

NOTE:
Please read all instructions
carefully before using this
product

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Model
MD-8870

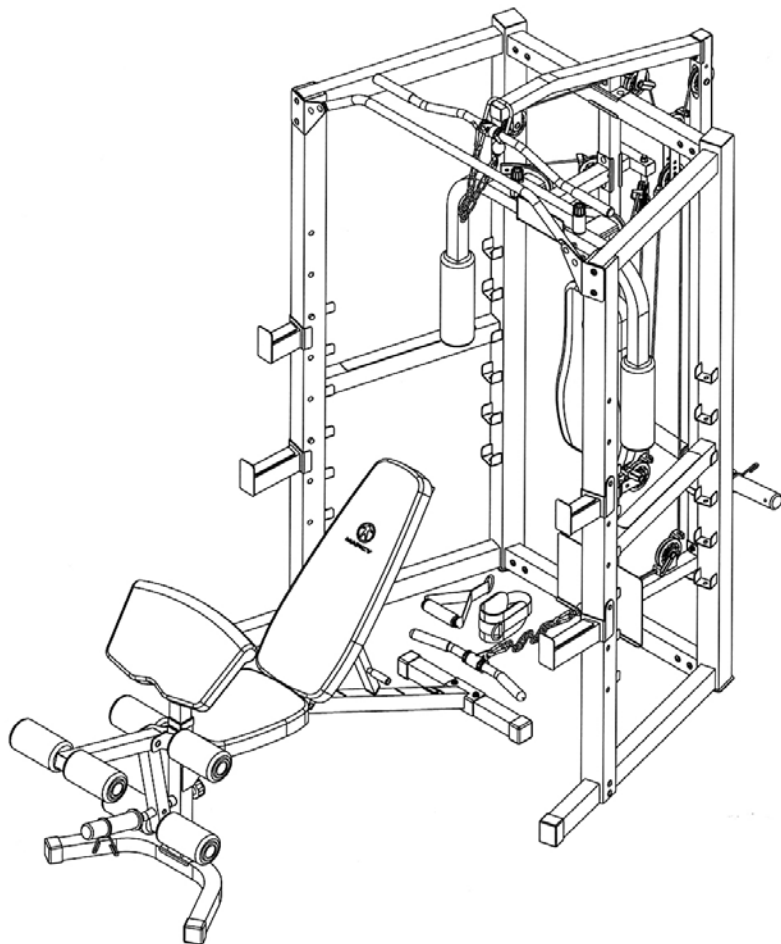
Retain This
Manual for
Reference

100712

OWNER'S
MANUAL

IMPEX

MARCY[®] DIAMOND DELUXE CAGE MD-8870



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY® DIAMOND MD-8870 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.impex-fitness.com

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.

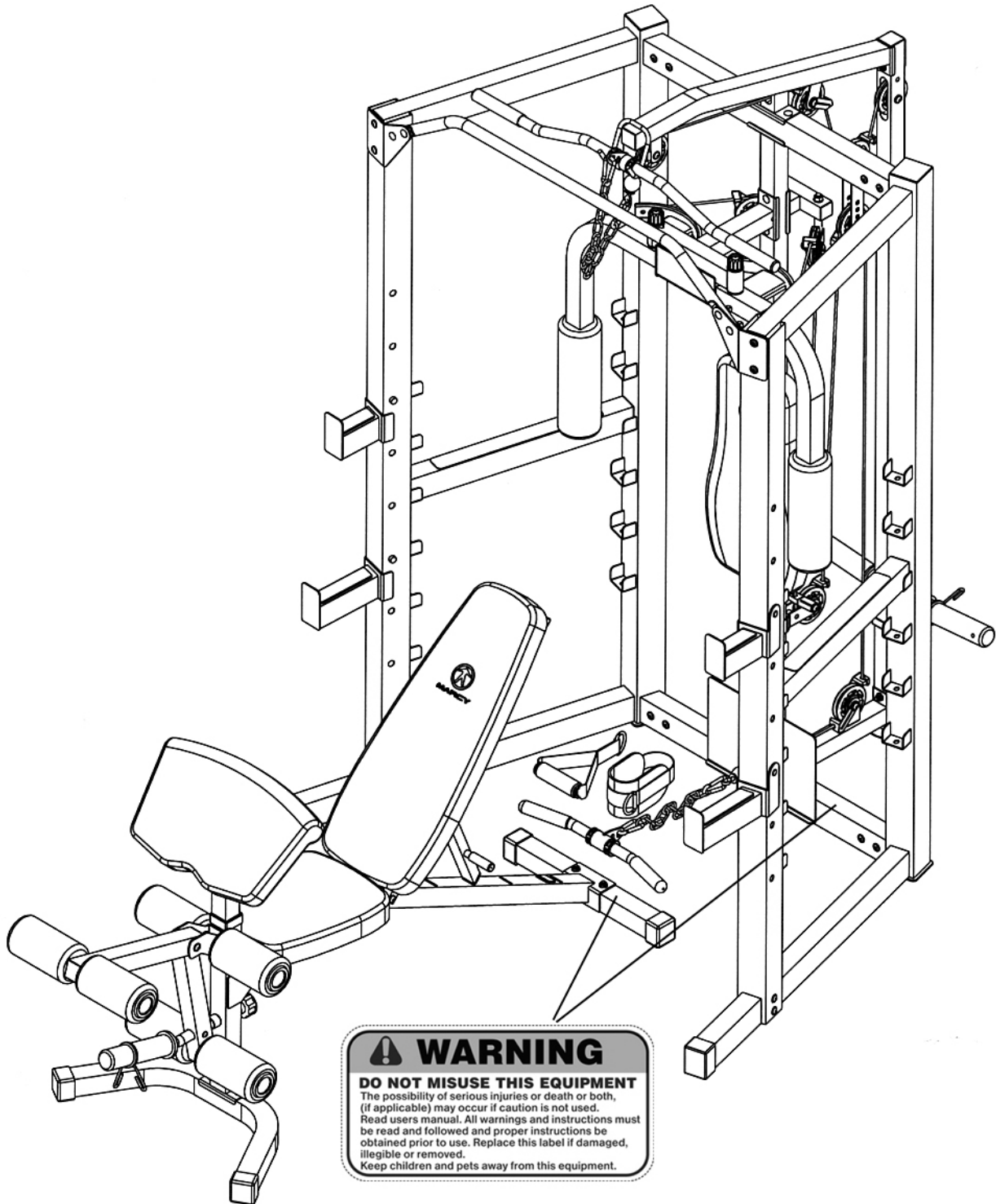
CARE AND MAINTENANCE

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.
5. Maximum weights on the Weight Bar: 300 lbs.
6. Maximum weights on Leg Developer: 100 lbs.
7. Maximum weights on Lat Pull: 100 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.

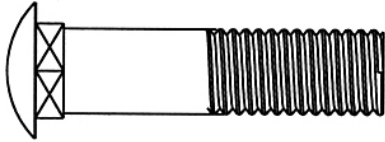
WARNING LABEL PLACEMENT



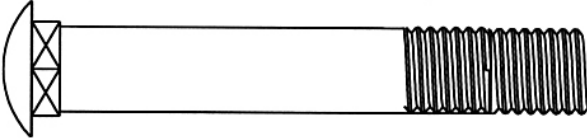
The warning labels shown here have been placed on the Rear Base, and Bench Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

CAGE HARDWARE PACK

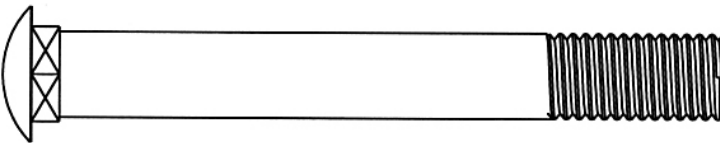
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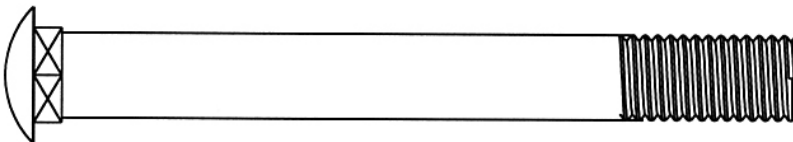
#66 M10 x 1 $\frac{5}{8}$ " Carriage Bolt (Qty 4)



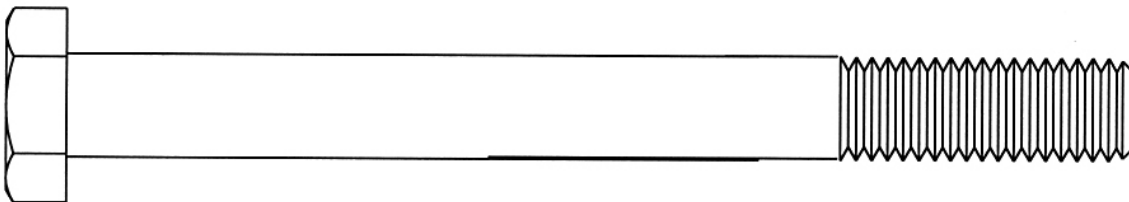
#67 M10 x 2 $\frac{1}{2}$ " Carriage Bolt (Qty 4)



#69 M10 x 3 $\frac{1}{8}$ " Carriage Bolt (Qty 2)

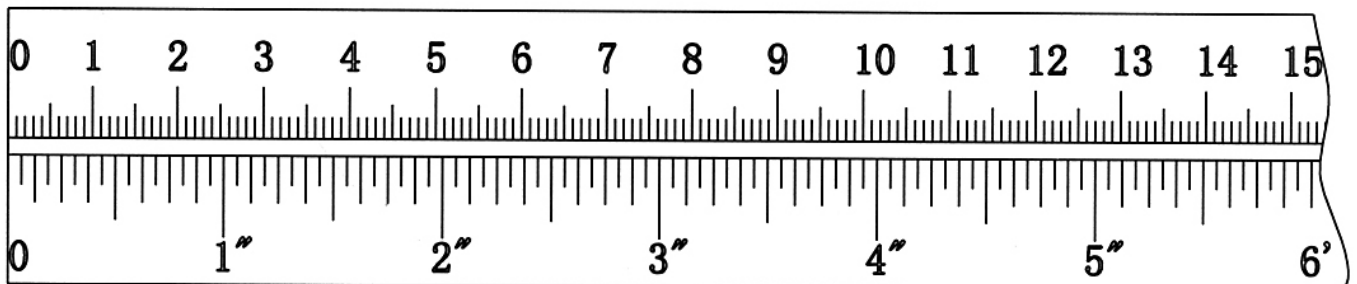


#68 M10 x 3 $\frac{1}{2}$ " Carriage Bolt (Qty 2)



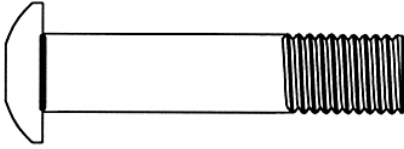
#79 M12 x 4 $\frac{7}{8}$ " Hex Bolt (Qty 2)

mm

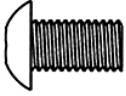


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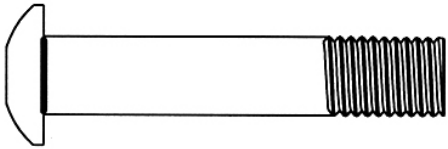
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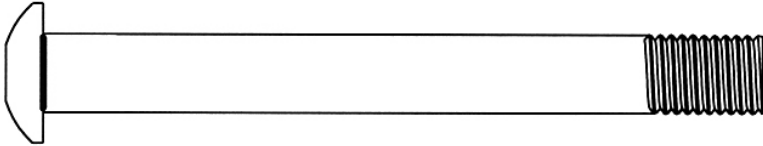
#76 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 1)



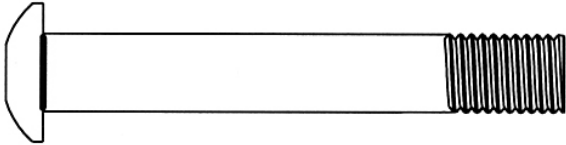
#78 M6 x $\frac{3}{8}$ " Allen Bolt (Qty 2)



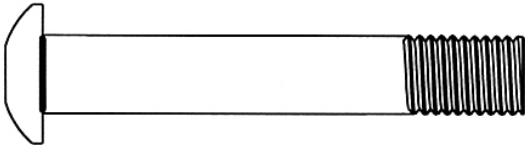
#75 M10 x 2" Allen Bolt (Qty 8)



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

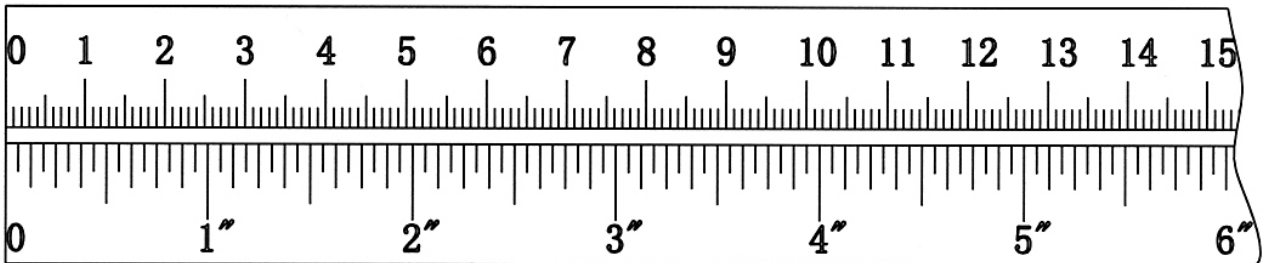


#88 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 2)



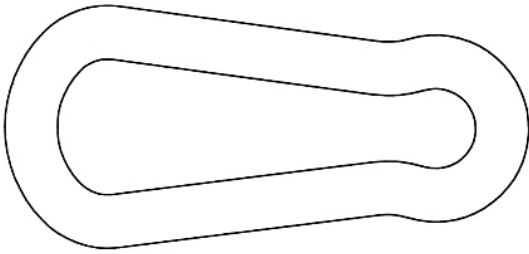
#74 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 2)

mm

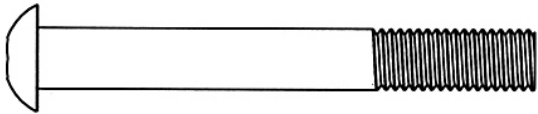


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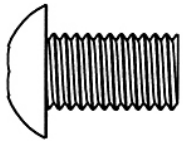
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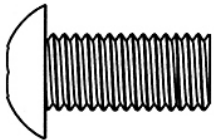
#54 Hook (Qty 4)



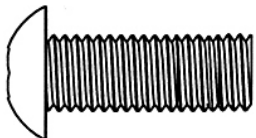
#77 M8 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 2)



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

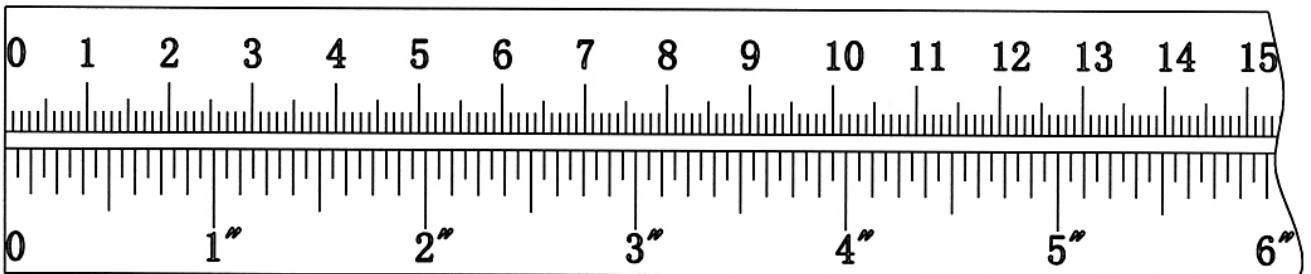


#72 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 28)

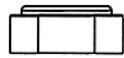


#73 M10 x 1" Allen Bolt (Qty 2)

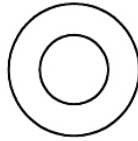
mm



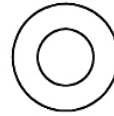
CAGE HARDWARE PACK



#83 M10 Aircraft Nut
(Qty 29)



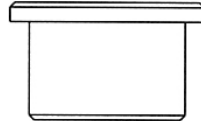
#81 $\varnothing \frac{3}{4}$ " Washer
(Qty 74)



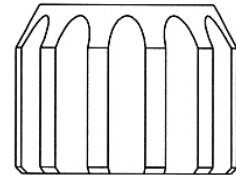
#80 $\varnothing \frac{5}{8}$ " Washer
(Qty 2)



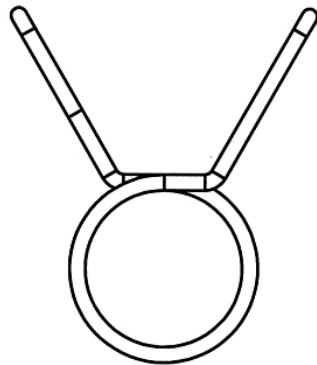
#84 M12 Aircraft Nut
(Qty 2)



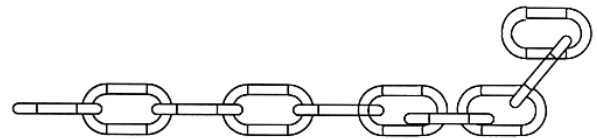
#37 $\varnothing 1$ " x $\frac{1}{2}$ " Bushing
(Qty 4)



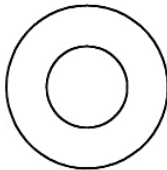
#28 Lock Ring
(Qty 2)



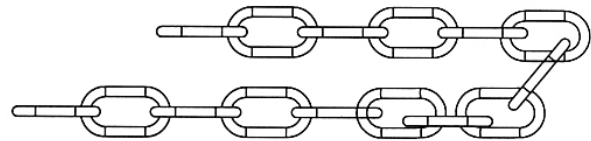
#50 Spring Clip
(Qty 2)



#53 10-link Chain
(Qty 1)



#82 $\varnothing 1$ " Washer
(Qty 2)



#52 15-link Chain
(Qty 1)

CAGE ASSEMBLY INSTRUCTION

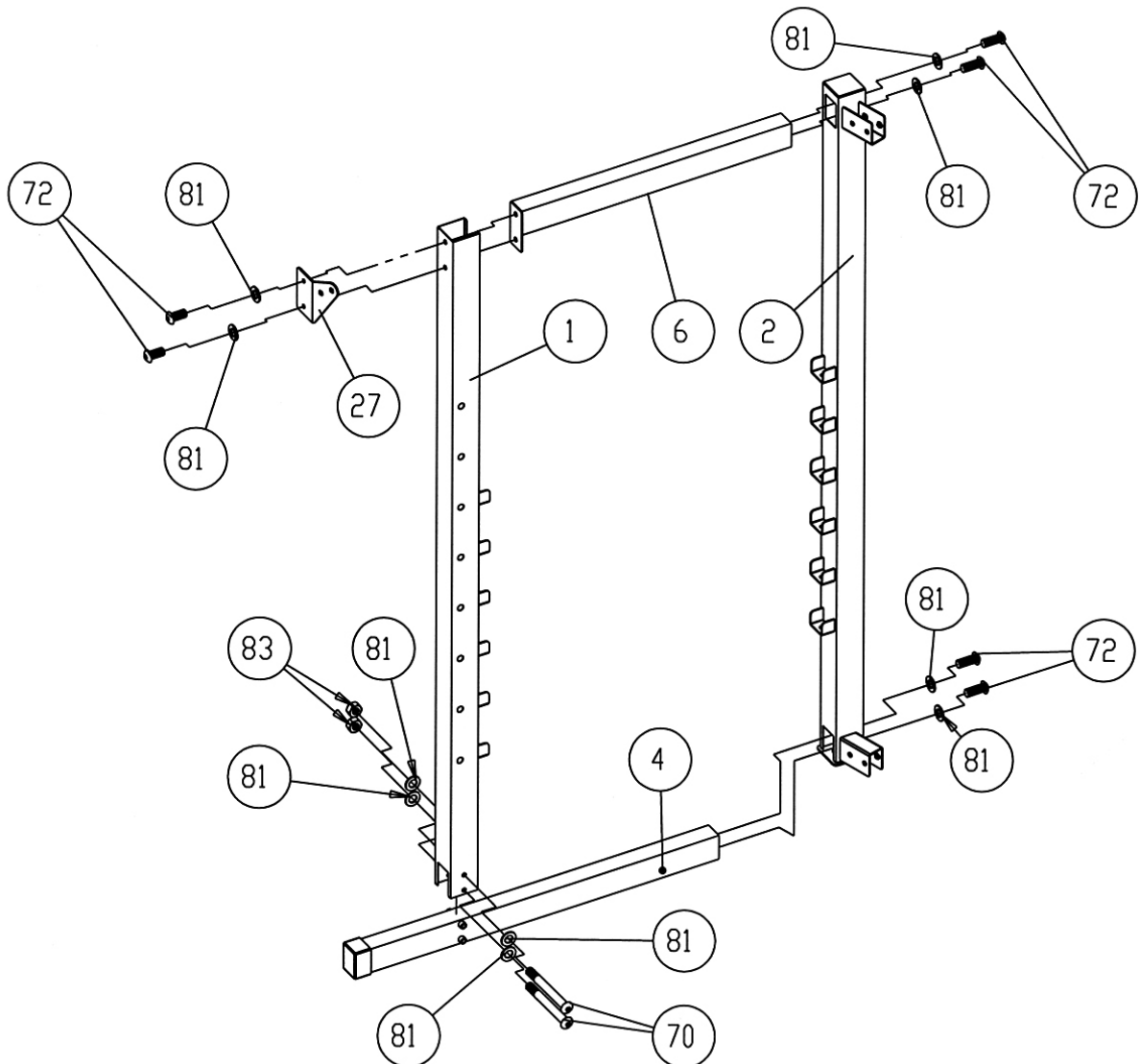
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

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 Nuts and Bolts until instructed to do so.**
- B.) Insert a Side Base Frame (#4) into the Rear Right Vertical Frame (#2). Secure it with two M10 x 3/4" Allen Bolts (#72) and two Ø 3/4" Washers (#81).
- C.) Attach a Front Vertical Frame (#1) onto the Side Base Frame. Secure it with two M10 x 3 1/8" Allen Bolts (#70), four Ø 3/4" Washers (#81), and two M10 Aircraft Nut (#83).
- D.) Attach the front of Side Upper Frame (#6) to Front Vertical Frame. Secure it with two M10 x 3/4" Allen Bolts (#72), one Right Chin-up Bracket (#27), and two Ø 3/4" Washers (#81).
- E.) Attach the rear of Side Upper Frame to the Rear Right Vertical Frame. Secure it with two M10 x 3/4" Allen Bolts (#72) and two Ø 3/4" Washers (#81).

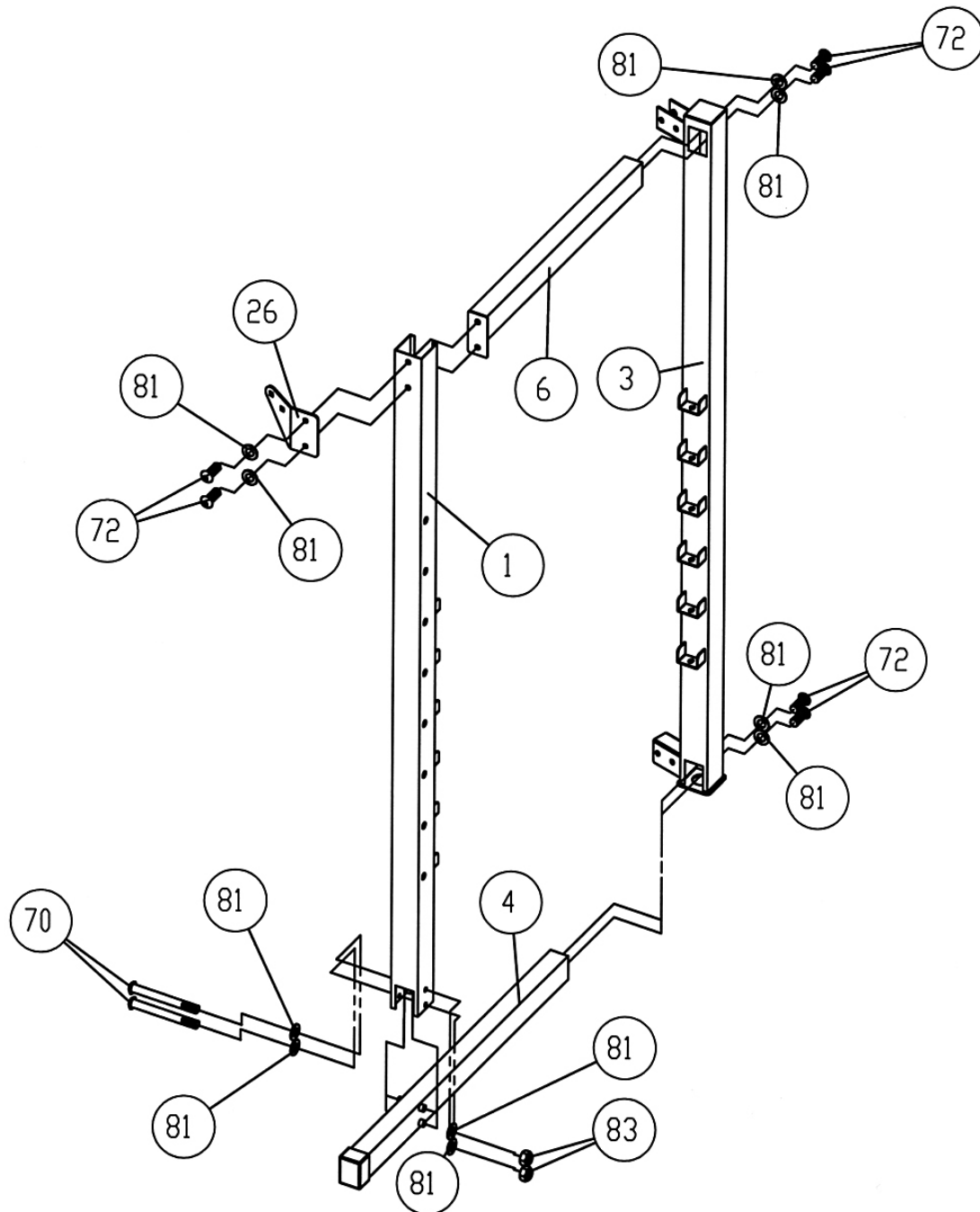
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Insert a Side Base Frame (#4) into the Rear Left Vertical Frame (#3). Secure it with two M10 X $\frac{3}{4}$ " Allen Bolts (#72) and two $\text{\O} \frac{3}{4}$ " Washers (#81).
- C.) Attach a Front Vertical Frame (#1) onto the Side Base Frame. Secure it with two M10 x $\frac{3}{8}$ " Allen Bolts (#70), four $\text{\O} \frac{3}{4}$ " Washers (#81), and two M10 Aircraft Nuts (#83).
- D.) Attach the front of a Side Upper Frame (#6) to the Front Vertical Frame. Secure it with two M10 x $\frac{3}{4}$ " Allen Bolts (#72), one Left Chin-up Bracket (#26), and two $\text{\O} \frac{3}{4}$ " Washers (#81).
- E.) Attach the rear of the Side Upper Frame to the Rear Left Vertical Frame. Secure it with two M10 x $\frac{3}{4}$ " Allen Bolts (#72) and two $\text{\O} \frac{3}{4}$ " Washers (#81).

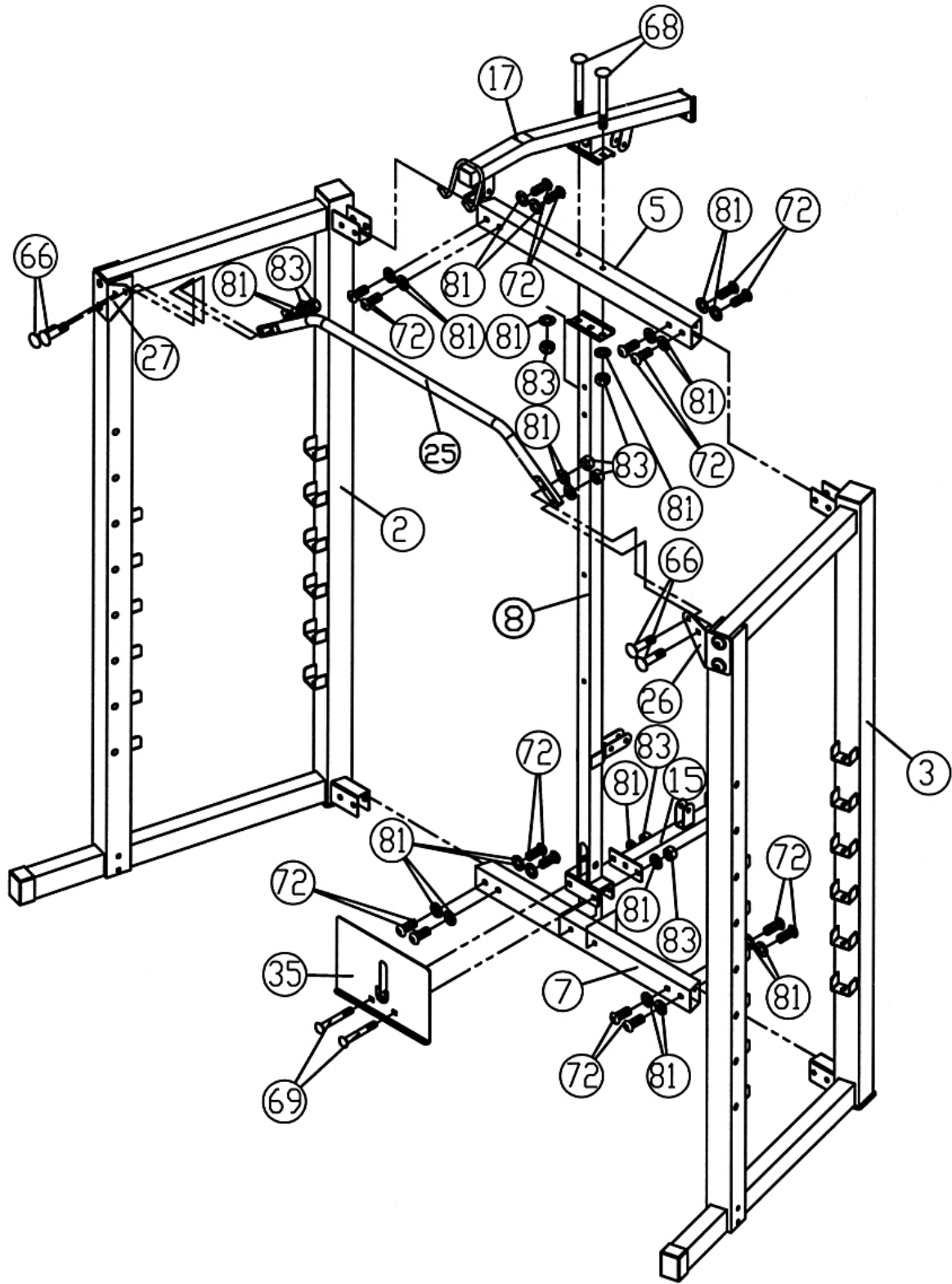
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) **Do not tighten all Nuts and Bolts until instructed to so.**
- B.) Attach the Rear Base Frame (#7) to the Rear Right & Left Vertical Frame (#2 & #3).
- C.) Secure each end with four M10 x $\frac{3}{4}$ " Allen Bolts (#72) and four $\varnothing \frac{3}{4}$ " Washers (#81).
- D.) Attach the Middle Vertical Frame (#8) onto the Rear Base Frame. Attach the Foot Plate (#35) to front Middle Vertical Frame. Attach the Lower Pulley Frame (#15) to the Middle Vertical Frame from rear. Secure them together with two M10 x $3 \frac{1}{8}$ " Carriage Bolts (#69), two $\varnothing \frac{3}{4}$ " Washers (#81), and two M10 Aircraft Nuts (#83).
- E.) Attach the Rear Upper Frame (#5) to the Middle Vertical Frame; Rear Left Vertical Frame, and Rear Right Vertical Frame.
- F.) Repeat C to secure the Rear Upper Frame to Rear Left and Right Vertical Frame.
- G.) Attach the Lat Bar Frame (#17) onto the Rear Upper Frame. Secure the Lat Bar Frame; Rear Upper Frame, and the Middle Vertical Frame together with two M10 x $3 \frac{1}{2}$ " Carriage Bolts (#68), two $\varnothing \frac{3}{4}$ " Washers (#81), and two M10 Aircraft Nuts (#83).
- H.) Attach the Chin-up Bar (#25) to the Left & Right Chin-up Bracket (#26 & #27). Secure each end with two M10 x $1 \frac{5}{8}$ " Carriage Bolts (#66), two $\varnothing \frac{3}{4}$ " Washers (#81), and two M10 Aircraft Nuts (#83).

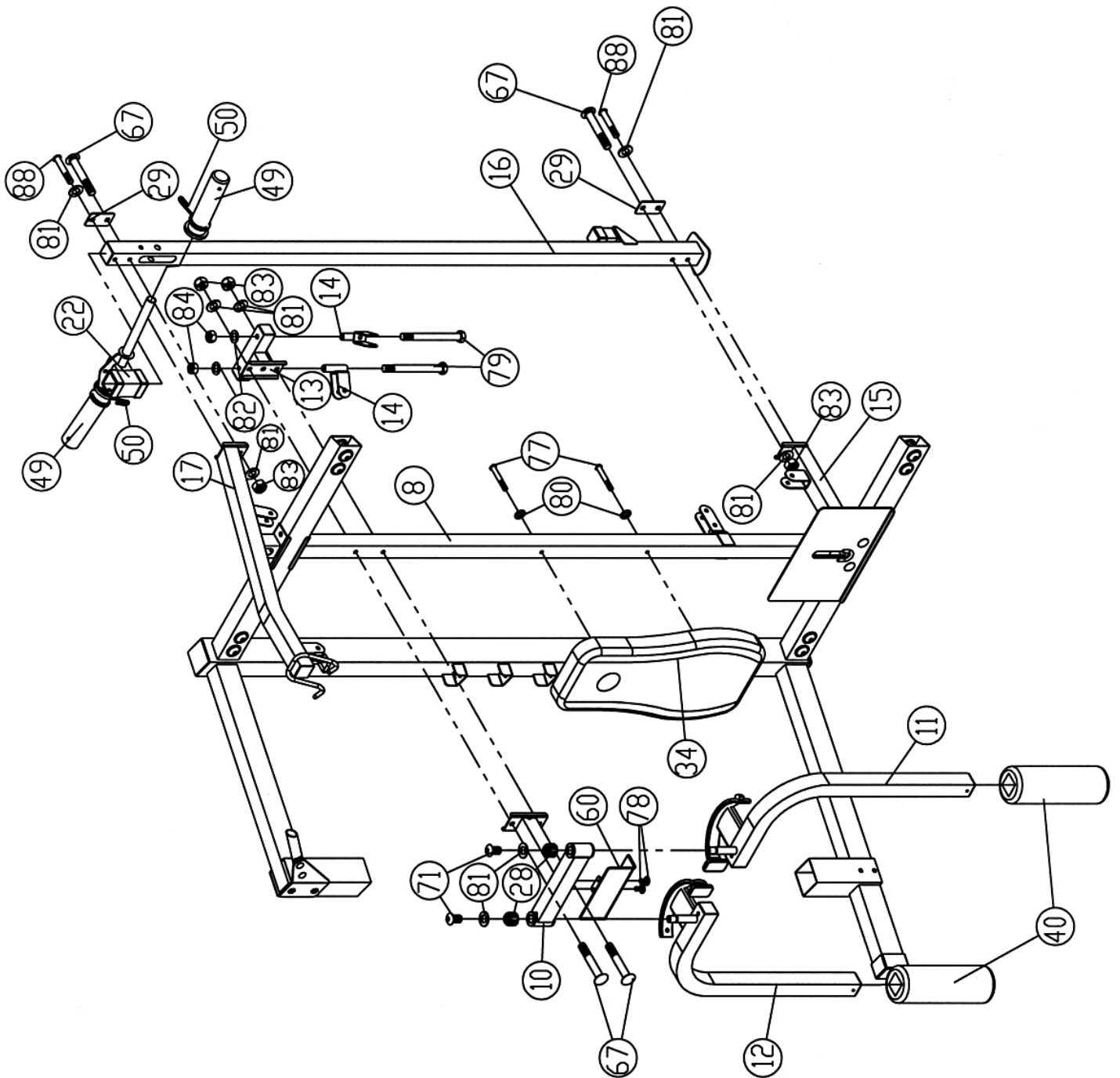
DIAGRAM 3



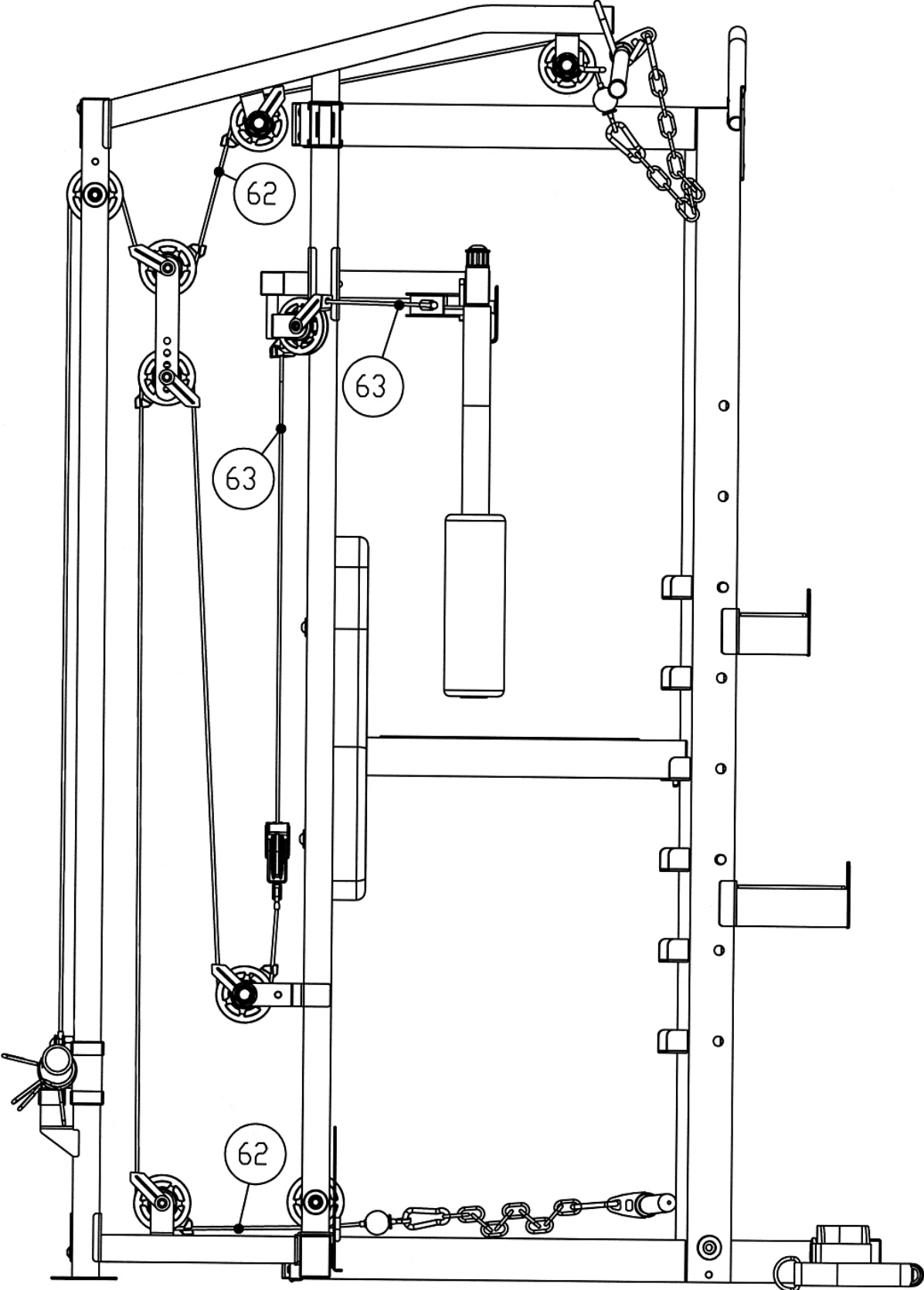
STEP 4 (See Diagram 4)

- A.) Slide the Sliding Weight Post (#22) onto the Weight Glide Post (#16). **The triangular bracket on Sliding Weight Post needs to be behind the Weight Glide Post and facing upward.**
- B.) Attach the Weight Glide Post to the Lat Bar Frame (#17). Attach one 3 1/8" x 1 3/4" Bracket (#29) to the Weight Glide Post. Secure the upper hole with one M10 x 2 1/2" Allen Bolt (#88) and one Ø 3/4" Washer (#81). Secure the lower hole with one M10 x 2 1/2" Carriage Bolt (#67), one Ø 3/4" Washer (#81), and one M10 Aircraft Nut (#83).
- C.) Attach the Weight Glide Post to the Lower Pulley Frame (#15). Attach one 3 1/8" x 1 3/4" Bracket (#29) to the Weight Glide Post. Secure the upper hole with one M10 x 2 1/2" Carriage Bolt (#67), one Ø 3/4" Washer (#81), and one M10 Aircraft Nut (#83). Secure the lower hole with one M10 x 2 1/2" Allen Bolt (#88) and one Ø 3/4" Washer (#81).
- D.) **Securely tighten all Nuts and Bolts installed in Step-1, Step-2, Step-3, and Step-4.**
- E.) Attach the Butterfly Base (#10) to front Middle Vertical Frame. Attach the Butterfly Pulley Bracket (#13) to the Middle Vertical Frame from rear. Secure them together with two M10 x 2 1/2" Carriage Bolts (#67), two Ø 3/4" Washers (#81), and two M10 Aircraft Nuts (#83).
- F.) Attach the Butterfly Stopper (#60) to Butterfly Base. Secure it with two M6 x 3/8" Allen Bolts (#78).
- G.) Attach two Swivel Pulley Brackets (#14) to the Butterfly Pulley Bracket. Secure each with one M12 x 4 7/8" Hex Bolt (#79), one Ø 1" Washer (#82), and one M12 Aircraft Nut (#84).
- H.) Insert the pivot one Left Butterfly (#11) to the Butterfly Base from bottom. Secure it with one M10 x 5/8" Allen Bolt (#71) one Ø 3/4" Washer (#81), and one Lock Ring (#28). Push a Butterfly Foam Roll (#40) to Left Butterfly.
- I.) Repeat H to install the Right Butterfly (#12).
- J.) Attach the Backrest Board (#34) to Middle Vertical Frame. Secure it with two M8 x 2 3/8" Allen Bolts (#77) and two Ø 5/8" Washers (#80).
- K.) Attach two Olympic Sleeves (#49) to the Sliding Weight Post. Attach a Spring Clip (#50) to each Olympic Sleeve.

DIAGRAM 4



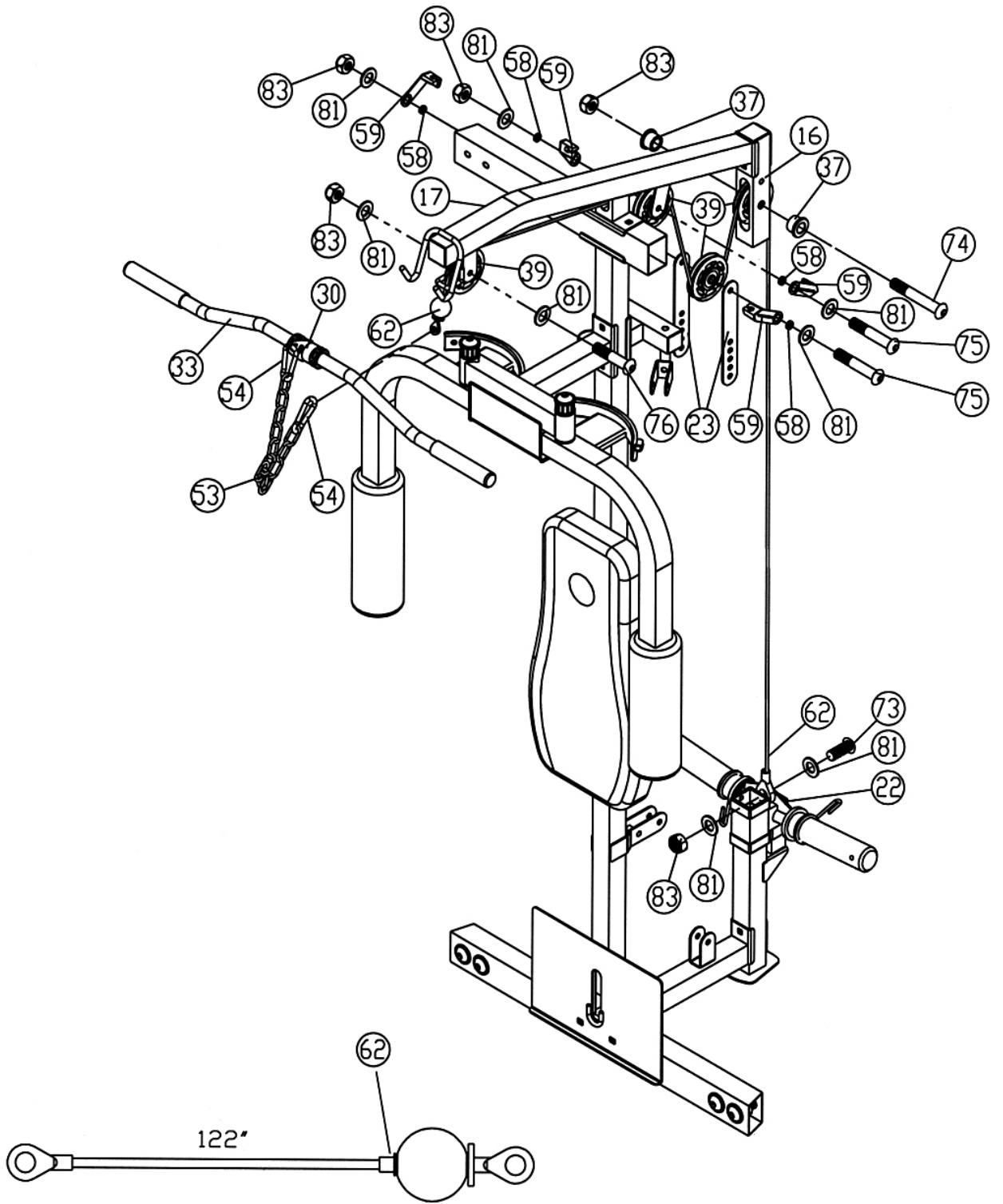
CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 122" Cable (#62) to the bracket under the Lat Bar Frame (#17). Attach a Pulley (#39) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#76), two Ø 3/4" Washers (#81), and one M10 Aircraft Nut (#83). Make sure the ball stopper one Cable needs to be under the bracket.
- B.) Draw the Cable over the Pulley to the open bracket under the Lat Bar Frame.
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#75), two Ø 3/4" Washers (#81), two Cable Retainers (#59), and one M10 Aircraft Nut (#83).
- D.) Draw the Cable over the Pulley and downward. Attach a Pulley to the top hole on the two Double Floating Pulley Brackets (#23). Repeat C to install the Pulley. Draw the Cable around the Pulley and upward to the opening on the Weight Glide Post (#16). Let the Brackets hanging for now.
- E.) Attach a Pulley to the opening on the Weight Slide Post (#16). Secure it with one M10 x 2 3/8" Allen Bolt (#74), two Ø 1" x 1/2" Pulley Bushings (#37), and one M10 Aircraft Nut (#83).
- F.) Draw the Cable around the Pulley and downward to triangular bracket on the Sliding Weight Post (#22). Secure the end of Cable to the bracket with one M10 x 1" Allen Bolt (#73), two Ø 3/4" Washers (#81), and one M10 Aircraft Nut (#83).
- G.) Connect the Lat Bar (#33) to the Cable with two Hooks (#54) and one 10-link Chain (#53).

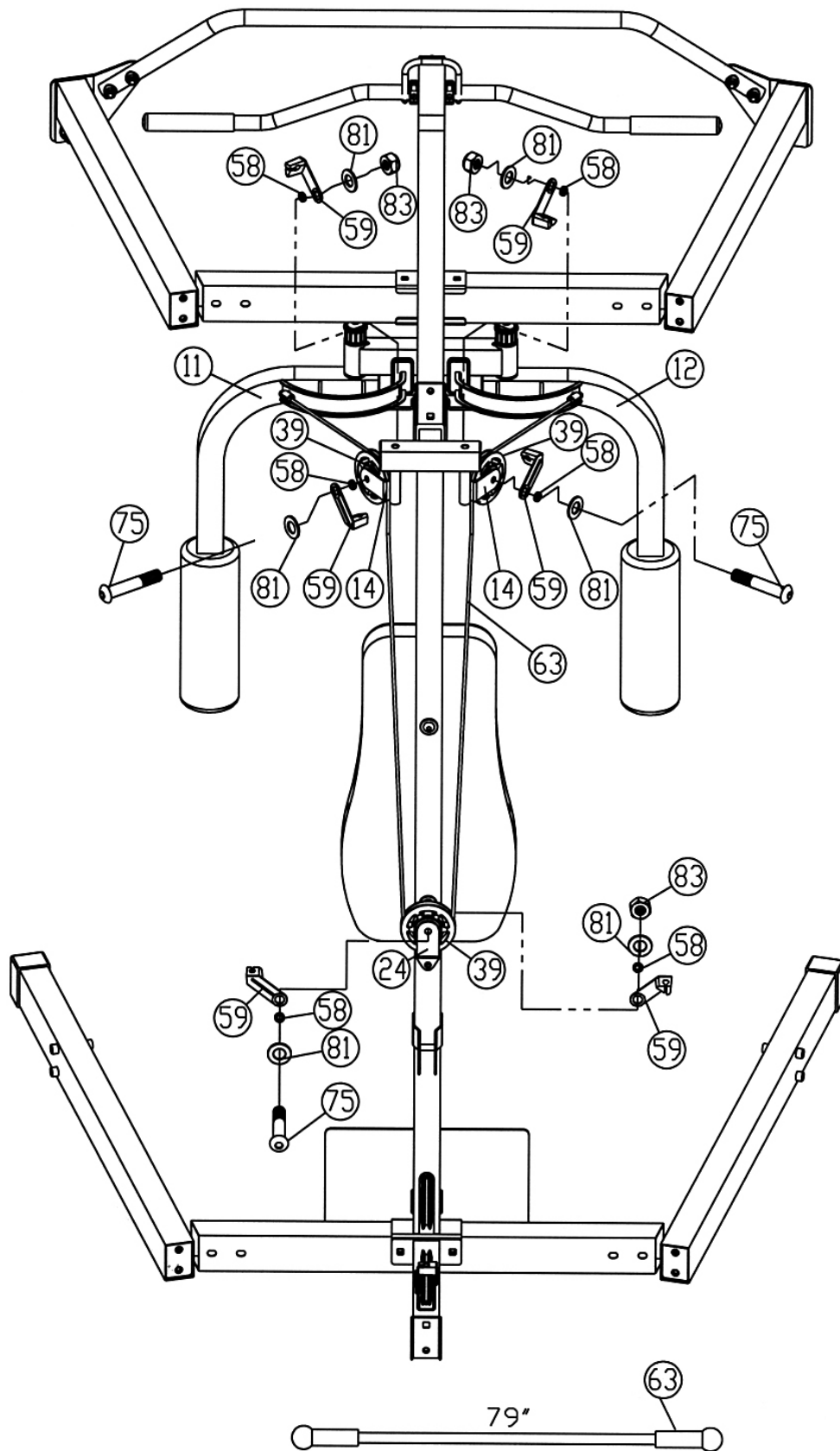
DIAGRAM 5



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of 79" Butterfly Cable (#63) to the clip on Left Butterfly (#11). Draw the Cable to the left Swivel Pulley Bracket (#14).
- B.) Attach a Pulley (#39) to the Bracket. Secure it with one M10 x 2" Allen Bolt (#75), two Ø ¾" Washers (#81), two Cable Retainers (#59), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable around the Pulley then downward. Attach a Single Floating Pulley Bracket (#24) to the Cable. Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable around the Pulley then upward to the right Swivel Pulley Bracket. Let the Bracket hanging for now.
- E.) Repeat Procedure B above to install a Pulley.
- F.) Draw the Cable around the Pulley then clip to the Right Butterfly (#12).

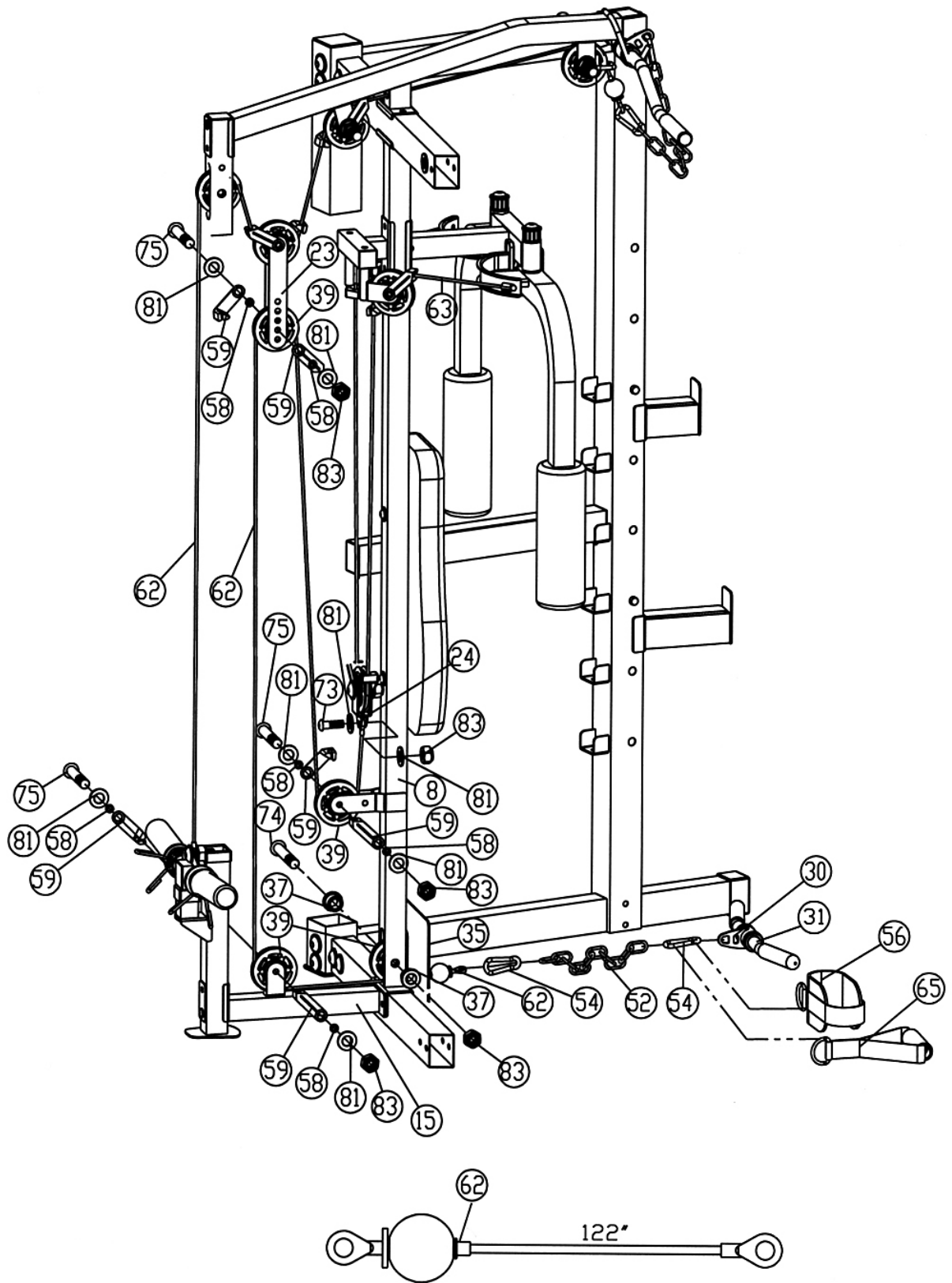
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Draw the 122" Cable (#62) through the opening on Foot Plate (#35) to the opening on bottom of Middle Vertical Frame (#8).
- B.) Attach a Pulley (#39) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#74), two Ø 1" x 1/2" Pulley Bushings (#37), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable under the Pulley and then to the open bracket on Lower Pulley Frame (#15).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#75), two Ø 3/4" Washers (#81), two Cable Retainers (#59), and one M10 Aircraft Nut (#83).
- E.) Draw the Cable around the Pulley and then upward to the Double Floating Pulley Brackets (#23) previously installed in Step-5.
- F.) Repeat D to install a Pulley to the selected holes on Double Floating Pulley Brackets.
- G.) Draw the Cable around the Pulley then downward to the open bracket on Middle Vertical Frame. Repeat D to install a Pulley.
- H.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#24) installed in Step-6. Secure the end of Cable to the Bracket with one M10 x 1" Allen Bolt (#73), two Ø 3/4" Washers (#81), and one M10 Aircraft Nut (#83).
- I.) Move the lower Pulley position on the Double Floating Pulley Brackets will adjust the tension of the whole Cable system. Move up the Pulley will increase the tension. Move down the Pulley will loosen the tension.
- J.) Attach the Shiver Bar (#31) to the Cable with one 15-link Chain (#52) and two Hooks (#54). Replace the Shiver Bar with Ankle Strap (#56) or Single Handle (#65) for various exercises.

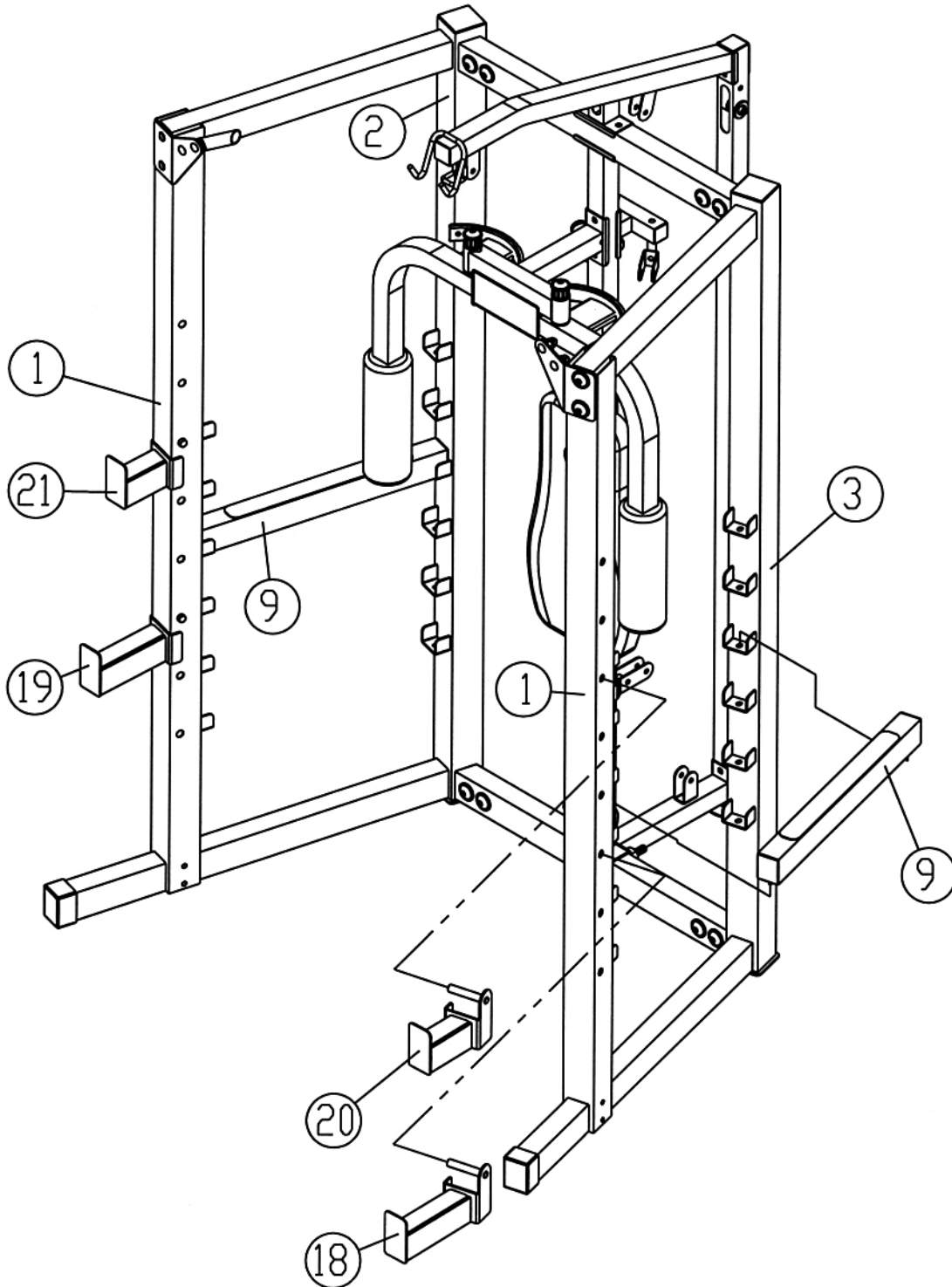
DIAGRAM 7



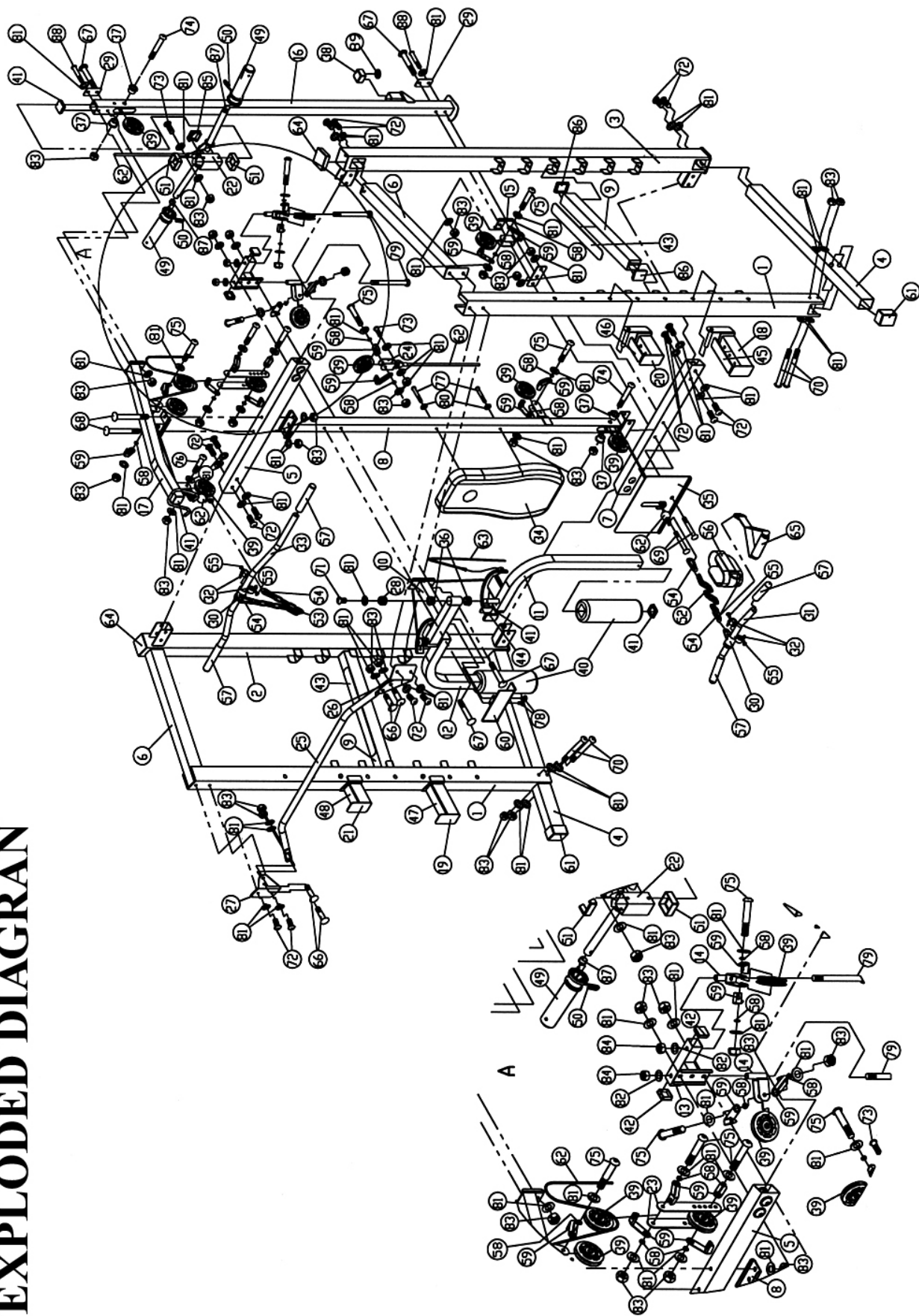
STEP 8 (See Diagram 8)

- A.) Place the two Weight Bar Safety Catch Frames (#9) onto the selected open slots on the Vertical Frames (#1, #2, #3).
- B.) Attach Insert the Left & Right Bar Holders (#20 & 21), the Left & Right Safety Catches (#18 & 19) into the selected holes on the Front Vertical Frames (#1).

DIAGRAM 8



EXPLODED DIAGRAM

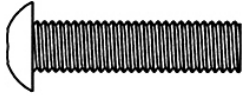


CAGE PARTS LIST

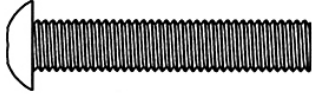
KEY NO.	DESCRIPTION	Q'ty		DESCRIPTION	Q'ty
1	Front Vertical Frame	2	51	2" Sleeve	2
2	Rear Right Vertical Frame	1	52	15-link Chain	1
3	Rear Left Vertical Frame	1	53	10-link Chain	1
4	Side Base Frame	2	54	Hook	4
5	Rear Upper Frame	1	55	Rivet	8
6	Side Upper Frame	2	56	Ankle Strap	1
7	Rear Base Frame	1	57	Grip	4
8	Middle Vertical Frame	1	58	Cable Retainer Bushing	16
9	Weight Bar Safety Frame	2	59	Cable Retainer	16
10	Butterfly Base	1	60	Butterfly Stopper	1
11	Left Butterfly	1	61	2 3/4" x 2" End Cap	2
12	Right Butterfly	1	62	122" Cable	2
13	Butterfly Pulley Bracket	1	63	79" Butterfly Cable	1
14	Swivel Pulley Bracket	2	64	3" Square End Cap	2
15	Lower Pulley Frame	1	65	Single Handle	1
16	Weight Glide Post	1	66	M10 x 1 5/8" Carriage Bolt	4
17	Lat Bar Upper Frame	1	67	M10 x 2 1/2" Carriage Bolt	4
18	Left Safety Catch	1	68	M10 x 3 1/2" Carriage Bolt	2
19	Right Safety Catch	1	69	M10 x 3 1/8" Carriage Bolt	2
20	Left Bar Holder	1	70	M10 x 3 1/8" Allen Bolt	4
21	Right Bar Holder	1	71	M10 x 5/8" Allen Bolt	2
22	Sliding Weight Post	1	72	M10 x 3/4" Allen Bolt	28
23	Double Floating Pulley Bracket	2	73	M10 x 1" Allen Bolt	2
24	Single Floating Pulley Bracket	1	74	M10 x 2 3/8" Allen Bolt	2
25	Chin-up Bar	1	75	M10 x 2" Allen Bolt	8
26	Left Chin-up Bracket	1	76	M10 x 1 3/4" Allen Bolt	1
27	Right Chin-up Bracket	1	77	M8 x 2 3/8" Allen Bolt	2
28	Lock Ring	2	78	M6 x 3/8" Allen Bolt	2
29	3 1/8" x 1 3/4" Bracket	2	79	M12 x 4 7/8" Hex Bolt	2
30	Rotate Ring	2	80	Ø 5/8" Washer	2
31	Shiver Bar	1	81	Ø 3/4" Washer	74
32	Plastic Ring	8	82	Ø 1" Washer	2
33	Lat Bar	1	83	M10 Aircraft Nut	29
34	Backrest Board	1	84	M12 Aircraft Nut	2
35	Foot Plate	1	85	M10 x 2 1/2" Allen Bolt	1
36	Ø 1 1/2" x 7/8" Butterfly Bushing	4	86	2" x 1/2" End Cap	4
37	Ø 1" x 1/2" Pulley Bushing	4	87	Ø 1" End Cap	2
38	1 1/2" Square End Cap	1	88	M10 x 2 1/2" Allen Bolt	2
39	Pulley	11	89	Ø 1 1/2" x Ø 1/2" Washer	1
40	Butterfly Foam Roll	2		6# Allen Wrench (Tool)	1
41	1 3/4" Square End Cap	6		5# Allen Wrench (Tool)	1
42	1 1/2" Flat End Cap	2		4# Allen Wrench (Tool)	1
43	Bar Holding Frame Rubber Bumper	2			
44	2 5/8" Butterfly Rubber Bumper	2			
45	6 5/8" Left Catch Rubber Bumper	1			
46	4 1/4" Left Holder Rubber Bumper	1			
47	6 5/8" Right Catch Rubber Bumper	1			
48	4 1/4" Right Holder Rubber Bumper	1			
49	Olympic Sleeve	2			
50	Spring Clip	2			

MULTI-PURPOSE BENCH HARDWARE PACK

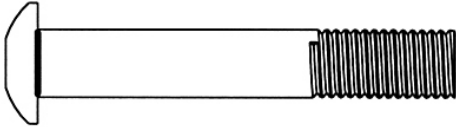
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



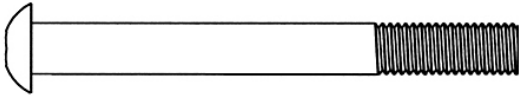
#31 M8 x 1 $\frac{1}{8}$ " Allen Bolt (Qty 4)



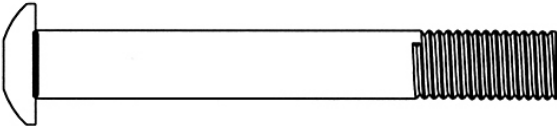
#32 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 4)



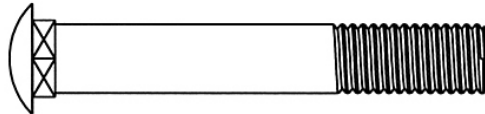
#30 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 1)



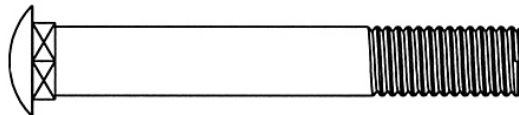
#27 M8 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 2)



#29 M10 x 3" Allen Bolt (Qty 1)

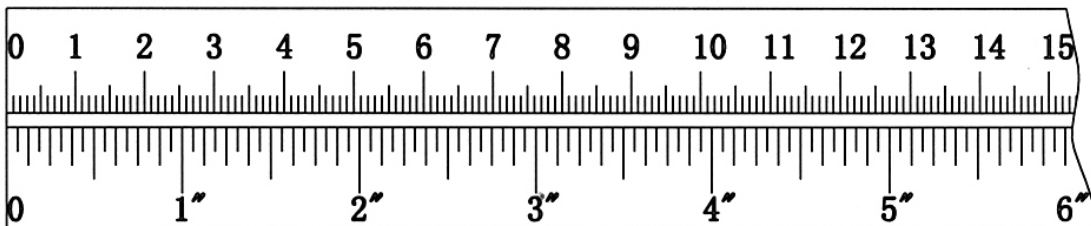


#28 M10 x 2 $\frac{1}{2}$ " Carriage Bolt (Qty 5)



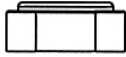
#25 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 2)

mm

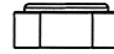


MULTI-PURPOSE BENCH HARDWARE PACK

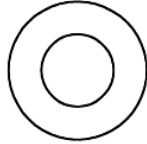
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



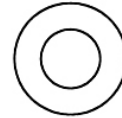
#37 M10 Aircraft Nut
(Qty 11)



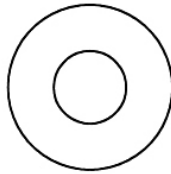
#33 M8 Aircraft Nut
(Qty 2)



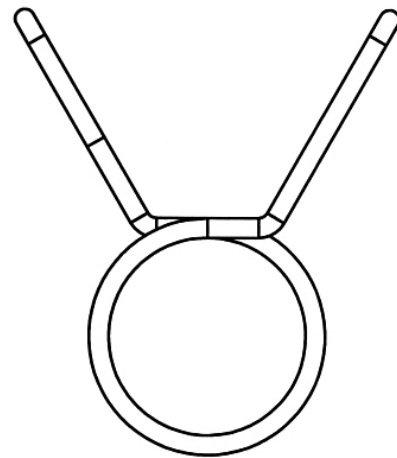
#35 $\text{\O} \frac{3}{4}''$ Washer
(Qty 15)



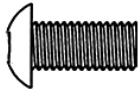
#36 $\text{\O} \frac{5}{8}''$ Washer
(Qty 14)



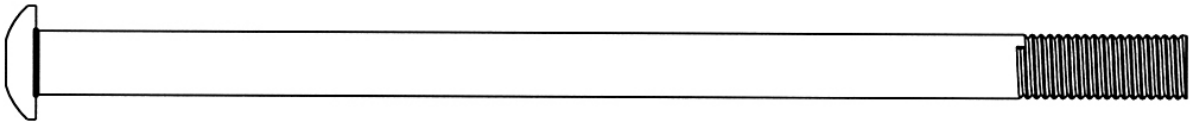
#38 $\text{\O} 1'' \times \text{\O} \frac{3}{8}''$ Washer
(Qty 1)



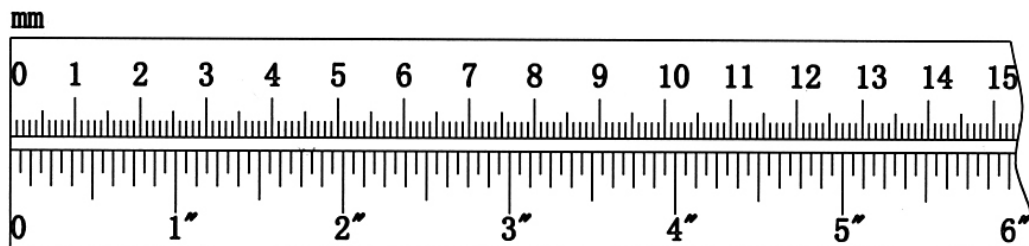
#21 Spring Clip (Qty 1)



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



#26 M10 x $6 \frac{7}{8}''$ Allen Bolt (Qty 2)



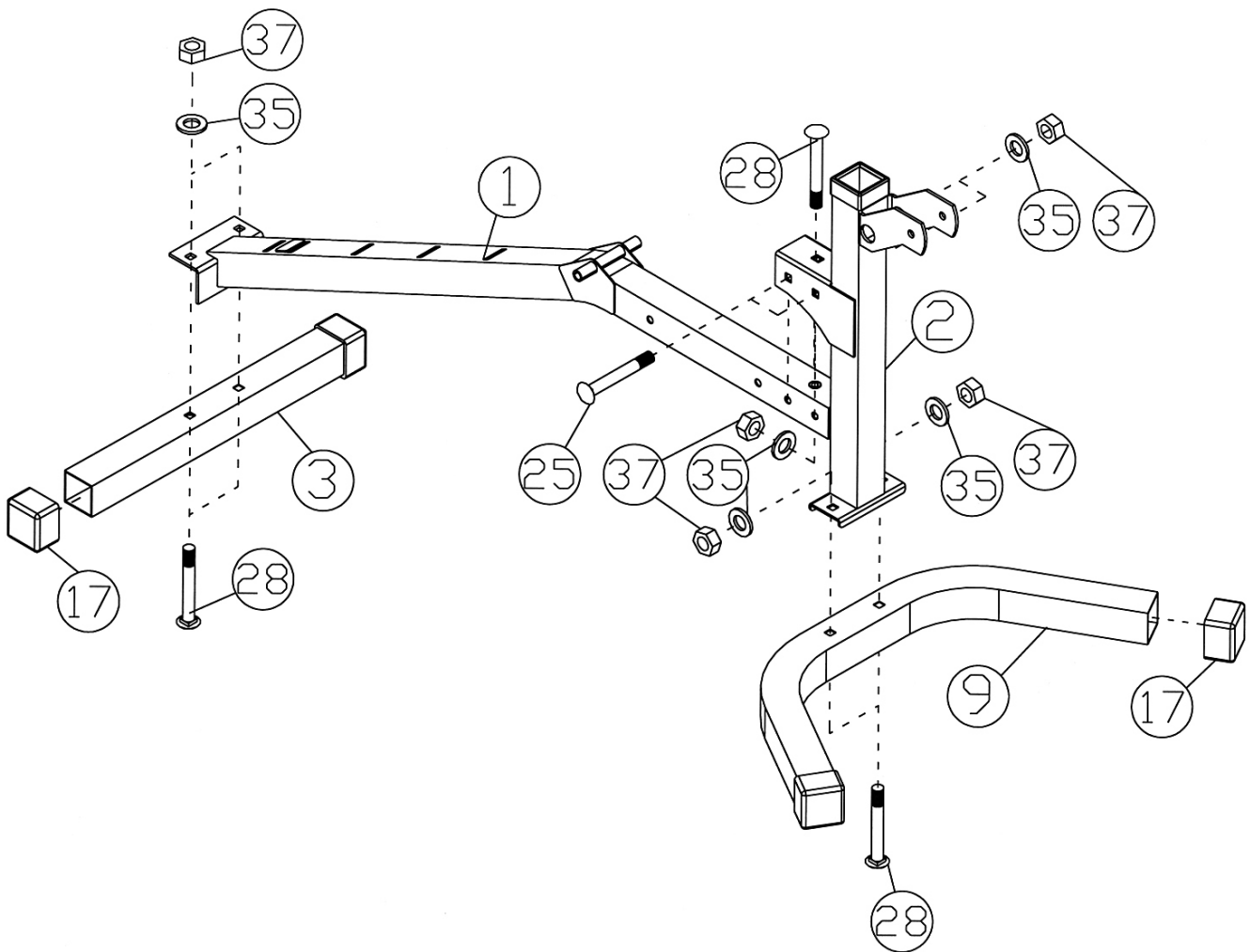
MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Front Post (#2) to the Front Stabilizer (#9). Secure it with two M10 x 2 1/2" Carriage Bolts (#28), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#37).
- C.) Attach the Main Frame (#1) to Front Post. Secure it with two M10 x 2 3/4" Carriage Bolts (#25), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#37) from side. Secure it with one M10 x 2 3/8" Carriage Bolt (#28), one Ø 3/4" Washer (#35), and one M10 Aircraft Nut (#37) from top.
- D.) Attach the other end of Main Frame to the Rear Stabilizer (#3). Secure it with two M10 x 2 1/2" Carriage Bolts (#28), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#37).
- E.) **Securely tighten all Nuts and Bolts.**

DIAGRAM 1



STEP 2 (See Diagram 2)

A.) Attach the Incline Support (#8) to the middle side holes on the two Backrest Supports (#7). Secure it with one M10 x 6 7/8" Allen Bolt (#26), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#37).

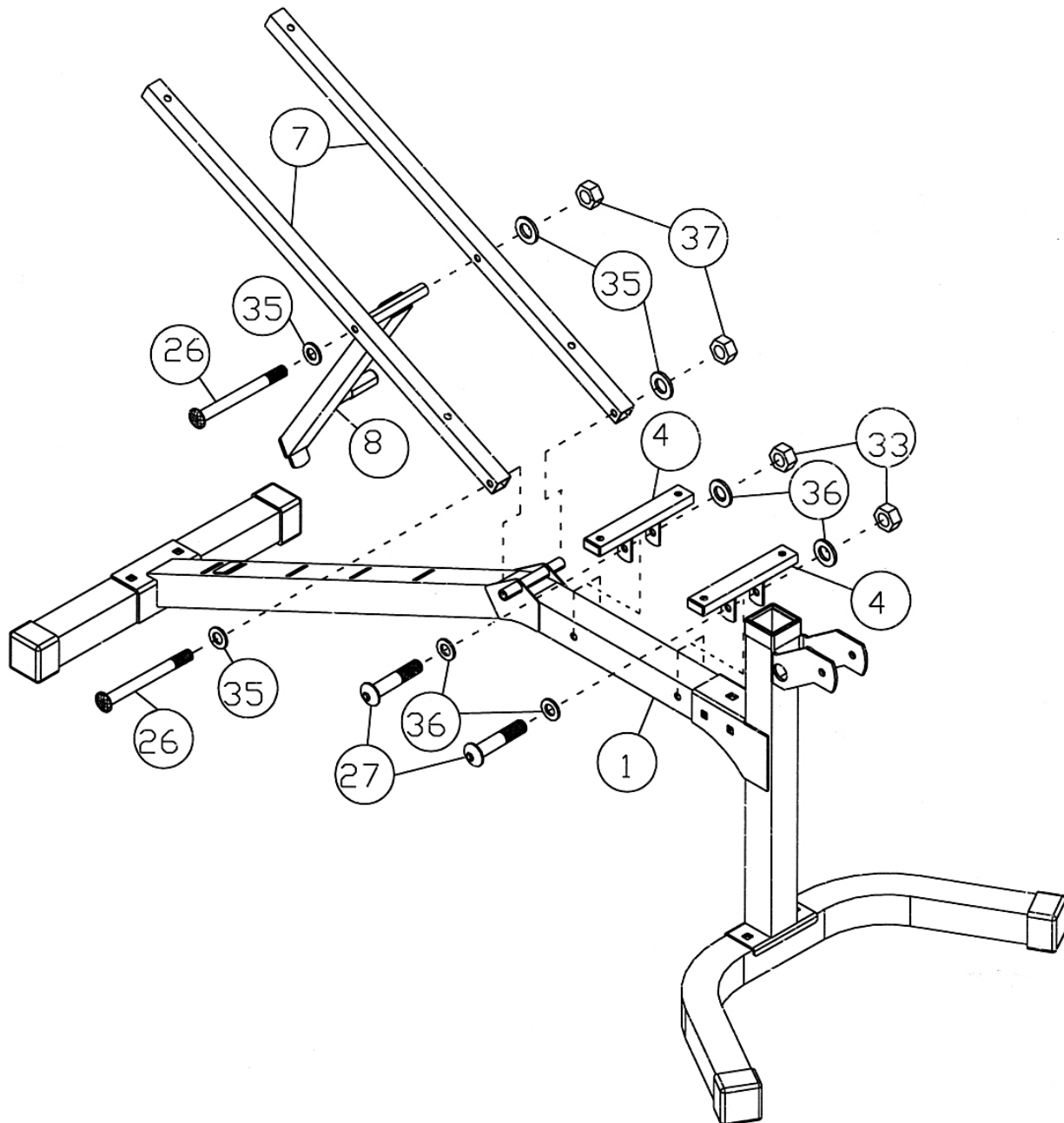
Do not tighten the Nut and Bolt yet.

B.) Attach the bottom side holes on Backrest Supports to the pivot on Main Frame (#1). Secure it with one M10 x 6 7/8" Allen Bolt (#26), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#37).

Securely tighten Nut and Bolt in A & B.

C.) Attach two Seat Brackets (#4) to the Main Frame. Secure each Seat Bracket with one M8 x 2 3/4" Allen Bolt (#27), two Ø 5/8" Washers (#36), and one M8 Aircraft Nut (#33).

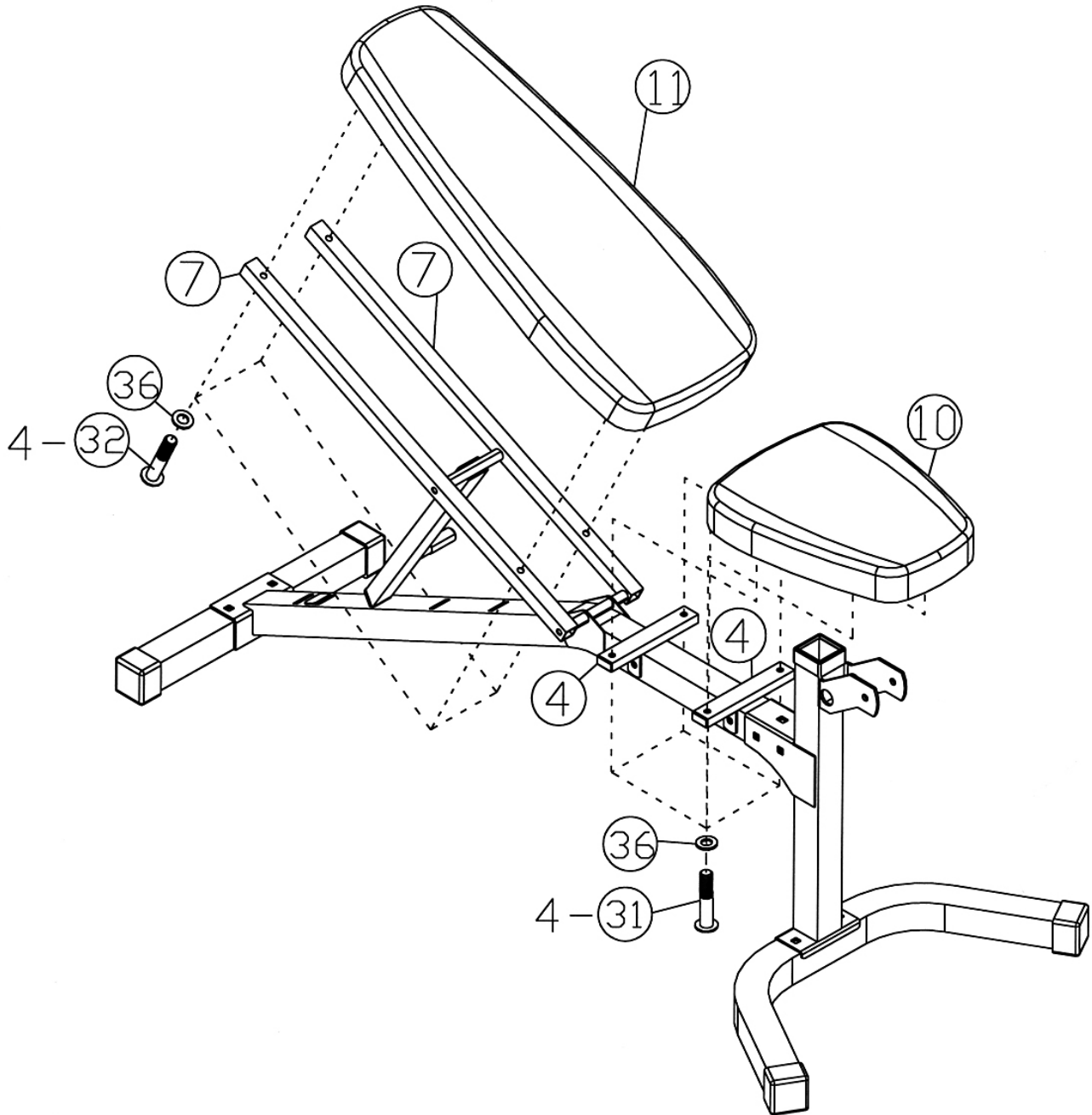
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Place the Backrest Board (#11) onto the Backrest Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#32) and \varnothing 5/8" Washers (#36).
- B.) Place the Seat Pad (#10) onto the two Seat Brackets (#4). Secure it with four M8 x 1 1/8" Allen Bolts (#31) and \varnothing 5/8" Washers (#36).

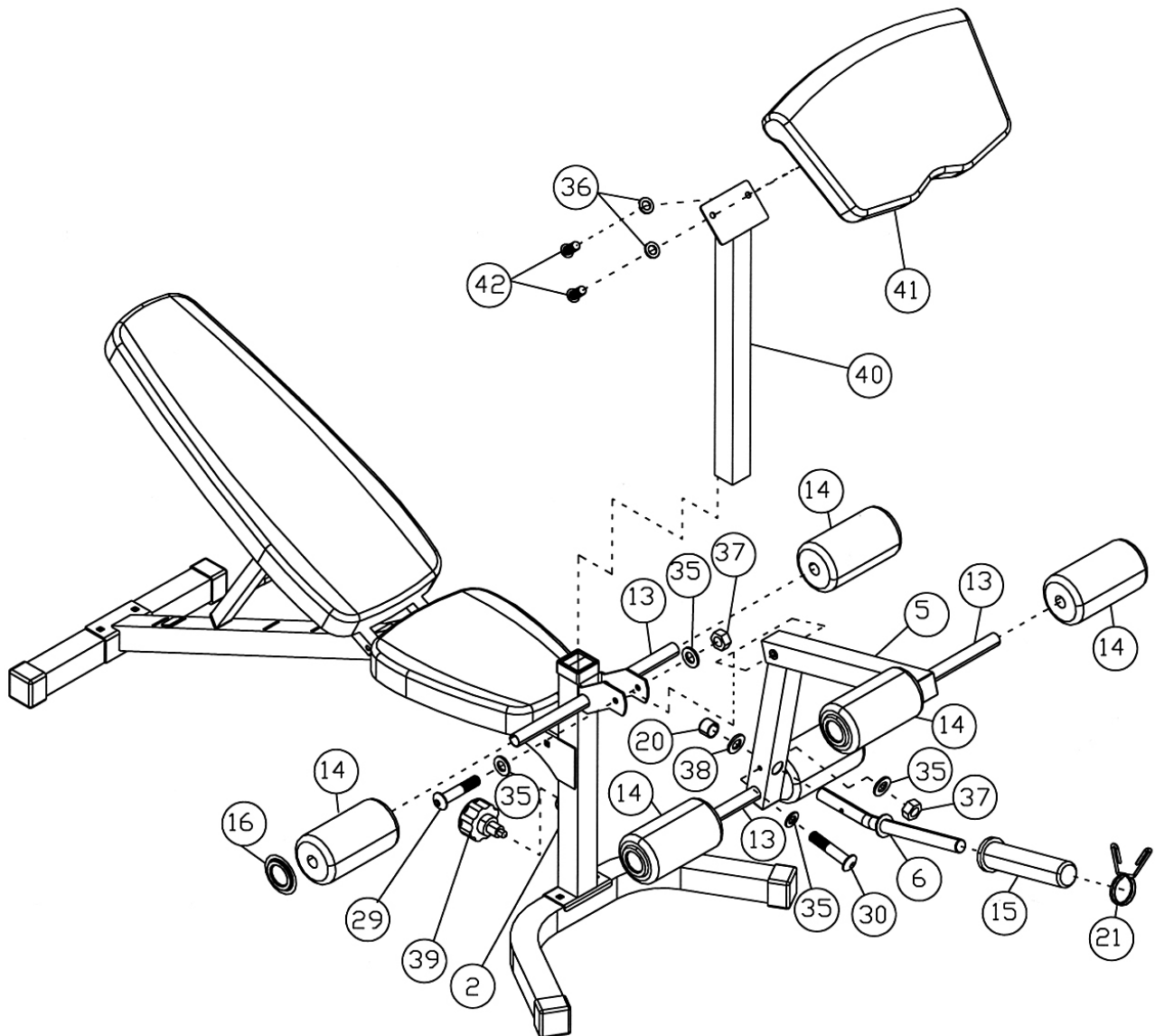
DIAGRAM 3



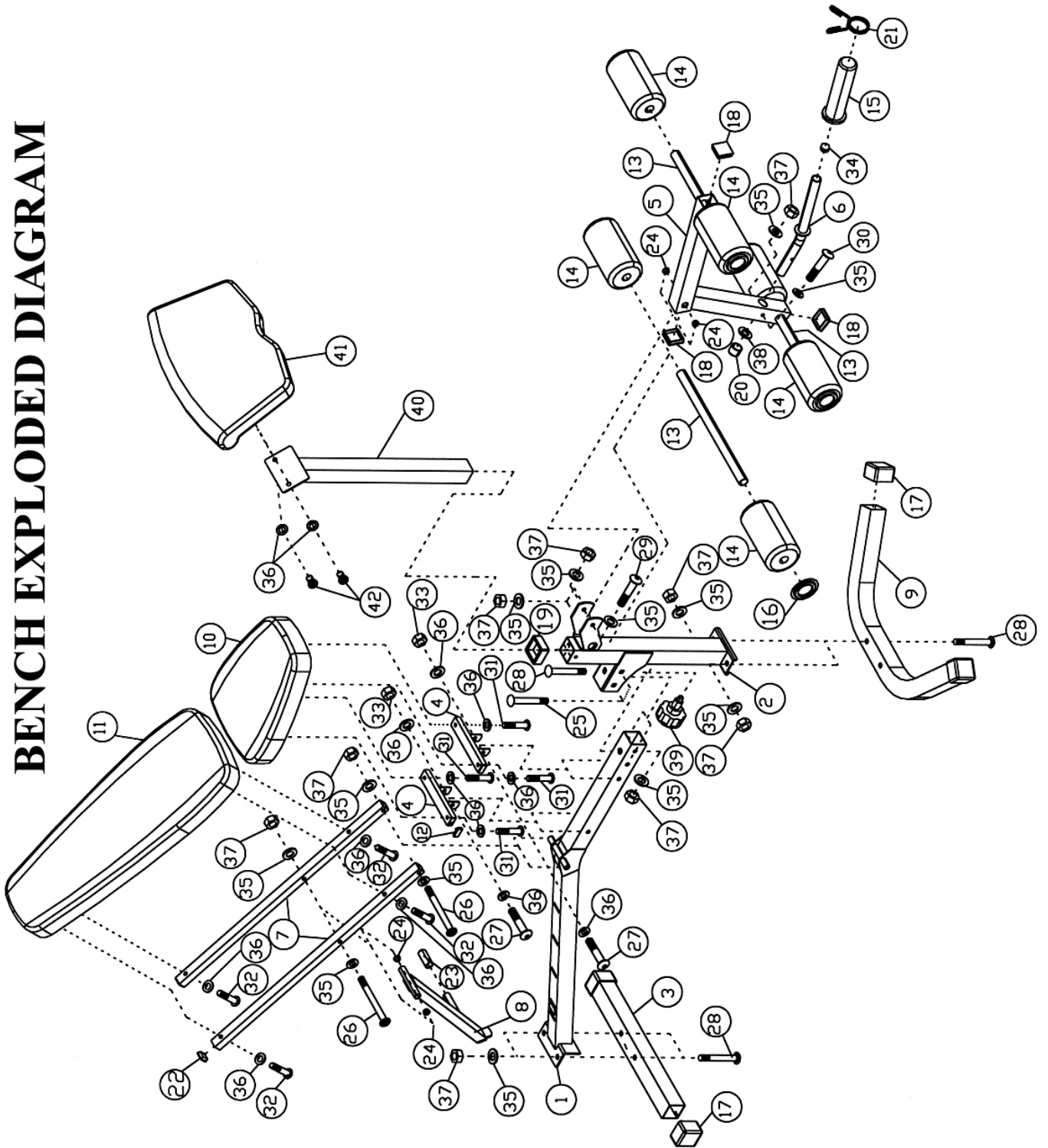
STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#5) to the open bracket on the Front Post (#2). Secure it with one M10 x 3" Allen Bolt (#29), two $\text{\O} \frac{3}{4}$ " Washers (#35), and one M10 Aircraft Nut (#37).
- B.) Insert the Leg Developer Weight Post (#6) into the hole on Leg Developer. Secure it with one M10 x 2 $\frac{3}{8}$ " Allen Bolt (#30), two $\text{\O} \frac{3}{4}$ " Washers (#35), and one M10 Aircraft Nut (#37). Cover the end of the Weight Post with one $\text{\O} 1" \times \text{\O} \frac{3}{8}"$ Washer (#38) and one $\text{\O} 1 \frac{1}{8}" \times 1 \frac{1}{8}"$ Rubber Bumper (#20). Attach an Olympic Sleeve onto the Leg Developer Weight Post. Attach a Spring Clip (#21) to the Olympic Sleeve.
- C.) Insert three Foam Tubes (#13) halfway through the holes on Front Post and Leg Developer. Push six Foam rolls (#14) onto the Tubes from both ends. Plug six Foam Roll End Caps (#16) into the Ends.
- D.) Attach the Arm Curl Pad (#41) to the Arm Curl Stand (#40). Secure it with two M8 x $\frac{5}{8}"$ Allen Bolts (#42) and two $\text{\O} \frac{5}{8}"$ Washers (#36). Insert the Arm Curl Stand into the opening on Front Post. Secure the Stand with a M18 Lock Knob (#39).

DIAGRAM 4



BENCH EXPLODED DIAGRAM



MULTI-PURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Post	1
3	Rear Stabilizer	1
4	Seat Bracket	2
5	Leg Developer	1
6	Leg Developer Weight Post	1
7	Backrest Support	2
8	Incline Support	1
9	Front Stabilizer	1
10	Seat Pad	1
11	Backrest Board	1
12	5/8" x 1 1/8" End Cap	4
13	Foam Tube	3
14	Foam Roll	6
15	Olympic Sleeve	1
16	Foam Roll End Cap	6
17	2" Square End Cap	4
18	1 3/4" Square End Cap	3
19	2" Flat End Cap	1
20	Ø 1 1/8" x 1 1/8" Rubber Bumper	1
21	Spring Clip	1
22	1" Square End Cap	2
23	Incline Support Grip	1
24	Ø 3/4" Bushing	4
25	M10 x 2 3/4" Carriage Bolt	2
26	M10 x 6 7/8" Allen Bolt	2
27	M8 x 2 3/4" Allen Bolt	2
28	M10 x 2 1/2" Carriage Bolt	5
29	M10 x 3" Allen Bolt	1
30	M10 x 2 3/8" Allen Bolt	1
31	M8 x 1 1/8" Allen Bolt	4
32	M8 x 1 5/8" Allen Bolt	4
33	M8 Aircraft Nut	2
34	Ø 1" End Cap	1
35	Ø 3/4" Washer	15
36	Ø 5/8" Washer	14
37	M10 Aircraft Nut	11
38	Ø 1" x Ø 3/8" Washer	1
39	M18 Lock Knob	1
40	Arm Curl Stand	1
41	Arm Curl Pad	1
42	M8 x 5/8" Allen Bolt	2
	6# Allen Wrench (Tool)	1
	5# Allen Wrench (Tool)	1

MD-8870 WEIGHT RESISTANCE CHART

Station	Ratio	Example
Low Pulley	100%	10 lb. plate creates 10 lb. resistance
Butterfly (both arms)	100%	10 lb. plate creates 2x5 lb. resistance
Lat Pull	100%	10 lb. plate creates 10 lb resistance

***Numbers are approximate. Actual resistance 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

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

When ordering replacement parts, always give the following information.

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