

NOTE:
Please read all
instructions carefully
before using this product

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Model
PM-5153

Retain This
Manual for
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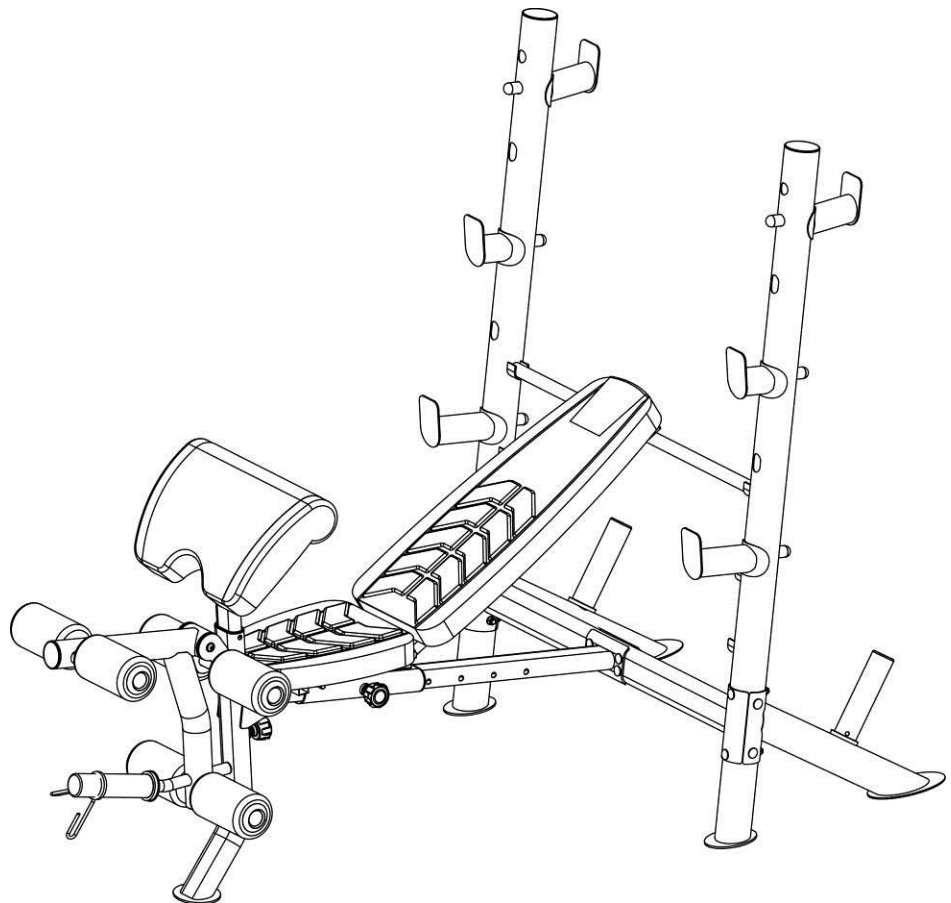
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**OWNER'S
MANUAL**

MARCY®

MARCY PRO OLYMPIC BENCH

PM-5153



IMPEX® INC.

2801 S. TOWNE AVE., POMONA, CA 91766

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

www.marcypro.com

support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the Marcy Pro PM-5153 OLYMPIC 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.marcypro.com

support@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.

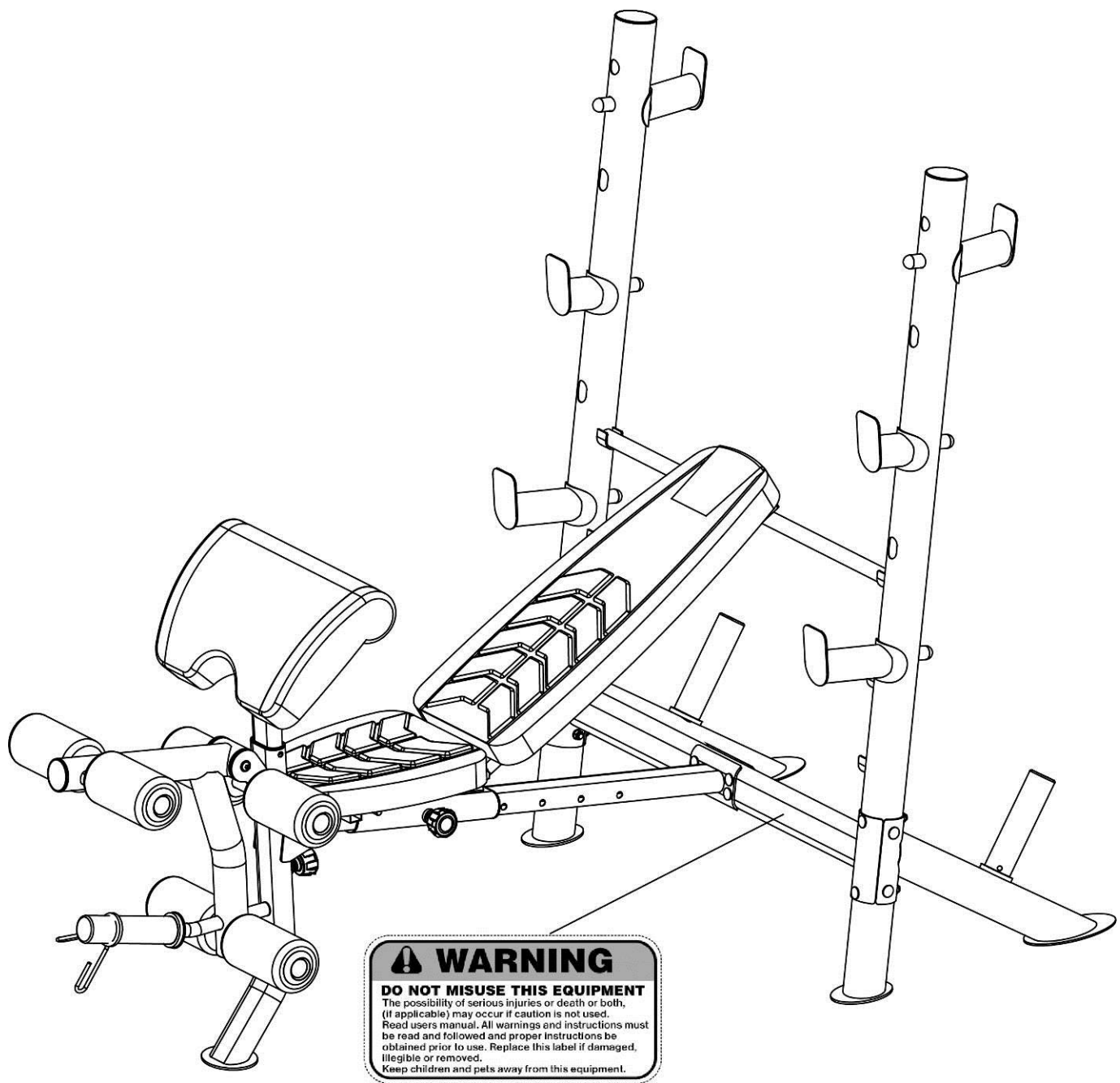
CARE AND MAINTENANCE

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 on Bar Catch: 300 lbs
4. Maximum weight on Leg Developer: 100 lbs
5. Maximum user weights: 300 lbs
4. Maximum weight capacity 600 lbs (include user's weight).

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.

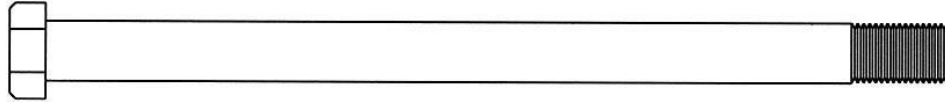
WARNING LABEL PLACEMENT



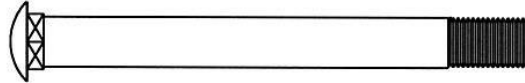
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

HARDWARE PACK

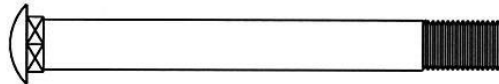
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



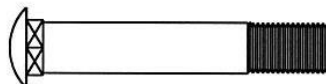
#50 M12 x 7 $\frac{1}{8}$ " Hex Bolt (Qty 1)



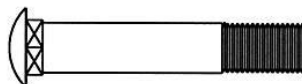
#47 M10 x 4" Carriage Bolt (Qty 1)



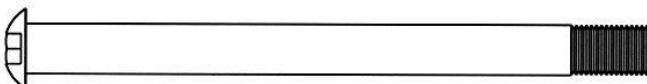
#46 M10 x 3 $\frac{3}{4}$ " Carriage Bolt (Qty 8)



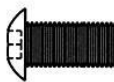
#49 M10 x 2 $\frac{3}{8}$ " Carriage Bolt (Qty 4)



#48 M10 x 2 $\frac{1}{8}$ " Carriage Bolt (Qty 2)



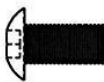
#51 M10 x 5 $\frac{1}{8}$ " Allen Bolt (Qty 1)



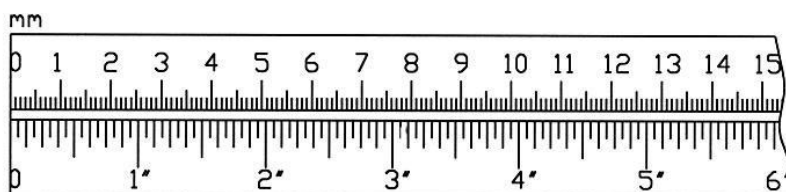
#52 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 2)



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



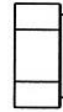
#53 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



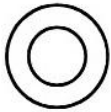
HARDWARE PACK



#25 M10 Aircraft Nut (Qty 16)



#33 M12 Aircraft Nut (Qty 1)



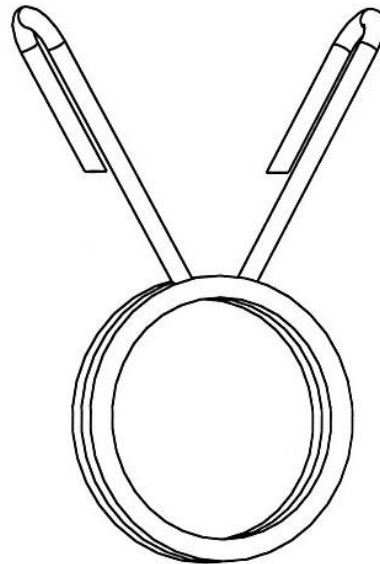
#40 Ø 1" Washer (Qty 2)



#41 Ø $\frac{5}{8}$ " Washer (Qty 10)



#43 Axle (Qty 1)



#42 Spring Clip (Qty 1)



#44 Ø $\frac{3}{4}$ " Washer (Qty 19)

ASSEMBLY INSTRUCTION

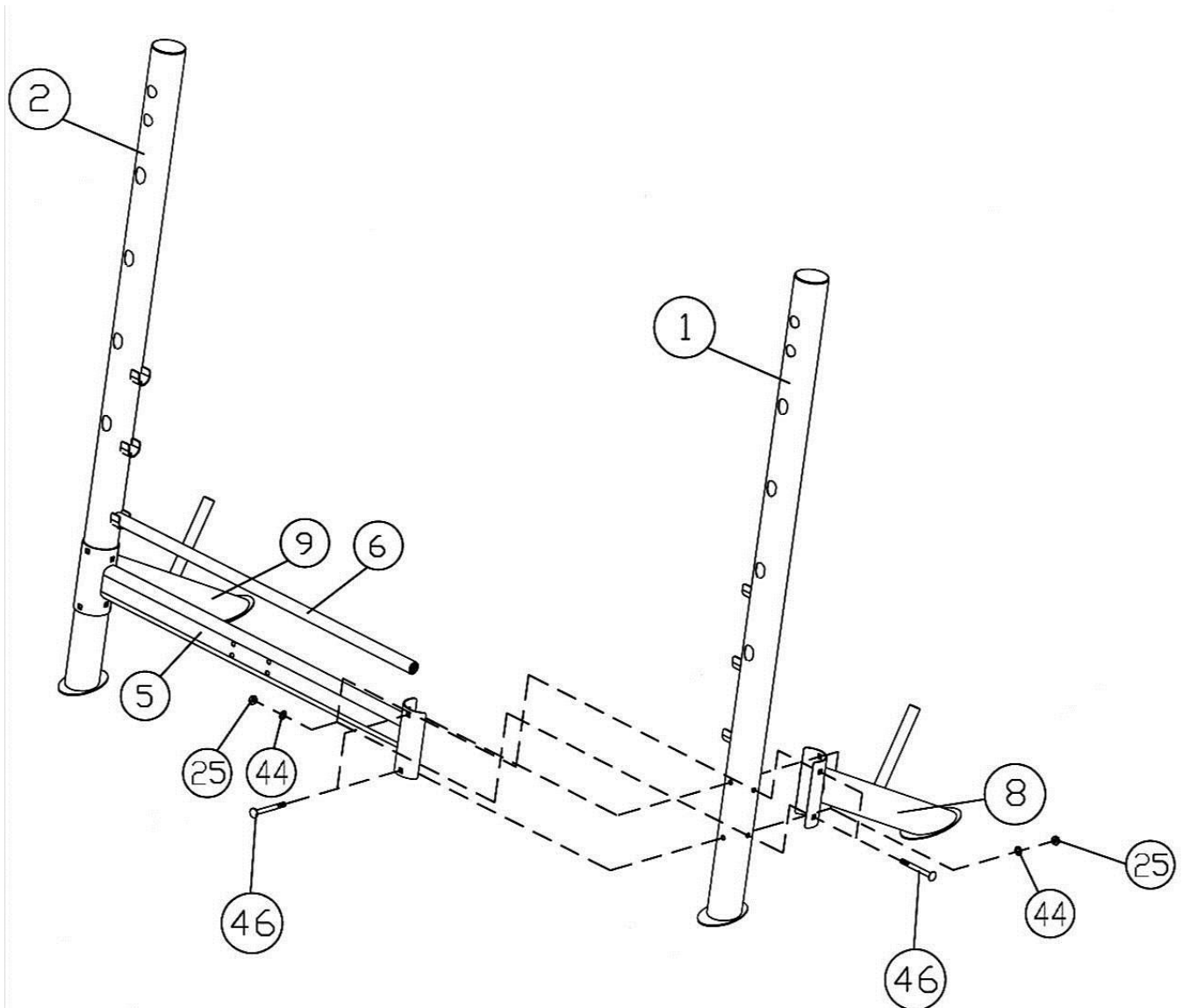
Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

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

STEP 1 (See Diagram 1)

- A.) **Do not tighten all nuts and bolts until instructed to do so.**
- B.) Attach the Left Diagonal Support (#8) to the Left Upright Beam (#1) from rear. Attach the Cross Brace (#5) to the Left Upright Beam from the other side. Secure them together with four M10 x 3 3/4" Carriage Bolts (#46), four Ø 3/4" Washers (#44), and four M10 Aircraft Nuts (#25). Repeat the same step to install the other side of Cross Brace, Right Diagonal Support (#9), and Right Upright Beam (#2) together.
- C.) Place the Backrest Adjustment Bar (#6) onto the selected slot on the Upright Beams to obtain the desired Backrest incline.

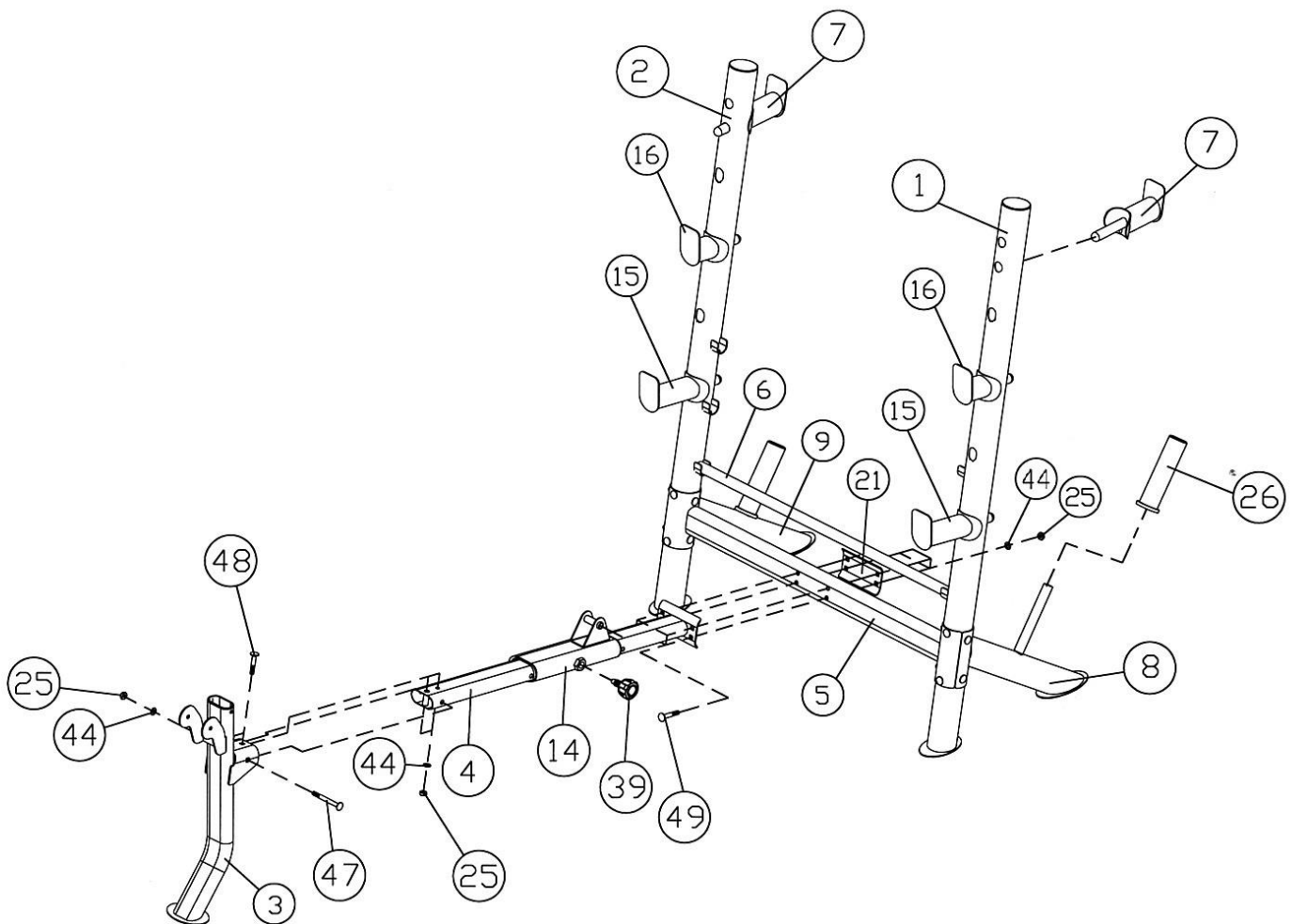
DIAGRAM 1



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 Cross Brace (#5). Secure it with four M10 x 2 3/8" Carriage Bolts (#49), one 5 1/2" x 3" Bracket (#21), four Ø 3/4" Washers (#44), and four M10 Aircraft Nuts (#25).
- C.) Slide the Sliding Block (#14) onto the Main Seat Support. Use a M18 Lock Knob (#39) to lock the Sliding Block in position.
- D.) Attach the Front Post (#3) to the Main Seat Support. Secure it with one M10 x 4" Carriage Bolt (#47), one Ø 3/4" Washer (#44), and one M10 Aircraft Nut (#25) from side. Secure it with two M10 x 2 1/8" Carriage Bolts (#48), two Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#25) from top.
- E.) Attach two Squat Bar Catches (#7), two Safety Catches (#15) and two Bar Holders (#16) to Left and Right Upright Beam (#1 & #2).
- F.) Attach two Olympic Sleeves (#26) to the weight post on Left and Right Diagonal Support (#8 & #9).
- G.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

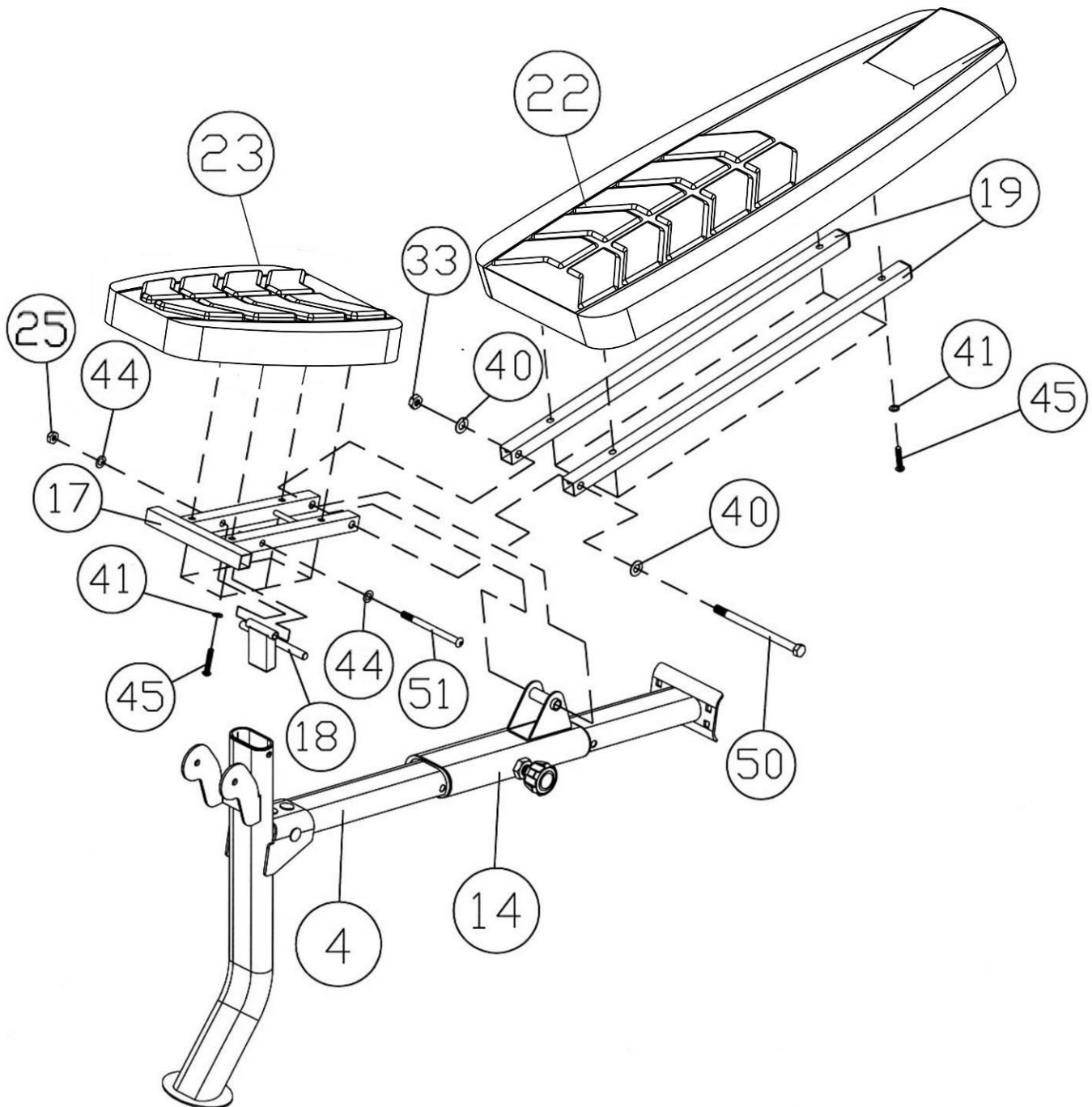
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Seat Incline Support (#18) to the opening on Seat Bracket (#17). Secure it with one M10 x 5 1/8" Allen Bolt (#51), two Ø 3/4" Washers (#44), and one M10 Aircraft Nut (#25). **Do not tighten the Nut and Bolt yet.**
- B.) Attach the Seat Bracket to the pivot on the Sliding Block (#14). Attach the two Backrest Supports (#19) to the Seat Bracket from each side. Secure them together with One M12 x 7 1/8" Hex Bolt (#50), two Ø 1" Washers (#40), and one M12 aircraft Nut (#33).
- C.) Attach the Backrest Board (#22) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#45) and four Ø 5/8" Washers (#41).
- D.) Attach the Seat Pad (#23) to Seat Bracket. Secure it with four M8 x 1 5/8" Allen Bolts (#45) and four Ø 5/8" Washers (#41).
- E.) **Securely tighten Nut and Bolt installed in A & B.**

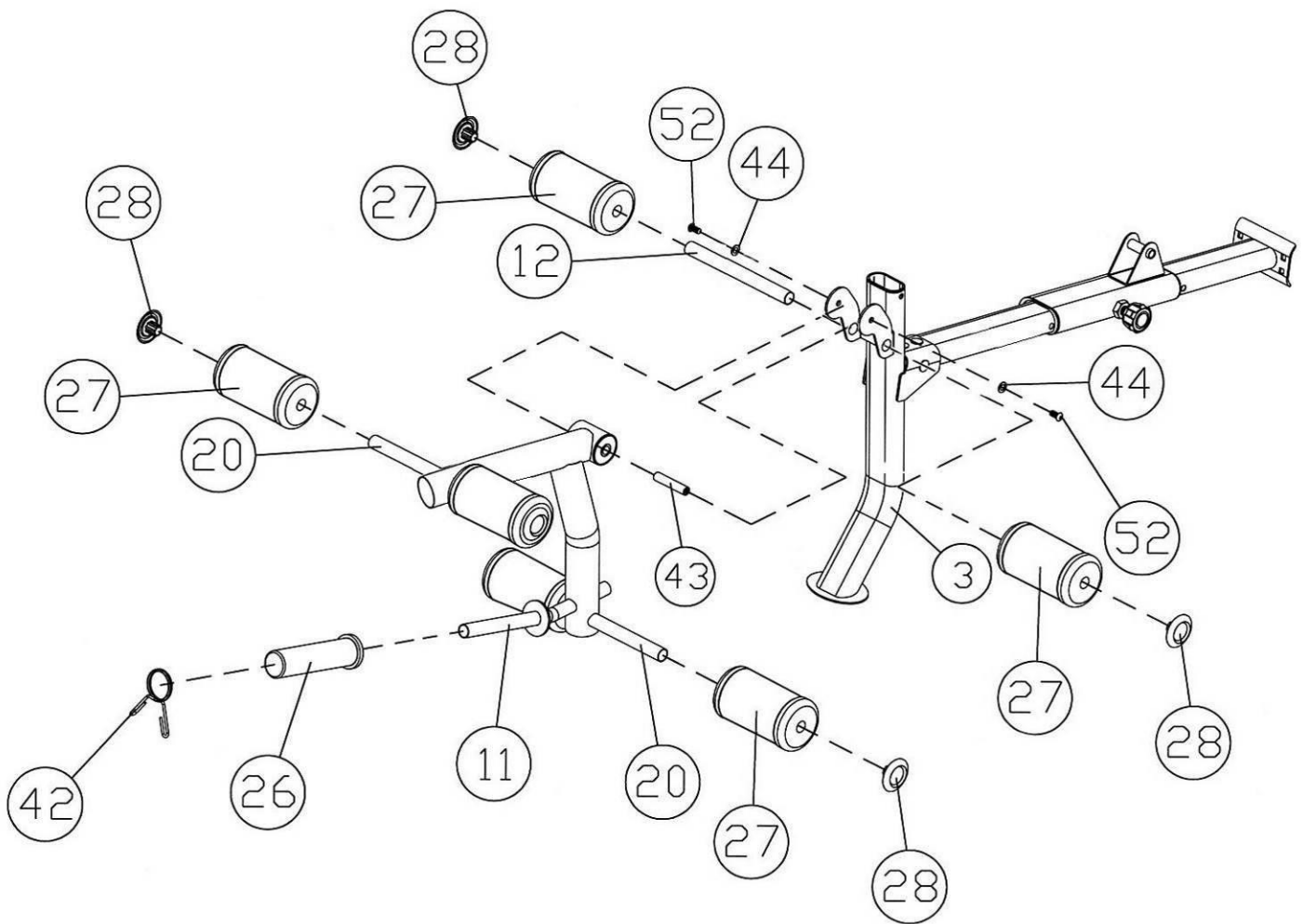
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#11) to the Front Post (#3). Secure it with an Axle (#43), two M10 x 3/4" Allen Bolts (#52) and two $\varnothing \frac{3}{4}$ " Washers (#44).
- B.) Insert two Foam Tubes (#20) halfway through the holes on the Leg Developer. Push four Foam Rolls (#27) onto the Tubes from both ends. Plug four Foam Roll End Caps (#28) into the ends.
- C.) Insert the Long Foam Tubes (#12) halfway through the holes on the Front Post (#3). Push two Foam Rolls (#27) onto the Tubes from both ends. Plug two Foam Roll End Caps (#28) into the ends.
- D.) Slide an Olympic Sleeve (#26) onto the weight post on the Leg Developer. Attach a Spring Clip (#42) to the Sleeve.

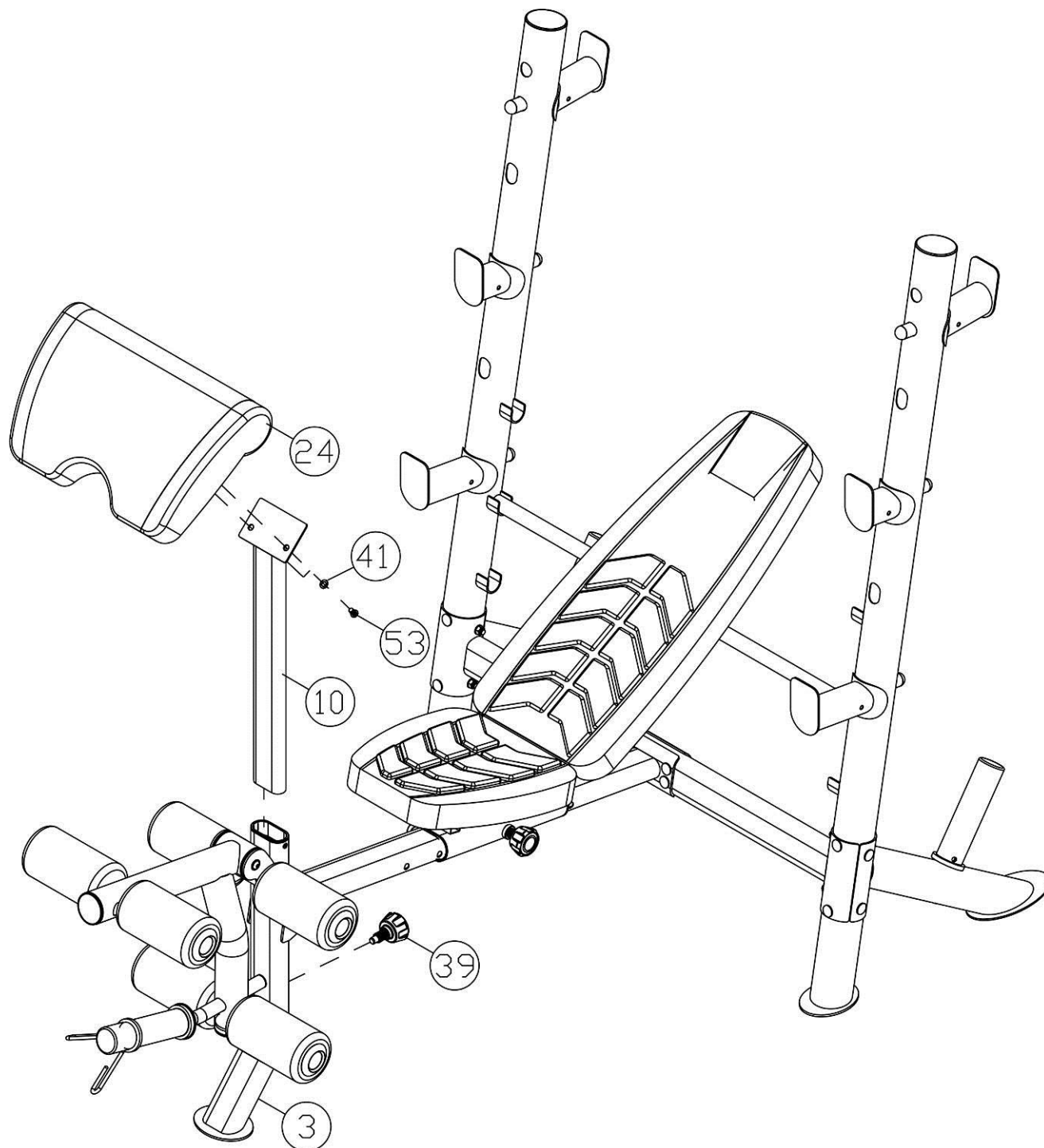
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#24) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen Bolts (#53) and two Ø 5/8" Washers (#41).
- B.) Insert the Arm Curl Stand into the top opening on the Front Post (#3). Use a M18 Lock Knob (#39) to secure the Arm Curl Stand (#10) in position.

DIAGRAM 5



This exploded diagram illustrates the assembly of a mechanical device, likely a pump or motor. The components are numbered 1 through 53. The diagram shows the following parts and their assembly sequence:

- Base and Housing:** Part 1 is the main base. Part 2 is a cover plate. Part 3 is a housing component. Part 4 is a mounting bracket. Part 5 is a support structure. Part 6 is a flange. Part 7 is a screw/bolt. Part 8 is a pin. Part 9 is a plate. Part 10 is a bracket. Part 11 is a pin. Part 12 is a pin. Part 13 is a pin. Part 14 is a pin. Part 15 is a pin. Part 16 is a pin. Part 17 is a pin. Part 18 is a pin. Part 19 is a pin. Part 20 is a pin. Part 21 is a pin. Part 22 is a pin. Part 23 is a pin. Part 24 is a pin. Part 25 is a pin. Part 26 is a pin. Part 27 is a pin. Part 28 is a pin. Part 29 is a pin. Part 30 is a pin. Part 31 is a pin. Part 32 is a pin. Part 33 is a pin. Part 34 is a pin. Part 35 is a pin. Part 36 is a pin. Part 37 is a pin. Part 38 is a pin. Part 39 is a pin. Part 40 is a pin. Part 41 is a pin. Part 42 is a pin. Part 43 is a pin. Part 44 is a pin. Part 45 is a pin. Part 46 is a pin. Part 47 is a pin. Part 48 is a pin. Part 49 is a pin. Part 50 is a pin. Part 51 is a pin. Part 52 is a pin. Part 53 is a pin.
- Internal Components:** Part 1 is the main base. Part 2 is a cover plate. Part 3 is a housing component. Part 4 is a mounting bracket. Part 5 is a support structure. Part 6 is a flange. Part 7 is a screw/bolt. Part 8 is a pin. Part 9 is a plate. Part 10 is a bracket. Part 11 is a pin. Part 12 is a pin. Part 13 is a pin. Part 14 is a pin. Part 15 is a pin. Part 16 is a pin. Part 17 is a pin. Part 18 is a pin. Part 19 is a pin. Part 20 is a pin. Part 21 is a pin. Part 22 is a pin. Part 23 is a pin. Part 24 is a pin. Part 25 is a pin. Part 26 is a pin. Part 27 is a pin. Part 28 is a pin. Part 29 is a pin. Part 30 is a pin. Part 31 is a pin. Part 32 is a pin. Part 33 is a pin. Part 34 is a pin. Part 35 is a pin. Part 36 is a pin. Part 37 is a pin. Part 38 is a pin. Part 39 is a pin. Part 40 is a pin. Part 41 is a pin. Part 42 is a pin. Part 43 is a pin. Part 44 is a pin. Part 45 is a pin. Part 46 is a pin. Part 47 is a pin. Part 48 is a pin. Part 49 is a pin. Part 50 is a pin. Part 51 is a pin. Part 52 is a pin. Part 53 is a pin.

PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Left Upright Beam	1	51	M10 x 5 1/8" Allen Bolt	1
2	Right Upright Beam	1	52	M10 x 3/4" Allen Bolt	2
3	Front Post	1	53	M8 x 5/8" Allen Bolt	2
4	Main Seat Support	1			
5	Cross Brace	1		4# Allen Wrench (Tool)	1
6	Backrest Adjustment Bar	1		5# Allen Wrench (Tool)	1
7	Squat Bar Catch	2		6# Allen Wrench (Tool)	2
8	Left Diagonal Support	1			
9	Right Diagonal Support	1			
10	Arm Curl Stand	1			
11	Leg Developer	1			
12	Long Foam Tube	1			
13	Ø 1 1/8" End Cap	2	1		
14	Sliding Block	1			
15	Safety Bar Catch	2			
16	Bar Holder	2			
17	Seat Bracket	1			
18	Seat Incline Support	1			
19	Backrest Support	2			
20	Foam Tube	2			
21	5 1/2" x 3" Bracket	1			
22	Backrest Board	1			
23	Seat Pad	1			
24	Arm Curl Pad	1			
25	M10 Aircraft Nut	16	2		
26	Olympic Sleeve	3			
27	Foam Roll	6			
28	Foam Roll End Cap	6			
29	Ø 3" End Cap	2			
30	Ø 2 3/8" End Cap	2			
31	1" Square End Cap	8			
32	3/4" x 1 5/8" End Cap	1			
33	M12 Aircraft Nut	1			
34	Ø 1" End Cap	4			
35	Ø 1" Cone-shaped End Cap	6			
36	Ø 2 3/8" x 7/8" Bushing	2			
37	4" Sleeve	2			
38	3 1/8" Sleeve	1			
39	M18 Lock Knob	2			
40	Ø 1" Washer	2			
41	Ø 5/8" Washer	10			
42	Spring Clip	1			
43	Axle	1			
44	Ø 3/4" Washer	19			
45	M8 x 1 5/8" Allen Bolt	8			
46	M10 x 3 3/4" Carriage Bolt	8			
47	M10 x 4" Carriage Bolt	1			
48	M10 x 2 1/8" Carriage Bolt	2			
49	M10 x 2 3/8" Carriage Bolt	4			
50	M12 x 7 1/8" Hex Bolt	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. 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.marcyprou.com

**IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766**

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.

support@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