

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
OLYMPIAN

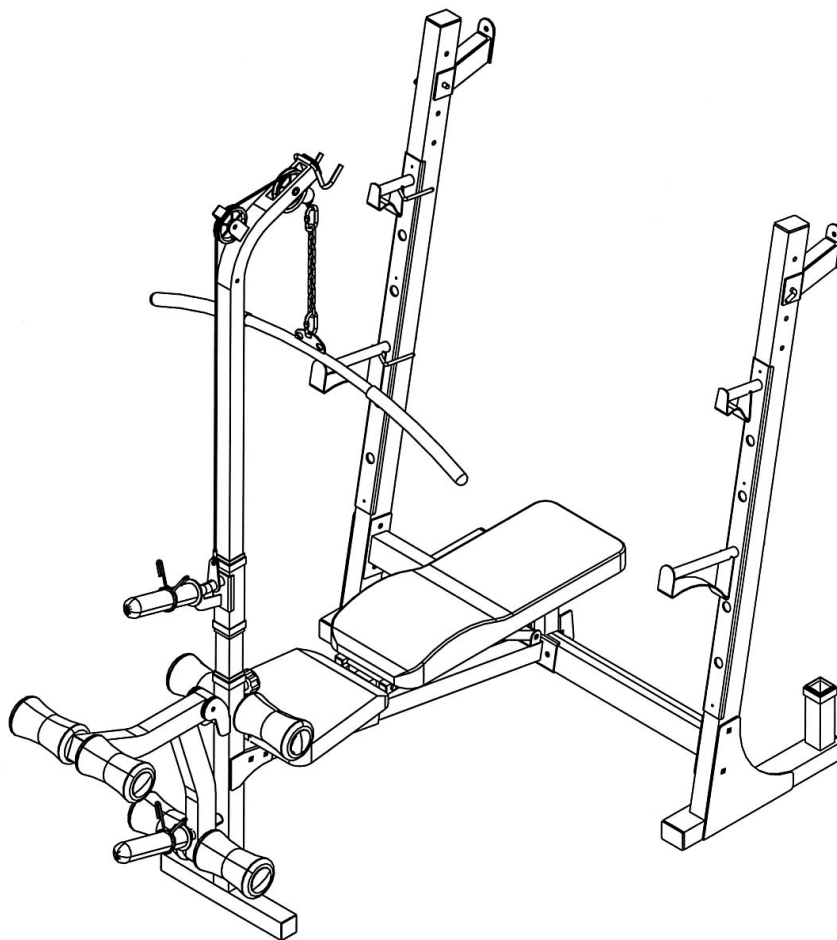
Retain This
Manual for
Reference

07-20-03

OWNER'S
MANUAL



MARCY WEIGHT BENCH MWB OLYMPIAN



IMPEX FITNESS PRODUCTS

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

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

www.impex-fitness.com

info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICE.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	11
PARTS LIST.....	12
WARRANTY.....	13
ORDERING PARTS.....	13

BEFORE YOU BEGIN

Thank you for selecting the MARCY OLYMPIAN BENCH by IMPEX FITNESS PRODUCTS. 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

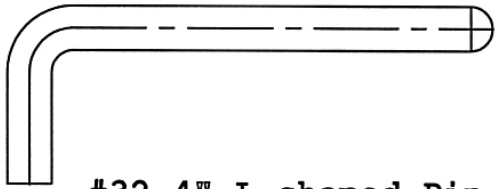
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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 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.

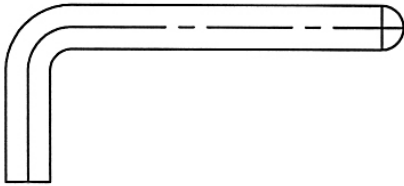
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

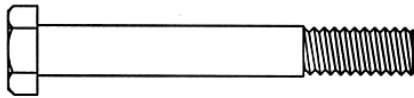
HARDWARE PACK



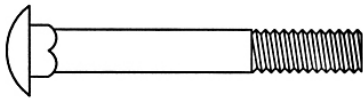
#32 4" L-shaped Pin (Qty 1)



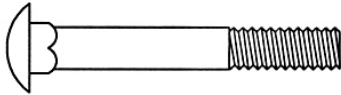
#31 3 1/2" L-shaped Pin (Qty 2)



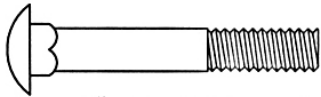
#56 M12 x 3 3/8" Hex Bolt (Qty 1)



#53 M10 x 3" Carriage Bolt (Qty 4)



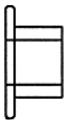
#54 M10 x 2 3/4" Carriage Bolt (Qty 2)



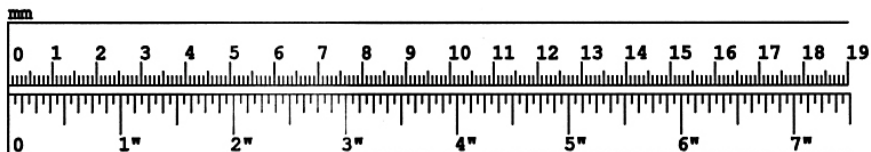
#55 M10 x 2 1/2" Carriage Bolt (Qty 3)



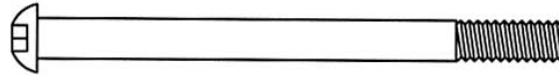
#51 $\varnothing \frac{3}{4}$ " Bushing (Qty 2)



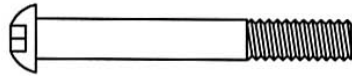
#34 Pulley Bushing (Qty 2)



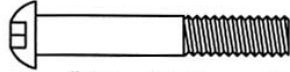
HARDWARE PACK



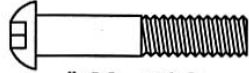
#57 M10 x 5" Allen Bolt (Qty 1)



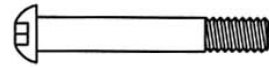
#62 M10 x 3" Allen Bolt (Qty 1)



#61 M10 x 2 3/8" Allen Bolt (Qty 1)



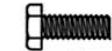
#60 M10 x 2" Allen Bolt (Qty 1)



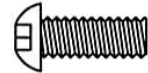
#63 M8 x 2 1/8" Allen Bolt (Qty 1)



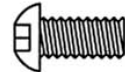
#64 M6 x 1 3/8" Hex Bolt (Qty 4)



#65 M6 x 5/8" Hex Bolt (Qty 4)



#59 M10 x 1" Allen Bolt (Qty 3)



#58 M10 x 3/4" Allen Bolt (Qty 3)



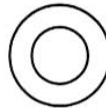
#68 M8 Aircraft Nut (Qty 1)



#67 M10 Aircraft Nut (Qty 14)



#66 M12 Aircraft Nut (Qty 1)



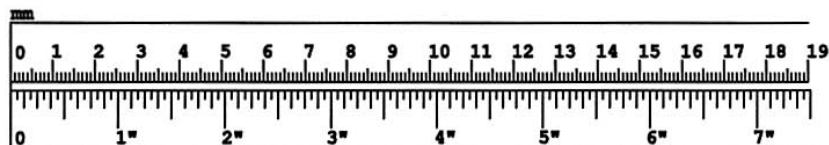
#69 Ø 1" Washer (Qty 2)



#71 Ø 1/2" Washer (Qty 8)



#70 Ø 3/4" Washer (Qty 22)

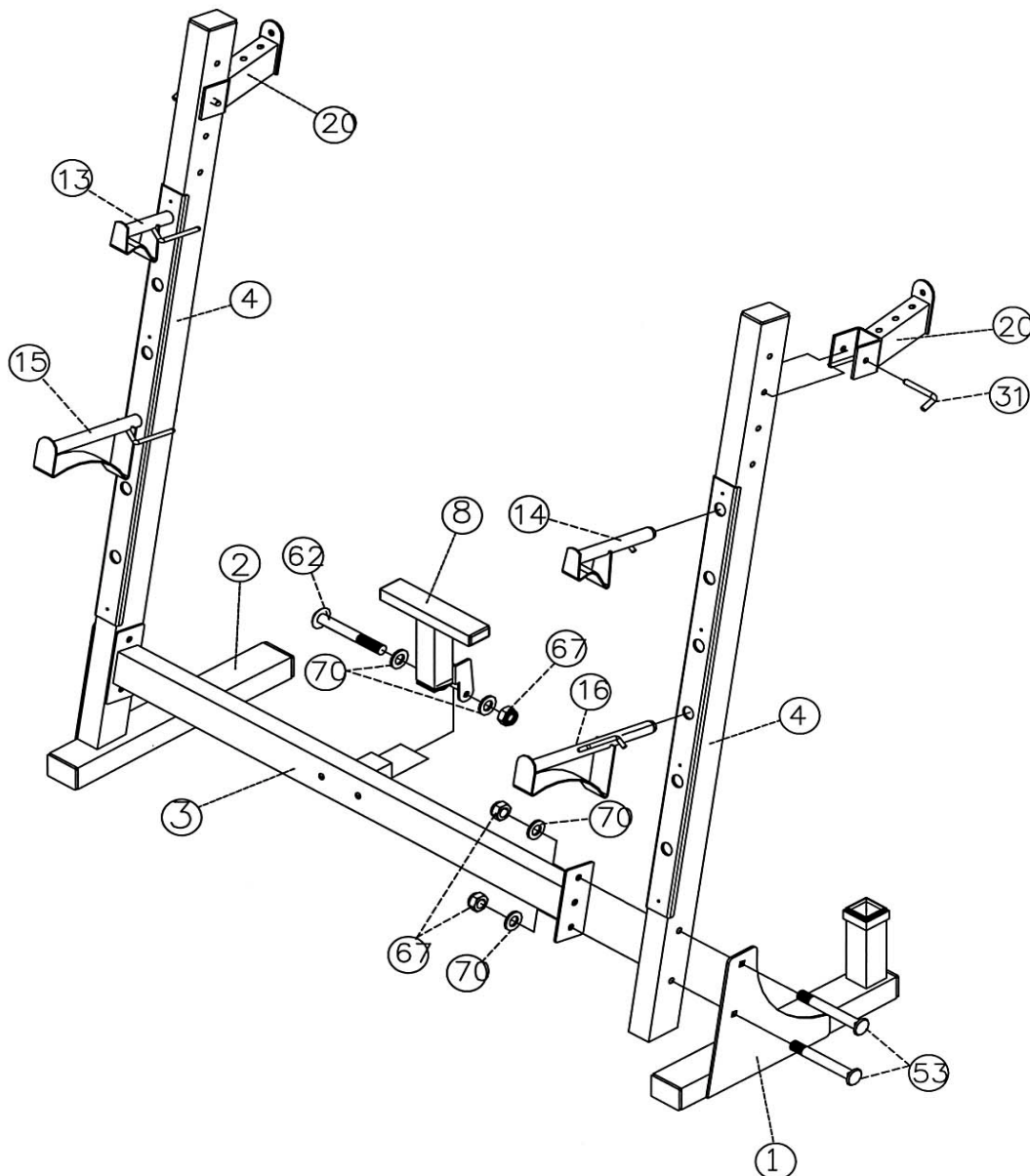


ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

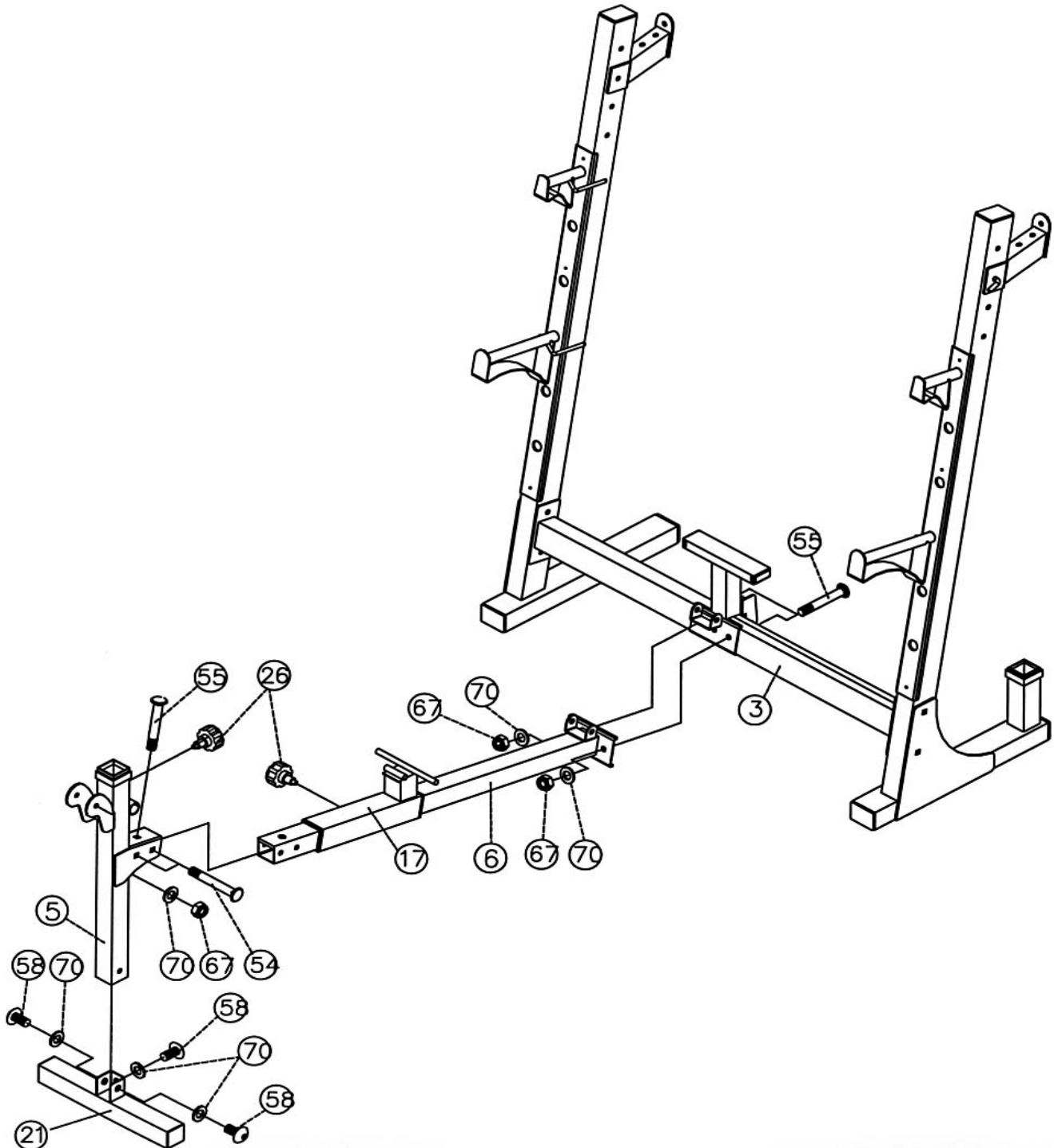
- A.) Attach an Upright Beam (#4) to the Left Stabilizer (#1). Then attach the Cross Brace (#3) to the Upright Beam. Align the holes and secure them with two M10 x 3" Carriage Bolts (#53), \varnothing $\frac{3}{4}$ " Washers (#70), and M10 Aircraft Nuts (#67). Repeat the same procedure to install the other side.
- B.) Attach the Backrest Flat Base (#8) to the Cross Brace (#3). Secure it with one M10 x 3" Allen Bolt (#62), two \varnothing $\frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#67). Do not over tighten the nut and bolt. The Base needs to be able to swivel on the bolt. Flip the Base up when setting the Backrest Board at the flat position.
- C.) Attach the two Squat Bar Catches (#20) to the two Upright Beams. Use two 3 $\frac{1}{2}$ " L-shaped Pins (#31) to hold them in position.
- D.) Insert the Left & Right Bar Catches (#14 & 13) and the Safety Catches (#15 & 16) into the Upright Beams.



STEP 2 (See Diagram 2)

- A.) Attach the Leg Developer Holder (#5) to the Front Stabilizer (#21). Secure them with three M10 x $\frac{3}{4}$ " Allen Bolts (#58) and $\varnothing \frac{3}{4}$ " Washers (#70).
- B.) Slid the Sliding Block (#17) onto the Main Seat Support (#6). Use a M18 Lock Knob (#26) to hold the Sliding Block in position.
- C.) Attach the Leg Developer Holder (#5) to the front of the Main Seat Support (#6). Secure them with one M10 x 2 $\frac{1}{2}$ " Carriage Bolt (#55) from the top, two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#54) on the side, three $\varnothing \frac{3}{4}$ " Washers (#70), and three M10 Aircraft Nuts (#67).
- D.) Attach the Rear of the Main Seat Support to the Cross Brace (#3). Secure them with two M10 x 2 $\frac{1}{2}$ " Carriage Bolts (#55), $\varnothing \frac{3}{4}$ " Washers (#70), and M10 Aircraft Nuts (#67).

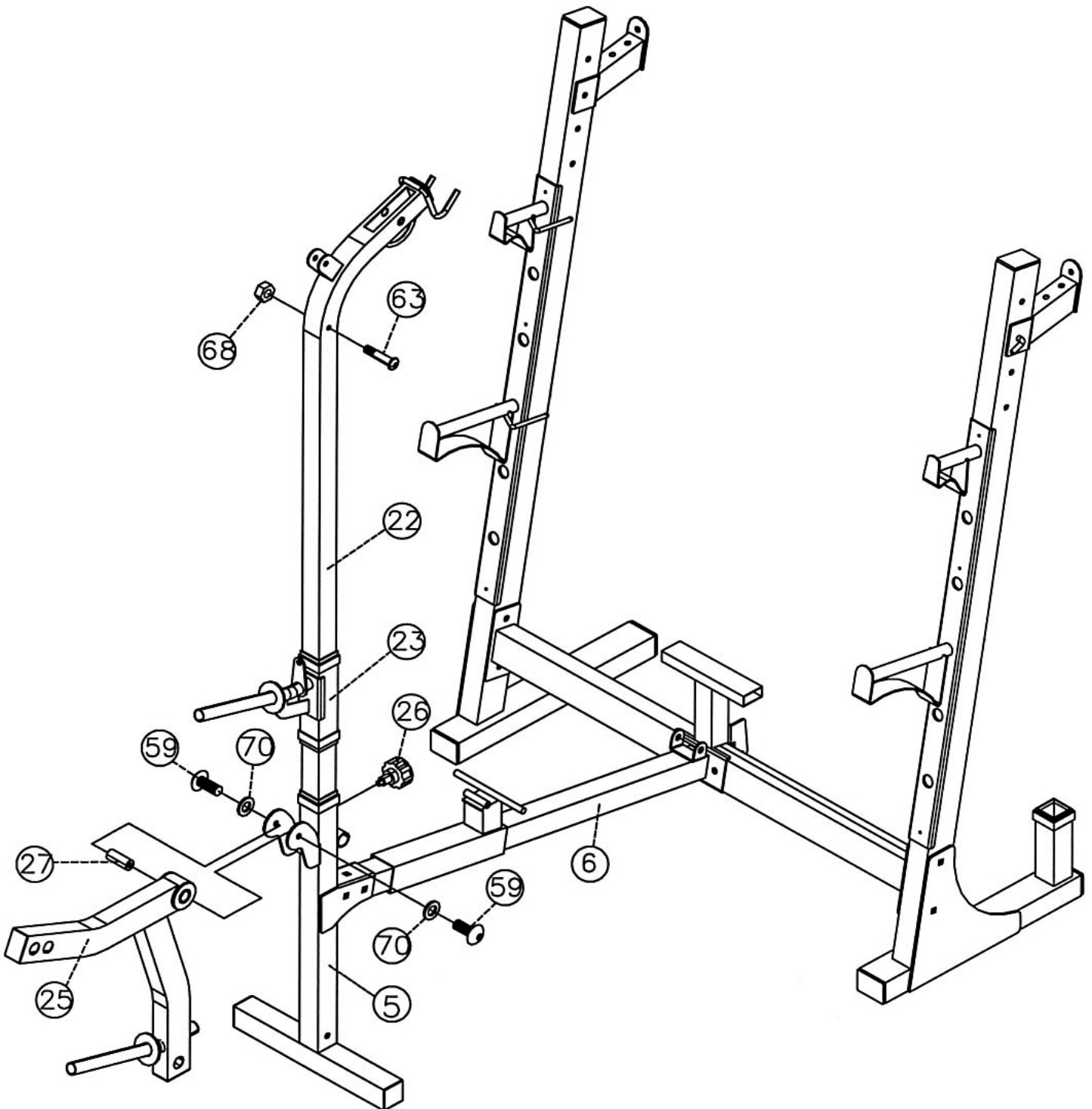
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#25) to the Leg Developer Holder (#5). Secure it with an Axle (#27), two $\varnothing \frac{3}{4}$ " Washers (#70), and two M10 x 1" Allen Bolts (#59).
- B.) Insert one M8 x 2 1/8" Allen Bolt (#63) through the hole on the Lat bar Frame (#22) and secure it with a M8 Aircraft Nut (#68).
- C.) Slide the Weight Post (#23) onto the Lat Bar Frame (#22). Insert the Lat Bar Frame into the top opening on the Leg Developer Holder. Use the M18 Lock Knob (#26) to secure the Lat Bar.

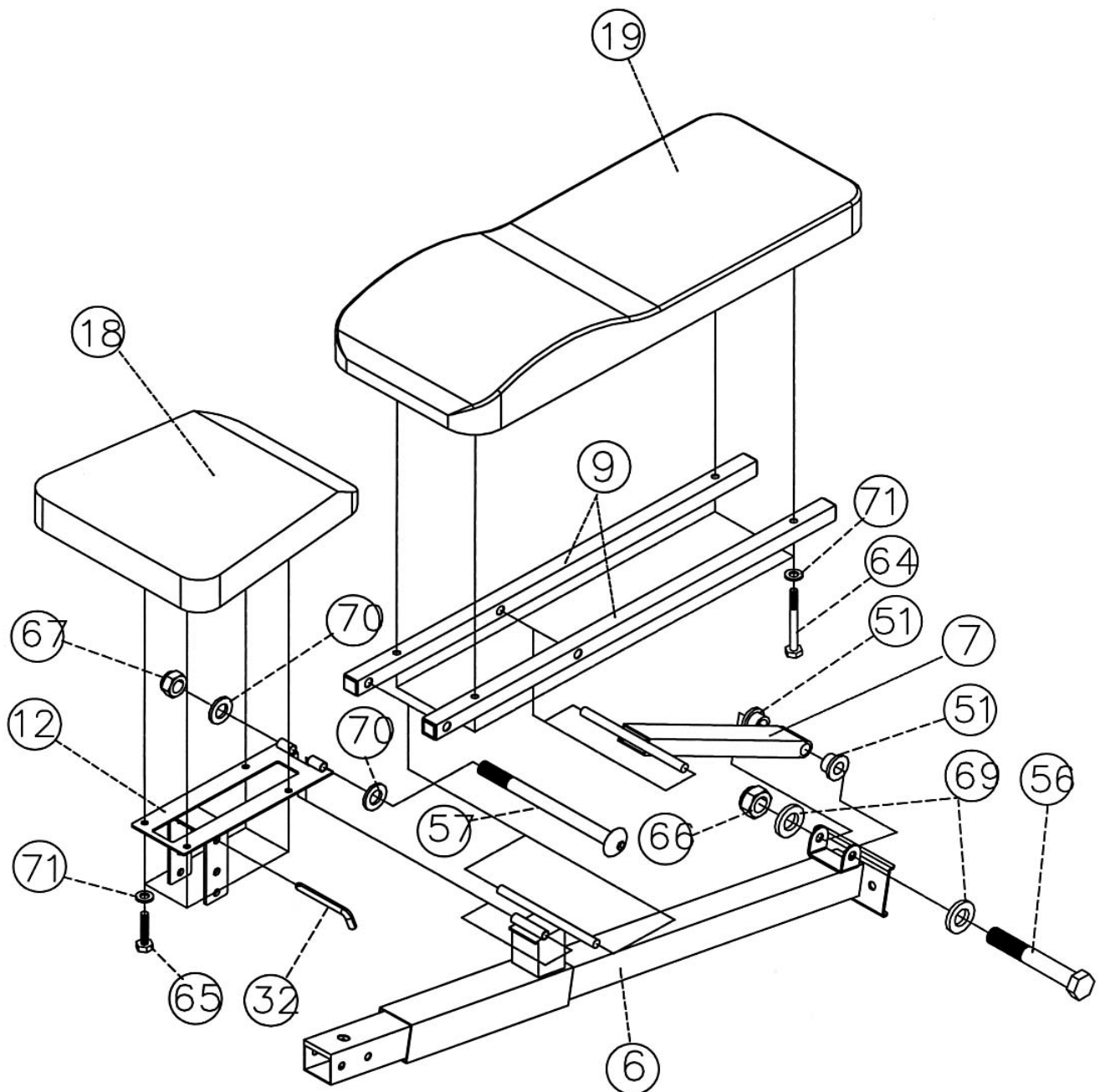
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Seat Bracket (#12) to the short pivot on the Sliding Block. Secure it with one M10 x 5" Allen Bolt (#57), two $\varnothing \frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#67).
- B.) Place the Backrest Incline Support (#7) in between the two Backrest Supports (#9). Attach the Backrest Supports to the long Pivot on the Sliding Block.
- C.) Place the Backrest Board (#19) onto the Backrest Supports. Secure it with four M6 x 1 $\frac{3}{8}$ " Hex Bolts (#64) and $\varnothing \frac{1}{2}$ " Washers (#71).
- D.) Push two $\varnothing \frac{3}{4}$ " Bushings (#51) into the bottom of Backrest Incline Support (#7) and attach it to the bracket on the Main Seat Support (#6). Secure it with one M12 x 3 $\frac{3}{8}$ " Hex Bolt (#56), two $\varnothing 1$ " Washers (#69), and one M12 Aircraft Nut (#66).
- E.) Place the Seat Pad (#18) onto the Seat Bracket. Secure it with four M6 x $\frac{5}{8}$ " Hex Bolts (#65) and $\varnothing \frac{1}{2}$ " Washers (#71). Insert a 4" L-shaped Pin (#32) into the selected hole on the Seat Bracket to hold the desired seat incline.

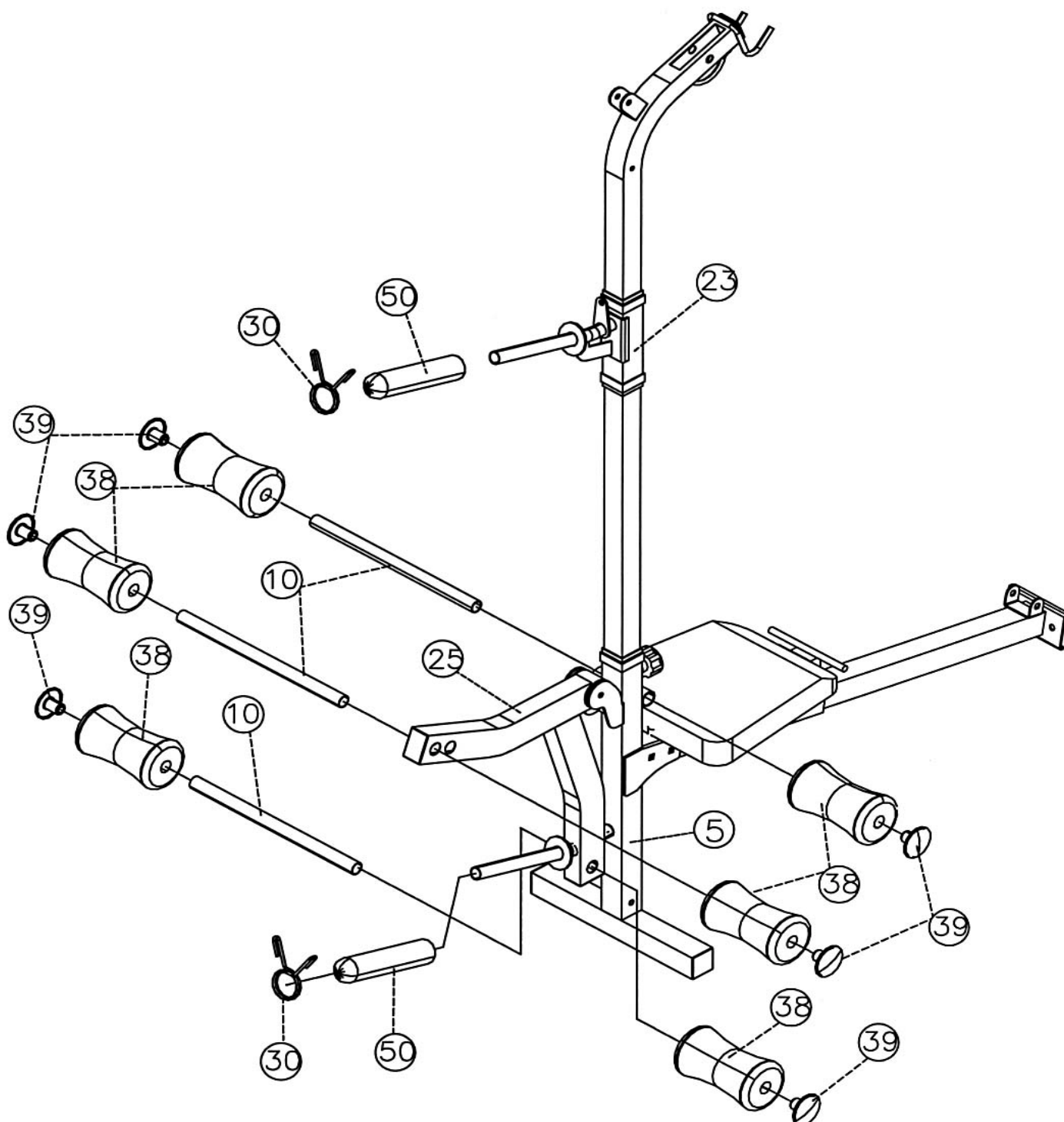
DIAGRAM 4



STEP 5 (See Diagram 5)

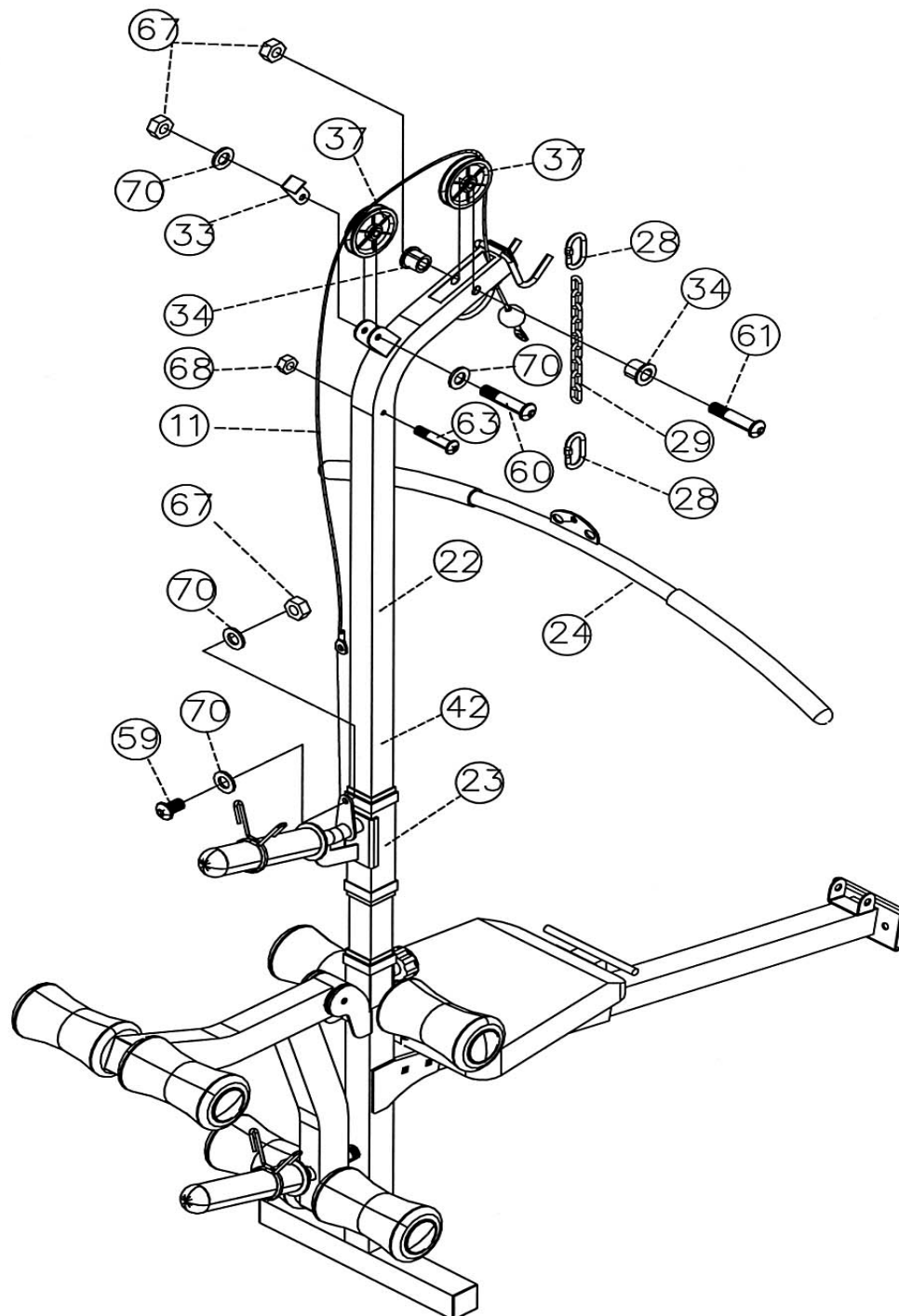
- A.) Insert one Foam Roll Tube (#10) halfway through the hole on the Leg Developer Holder (#5). Insert two Foam Roll Tubes (#10) halfway through the holes on the Leg Developer (#25). Push six Foam Rolls (#38) onto the Tubes from both ends. Plug six Foam Roll End Caps (#39) into the ends.
- B.) Attach two Olympic Sleeves (#50) to the weight posts on the Leg Developer and the Sliding Weight Holder (#23). Attach two Spring Clips (#30) to the Sleeves.
- C.) When doing Leg Developer exercises, remove the Lat Bar Frame (#22) and store it behind the machine.

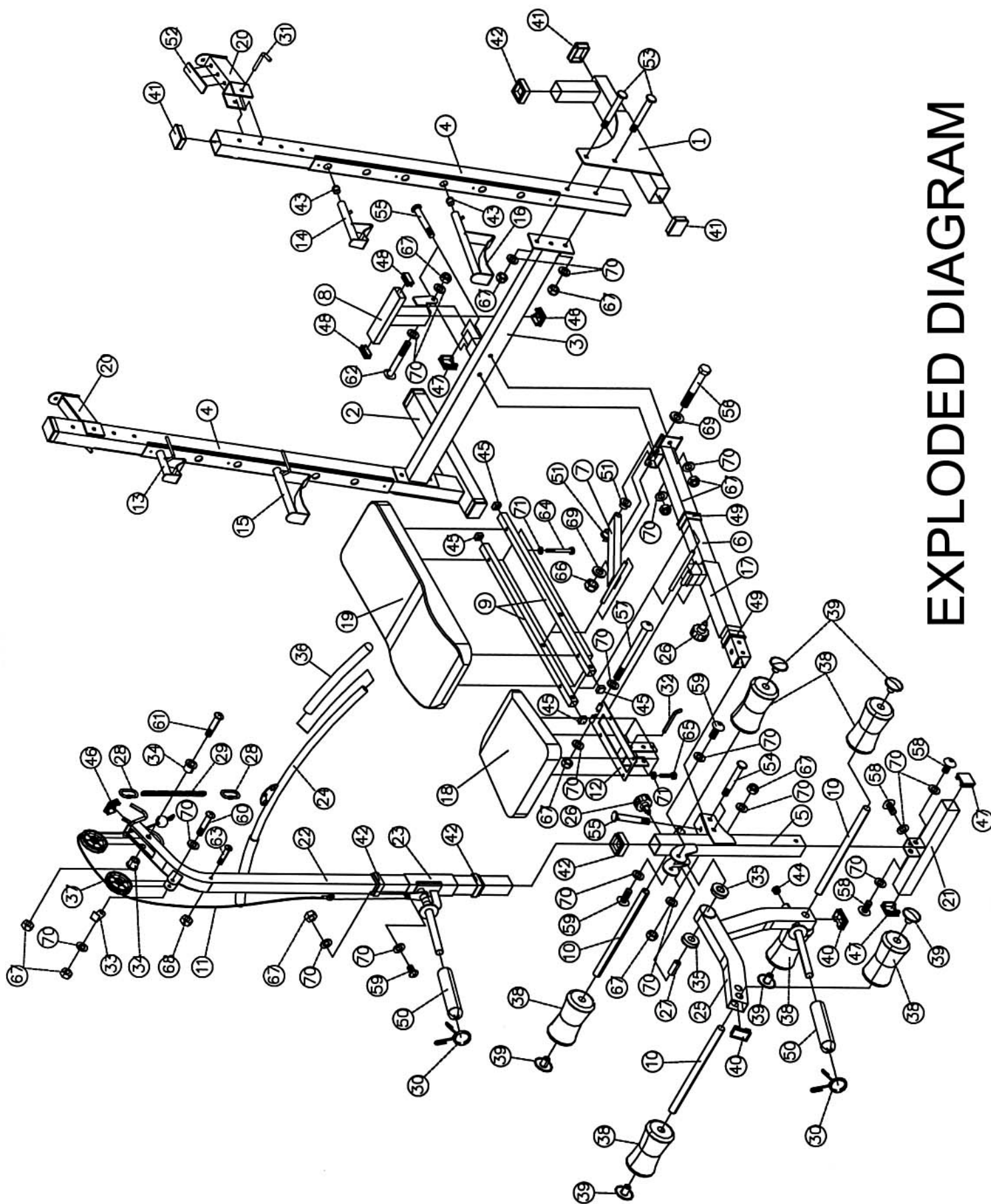
DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Attach the ball end of the Cable (#11) to a Pulley (#37). Place the Pulley in the open slot on top of the Lat Bar Frame (#22). Secure the Pulley with one M10 x 2 3/8" Allen Bolt (#61), two Pulley Bushings (#34), and one M10 Aircraft Nut (#67).
- B.) Draw the Cable over the Pulley to the open bracket on the Lat Bar Frame. Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#60), one L-shaped Pulley Cover (#33), two $\varnothing \frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#67).
- C.) Draw the Cable over the Pulley then downward to the Sliding Weight Holder (#23). Secure the tip of the Cable to the Weight Holder with one M10 x 1" Allen Bolt (#59), two $\varnothing \frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#67).
- D.) Connect the Lat Bar (#24) by using a C-clip (#28) to the Chain (#29). Adjust the length of Chain to obtain the desired height of the Lat Bar exercise. Connect the Chain to the Cable (#11) with another C-clip (#28).





EXPLODED DIAGRAM

PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Left Stabilizer	1	51	Ø ¾" Bushing	2
2	Right Stabilizer	1	52	Rubber Bumper	2
3	Cross Brace	1	53	M10 x 3" Carriage Bolt	4
4	Upright Beam	2	54	M10 x 2 ¾" Carriage Bolt	2
5	Leg Developer Holder	1	55	M10 x 2 ½" Carriage Bolt	3
6	Main Seat Support	1	56	M12 x 3 3/8" Hex Bolt	1
7	Backrest Incline Support	1	57	M10 x 5" Allen Bolt	1
8	Backrest Flat Base	1	58	M10 x ¾" Allen Bolt	3
9	Backrest Support	2	59	M10 x 1" Allen Bolt	3
10	Foam Tube	3	60	M10 x 2" Allen Bolt	1
11	Cable	1	61	M10 x 2 3/8" Allen Bolt	1
12	Seat Bracket	1	62	M10 x 3" Allen Bolt	1
13	Right Bar Catch	1	63	M8 x 2 1/8" Allen Bolt	1
14	Left Bar Catch	1	64	M6 x 1 3/8" Hex Bolt	4
15	Right Safety Catch	1	65	M6 x 5/8" Hex Bolt	4
16	Left Safety Catch	1	66	M12 Aircraft Nut	1
17	Sliding Block	1	67	M10 Aircraft Nut	14
18	Seat	1	68	M8 Aircraft Nut	1
19	Backrest Board	1	69	Ø 1" Washer	2
20	Squat Bar Catch	2	70	Ø ¾" Washer	22
21	Front Stabilizer	1	71	Ø ½" Washer	8
22	Lat Bar Frame	1			
23	Sliding Weight Post	1			
24	Lat Bar	1			
25	Leg Developer	1			
26	M18 Lock Knob	2			
27	Axle	1			
28	C-clip	2			
29	Chain	1			
30	Spring Clip	2			
31	3 ½" L-shaped Pin	2			
32	4" L-shaped Pin	1			
33	L-shaped Pulley Cover	1			
34	Pulley Bushing	2			
35	Ø 2 3/6" Axle Bushing	2			
36	Lat Bar Grip	2			
37	Pulley	2			
38	Foam Roll	6			
39	Foam Roll End Cap	6			
40	1 5/8" x 2 3/8" End Cap	2			
41	2" x 2 ¾" End Cap	6			
42	2" Sleeve	4			
43	Ø 1" Con-shaped End Cap	4			
44	Ø 1" End Cap	1			
45	1" Square End Cap	4			
46	1 ¾" Square End Cap	2			
47	2" Square End Cap	3			
48	1" x 2" End Cap	2			
49	2 3/8" Sleeve	2			
50	Olympic Sleeve	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 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 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