

NOTE:
Please read all instructions
carefully before using this
product

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Model
MP-3500

Retain This
Manual for
Reference

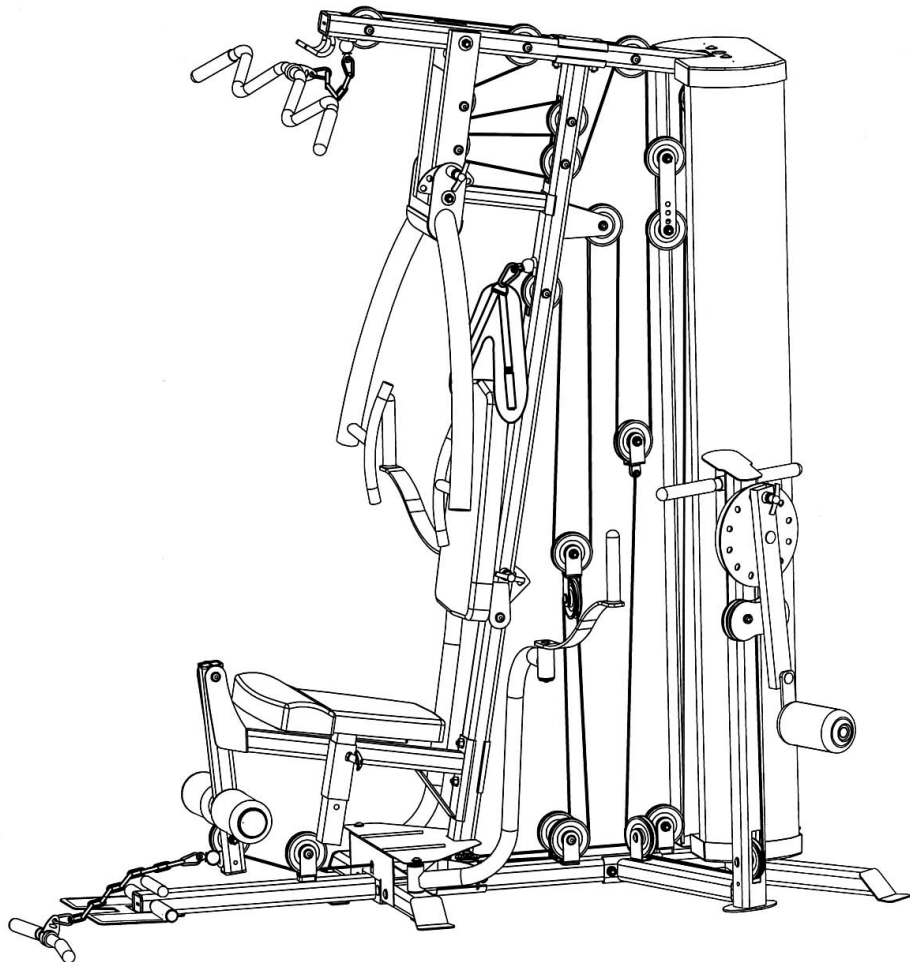
11-14-07

OWNER'S
MANUAL

IMPEX

MARCY PLATINUM

MP-3500 HOME GYM



IMPEX® INC.

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

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

www.impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM MP-3500 HOME GYM 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.

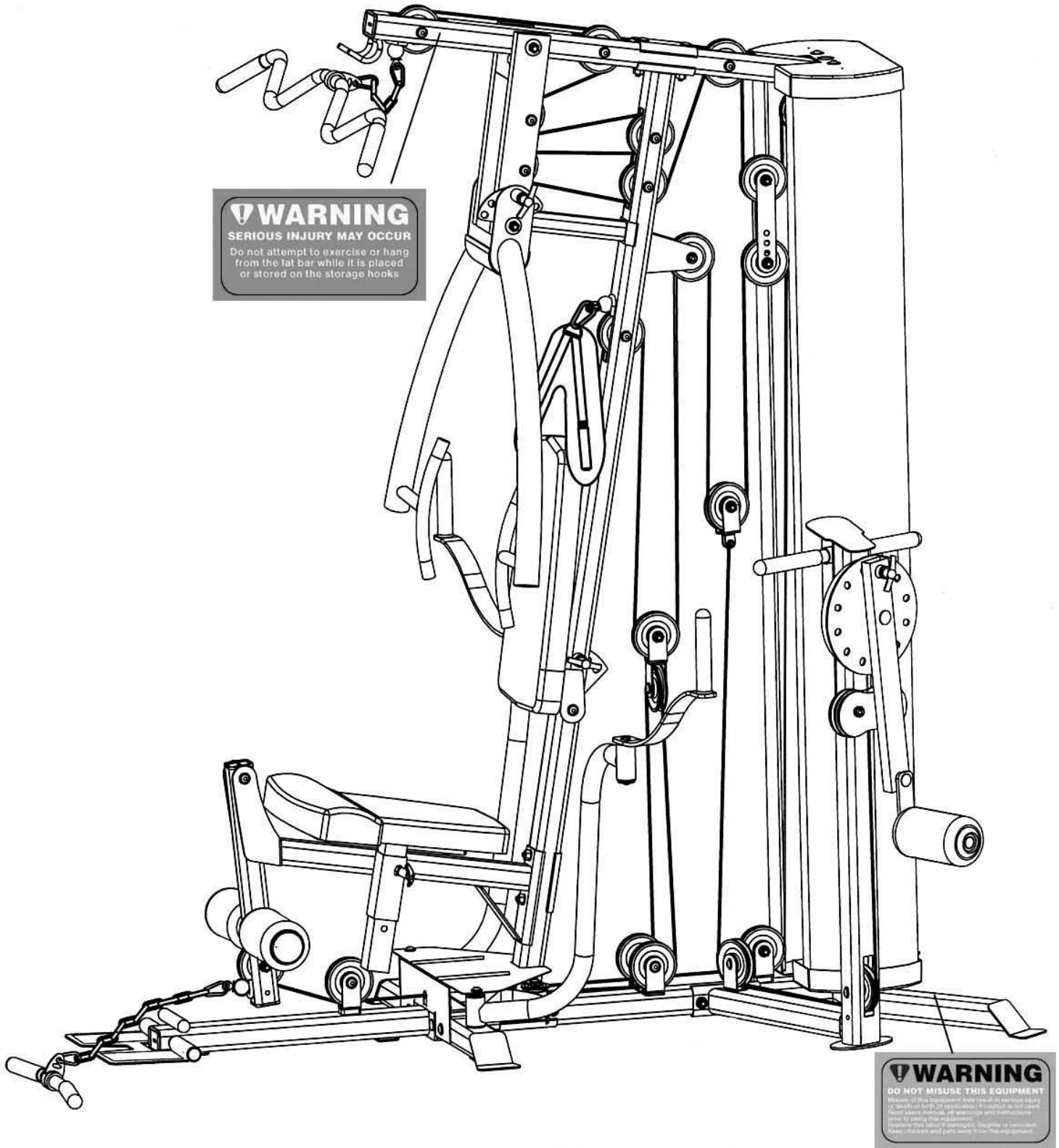
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.

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

SAVE THESE INSTRUCTIONS.

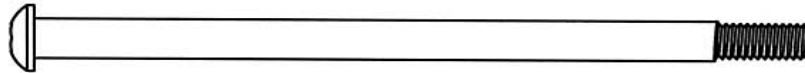
WARNING LABEL REPLACEMENT



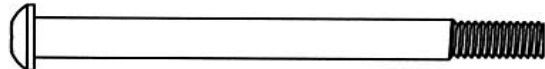
The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

HARDWARE PACK

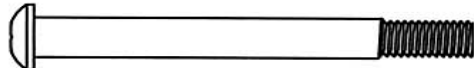
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



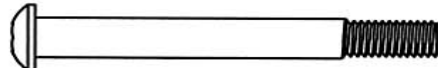
#94 M10 x 6 $\frac{1}{2}$ " Allen Bolt (Qty 2)



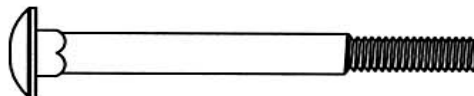
#95 M10 x 4 $\frac{1}{4}$ " Allen Bolt (Qty 1)



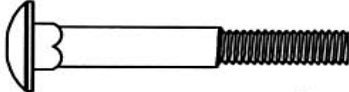
#96 M10 x 3 $\frac{5}{8}$ " Allen Bolt (Qty 4)



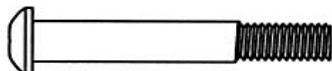
#97 M10 x 3 $\frac{3}{8}$ " Allen Bolt (Qty 9)



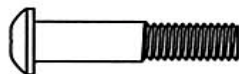
#105 M10 x 3 $\frac{5}{8}$ " Carriage Bolt (Qty 2)



#106 M10 x 2 $\frac{5}{8}$ " Carriage Bolt (Qty 8)



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



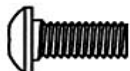
#99 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 16)



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



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



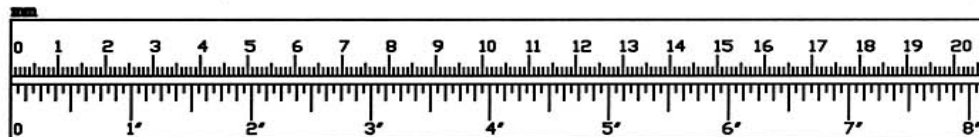
#103 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 12)



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

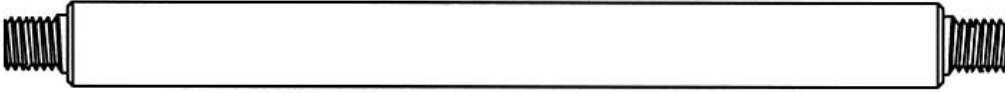


#104 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 4)

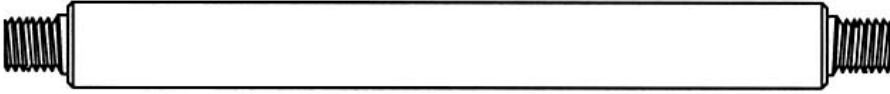


HARDWARE PACK

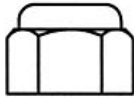
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#30 7 $\frac{1}{2}$ " Front Press Axle (Qty 1)

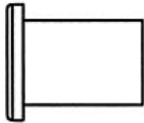


#29 6 $\frac{3}{4}$ " Front Press Base Axle (Qty 1)



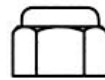
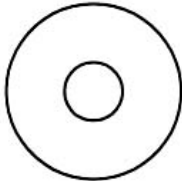
#110 M12 Aircraft Nut (Qty 1)

#108 M6 x $\frac{3}{8}$ " Screw (Qty 1)



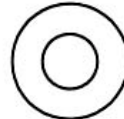
#53 Pulley Bushing (Qty 14)

#56 $\frac{7}{8}$ " Leg Developer Bushing (Qty 2)



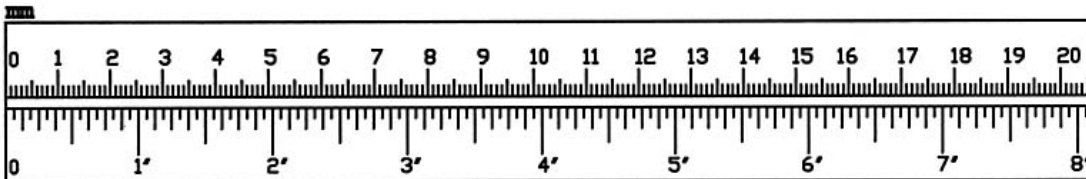
#70 \varnothing 1 $\frac{1}{4}$ " Washer (Qty 8)

#109 M10 Aircraft Nut (Qty 49)

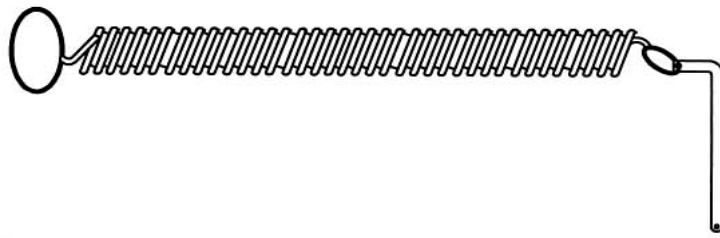


#112 \varnothing $\frac{5}{8}$ " Washer (Qty 8)

#111 \varnothing $\frac{3}{4}$ " Washer (Qty 72)



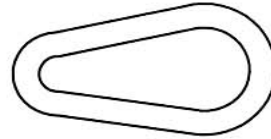
HARDWARE PACK



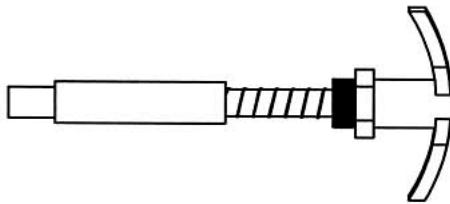
#74 Weight Plate Selector Pin (Qty 1)



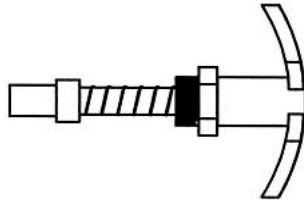
#75 Short Chain (Qty 1)



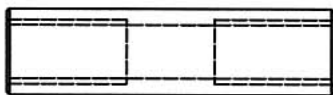
#90 Hook (Qty 5)



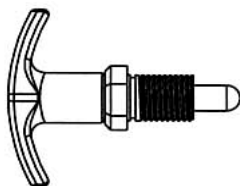
#77 6 $\frac{1}{4}$ " T-shaped Lock Pin (Qty 1)



#78 4" T-shaped Lock Pin (Qty 1)



#19 Leg Developer Axle (Qty 1)



#73 3 $\frac{3}{8}$ " T-shaped Lock Pin (Qty 1)



#76 Long Chain (Qty 1)

ASSEMBLY INSTRUCTION

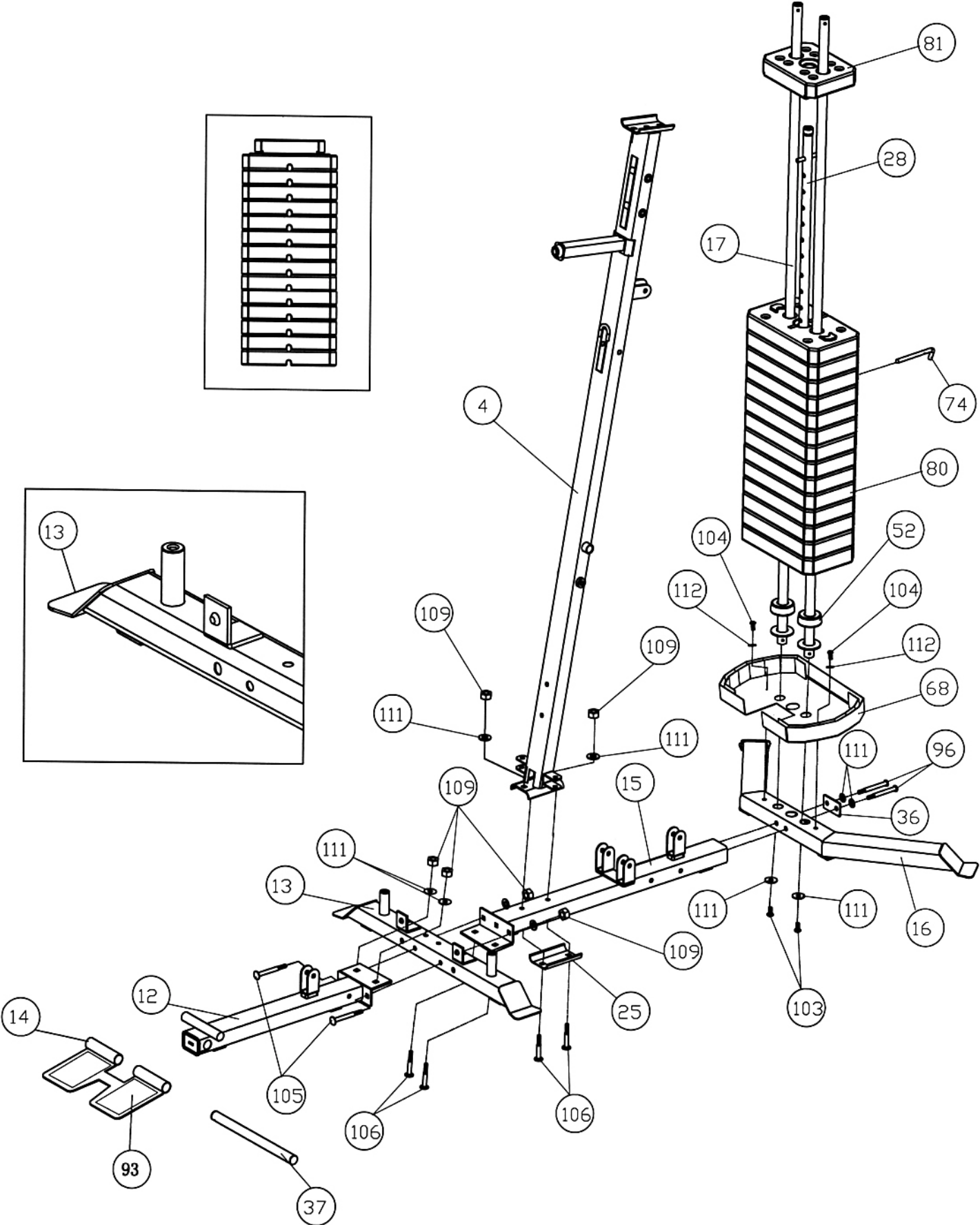
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

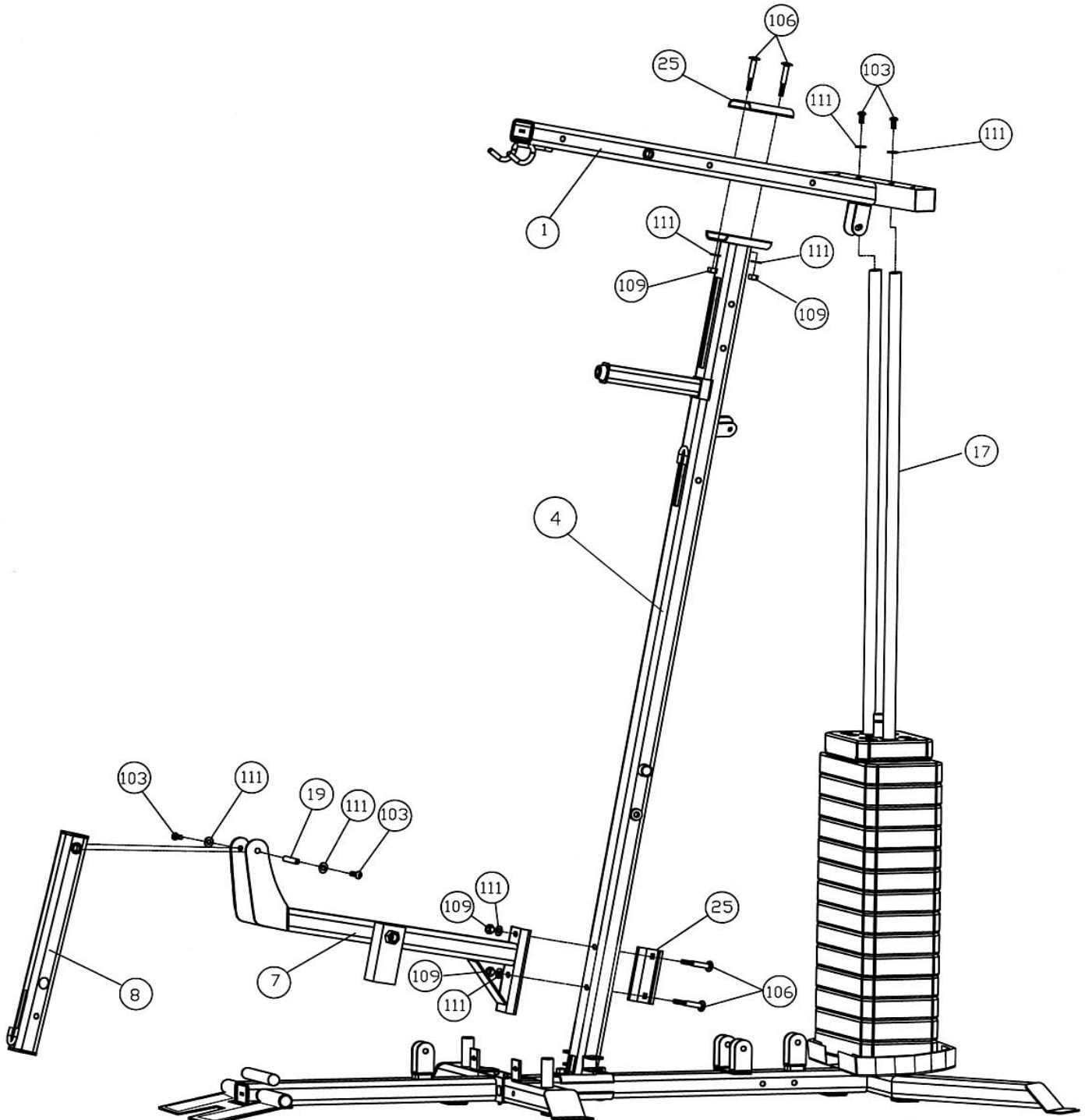
- A.) Place a Weight Stack Cover Base (#68) onto the Rear Stabilizer (#16). Secure it to the Rear Stabilizer with two M8 x 5/8" Allen Bolts (#104) and Ø 5/8" Washers (#112). Insert two Guide Rods (#17) through the holes on the Weight Stack Cover Base into the Rear Stabilizer. Secure each Guide Rod with one M10 x 3/4" Allen Bolt (#103) and Ø 3/4" Washer (#111) from the bottom. Slide two Ø 2 3/8" x 1" Rubber Bumpers (#52) onto the two Guide Rods.
- B.) Do not tighten the Nuts and Bolts in the following procedures until instructed to do so.
- C.) Attach the Vertical Frame (#4) onto the Rear Base Frame (#15). Secure it with two M10 x 2 5/8" Carriage Bolts (#106), one 4 3/4" x 2 3/4" Bracket (#25), two Ø 3/4" Washers (#111), and two M10 Aircraft Nuts (#109).
- D.) Attach the Butterfly Base (#13) to the Rear Base Frame (#15). Attach the Front Base Frame (#12) to the Butterfly Base (#13). Make sure the L shaped bracket welded on the Butterfly Base (#13) face towards the front of the machine (see small diagram in the square insert in Diagram 1). Align the holes and secure them together with two M10 x 2 5/8" Carriage Bolts (#106) from the bottom, two M10 x 3 5/8" Carriage Bolts (#105) from the side of Butterfly Base, four Ø 3/4" Washers (#111), and four M10 Aircraft Nuts (#109).
- E.) Connect the Rear Base Frame (#15) to the Rear Stabilizer (#16). Secure them together with two M10 x 3 5/8" Allen Bolts (#96), two Ø 3/4" Washers (#111), and one 2 3/4" x 1 1/2" Bracket (#36).
- F.) Attach the Foot Plate (#14) to the Front Base Frame (#12). Align the holes and insert the Foot Plate Axle (#37) through the holes.
- G.) Slide 14 Weight Plates (#80) onto the Guide Rods. Make sure the deep groves on all Plates face down and toward the back. Insert the Selector Rod (#17) through the center hole on the Weight Plates. Slide the Weight Selector Stem (#81) onto the Guide Rods.
- H.) Use the Weight Plate Selector Pin (#74) to select desired number of Weight Plates to exercise. **NOTE:** Each Plate weights approximately 10 lbs. Please refer to the Weight Resistance Chart on page 28.

DIAGRAM 1



STEP 2 (See Diagram 2)

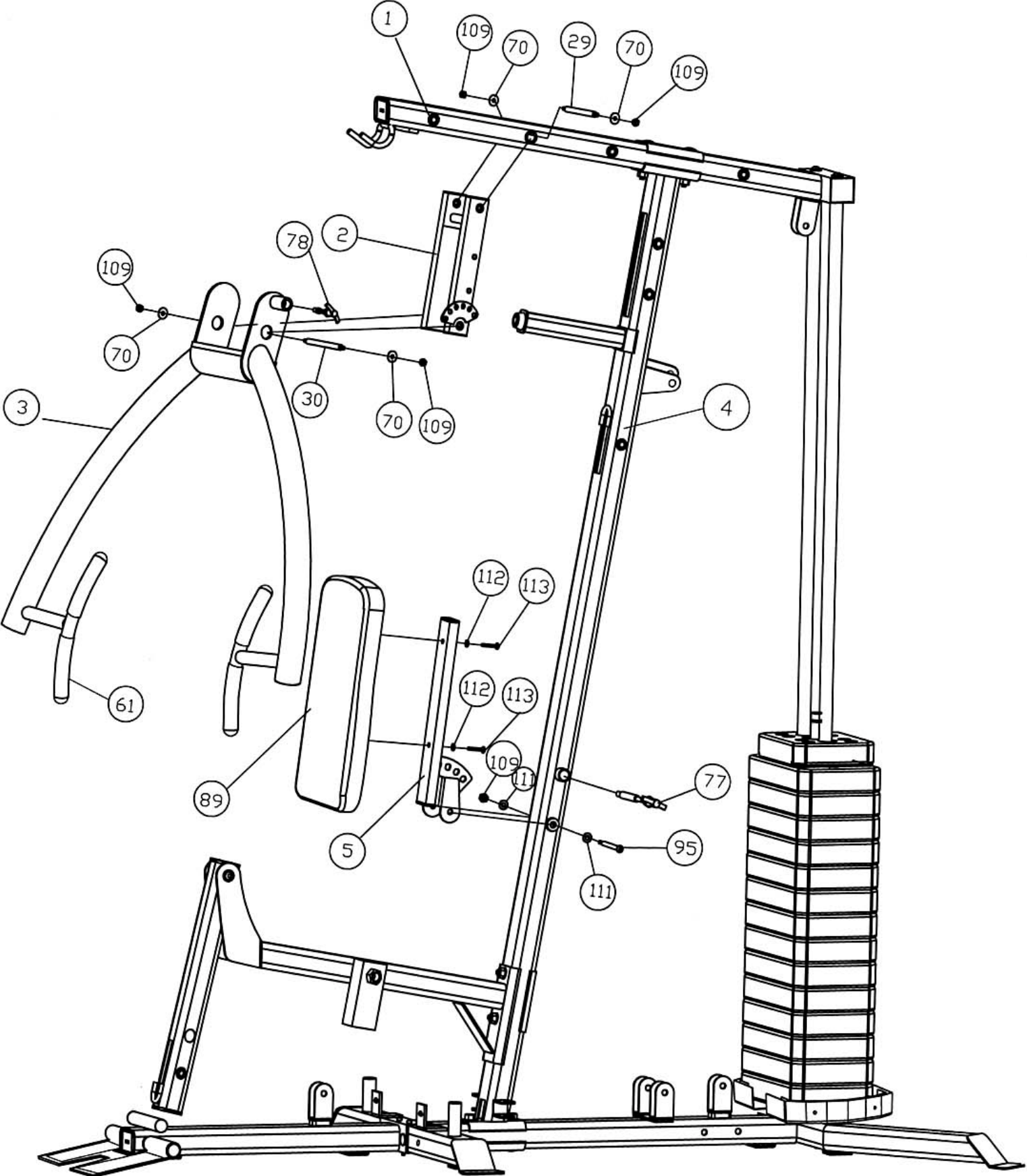
- A.) Attach the Upper Frame (#1) onto the two Guide Rods (#17). Secure it with two M10 x $\frac{3}{4}$ " Allen Bolts (#103) and $\varnothing \frac{3}{4}$ " Washers (#111). DO NOT tighten the Bolts yet.
- B.) Place the Upper Frame onto the Vertical Frame (#4). Secure it with two M10 x 2 $\frac{5}{8}$ " Carriage Bolts (#106), one 4 $\frac{3}{4}$ " x 2 $\frac{3}{4}$ " Bracket (#25), two $\varnothing \frac{3}{4}$ " Washers (#111), and two M10 Aircraft Nuts (#109).
- C.) Securely tighten all Nuts and Bolts previously installed.
- D.) Attach the Seat Support Frame (#7) to the Vertical Frame (#4). Secure it with two M10 x 2 $\frac{5}{8}$ " Carriage Bolts (#106), one 4 $\frac{3}{4}$ " x 2 $\frac{3}{4}$ " Bracket (#25), two $\varnothing \frac{3}{4}$ " Washers (#111), and two M10 Aircraft Nuts (#109).
- E.) Attach the Leg Developer (#8) to the bracket on the Seat Support Frame. Secure it with one Leg Developer Axle (#19), two M10 x $\frac{3}{4}$ " Allen Bolts (#103), and two $\varnothing \frac{3}{4}$ " Washers (#111). Do not over tighten the Bolts. Make sure the Leg Developer is able to swivel.



STEP 3 (See Diagram 3)

- A.) Attach the Front Press Base (#2) to the Upper Frame (#1). Secure it with one 6 $\frac{3}{4}$ " Front Press Base Axle (#29), two $\text{\O} 1 \frac{1}{4}$ " Washers (#70), and two M10 Aircraft Nuts (#109).
- B.) Attach the Front Press (#3) to the Front Press Base. Secure it with one 7 $\frac{1}{2}$ " Front Press Axle (#30), two $\text{\O} 1 \frac{1}{4}$ " Washers (#70), and two M10 Aircraft Nuts (#109).
- C.) Thread the 4" T-shaped Lock Pin (#78) into the hole on the Front Press to obtain the desired Front Press position.
- D.) Attach the Backrest Board (#89) to the Backrest Support Frame (#5). Secure it with two M8 x 1 $\frac{5}{8}$ " Allen Bolts (#113) and $\text{\O} \frac{5}{8}$ " Washers (#112).
- E.) Attach the Backrest Support Frame (#5) to the Vertical Frame (#4). Secure it with one M10 x 4 $\frac{1}{4}$ " Allen Bolt (#95), two $\text{\O} \frac{3}{4}$ " Washers (#111), and one M10 Aircraft Nut (#109).
- F.) Thread the 6 $\frac{1}{4}$ " T-shaped Lock Pin (#77) into the hole on the side of the Vertical Frame to obtain the desired Backrest position.

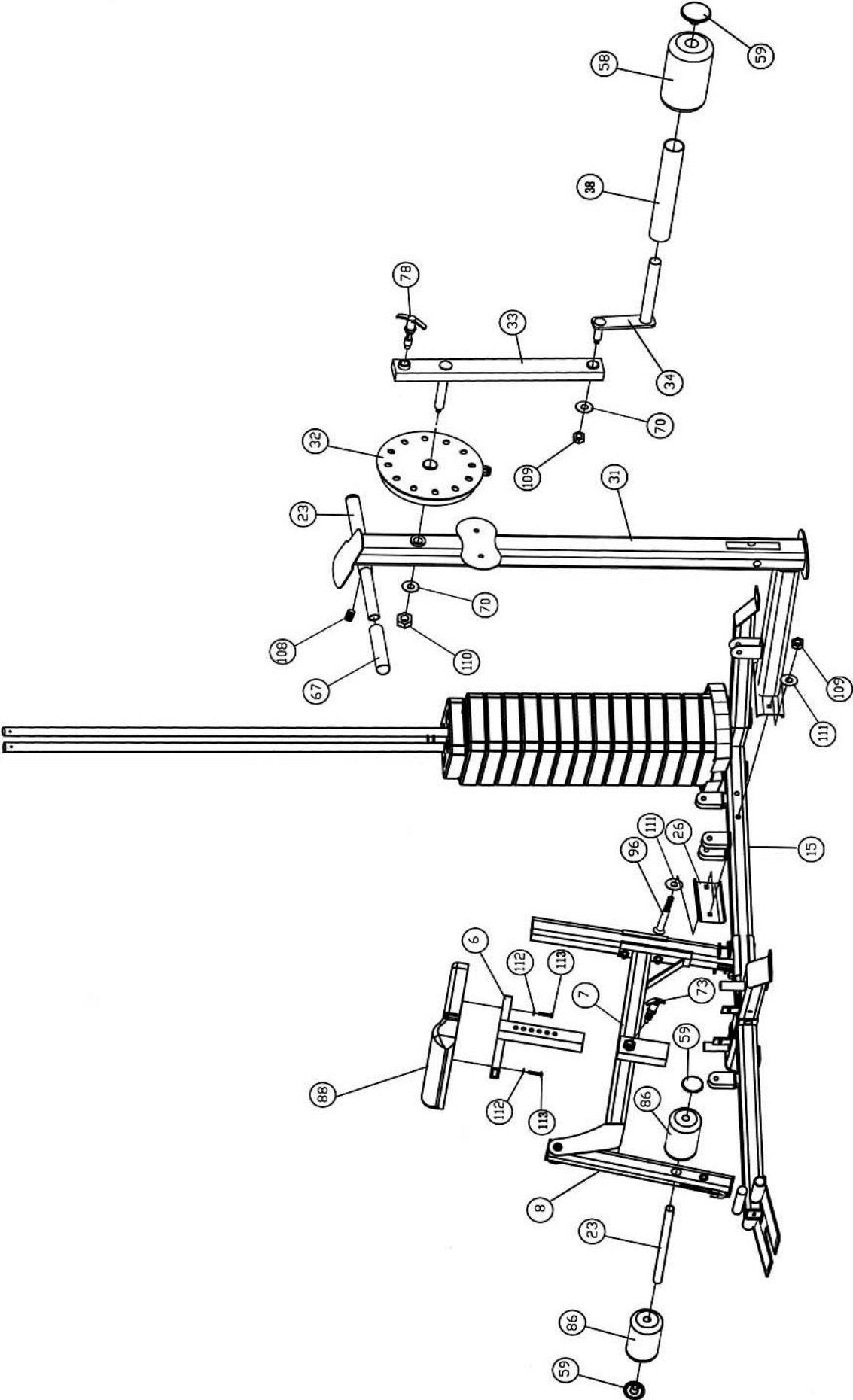
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Seat Pad (#88) to the Seat Post (#6). Secure it with two M8 x 1 5/8" Allen Bolts (#113) and Ø 5/8" Washers (#112).
- B.) Insert the Seat Post into the opening on the Seat Support Frame (#7). Thread the 3 3/8" T-shaped Lock Pin (#73) into the nut on the Seat Support Frame to lock the Seat at desired height.
- C.) Insert one Foam Tube (#23) halfway through the hole on the Leg Developer (#8). Push two Foam Rolls (#86) onto the Foam Tube from both ends. Plug two Foam Roll End Caps (#59) into the Ends.
- D.) Attach the Leg Machine Frame (#31) to the Rear Base Frame (#15). Secure it with two M10 x 3 5/8" Allen Bolts (#96), one 5 1/2" x 2" Bracket (#26), four Ø 3/4" Washers (#111), and two M10 Aircraft Nuts (#109).
- E.) Attach the Rotating Cam Plate (#32) to the Leg Machine Frame (#31). Align the holes and insert the axle on the Lever Frame (#33) through the holes. Secure it with one Ø 1 1/4" Washer (#70) and one M12 Aircraft Nut (#110). Do not over tighten the nut. The Lever Frame needs to swivel freely on the pivot.
- F.) Adjust and secure the Lever Frame (#33) to the Cam (#32) with a 4" T-shaped Lock Pin (#78).
- G.) Insert the axle on the Lever Frame Handle (#34) into the opening on the Lever Frame (#33). Secure it with one Ø 1 1/4" Washer (#70) and M10 Aircraft Nut (#109).
- H.) Slide a 7" Swivel Tube Sleeve (#38) onto the tube on the Lever Frame Handle (#34).
- I.) Push one Ø 4" Large Foam Roll (#58) onto Sleeve. Plug one Foam Roll End Cap (#59) into the end of Handle.
- J.) Slide one Foam Tube (#23) halfway through the hole on the Leg Machine Frame (#31). Secure it with one M6x 3/8" Screw (#108). Push the 6 7/8" Grips (#67) onto the Tube.

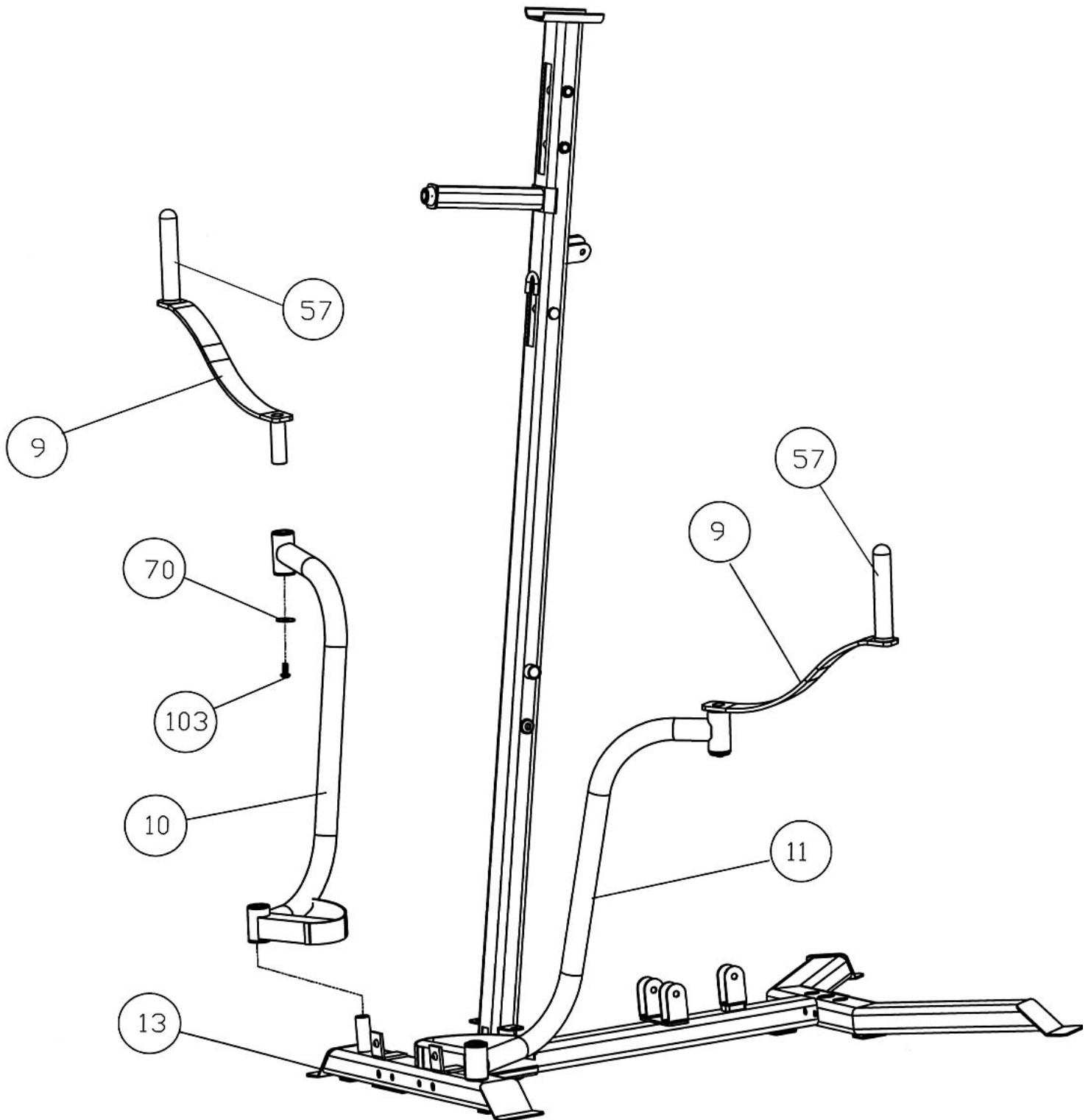
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Slide the Right Butterfly (#10) onto the right axle on the Butterfly Base (#13).
- B.) Insert the Butterfly Handle (#9) into the pivot on the Right Butterfly. Secure it with one M10 x $\frac{3}{4}$ " Allen Bolt (#103) and \varnothing 1 $\frac{1}{4}$ " Washer (#70) from the bottom.
- C.) Repeat Procedures A and B above to install the other side. Do not over tighten the Bolts. Make sure the Handles are able to swivel.

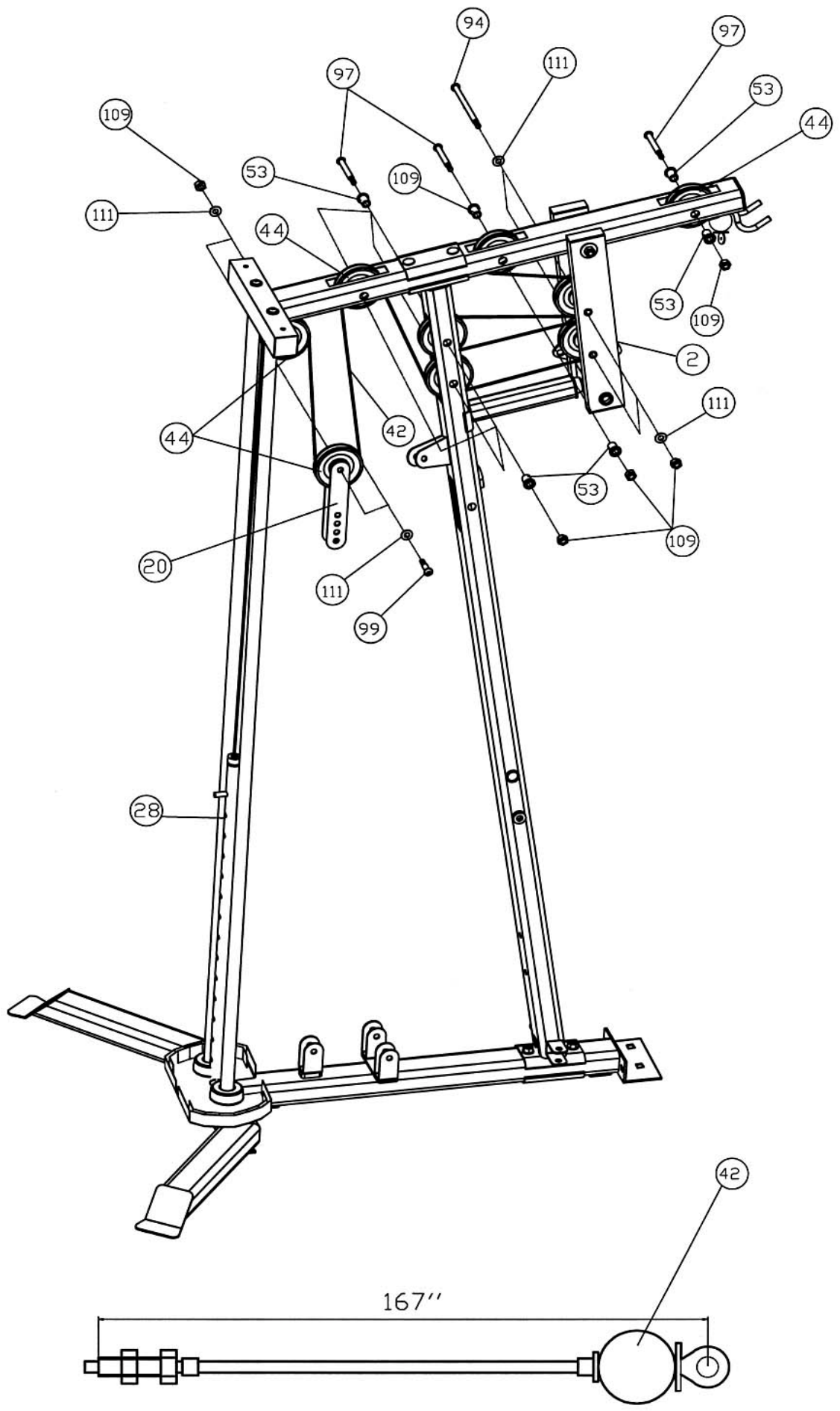
DIAGRAM 5



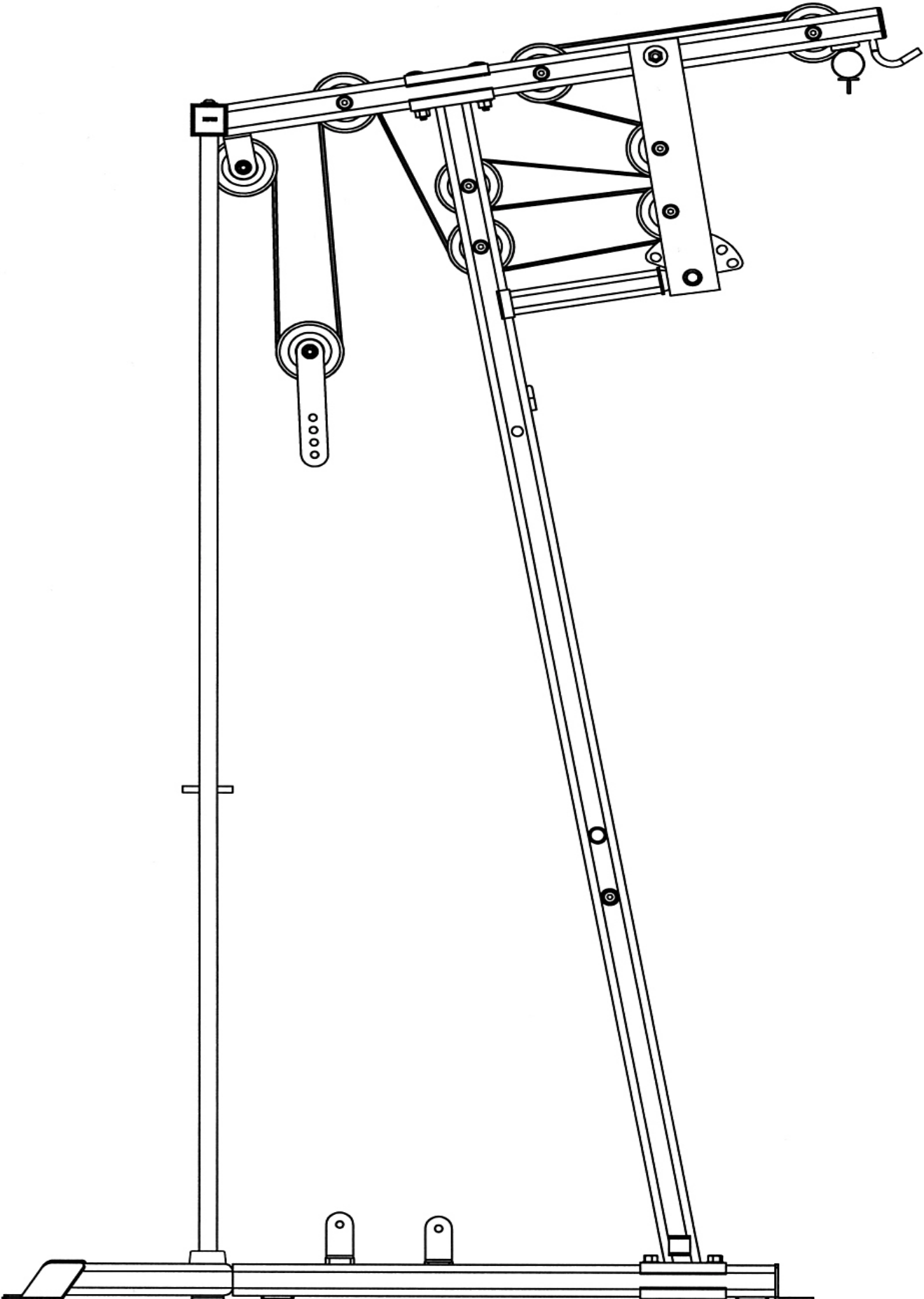
STEP 6 (See Diagram 6 & Upper Cable Loop Diagram)

- A.) Attach the 167" Upper Cable (#42) to the opening on the front of Upper Frame (#1). Make sure the ball stopper is underneath the Frame. Attach a Pulley (#44) to the Cable.
- B.) Secure the Pulley to the opening with one M10 x 3 3/8" Allen Bolt (#97), two Pulley Bushings (#53), and one M10 Aircraft Nut (#109).
- C.) Draw the Cable over the Pulley along the Upper Frame towards the back of the machine to the opening in the middle of Upper Frame. Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable around the Pulley then back to the upper opening on the Front Press Base (#2). Attach a Pulley to the opening. Secure it with one M10 x 6 1/2" Allen Bolt (#94), two \varnothing 3/4" Washers (#111), and one M10 Aircraft Nut (#109).
- E.) Draw the Cable around the Pulley then towards the upper opening on the Vertical Frame (#4). Repeat Procedure B above to install a Pulley.
- F.) Draw the Cable around the Pulley and back to the lower opening on the Front Press Base. Repeat Procedure D above to install a Pulley.
- G.) Draw the Cable around the Pulley then to the lower opening on the Vertical Frame. Repeat Procedure B above to install a Pulley.
- H.) Draw the Cable underneath the Pulley then pull upward to another opening on the back of the Upper Frame. Repeat Procedure B above to install a Pulley.
- I.) Draw the Cable around the Pulley then downward. Attach a Pulley to the top hole on the Double Floating Pulley Brackets (#20).
- J.) Secure the Pulley to the brackets with one M10 x 1 3/4" Allen Bolt (#99), two \varnothing 3/4" Washers (#111), and one M10 Aircraft Nut (#109). Let the Bracket hanging for now.
- K.) Draw the Cable around the Pulley then upward to the open bracket between the two Guide Rods. Repeat Procedure J above to install a Pulley.
- L.) Draw the Cable around the Pulley then downward to the Selector Rod (#28). Securely thread the Head Bolt at end of the Cable into the Selector Rod.

DIAGRAM 6



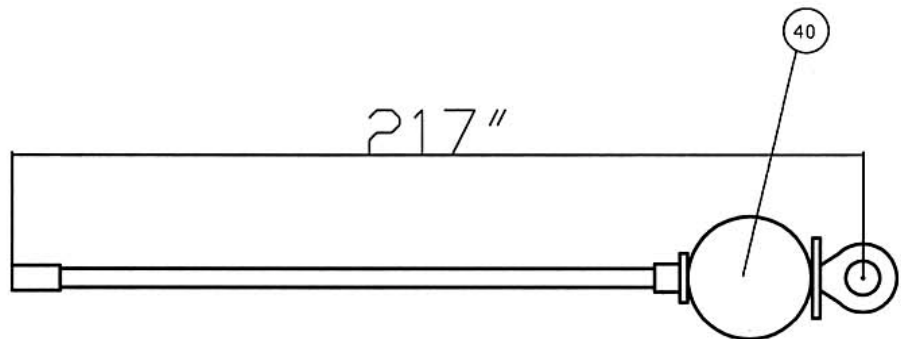
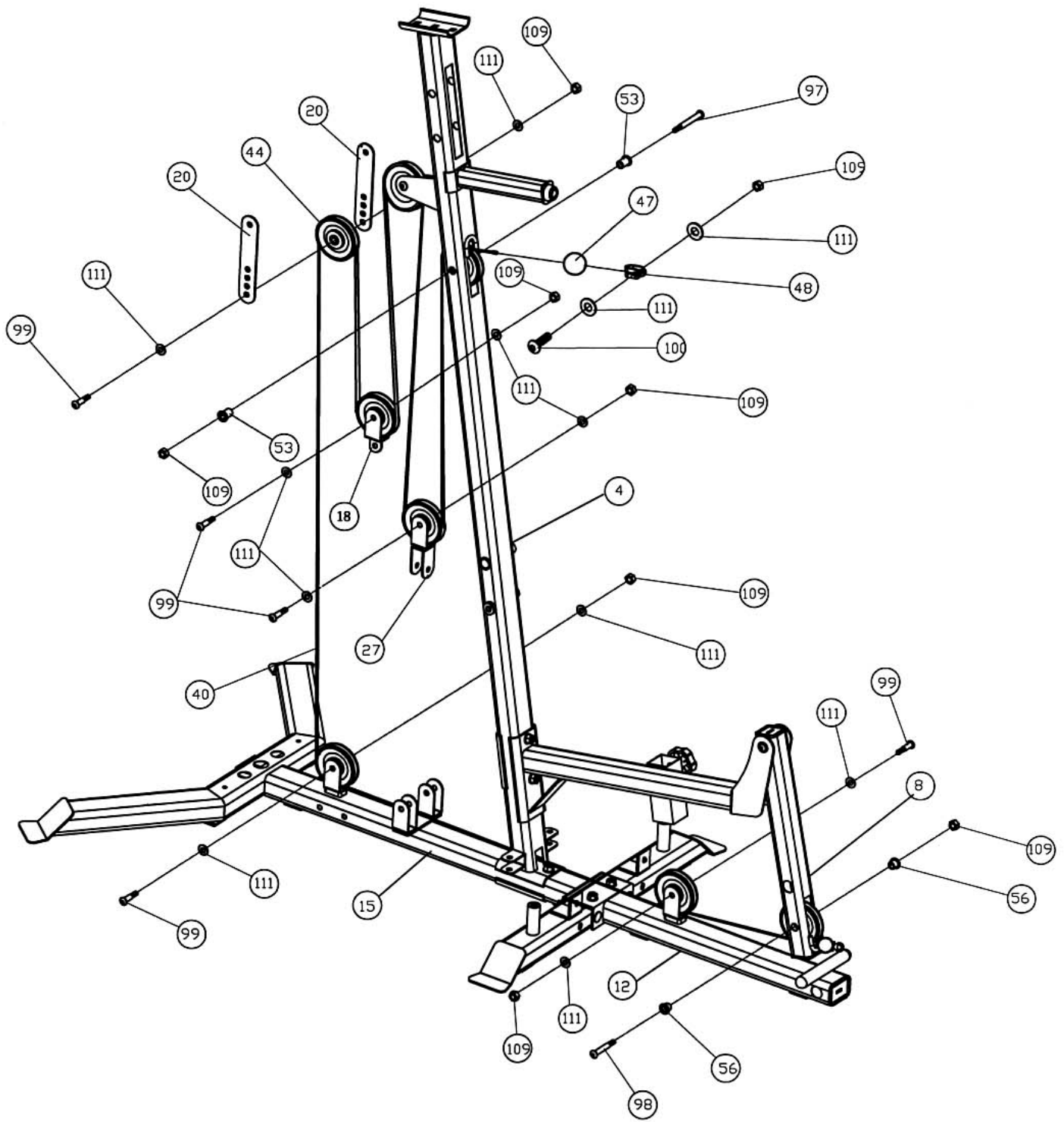
Upper Cable Loop Diagram



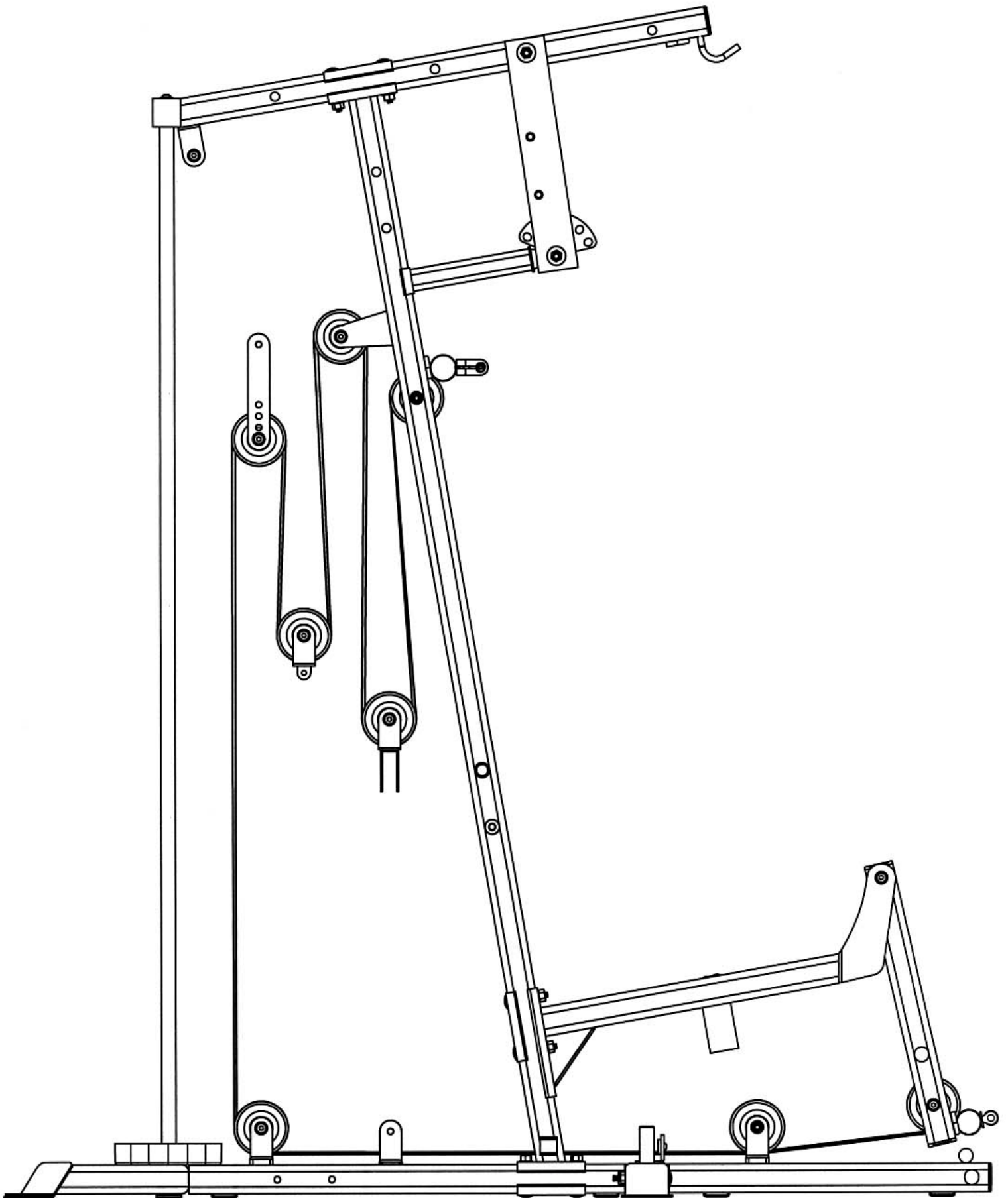
STEP 7 (See Diagram 7 & Lower Cable Loop Diagram)

- A.) Attach the 217" Lower Cable (#40) to the opening on the Leg Developer (#8). Attach a Pulley (#44) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#98), two \varnothing 7/8" Leg Developer Pulley Bushings (#56), and one M10 Aircraft Nut (#109).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Front Base Frame (#12). Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#99), two \varnothing 3/4" Washers (#111), and one M10 Aircraft Nut (#109).
- C.) Draw the Cable underneath the Pulley towards the back of the machine through the bottom opening on the Vertical Frame (#4) to the open bracket on the Rear Base Frame (#15). Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable underneath the Pulley then pull upward to the Double Floating Pulley Bracket (#20) previously installed in STEP-6. Repeat Procedure B above to install a Pulley. After completing the entire cable system, come back to the Double Floating Pulley Bracket and adjust the height of the lower Pulley to adjust the tightness of the Cables. Move up the pulley to increase the tension. Move down the pulley to loose the tension.
- E.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#18). Repeat Procedure B to install a Pulley.
- F.) Draw the Cable around the Pulley then upward to the open bracket on the back of Vertical Frame (#4). Repeat Procedure B to install a Pulley.
- G.) Draw the Cable around the Pulley then downward. Attach the Cable to an Angled Double Floating Pulley Bracket (#27). Repeat Procedure B above to install a Pulley. Let the Brackets hanging for now.
- H.) Draw the Cable around the Pulley then upward to the opening on the Vertical Frame (#4). Attach a Pulley to the opening. Secure it with one M10 x 3 3/8" Allen Bolt (#97), two Pulley Bushings (#53), and one M10 Aircraft Nut (#109).
- I.) Insert the Cable through a Ball Stopper (#47). Attach the Cable to a U-shape Cable Connector (#48). Secure the Connector with one M10 x 1 1/8" Allen Bolt (#100), two \varnothing 3/4" Washers (#111), and one M10 Aircraft Nut (#109).

DIAGRAM 7

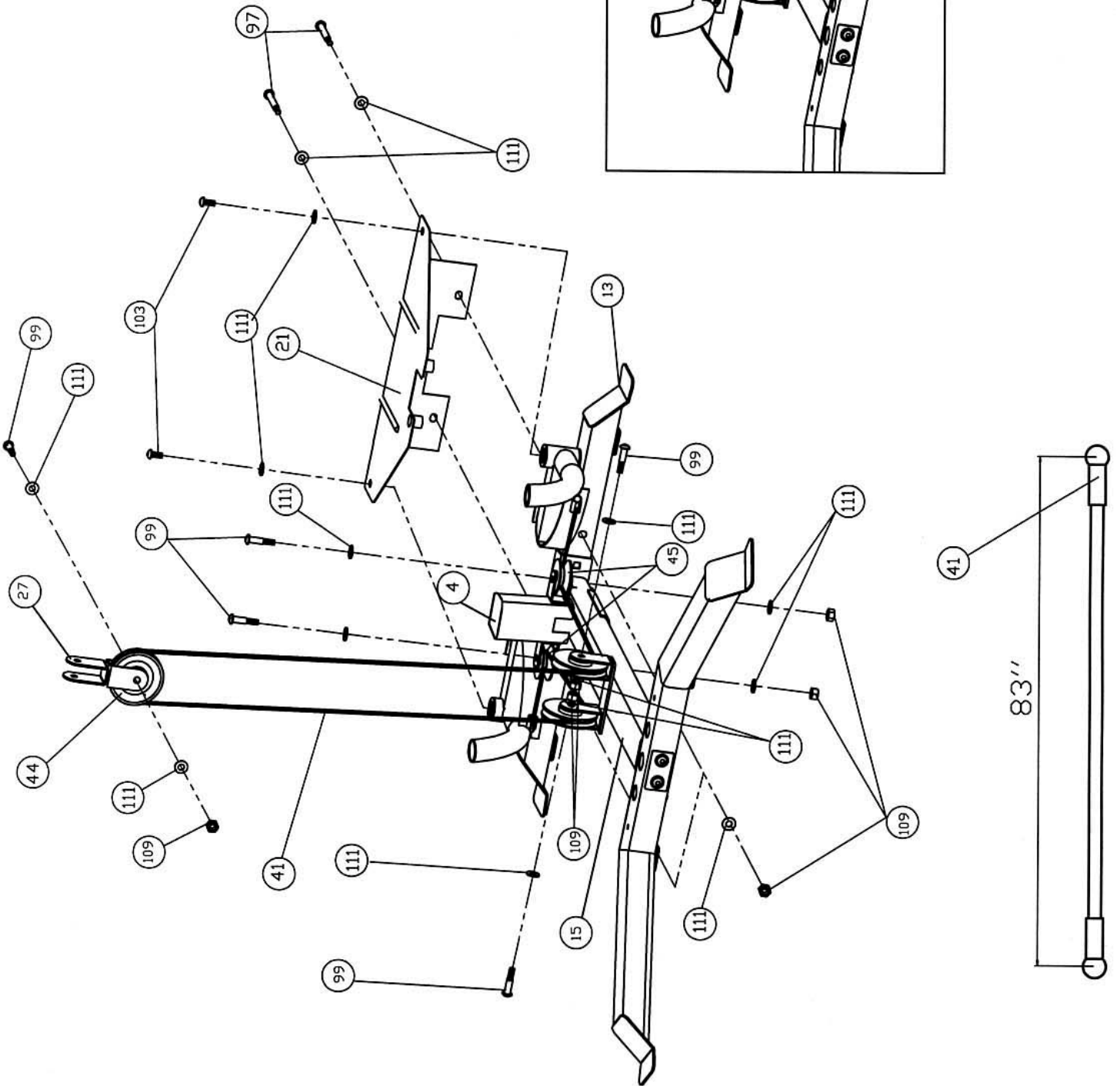
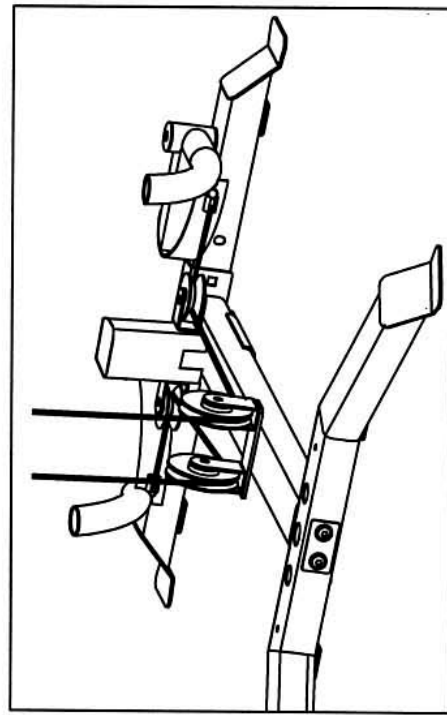


Lower Cable Loop Diagram

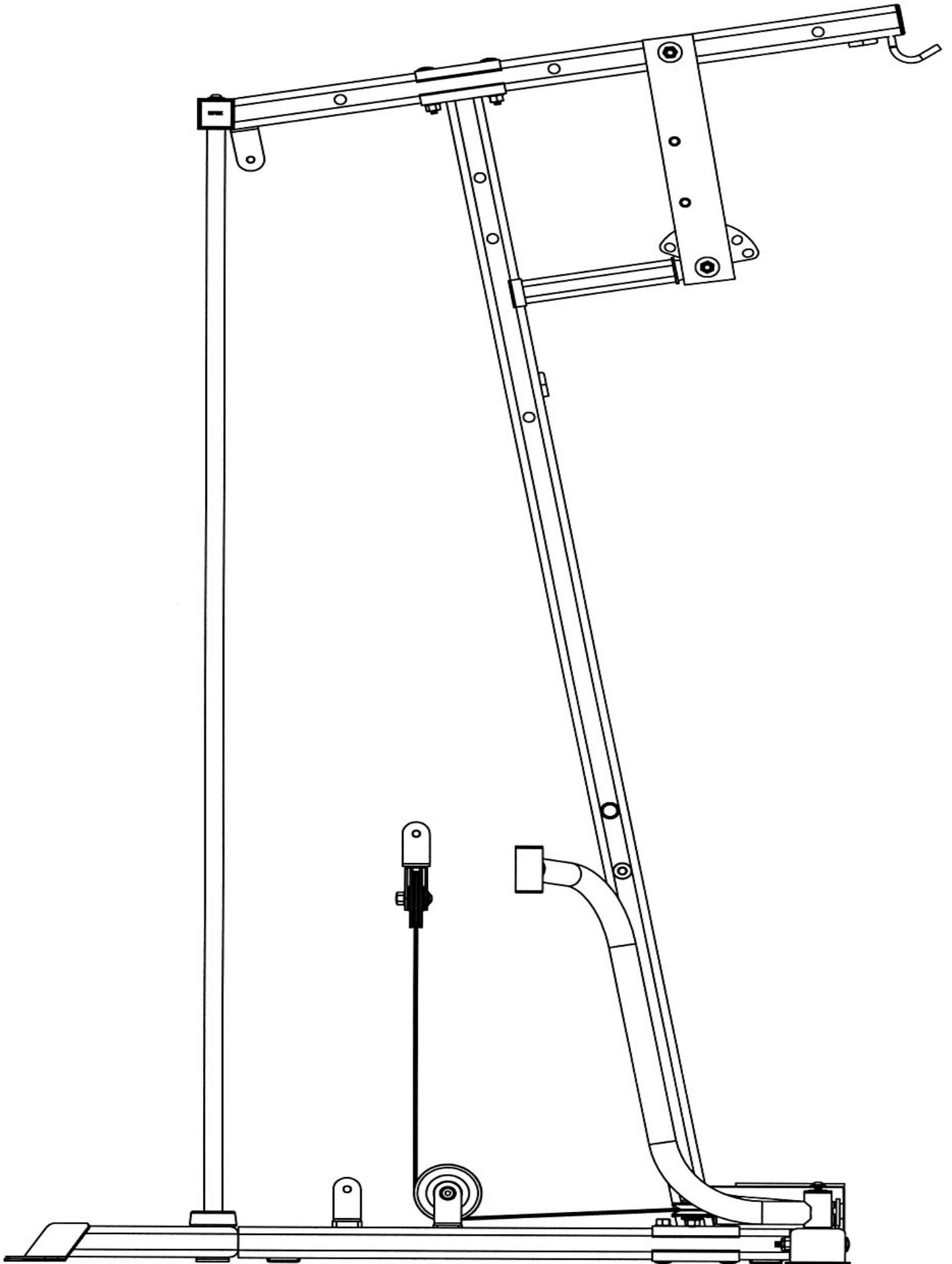


STEP 8 (See Diagram 8 & Butterfly Cable Loop Diagram)

- A.) Clip one end of the 83" Butterfly Cable (#41) to the open slot on the Right Butterfly (#10).
- B.) Draw the Cable to the open bracket on the right side of the Vertical Frame (#4). Attach a Small Pulley (#45) to the bracket
- C.) Secure it with one M10 x 1 3/4" Allen Bolt (#99), two Ø 3/4" Washers (#111), and one M10 Aircraft Nut (#109).
- D.) Draw the Cable around the Small Pulley to the right open bracket on the Rear Base Frame (#15). Repeat Procedure C above to install a Pulley.
- E.) Draw the Cable underneath the Pulley then upward to the Angled Double Floating Pulley Bracket (#27) previously installed in Step-7. Repeat Procedure C above to install a Pulley.
- F.) Draw the Cable around the Pulley then downward to the left open bracket on the Rear Base Frame. Repeat Procedure C above to install a Pulley.
- G.) Draw the Cable underneath the Pulley to the left open bracket on the Vertical Frame. Install a Small Pulley to the bracket.
- H.) Draw the Cable around the Small Pulley then attach the end the Cable to the open slot on the Left Butterfly.
- I.) Attach the Butterfly Base Cover (#21) to the Butterfly Base (#13) to cover the left and right pivots on the Butterfly Base. Secure the Cover to the Pivots with two M10 x 3/4" Allen Bolts (#103) and Ø 3/4" Washers (#11).
- J.) Align the holes and secure the Cover to the Butterfly Base with two M10 x 3 3/8" Allen Bolts (#97), four Ø 3/4" Washers (#111), and two M10 Aircraft Nuts (#109).



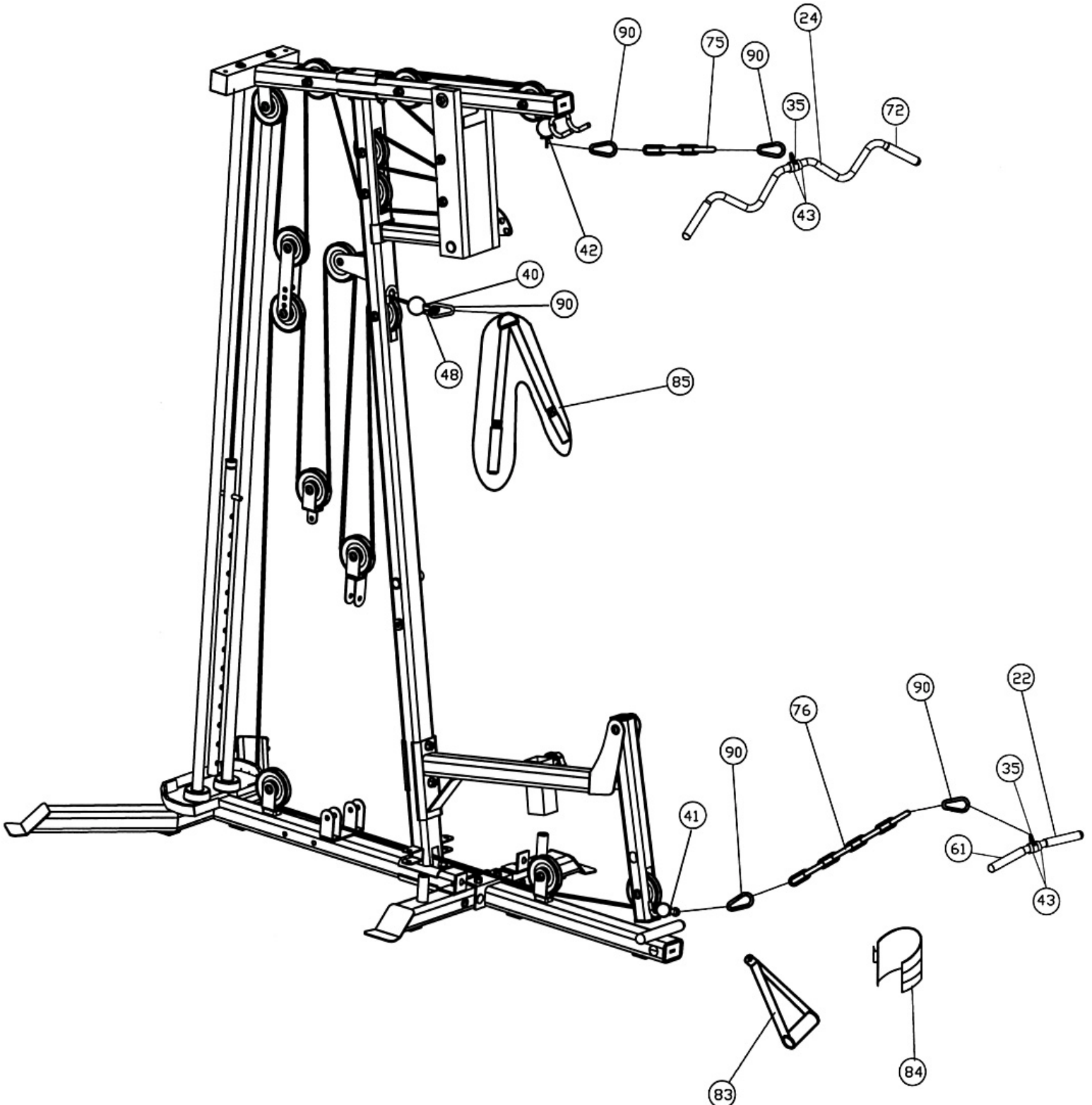
Butterfly Cable Loop Diagram



STEP 9 (See Diagram 9)

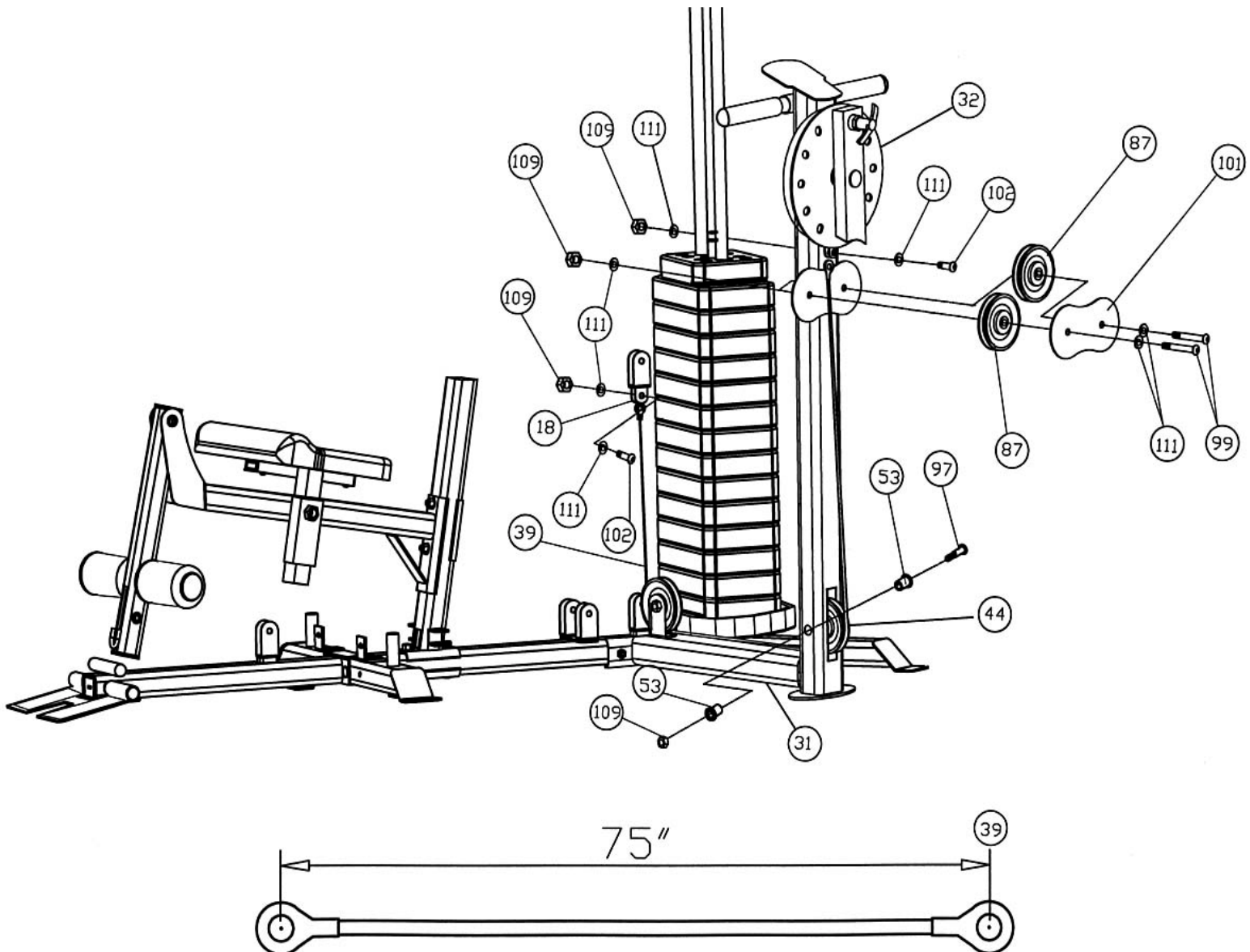
- A.) Connect the Lat Bar (#24) to the 167" Upper Cable (#42) with two Hooks (#90) and one Short Chain (#75).
- B.) Attach the Abdominal Strap (#85) to the U-shaped Cable Connector (#48) on the 217" Lower Cable (#40) with a Hook (#90).
- C.) Connect the Shiver Bar (#22) to the 217" Lower Cable with two Hooks and a Long Chain (#76).

DIAGRAM 9

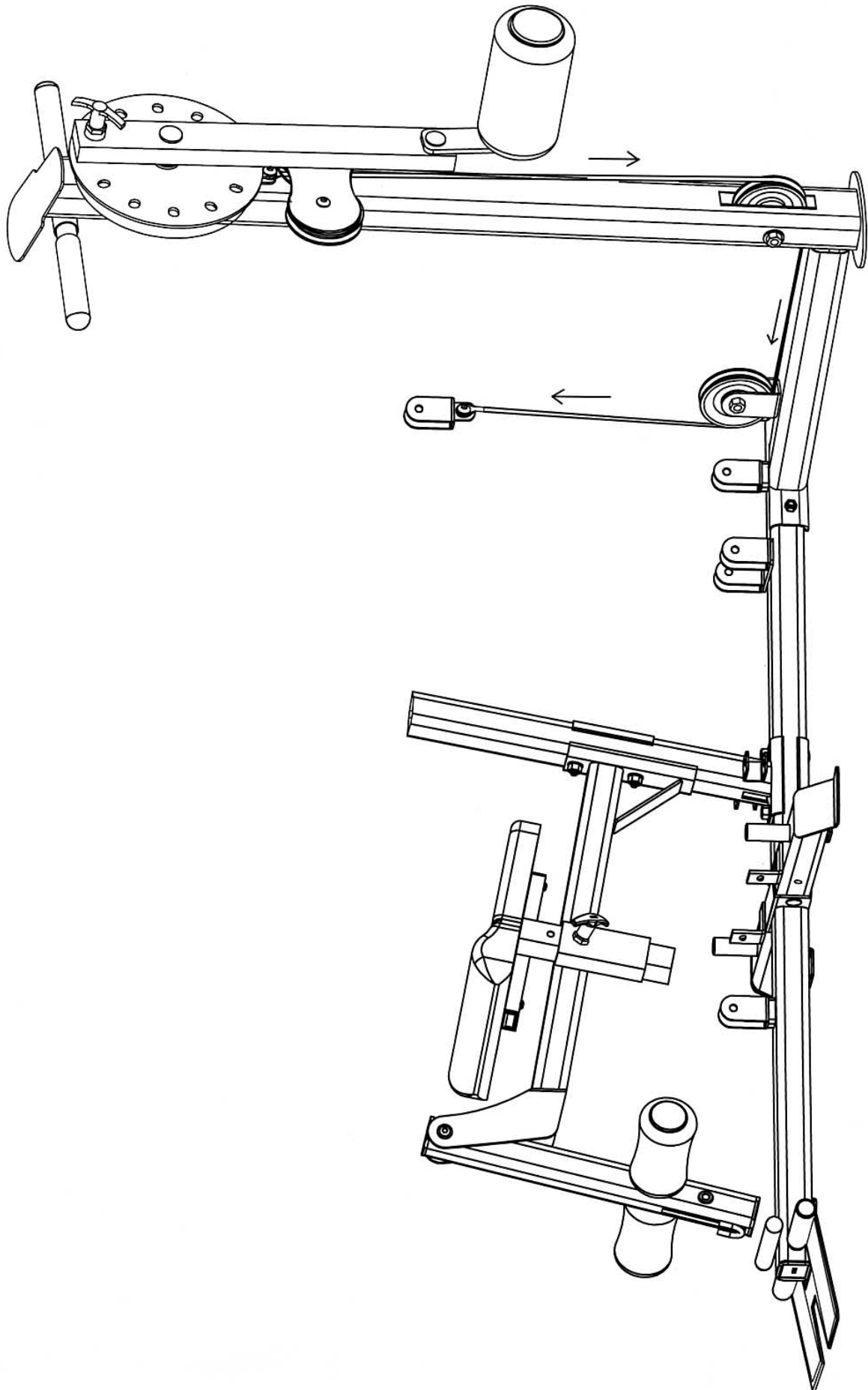


STEP 10 (See Diagram 10)

- A.) Attach one end of 75" Hip-Thigh Cable (#39) to the bracket on the Rotating Cam Plate (#32). Secure it with one M10 x 1" Allen Bolt (#102), two $\text{\O} \frac{3}{4}$ " Washers (#111), and one M10 Aircraft Nut (#109).
- B.) Attach two Medium Pulleys (#87) to the pulley bracket on the Leg Machine Frame (#31). Attach a Double Pulley Bracket (#101) to the two Large Pulleys. Align the holes and secure them with two M10 x 1 $\frac{3}{4}$ " Allen Bolts (#99), four $\text{\O} \frac{3}{4}$ " Washers (#111), and two M10 Aircraft Nuts (#109).
- C.) Draw the Cable between the two Large Pulleys and downward to the opening on the bottom of the Frame. Attach a Pulley (#44) to the opening. Secure Pulley to the opening with one M10 x 3 $\frac{3}{8}$ " Allen Bolt (#97), two Pulley Bushings (#53), and one M10 Aircraft Nut (#109).
- D.) Draw the Cable underneath the Pulley to the open bracket behind the Frame. Install a Pulley with one M10 x 1 $\frac{3}{4}$ " Allen Bolt (#99), two $\text{\O} \frac{3}{4}$ " Washers (#111), and one M10 Aircraft Nut (#109).
- E.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#18) previously installed in Step-7. Secure the end of Cable to the bracket with M10 x 1" Allen Bolt (#102), two $\text{\O} \frac{3}{4}$ " Washers (#111), and one M10 Aircraft Nut (#109).

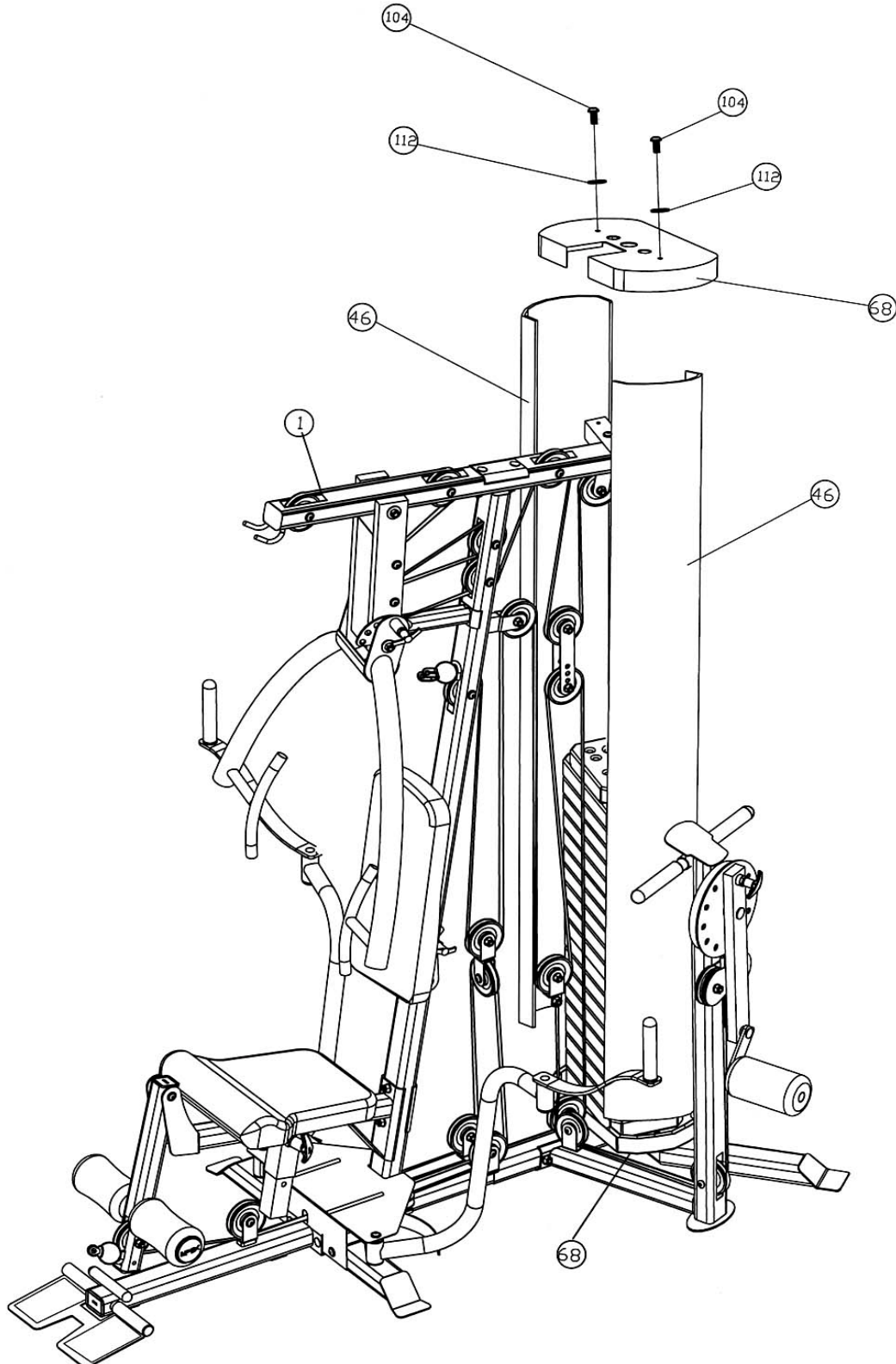


Hip-Thigh Cable Loop Diagram



STEP 11 (See Diagram 11)

- A.) Snap the bottom of the two Weight Stack Covers (#46) onto the Weight Stack Cover Base (#68) previously installed in Step-1.
- B.) Cover the top of the two Covers by another Weight Stack Cover Base. Make sure the top and bottom of the two Covers are inside the Covers.
- C.) Secure the Weight Stack Cover Base to the Upper Frame (#1) with two M8 x 5/8" Allen Bolts (#104) and two Ø 5/8" Washers (#112). Please note that the Covers are flexible and might get bent during transit. If the covers are not straight, bend the edge of the covers to make them uniform.



WEIGHT RESISTANCE CHART

	WEIGHT PLATE								
Station	1	2	3	4	5	6	7	8	9
Low Pulley	20	30	40	50	60	70	80	90	100
Lat Pull	30	40	50	60	70	80	90	100	110
Butterfly	10	15	20	25	30	35	40	45	50
Front Press	20	35	50	65	80	95	110	125	140
AB Crunch	20	30	40	50	60	70	80	90	100
Leg Developer	20	30	40	50	60	70	80	90	100
Hip/Thigh	10	20	30	40	50	60	70	80	90

	WEIGHT PLATE								
Station	10	11	12	13	14				
Low Pulley	110	120	130	140	150				
Lat Pull	120	130	140	150	160				
Butterfly	55	60	65	70	75				
Front Press	155	170	185	200	215				
AB Crunch	110	120	130	140	150				
Leg Developer	110	120	130	140	150				
Hip/Thigh	100	110	120	130	140				

*Numbers are approximate. Actual weight may vary.

*Value for butterfly is for each arm.

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Upper Frame	1	61	5 3/8" Grip	6
2	Front Press Base	1	62	Ø 1" End Cap	4
3	Front Press	1	63	2" x 2" End Cap	2
4	Vertical Frame	1	64	1" x 2" End Cap	6
5	Backrest Support Frame	1	65	1" x 2 3/4" End Cap	4
6	Seat Post	1	66	2" x 2 3/4" End Cap	2
7	Seat Support Frame	1	67	6 7/8" Grip	2
8	Leg Developer	1	68	Weight Stack Cover Base	2
9	Butterfly Handle	2	69	Ø 1 3/4" x 1 5/8" Rubber Bumper	1
10	Right Butterfly	1	70	Ø 1 1/4" Washer	8
11	Left Butterfly	1	71	Ø 1" Rubber Bumper	2
12	Front Base Frame	1	72	6" Grip	4
13	Butterfly Base	1	73	3 3/8" T-shaped Lock Pin	1
14	Foot Plate	1	74	Weight Plate Selector Pin	1
15	Rear Base Frame	1	75	Short Chain	1
16	Rear Stabilizer	1	76	Long Chain	1
17	Guide Rod	2	77	6 1/4" T-shaped Lock Pin	1
18	Single Floating Pulley Bracket	1	78	4" T-shaped Lock Pin	1
19	Leg Developer Axle	1	79	Ø 2" End Cap	2
20	Double Floating Pulley Bracket	2	80	Weight Plate	14
21	Butterfly Base Cover	1	81	Selector Stem	1
22	Shiver Bar	1	82	Ø 1" Con-shaped End Cap	1
23	Foam Tube	2	83	Single Handle	1
24	Lat Bar	1	84	Ankle Strap	1
25	4 3/4" x 2 3/4" Bracket	3	85	Abdominal Strap	1
26	5 1/2" x 2" Bracket	1	86	Foam Roll	2
27	Angled Double Floating Pulley Bracket	1	87	Medium Pulley	2
28	Selector Rod	1	88	Seat Pad	1
29	6 3/4" Front Press Base Axle	1	89	Backrest Board	1
30	7 1/2" Front Press Axle	1	90	Hook	5
31	Leg Machine Frame	1	91	Plastic Edge Cover	4
32	Rotating Cam Plate	1	92	Foam Roll Vinyl Cover	3
33	Lever Frame	1	93	Foot Support Panel	2
34	Lever Frame Handle	1	94	M10 x 6 1/2" Allen Bolt	2
35	Bar Handle Frame	2	95	M10 x 4 1/4" Allen Bolt	1
36	2 3/4" x 1 1/2" Bracket	1	96	M10 x 3 5/8" Allen Bolt	4
37	Foot Plate Axle	1	97	M10 x 3 3/8" Allen Bolt	9
38	7" Swivel Tube Sleeve	1	98	M10 x 2 1/2" Allen Bolt	1
39	75" Hip-Thigh Cable	1	99	M10 x 1 3/4" Allen Bolt	16
40	217" Lower Cable	1	100	M10 x 1 1/8" Allen Bolt	1
41	83" Butterfly Cable	1	101	Double Large Pulley Bracket	1
42	167" Upper Cable	1	102	M10 x 1" Allen Bolt	2
43	Bar Handle Frame Bushing	4	103	M10 x 3/4" Allen Bolt	12
44	Pulley	21	104	M8 x 5/8" Allen Bolt	4
45	Small Pulley	2	105	M10 x 3 5/8" Carriage Bolt	2
46	Weight Stack Cover	2	106	M10 x 2 5/8" Carriage Bolt	8
47	Ball Stopper	1	107	M6 x 5/8" Screw	2
48	U-shaped Cable Connector	1	108	M6 x 3/8" Screw	1
49	Ø 1 1/2" Rubber Bumper	1	109	M10 Aircraft Nut	49
50	Ø 1 Bushing	2	110	M12 Aircraft Nut	1
51	Ø 1 1/2" Butterfly Bushing	8	111	Ø 3/4" Washer	72
52	Ø 2 3/8" x 1" Rubber Bumper	2	112	Ø 5/8" Washer	8
53	Pulley Bushing	14	113	M8 x 1 5/8" Allen Bolt	4
54	Ø 1" x 3/8" Bushing	12			
55	Ø 1 1/4" Front Press Bushing	2			
56	Ø 7/8" Leg Developer Bushing	2			
57	Butterfly Handle Grip	2			
58	Ø 4" Large Foam Roll	1			
59	Foam Roll End Cap	3			
60	Ø 1 1/4" x 1/2" Bushing	4			

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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