

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Exploded Diagram

Parts List

Warranty

Ordering Parts

Model
MWB PWR II

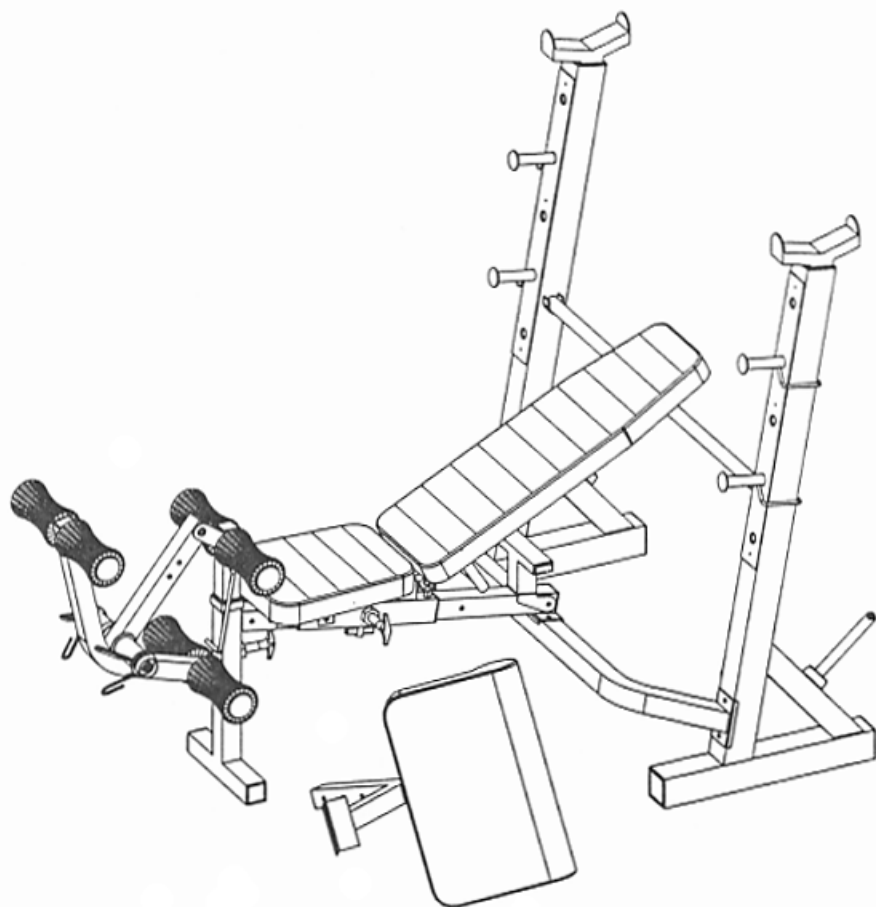
Retain This
Manual for
Reference

July 31, 1999
OWNER'S
MANUAL



MARCY®
By IMPEX

MARCY POWER II



IMPEX INC.

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TABLE OF CONTENTS

| | |
|----------------------------|----|
| BEFORE YOU BEGIN..... | 1 |
| IMPORTANT NOTICE..... | 2 |
| HARDWARE IDENTIFIER..... | 3 |
| ASSEMBLY INSTRUCTIONS..... | 4 |
| EXPLODED DIAGRAM | 9 |
| PARTS LIST..... | 10 |
| WARRANTY..... | 11 |
| ORDERING PARTS..... | 11 |

BEFORE YOU BEGIN

Thank you for selecting the MARCY POWER II 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

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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.

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 IDENTIFIER

PLACE WASHER, END OF BOLT , OR SCREW
ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

M6



M8



M10

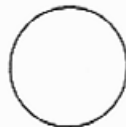


INCHES

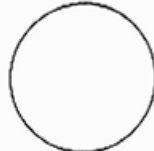
1/2"



5/8"



3/4"



REPLACEMENT PARTS

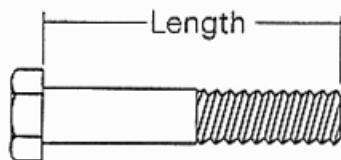
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

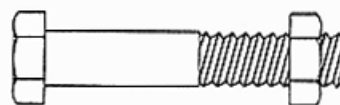


1-800-999-8899

NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

ASSEMBLY INSTRUCTION

Tools required to assembly the machine:

Two Adjustable Wrenches

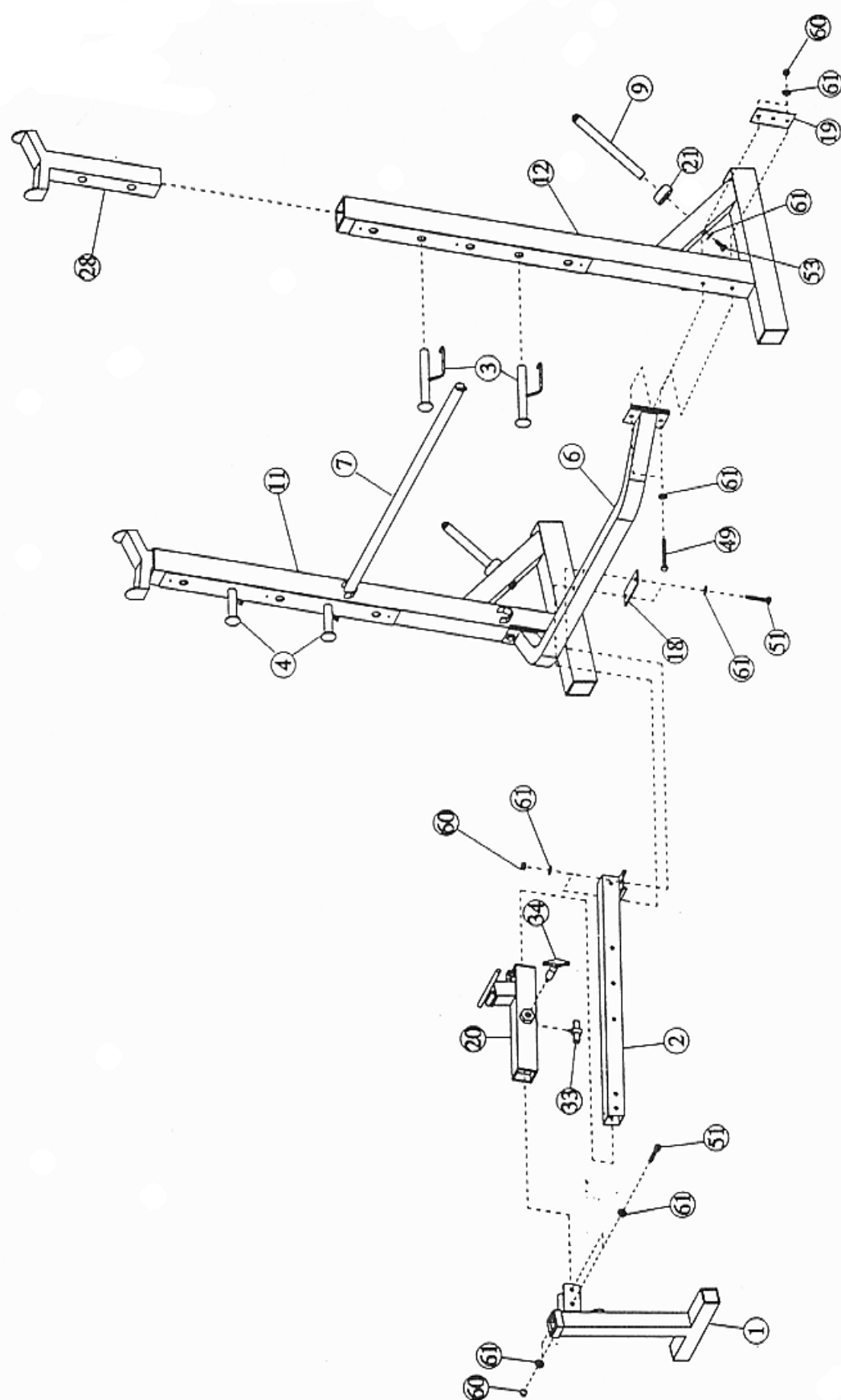
Two Allen Wrenches

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

STEP 1 (SEE DIAGRAM 1)

- A.) Connect the two Upright Beams (#11) & (#12) by a Cross Brace (#6) in the mid-span. Secure them with two M10 x 4" Bolts (#49), one 5 1/8" x 2 3/8" Bracket (#19), four $\varnothing 7/8$ " Washers (#61) and two M10 Aircraft Nuts (#60) on each end of the Cross Brace (#6).
- B.) Place the Backrest Adjustment Bar (#7) between the two Upright Beams.
- C.) Insert the Squat Racks (#28) into the top openings on the Upright Beams. Align the holes and use the Bar Catches (#3 & 4) to lock the Racks in place.
- D.) Slide the Sliding Block (#20) onto the Main Frame (#2). Pull the Quick Release Pin (#34) to adjust the position of the Block. Secure the Sliding Block (#20) with a Butterfly Knob (#33) underneath the Block.
- E.) Attach the Front Stabilizer (#1) to the front end of the Main Frame (#2). Secure it with two M10 x 3" Bolts (#51), four $\varnothing 7/8$ " Washers (#61) and two M10 Aircraft Nuts (#60).
- F.) Attach the Main Frame (#2) to the Cross Brace (#6). Secure it with two M10 x 3" Bolts (#51), one 4 3/4" x 2" Bracket (#18), four $\varnothing 7/8$ " Washers (#61), and two M10 Aircraft Nuts (#60).
- G.) Attach a Weight Holder (#9) to the back of the Left Upright Beam (#12). Slide a Rubber Bumper (#21) onto the post. Secure it with a $\varnothing 7/8$ " Washer (#61) and M10 x 1" Bolt (#53).

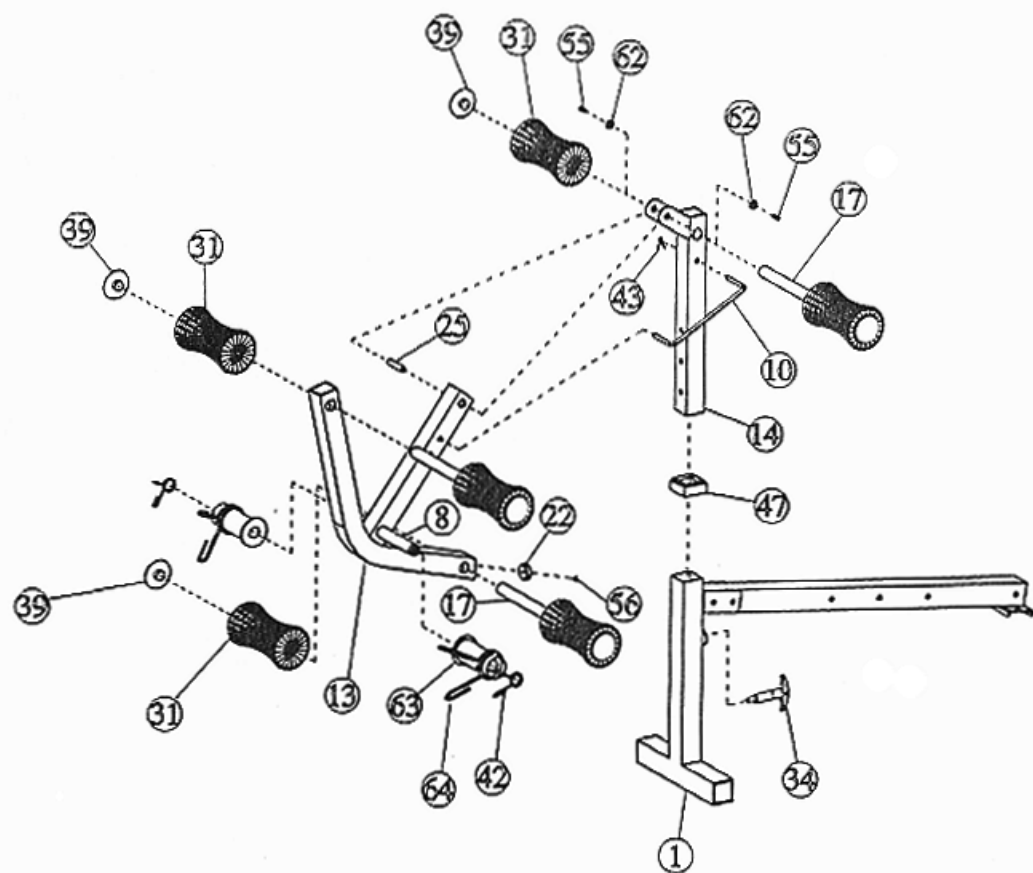
DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

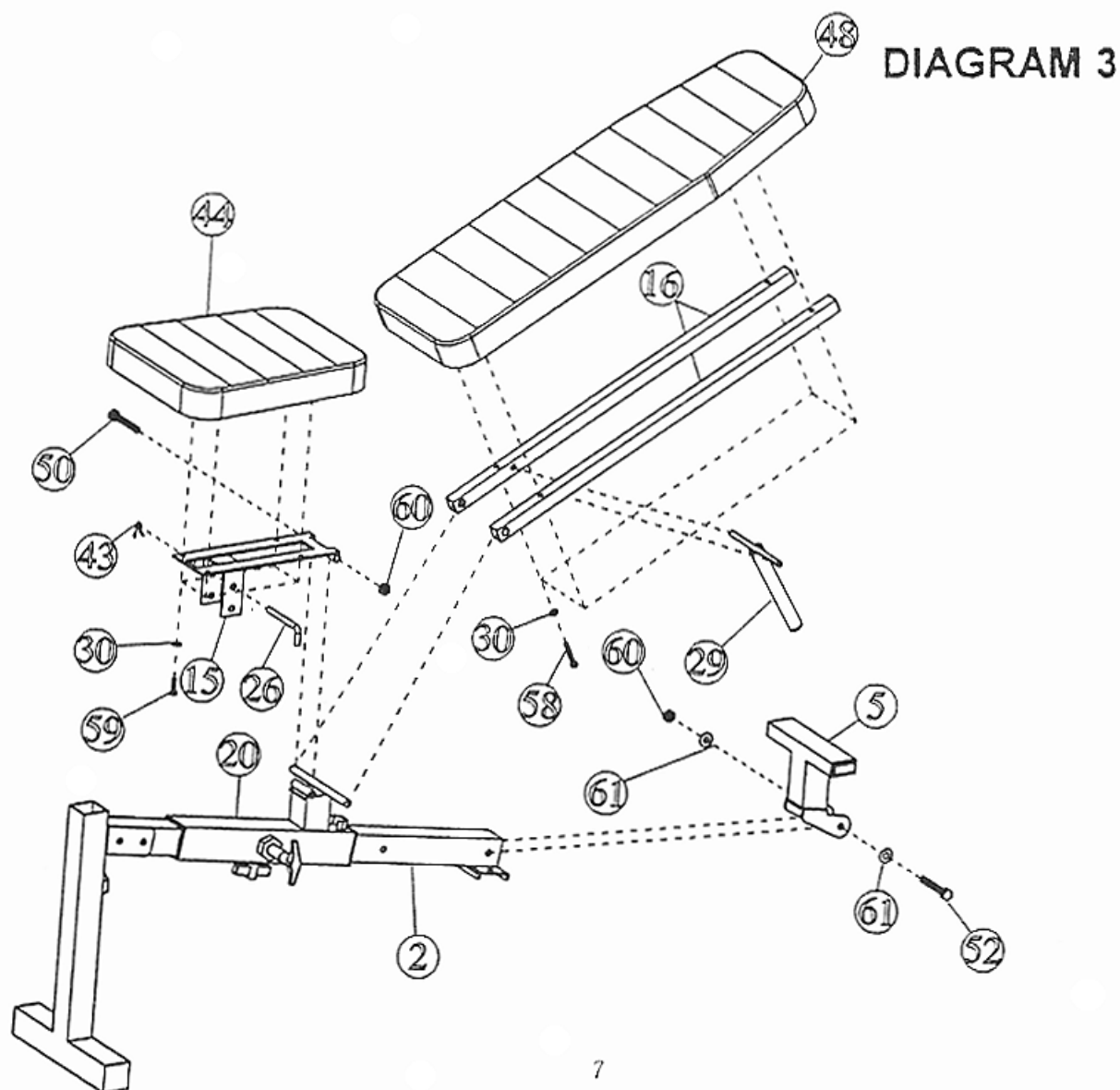
- A.) Insert the Leg Developer Holder (#14) into the opening on the Front Stabilizer (#1). Secure it with a Quick Release Pin (#34).
- B.) Attach the Leg Developer (#13) onto the bracket on the top of the Leg Developer Holder (#14). Insert an Axle (#25) through the hole. Secure it with two M8 x $\frac{5}{8}$ " Allen Bolts (#55) and $\varnothing \frac{3}{4}$ " Washers (#62).
- C.) Insert three Foam Roll Tubes (#17) halfway through the holes on the Leg Developer (#13) and its holder (#14). Push six Foam Rolls (#31) onto the Tubes from both sides. Push six $\varnothing 1$ " Foam Round End Caps (#39) into the openings.
- D.) Slide the Weight Tube (#8) halfway through the hole on the Leg Developer (#13). Push two Olympic Sleeves (#63) onto the tube and followed by two $\varnothing 1$ " Spring Clips (#42) and two $\varnothing 2$ " Spring Clips (#64).
- E.) Attach the U Shape Hook (#10) to the Leg Developer (#13) and Leg Developer Holder (#14). Secure the Hook with a $\varnothing 3/8$ " Spring Clip (#43). Note: Remove the Hook when using the Leg Developer.

DIAGRAM 2



STEP 3 (SEE DIAGRAM 3)

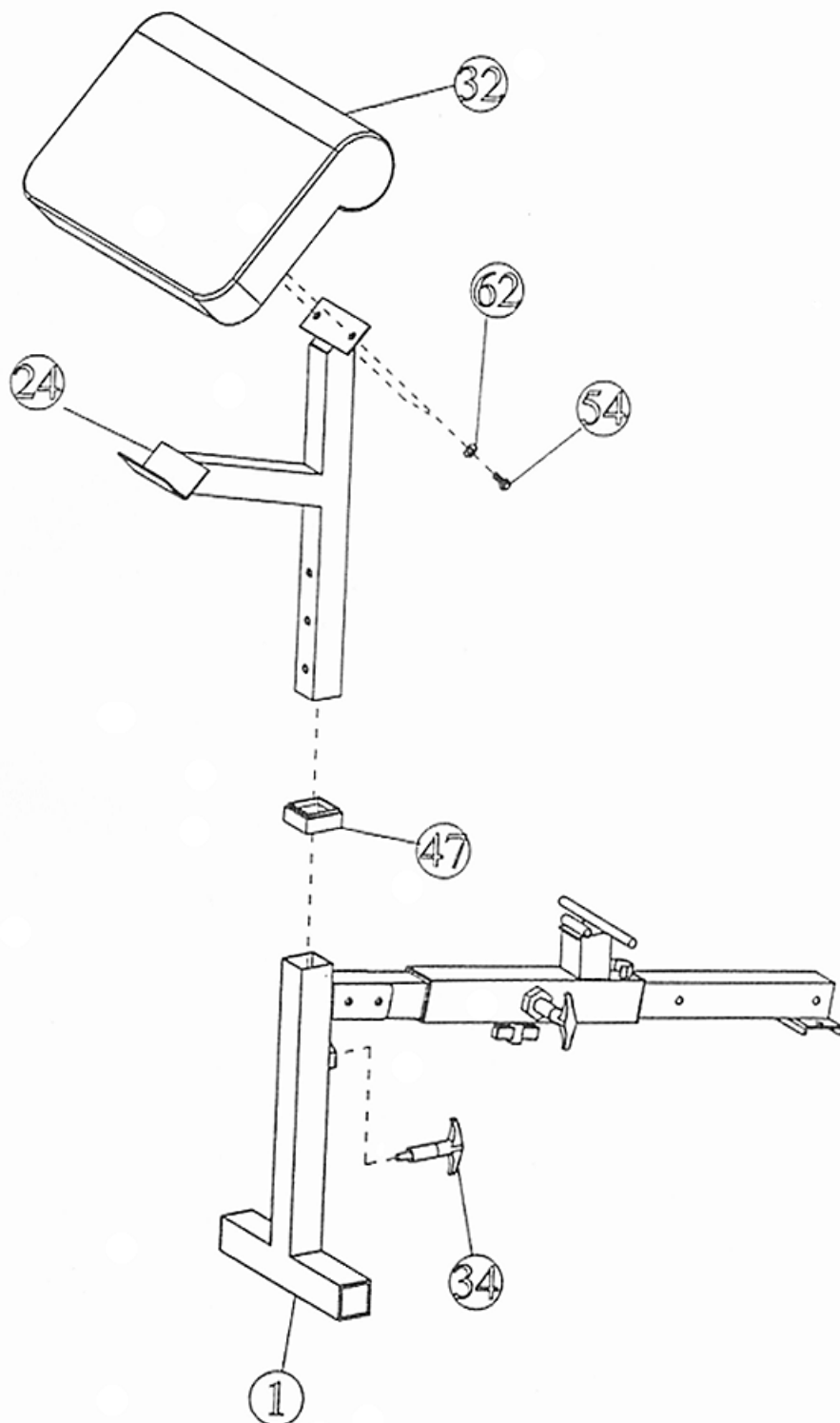
- A.) Attach the Backrest Support Frame (#5) to the end of the Main Frame (#2). Secure it with a M10 x 2 7/8" Bolt (#52), two $\varnothing 7/8"$ Washers (#61) and a M10 Aircraft Nut (#60).
- B.) Attach the hole-side of the Backrest Support Bars (#16) onto both end of the Pivot on the Sliding Block (#20). The other side rest against the Backrest Adjustment Bar (#7). Attach the Incline Support (#29) to the holes in between the two Backrest Support Bars (#16).
- C.) Place the upholstered Backrest Board (#48) onto the Backrest Support Bars (#16). Secure it with four M6 x 1 3/8" Bolts (#58) and $\varnothing 1/2"$ Washers (#30).
- D.) Place the Seat (#44) onto the Seat Bracket (#15). Align the holes and fasten it with four M6 x 5/8" Bolts (#59) and $\varnothing 1/2"$ Washers (#30).
- E.) Attach the Bracket and the Seat to the tube on the Sliding Block (#20). Secure with a M10 x 4 3/4" Bolt (#50) and M10 Aircraft Nut (#60).
- F.) Insert an L Shape Pin (#26) through the hole underneath the Seat to obtain the incline of the Seat. Secure the Pin with a $\varnothing 3/8"$ Spring Clip (#43).



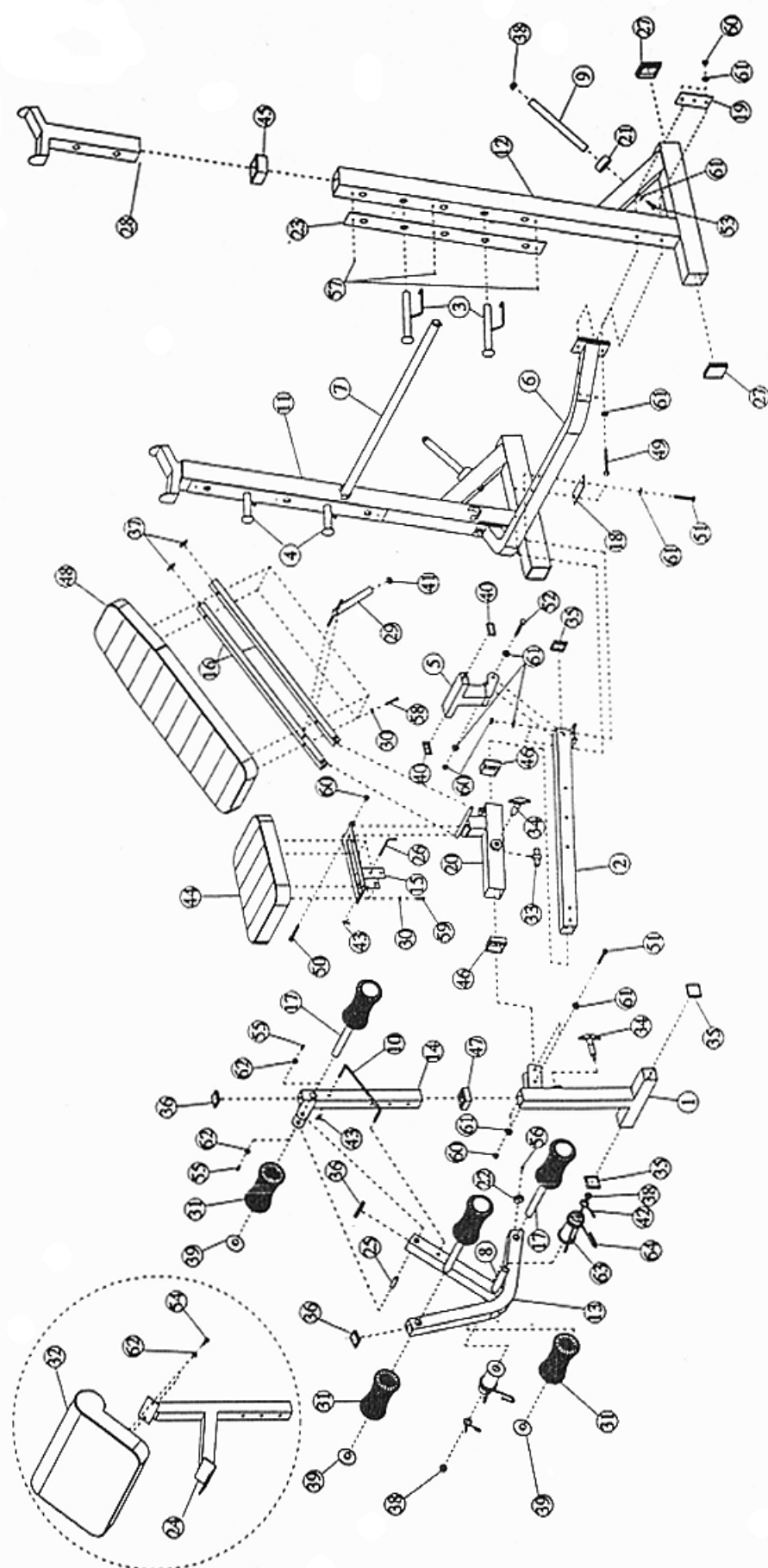
STEP 4 (See Diagram 4)

- A.) Attach the Arm Curl Pad (#32) to the Arm Curl Stand (#24). Secure it with two M8 x $\frac{5}{8}$ " Bolts (#54) and $\varnothing \frac{3}{4}$ " Washers (#62).
- B.) Pull on the Quick Release Pin (#34) and remove the Leg Developer.
- C.) Insert the Arm Curl Stand (#24) into the opening and secure it with the Quick Release Pin (#34).

DIAGRAM 4



EXPLODED DIAGRAM



MWB PWR II Parts List

| Part No. | Description | QTY |
|----------|-------------------------|-----|
| 1 | Front Stabilizer | 1 |
| 2 | Main Frame | 1 |
| 3 | Left Bar Catch | 2 |
| 4 | Right Bar Catch | 2 |
| 5 | Backrest Support Frame | 1 |
| 6 | Cross Brace | 1 |
| 7 | Incline Adjustment Bar | 1 |
| 8 | Weight Tube | 1 |
| 9 | Weight Holder | 2 |
| 10 | U Shape Hook | 1 |
| 11 | Right Upright Beam | 1 |
| 12 | Left Upright Beam | 1 |
| 13 | Leg Developer | 1 |
| 14 | Leg Developer Holder | 1 |
| 15 | Seat Bracket | 1 |
| 16 | Backrest Support Bar | 2 |
| 17 | Foam Roll Tube | 3 |
| 18 | 4 3/4" x 2" Bracket | 1 |
| 19 | 5 1/8" x 2 3/8" Bracket | 2 |
| 20 | Sliding Block | 1 |
| 21 | Ø1" Rubber Bumper | 2 |
| 22 | Ø5/8" Rubber Bumper | 1 |
| 23 | Chrome Plate | 2 |
| 24 | Arm Curl Stand | 1 |
| 25 | Axle | 1 |
| 26 | L Shape Pin | 1 |
| 27 | 3" Square End Cap | 4 |
| 28 | Squat Rack | 2 |
| 29 | Incline Support | 1 |
| 30 | Ø1/2" Washer | 8 |
| 31 | Foam Roll | 6 |
| 32 | Arm Curl Pad | 1 |
| 33 | Butterfly Knob | 1 |
| 34 | Quick Release Pin | 2 |
| 35 | 2" Square End Cap | 3 |
| 36 | 1 3/4" Square End Cap | 3 |
| 37 | 1" Square End Cap | 2 |
| 38 | Ø 1" Round End Cap | 4 |
| 39 | Ø 1" Foam Roll End Cap | 6 |
| 40 | 2" x 1" End Cap | 2 |
| 41 | Ø1" Flat End Cap | 1 |

| Part No. | Description | QTY |
|----------|----------------------|-----|
| 42 | Ø1" Spring Clip | 2 |
| 43 | Ø 3/8" Spring Clip | 2 |
| 44 | Seat | 1 |
| 45 | 3" Square Sleeve | 2 |
| 46 | 2 3/8" Square Sleeve | 2 |
| 47 | 2" Square Sleeve | 1 |
| 48 | Backrest Board | 1 |
| 49 | M10 x 4" Bolt | 4 |
| 50 | M10 x 4 3/4" Bolt | 1 |
| 51 | M10 x 3" Bolt | 4 |
| 52 | M10 x 2 7/8" Bolt | 1 |
| 53 | M10 x 1" Bolt | 2 |
| 54 | M8 x 5/8" Bolt | 2 |
| 55 | M8 x 5/8" Allen Bolt | 2 |
| 56 | M6 x 5/8" Screw | 1 |
| 57 | M5 x 3/3" Screw | 6 |
| 58 | M6 x 1 3/8" Bolt | 4 |
| 59 | M6 x 5/8" Bolt | 4 |
| 60 | M10 Aircraft Nut | 10 |
| 61 | Ø 7/8" Washer | 20 |
| 62 | Ø 3/4" Washer | 4 |
| 63 | Olympic Sleeve | 2 |
| 64 | Ø2" Spring Clip | 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 a 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.

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.

www.impex-fitness.com
impex@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