

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWB 558

Retain This
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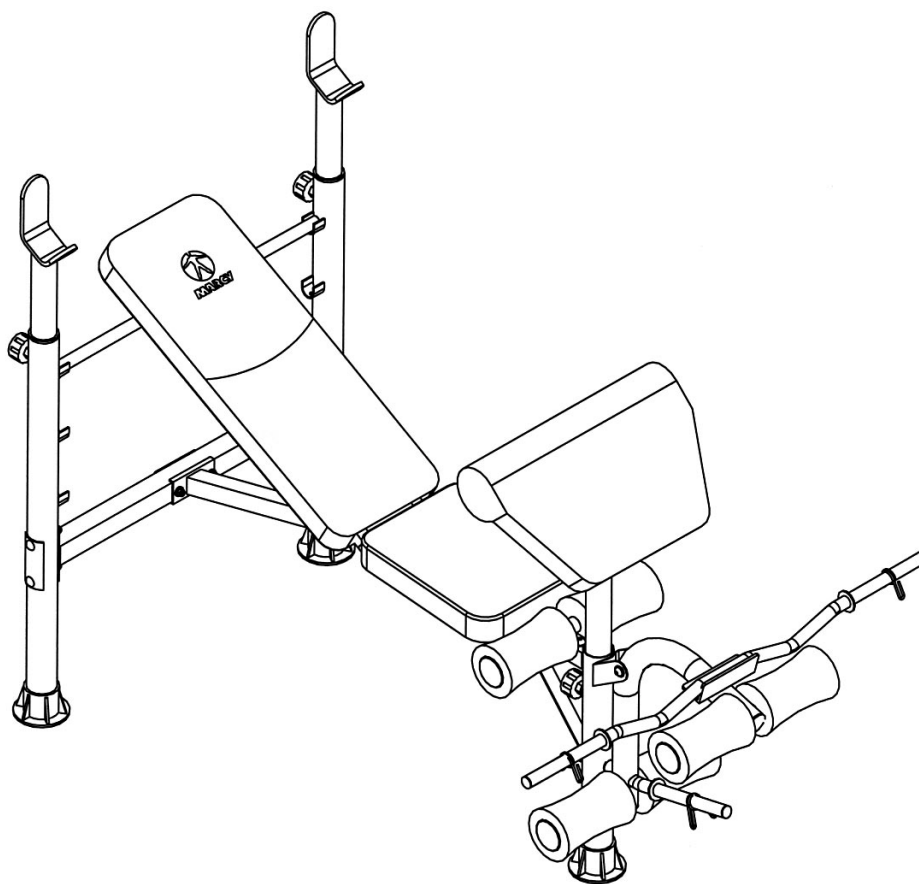
09-12-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

MARCY WEIGHT BENCH

MWB -558



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MWB 558 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

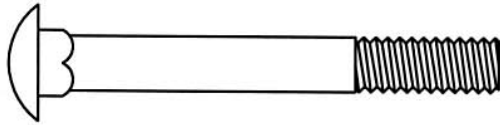
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.
12. A spotter is recommended during exercise.

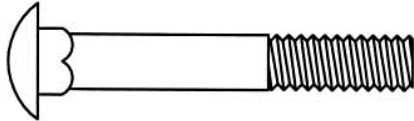
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

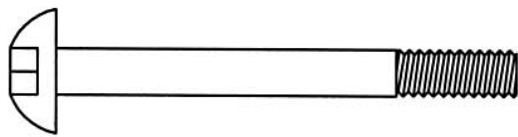
HARDWARE PACK



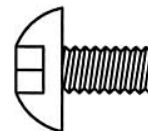
#28 M10 x 3-1/8" Carriage Bolt (Qty 4)



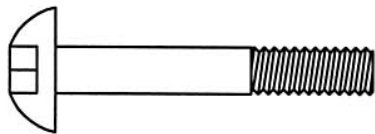
#31 M10 x 2-1/2" Carriage Bolt (Qty 2)



#37 M8 x 3-1/8" Allen Bolt (Qty 1)



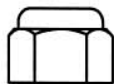
#38 M8 x 5/8" Allen Bolt (Qty 6)



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



#35 M6 x 1-3/8" Hex Bolt (Qty 8)



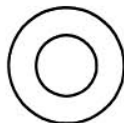
#30 M10 Aircraft Nut (Qty 6)



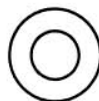
#34 M8 Aircraft Nut (Qty 2)



#27 Spring Clip (Qty 3)



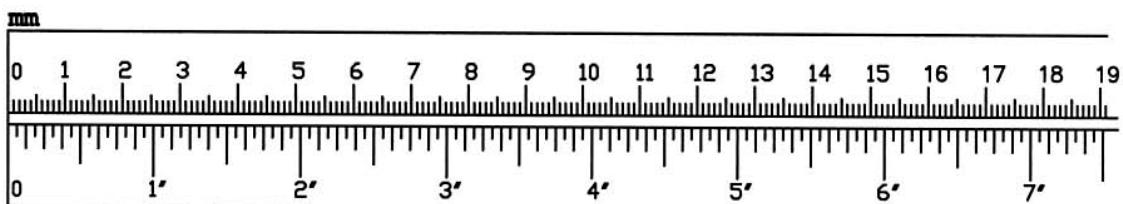
#29 $\text{\O} \frac{3}{4}$ " Washer (Qty 6)



#33 $\text{\O} \frac{5}{8}$ " Washer (Qty 10)



#36 $\text{\O} \frac{1}{2}$ " Washer (Qty 8)



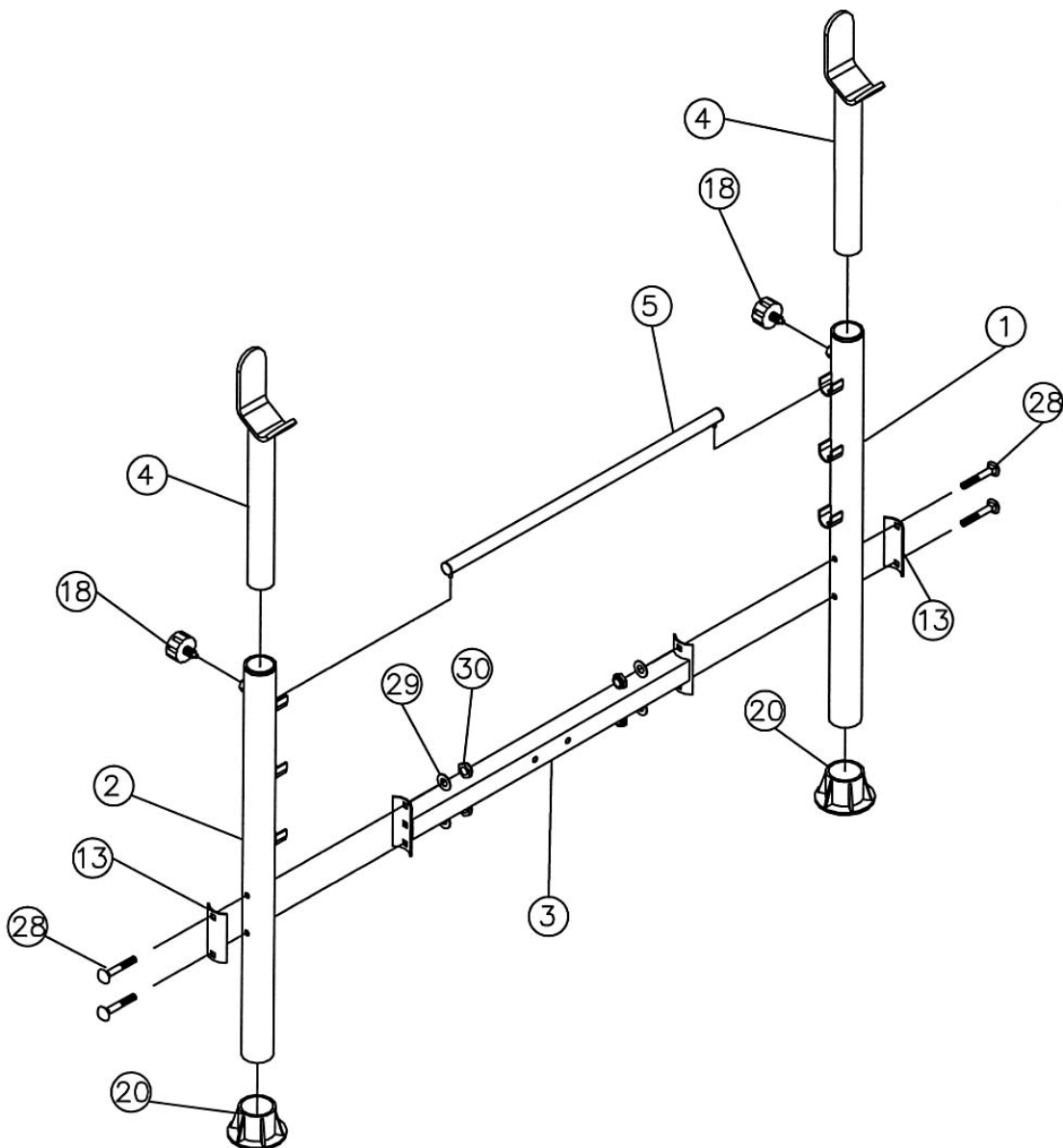
ASSEMBLY INSTRUCTION

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 two $\text{Ø } 2 \frac{3}{8}$ " End Caps (#20) to the bottom of two Upright Beams (#1 & #2).
- B.) Connect the Left & Right Upright Beams (#1) & (#2) by the Cross Brace (#3) in the mid-span. Align the holes then secure each end of Cross Brace with one Bent Bracket (#13), two M10 x 3 1/8" Carriage Bolts (#28), two $\text{Ø } \frac{3}{4}$ " Washers (#29), and two M10 Aircraft Nuts (#30).
- C.) Insert two Bar Holders (#4) into the top opening on the Upright Beams. Secure them with two M16 Lock Knobs (#18) through selected hole to obtain desired height of the Holders.
- D.) Place the Backrest Adjustment Bar (#5) in between the two Upright Beams.

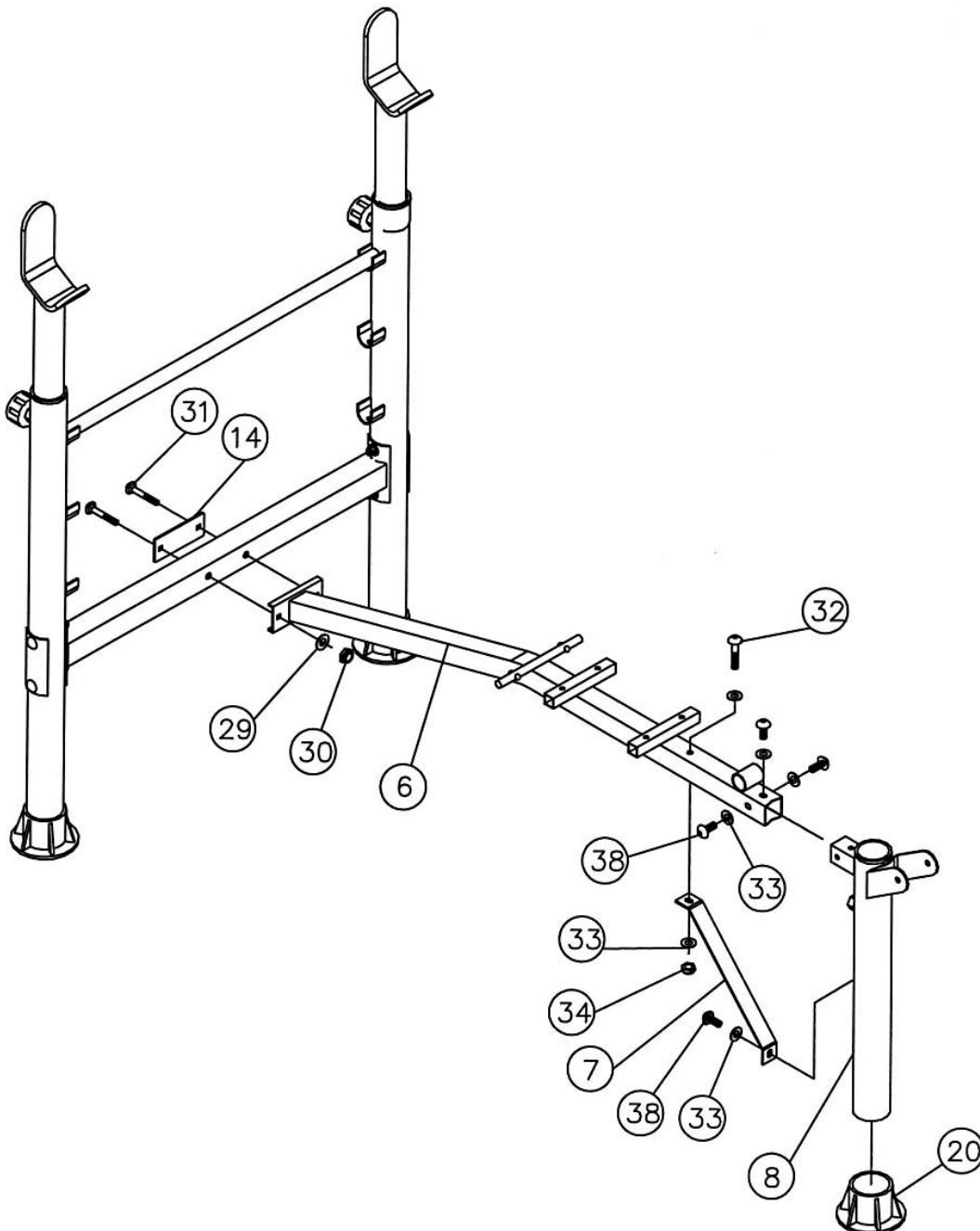
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach a \varnothing 2 3/8" End Cap (#20) to the bottom of the Leg Developer Holder (#8).
- B.) Attach the Leg Developer Holder to the front of the Main Seat Support (#6). Secure it with three M8 x 5/8" Allen Bolts (#38) and \varnothing 5/8" Washers (#33).
- C.) Attach the top of Diagonal Support (#7) to the Main Seat Support (#6). Secure it with one M8 x 2 1/8" Allen Bolt (#32), two \varnothing 5/8" Washers (#33) and one M8 Aircraft Nut (#34). Attach the bottom of the Diagonal Support to the Leg Developer Holder. Secure it with one M8 x 5/8" Allen Bolt (#38) and \varnothing 5/8" Washer (#33).
- D.) Attach the Rear of the Main Seat Support (#6) to the Cross Brace (#3). Secure it with one Flat Bracket (#14), two M10 x 2 1/2" Carriage Bolts (#31), two \varnothing 3/4" Washers (#29), and two M10 Aircraft Nuts (#30).

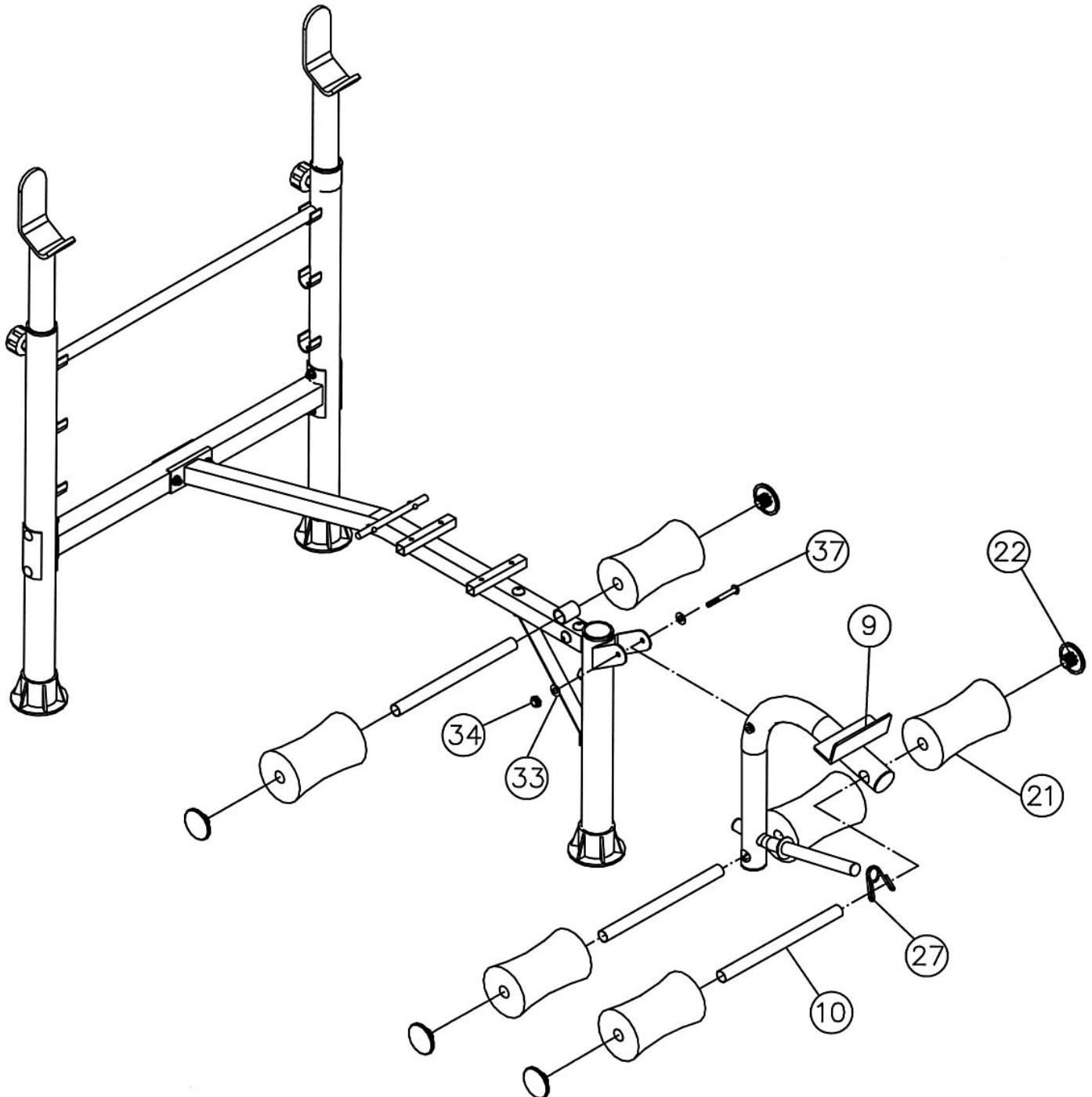
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#9) to the Leg Developer Holder (#8). Secure it with one M8 x 3 1/8" Allen Bolt (#37), two \varnothing 5/8" Washers (#33), and one M8 Aircraft Nut (#34).
- B.) Insert one Foam Tube (#10) halfway through the hole on the Leg Developer Holder and two Foam Tubes halfway through the two holes on the Leg Developer (#9).
- C.) Push six Foam Rolls (#21) onto the Tubes from both ends. Attach a Spring Clip (#27) onto the weight post on the Leg Developer.

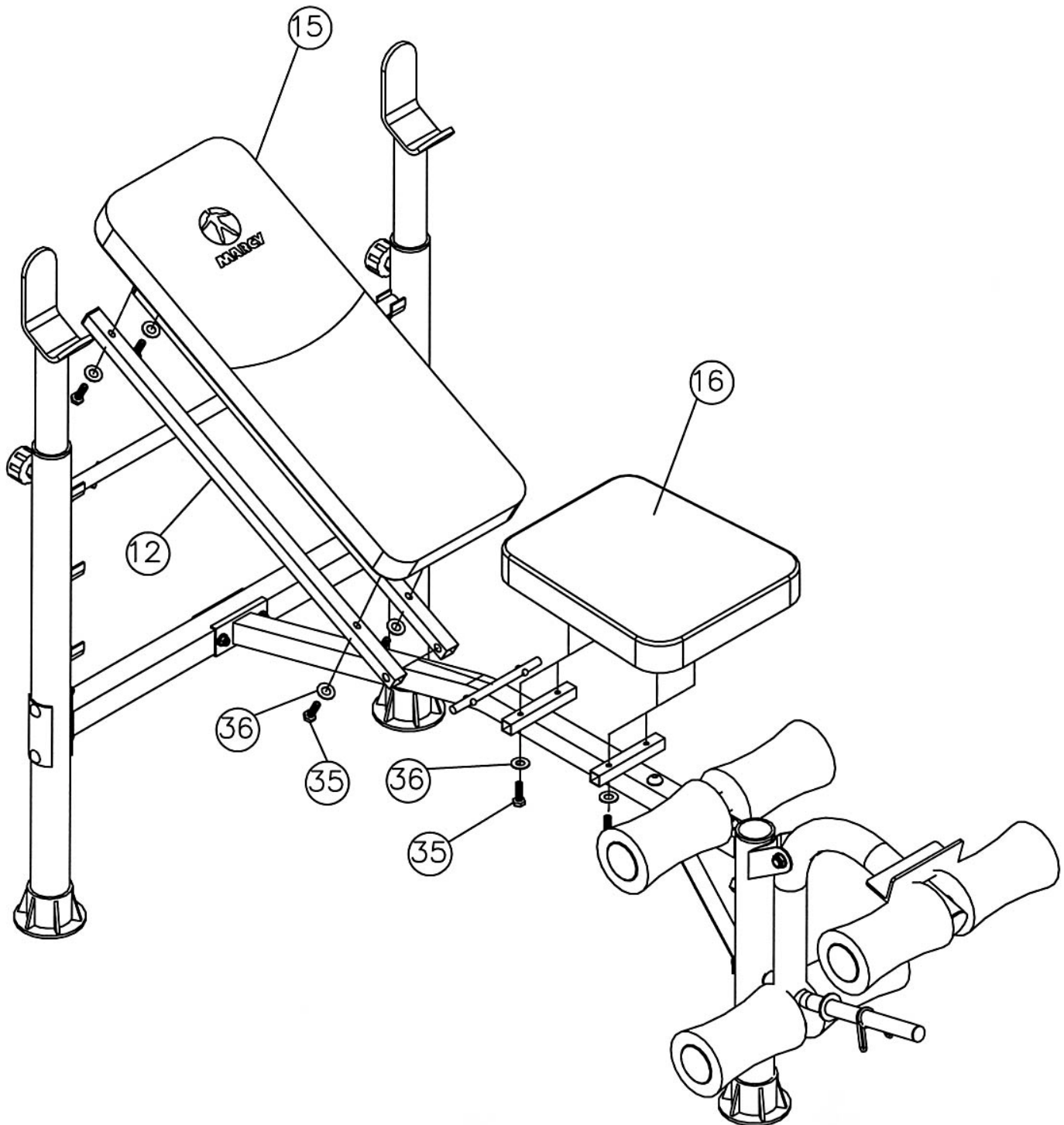
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the hole-side of the Backrest Supports (#12) to the pivot on the Main Seat Support (#6). Place the other end of Backrest Supports rest against the Backrest Adjustment Bar (#5). Place the Backrest Board (#15) onto the Backrest Supports. Secure it with four M6 x 1 3/8" Hex Bolts (#35) and \varnothing 1/2" Washers (#36).
- B.) Place the Seat (#16) onto the Main Seat Support (#6). Secure it with four M6 x 1 3/8" Hex Bolts (#35) and \varnothing 1/2" Washers (#36).

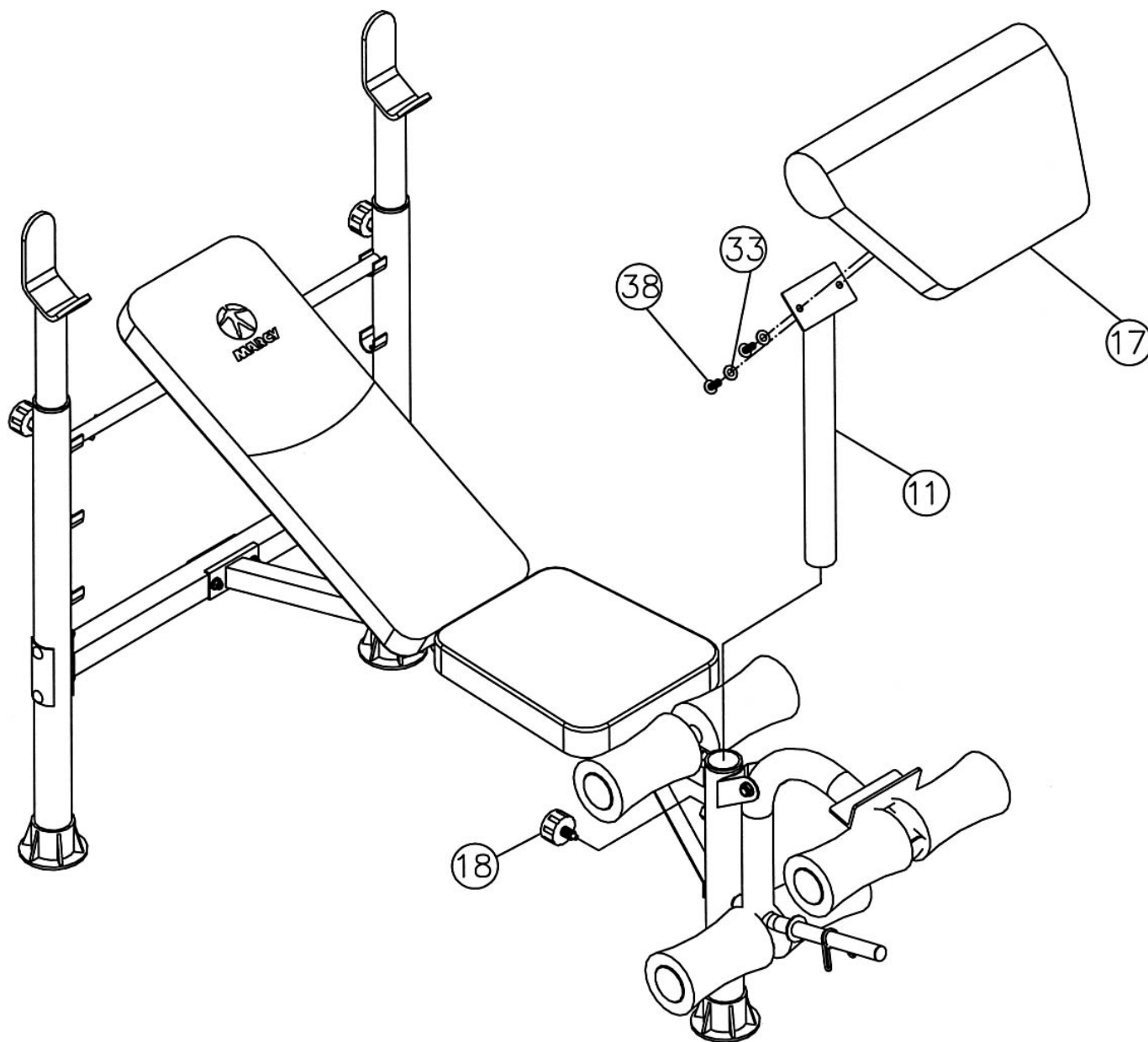
DIAGRAM 4



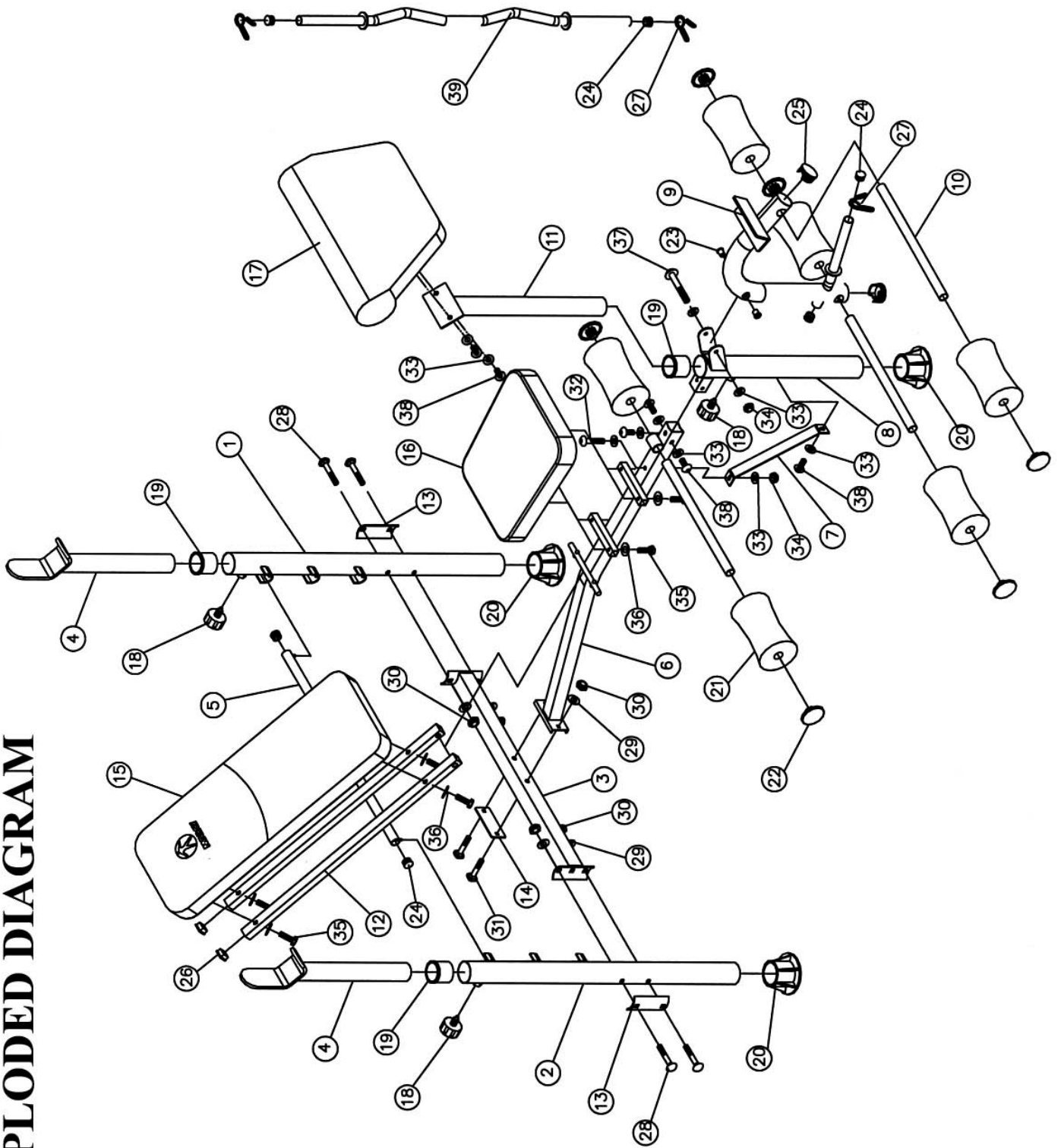
STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#17) to the Arm Curl Stand (#11). Secure it with two M8 x 5/8" Allen Bolts (#38) and Ø 5/8" Washers (#33).
- B.) Insert the Arm Curl Stand into the opening on top of the Leg Developer Holder. Use a M10 Lock Knob (#22) to secure the desired height.

DIAGRAM 5



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Bar Holder	2
5	Backrest Adjustment Bar	1
6	Main Seat Support	1
7	Diagonal Support	1
8	Leg Developer Holder	1
9	Leg Developer	1
10	Foam Tube	3
11	Arm Curl Stand	1
12	Backrest Support	2
13	Bent Bracket	2
14	Flat Bracket	1
15	Backrest Board	1
16	Seat	1
17	Arm Curl Pad	1
18	M16 Lock Knob	3
19	Ø 2 3/8" Sleeve	3
20	Ø 2 3/8" End Cap	3
21	Foam Roll	6
22	Ø 1" End Cap	6
23	Bushing	2
24	Ø 1" Cone-shaped End Cap	6
25	Ø 2" End Cap	2
26	1" Square End Cap	2
27	Spring Clip	3
28	M10 x 3 1/8" Carriage Bolt	4
29	Ø 3/4" Washer	6
30	M10 Aircraft Nut	6
31	M10 x 2 1/2" Carriage Bolt	2
32	M8 x 2 1/8" Allen bolt	1
33	Ø 5/8" Washer	10
34	M8 Aircraft Nut	2
35	M6 x 1 3/8" Hex Bolt	8
36	Ø 1/2" Washer	8
37	M8 x 3 1/8" Allen Bolt	1
38	M8 x 5/8" Allen Bolt	6
39	Weight Bar	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 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.

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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

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When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

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