

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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Model  
MP-4500

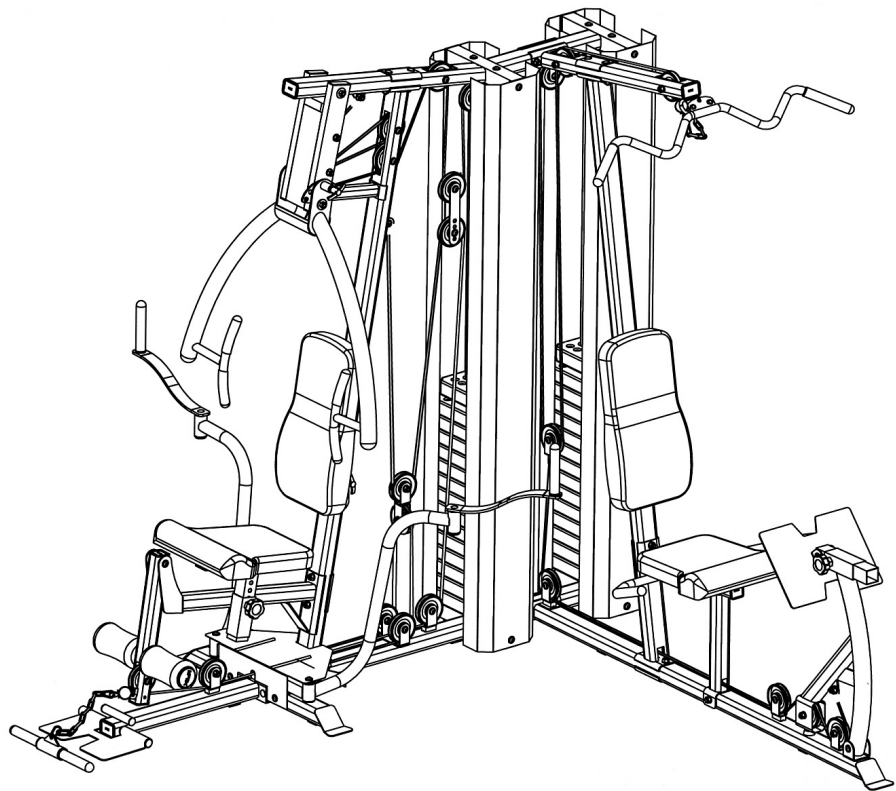
Retain This  
Manual for  
Reference

10-25-06

**OWNER'S  
MANUAL**

# IMPEX

## MARCY<sup>®</sup> PLATINUM CORNER GYM MP-4500



**IMPEX<sup>®</sup> INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM MP-4500 CORNER GYM by IMPEX<sup>®</sup> 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto: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 same station.
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.

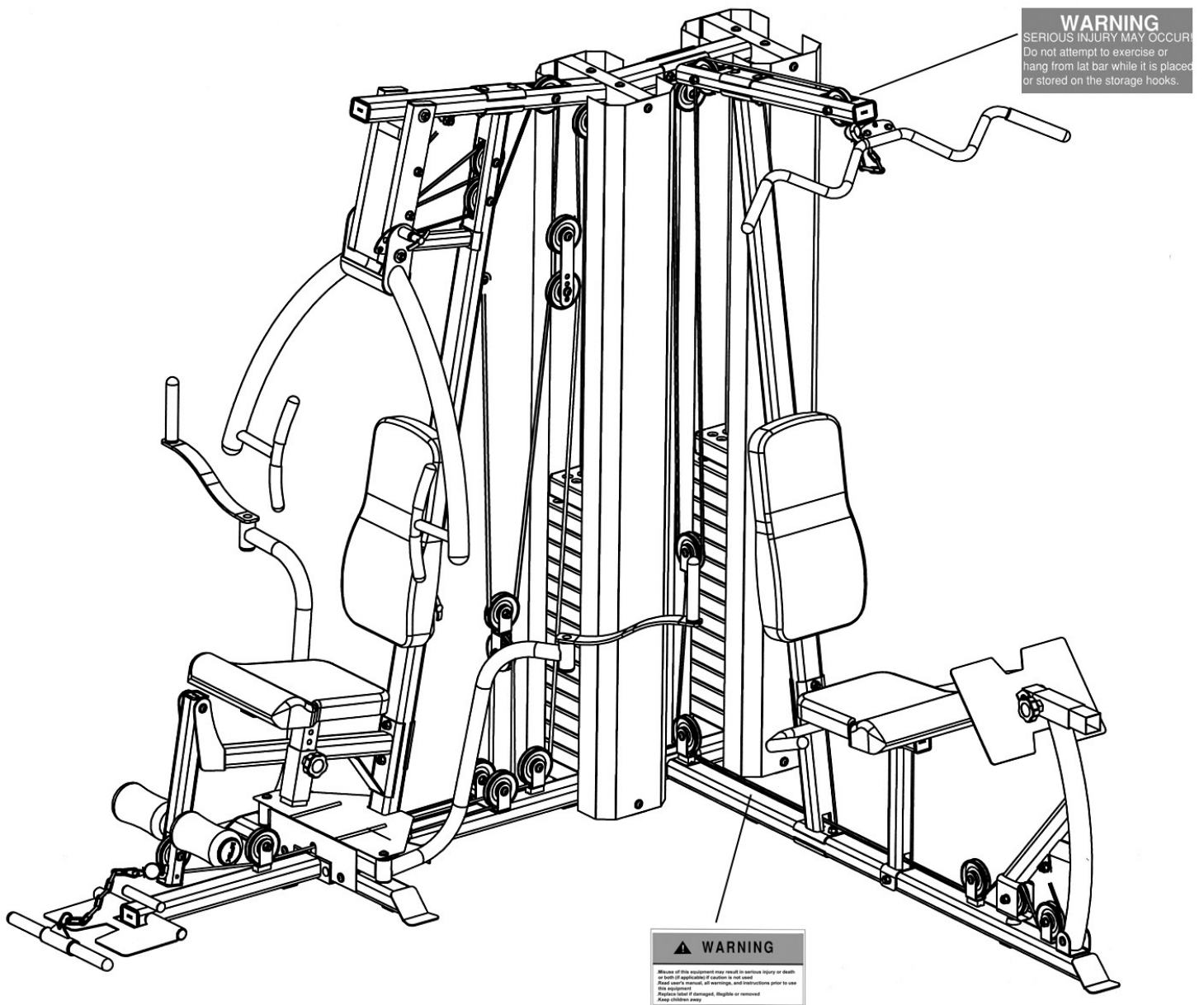
## **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 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.**

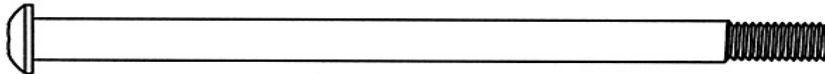
# WARNING LABEL REPLACEMENT



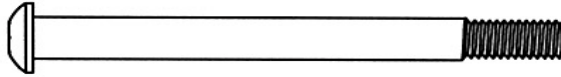
The warning labels shown here have been placed on the Left Base Frame and Left Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

# HARDWARE PACK

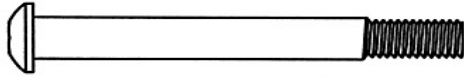
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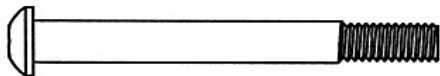
#88 M10 x 6  $\frac{1}{4}$ " Allen Bolt (Qty 2)



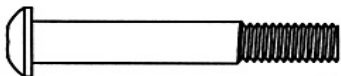
#89 M10 x 4  $\frac{3}{8}$ " Allen Bolt (Qty 1)



#90 M10 x 3  $\frac{1}{2}$ " Allen Bolt (Qty 5)



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



#92 M10 x 2  $\frac{5}{8}$ " Allen Bolt (Qty 3)



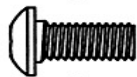
#93 M10 x 1  $\frac{3}{4}$ " Allen Bolt (Qty 17)



#85 M8 x 1  $\frac{5}{8}$ " Allen Bolt (Qty 4)



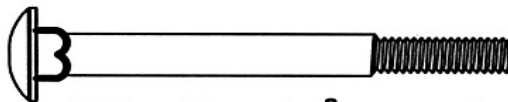
#94 M10 x 1" Allen Bolt (Qty 4)



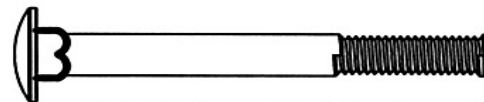
#95 M10 x  $\frac{3}{4}$ " Allen Bolt (Qty 16)



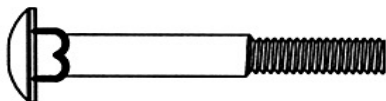
#96 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 8)



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



#99 M10 x 3  $\frac{1}{2}$ " Carriage Bolt (Qty 5)

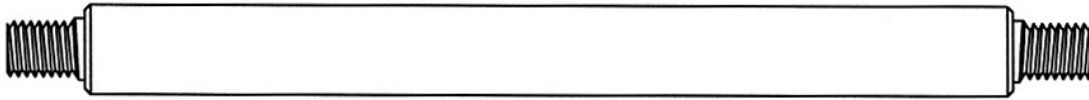


#98 M10 x 2  $\frac{3}{4}$ " Carriage Bolt (Qty 16)



# HARDWARE PACK

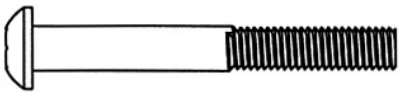
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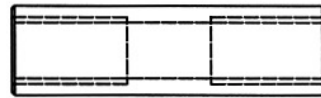
#30 7  $\frac{5}{8}$ " Front Press Axle (Qty 1)



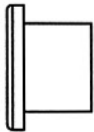
#29 6  $\frac{3}{4}$ " Front Press Base Axle (Qty 1)



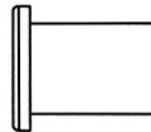
#86 M8 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 4)



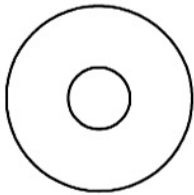
#15 Axle (Qty 2)



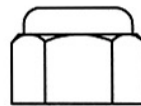
#56  $\varnothing\frac{7}{8}$ " x  $\frac{5}{8}$ " Pulley Bushing (Qty 4)



#53  $\varnothing\frac{7}{8}$ " x 1" Pulley Bushing (Qty 10)



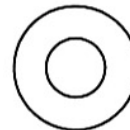
#70  $\varnothing 1\frac{1}{4}$ " x  $\varnothing\frac{3}{8}$ " Washer (Qty 6)



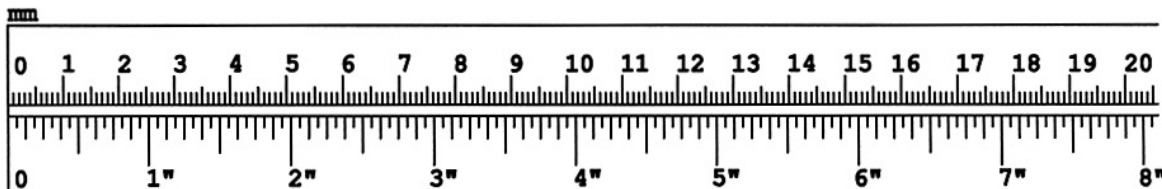
#102 M10 Aircraft Nut (Qty 61)



#101  $\varnothing\frac{5}{8}$ " Washer (Qty 8)

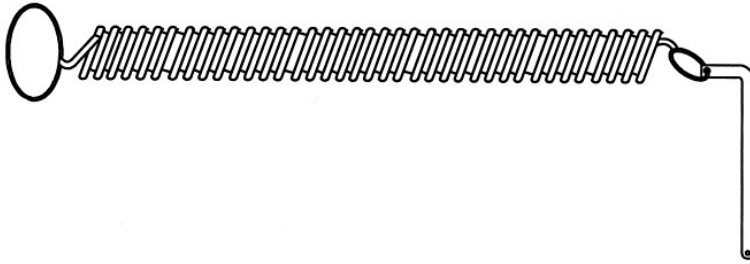


#100  $\varnothing\frac{3}{4}$ " Washer (Qty 101)



## HARDWARE PACK

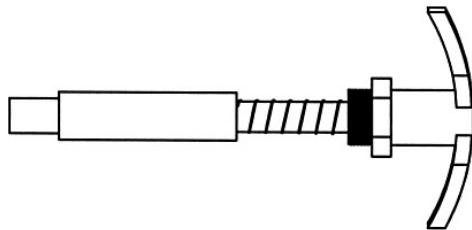
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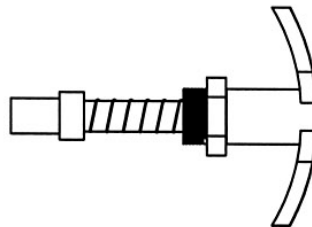
#74 Weight Selector Pin (Qty 2)



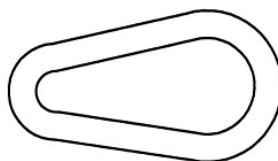
#75 Chain (Qty 3)



#77 Long T-shaped Lock Pin (Qty 1)



#78 Short T-shaped Lock Pin (Qty 1)



#76 Hook (Qty 5)

## ASSEMBLY INSTRUCTION

**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

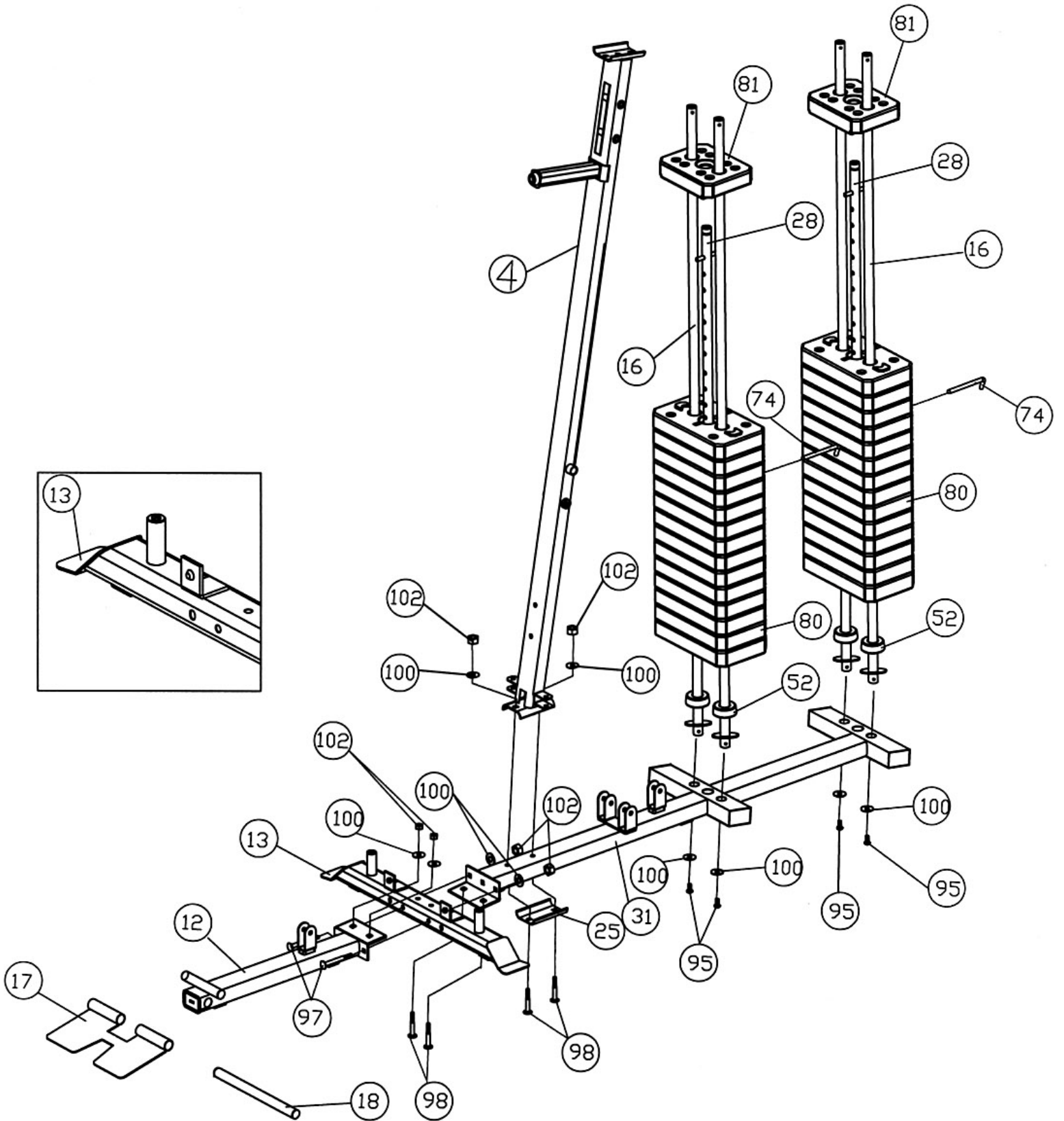
**NOTE: It is strongly recommended two or people assembling this machine to avoid possible injury.**

### STEP 1 (See Diagram 1)

- A.) Place the Right Base Frame (#31) on a flat surface. Make sure there is enough space around to assemble the machine.
- B.) Insert four Guide Rods (#16) into the holes on the Right Base Frame. Secure each Guide Rod from bottom with a M10 x  $\frac{3}{4}$ " Allen Bolt (#95) and  $\text{\O} \frac{3}{4}$ " Washer (#100).
- C.) Attach four  $\text{\O} 2 \frac{3}{8}$ " x 1" Rubber Bumpers (#52) to top of the Guide Rods then slid down to the stopper on the Guide Rods.
- D.) Attach the Right Vertical Frame (#4) onto the Right Base Frame. Secure it with two M10 x  $2 \frac{3}{4}$ " Carriage Bolts (#98), one  $4 \frac{3}{4}$ " x  $2 \frac{3}{4}$ " Bracket (#25), two  $\text{\O} \frac{3}{4}$ " Washers (#100), and two M10 Aircraft Nuts (#102).
- E.) Attach the Butterfly Base (#13) to the Right Base Frame (#31). Attach the Front Base Frame (#12) to the Butterfly Base (#13) from the front. Align the holes and secure them together with two M10 x  $3 \frac{3}{4}$ " Carriage Bolts (#97) from side, two M10 x  $2 \frac{3}{4}$ " Carriage Bolts (#98) from the bottom, four  $\text{\O} \frac{3}{4}$ " Washers (#100), and four M10 Aircraft Nuts (#102).
- F.) Slide fourteen Weight Plates (#80) onto the rear set of Guide Rods. Make sure the groove on the plates all face toward the back of the machine.
- G.) Insert a Selector Rod (#28) into the center holes. Slide a Selector Stem (#81) onto the two Guide Rods.
- H.) Insert a Weight Selector Pin (#74) to select the number of weight plates. Each Weight Plate weights approximately 10 lbs. Please refer to the Weight Resistance Chart in page 35.
- I.) Repeat procedures F, G and H above to install the other fourteen Weight Plates onto the front two Guide Rods.
- J.) Attach the Foot Plate (#17) to the Front Base Frame (#12). Secure it with the Foot Plate Axle (#18).

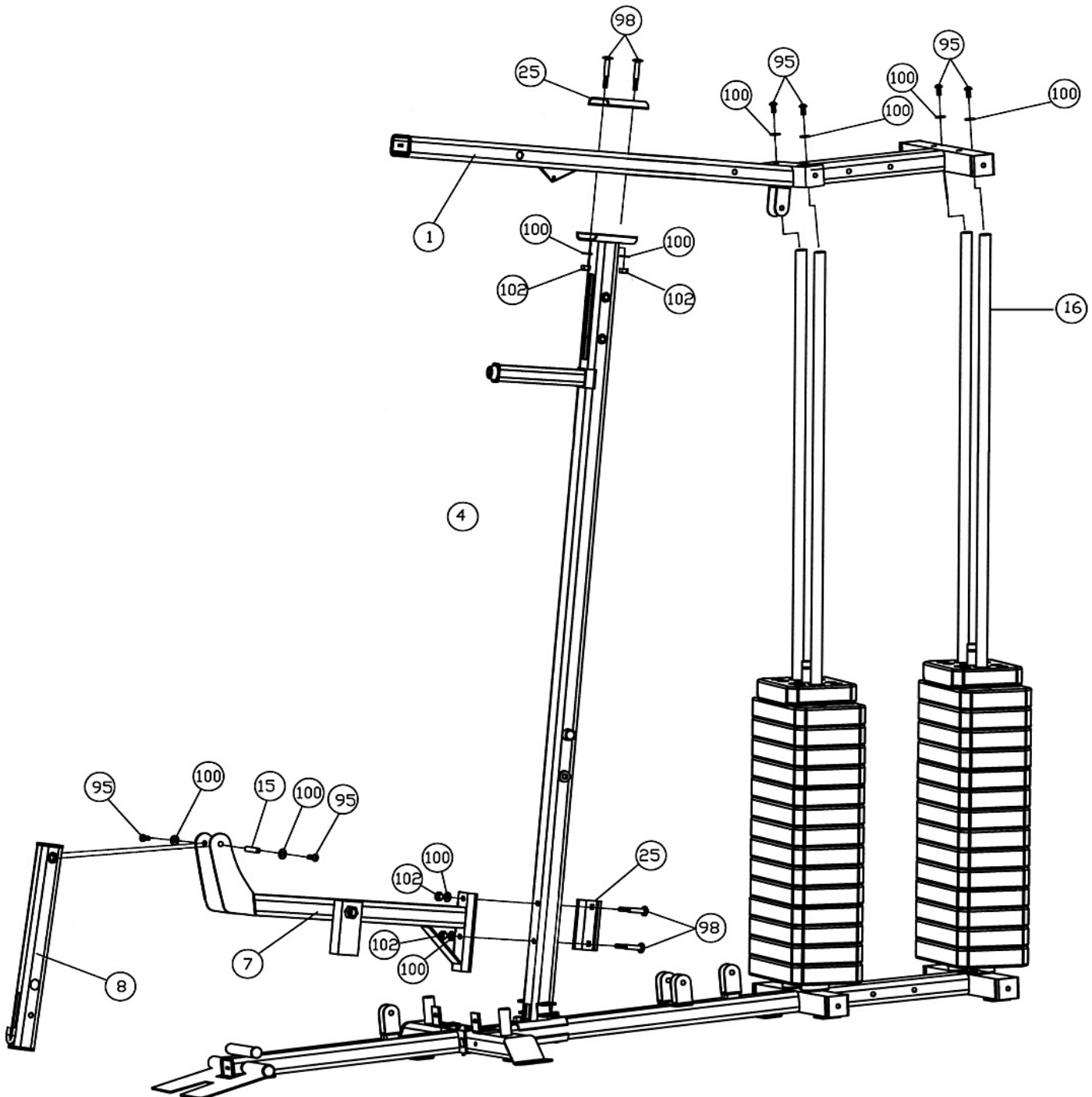


# DIAGRAM 1



## STEP 2 (See Diagram 2)

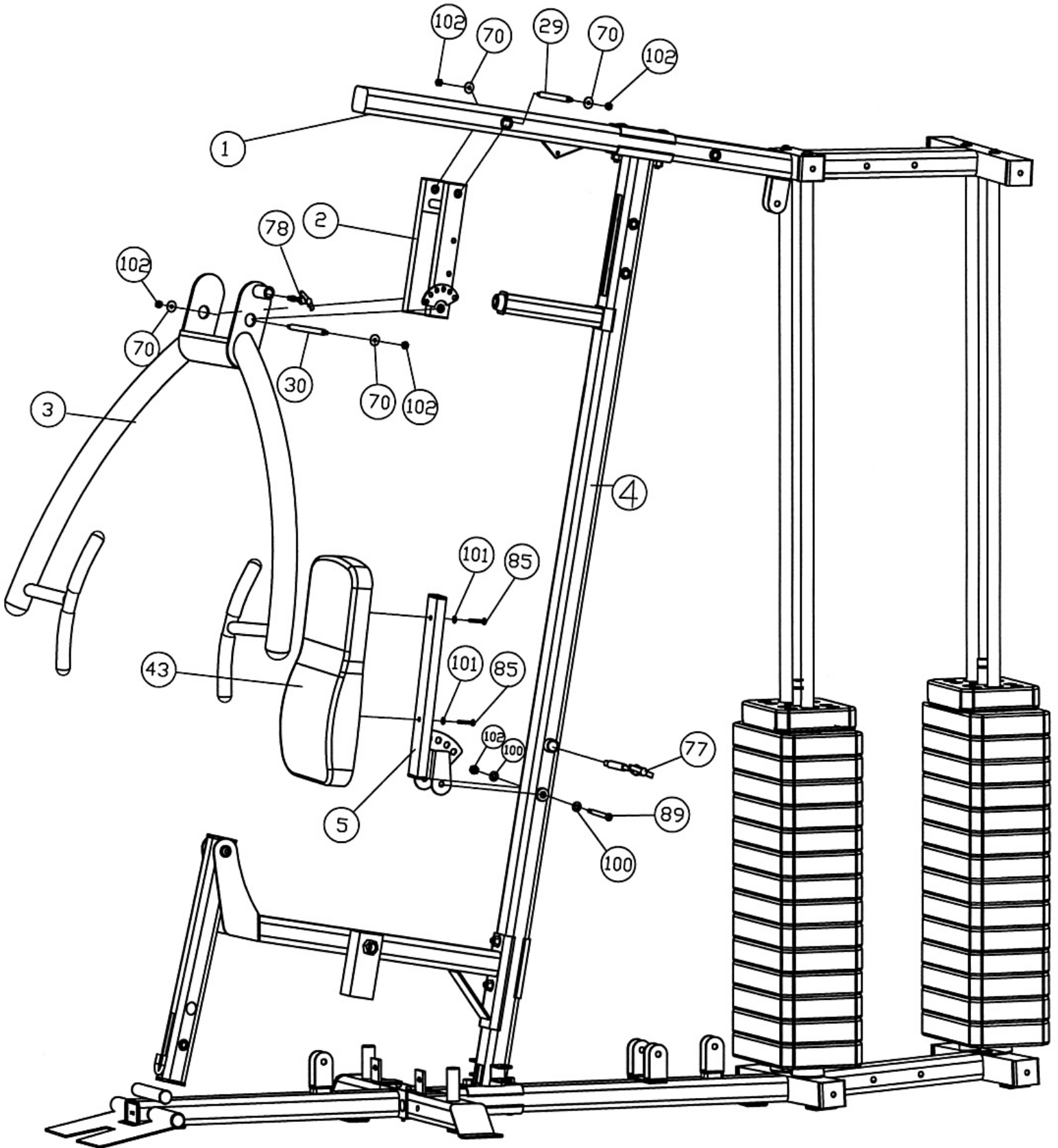
- A.) Attach the Right Upper Frame (#1) onto the Right Vertical Frame (#4). Secure it with two M10 x 2 3/4" Carriage Bolts (#98), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102). Do not tighten the Nuts and Bolts yet.
- B.) Attach the Right Upper Frame to the four Guide Rods (#16). Secure it to each Guide Rod with one M10 x 3/4" Allen Bolt (#95) and Ø 3/4" Washer (#100).
- C.) Securely tighten the Nuts and Bolts previously installed.
- D.) Attach the Right Seat Support (#7) to the Right Vertical Frame (#4). Secure it with two M10 x 2 3/4" Carriage Bolts (#98), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).
- E.) Attach the Leg Developer (#8) to the open bracket on the Right Seat Support. Secure it with one Axle (#15), two M10 x 3/4" Allen Bolts (#95), and two Ø 3/4" Washers (#100).



### **STEP 3 (See Diagram 3)**

- A.) Attach the Front Press Base (#2) to the Right Upper Frame (#1). Secure it with one 6 ¾" Front Press Base Axle (#29), two Ø 1 ¼" x Ø 3/8" Washers (#70), and two M10 Aircraft Nuts (#102). Do not over tighten the Nuts; make sure the Base is able to swivel.
- B.) Attach the Front Press (#3) to the Front Press Base (#2). Secure it with one 7 5/8" Front Press Axle (#30), two Ø 1 ¼" x Ø 3/8" Washers (#70), and two M10 Aircraft Nuts (#102). Do not over tighten the Nuts; make sure the Press Arm is able to swivel.
- C.) Thread the Short T-shaped Lock Pin (#78) into the tube on the Front Press to obtain the desired Front Press position.
- D.) Attach the Backrest Board (#43) to the Backrest Support Frame (#5). Secure it with two M8 x 1 5/8" Allen Bolts (#85) and Ø 5/8" Washers (#101).
- E.) Attach the Backrest Support Frame (#5) to the Right Vertical Frame (#4). Secure it with one M10 x 4 3/8" Allen Bolt (#89), two Ø ¾" Washers (#100), and one M10 Aircraft Nut (#102).
- F.) Thread a Long T-shaped Lock Pin (#77) into the hole on the Right Vertical Frame to obtain the desired Backrest position.

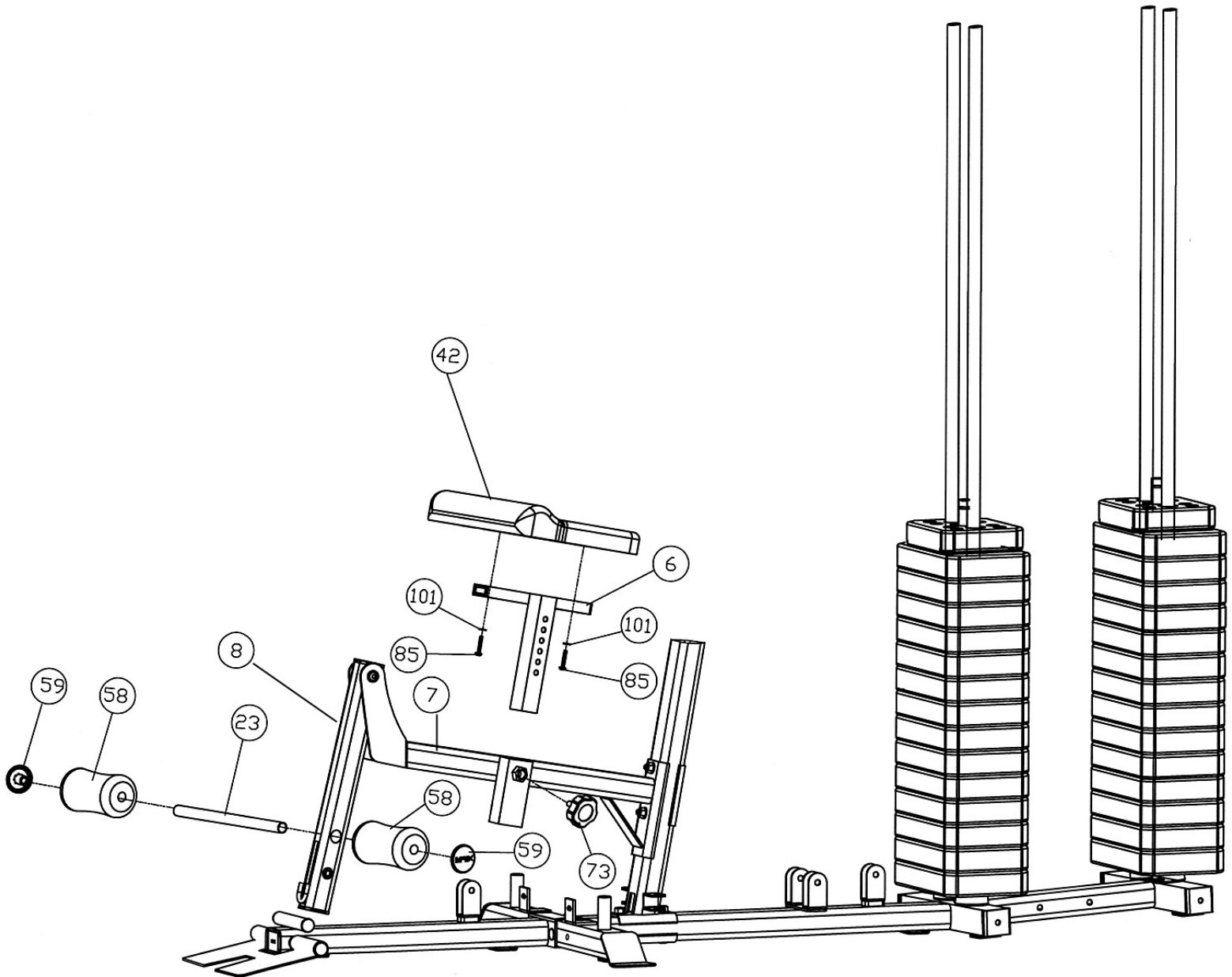
# DIAGRAM 3



#### STEP 4 (See Diagram 4)

- A.) Attach the Seat Pad (#42) to the Seat Post (#6). Secure it with two M8 x 1 5/8" Allen Bolts (#85) and  $\text{\O} 5/8$ " Washers (#101).
- B.) Insert the Seat Post into the opening on the Right Seat Support (#7). Secure it with a Lock Knob (#73) to lock the Seat Post at desired height.
- C.) Insert the Foam Tube (#23) halfway through the hole on the Leg Developer (#8). Push two Foam Rolls (#58) onto the Tube from both ends. Plug a Foam Roll End Cap (#59) into each end of the Tube.

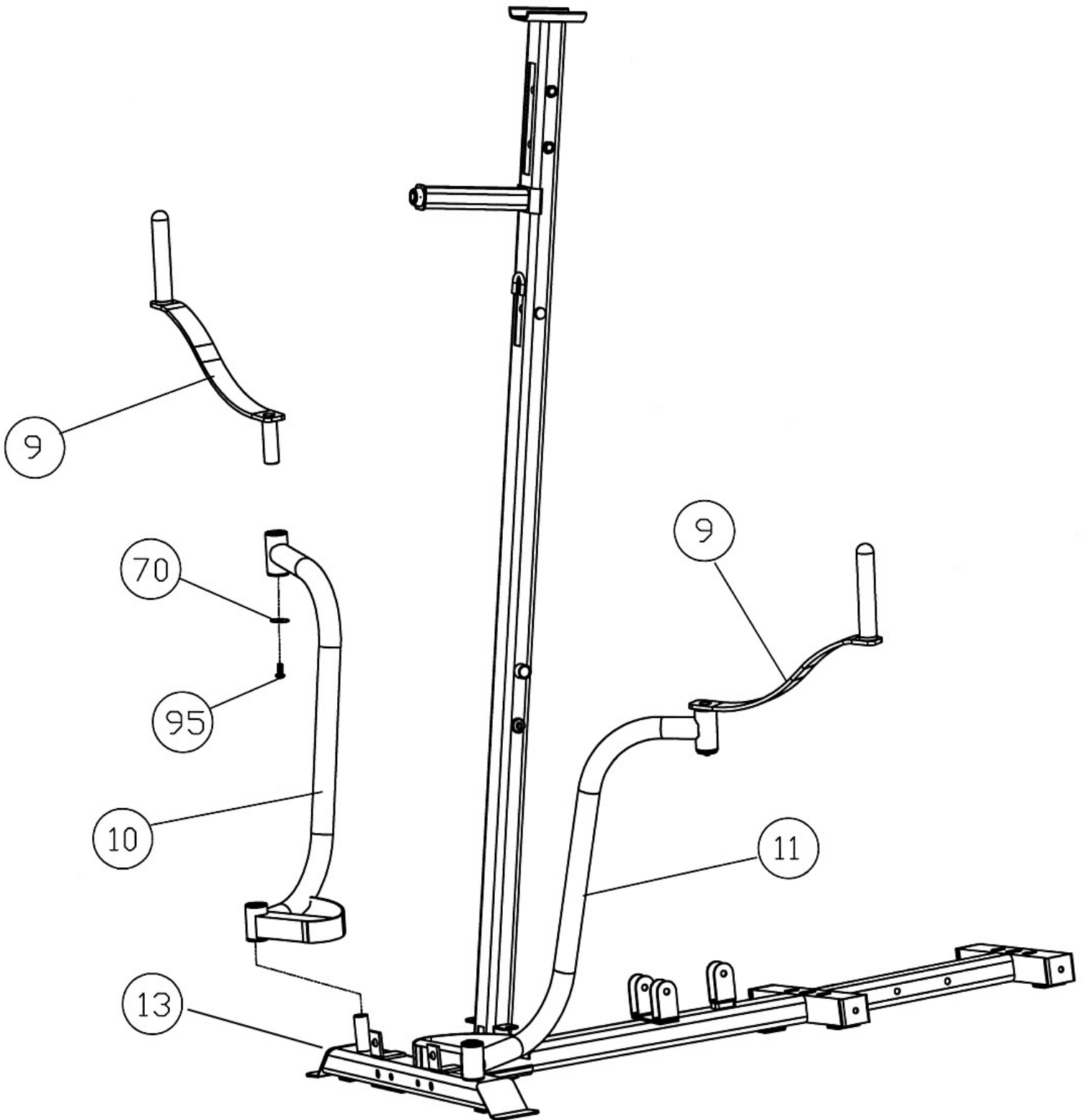
### DIAGRAM 4



**STEP 5 (See Diagram 5)**

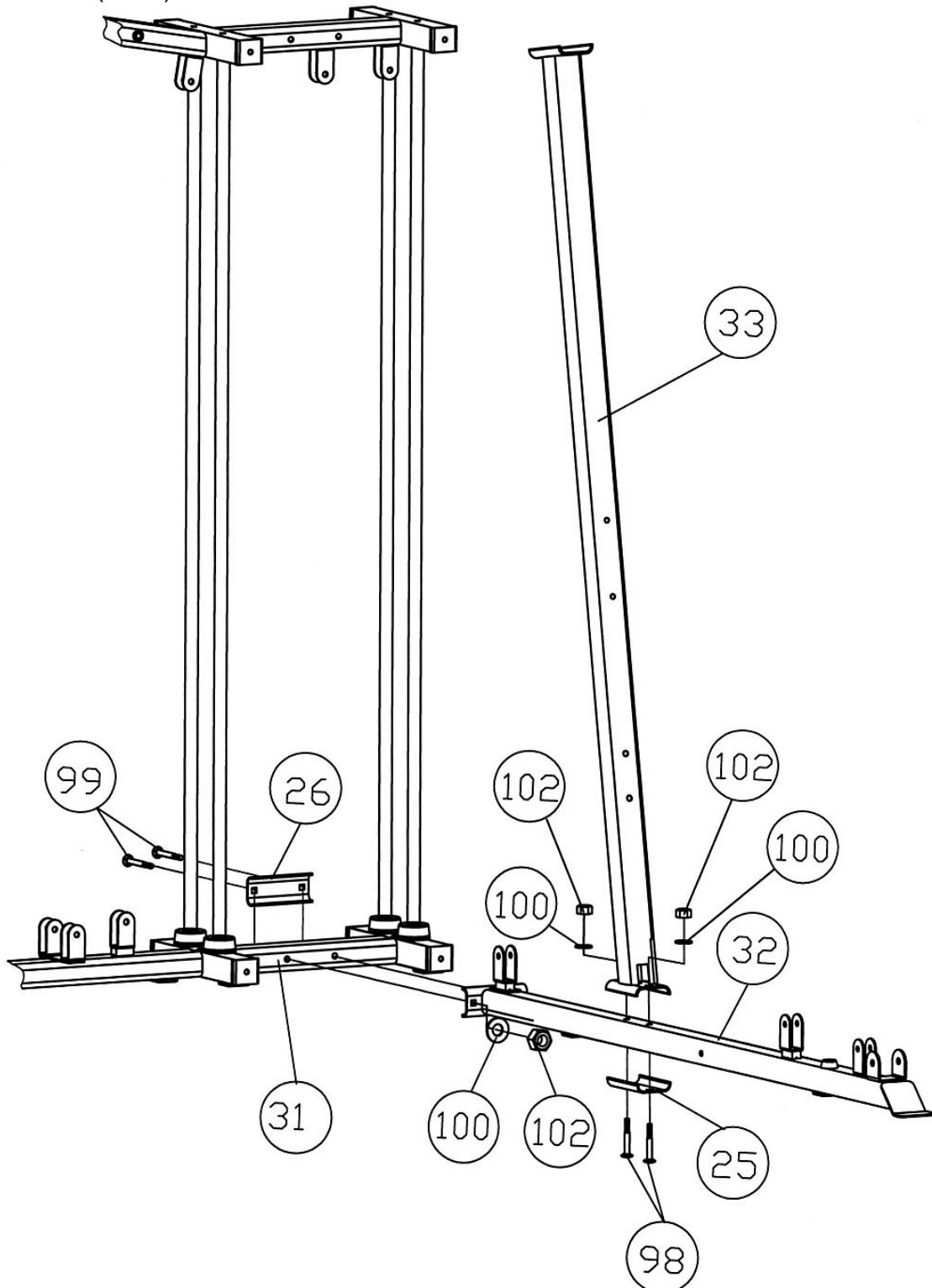
- A.) Attach the Right Butterfly (#10) onto the axle on the Butterfly Base (#13).
- B.) Insert the Butterfly Handle (#9) into the pivot on the Right Butterfly. Secure it with one M10 x  $\frac{3}{4}$ " Allen Bolt (#95) and  $\text{Ø } 1 \frac{1}{4}$ " x  $\text{Ø } \frac{3}{8}$ " Washer (#70) from the bottom. Do not over tighten the Bolt; make sure the handle is able to swivel.
- C.) Repeat Procedure A & B above to install the Left Butterfly (#11).

**DIAGRAM 5**



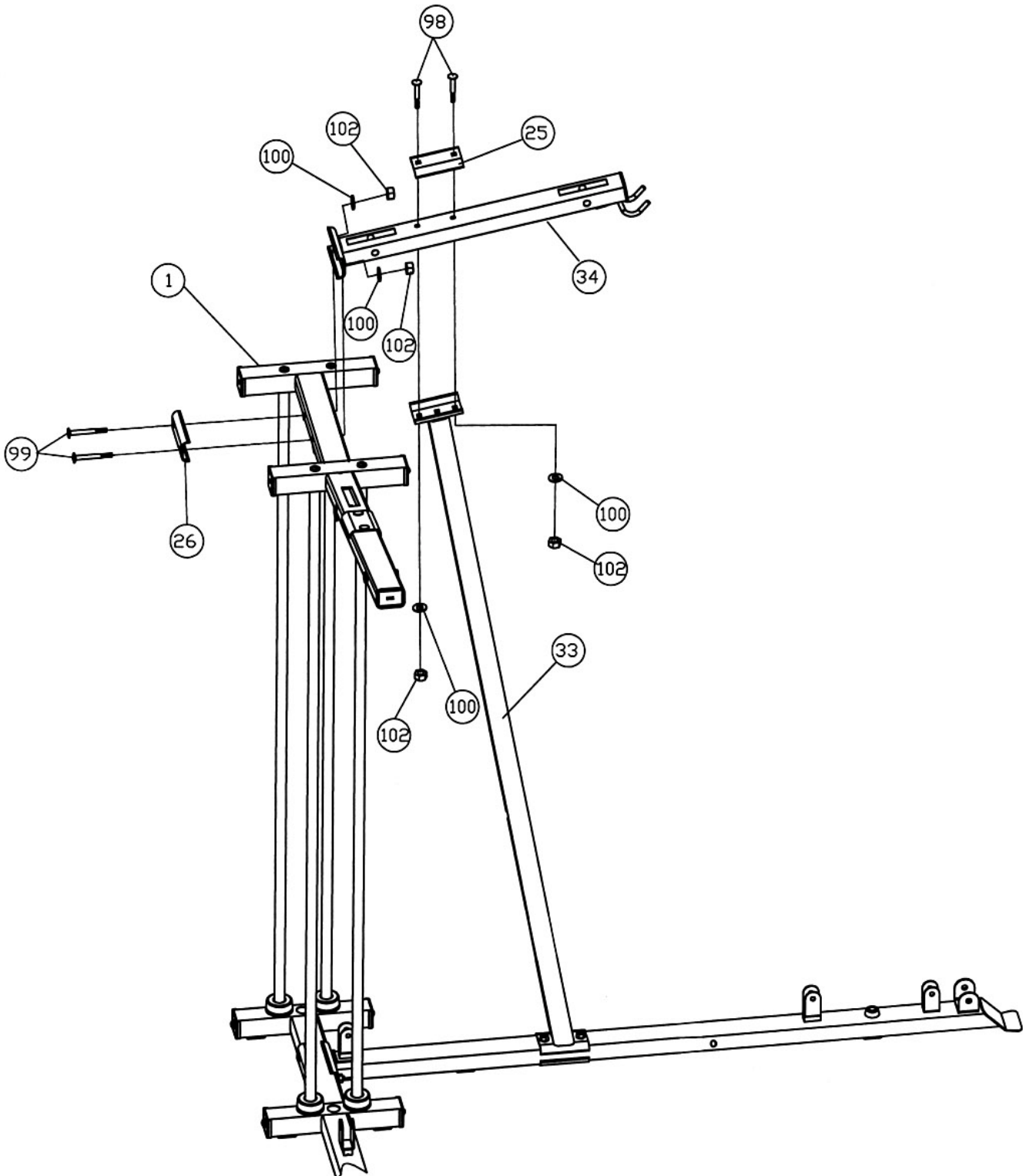
## STEP 6 (See Diagram 6)

- A.) Do not tighten all Nuts and Bolts in this Step until instructed to do so.
- B.) Attach the Left Vertical Frame (#33) onto the Left Base Frame (#32). Secure it with two M10 x 2 3/4" Carriage Bolts (#98), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).
- C.) Attach the Left Base Frame (#32) to the Right Base Frame (#31). Secure it with two M10 x 3 1/2" Carriage Bolts (#99), one 4 1/2" x 2" Bracket (#26), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).



### STEP 7 (See Diagram 7)

- A.) Attach the Left Upper Frame (#34) onto the Left Vertical Frame (33). Secure it with two M10 x 2 3/4" Carriage Bolts (#98), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102). Do not tighten the Nuts and Bolts yet.
- B.) Attach the rear of Left Upper Frame to the Right Upper Frame (#1). Secure it with two M10 x 3 1/2" Carriage Bolts (#99), one 4 1/2" x 2" Bracket (#26), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).
- C.) Securely tighten all Nuts and Bolts previously installed.

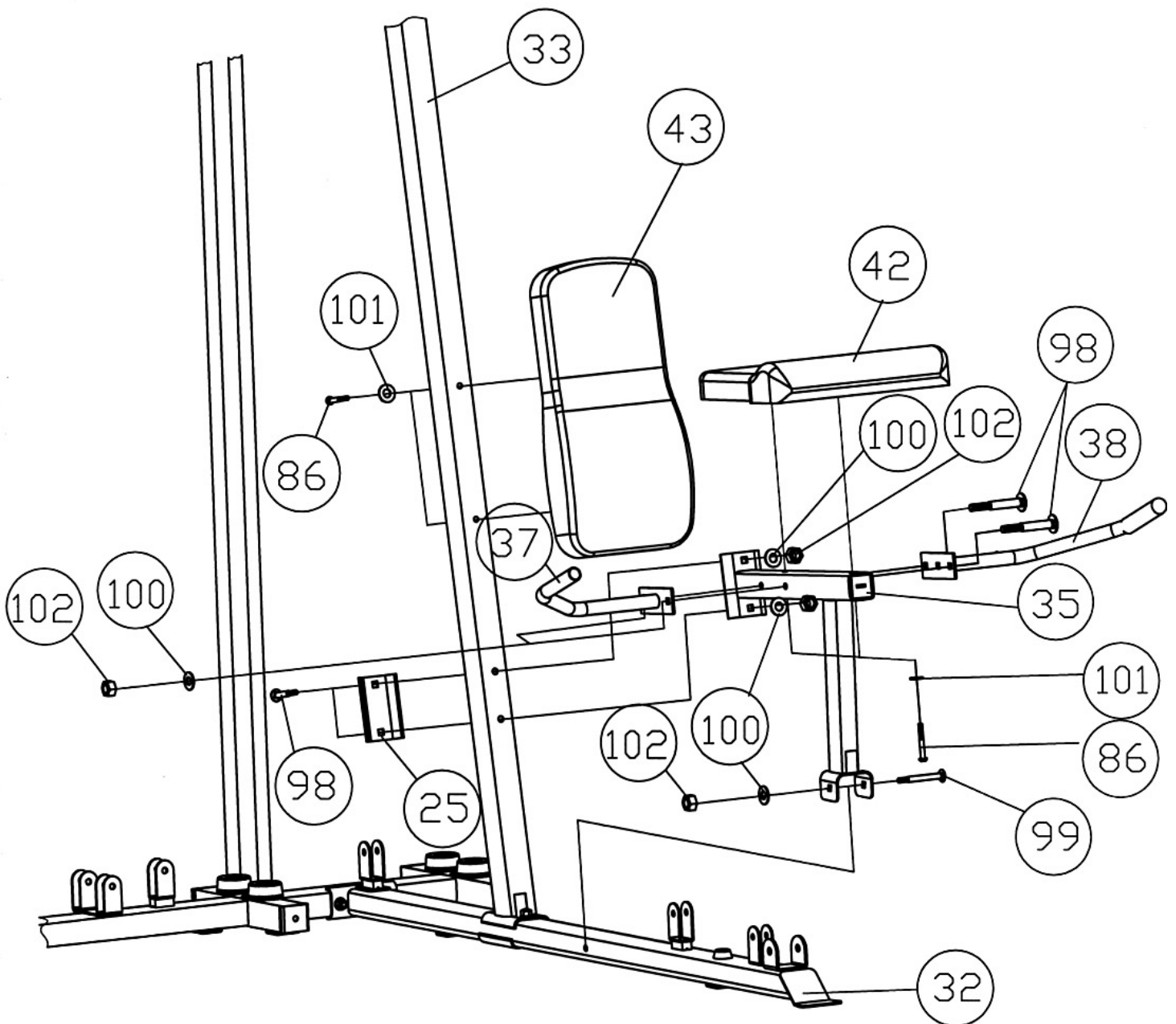




## STEP 8 (See Diagram 8)

- A.) Attach the Left Seat Support (#35) onto the Left Base Frame (#32). Secure it with one M10 x 3 1/2" Carriage Bolt (#99), Ø 3/4" Washer (#100), and M10 Aircraft Nut (#102).
- B.) Attach the Left Seat Support to the Left Vertical Frame (#33). Secure it with two M10 x 2 3/4" Carriage Bolts (#98), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).
- C.) Attach the Right & Left Handle (#37 & 38) to the Left Seat Support from each side. Secure them together with two M10 x 2 3/4" Carriage Bolts (#98), Ø 3/4" Washers (#100), and M10 Aircraft Nuts (#102).
- D.) Attach a Seat Pad (#42) to the Left Seat Support. Secure it with two M8 x 2 1/2" Allen Bolts (#86) and Ø 5/8" Washers (#101).
- E.) Attach a Backrest Board (#43) to the Left Vertical Frame. Secure it with two M8 x 2 1/2" Allen Bolts (#86) and Ø 5/8" Washers (#101).

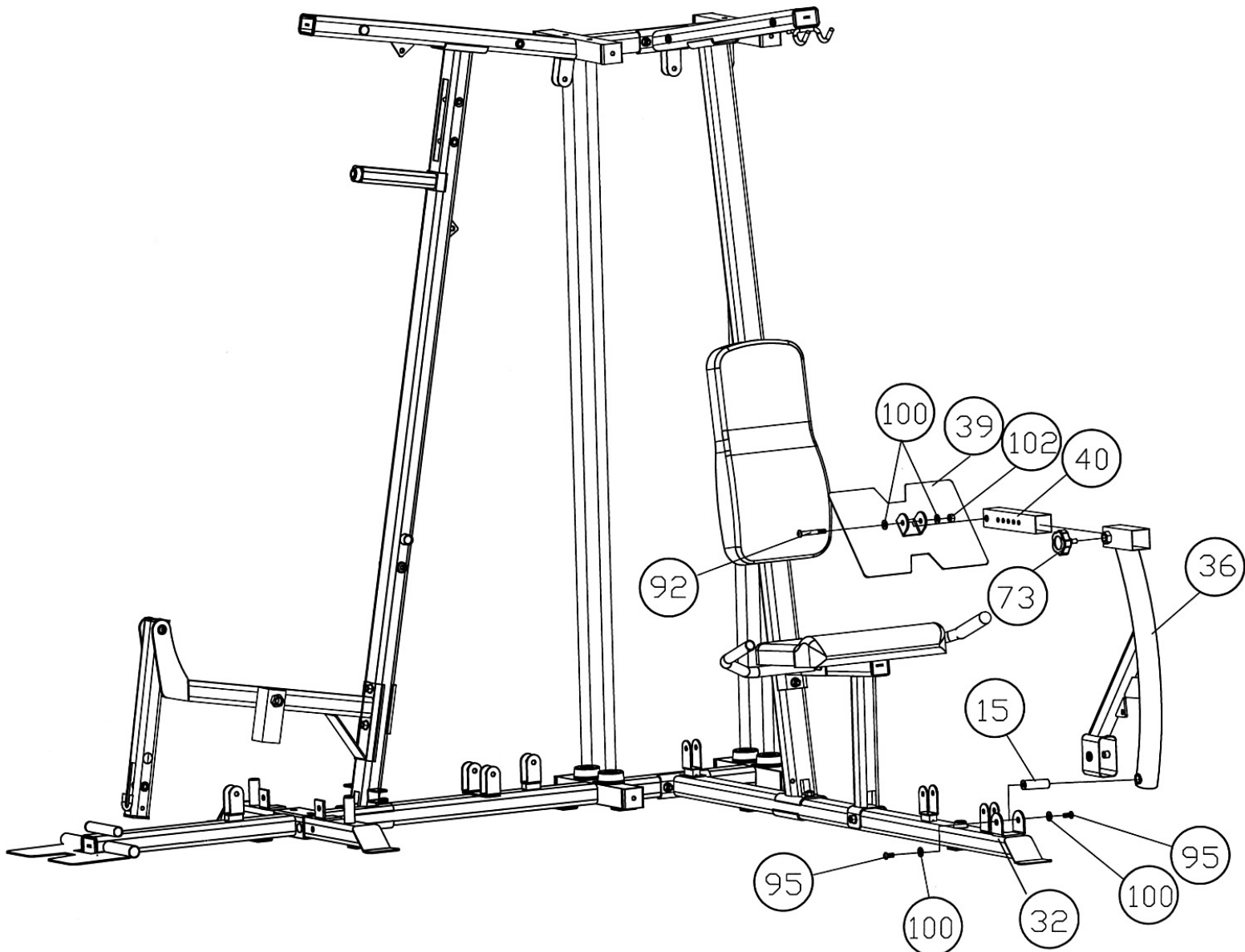
**DIAGRAM 8**



## STEP 9 (See Diagram 9)

- A.) Attach the Leg Press Frame (#36) to the bracket on the Left Base Frame (#32). Secure it with an Axle (#15), two M10 x  $\frac{3}{4}$ " Allen Bolts (#95), and two  $\text{\O} \frac{3}{4}$ " Washers (#100).
- B.) Insert the Leg Press Adjustment Frame (#40) into the Leg Press Frame. Thread a Lock Knob (#73) into the Leg Press Frame to obtain the desired leg press exercise position.
- C.) Attach the Leg Press Plate (#39) to the Leg Press Adjustment Frame. Secure it with one M10 x 2  $\frac{5}{8}$ " Allen Bolt (#92), two  $\text{\O} \frac{3}{4}$ " Washers (#100), and one M10 Aircraft Nut (#102).

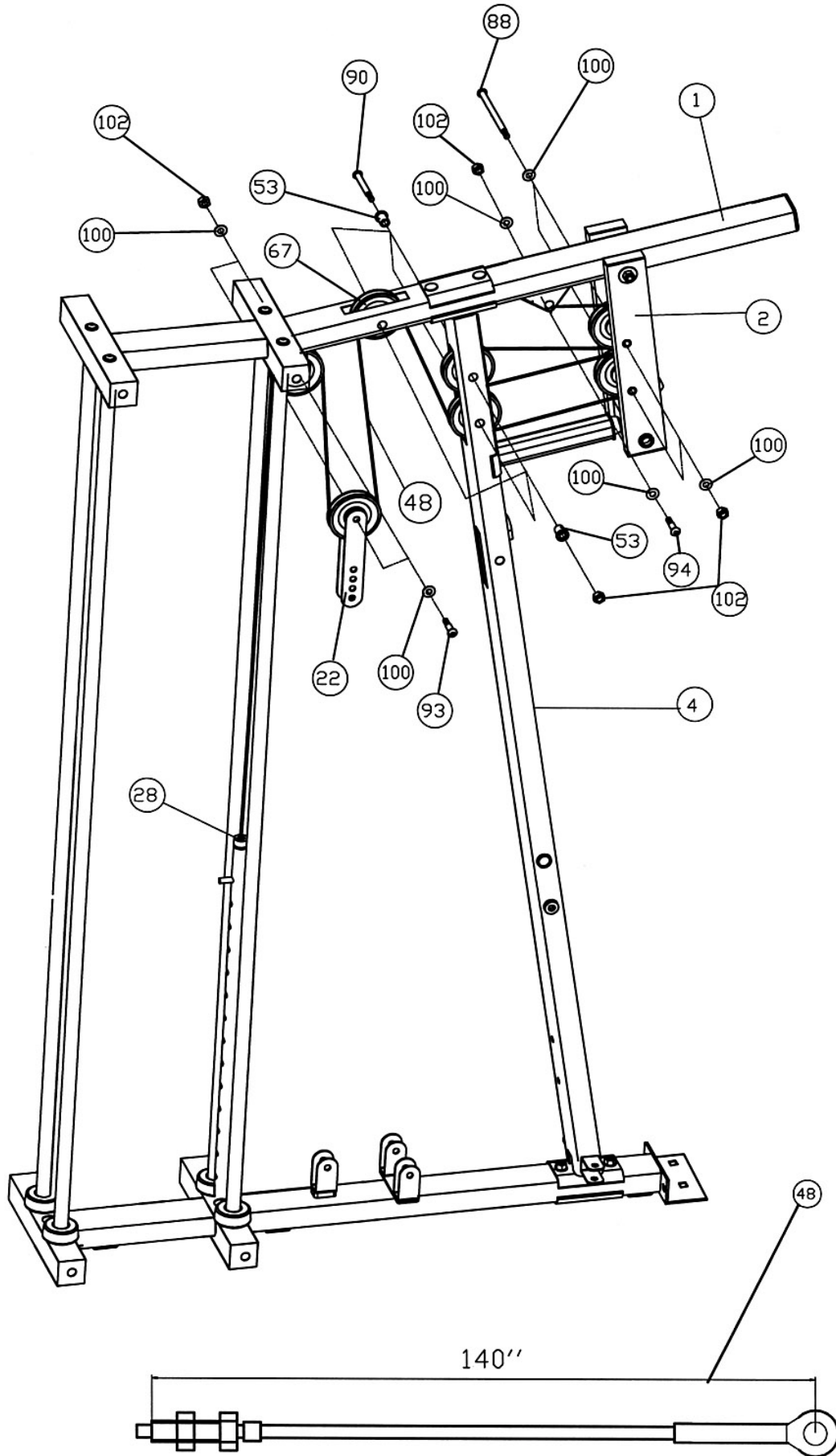
### DIAGRAM 9



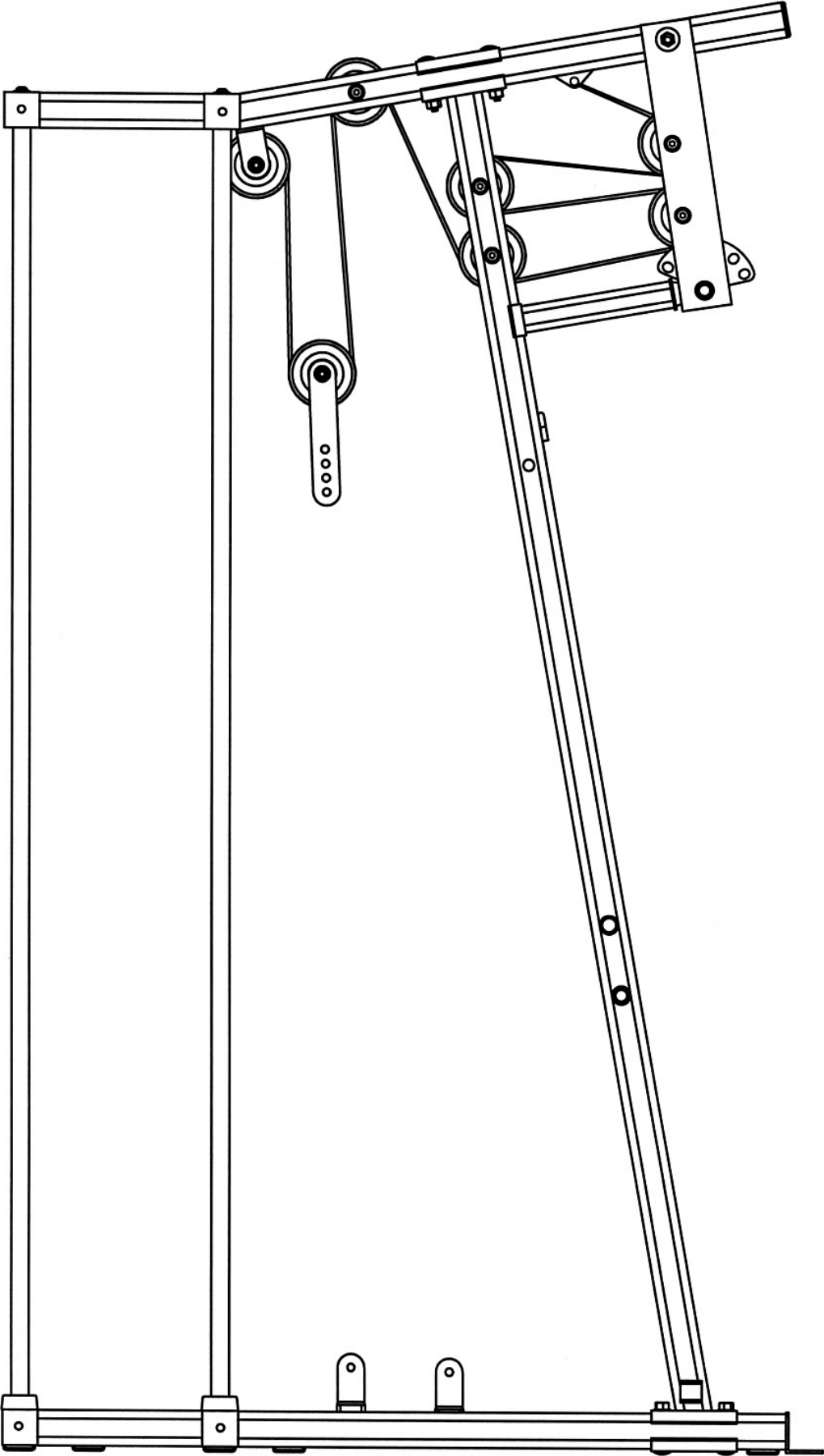
## **STEP 10 (See Diagram 10 & Front Press Cable Loop Diagram)**

- A.) Attach one end of the 140" Front Press Cable (#48) to the bracket underneath the Right Upper Frame (#1). Secure it with one M10 x 1" Allen Bolt (#94), two Ø ¾" Washers (#100), and one M10 Aircraft Nut (#102).
- B.) Draw the Cable to the opening on the Front Press Base (#2). Attach a Pulley (#67) to the upper opening. Secure it with one M10 x 6 ¼" Allen Bolt (#88), two Ø ¾" Washers (#100), and one M10 Aircraft Nut (#102).
- C.) Draw the Cable around the Pulley to the opening on the Right Vertical Frame (#4). Install a Pulley to the upper opening with M10 x 3 ½" Allen Bolt (#90), two Ø 7/8" x 1" Pulley Bushings (#53), and one M10 Aircraft Nut (#102).
- D.) Draw the Cable around the Pulley and back to the lower opening on the Front Press Base. Repeat Procedure B above to install a Pulley.
- E.) Draw the Cable around the Pulley to the lower opening on the Right Vertical Frame. Repeat Procedure C above to install another Pulley.
- F.) Draw the Cable underneath the Pulley then upward to the opening on the Right Upper Frame (#1). Repeat Procedure C above to install a Pulley.
- G.) Draw the Cable around the Pulley then downward. Attach a Pulley to the top hole on the two Double Floating Pulley Brackets (#22).
- H.) Secure the Pulley with one M10 x 1 ¾" Allen Bolt (#93), two Ø ¾" Washers (#100), and one M10 Aircraft Nut (#102). Draw the Cable around the Pulley and upward. Let the Brackets hanging for now.
- I.) Draw the Cable upward to the open bracket underneath the Right Upper Frame. Repeat Procedure H above to install a Pulley.
- J.) Draw the Cable around the Pulley then downward in between the two Guide Rods to the Selector Rod (#28). Fully thread the Bolt on the end of the Cable into the Selector Rod. Use the Nut at the end of the Cable to tighten the Bolt.

# DIAGRAM 10



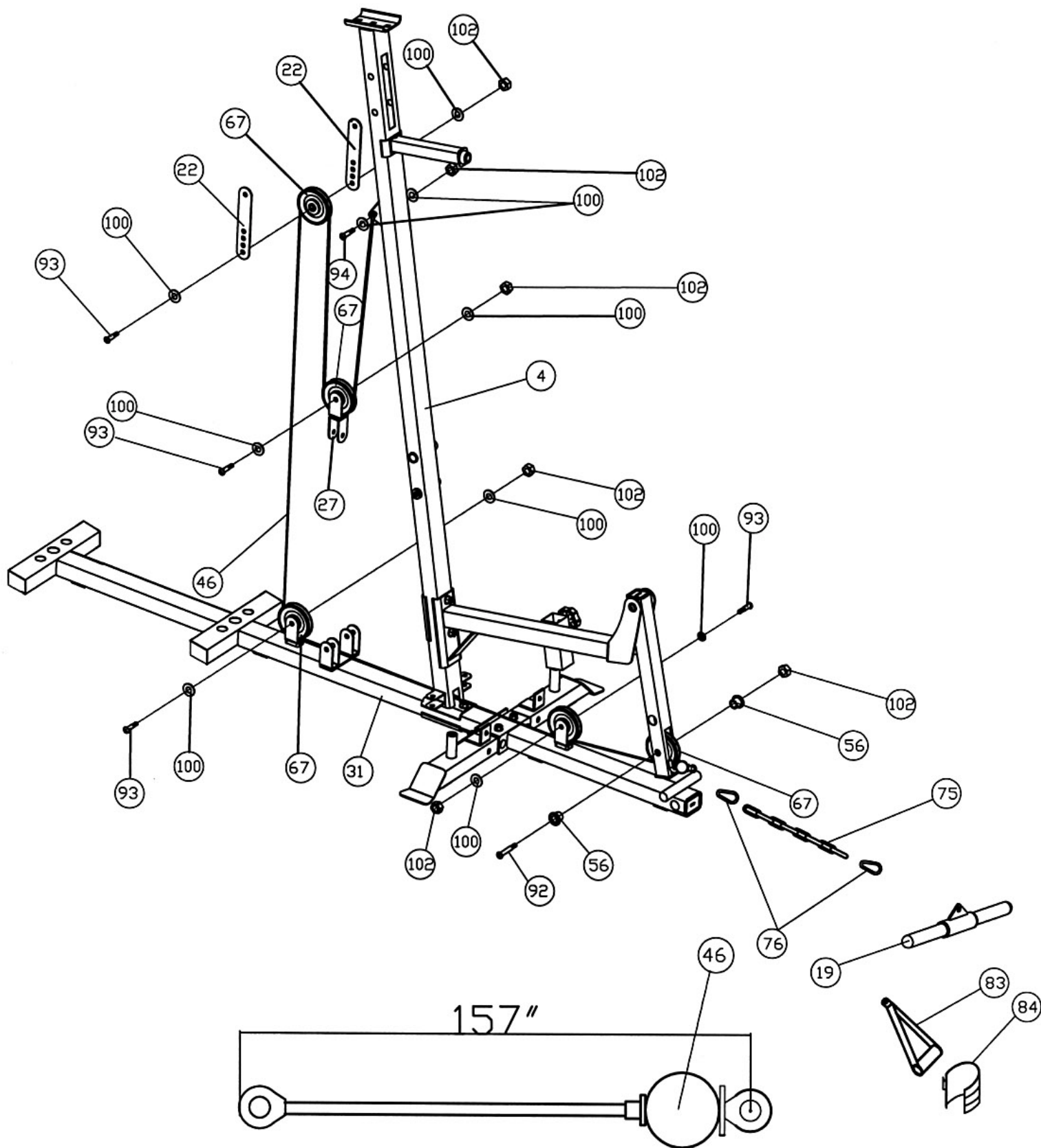
# Front Press Cable Loop Diagram



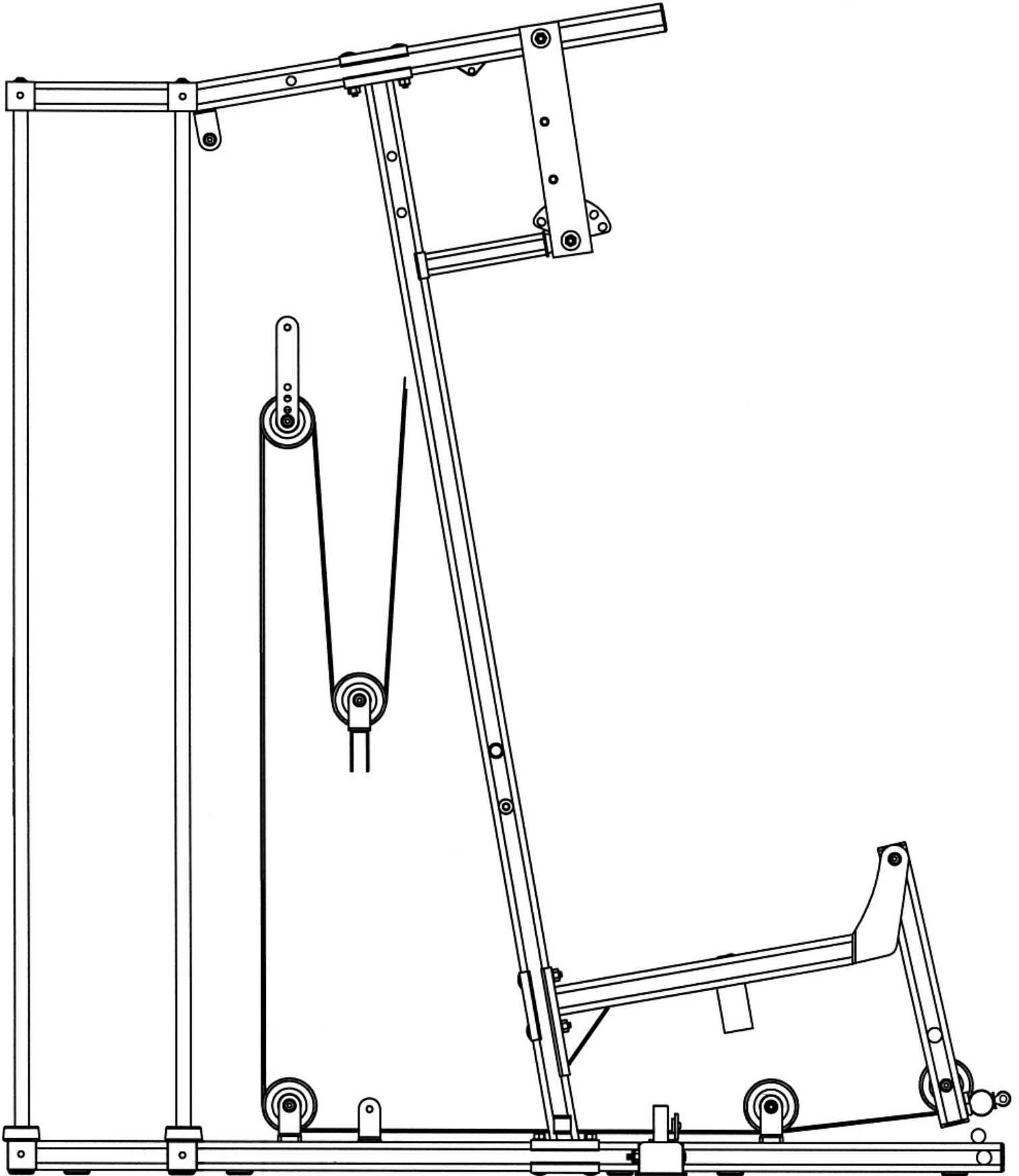
## **STEP 11 (See Diagram 11 & Lower Cable Loop Diagram)**

- A.) Attach the 157" Lower Cable (#46) to the lower opening on the Leg Developer (#8). Attach a Pulley (#67) to the opening. Secure it with one M10 x 2 5/8" Allen Bolt (#92), two Ø 7/8" x 5/8" Pulley Bushings (#56), and one M10 Aircraft Nut (#102).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Right Base Frame (#31). Attach a Pulley to the bracket and secure it with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washes (#100), and one M10 Aircraft Nut (#102).
- C.) Draw the Cable underneath the Pulley through the bottom opening on the Right Vertical Frame (#4) to another open bracket on the Right Base Frame. Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#22) previously installed in Step-10. Install a Pulley to the Brackets on selected hole. After completing Step-12, come back to this step and check the tension of the Cable loop system. If the cables are too loose, move up the Pulley on the Bracket. Move down the Pulley if the Cables are too tight.
- E.) Draw the Cable around the Pulley then downward. Install a Pulley to an Angled Double Floating Pulley Bracket (#27).
- F.) Draw the Cable around the Pulley then upward to the bracket on the back of Right Vertical Frame. Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#94), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102). Let the Bracket hanging for now.
- G.) Connect the Shiver Bar (#19) to the Cable with a Chain (#75) and two Hooks (#76). Replace Shiver Bar with Single Handle (#83) or Ankle Strap (#84) for various exercises.

DIAGRAM 11



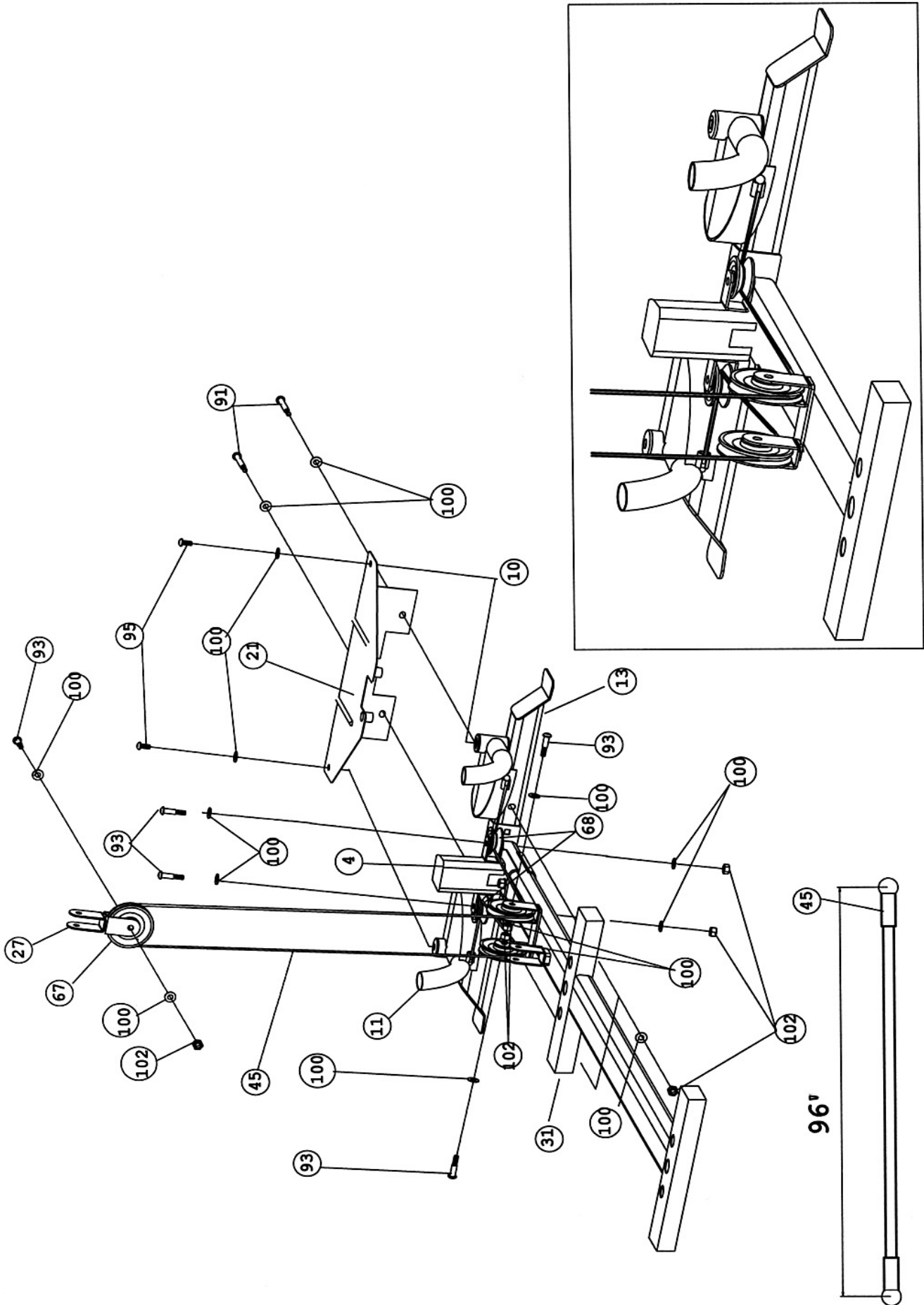
# Lower Cable Loop Diagram



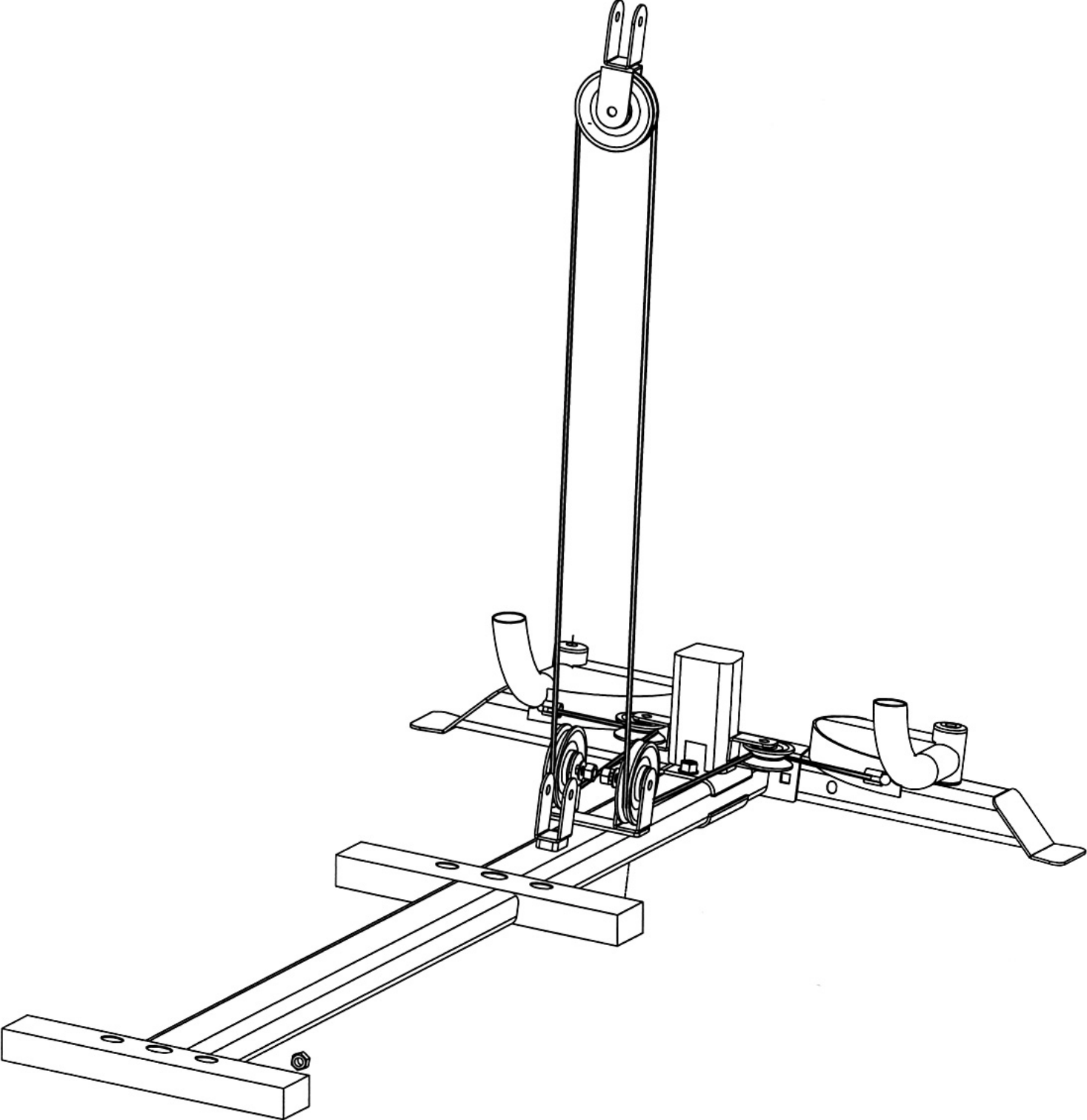


## STEP 12 (See Diagram 12 & Butterfly Cable Loop Diagram)

- A.) Clip one end of the 96" Butterfly Cable (#45) to the open slot on the Right Butterfly (#10).
- B.) Draw the Cable to the open bracket on the right side of the Right Vertical Frame (#4).  
Attach a Small Pulley (#68) to the bracket.
- C.) Secure it with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102).
- D.) Draw the Cable around the Small Pulley to the right open bracket on the Right Base Frame (#31). Repeat Procedure C above to install a Pulley.
- E.) Draw the Cable around the Pulley then upward to the Angled Double Floating Pulley Bracket (#27) previously installed in Step -11. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable around the Pulley then downward to the left open bracket on the Right Base Frame. Repeat Procedure C above to install another Pulley.
- G.) Draw the Cable around the Pulley to the left open bracket on the Right Vertical Frame.  
Install a Small Pulley to the bracket.
- H.) Draw the Cable around the Small Pulley then clip the end of the Cable to the open slot on the Left Butterfly.
- I.) Attach the Butterfly Base Cover (#21) to the Butterfly Base (#13) to cover the left and right pivot on the Butterfly Base. Secure the Cover to the Pivot with two M10 x 3/4" Allen Bolts (#95) and Ø 3/4" Washers (#100).
- J.) Align the holes and secure the Cover to the Butterfly Base with two M10 x 3 3/8" Allen Bolts (#91), four Ø 3/4" Washers (#100), and two M10 Aircraft Nuts (#102).



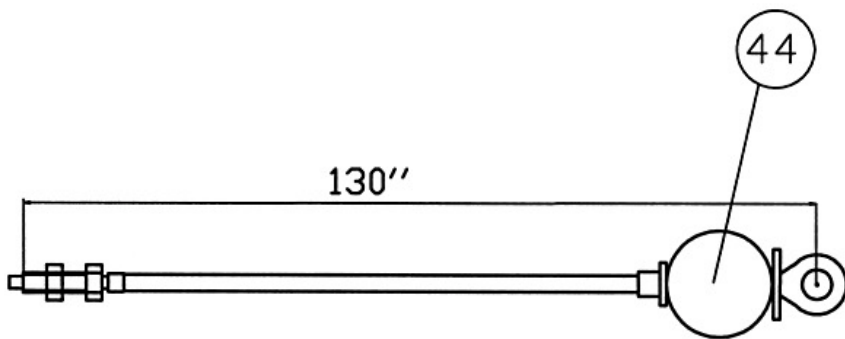
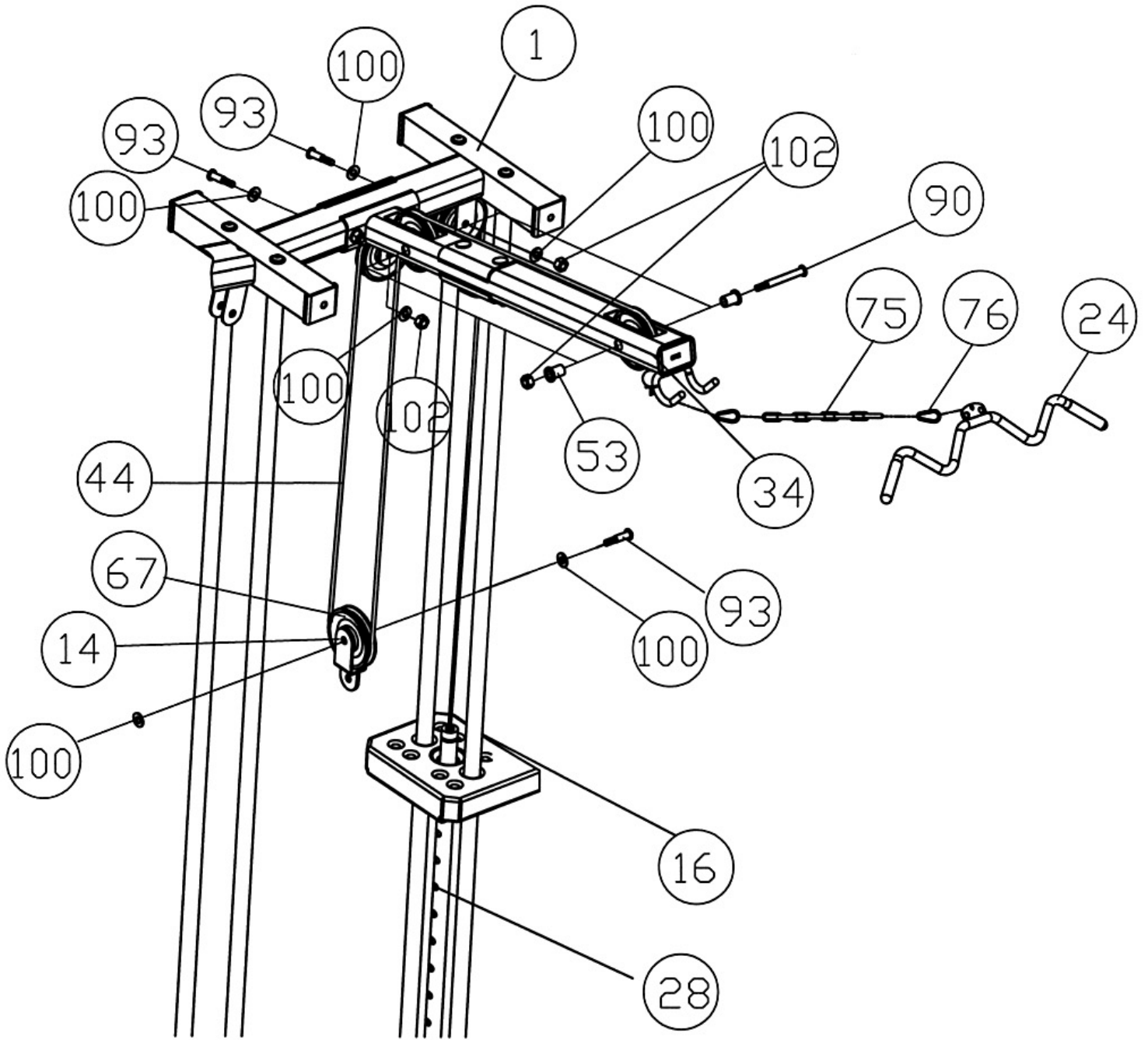
# Butterfly Cable Loop Diagram



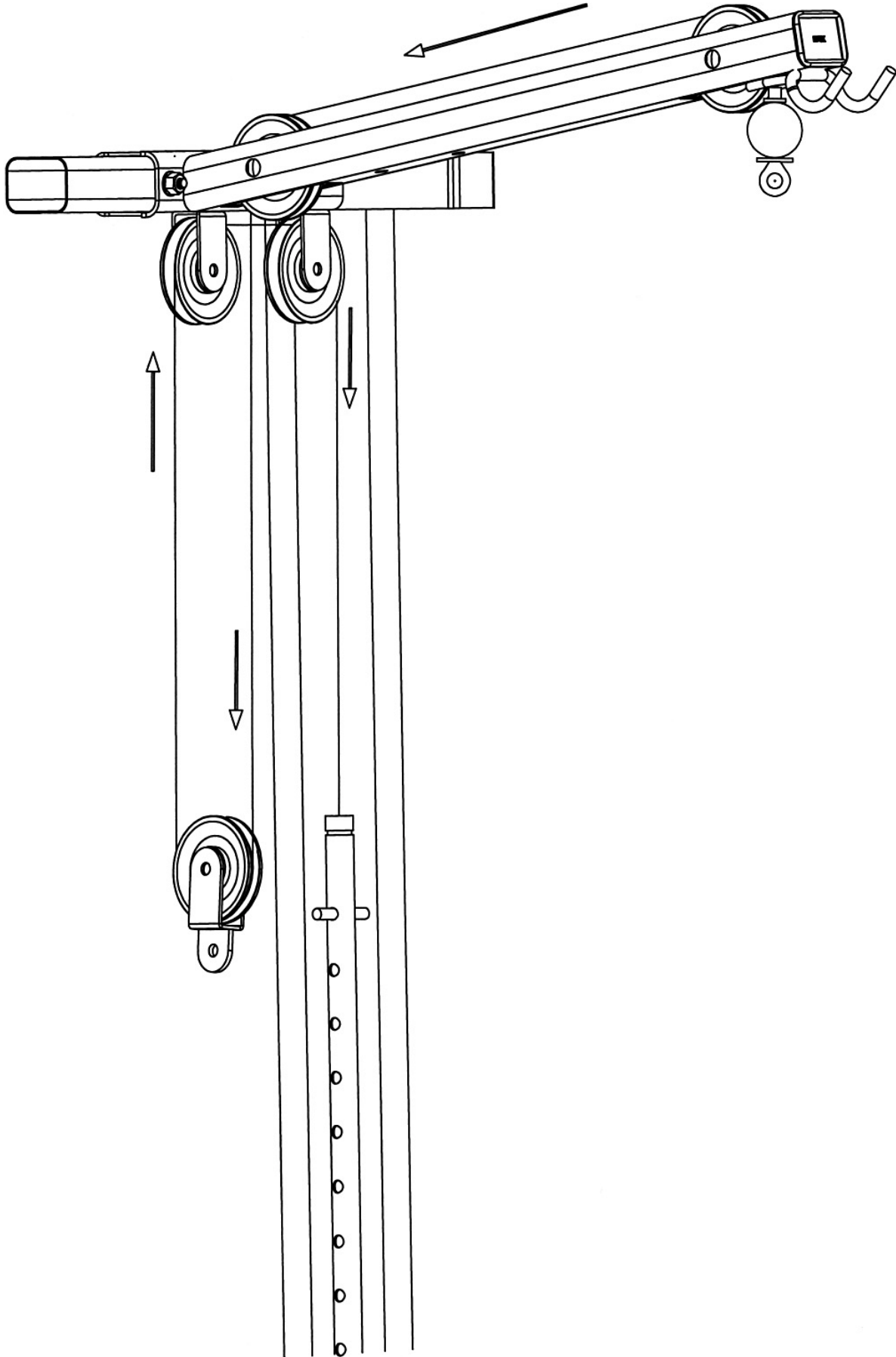
### **STEP 13 (See Diagram 13 and Upper Cable Loop Diagram)**

- A.) Attach the 130''' Upper Cable (#44) to the front opening on the Left Upper Frame (#34). Attach a Pulley (#67) to the opening. Secure it with one M10 x 3 1/2" Allen Bolt (#90), two Ø 7/8" x 1" Pulley Bushings (#53), and one M10 Aircraft Nut (#102).
- B.) Draw the Cable over the Pulley along the Left Upper Frame towards the back of the machine. Make sure the Ball Stopper on the Cable is underneath the Left Upper Frame.
- C.) Draw the Cable to the opening on the back of Left Upper Frame. Repeat Procedure A above to install a Pulley.
- D.) Draw the Cable around the Pulley then downward. Attach a Pulley to a Single Floating Pulley Bracket (#14).
- E.) Secure the Pulley with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102). Let the Bracket hanging for now.
- F.) Draw the Cable around the Pulley then upward to the first open bracket underneath the Right Upper Frame (#1). Repeat Procedure E above to install a Pulley.
- G.) Draw the Cable over the Pulley to the second open bracket under the Right Upper Frame. Repeat Procedure E above to install another Pulley.
- H.) Draw the Cable around the Pulley then downward between the two Guide Rods (#16) to the Selector Rod (#28). Fully thread the Bolt on the end of the Cable into the Selector Rod. Use the Nut on the end to tighten the Bolt.
- I.) Connect the Lat Bar (#24) to the Upper Cable with a Chain (#75), and two Hooks (#76).

DIAGRAM 13



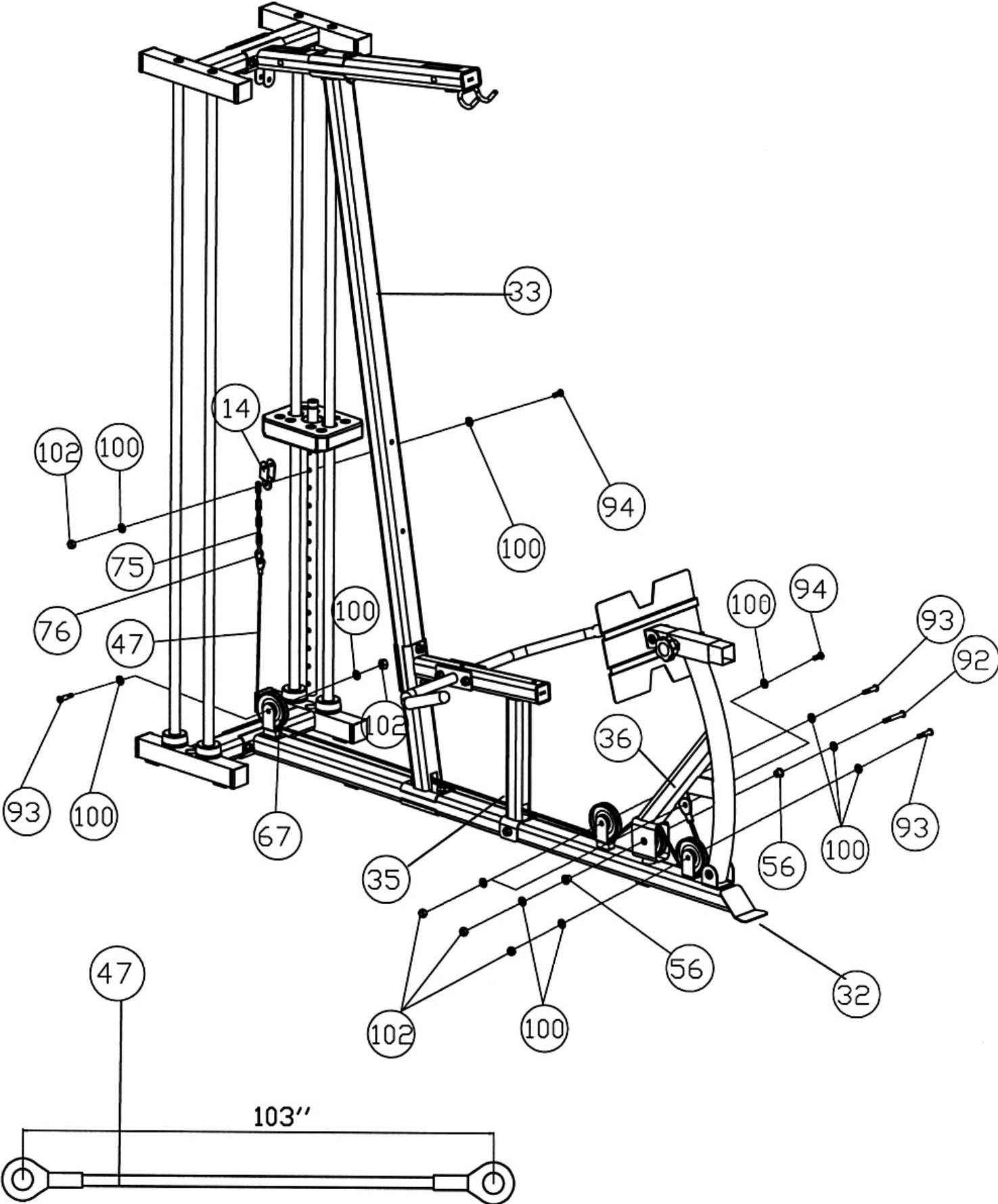
# Upper Cable Loop Diagram



## **STEP 14 (See Diagram 14)**

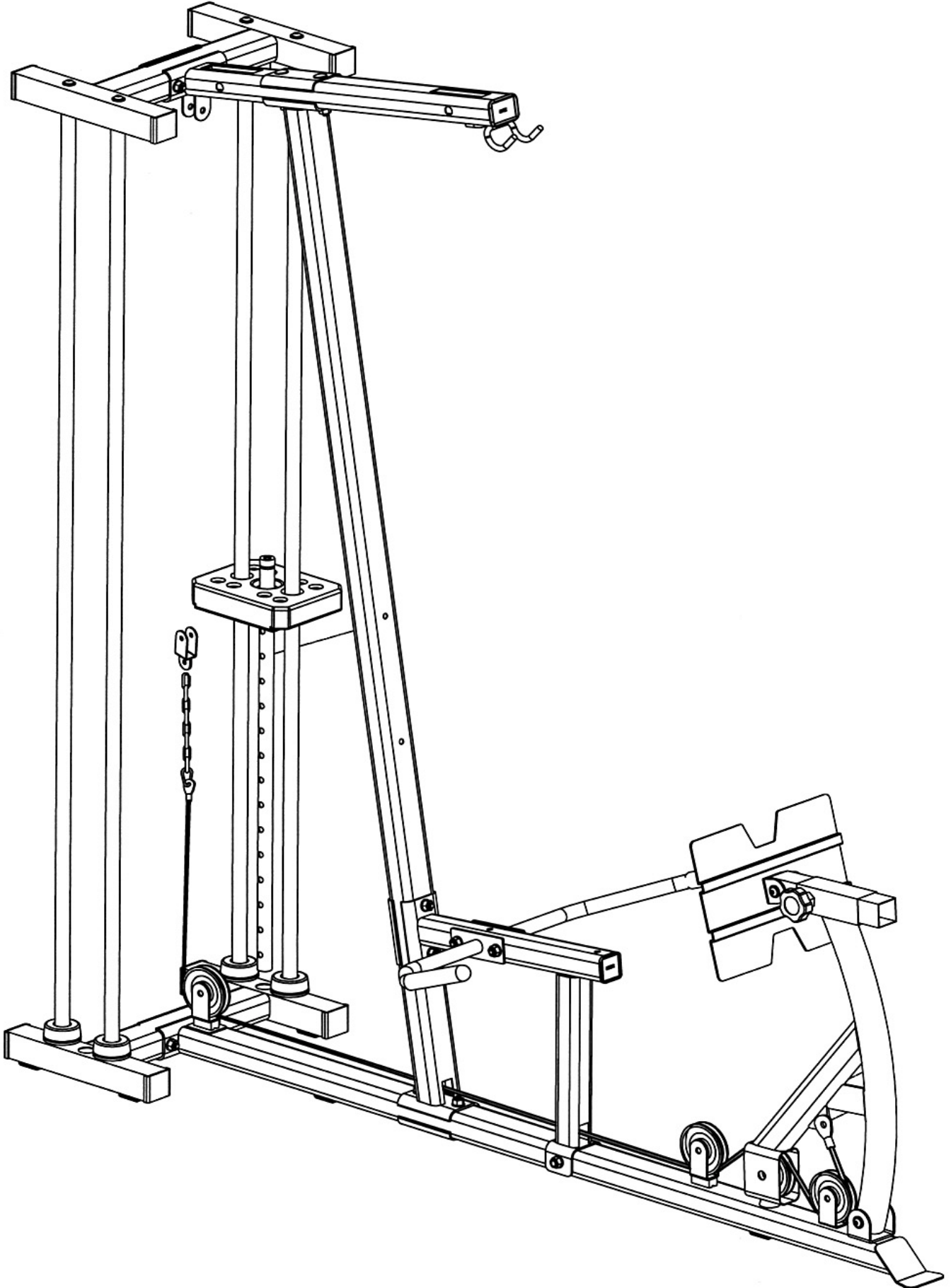
- A.) Attach the end of the 103" Leg Press Cable (#47) to the bracket on the Leg Press Frame (#36). Secure it with a M10 x 1 3/4" Allen Bolt (#94), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102).
- B.) Draw the Cable to the first open bracket on the front of Left Base Frame (#32).
- C.) Install a Pulley (#67) to the bracket with one M10 x 1 3/4" Allen Bolt (#93), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102).
- D.) Draw the Cable to the opening on the bottom of Leg Press Frame. Install a Pulley to the opening with one M10 x 2 5/8" Allen Bolt (#92), two Ø 7/8" x 5/8" Pulley Bushings (#5), and one M10 Aircraft Nut (#102).
- E.) Draw the Cable over the Pulley to the second open bracket on the Left Base Frame. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable underneath the Pulley then through the bottom of Left Seat Support (#35) and Left Vertical Frame (#33) to the open bracket on the back of Left Base Frame. Repeat Procedure C above to install a Pulley
- G.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#14) installed in Step-13.
- H.) Connect the end of Cable to a Chain (#75) with a Hook (#76). Secure the Chain to the Bracket with one M10 x 1" Allen Bolt (#94), two Ø 3/4" Washers (#100), and one M10 Aircraft Nut (#102).
- I.) Adjust the length of the Chain to adjust the tension of the Cable System.

DIAGRAM 14





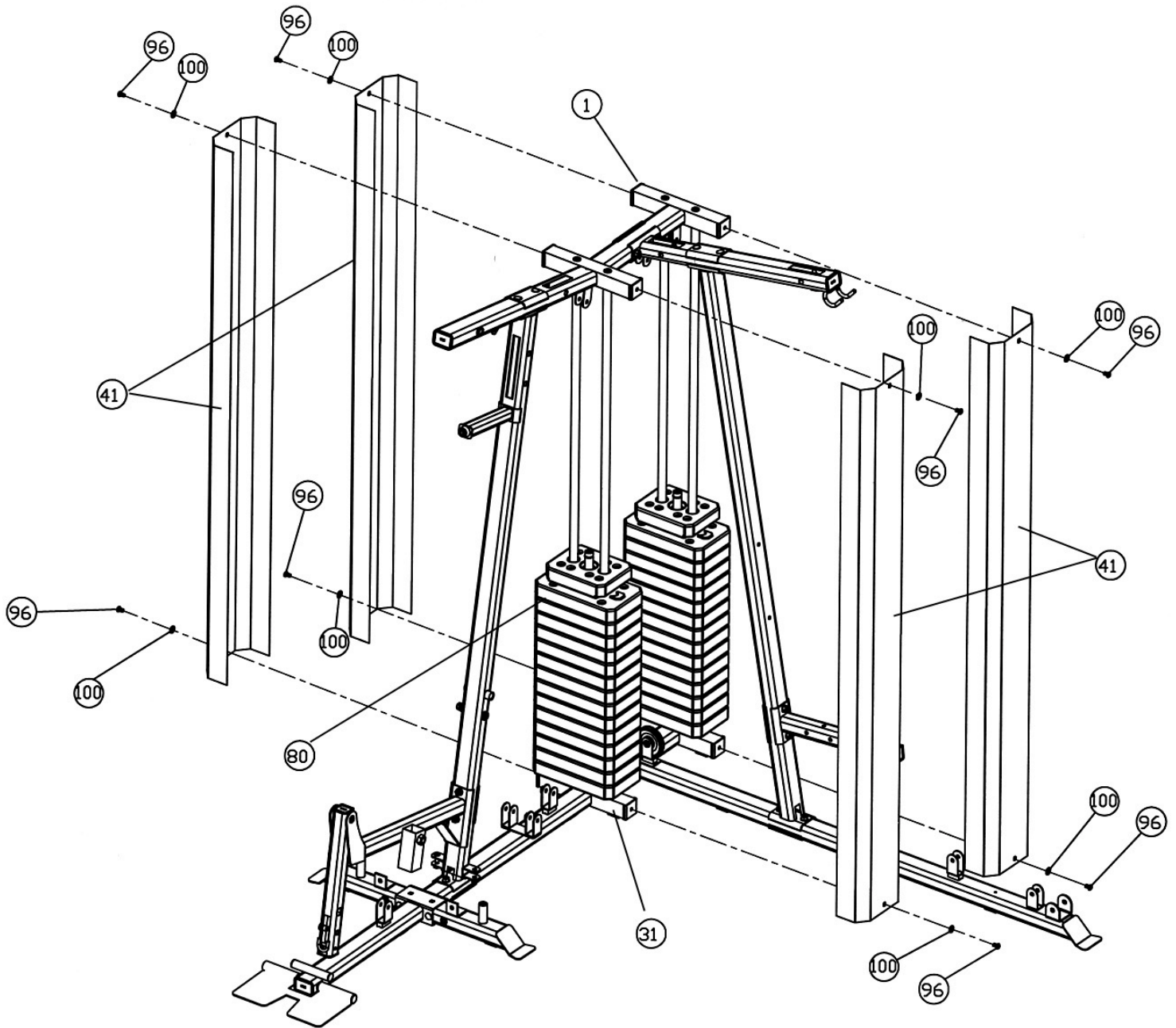
# Leg Press Cable Loop Diagram



## STEP 15 (See Diagram 15)

- A.) Attach four Weight Stack Covers (#41) to the Right Upper Frame (#1) and Right Base Frame (#31).
- B.) Secure each Weight Stack Cover with two M10 x 5/8" Allen Bolts (#96) and  $\text{\O} \frac{3}{4}$ " Washers (#100).

### DIAGRAM 15



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Right Upper Frame	1	56	Ø 7/8" x 5/8" Pulley Bushing	4
2	Front Press Base	1	57	5 1/2" Butterfly Handle Grip	2
3	Front Press	1	58	Foam Roll	2
4	Right Vertical Frame	1	59	Foam Roll End Cap	2
5	Backrest Support Fame	1	60	Ø 1 1/2" x 1" Washer	2
6	Seat Post	1	61	5 3/8" Grip	8
7	Right Seat Support	1	62	1" Square End Cap	4
8	Leg Developer	1	63	2" x 2" End Cap	3
9	Butterfly Handle	2	64	2" x 1" End Cap	4
10	Right Butterfly	1	65	2 3/4" x 1" End Cap	4
11	Left Butterfly	1	66	2" x 2 3/4" End Cap	3
12	Front Base Frame	1	67	Pulley	24
13	Butterfly Base	1	68	Small Pulley	2
14	Single Floating Pulley Bracket	1	69	Ø 1 3/4" x 1 5/8" Rubber Bumper	1
15	Axle	2	70	Ø 1 1/2" x Ø 3/8" Washer	6
16	Guide Rod	4	71	Ø 1" Rubber Bumper	2
17	Foot Plate	1	72	6" Grip	4
18	Foot Plate Axle	1	73	Lock Knob	2
19	Shiver Bar	1	74	Weight Selector Pin	2
20	Shiver Bar Handle	1	75	Chain	3
21	Butterfly Base Cover	1	76	Hook	5
22	Double Floating Pulley Bracket	2	77	Long T-shaped Lock Pin	1
23	Foam Tube	1	78	Short T-shaped Lock Pin	1
24	Lat Bar	1	79	Ø 2" End Cap	2
25	4 3/4" x 2 3/4" Bracket	6	80	Weight Plate	28
26	4 1/2" x 2" Bracket	2	81	Selector Stem	2
27	Angled Double Floating Pulley Bracket	1	82	Ø 1" End Cap	2
28	Selector Rod	2	83	Single Handle	1
29	6 3/4" Front Press Base Axle	1	84	Ankle Strap	1
30	7 5/8" Front Press Axle	1	85	M8 x 1 5/8" Allen Bolt	4
31	Right Base Frame	1	86	M8 x 2 1/2" Allen Bolt	4
32	Left Base Frame	1	87	M6 x 5/8" Philips Screw	3
33	Left Vertical Frame	1	88	M10 x 6 1/4" Allen Bolt	2
34	Left Upper Frame	1	89	M10 x 4 3/8" Allen Bolt	1
35	Left Seat Support	1	90	M10 x 3 1/2" Allen Bolt	5
36	Leg Press Frame	1	91	M10 x 3 3/8" Allen Bolt	2
37	Right Handle	1	92	M10 x 2 5/8" Allen Bolt	3
38	Left Handle	1	93	M10 x 1 3/4" Allen Bolt	17
39	Leg Press Plate	1	94	M10 x 1" Allen Bolt	4
40	Leg Press Adjustment Frame	1	95	M10 x 3/4" Allen Bolt	18
41	Weight Stack Cover	4	96	M10 x 5/8" Allen Bolt	8
42	Seat Pad	2	97	M10 x 3 3/4" Carriage Bolt	2
43	Backrest Board	2	98	M10 x 2 3/4" Carriage Bolt	16
44	130" Upper Cable	1	99	M10 x 3 1/2" Carriage Bolt	5
45	96" Butterfly Cable	1	100	Ø 3/4" Washer	101
46	157" Lower Cable	1	101	Ø 5/8" Washer	8
47	103" Leg Press Cable	1	102	M10 Aircraft Nut	61
48	140" Front Press Cable	1			
49	Ø 1 1/2" x 5/8" Rubber Bumper	2			
50	Ø 1" Bushing	2			
51	Ø 1 1/2" x Ø 1" Washer	8			
52	Ø 2 3/8" x 1" Rubber Bumper	4			
53	Ø 7/8" x 1" Pulley Bushing	10			
54	Ø 1" x Ø 5/8" Washer	12			
55	Ø 1 1/4" x Ø 5/8" Bushing	2			

# MP-4500 WEIGHT RESISTANCE CHART

	WEIGHT PLATE						
Station	1	2	3	4	5	6	7
Low Pulley	22	33	44	55	66	77	88
Lat Pull	30	40	50	60	70	80	90
Leg Developer	26	38	50	62	74	86	98
Leg Press	36	60	84	108	132	156	180
Front Press	20	34	48	62	76	90	104
Butterfly	10	16	22	28	34	40	46

	WEIGHT PLATE						
Station	8	9	10	11	12	13	14
Low Pulley	99	110	121	132	143	154	165
Lat Pull	100	110	120	130	140	150	160
Butterfly	110	122	134	146	158	170	182
Leg Press	204	228	252	276	300	324	348
Front Press	118	132	146	160	174	188	202
Butterfly	52	58	64	70	76	82	88

**\*Numbers are approximate. Actual weight may vary.**

**\*Value for butterfly is for each arm.**

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