

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWB 209

Retain This
Manual for
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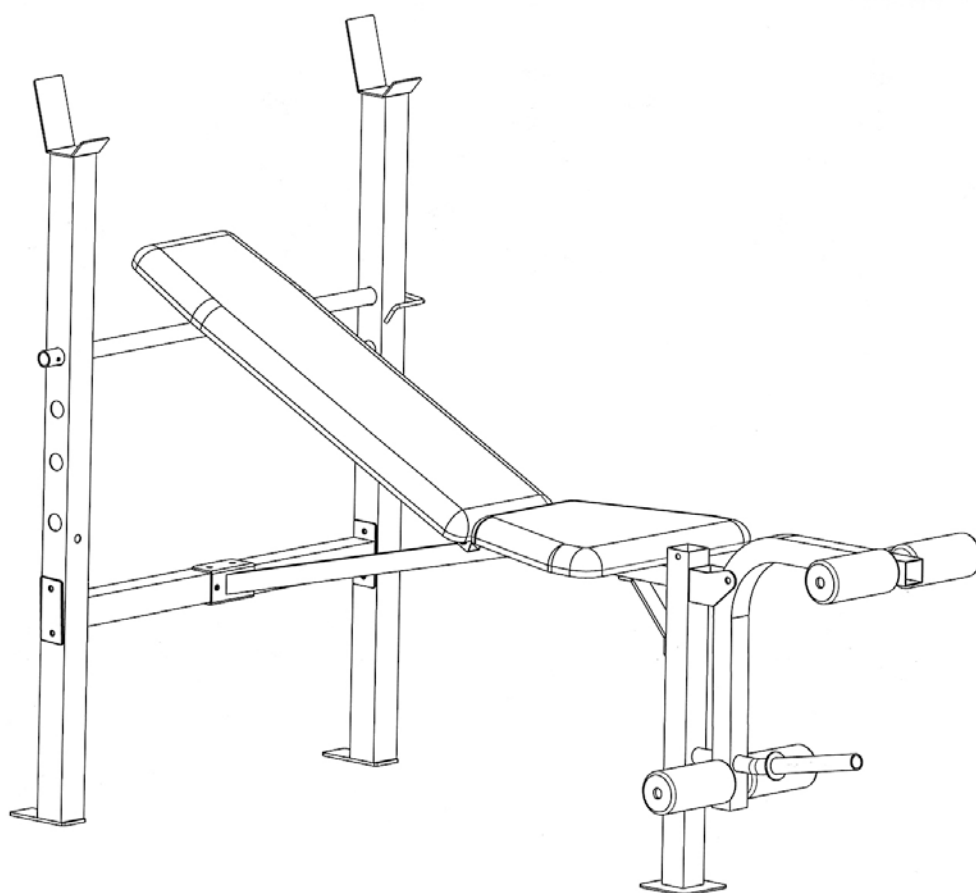
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OWNER'S
MANUAL

IMPEX

MARCY WEIGHT BENCH

MWB-209



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY Weight Bench MWB-209 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

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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.
12. A spotter is recommended during exercise.

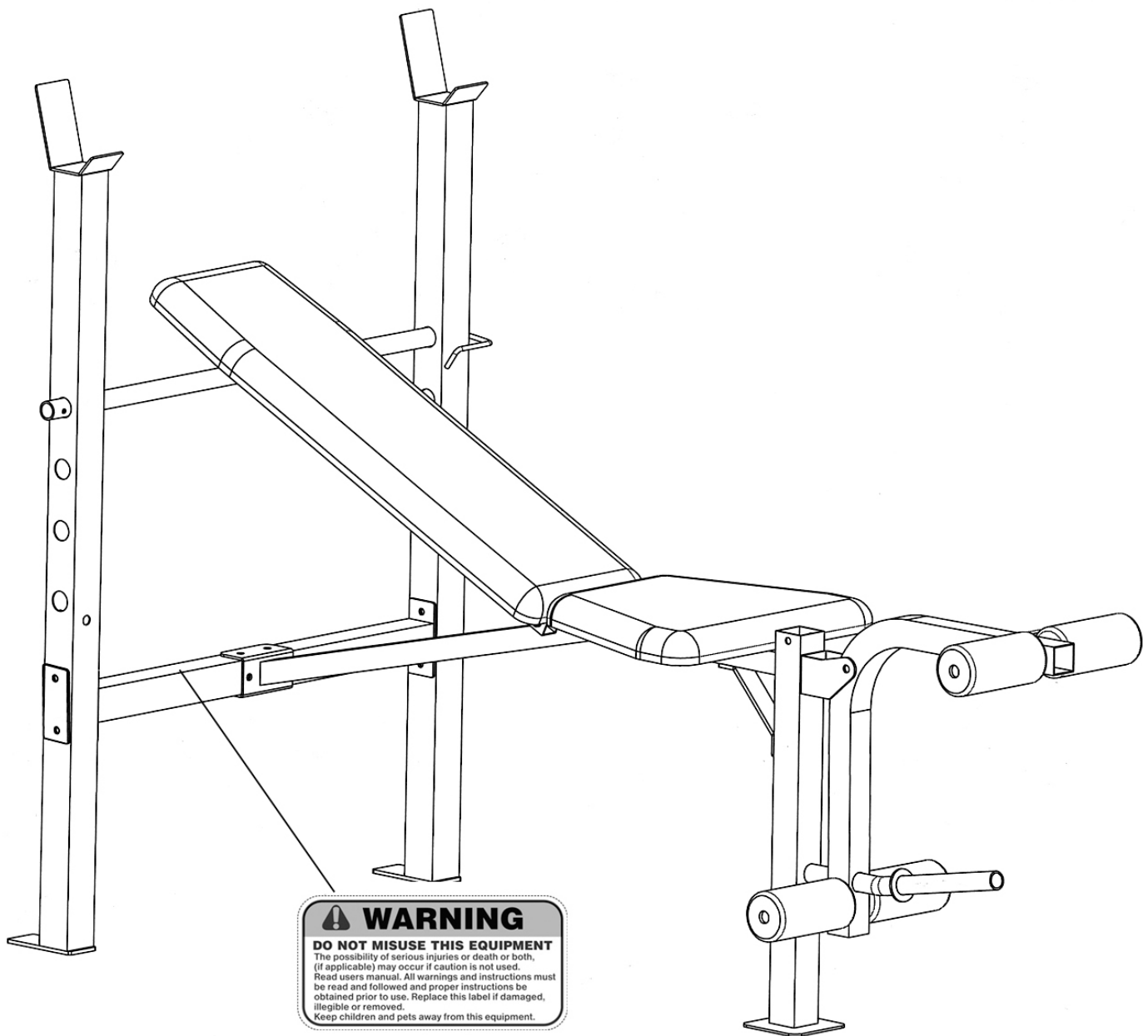
CARE AND MAINTENANCE

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 weight capacity on the uprights: 200 lbs.
4. Maximum user's weight: 300 lbs.
5. 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.

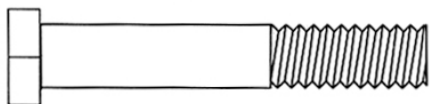
WRANING LABEL PLACEMENT



The warning label shown here have been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

Hardware Pack

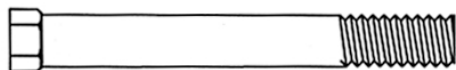
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



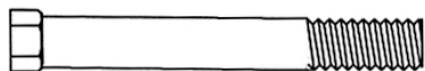
#19 M10 x 2 $\frac{3}{8}$ " Hex Bolt (Qty 1)



#24 $\emptyset \frac{5}{8}$ " Washer (Qty 11)

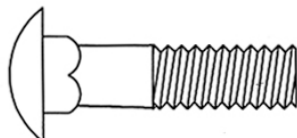


#18 M8 x 2 $\frac{1}{2}$ " Hex Bolt (Qty 4)



#16 M8 x 2 $\frac{3}{8}$ " Hex Bolt (Qty 4)

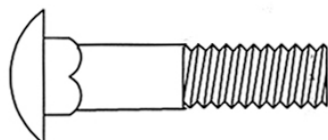
#29 $\emptyset \frac{3}{4}$ " Washer (Qty 1)



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



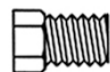
#23 $\emptyset \frac{1}{2}$ " Washer (Qty 8)



#27 M8 x 1 $\frac{3}{4}$ " Carriage Bolt (Qty 1)



#25 M10 Aircraft Nut (Qty 1)



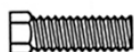
#30 M8 $\frac{3}{8}$ " Hex Bolt (Qty 1)



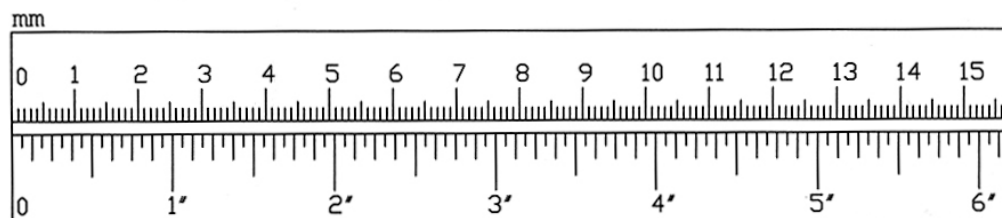
#22 M8 Aircraft Nut (Qty 10)



#21 M6 x 1 $\frac{5}{8}$ " Hex Bolt (Qty 4)



#20 M6 x $\frac{5}{8}$ " Hex Bolt (Qty 4)



ASSEMBLY INSTRUCTION

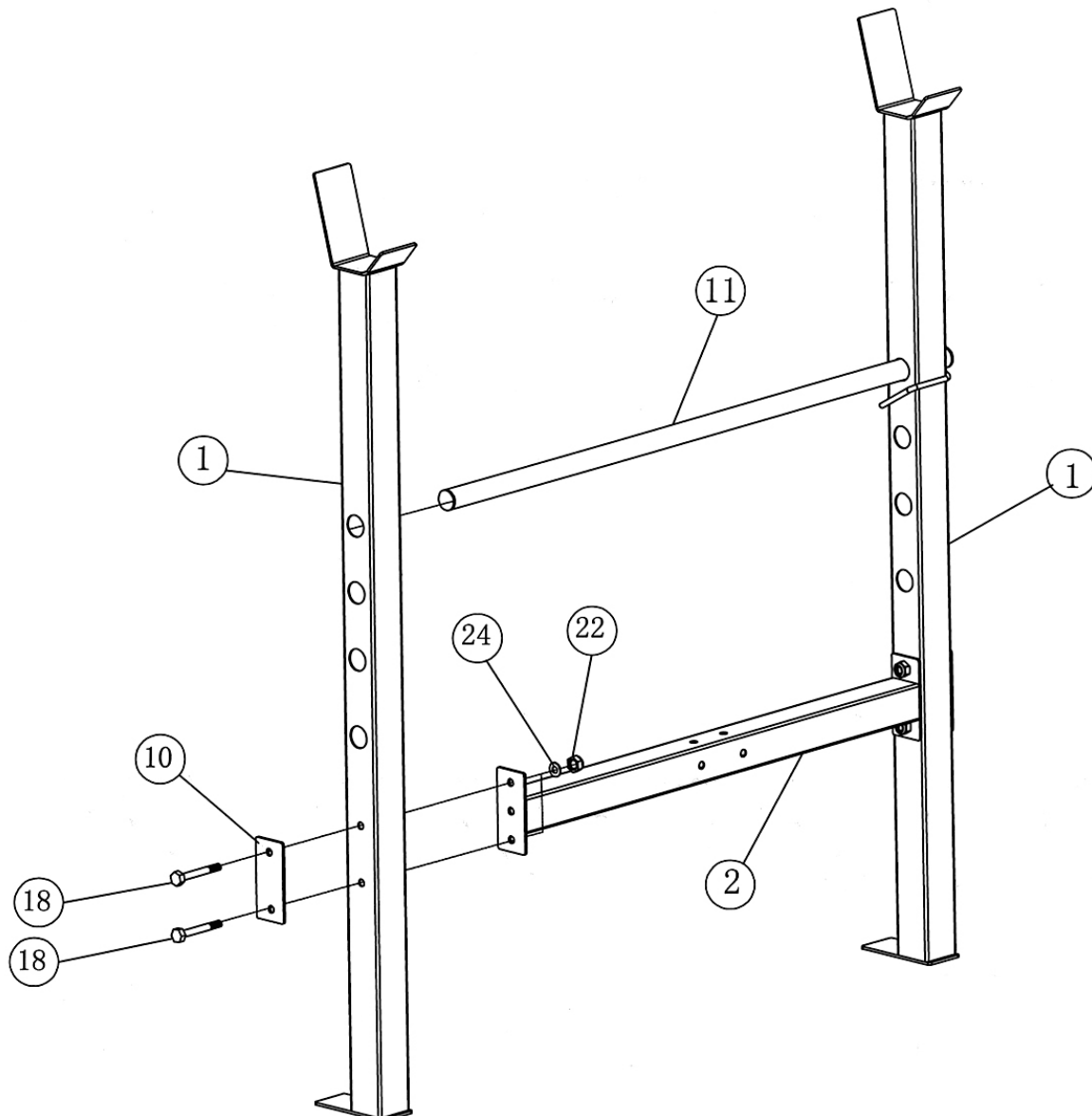
Tools Required for Assembling the Machine: Two Adjustable Wrenches.

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

STEP 1 (See Diagram 1)

- A.) **Bench should be placed on flat surface. The incline or decline of surface should be limited to 3% or less for best performance and safely.**
- B.) Connect the two Upright Beams (#1) by a Cross Brace (#2) in the mid-span.
- C.) Secure each end of Cross Brace to each Upright Beam with two M8 x 2 1/2" Hex Bolts (#18), one Bracket (#10), two Ø 5/8" Washers (#24), and two M8 Aircraft Nuts (#22).
- D.) Insert the Backrest Adjustment Bar (#11) through the selected holes on the Upright Beams to obtain desired incline position.

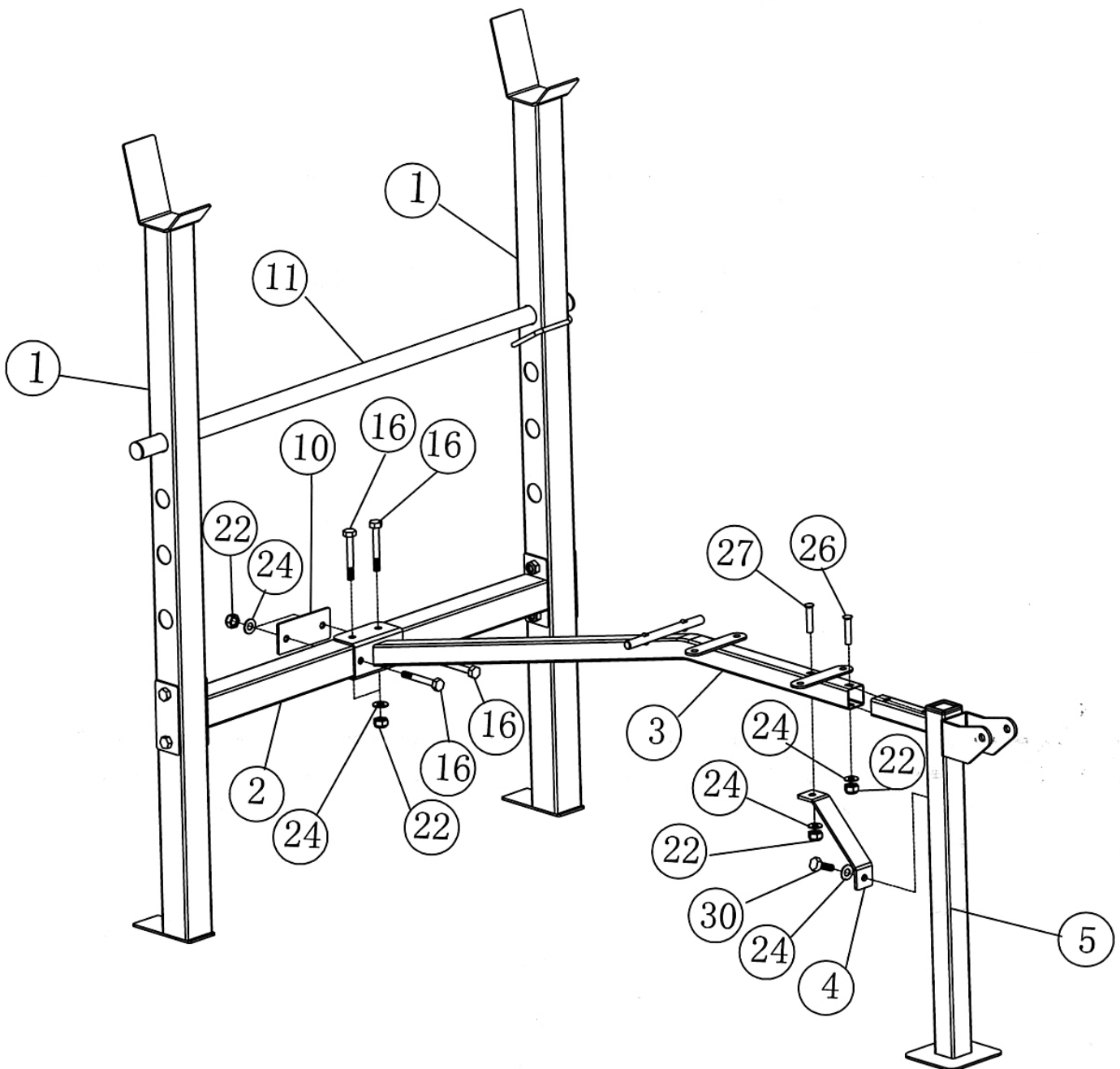
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten the Nut and Bolt until instructed to do so.**
- B.) Attach the Front Support (#5) to Main Seat Support (#3). Secure it with one M8 x 1 5/8" Carriage Bolt (#26), one Ø 5/8" Washer (#24), and one M8 Aircraft Nut (#22). Attach the other end of Main Seat Support to the Cross Brace (#2). Secure it with four M8 x 2 3/8" Hex Bolts (#16), one Bracket (#10), four Ø 5/8" Washers (#24), and four M8 Aircraft Nuts (#22).
- C.) Attach the Diagonal Support (#4) to the Main Seat Support. Secure it with one M8 x 1 3/4" Carriage Bolt (#27), one Ø 5/8" Washer (#24), and one M8 Aircraft Nut (#22).
- D.) Attach the other end of Diagonal Support to the Front Support. Secure it with one M8 x 3/5" Hex Bolt (#30) and one Ø 5/8" Washer (#24).
- E.) **Securely tighten all Nuts and Bolts.**

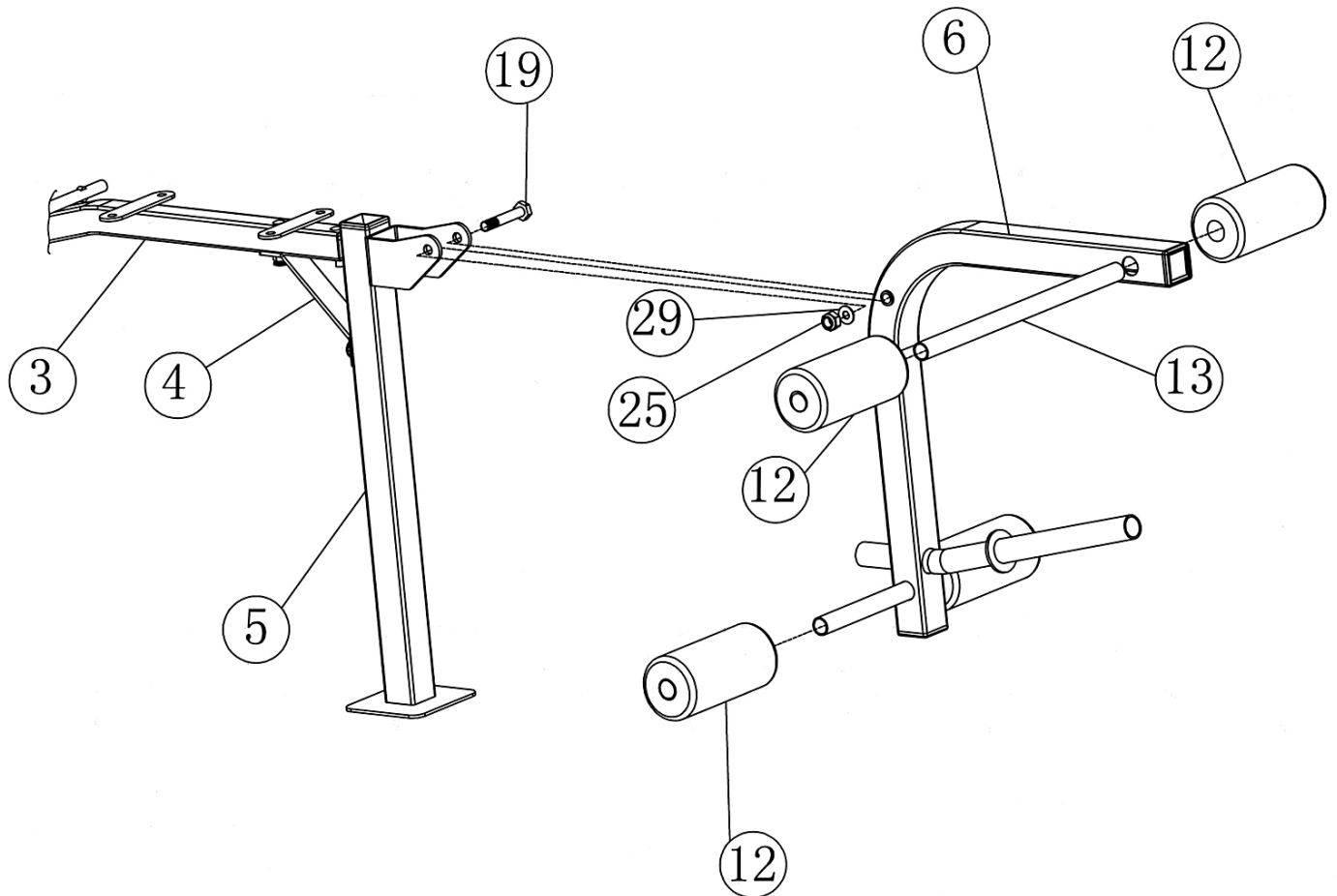
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#6) to the open bracket on the Front Support (#5). Secure it with one M10 x 2 3/8" Hex Bolt (#19), one Ø 3/4" Washer (#29), and one M10 Aircraft Nut (#25).
- B.) Insert two Foam Tubes (#13) half way through the holes on the Leg Developer.
- C.) Push four Foam Rolls (#12) onto the Foam Tubes.

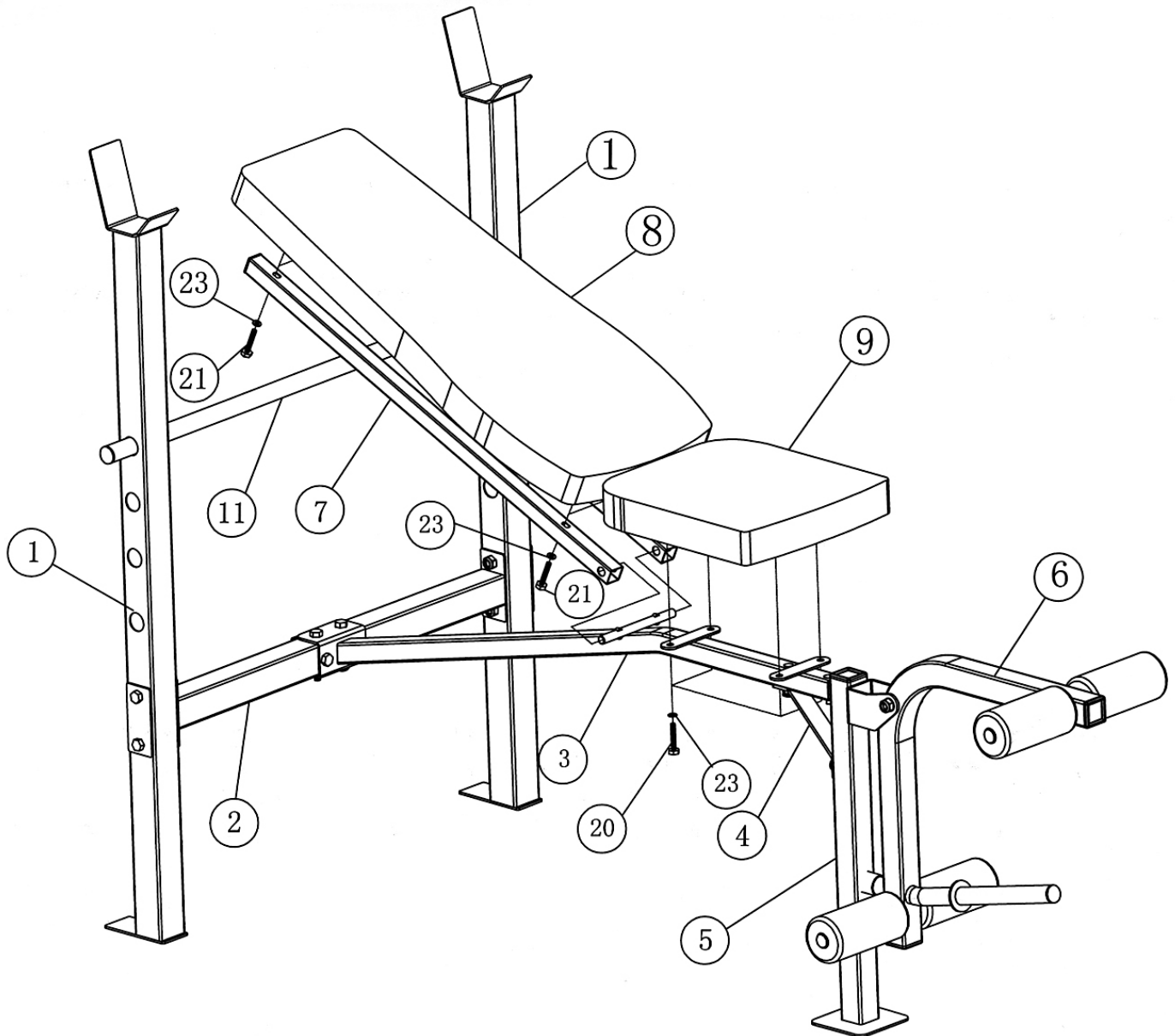
DIAGRAM 3



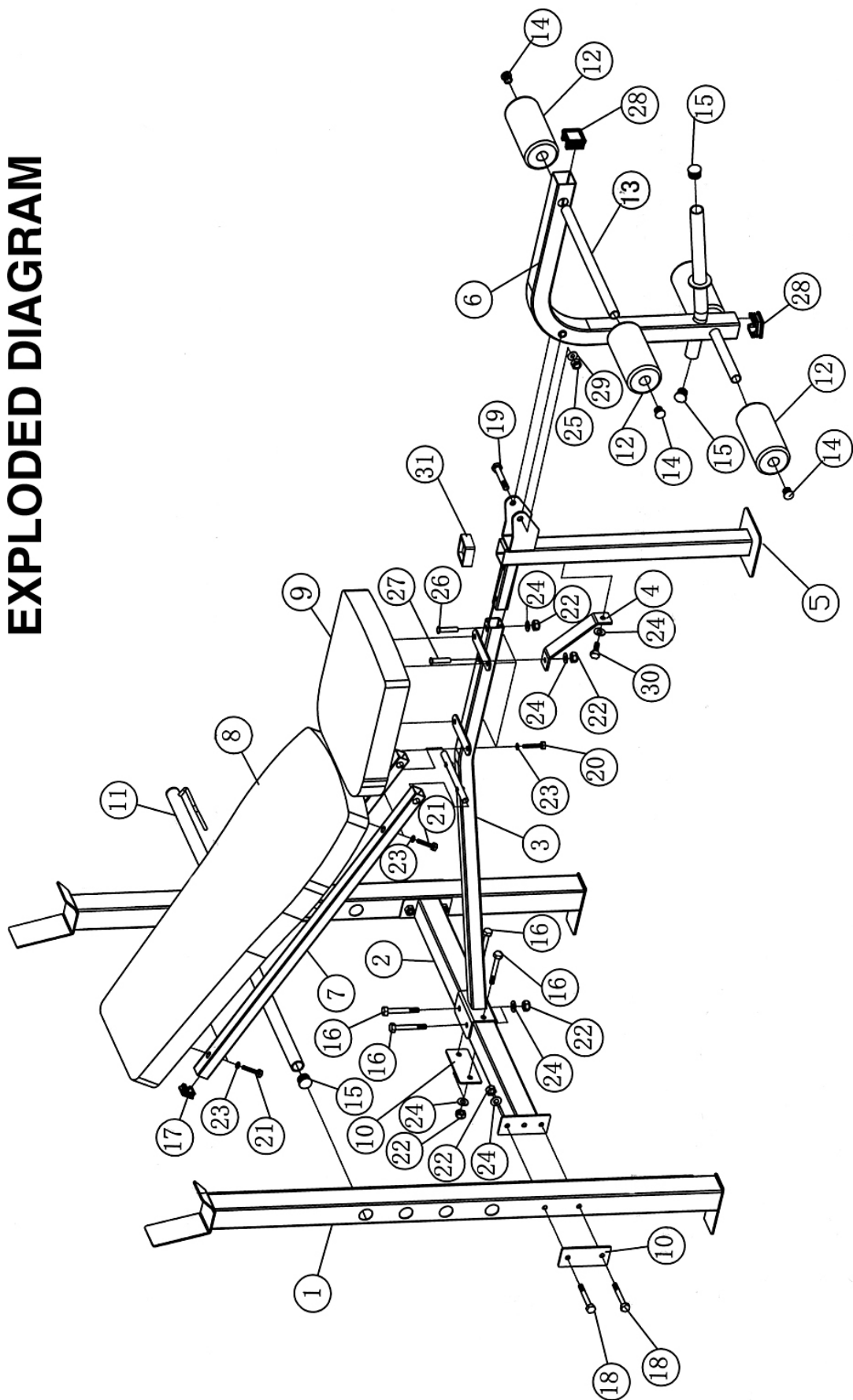
STEP 4 (See Diagram 4)

- A.) Attach the side-holes on the two Backrest Supports (#7) to the pivot on the Main Seat Support (#3). Place the other end of the Backrest Supports against the Backrest Adjustment Bar (#11).
- B.) Attach the Backrest Board (#8) to the Backrest Supports. Secure it with four M6 x 1 5/8" Hex Bolts (#21) and Ø 1/2" Washers (#23).
- C.) Place the Seat Pad (#9) onto the Main Seat Support. Secure it with four M6 x 5/8" Hex Bolts (#20) and Ø 1/2" Washers (#23).

DIAGRAM 4



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Upright Beam	2
2	Cross Brace	1
3	Main Seat Support	1
4	Diagonal Support	1
5	Front Support	1
6	Leg Developer	1
7	Backrest Support	2
8	Backrest Board	1
9	Seat Pad	1
10	Bracket	3
11	Backrest Adjustment Bar	1
12	Foam Roll	4
13	Foam Tube	2
14	Ø ¾" End Cap	4
15	Ø 1" End Cap	6
16	M8 x 2 3/8" Hex Bolt	4
17	1" Square End Cap	2
18	M8 x 2 ½" Hex Bolt	4
19	M10 x 2 3/8" Hex Bolt	1
20	M6 x 5/8" Hex Bolt	4
21	M6 x 1 5/8" Hex Bolt	4
22	M8 Aircraft Nut	10
23	Ø ½" Washer	8
24	Ø 5/8" Washer	11
25	M10 Aircraft Nut	1
26	M8 x 1 5/8" Carriage Bolt	1
27	M8 x 1 ¾" Carriage Bolt	1
28	1 ½" Square End Cap	1
29	Ø ¾" Washer	1
30	M8 x 3/8" Hex Bolt	1
31	1 ¾" Square End Cap	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. The customer must prepay all freights on products returned to IMPEX. 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

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