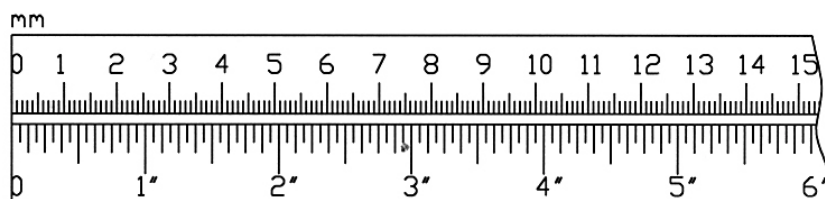
#39 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 2)



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

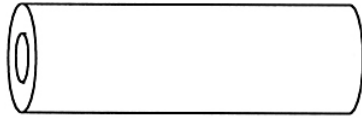


#41 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)

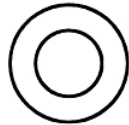


HARDWARE PACK

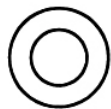
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#16 Leg Developer Axle (Qty 1)



#42 Ø 1" Washer (Qty 2)



#43 Ø ¾" Washer (Qty 22)



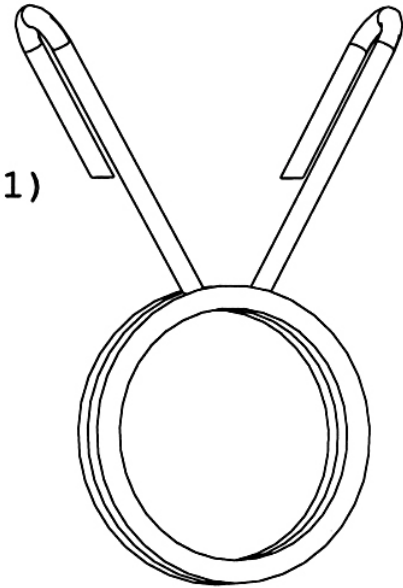
#44 Ø ⅝" Washer (Qty 10)



#45 M12 Aircraft Nut (Qty 1)



#46 M10 Aircraft Nut (Qty 11)



#18 Spring Clip (Qty 1)

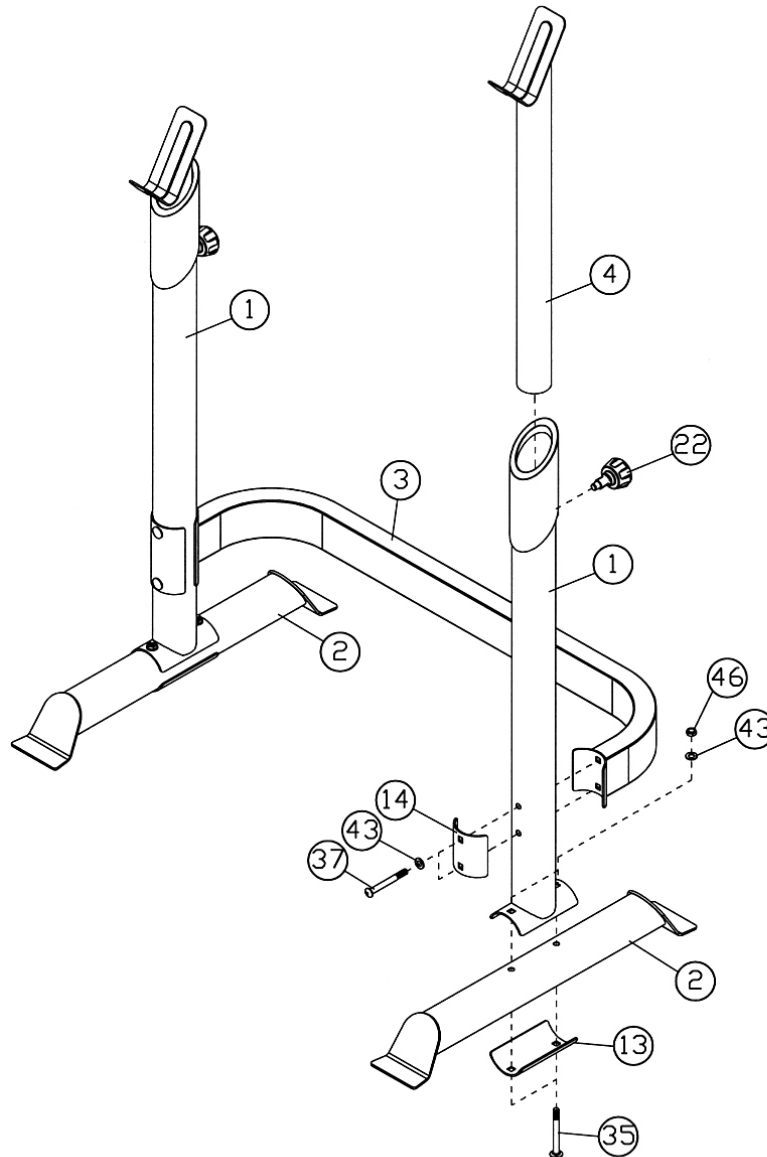
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach an Upright Beam (#1) onto a Rear Base Frame (#2). Secure them together with two M10 x 3 ¾" Carriage Bolts (#35), one 5 ½" Curved Bracket (#13), two Ø ¾" Washer (#43), and two M10 Aircraft Nuts (#46) from bottom. Repeat the same step to install the other Upright Beam onto the other Rear Base Frame.
- C.) Connect the two Upright Beams with a Cross Brace (#3) in the mid-span. Secure each end to an Upright Beam with two M10 x 3 ¾" Allen Bolts (#37), two Ø ¾" Washer (#43), and one 3 ½" Curved Bracket (#14).
- D.) **Securely tighten all Nuts and Bolts.**
- E.) Insert two Crutches (#4) into the two Upright Beams. Insert two M18 Lock Knobs (#22) through the selected holes to obtain desired height.

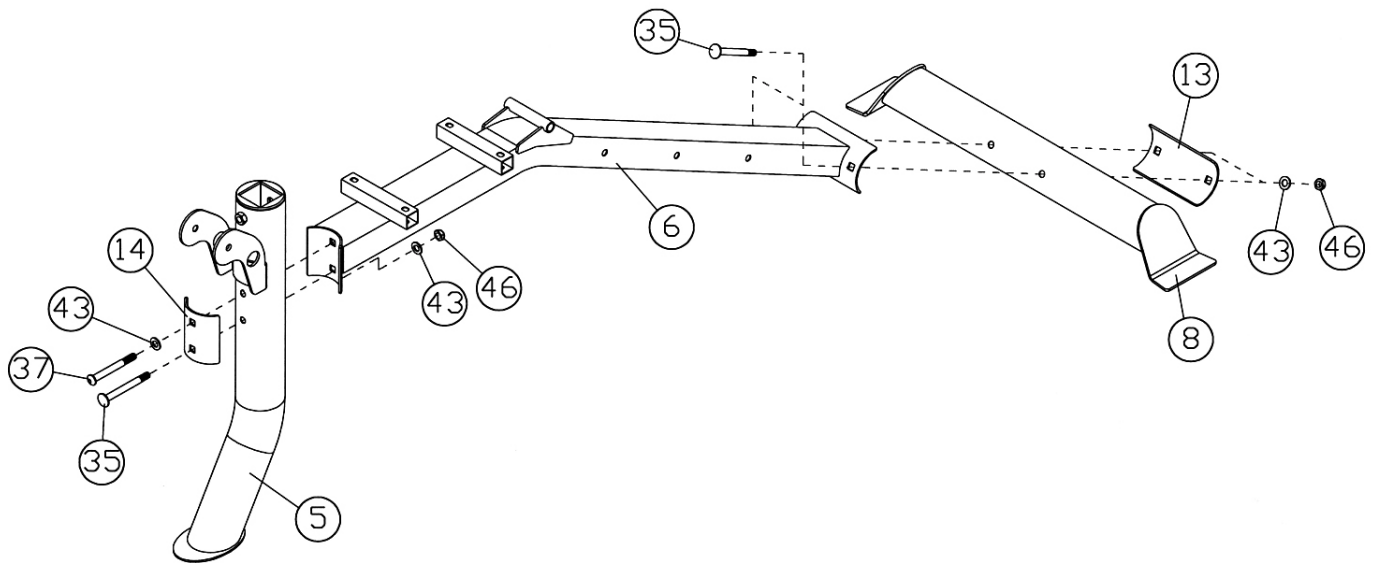
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Main Seat Support (#6) to the Rear Stabilizer (#8). Secure it with two M10 x 3 ¾" Carriage Bolts (#35), one 5 ½" Curved Bracket (#13), two Ø ¾" Washers (#43), and two M10 Aircraft Nuts (#46).
- C.) Attach the Main Seat Support to the Front Post (#5). Secure it with one 3 ½" Curved Bracket (#14), one M10 x 3 ¾" Carriage Bolts (#35), one Ø ¾" Washers (#43), and one M10 Aircraft Nut (#46) through the lower hole, one M10 x 3 ¾" Allen Bolt (#37), one Ø ¾" Washer (#43) through the upper hole.
- D.) **Securely tighten all nuts and bolts.**

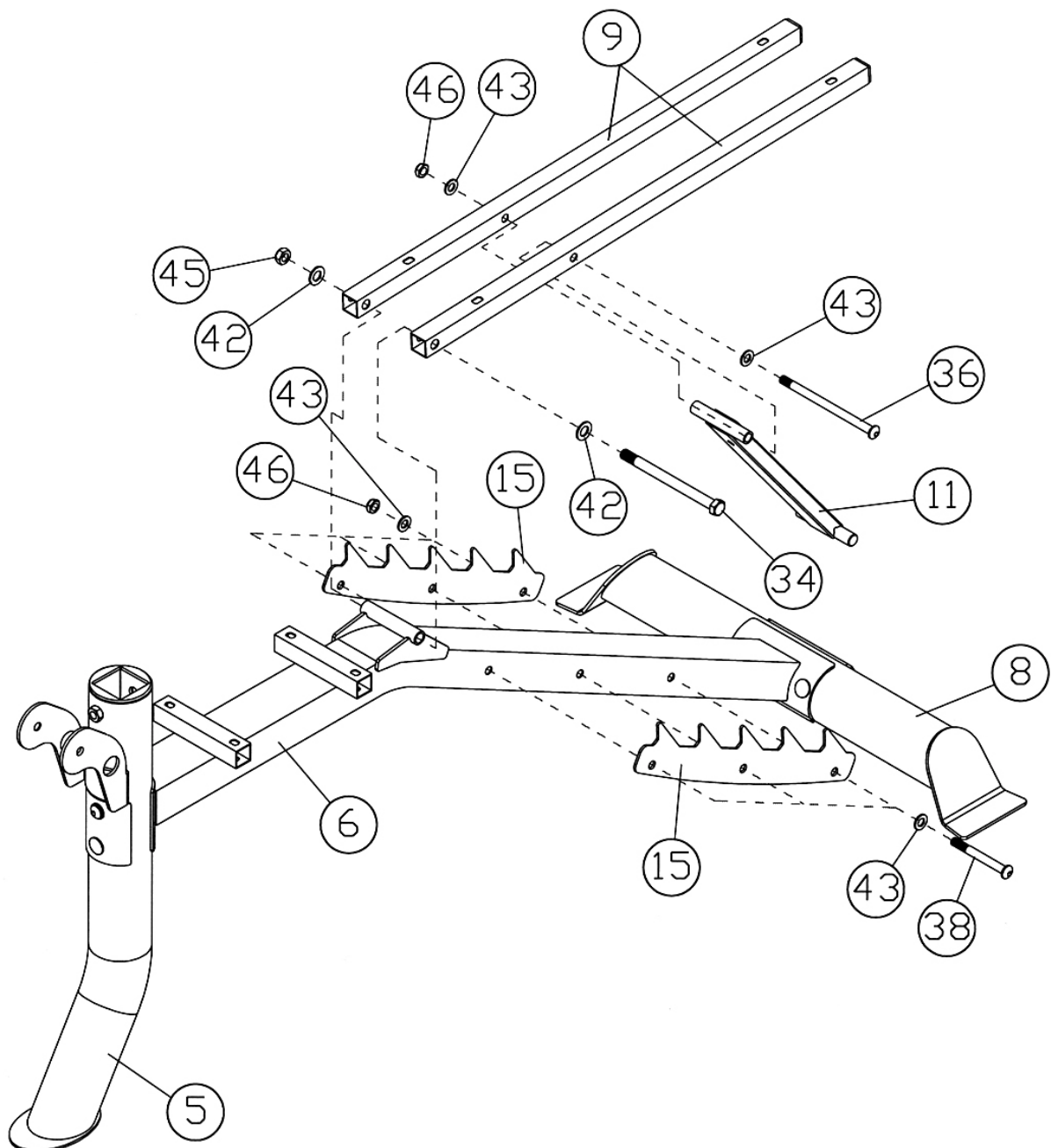
DIAGRAM 2



STEP 3 (See Diagram 3)

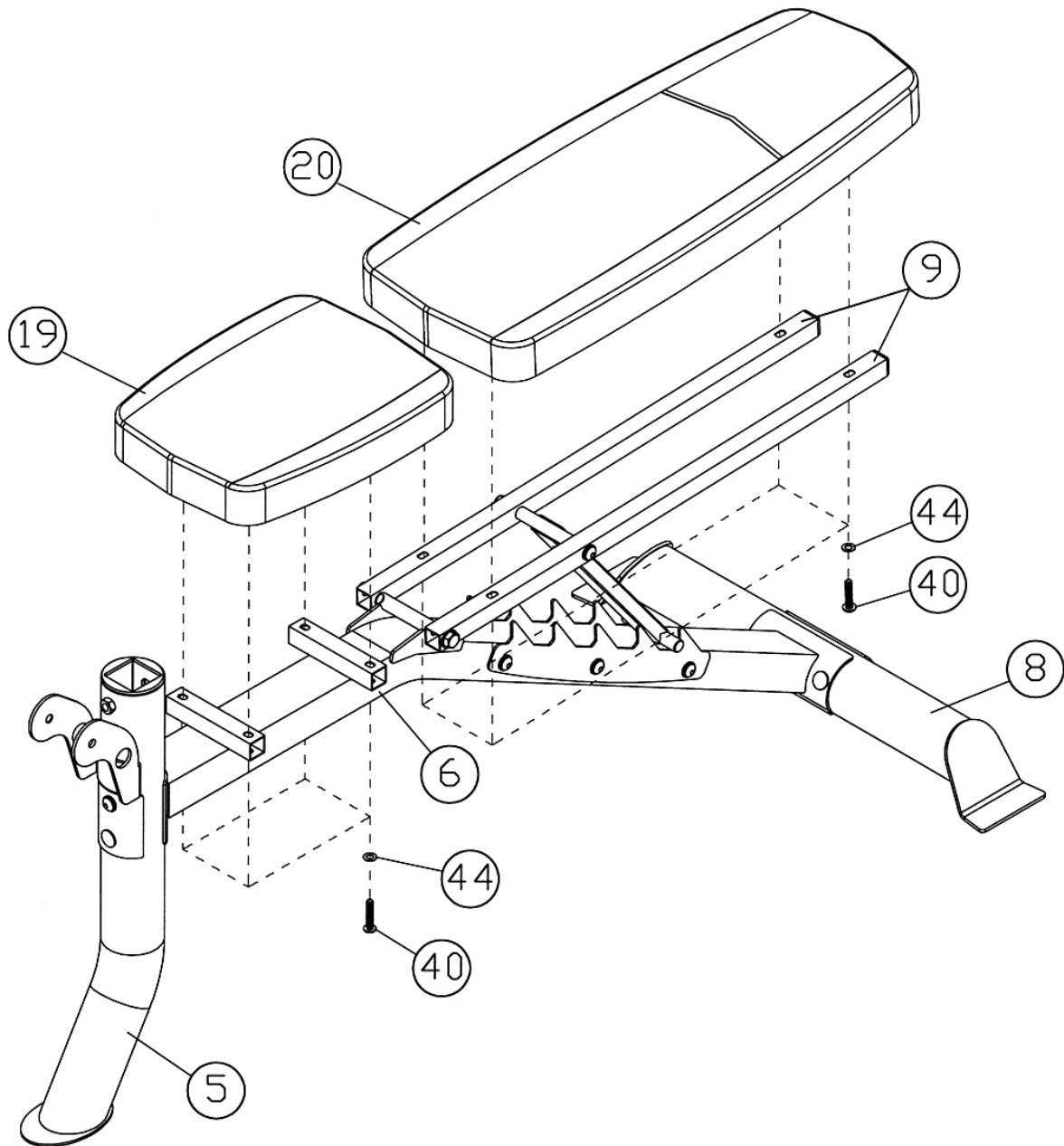
- A.) Attach two Incline Support Frames (#15) to the Main Seat Support (#6) from both sides. Align the holes. Secure the Incline Support Frames to the Main Seat Support with three M10 x 3 1/2" Allen Bolts (#38), six Ø 3/4" Washers (#43), and three M10 Aircraft Nuts (#46).
- B.) Attach the Incline Support (#11) to the side-holes on the two Backrest Supports (#9). Align the holes. Secure it with one M10 x 6 1/8" Allen Bolt (#36), two Ø 3/4" Washers (#43), and one M10 Aircraft Nut (#46). Place the other end of Incline Support to the selected slot on Incline Support Frame to hold the desired Backrest Incline.
- C.) Attach the holes on the end of the Backrest Supports to the pivot on the Main Seat Support. Align the holes. Secure the two Backrest Supports to the pivot with one M12 x 6 1/8" Hex Bolt (#34), two Ø 1" Washers (#42), and one M12 Aircraft Nut (#45).
- D.) **Do not over tighten the Nuts and Bolts. Make sure the Backrest Supports and Incline Support are able to swivel.**

DIAGRAM 3



STEP 4 (See Diagram 4)

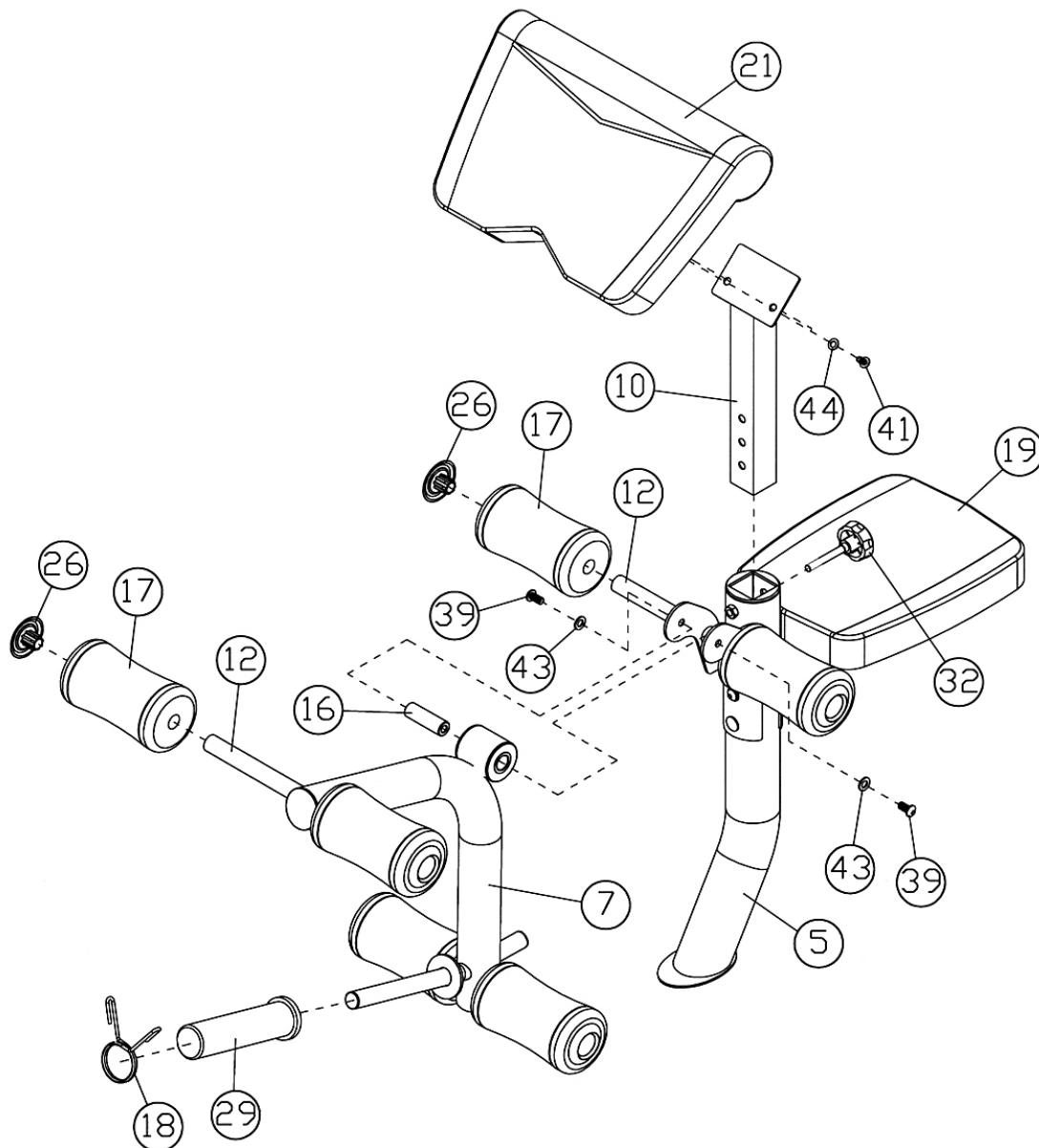
- A.) Attach the Backrest Board (#20) to the Backrest Supports (#9). Secure it with four M8 x 1 5/8" Allen Bolts (#40) and four Ø 5/8" Washers (#44).
- B.) Place the Seat Pad (#19) onto the seat bracket on Main Seat Support (#6). Secure it with four M8 x 1 5/8" Allen Bolts (#40) and four Ø 5/8" Washers (#44).

DIAGRAM 4

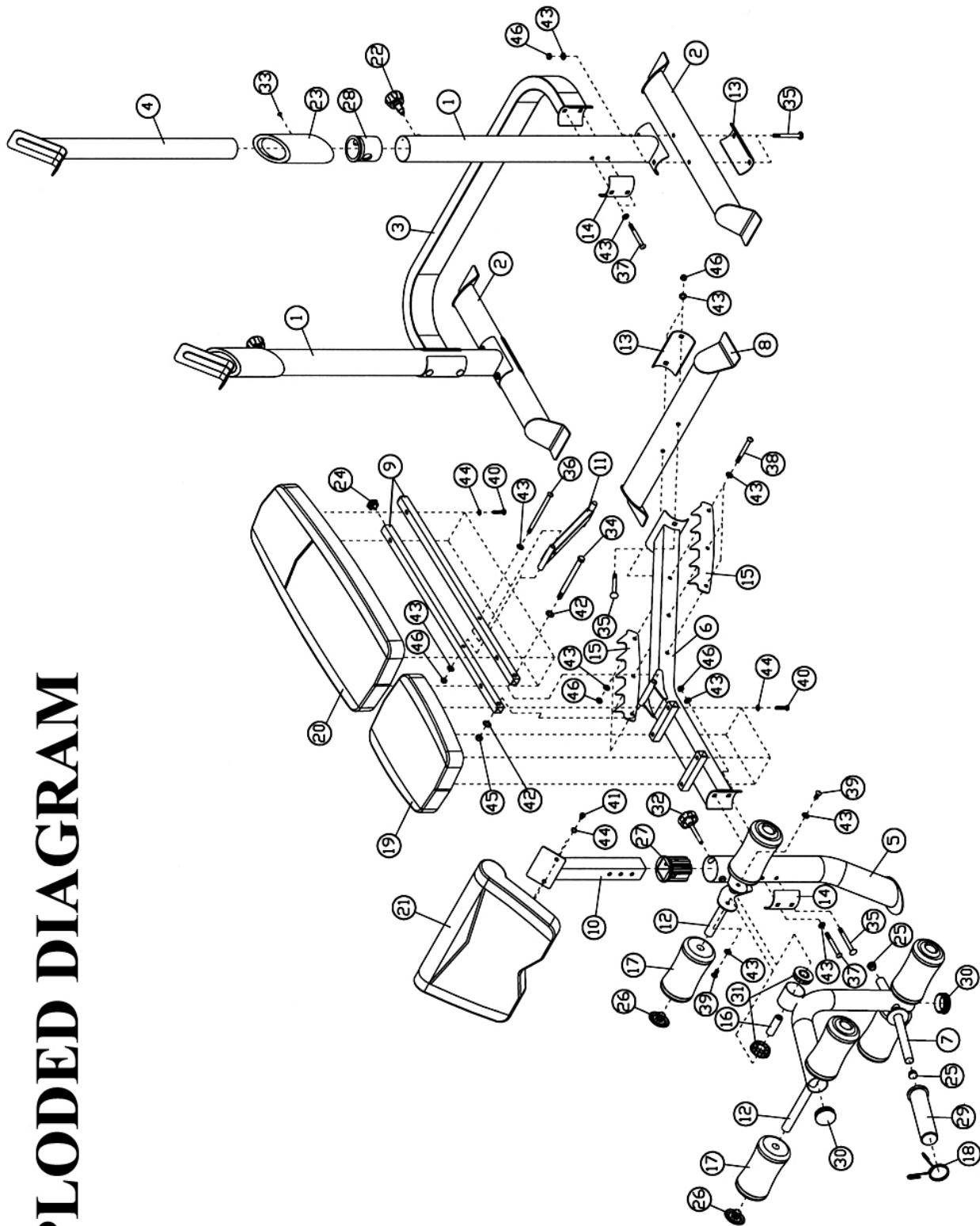
STEP 5 (See Diagram 5)

- A.) Attach the Leg Developer (#7) to the open bracket on the Front Post (#5). Secure it with one Leg Developer Axle (#16), two M10 x 3/4" Allen Bolts (#39), and two Ø 3/4" Washers (#43).
- B.) Insert three Foam Tubes (#12) halfway through the holes on the Leg Developer and Front Post. Push six Foam Rolls (#17) onto the Tubes from both ends. Plug six Foam Roll End Caps (#26) into the ends.
- C.) Slide an Olympic Sleeve (#29) onto the weight post on Leg Developer. Attach a Spring Clip (#18) onto the Sleeve.
- D.) Attach the Arm Curl Pad (#21) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen Bolts (#41) and two Ø 5/8" Washers (#44).
- E.) Insert the Arm Curl Stand into the Front Post. Use the M10 Lock Knob (#32) to lock the Arm Curl Stand in position.
- F.) Remove the Arm Curl Stand when doing Leg Developer exercises.

DIAGRAM 5



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2
2	Rear Base Frame	2
3	Cross Brace	1
4	Crutch	2
5	Front Post	1
6	Main Seat Support	1
7	Leg Developer	1
8	Rear Stabilizer	1
9	Backrest Support	2
10	Arm Curl Stand	1
11	Incline Support	1
12	Foam Tube	3
13	5 ½" Curved Bracket	3
14	3 ½" Curved Bracket	3
15	Incline Support Frame	2
16	Leg Developer Axle	1
17	Foam Roll	6
18	Spring Clip	1
19	Seat Pad	1
20	Backrest Board	1
21	Arm Curl Pad	1
22	M18 Lock Knob	2
23	Ø 3 ¼" Upright Beam Top Cover	2
24	1" Square End Cap	2
25	Ø 1" End Cap	2
26	Foam Roll End Cap	6
27	Ø 3" x 1 ¾" Sleeve	1
28	Ø 3" x Ø 2 3/8" Sleeve	2
29	Olympic Sleeve	1
30	Ø 2 3/8" End Cap	2
31	Ø 7/8" Leg Developer Bushing	2
32	M10 Lock Knob	1
33	ST3.5 x 3/8" Philips Screw	2
34	M12 x 6 1/8" Hex Bolt	1
35	M10 x 3 ¾" Carriage Bolt	7
36	M10 x 6 1/8" Allen Bolt	1
37	M10 x 3 ¾" Allen Bolt	5
38	M10 x 3 ½" Allen Bolt	3
39	M10 x ¾" Allen Bolt	2
40	M8 x 1 5/8" Allen Bolt	8
41	M8 x 5/8" Allen Bolt	2
42	Ø 1" Washer	2
43	Ø ¾" Washer	22
44	Ø 5/8" Washer	10
45	M12 Aircraft Nut	1
46	M10 Aircraft Nut	11
	#6 Allen Wrench (Tool)	2
	#5 Allen Wrench (Tool)	1
	#4 Allen Wrench (Tool)	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 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