

NOTE:  
Please read all instructions  
carefully before using this  
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model  
MWM 1800

Retain This  
Manual for  
Reference

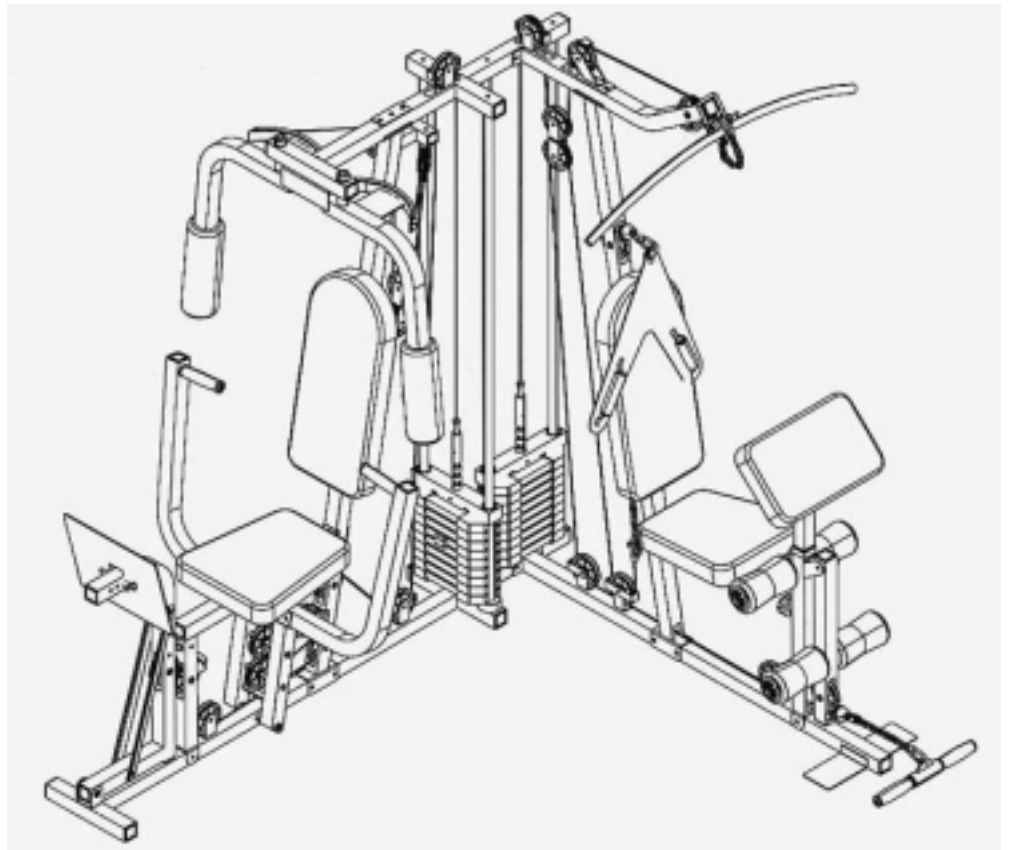
08-28-01

OWNER'S  
MANUAL

**IMPEX**  
FITNESS PRODUCTS

**MARCY HOME GYM**

**MWM 1800**



**IMPEX FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM 1800 HOME GYM 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**

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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

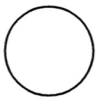


M8

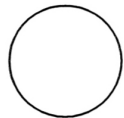


M10

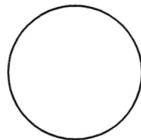
## INCHES



1/2"



5/8"



3/4"

## REPLACEMENT PARTS

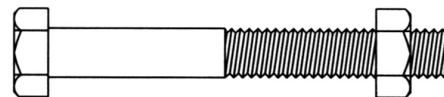
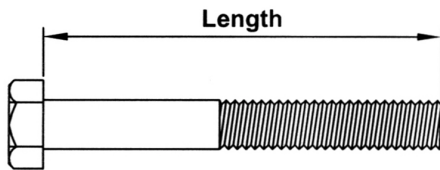
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

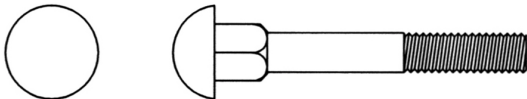


**1-800-999-8899**

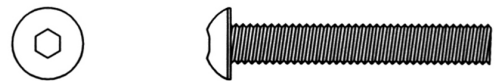
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

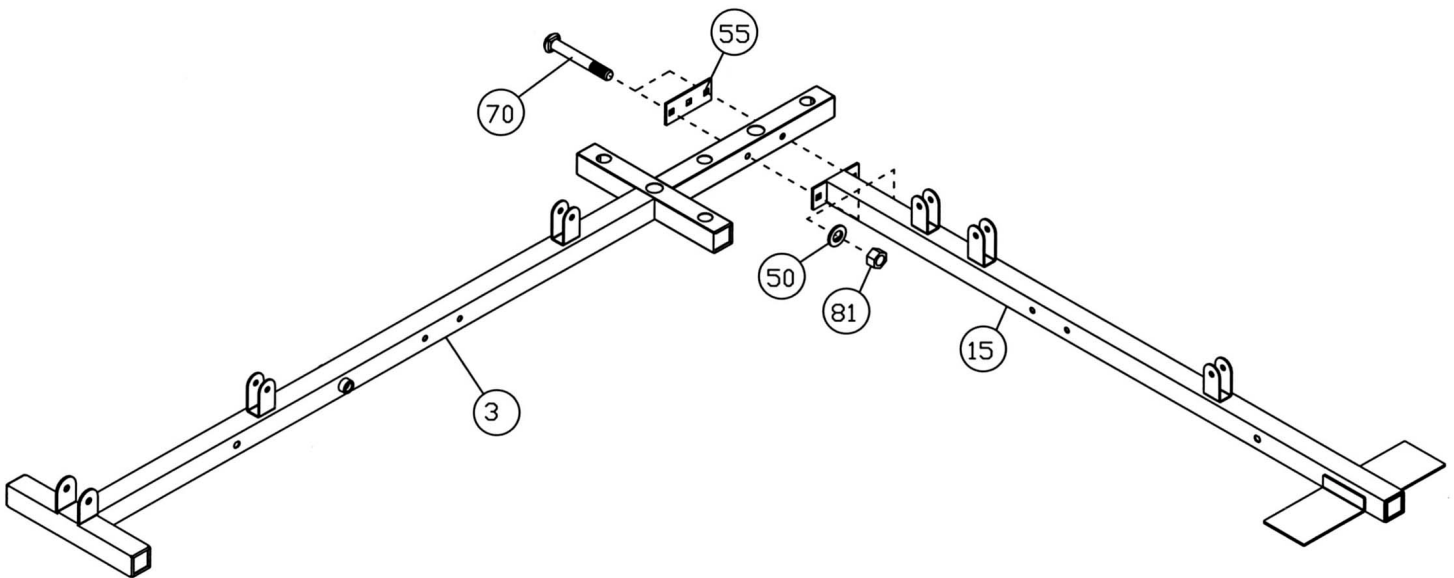
# ASSEMBLY INSTRUCTION

**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.) Attach the Left Base Frame (#15) to the Right Base Frame (#3). Secure them with one Bracket (#55), two M10 x 2 3/4" Carriage Bolts (#70), two Ø 3/4" Washers (#50), and two M10 Aircraft Nuts (#81).

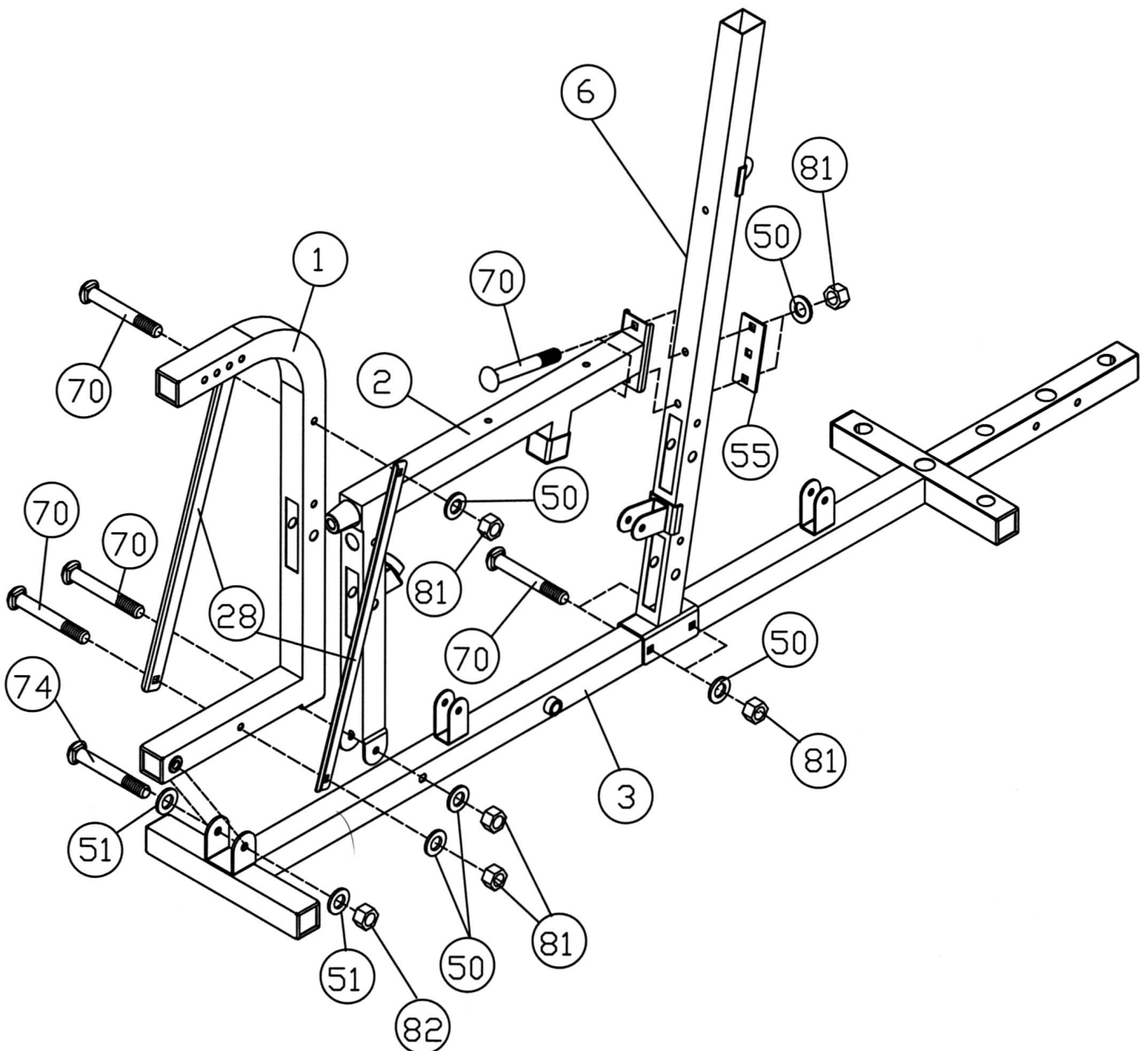
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

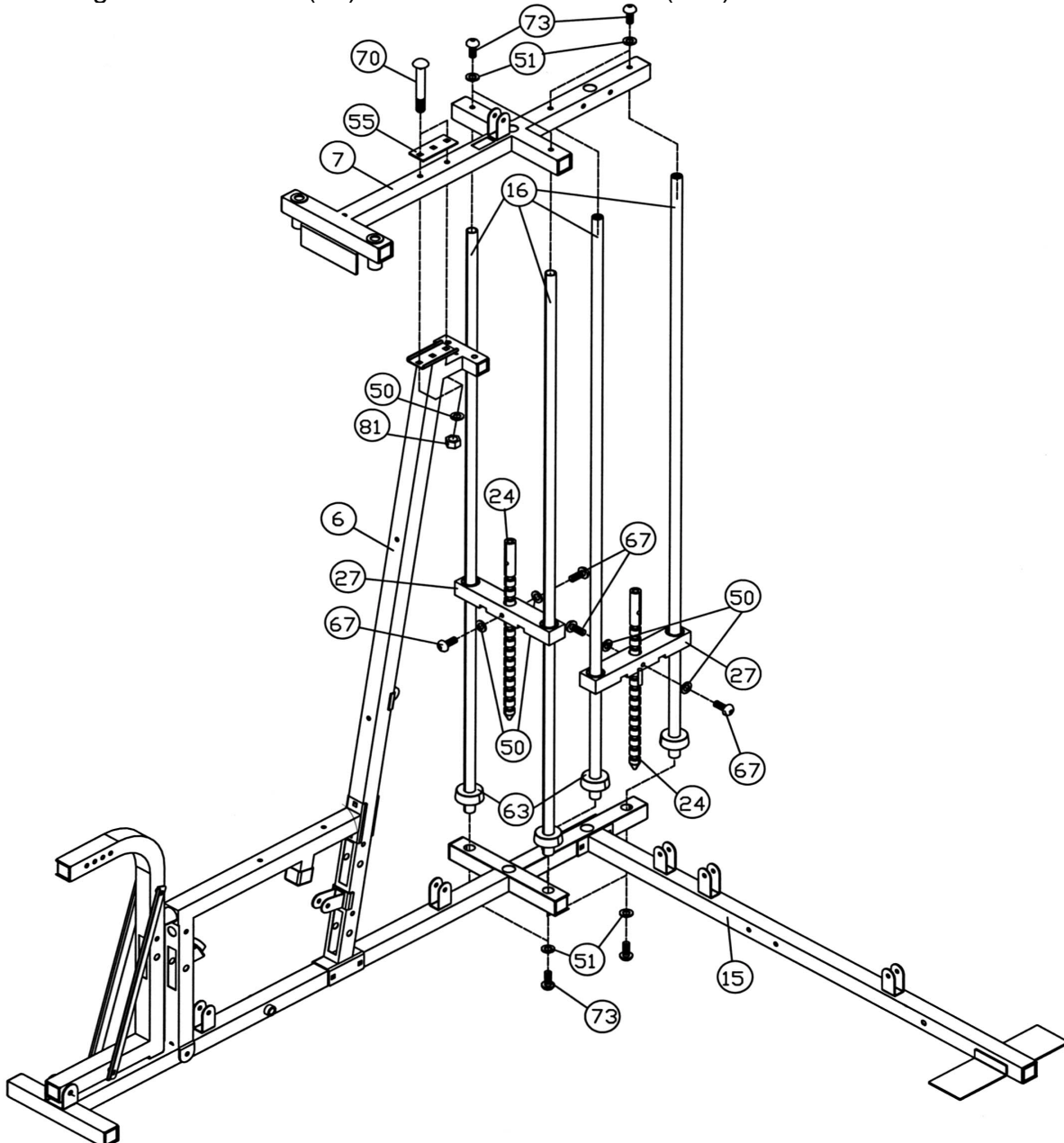
- A.) Attach Right Vertical Beam (#6) to the Right Base Frame (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).
- B.) Attach the Right Seat Support (#2) to the Right Base Frame (#3). Secure it with one M10 x 2 3/4" Carriage Bolt (#70),  $\varnothing$  3/4" Washer (#50), and M10 Aircraft Nut (#81).
- C.) Attach the Right Seat Support (#2) to the Right Vertical Beam (#6). Secure it with two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).
- D.) Attach the Leg Press Frame (#1) to the Right Base Frame (#3). Secure it with one M12 x 3" Allen Bolt (#74), two  $\varnothing$  1" Washers (#51), and one M12 Aircraft Nut (#82). NOTE: Do not over tighten the bolt. Make sure the Leg Press Frame is able to swivel.
- E.) Attach the Leg Press Support Frames (#28) to both sides of the Leg Press Frame (#1). Secure them together with two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).

### DIAGRAM 2



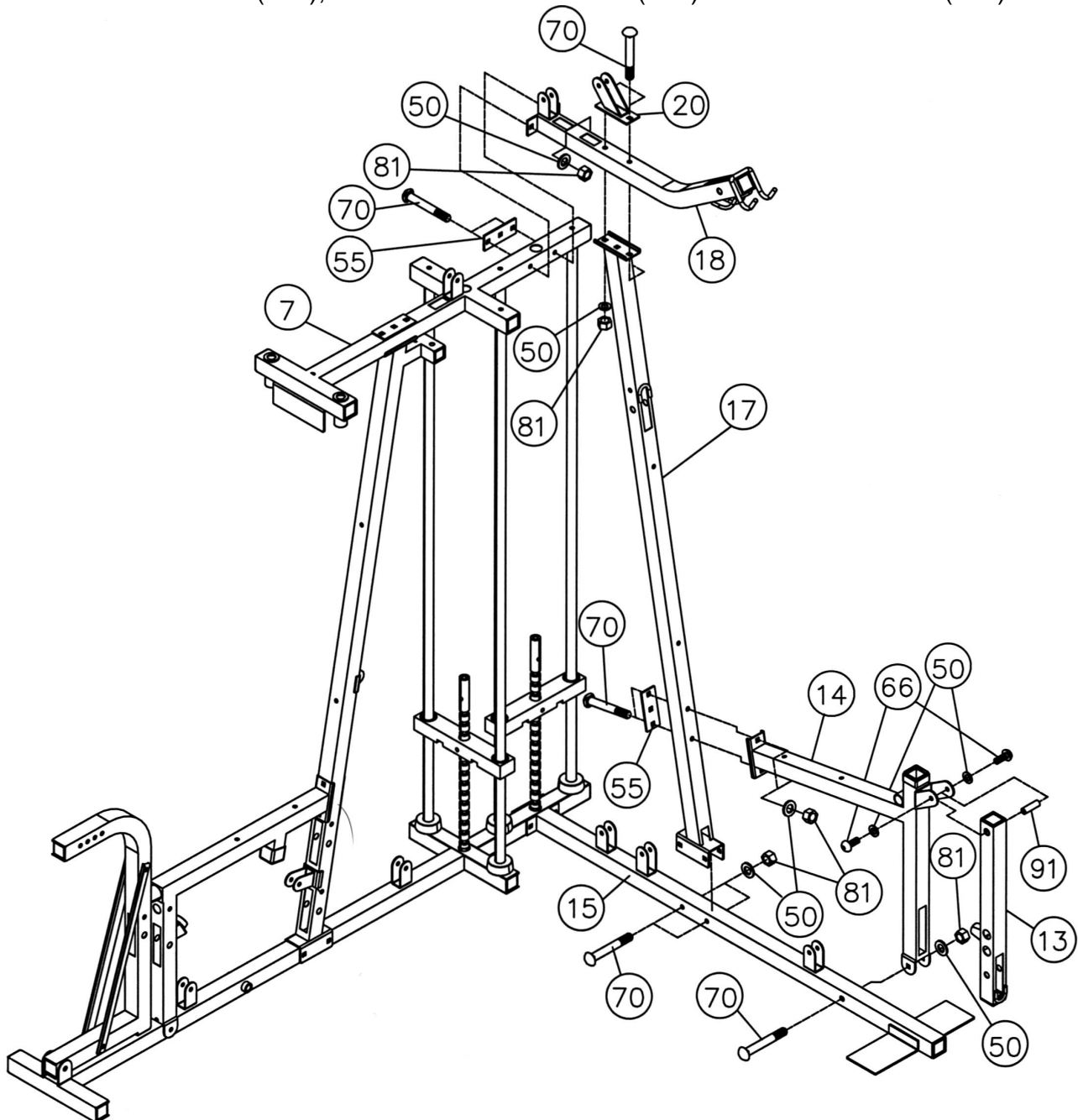
### STEP 3 (See Diagram 3)

- A.) Align four  $\varnothing 1$ " Rubber Bumpers (#63) to the holes on the Right Base Frame (#3). Insert the four Guide Rods (#16) through the Rubber Bumpers into the holes on the Right Base Frame (#3). Slide two Selector Stems (#27) onto the Guide Rods. Insert a Selector Rod (#24) through the hole on each Selector Stem (#27). Secure each Selector Rod (#24) to the Selector Stem (#27) with two M10 x 1" Allen Bolts (#67) and  $\varnothing \frac{3}{4}$ " Washers (#50). Please note this machine comes with 18 plates, 9 to each stack. You can purchase another 5 more plates (Model no. WK51) in the future to increase the weights. It is strongly recommended to spray lubricant such as WD-40 on the two Guide Rods to minimize friction.
- B.) Attach the Right Upper Frame (#7) to the top of Right Vertical Beam (#6), and the four Guide Rods (#16). Make sure the Guide Rods are inserted into the holes on the Upper Frame.
- C.) Secure the Upper Frame (#7) to the Right Vertical Beam (#6) with one Bracket (#55), two M10 x 2  $\frac{3}{4}$ " Carriage Bolts (#70),  $\varnothing \frac{3}{4}$ " Washers (#50), and M10 Aircraft Nuts (#81).
- D.) Secure the Upper Frame to the Guide Rods with four M12 x 1" Allen Bolts (#73) and  $\varnothing 1$ " Washers (#51).
- E.) Carefully tip over the machine with a help of another person. Secure the Guide Rods (#16) to the Right Base Frame (#3) with four  $\varnothing 1$ " Washers (#51) and M12 x 1" Allen Bolts (#73).



#### STEP 4 (See Diagram 4)

- A.) Attach the Left Vertical Beam (#17) to the Left Base Frame (#15). Secure it with two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).
- B.) Attach the Left Upper Frame (#18) to the Left Vertical Beam (#17), and the Right Upper Frame (#7). Secure the Frame to the Vertical Beam with one Pulley Bracket (#20), two M10 x 2 3/4" Carriage Bolts (#70), two  $\varnothing$  3/4" Washers (#50), and two M10 Aircraft Nuts (#81). Secure the Left Frame to the Right Frame with one Bracket (#55), two M10 x 2 3/4" Carriage Bolts (#70), two  $\varnothing$  3/4" Washers (#50), and two M10 Aircraft Nuts (#81).
- C.) Attach the Left Seat Support (#14) to the Left Base Frame (#15) and the Left Vertical Beam (#17). Secure the Seat Support to the Left Base Frame with one M10 x 2 3/4" Carriage Bolt (#70),  $\varnothing$  3/4" Washer (#50), and M10 Aircraft Nut (#81). Secure the Seat Support to the Vertical Beam with one Bracket (#55), two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).
- D.) Attach the Leg Developer (#13) to the bracket on the Left Seat Support (#14). Secure it with one M10 x 2" Axle (#91), two M10 x 3/4" Allen Bolts (#66) and  $\varnothing$  3/4" Washers (#50).

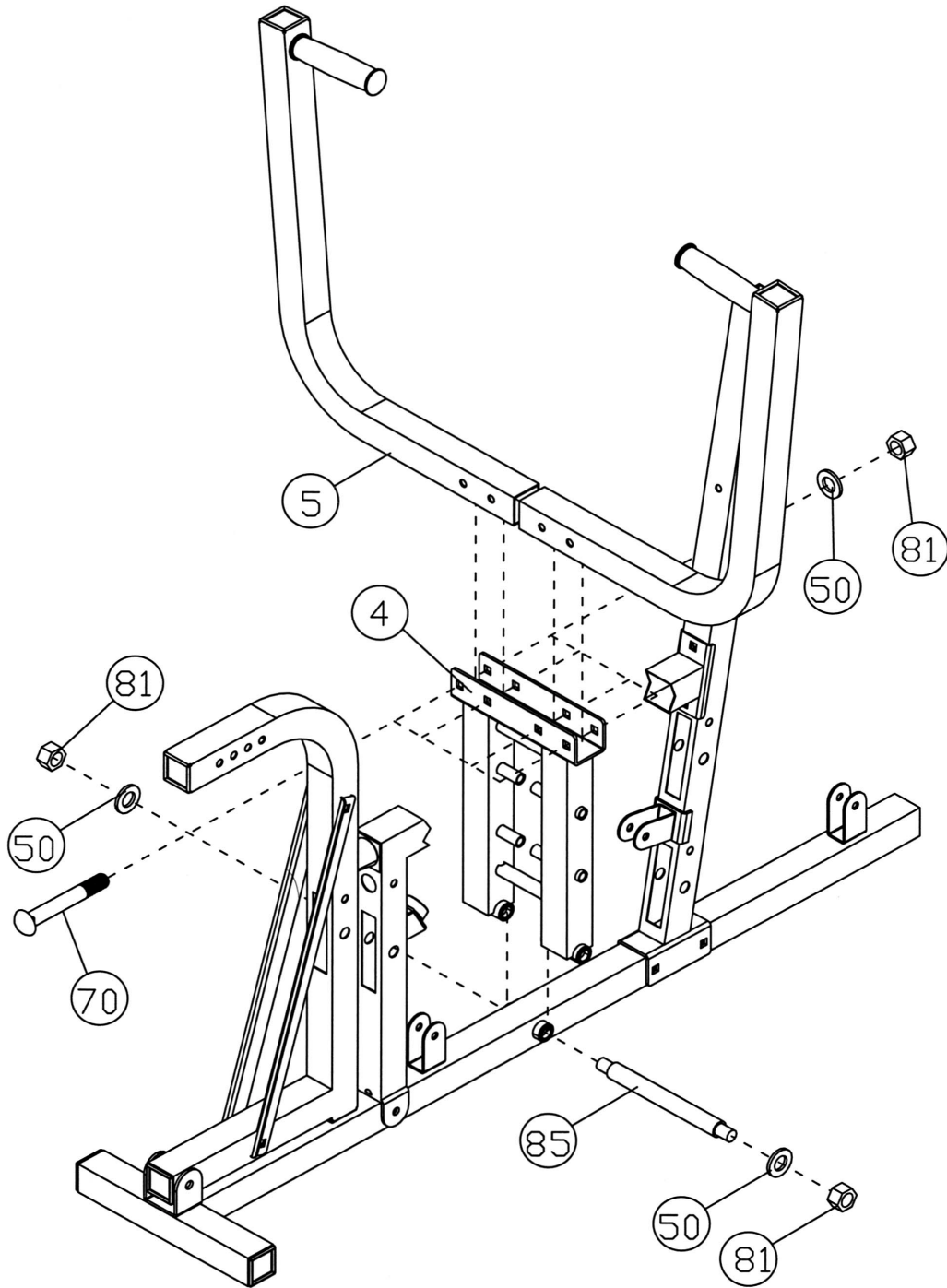




**STEP 5 (See Diagram 5)**

- A.) Attach the Front Press Base (#4) to the Right Base Frame (#3). Secure it with a M10 x 9 1/4" Axle (#85), two  $\varnothing$  3/4" Washers (#50), and two M10 Aircraft Nuts (#81).
- B.) Attach the two Front Presses (#5) to the Front Press Base (#4). Secure each Front Press with two M10 x 2 3/4" Carriage Bolts (#70),  $\varnothing$  3/4" Washers (#50), and M10 Aircraft Nuts (#81).

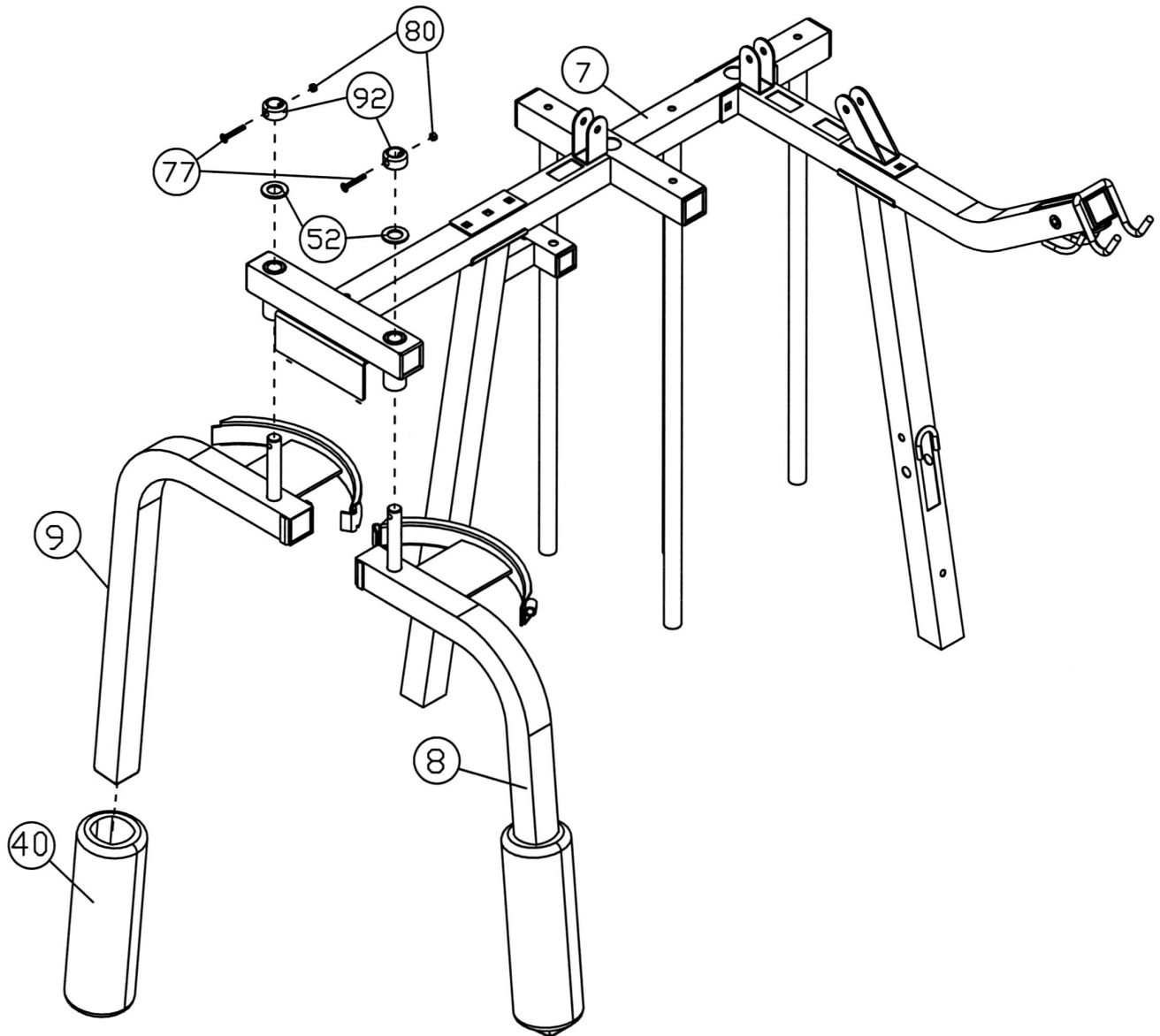
**DIAGRAM 5**



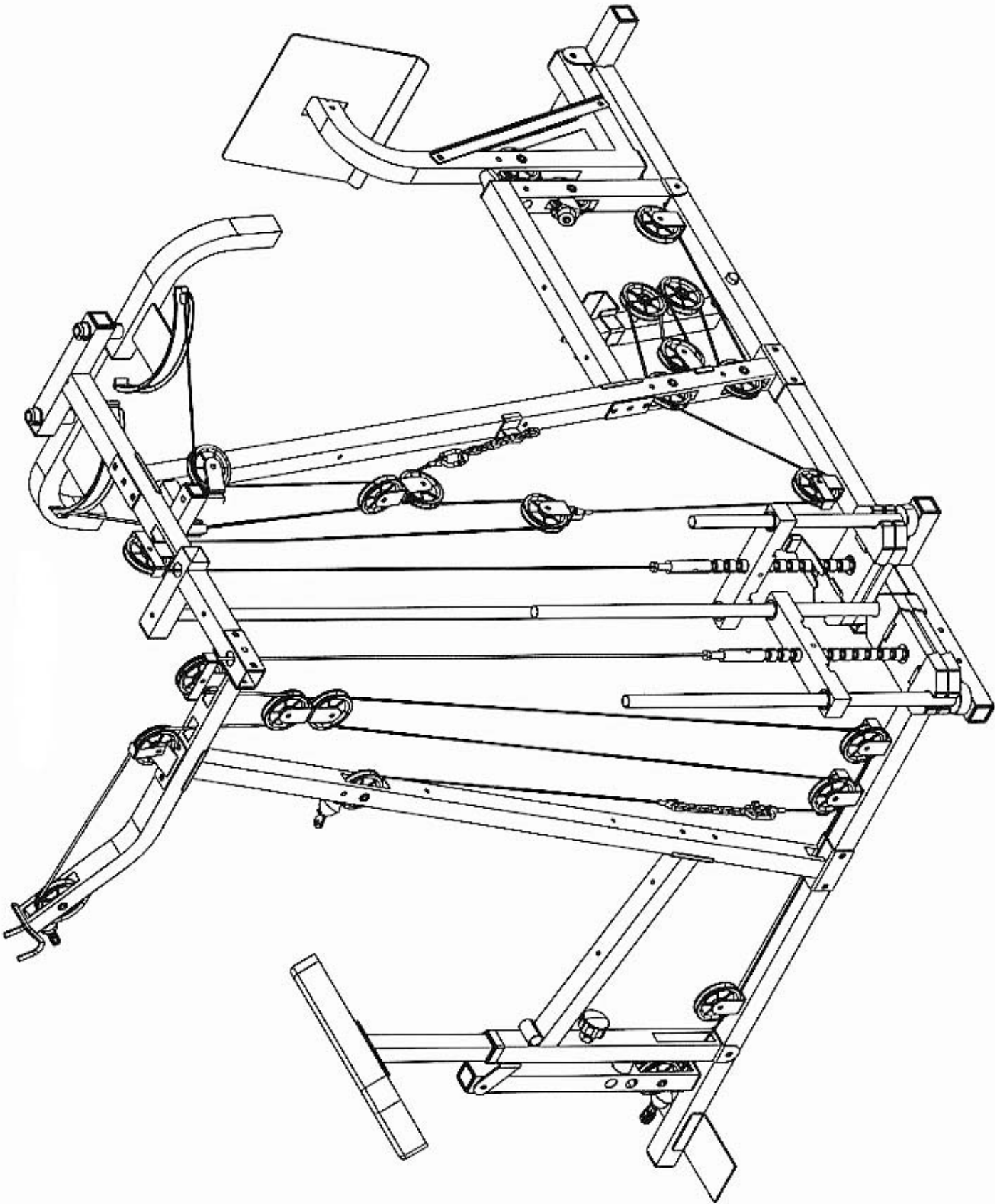
## STEP 6 (See Diagram 6)

- A.) Insert the axle on the Left Butterfly (#8) through the hole on the Right Upper Frame (#7) from the bottom up. Slide a  $\varnothing 1 \frac{1}{2}$ " Washer (#52) and  $\varnothing 1 \frac{3}{8}$ " Lock Ring (#92) onto the Axle. Align the holes and secure the Ring with a M6 x  $1 \frac{5}{8}$ " Hex Bolt (#77) and M6 Aircraft Nut (#80). Repeat the same procedure to install the other side.
- B.) Push Butterfly Foam Rolls (#40) onto each Butterfly.

### DIAGRAM 6



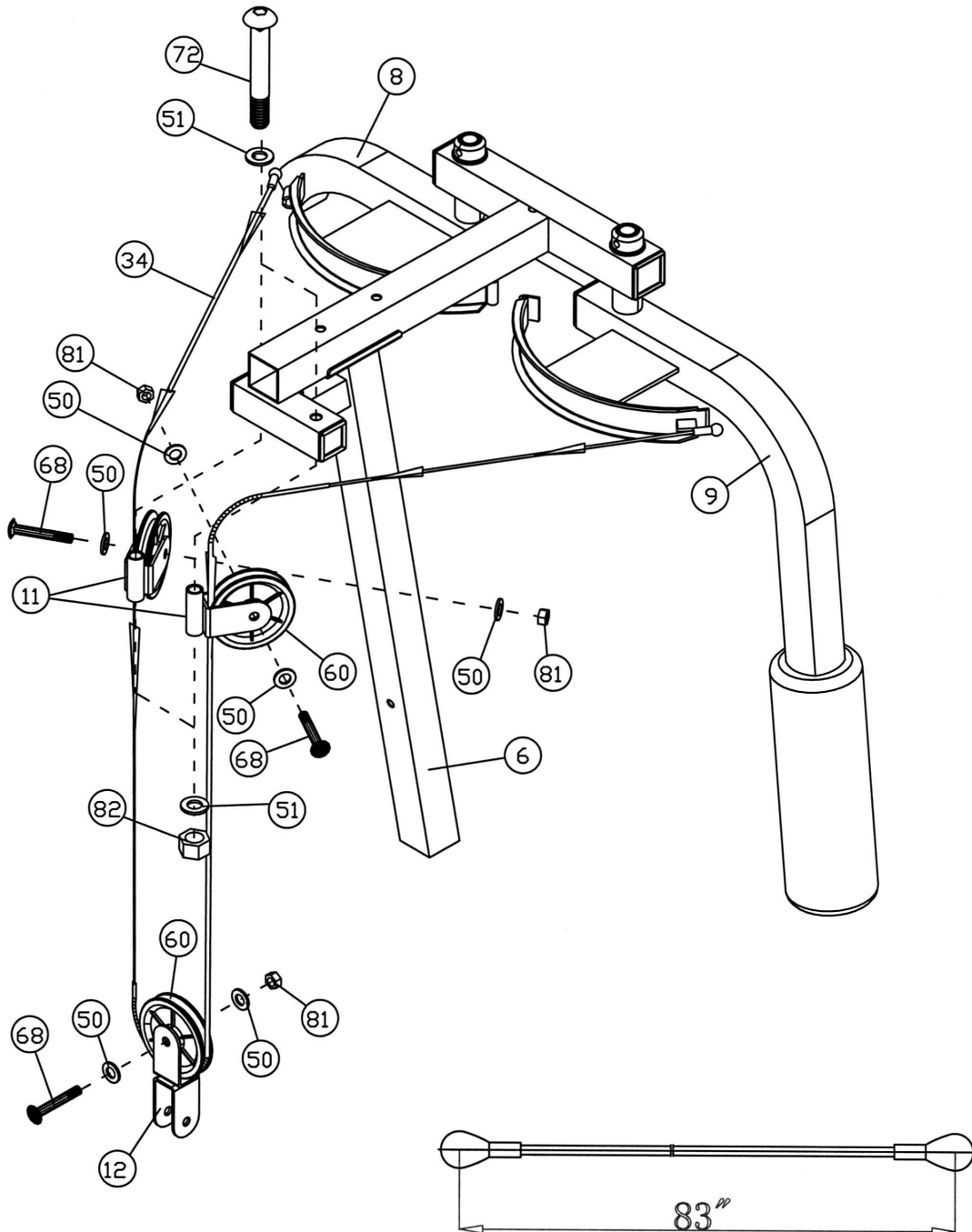
# Cable Loop Diagram



**STEP 7 (See Diagram 7 & Cable Loop Diagram)**

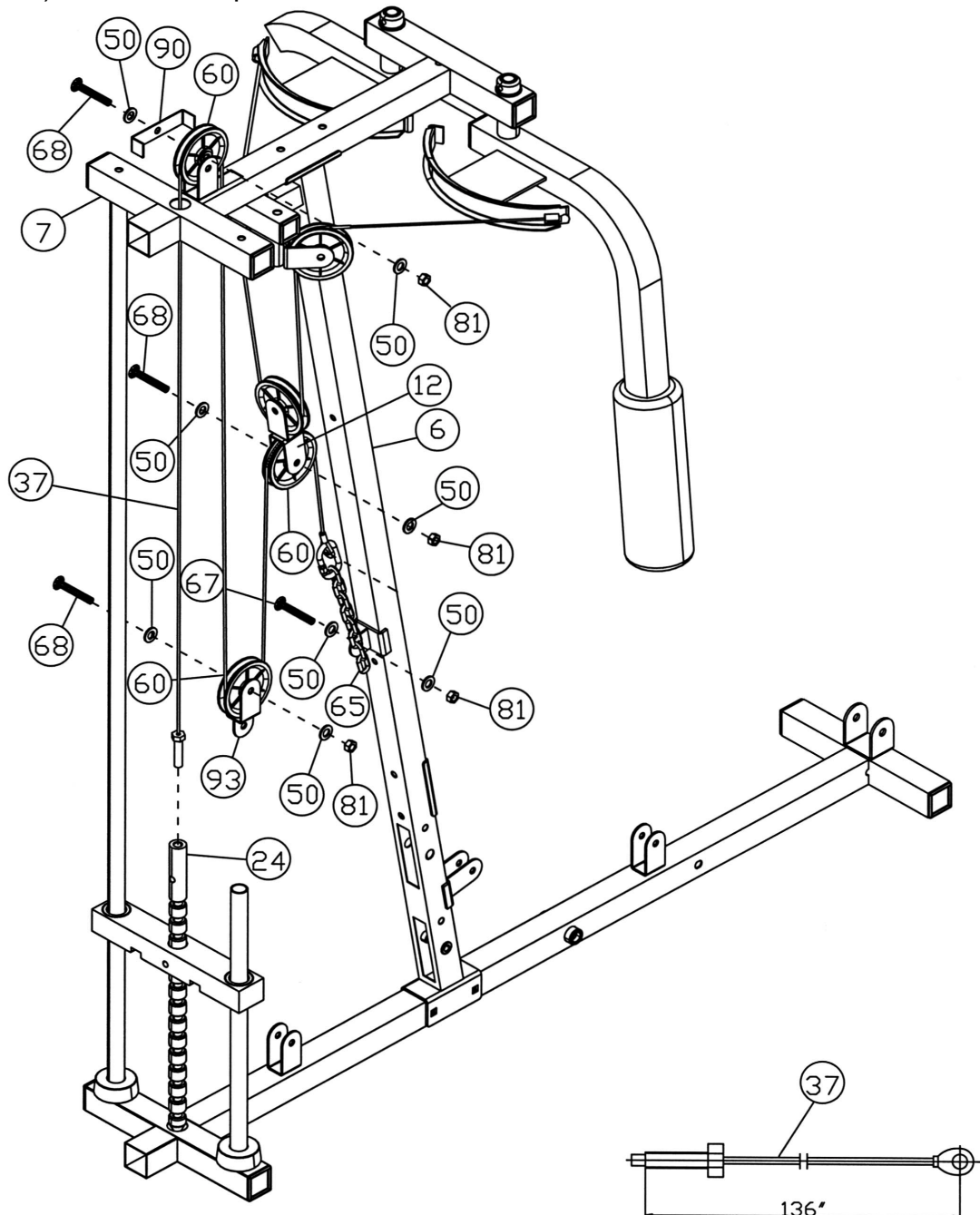
- A.) Attach the two Swivel Pulley Brackets (#11) to the Right Upper Frame (#7). Secure each Bracket with one M12 x 4 3/8" Allen Bolt (#72), two Ø1" Washers (#51) and one M12 Aircraft Nut (#82). NOTE: Do not over tighten the Bolt. Make sure the Bracket is able to swivel.
- B.) Attach one end of the 83" Butterfly Cable (#34) to the clip on the Right Butterfly (#9). Pull the Cable to the right open Swivel Pulley Bracket (#11).
- C.) Attach a Pulley (#60) to the Bracket. Secure it with one M10 x 2 "Allen Bolt (#68), two Ø3/4" Washers (#50), and one M10 Aircraft Nut (#81).
- D.) Draw the Cable downward. Repeat the Step B above to install a Pulley to the Angled Double Pulley Bracket (#12). Let the Bracket hanging for now. Pull the Cable upward to the left open Swivel Pulley Bracket.
- E.) Repeat the Step B above to install a Pulley to the Left Swivel Pulley Bracket. Draw the Cable to the Left Butterfly (#8). Attach the end of the Cable to the clip on the Left Butterfly.

**DIAGRAM 7**



### STEP 8 (See Diagram 8 & Cable Loop Diagram)

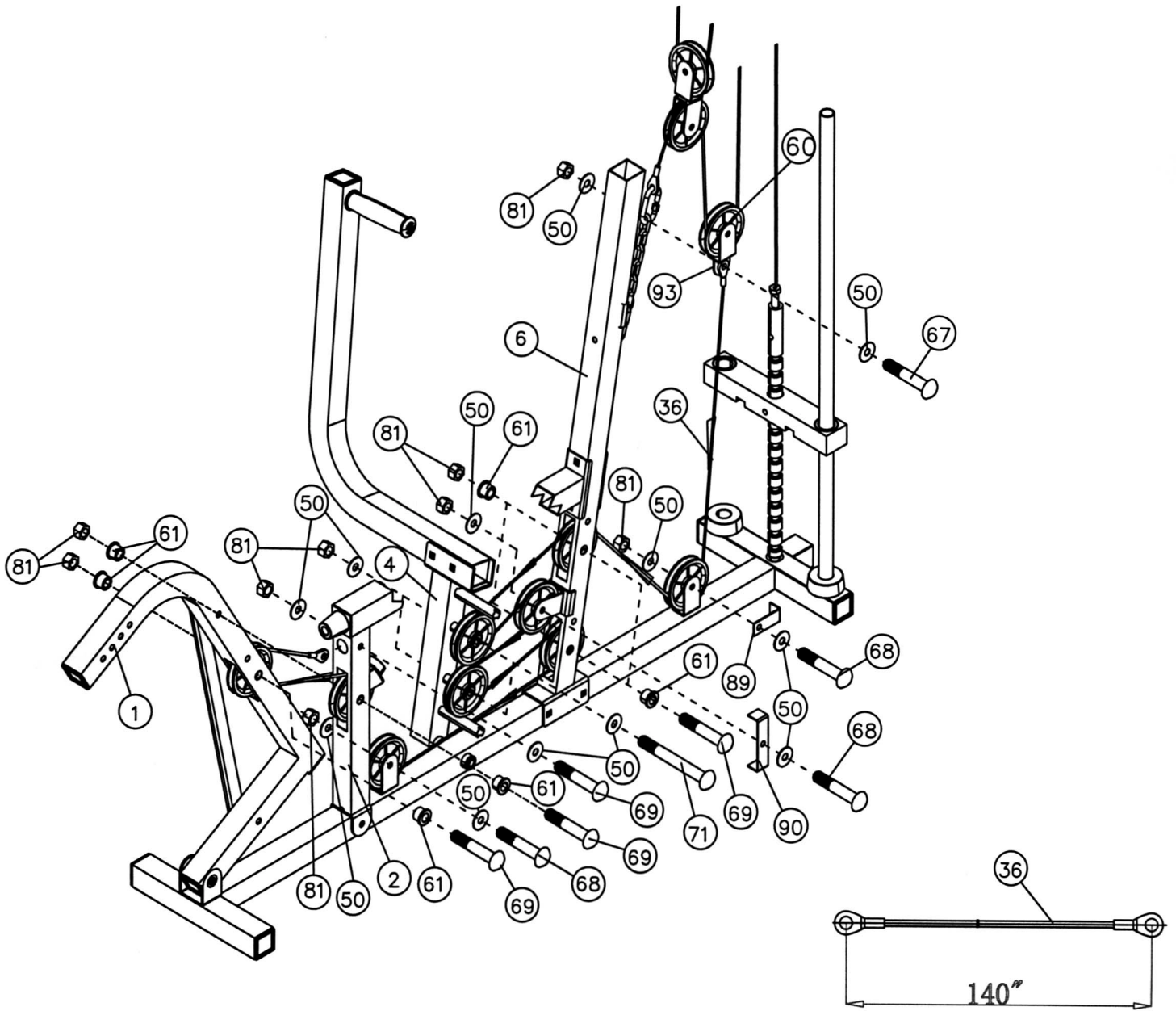
- A.) Attach a Chain (#65) to the Right Vertical Beam (#6). Secure the Chain with one M10 x 1" Allen Bolt (#67), two  $\text{\O}3/4$ " Washers (#50), and one M10 Aircraft Nut (#81). Attach one end of the 136" Butterfly Support Cable (#37) to the Chain using a C-clip (#39).  
NOTE: After complete installing all the cables, check the tightness of the cable loop system. If the cable is too loose, shorten the chain.
- B.) Draw the Cable to the Angled Double Pulley Bracket (#12) previously installed.
- C.) Attach a Pulley to the Bracket. Secure it with one M10 x 2" Allen Bolt (#68), two  $\text{\O} 3/4$ " Washers (#50), and one M10 Aircraft Nut (#81).
- D.) Pull the Cable around the Pulley then downward. Repeat Step C above to install a Pulley to the Single Floating Pulley Bracket (#93). Draw the Cable underneath the Pulley then upward through the Right Upper Frame (#7) to the open Bracket on the top.
- E.) Attach a U-shaped Bracket (#90) to the Bracket. Repeat Step C above to install a Pulley. Draw the Cable over the Pulley then pull the Cable downward to the Selector Rod (#24). Thread the tip bolt of the Cable into the Selector Rod.



## **STEP 9 (See Diagram 9 & Cable Loop Diagram)**

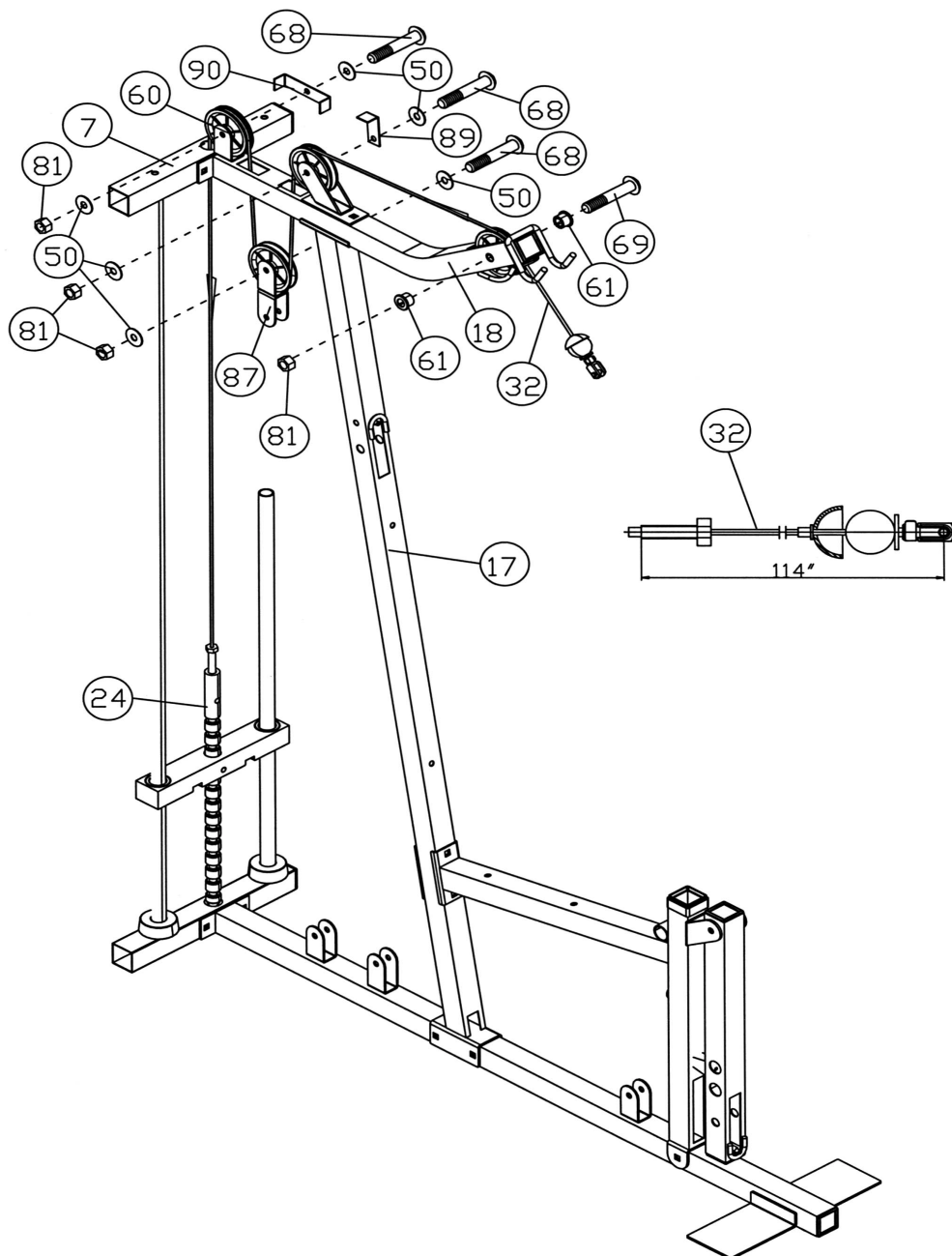
- A.) Attach one end of the 140" Leg Press Cable (#36) to the opening hole on the Right Seat Support (#2), underneath the rubber bumper. Secure it with one M10 x 2 ½" Allen Bolt (#69), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- B.) Draw the Cable to the slotted opening on the Leg Press Frame (#1). Install a Pulley to the opening then secure it with two Ø 7/8" x ½" Bushings (#61), one M10 x 2 ½" Allen Bolt (#69), and one M10 Aircraft Nut (#81).
- C.) Draw the Cable around the Pulley then toward the opening on the Right Seat Support (#2). Repeat the Step B above to install a Pulley.
- D.) Draw the Cable over the Pulley then downward to the open bracket on the Right Base Frame (#3). Attach a Pulley to the Bracket then secure it with one M10 x 2" Allen Bolt (#68), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- E.) Draw the Cable underneath the Pulley and towards the back of the machine, along the Right Base Frame to the lower opening on the Right Vertical Beam (#6). Repeat Step B above to install a Pulley. Draw the Cable around the Pulley then pull back towards the lower opening on the Front Press Base (#4).
- F.) Attach a Pulley to the opening. Secure it with one M10 x 8 ¼" Allen Bolt (#71), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- G.) Draw the cable around the Pulley then pull the Cable towards the open bracket on the Right Vertical Beam (#6). Attach a U-shaped Bracket (#90) to the open Bracket. Install another Pulley. Secure them with one M10 x 2" Allen Bolt (#68), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- H.) Draw the Cable around the Pulley then back to the upper opening on the Front Press Base. Repeat Step G above to install another Pulley.
- I.) Draw the Cable around the Pulley then towards the upper slotted opening on the Right Vertical Beam. Repeat the Step B above to install a Pulley.
- J.) Draw the Cable over the Pulley then downward to the open bracket on the top of the Right Base Frame. Install a Pulley. Secure the Pulley with an L-shaped Bracket (#89), one M10 x 2" Allen Bolt (#68), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- K.) Draw the Cable underneath the Pulley then pull the Cable upward to the Single Floating Pulley Bracket (#93) previously installed. Secure the Cable with one M10 x 1" Allen Bolt (#67), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).

# DIAGRAM 9



### STEP 10 (See Diagram 10 & Cable Loop Diagram)

- A.) Attach the 114" Upper Cable (#32) to the front opening on the Left Upper Frame (#18).  
NOTE: The Ball Stopper on the Cable needs to be underneath the Frame.
- B.) Attach a Pulley (#60) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#69), two  $\varnothing$  7/8" x 1/2" Pulley Bushings (#61), and one M10 Aircraft Nut (#81).
- C.) Draw the Cable towards the back of the machine to the Pulley Bracket (#20). Install a Pulley to the Bracket. Secure it with one M10 x 2" Allen Bolt (#68), one L-shaped Bracket (#89), two  $\varnothing$  3/4" Washers (#50), and one M10 Aircraft Nut (#81).
- D.) Pull the Cable over the Pulley then downward. Attach a Pulley to a Double Floating Pulley Bracket (#87). Secure it with one M10 x 2" Allen Bolt (#68), two  $\varnothing$  3/4" Washers (#50), and one M10 Aircraft Nut (#81). Let the Pulley hanging for now.
- E.) Pull the Cable around the Pulley then upward to the open bracket on the back of the Upper Frame (#18). Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#68), U-shaped Bracket (#90), two  $\varnothing$  3/4" Washers (#50), and one M10 Aircraft Nut (#81).
- F.) Pull the Cable around the Pulley then downward to the Selector Rod (#24). Thread the bolt tip of the Cable into the Selector Rod.

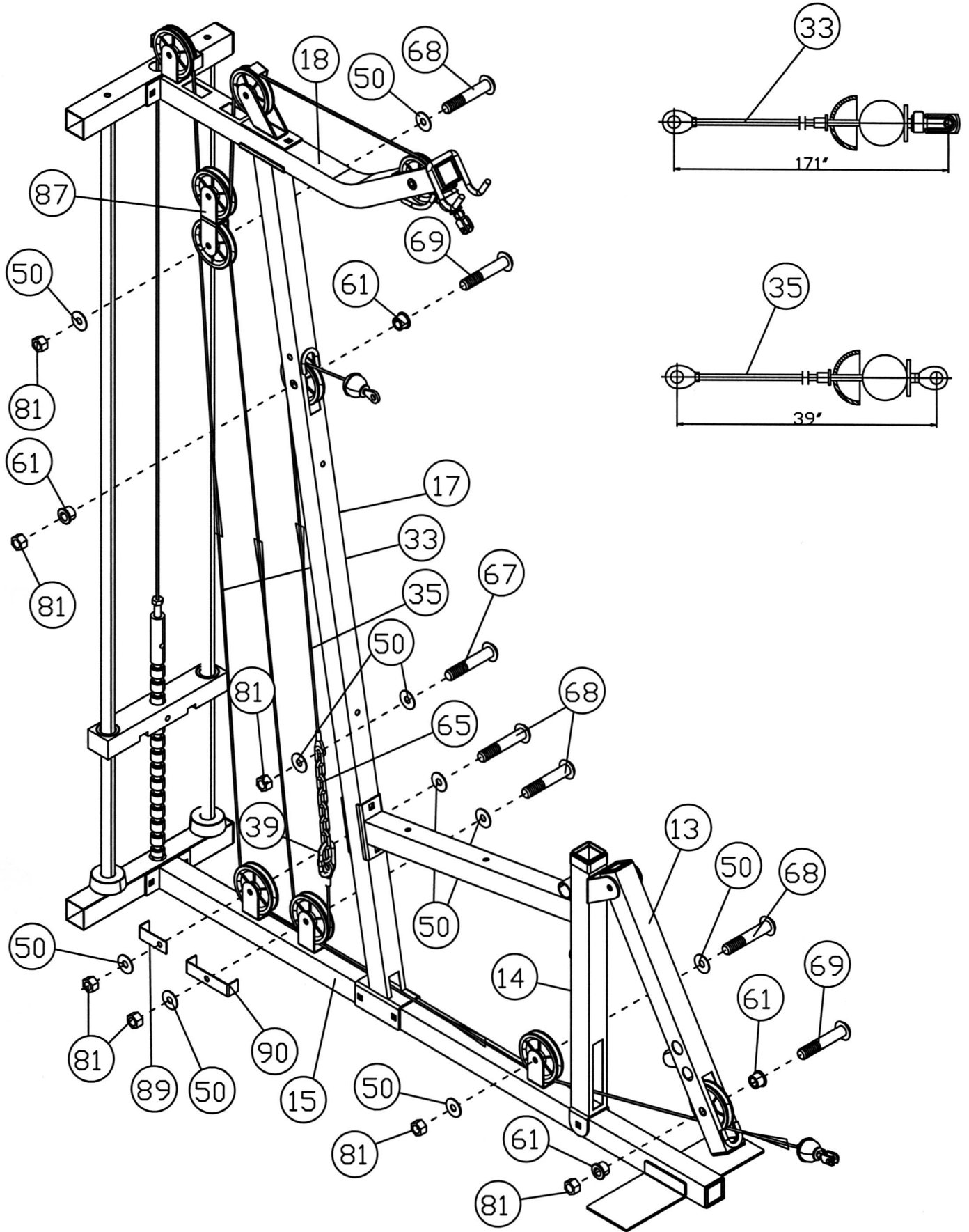




## STEP 11 (See Diagram 11)

- A.) Attach the 39" Ab Cable (#35) to the opening on the Left Vertical Beam (#17). Attach a Pulley to the opening. Secure the Pulley with one M10 x 2 ½" Allen Bolt (#69), two Ø 7/8 x ½" Pulley Bushings (#61), and one M10 Aircraft Nut (#81).
- B.) Pull the Ab Cable around the Pulley then downward. Attach the end of Cable to a Chain (#65). Secure the Cable to the Chain with one M10 x 1" Allen Bolt (#67), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81). Let the Chain hanging for now.
- C.) Attach the 171" Lower Cable (#33) to the opening on the Leg Developer (#13). Attach a Pulley to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#69), two Ø 7/8" x ½" Pulley Bushings (#61), and one M10 Aircraft Nut (#81). Draw the Lower Cable underneath the Pulley through the opening on the Left Seat Support (#14) then to the open bracket on the Left Base Frame (#15).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#68), two Ø ¾" Washers (#50), and one M10 Aircraft Nut (#81).
- E.) Draw the Lower Cable (#33) underneath the Pulley along the Left Base Frame and through the opening on the Left Vertical Frame to the second open bracket on the Left Base Frame. Attach an L-shaped Bracket (#89) to the bracket then repeat the step D above to install a Pulley.
- F.) Pull the Cable underneath the Pulley then upward to the Double Floating Pulley Bracket (#87) previously installed. Repeat the step D above to install a Pulley.
- G.) Draw the Cable around the Pulley then pull the Cable downward to the first Bracket on the Left Base Frame (#15). Install another Pulley.
- H.) Pull the Cable around the Pulley then upward to the Chain (#65). Connect the Cable end to the Chain using a C-clip (#39).
- I.) Check the tightness of the Cable loop. If the cable loop is too loose, shorten the chain.

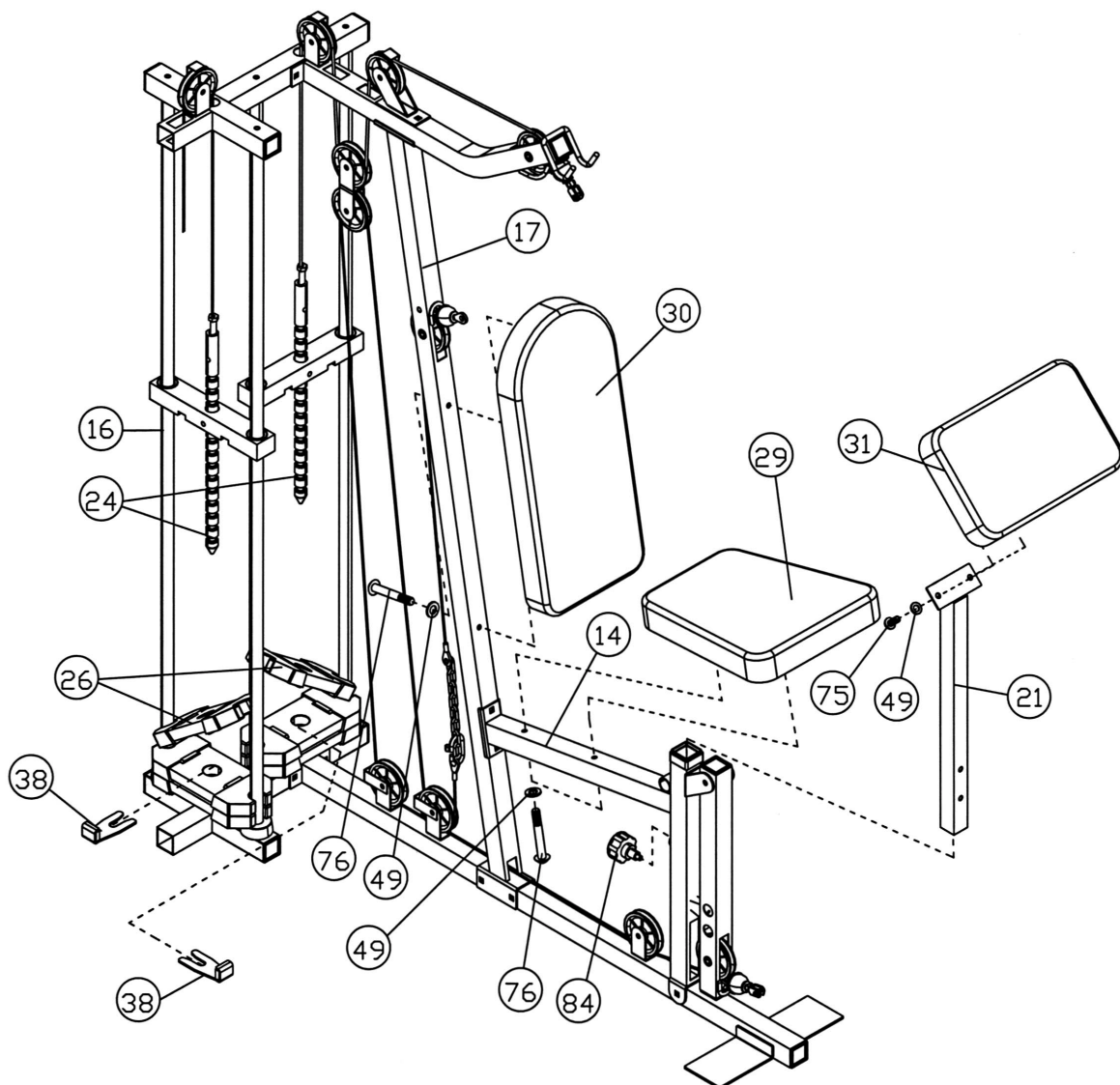
# DIAGRAM 11



## STEP 12 (See Diagram 12)

- A.) Now move the machine to its final position. After installing the weight stack, it will be too heavy to move.
- B.) Install 9 Weight Plates (#26) to each set of Guide Rods. To install the plate, lift up the Selector Rod in the center, hold the plate at an angle and place between the two Guide Rods (#16) then drop it down. NOTE: Make sure the groves on the plastic covers all face the same direction. The caps should interlock with each other.
- C.) Align the center holes on all plates. Insert the Selector Rod (#24) into the center holes on the plates. Insert the Weight Selector Pin (#38) into the selected stack of Weight Plates (#26) to obtain the desired weight for exercise. Make sure the magnet on the Pin faces up. It is strongly recommended to spray lubricant such as WD-40 on the two Guide Rods to minimize friction.
- D.) Attach the Backrest Board (#30) to the Left Vertical Beam (#17). Secure it with two M8 x 2 1/8" Allen Bolts (#76) and  $\varnothing$  5/8" Washers (#49).
- E.) Attach the Seat Pad (#29) to the Left Seat Support (#14). Secure it with two M8 x 2 1/8" Allen Bolts (#76) and  $\varnothing$  5/8" Washers (#49).
- F.) Attach the Arm Curl Pad (#31) to the Arm Curl Stand (#21). Secure it with two M8 x 5/8" Allen Bolts (#75) and  $\varnothing$  5/8" Washers (#49). Insert the Arm Curl Stand into the top opening on the Left Seat Support (#14). Secure it with a Lock Knob (#84).

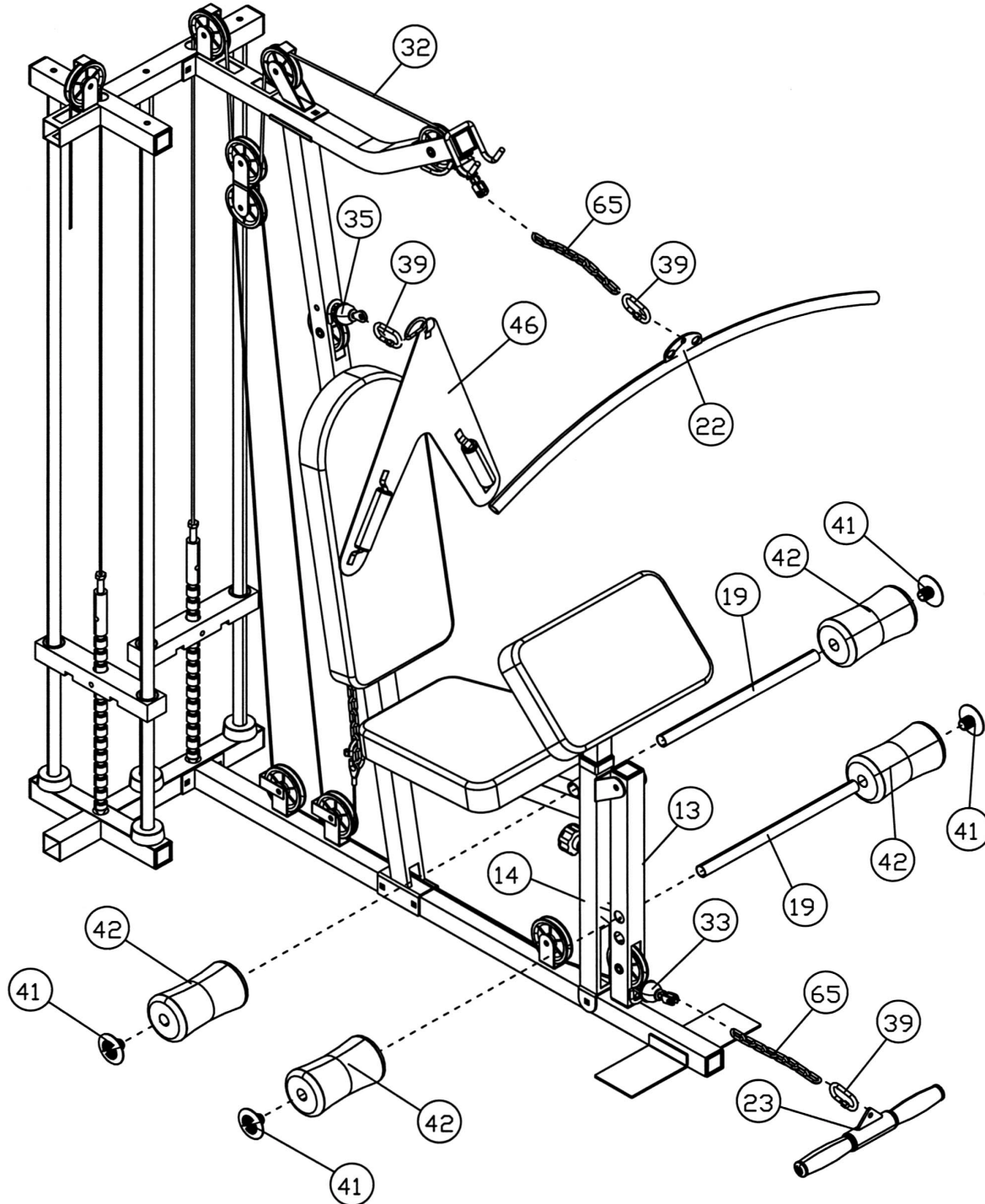
**DIAGRAM 12**



**STEP 13 (See Diagram 13)**

- A.) Insert one Foam Roll Tube (#19) halfway through the hole on the Left Seat Support (#14). Insert one Foam Roll Tube (#19) halfway through the hole on the Leg Developer (#13). Push four Foam Rolls (#42) onto the Tubes from both sides. Plug the Foam Roll End Caps (#41) to each end of the Foam Rolls.
- B.) Attach the Lat Bar (#22) to the Chain (#65) using a C-clip (#39). Attach the Chain to the Upper Cable (#32). See How To Use.
- C.) Attach the Ab Strap (#46) to the Ab Cable (#35) using a C-clip.
- D.) Attach the Arm Curl Handle (#23) to a Chain (#65) using a C-clip. Attach the Chain to the Lower Cable (#33). Remove the Chain and Handle when using the Leg Developer.

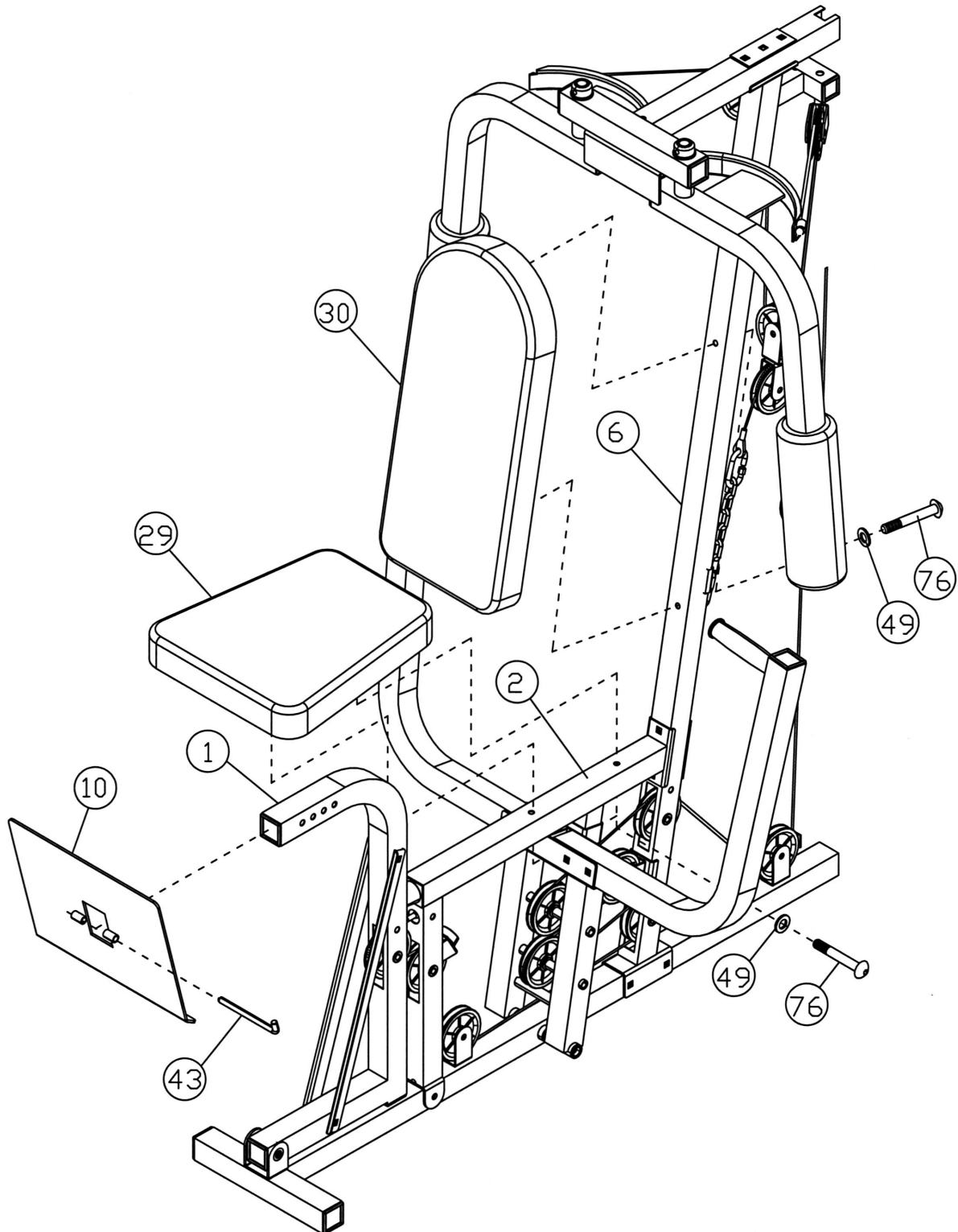
**DIAGRAM 13**



**STEP 14 (See Diagram 14)**

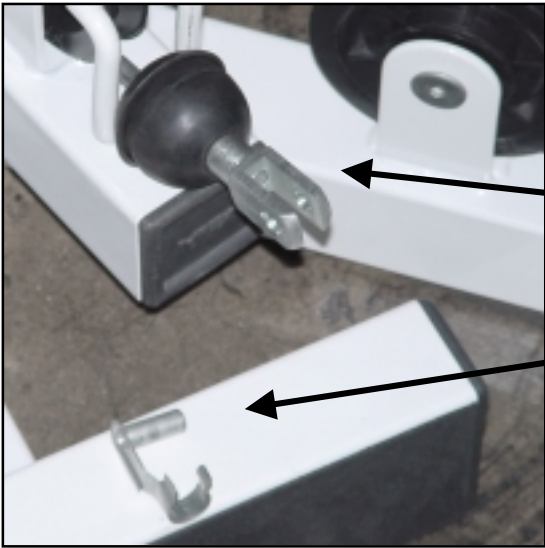
- A.) Attach a Backrest Board (#30) to the Right Vertical Beam (#6). Secure it with two M8 x 2 1/8" Allen Bolts (#76) and  $\varnothing$  5/8" Washers (#49).
- B.) Attach the Seat Pad (#29) to the Right Seat Support (#2). Secure it with two M8 x 2 1/8" Allen Bolts (#76) and  $\varnothing$  5/8" Washers (#49).
- C.) Attach the Leg Press Plate (#10) to the Leg Press Frame (#1). Secure it with L-Pin (#43).

**DIAGRAM 14**



# HOW TO USE

How to use the quick release connector.



The Clip is removed from the Connector.

Connector

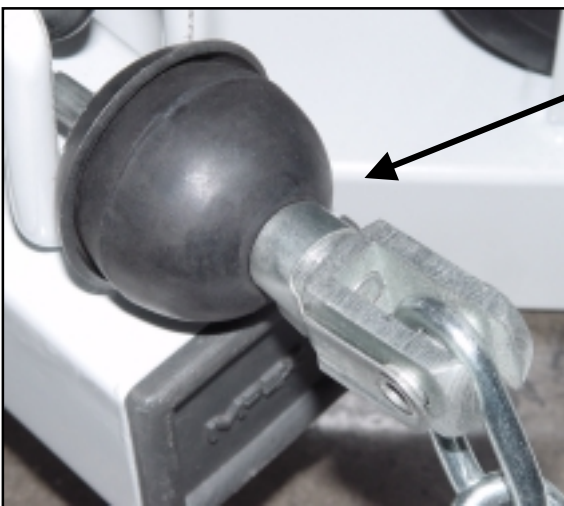
Clip



Place the chain in between the connector and insert the Clip through the holes.

Chain

Insert



Push down the Clip to secure.

## PARTS LIST

### KEY NO. DESCRIPTION

### Q'ty

1	Leg Press Frame	1	51	Ø 1" Washer	14
2	Right Seat Support	1	52	Ø 1 ½" Washer	2
3	Right Base Frame	1	53	Ø 1" x 7/8" Bushing	2
4	Front Press Base	1	54	Ø 1" x 3/8" Bushing	8
5	Front Press	2	55	Bracket	5
6	Right Vertical Beam	1	56	1 ½" End Cap (Impex Logo)	2
7	Right Upper Frame	1	57	1 ¾" End Cap (Impex Logo)	19
8	Left Butterfly	1	58	2" Square End Cap (Impex Logo)	2
9	Right Butterfly	1	59	1 ½" End Cap	1
10	Leg Press Plate	1	60	Pulley	25
11	Swivel Pulley Bracket	2	61	Ø 7/8" x ½" Pulley Bushing	14
12	Angled Double Pulley Bracket	1	62	1 5/8" Bumper	2
13	Leg Developer	1	63	Ø 1" Rubber Bumper	4
14	Left Seat Support	1	64	5/8" Bumper	1
15	Left Base Frame	1	65	Chain	4
16	Guide Rod	4	66	M10 x ¾" Allen Bolt	2
17	Left Vertical Beam	1	67	M10 x 1" Allen Bolt	7
18	Left Upper Frame	1	68	M10 x 2" Allen Bolt	16
19	Foam Roll Tube	2	69	M10 x 2 ½" Allen Bolt	8
20	Pulley Bracket	1	70	M10 x 2 ¾" Carriage Bolt	24
21	Arm Curl Stand	1	71	M10 x 8 ¼" Allen Bolt	2
22	Lat Bar	1	72	M12 x 4 3/8" Allen Bolt	2
23	Arm Curl Handle	1	73	M12 x 1" Allen Bolt	8
24	Selector Rod	2	74	M12 x 3" Allen Bolt	1
25	Handle Tube	1	75	M8 x 5/8" Allen Bolt	2
26	Weight Plate	18	76	M8 x 2 1/8" Allen Bolt	8
27	Selector Stem	2	77	M6 x 1 5/8" Hex Bolt	2
28	Leg Press Support Frame	2	78	M6 x 5/8" Philips Screw	2
29	Seat Pad	2	79	M6 x ½" Philips Screw	1
30	Backrest Board	2	80	M6 Aircraft Nut	2
31	Arm Curl Pad	1	81	M10 Aircraft Nut	54
32	Upper Cable (114")	1	82	M12 Aircraft Nut	3
33	Lower Cable (171")	1	83	Logo	1
34	Butterfly Cable (83")	1	84	Lock Knob	1
35	Ab Cable (39")	1	85	M10 x 9 ¼" Axle	1
36	Leg Press Cable (140")	1	86	Sleeve	1
37	Butterfly Support Cable (136")	1	87	Double Floating Pulley Bracket	1
38	Weight Selector Pin	2	88	Ø 1 5/8" x 7/8" Bushing	4
39	C-clip	5	89	L-shaped Bracket	3
40	Butterfly Foam Roll	2	90	U-shaped Bracket	4
41	Foam Roll End Cap	4	91	M10 x 2" Axle	1
42	Foam Roll	4	92	Ø 1 3/8" Lock Ring	2
43	L Pin	1	93	Single Floating Pulley Bracket	1
44	Handle Grip	4			
45	Lat Bar Grip	2			
46	Ab Strap	1			
47	Ø ¾" x 3 ¼" Bushing	2			
48	Ø 1 ½" x 1" Bushing	2			
49	Ø 5/8" Washer	10			
50	Ø ¾" Washer	74			

# MWM 1800 Weight Resistance Chart

	Weight Plate								
Station	1	2	3	4	5	6	7	8	9
Low Pulley	52	63	74	81	88	96	107	118	130
Lat Pull	40	55	70	80	90	100	110	120	130
Ab Strap	50	60	70	80	90	100	107	114	120
Butterfly	50	55	60	67	74	80	93	106	120
Leg Press	80	107	135	160	185	210	232	254	275
Front Press	54	80	107	116	125	135	162	189	215

\*Each plate weights 10 lb.

\*Resistance measured in pounds.

\*Numbers are approximate. Actual number may vary.



# ***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