

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
PRO 5

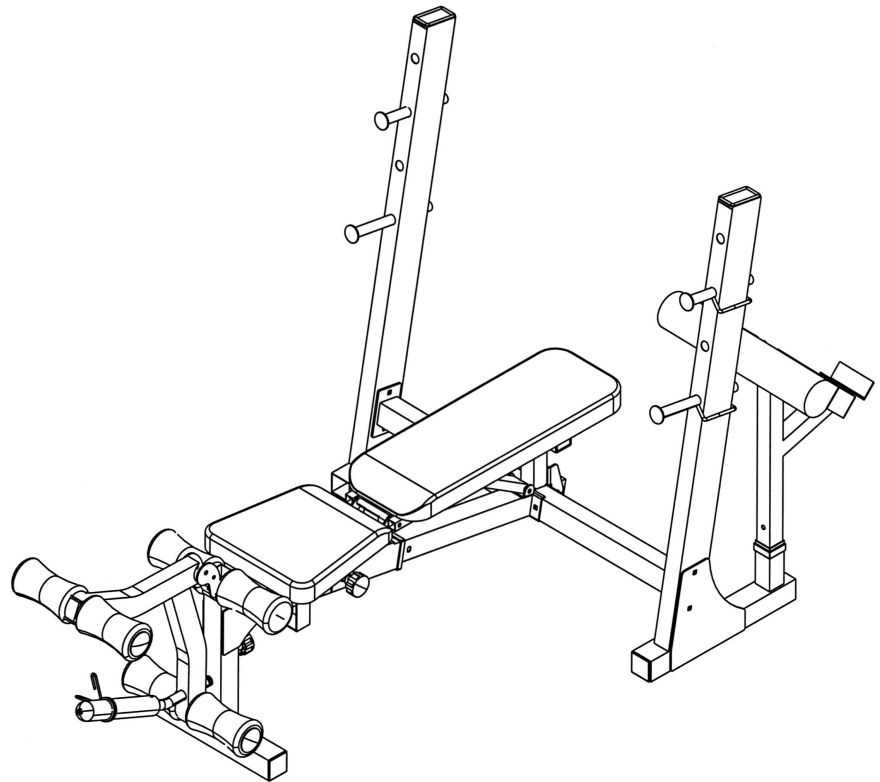
Retain This  
Manual for  
Reference

08-31-01

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## MARCY WEIGHT BENCH PRO 5



### **IMPEx FITNESS PRODUCTS**

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

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

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM.....	8
PARTS LIST.....	9
WARRANTY.....	10
ORDERING PARTS.....	10

---

## BEFORE YOU BEGIN

Thank you for selecting the MARCY PRO 5 Weight 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 TOO-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 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.

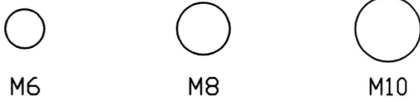
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR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

**SAVE THESE INSTRUCTIONS.**

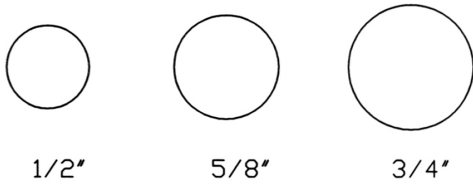
# HARDWARE IDENTIFIER

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

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

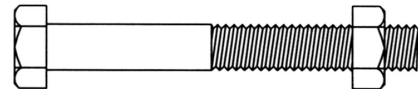
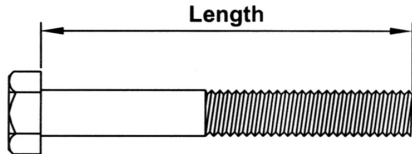
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

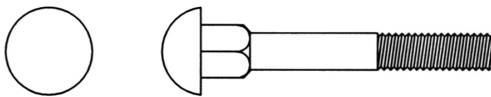


**1-800-999-8899**

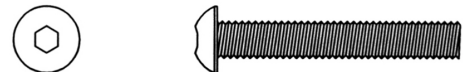
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



## HEX HEAD BOLT



## CARRIAGE BOLT



## ALLEN BOLT



## AIRCRAFT NUT



## FLAT WASHER

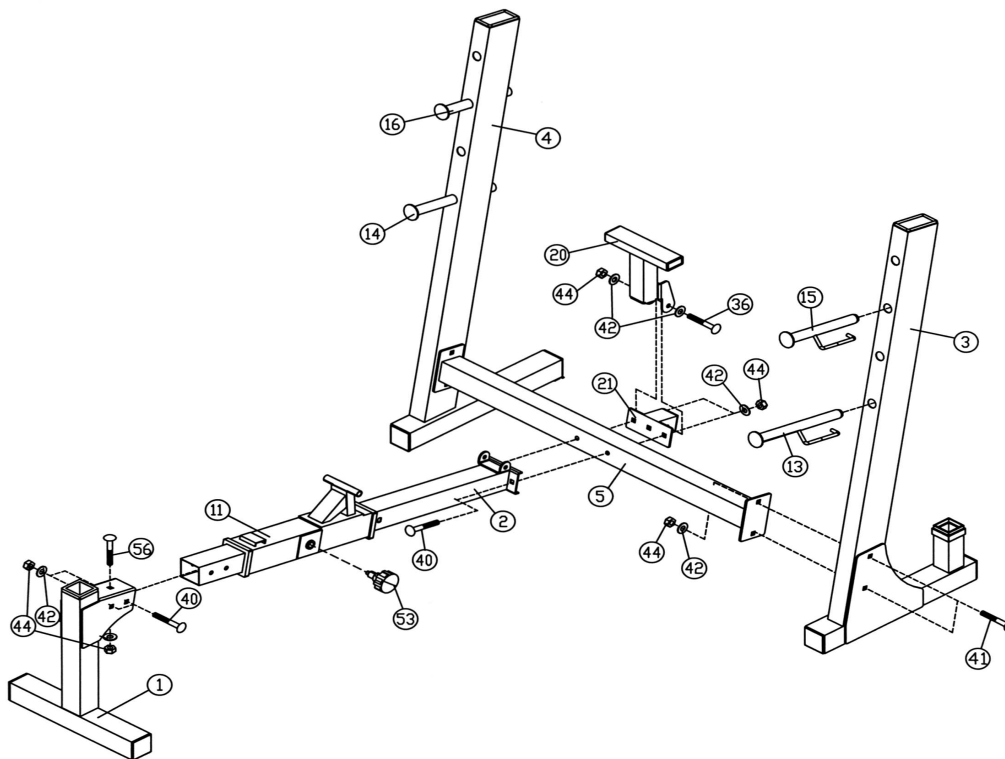
# ASSEMBLY INSTRUCTION

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

## STEP 1 (See Diagram 1)

- A.) Connect the Left and Right Upright Beams (#3) & (#4) by a Cross Brace (#5) in the mid-span. Align the holes then secure them together with two M10 x 2 3/4" Carriage Bolts (#41),  $\varnothing$  3/4" Washers (#42) and M10 Aircraft Nuts (#44) on each end of the Cross Brace.
- B.) Attach the Main Seat Support (#2) to the Cross Brace (#5). Attach the Backrest Support Bracket (#21) to the back of the Cross Brace. Align the holes and secure with two M10 x 3 1/8" Carriage Bolts (#40),  $\varnothing$  3/4" Washers (#42), and M10 Aircraft Nuts (#44).
- C.) Attach the Backrest Support Post (#20) to the Backrest Support Bracket (#21). Secure it with one M10 x 3" Allen Bolt (#36), two  $\varnothing$  3/4" Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Post needs to be able to flip up and down on the Bracket. Leave the Post in the "up" position except when doing decline bench press.
- D.) Slide the Sliding Block (#11) onto the Main Seat Support (#2). Secure it with a Lock Knob (#53).
- E.) Attach the Front Stabilizer (#1) to the Main Seat Support (#2). Secure it with one M10 x 2 1/2" Carriage Bolt (#56), two M10 x 3 1/8" Carriage Bolts (#40),  $\varnothing$  3/4" Washers (#42), and M10 Aircraft Nuts (#44).
- F.) Insert the Long and Short Left Bar Catches (#13) & (#15) into the selected holes on the Left Upright Beam (#3). Turn the Bar Catches clockwise to lock them in. Repeat to install the other side.

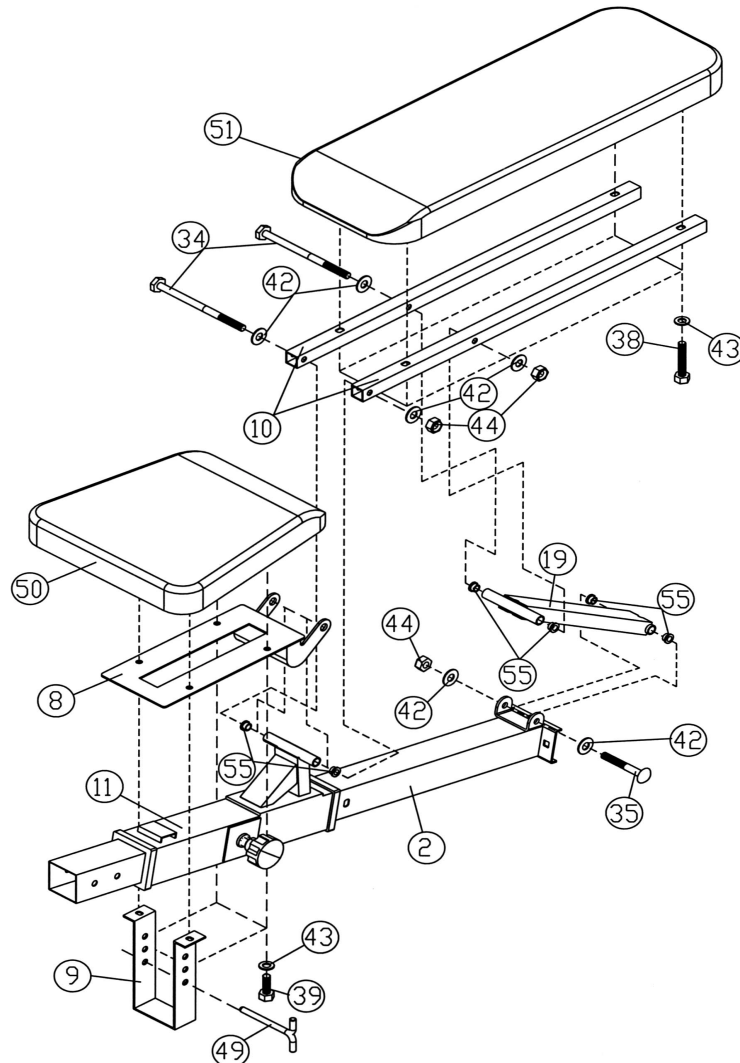
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Seat Bracket (#8) to the pivot on the Sliding Block (#11). Plug two  $\varnothing 5/8"$  x  $3/8"$  Bushings (#55) to the holes, one on each side. Attach two Backrest Supports (#10) to the Bushings. Align the holes and secure them with one M10 x  $7 1/4"$  Hex Bolt (#34), two  $\varnothing 3/4"$  Washers (#42), and one M10 Aircraft Nut (#44).
- B.) Attach two  $\varnothing 5/8"$  x  $3/8"$  Bushings (#55) to the end opening on the Backrest Incline Support (#19). Place the Backrest Incline Support (#19) in between the two Backrest Supports (#10). Align the holes and secure them with one M10 x  $7 1/4"$  Hex Bolt (#34), two  $\varnothing 3/4"$  Washers (#42), and one M10 Aircraft Nut (#44).
- C.) Attach two  $\varnothing 5/8"$  x  $3/8"$  Bushings (#55) to the other end of the Backrest Incline Support. Attach the End to the bracket on the back of the Main Seat Support (#2). Secure it with one M10 x  $3 1/4"$  Allen Bolt (#35), two  $\varnothing 3/4"$  Washers (#42), and one M10 Aircraft Nut (#44).
- D.) Attach the Backrest Board (#51) to the Backrest Supports (#10). Secure it with four M8 x  $1 1/2"$  Allen Bolts (#38) and  $\varnothing 5/8"$  Washers (#43).
- E.) Attach the Seat Pad (#50) to the Seat Bracket (#8). Secure the two back holes with two M8 x  $5/8"$  Allen Bolts (#39) and  $\varnothing 5/8"$  Washers (#43). Secure the two front holes with a Seat Incline Adjustment (#9), two M8 x  $5/8"$  Allen Bolts (#39), and  $\varnothing 5/8"$  Washers (#43). Insert a Lock Pin (#49) into the selected hole on the Adjustment to hold the desired incline.

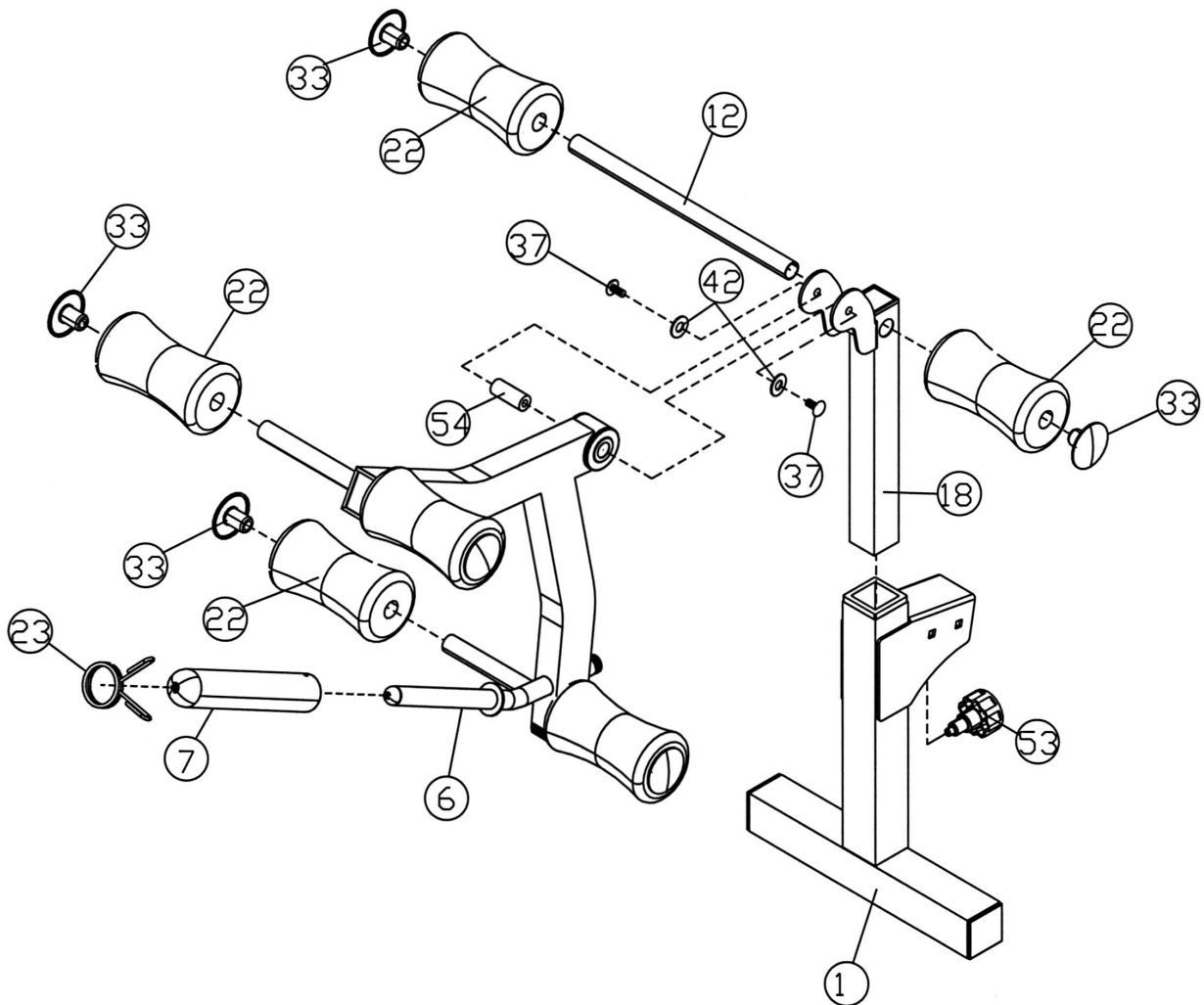
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Insert the Leg Developer Holder (#18) into the opening on the Front Stabilizer (#1). Secure it with a Lock Knob (#53).
- B.) Attach the Leg Developer (#6) to the Leg Developer Holder (#18). Secure it with an Axle (#54), two  $\text{\O} \frac{3}{4}$ " Washers (#42), and M10 x 5/8" Allen Bolts (#37).
- C.) Insert one Foam Roll Tube (#12) halfway through the hole on the Leg Developer Holder (#18). Insert two Foam Roll Tubes (#12) halfway through the two holes on the Leg Developer (#6). Push six Foam Rolls (#22) onto the Foam Roll Tubes from both sides. Plug six Foam Roll End Caps (#33) to each end of the Foam Rolls.
- D.) Push the Olympic Sleeve (#7) onto the weight holder on the Leg Developer (#6). Attach the Spring Clip (#23) to the Sleeve.

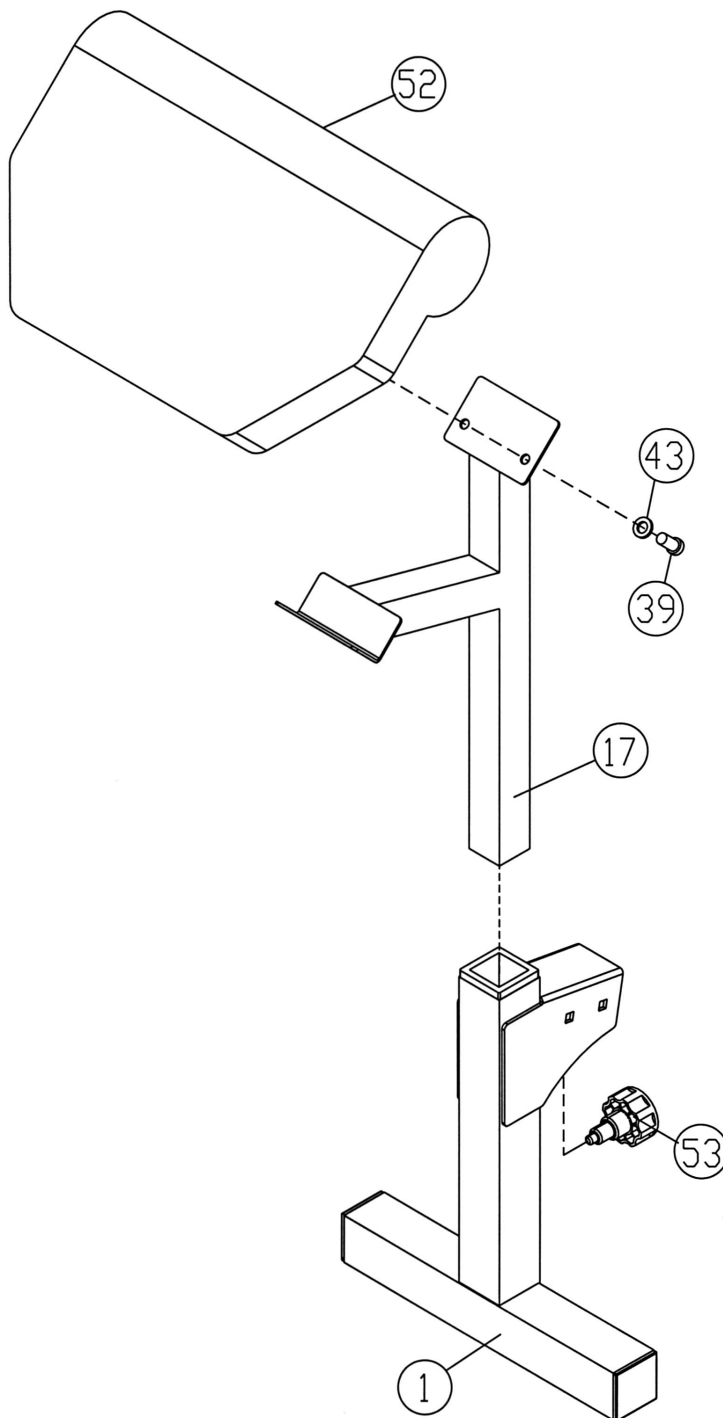
### DIAGRAM 3



**STEP 4 (See Diagram 4)**

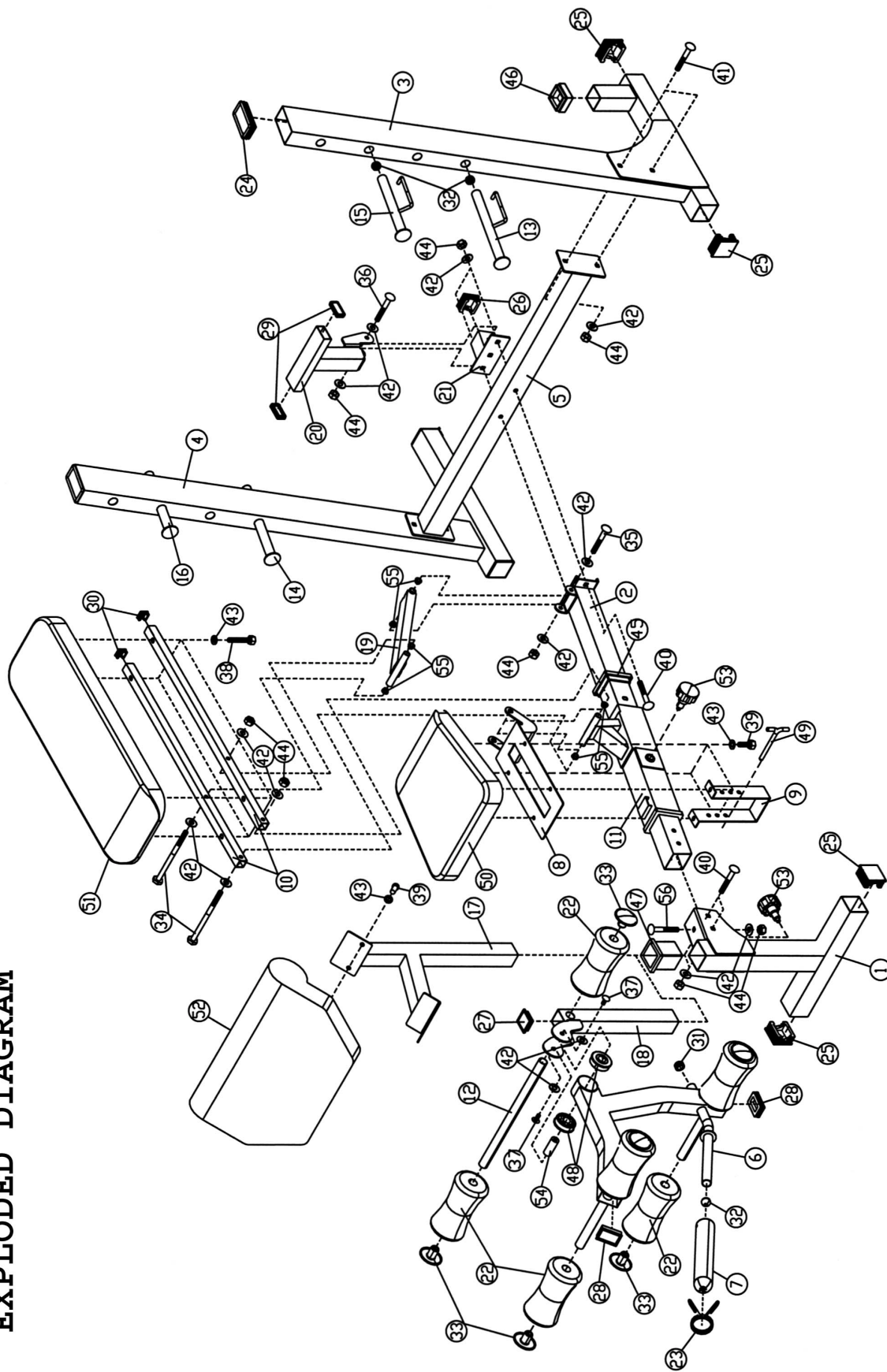
- A.) Attach the Arm Curl Pad (#52) to the Arm Curl Stand (#17). Secure it with two M8 x 5/8" Allen Bolts (#39) and  $\varnothing$  5/8" Washers (#43). Insert the Arm Curl Stand into the opening on the back of Left Upright Beam (#3) for storage. For Arm Curl exercise, remove the Leg Developer and insert the Arm Curl Stand into the opening on the Front Stabilizer.

**DIAGRAM 4**





**EXPLODED DIAGRAM**



# PARTS LIST

## KEY NO.

## DESCRIPTION

## Q'ty

1	Front Stabilizer	1
2	Main Seat Support	1
3	Left Upright Beam	1
4	Right Upright Beam	1
5	Cross Brace	1
6	Leg Developer	1
7	Olympic Sleeve	1
8	Seat Bracket	1
9	Seat Incline Adjustment	1
10	Backrest Support	2
11	Sliding Block	1
12	Foam Roll Tube	3
13	Long Left Bar Catch	1
14	Long Right Bar Catch	1
15	Short Left Bar Catch	1
16	Short Right Bar Catch	1
17	Arm Curl Stand	1
18	Leg Developer Holder	1
19	Backrest Incline Support	1
20	Backrest Support Post	1
21	Backrest Support Bracket	1
22	Foam Roll	6
23	Spring Clip	1
24	4" x 2" End Cap	2
25	2 3/8" End Cap	6
26	2" End Cap	1
27	1 3/4" End Cap	1
28	1 1/2" x 2 3/8" End Cap	2
29	2" x 1"	2
30	1" End Cap	2
31	Ø1" Round End Cap	1
32	Ø 1" Cone-shaped End Cap	5
33	Foam Roll End Cap	6
34	M10 x 7 1/4" Hex Bolt	2
35	M10 x 3 1/4" Allen Bolt	1
36	M10 x 3" Allen Bolt	1
37	M10 x 5/8" Allen Bolt	2
38	M8 x 1 1/2" Allen Bolt	4
39	M8 x 5/8" Allen Bolt	6
40	M10 x 3 1/8" Carriage Bolt	4
41	M10 x 2 3/4" Carriage Bolt	4
42	Ø 3/4" Washer	19
43	Ø 5/8" Washer	10
44	M10 Aircraft Nut	13
45	Sliding Block Sleeve	2
46	2" x 1 3/4" Sleeve	1
47	2 3/8" x 1 3/4" Sleeve	1
48	Ø 2 3/8" Bushing	2
49	Lock Pin	1
50	Seat Pad	1
51	Backrest Board	1
52	Arm Curl Pad	1
53	Lock Knob	2
54	Axle	1
55	Ø 5/8" x 3/8" Bushing	6
56	M10 x 2 1/2" Carriage 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 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](http://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](mailto: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