

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWB-719

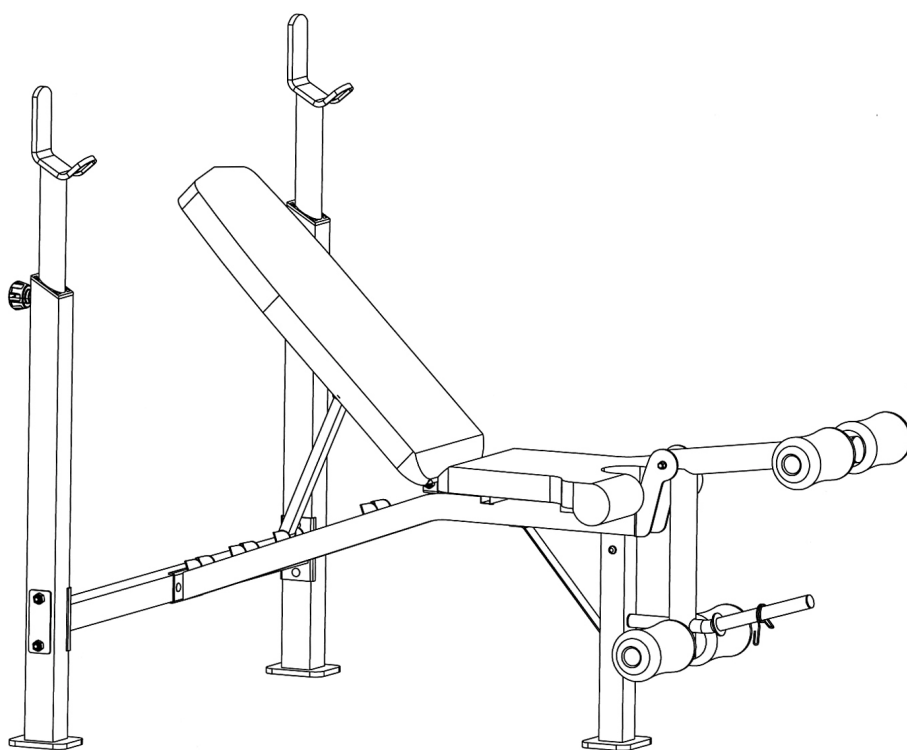
Retain This
Manual for
Reference

08-28-08

OWNER'S
MANUAL

IMPEX

MARCY® WEIGHT BENCH MWB-719



IMPEX® INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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BEFORE YOU BEGIN

Thank you for selecting the MARCY® MWB-719 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

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:

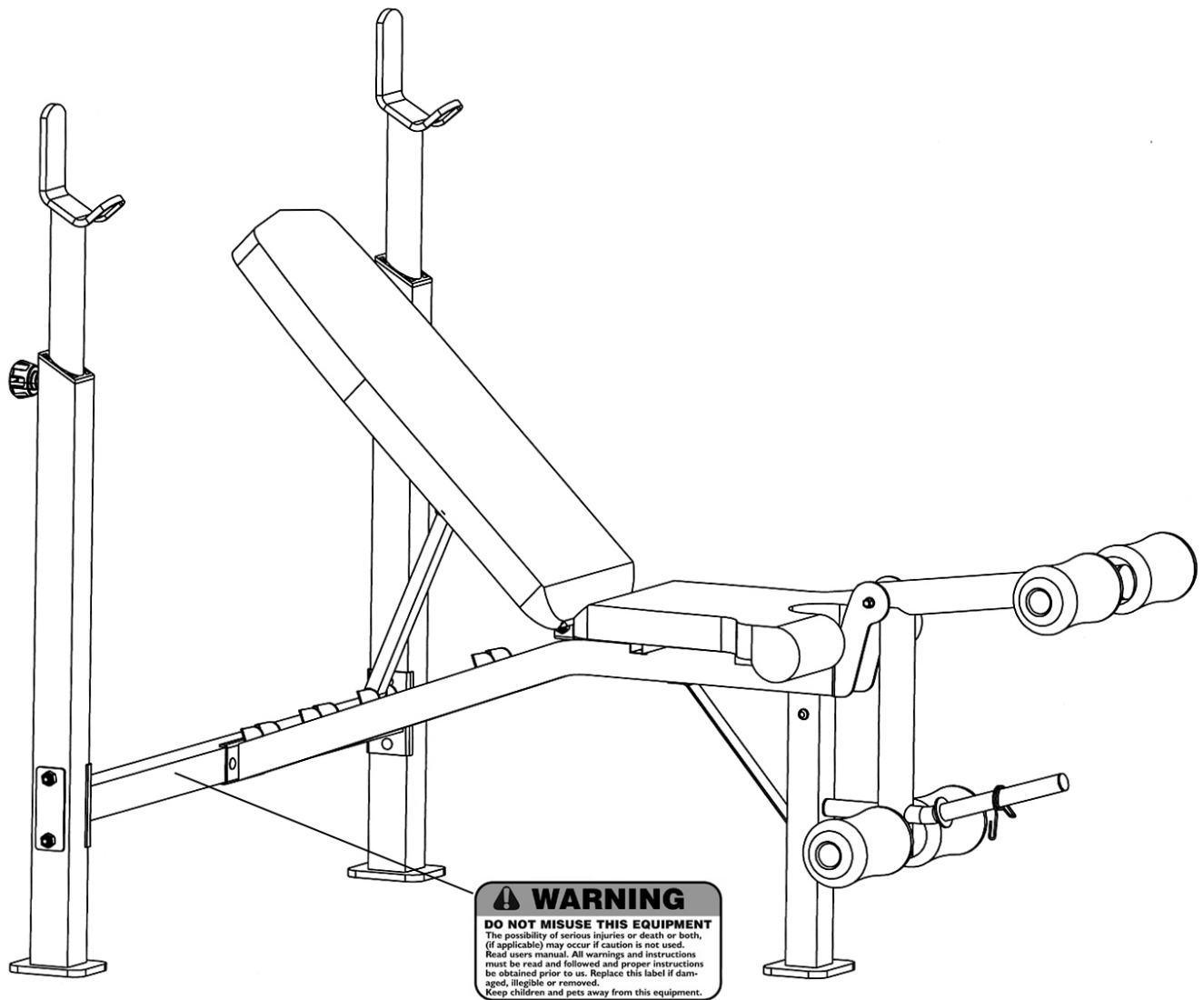
1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands 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.

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 300 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.

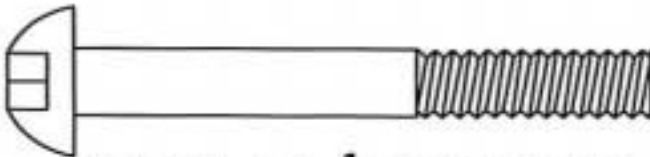
WARNING LABEL REPLACEMENT



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 PACK

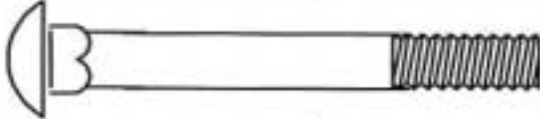
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



#39 M12 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 1)



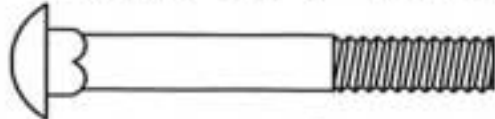
#36 Ø 1" Washer (Qty 2)



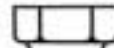
#25 M10 x 3 $\frac{1}{8}$ " Carriage Bolt (Qty 4)



#34 M12 Aircraft Nut (Qty 1)



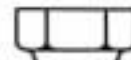
#26 M10 x 2 $\frac{5}{8}$ " Carriage Bolt (Qty 2)



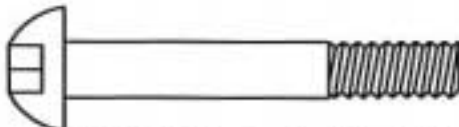
#33 M8 Aircraft Nut (Qty 1)



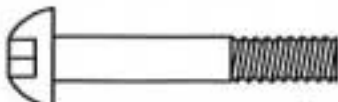
#30 M8 x 3" Allen Bolt (Qty 1)



#32 M10 Aircraft Nut (Qty 7)



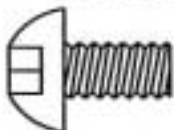
#31 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 1)



#29 M8 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 2)



#35 Ø $\frac{1}{4}$ " Washer (Qty 11)



#40 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 3)



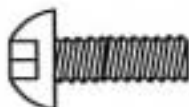
#37 Ø $\frac{5}{8}$ " Washer (Qty 6)



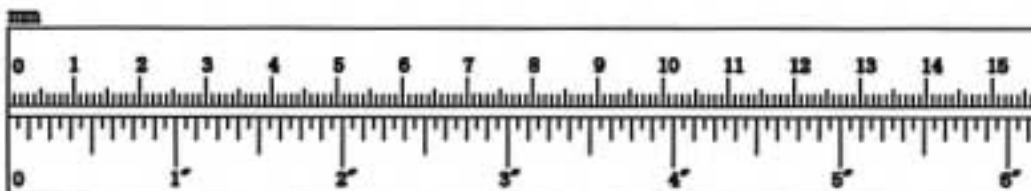
#27 M6 x 1 $\frac{1}{4}$ " Hex Bolt (Qty 4)



#38 Ø $\frac{1}{2}$ " Washer (Qty 4)



#28 M8 x $\frac{3}{4}$ " Allen Bolt (Qty 2)



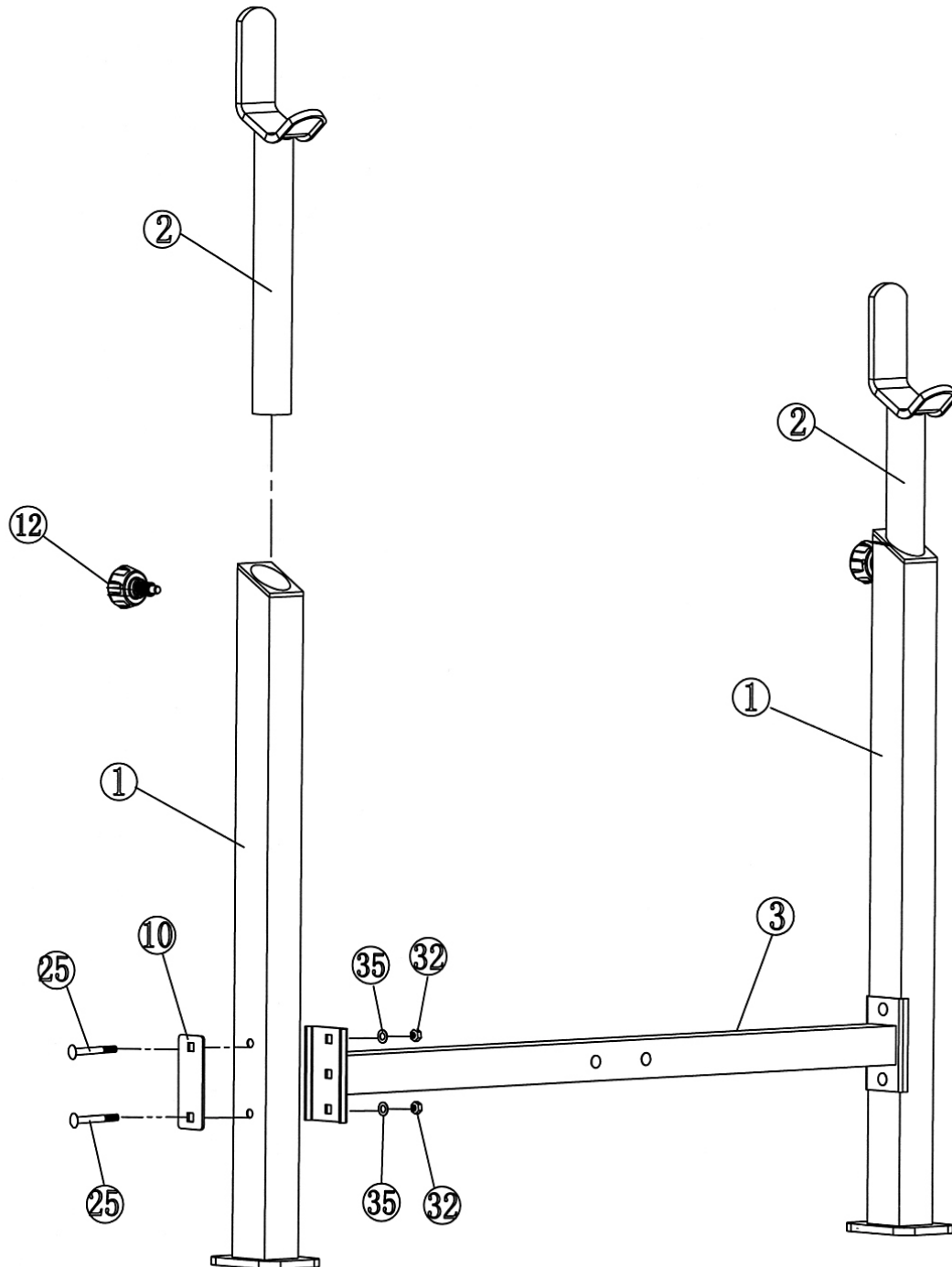
ASSEMBLY INSTRUCTION

Tools Required for Assembling this 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 two Upright Beams (#1) by a Cross Brace (#3) in the Mid-span. Secure each end of the Cross Brace with two M10 x 3 1/8" Carriage Bolts (#25), one Bracket (#10), two $\varnothing \frac{3}{4}$ " Washers (#35), and two M10 Aircraft Nuts (#32).
- B.) Insert two Crutches (#2) into the two Upright Beams. Secure each Crutch with a Lock Knob (#12) at selected height.

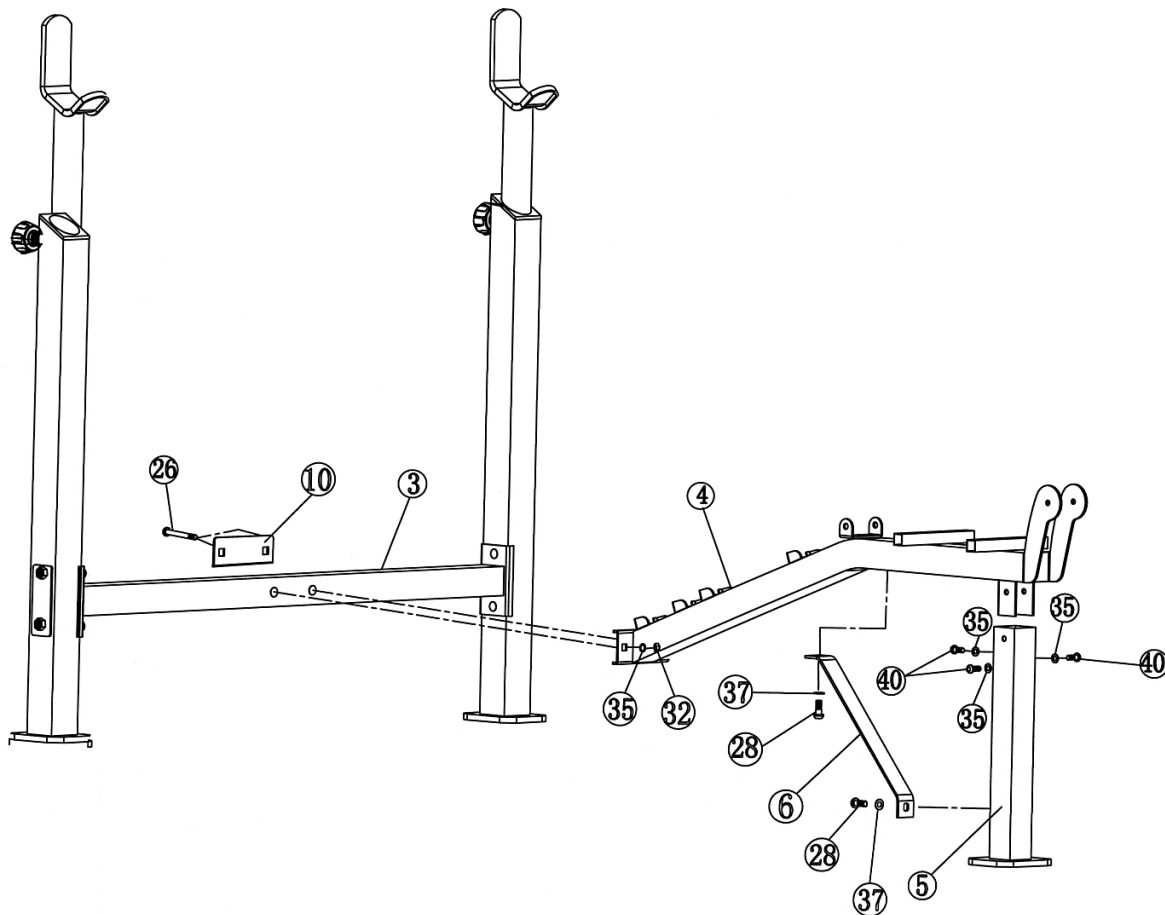
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Main Seat Support (#4) to the Front Post (#5). Secure it with three M10 x 5/8" Allen Bolts (#40) and Ø 3/4" Washers (#35).
- C.) Attach the Main Seat Support to the Cross Brace (#3). Secure it with two M10 x 2 5/8" Carriage Bolts (#26), one Bracket (#10), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#32).
- D.) Attach the Diagonal Support (#6) to the Main Seat Support and Front Post. Secure each end with one M8 x 3/4" Allen Bolt (#28) and one Ø 5/8" Washers (#37).
- E.) **Securely tighten all Nuts and Bolts installed.**

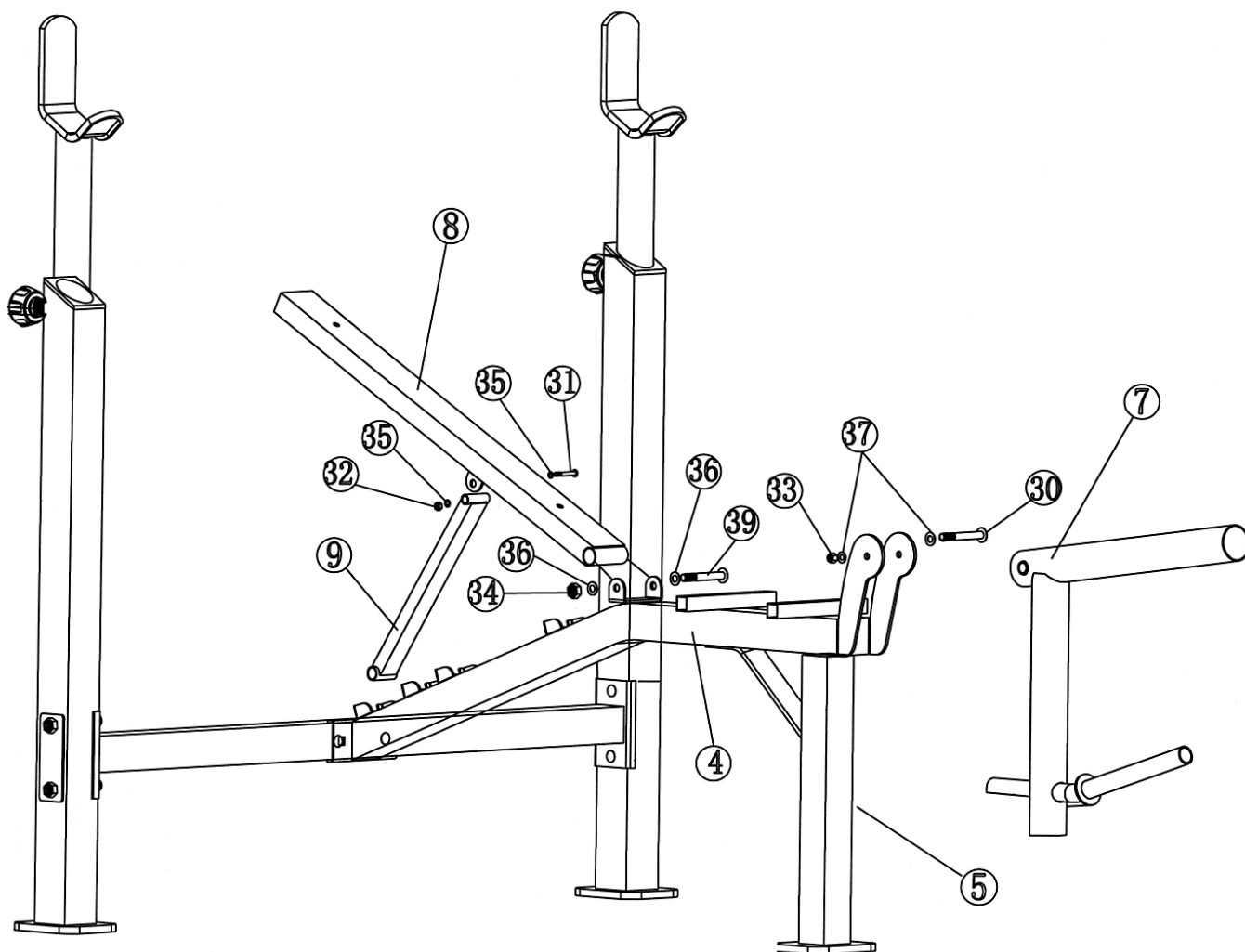
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#7) to the open bracket on the Front Post (#5). Secure it with one M8 x 3" Allen Bolt (#30), two Ø 5/8" Washers (#37), and one M8 Aircraft Nut (#33).
- B.) Attach the pivot on Backrest Support (#8) to the open bracket on Main Seat Support (#4). Secure it with one M12 x 3 1/2" Allen Bolt (#39), two Ø 1" Washers (#36), and one M12 Aircraft Nut (#34).
- C.) Attach the pivot on Incline Support (#9) to the open bracket on Backrest Support. Secure it with one M10 x 2 3/8" Allen Bolt (#31), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#32). Attach the other end of Incline Support onto the selected slot on Main Seat Support to obtain the desired Backrest incline.
- D.) **Note: Do not over tighten the Nut and Bolt to the pivot. The Backrest Support and Incline Support need to be able to move smoothly.**

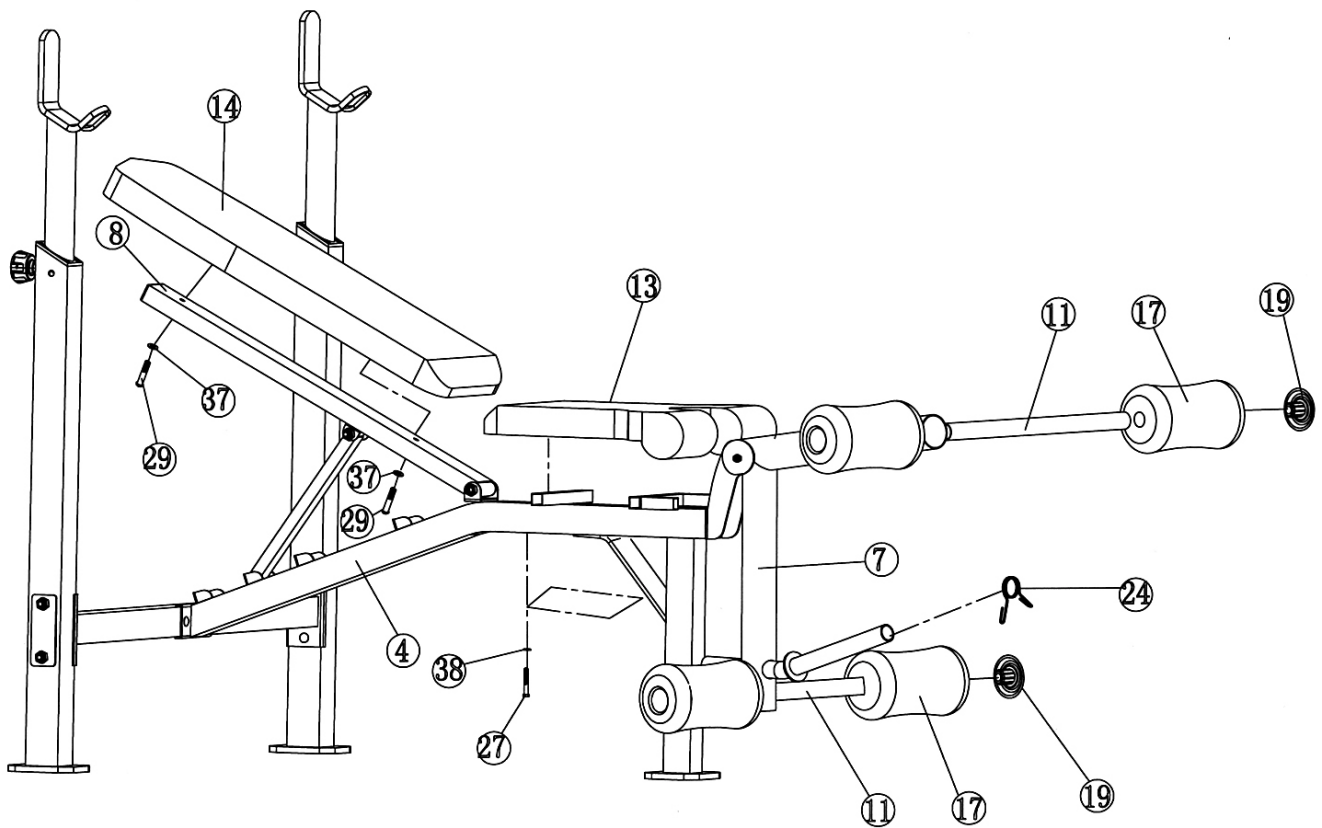
DIAGRAM 3



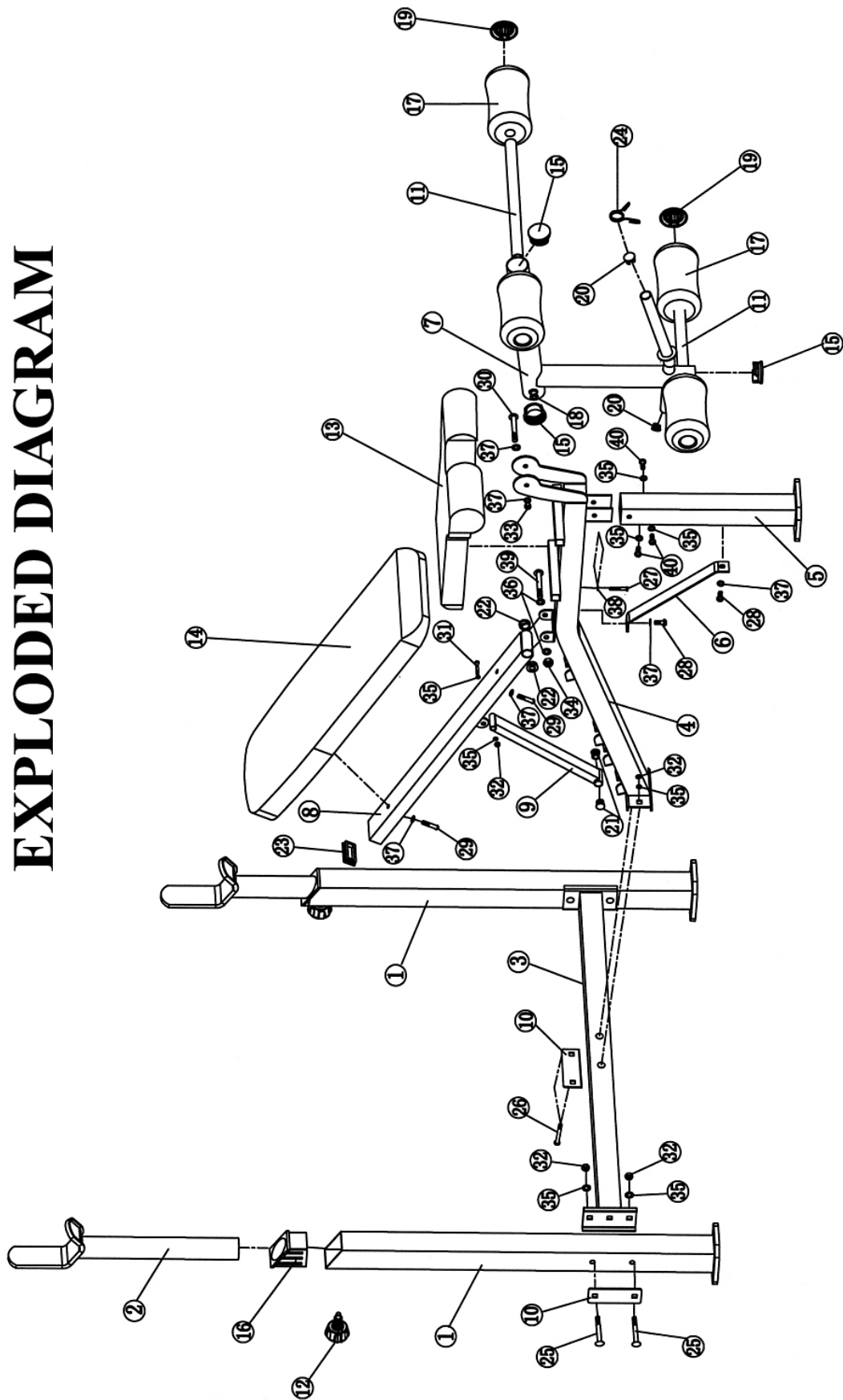
STEP 4 (See Diagram 4)

- A.) Attach the Backrest Board (#14) to the Backrest Support (#8). Secure it with two M8 x 1 3/4" Allen Bolts (#29) and two Ø 5/8" Washers (#37).
- B.) Attach the Seat Pad (#13) to Main Seat Support (#4). Secure it with four M6 x 1 1/4" Hex Bolts (#27) and four Ø 1/2" Washers (#38).
- C.) Insert two Foam Tubes (#11) halfway through the holes on the Leg Developer (#7). Push four Foam Rolls (#17) onto the Tubes from each end. Plug four Foam Roll End Caps (#19) to each End.
- D.) Attach a Spring Clip (#24) onto the weight post on Leg Developer.

DIAGRAM 4



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Upright Beam	2
2	Crutch	2
3	Cross Brace	1
4	Main Seat Support	1
5	Front Post	1
6	Diagonal Support	1
7	Leg Developer	1
8	Backrest Support	1
9	Incline Support	1
10	Bracket	3
11	Foam Tube	2
12	Lock Knob	2
13	Seat Pad	1
14	Backrest Board	1
15	Ø 2" End Cap	3
16	2 3/8" x Ø 2" Crutch Sleeve	2
17	Foam Roll	4
18	Ø 5/8" x 1/2" Bushing	2
19	Foam Roll End Cap	4
20	Ø 1" End Cap	2
21	Ø 3/4" End Cap	2
22	Backrest Support Bushing	2
23	2 3/8" x 1 1/8" End Cap	1
24	Spring Clip	1
25	M10 x 3 1/8" Carriage Bolt	4
26	M10 x 2 5/8" Carriage Bolt	2
27	M6 x 1 1/4" Hex Bolt	4
28	M8 x 3/4" Allen Bolt	2
29	M8 x 1 3/4" Allen Bolt	2
30	M8 x 3" Allen Bolt	1
31	M10 x 2 3/8" Allen Bolt	1
32	M10 Aircraft Nut	7
33	M8 Aircraft Nut	1
34	M12 Aircraft Nut	1
35	Ø 3/4" Washer	11
36	Ø 1" Washer	2
37	Ø 5/8" Washer	6
38	Ø 1/2" Washer	4
39	M12 x 3 1/2" Allen Bolt	1
40	M10 x 5/8" Allen Bolt	3

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.
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