

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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MWM-1558

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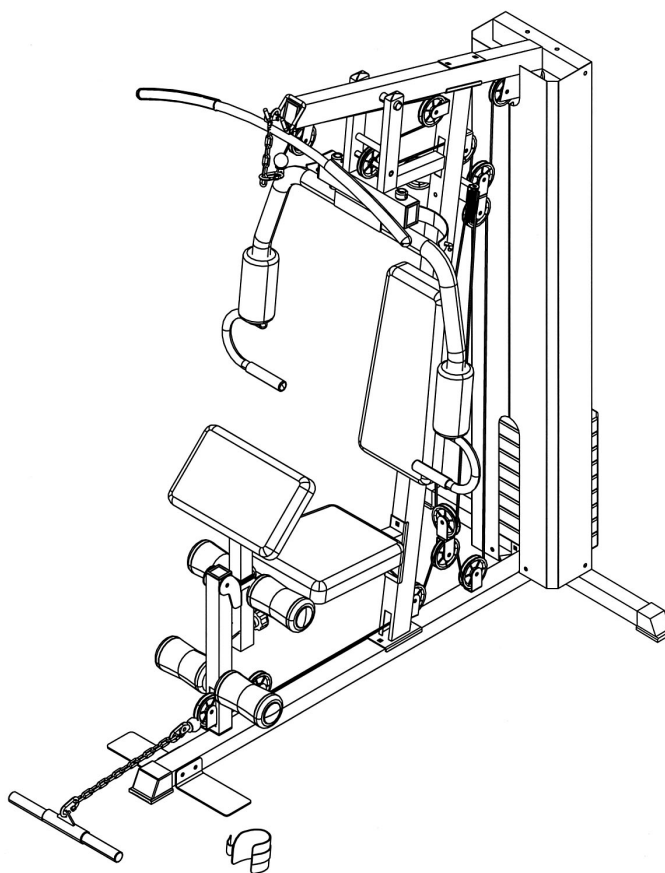
07-20-05

**OWNER'S  
MANUAL**

# IMPEX

## MARCY HOME GYM

### MWM-1558



**IMPEX INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM-1558 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 TOOL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-800-999-8899**

**Mon. – Fri. 9 a.m. – 5 p.m. PST**

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

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

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

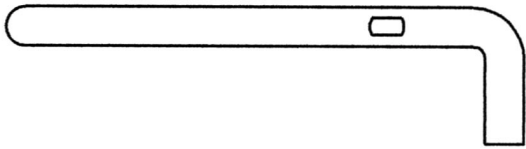
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

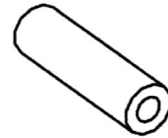
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR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

**SAVE THESE INSTRUCTIONS.**

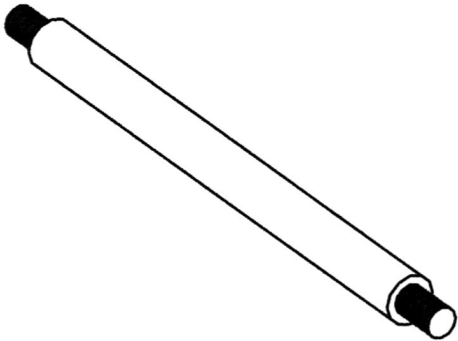
# HARDWARE PACK



#30 L-shaped Pin (Qty 1)



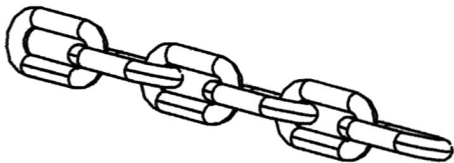
#44 Leg Developer Axle (Qty 1)



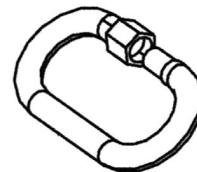
#43 Long Axle (Qty 1)



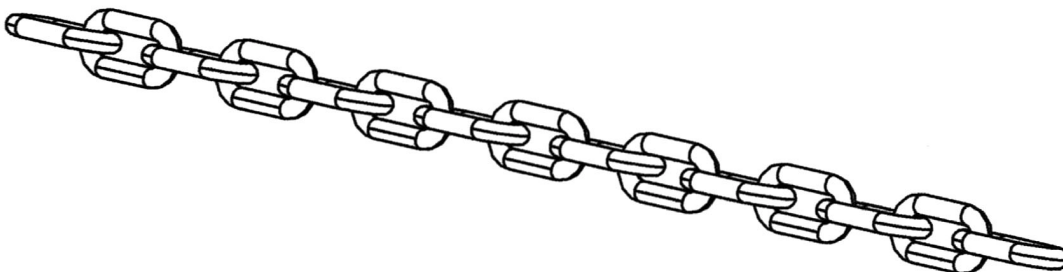
#37 Lock Ring (Qty 2)



#46 Short Chain (Qty 2)

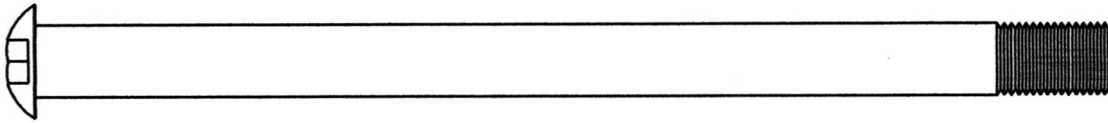


#50 C-clip (Qty 5)

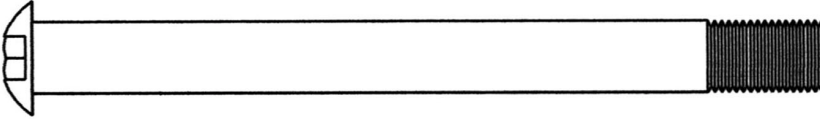


#45 Long Chain (Qty 1)

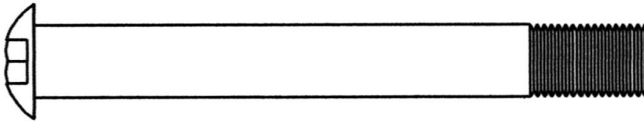
# HARDWARE PACK



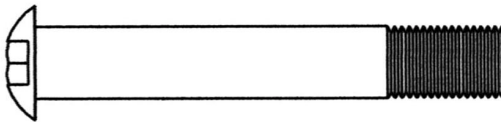
#65 M10 x 6 7/8" Allen Bolt (Qty 1)



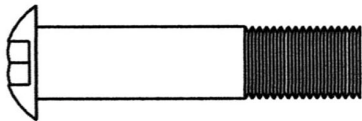
#66 M10 x 4 3/8" Allen Bolt (Qty 1)



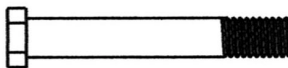
#67 M10 x 3 3/8" Allen Bolt (Qty 2)



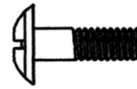
#68 M10 x 2 1/2" Allen Bolt (Qty 2)



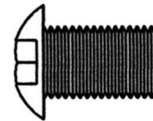
#69 M10 x 1 3/4" Allen Bolt (Qty 15)



#75 M6 x 1 5/8" Hex Bolt (Qty 2)



#79 M5 x 3/8" Philips Screw (Qty 4)

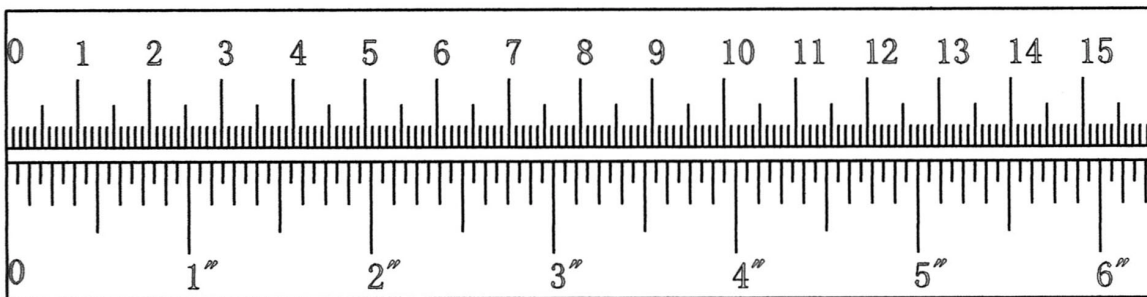


#71 M10 x 5/8" Allen Bolt (Qty 8)

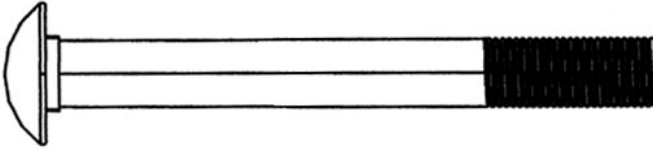


#70 M10 x 1" Allen Bolt (Qty 5)

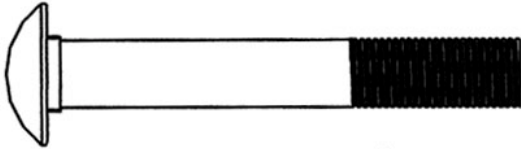
mm



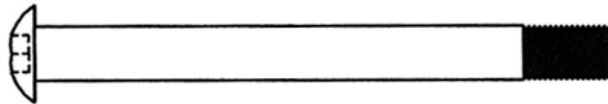
# HARDWARE PACK



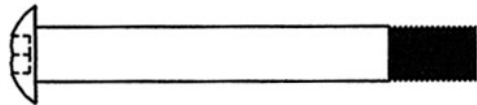
#76 M10 x 3 1/2" Carriage Bolt (Qty 6)



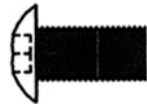
#77 M10 x 2 3/4" Carriage Bolt (Qty 4)



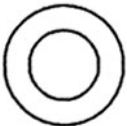
#72 M8 x 3 3/8" Allen Bolt (Qty 2)



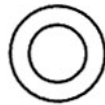
#73 M8 x 2 1/2" Allen Bolt (Qty 2)



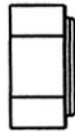
#74 M8 x 5/8" Allen Bolt (Qty 2)



#80 Ø 3/4" Washer (Qty 62)



#81 Ø 5/8" Washer (Qty 6)



#82 M10 Aircraft Nut (Qty 32)

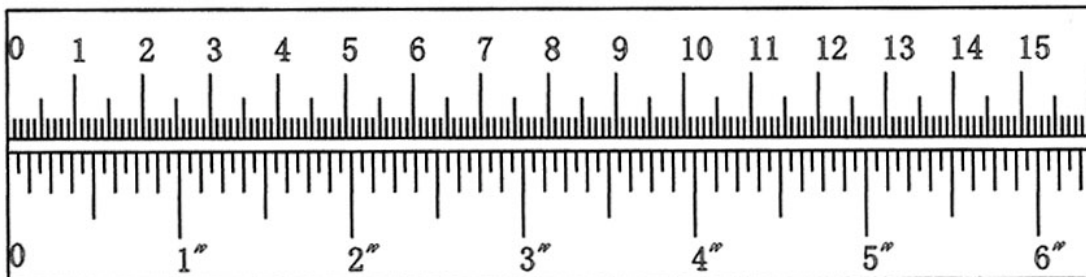


#83 M6 Aircraft Nut (Qty 2)



#38 M5 Aircraft Nut (Qty 4)

mm

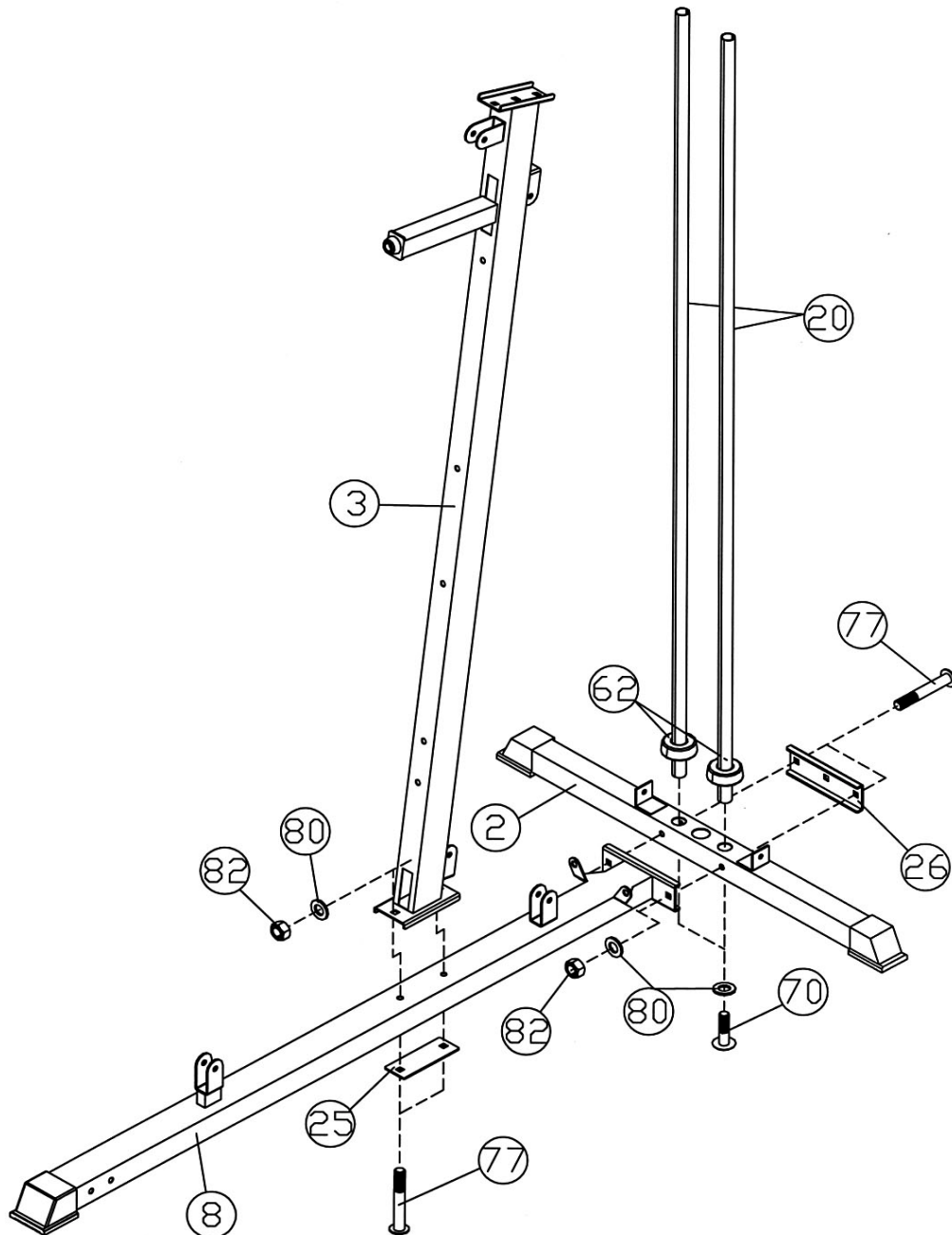


# ASSEMBLY INSTRUCTION

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

## STEP 1 (See Diagram 1)

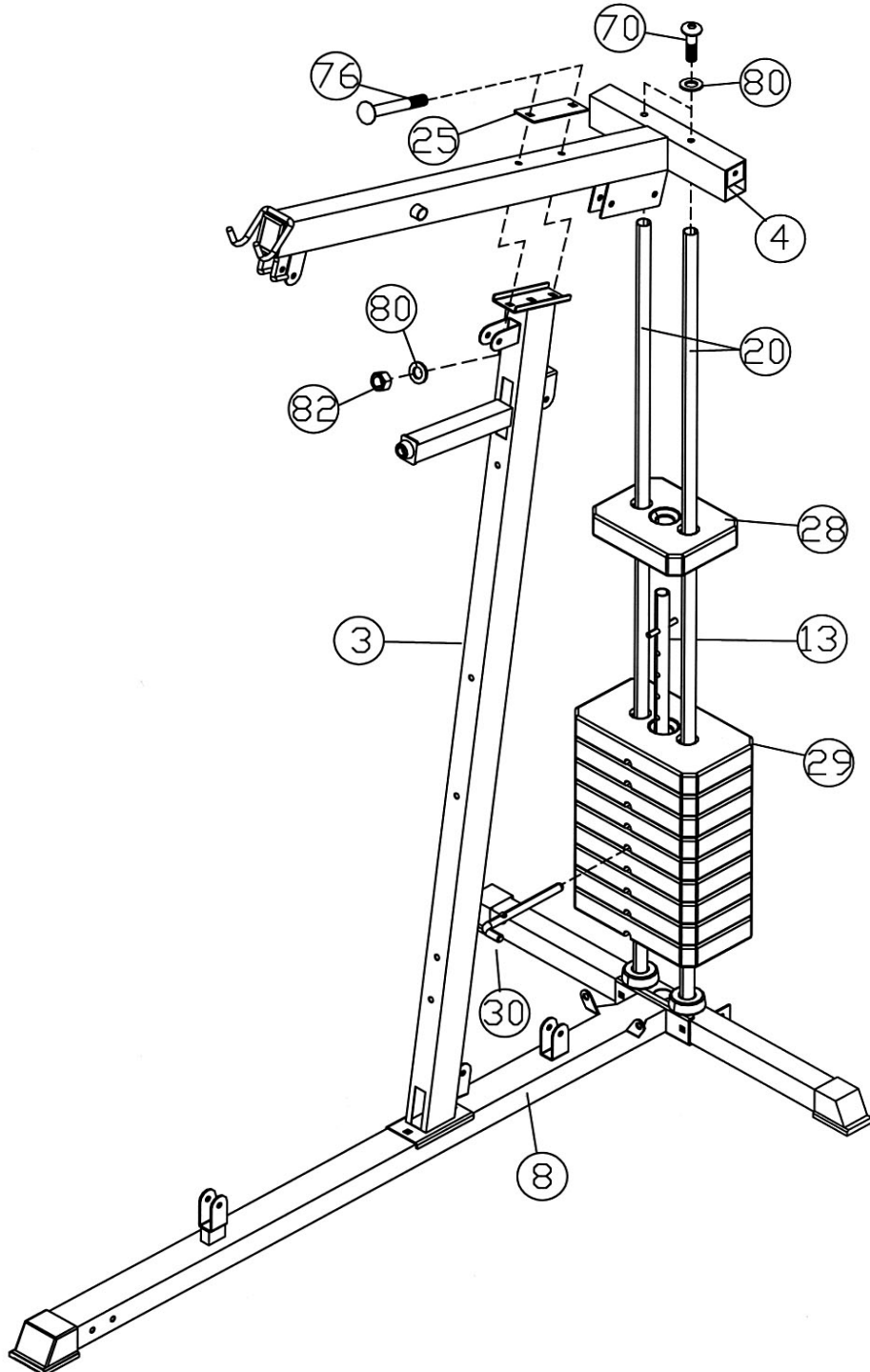
- A.) Attach the Front Vertical Frame (#3) to the Main Base Frame (#8). Secure it with two M10 x 2 3/4" Carriage Bolts (#77), one 5 1/2" x 2" Bracket (#25), two Ø 3/4" Washers (#80), and two M10 Aircraft Nuts (#82). DO NOT tighten all the nuts and bolts yet.
- B.) Push two Ø 2 1/2" Guide Rod Rubber Bumpers (#62) onto the Guide Rods (#20) from the bottom. Insert the Guide Rods into the holes on the Rear Base Frame (#2). Secure it with two M10 x 1" Allen Bolts (#70) and Ø 3/4" Washers (#80) from the bottom of the Rear Base Frame.
- C.) Connect the Main Base Frame (#8) to the Rear Base Frame (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#77), one Rear Base Frame Bracket (#26), two Ø 3/4" Washers (#80), and two M10 Aircraft Nuts (#82).





**STEP 2 (See Diagram 2)**

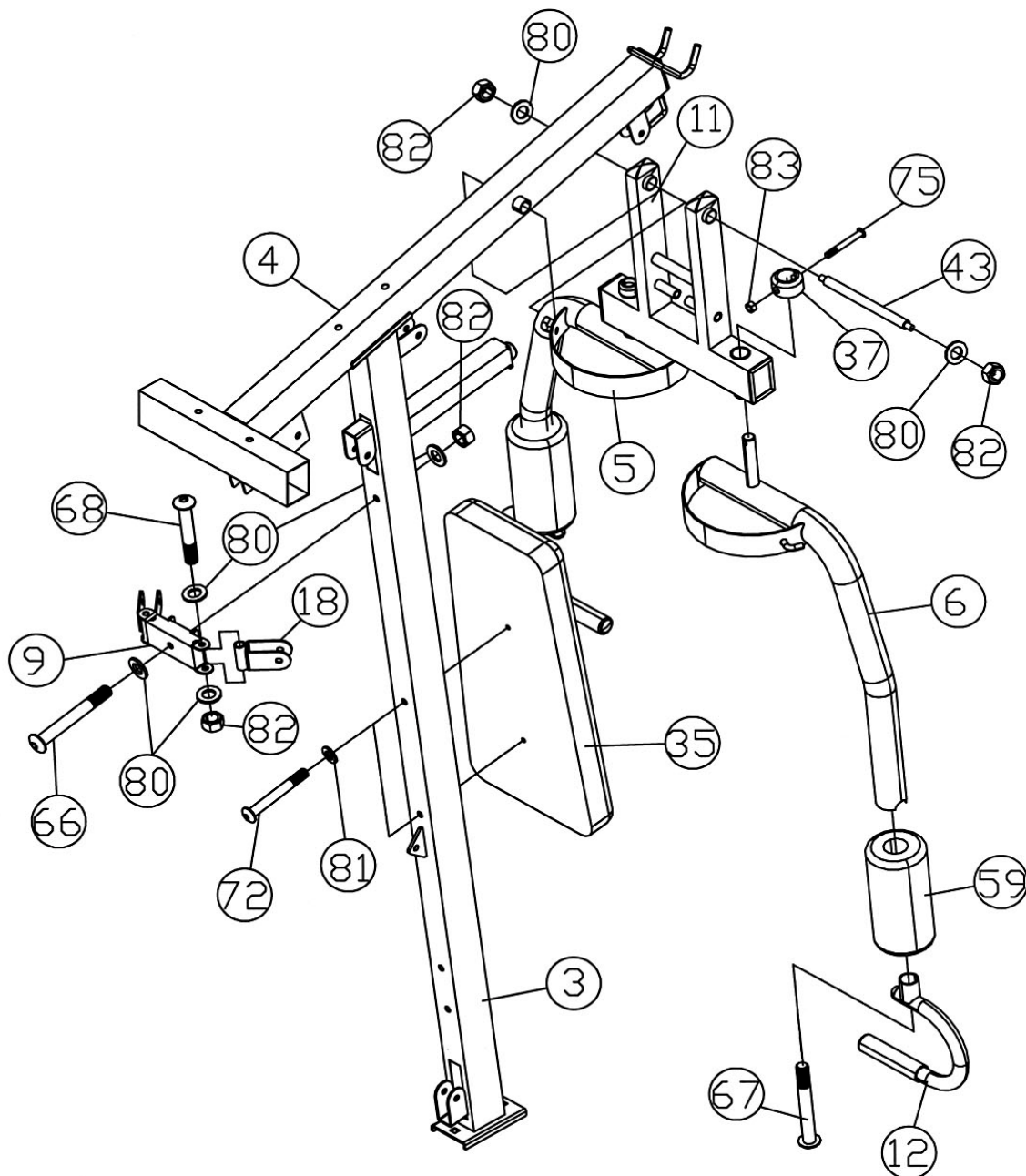
- A.) Slide the 9 Weight Plates (#29) onto the Guide Rods (#20). Align the holes of the Weight Plates. Insert the Selector Rod (#13) through the center hole. Use a L-shaped Pin (#30) to select the number of plates.
- B.) Slide the Selector Stem (#28) onto the Guide Rods.
- C.) Attach the Upper Frame (#4) to the two Guide Rods. Place the Upper Frame onto the Front Vertical Frame (#3).
- D.) Secure the Upper Frame to the Guide Rods with two M10 x 1" Allen Bolts (#70) and  $\text{\O} \frac{3}{4}$ " Washers (#80).
- E.) Secure the Upper Frame to the Front Vertical Frame with two M10 x 3  $\frac{1}{2}$ " Carriage Bolts (#76), one 5  $\frac{1}{2}$ " x 2" Bracket (#25), two  $\text{\O} \frac{3}{4}$ " Washers (#80), and two M10 Aircraft Nuts (#82). Tighten all bolts and nuts previously installed.





### STEP 3 (See Diagram 3)

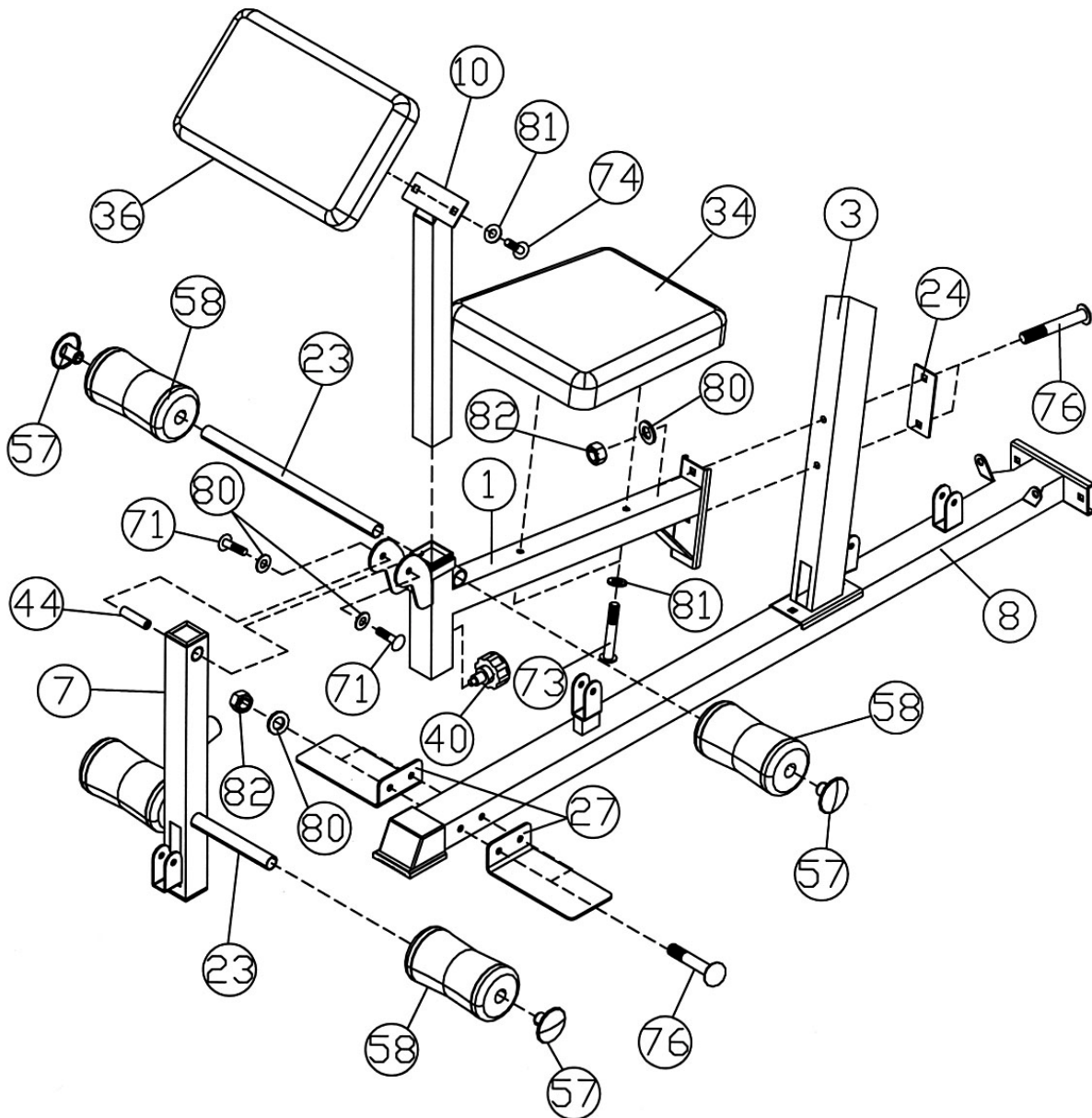
- A.) Attach the Front Press Base (#11) to the Upper Frame (#4). Secure it with one Long Axle (#43), two  $\text{\O} \frac{3}{4}$ " Washers (#80), and two M10 Aircraft Nuts (#82).
- B.) Attach the Right Butterfly (#6) to the Front Press Base. Secure it with one M6 x 1 5/8" Hex Bolt (#75), Lock Ring (#37), and M6 Aircraft Nut (#83).
- C.) Slide a Butterfly Foam Roll (#59) onto the Right Butterfly arm. Attach a Front Press Handle (#12) to the Right Butterfly. Secure it with a M10 x 3 3/8" Allen Bolt (#67).
- D.) Repeat the Step B&C above to install the Left Butterfly (#5).
- E.) Attach the Butterfly Pulley Bracket (#9) to the Front Vertical Frame (#3). Secure it with one M10 x 4 3/8" Allen Bolt (#66), two  $\text{\O} \frac{3}{4}$ " Washers (#80), and one M10 Aircraft Nut (#82).
- F.) Attach Swivel Pulley Brackets (#18) to each end of the Butterfly Pulley Bracket (#9). Secure each Bracket with one M10 x 2 1/2" Allen Bolt (#68), two  $\text{\O} \frac{3}{4}$ " Washers (#80), and one M10 Aircraft Nut (#82). Do Not over tighten; make sure the bracket (#18) is able to swivel freely.
- G.) Attach the Backrest Board (#35) to the Front Vertical Frame (#3). Secure it with two M8 x 3 3/8" Allen Bolts (#72) and  $\text{\O} \frac{5}{8}$ " Washers (#81).



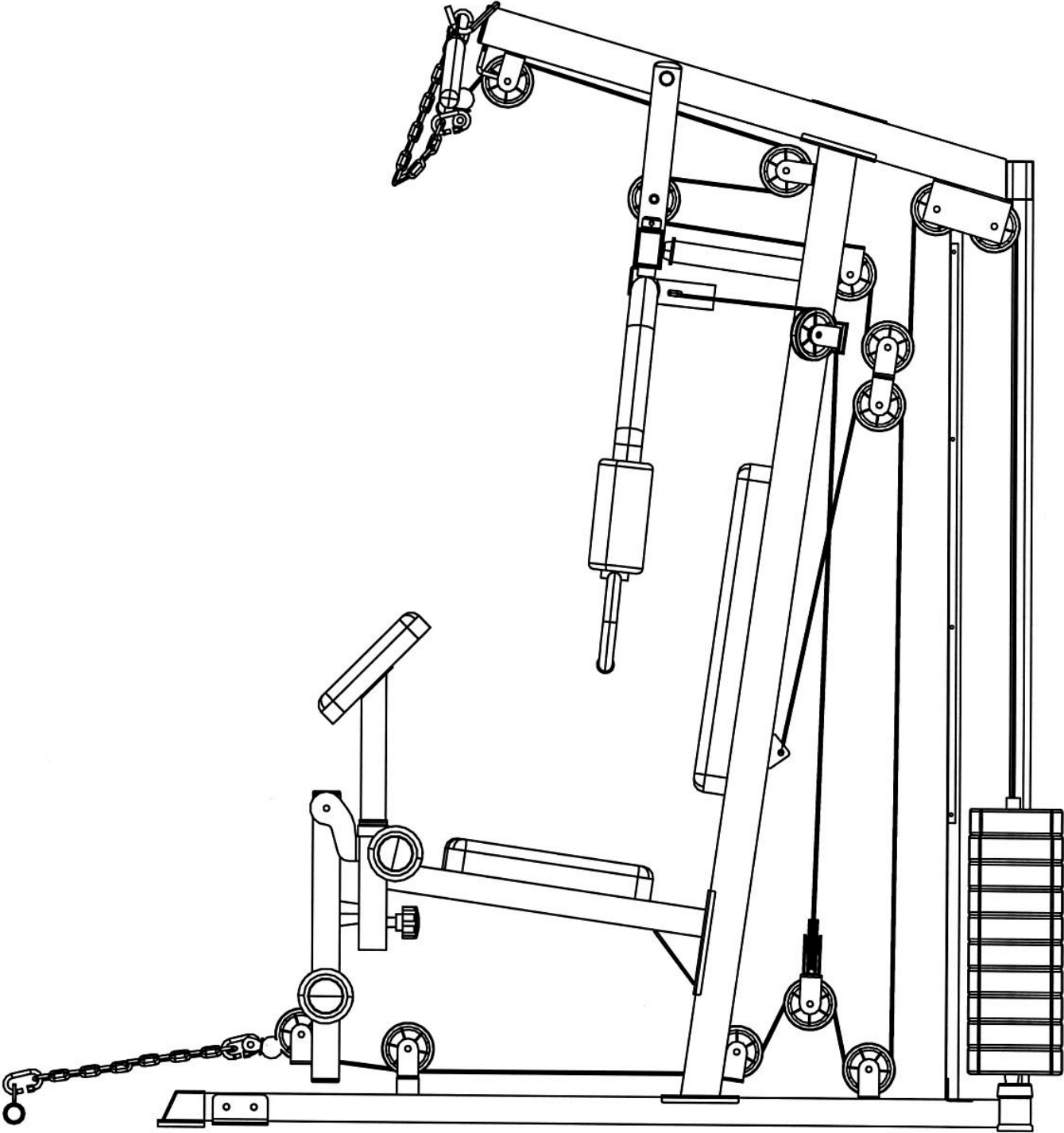
#### STEP 4 (See Diagram 4)

- A.) Attach the Main Seat Support (#1) to the Front Vertical Frame (#3). Secure it with two M10 x 3 1/2" Carriage Bolts (#76), one 4 3/4" x 2" Bracket (#24), two Ø 3/4" Washers (#80), and two M10 Aircraft Nuts (#82).
- B.) Attach the Leg Developer (#7) to the bracket on the Main Seat Support. Secure it with a Leg Developer Axle (#44), two M10 x 5/8" Allen Bolts (#71), and two Ø 3/4" Washers (#80).
- C.) Insert two Foam Tubes (#23) halfway through the holes on the Leg Developer and Main Seat Support. Push four Foam Rolls (#58) onto the Foam Tubes from both ends. Plug four Foam Roll End Caps (#57) onto the ends.
- D.) Place the Seat (#34) onto the Main Seat Support (#1). Secure it with two M8 x 2 1/2" Allen Bolts (#73) and Ø 5/8" Washers (#81).
- E.) Attach the Arm Curl Pad (#36) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen bolts (#74) and Ø 5/8" Washers (#81). Insert the Arm Curl Stand into the front opening on the Main Seat Support. Secure it with a Lock Knob (#40).
- F.) Attach two Foot Plates (#27) to the Main Base Frame (#8). Secure them with two M10 x 3 1/2" Carriage Bolts (#76), Ø 3/4" Washers (#80), and M10 Aircraft Nuts (#82).

**DIAGRAM 4**



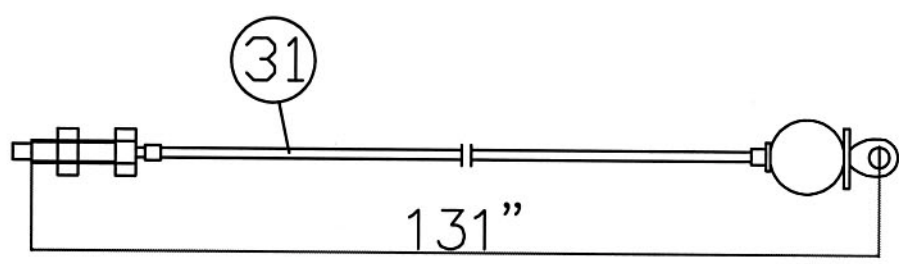
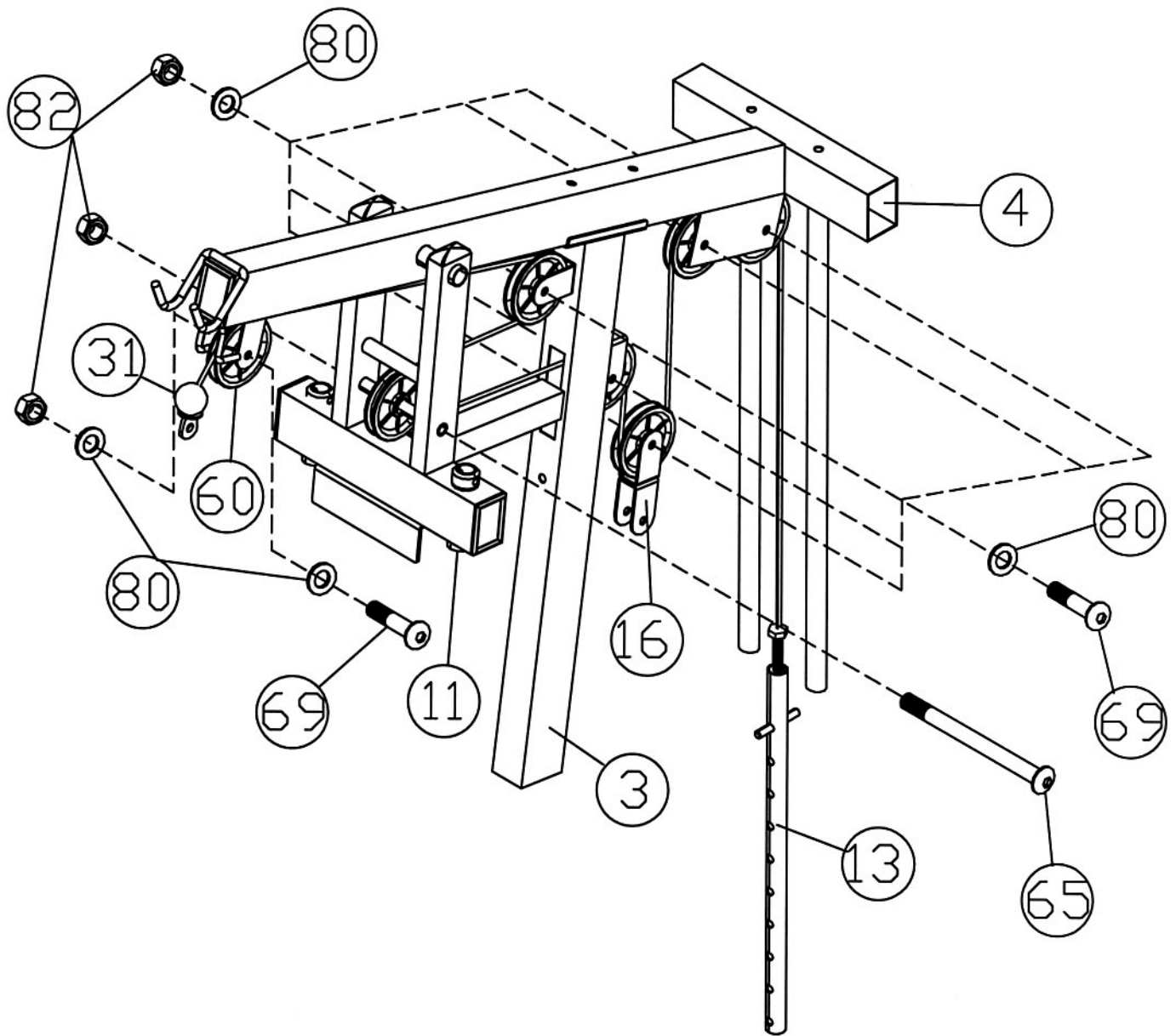
# CABLE LOOP DIAGRAM



## **STEP 5 (See Diagram 5 & Cable Loop Diagram)**

- A.) Attach the 131" Upper Cable (#31) to the opening at the front of the Upper Frame (#4). Note: The Ball Stopper on the cable should be underneath the Frame.
- B.) Attach a Pulley (#60) to the open bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- C.) Draw the Cable towards the back of the machine to the open bracket on the Upper Frame. Repeat step B above to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back towards the opening on the Front Press Base (#11).
- E.) Attach a Pulley to the opening on the Front Press Base. Secure the Pulley with one M10 x 6 7/8" Allen Bolt (#65) and one M10 Aircraft Nut (#82).
- F.) Draw the Cable around the Pulley and through the opening to the open bracket on the Front Vertical Beam (#3). Repeat step B above to install another Pulley.
- G.) Draw the Cable around the Pulley then pull the Cable downwards. Attach the Cable to a Double Floating Pulley Bracket (#16). Install another Pulley. Let the bracket hanging for now.
- H.) Pull the Cable upward to the open bracket on the back of Upper Frame. Install two pulleys to the bracket.
- I.) Pull the Cable downward between the two Guide Rods to the Selector Rod (#13). Thread the bolt at the end of the Cable into the opening on top of the Selector Rod (#13) to secure the Cable.

DIAGRAM 5

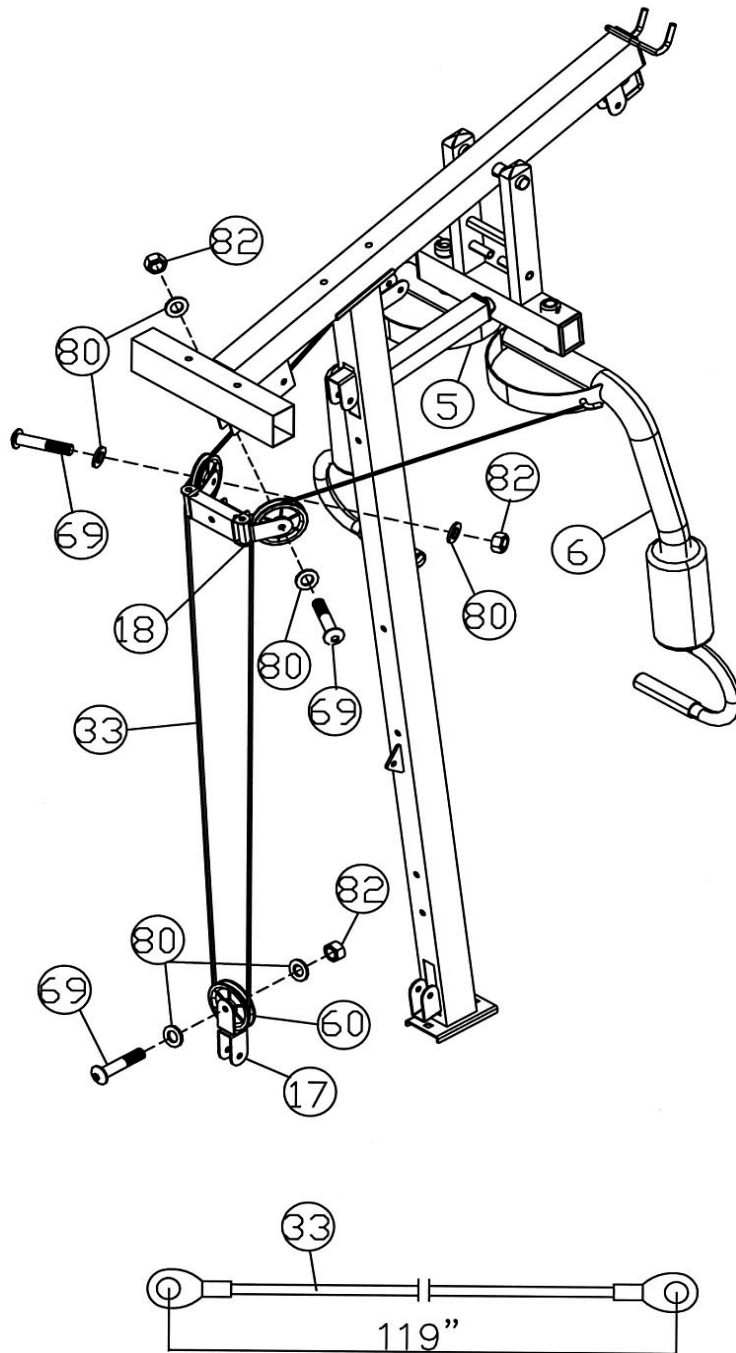




**STEP 6 (See Diagram 6 & Cable Loop Diagram)**

- A.) Attach one end of the 119" Butterfly Cable (#33) to the hook on the Right Butterfly (#6).
- B.) Draw the Cable to the right Swivel Pulley Bracket (#18).
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- D.) Draw the Cable around the Pulley then downward. Attach the Cable to a Crossed Double Floating Pulley Bracket (#17). Install another Pulley. Let the Bracket hanging for now.
- E.) Pull the Cable around the Pulley then upward to the left Swivel Pulley Bracket. Repeat Step C above to install a Pulley.
- F.) Draw the Cable to the left Butterfly. Attach the end to the hook on the Left Butterfly.

**DIAGRAM 6**

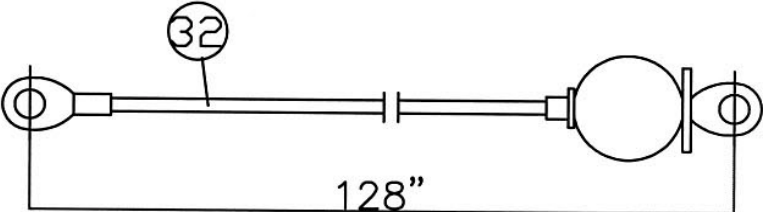
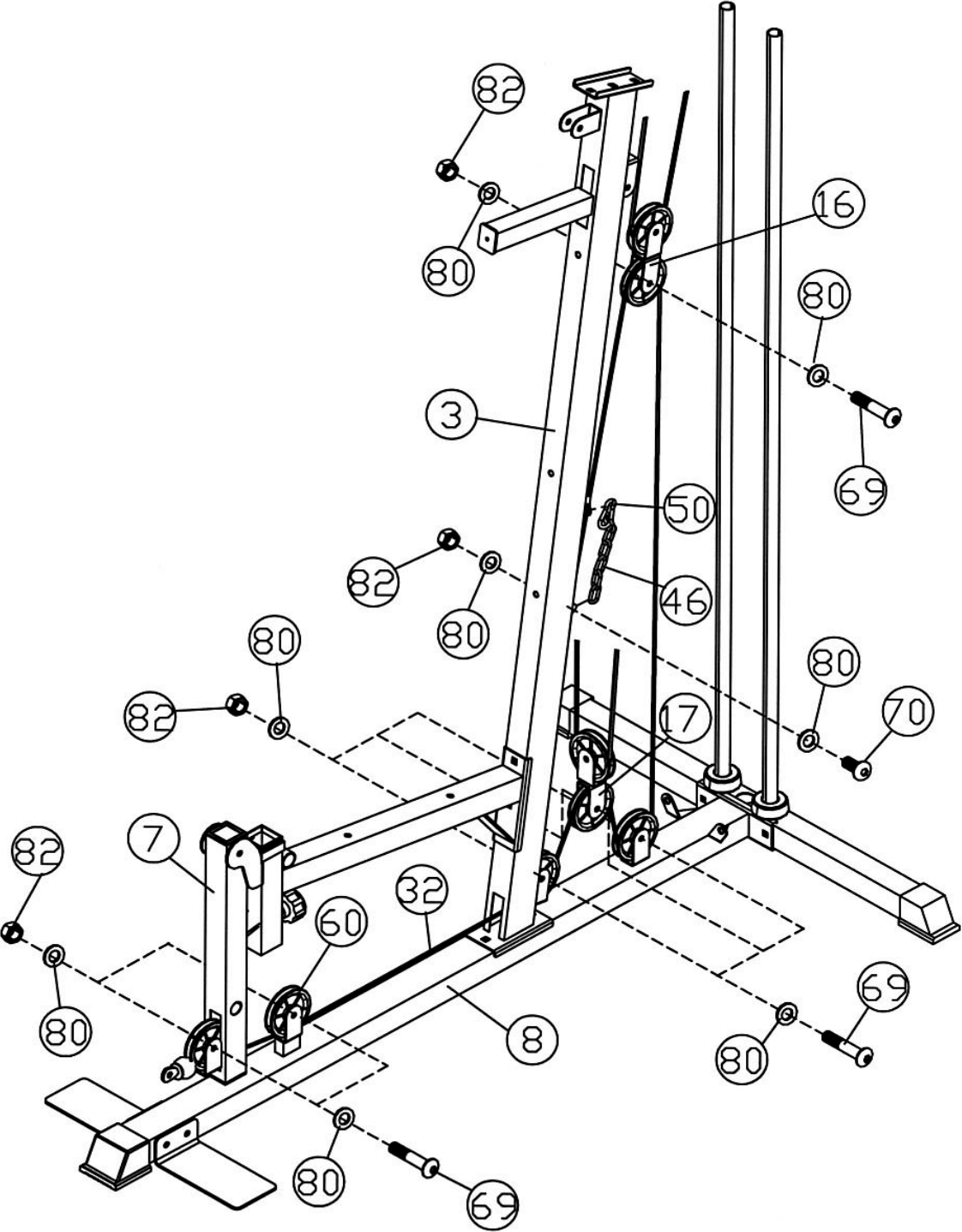


## **STEP 7 (See Diagram 7 & Cable Loop Diagram)**

- A.) Attach the 128" Lower Cable (#32) to the open bracket on the bottom of the Leg Developer (#7).
- B.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- C.) Draw the Cable underneath the Pulley to the open bracket on the Main Base Frame (#8). Repeat Step B above to install a Pulley.
- D.) Draw the Cable underneath the Pulley along the top of the Main Base Frame through the hole on the bottom of the Front Vertical Frame to an open bracket. Install another Pulley.
- E.) Pull the Cable upward to the Crossed Double Floating Pulley Bracket (#17) previously installed in Step-6. Install another Pulley.
- F.) Draw the Cable around the Pulley then downward to the open bracket on the Main Base Frame. Install another Pulley.
- G.) Pull the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#16) previously installed in Step-5. Install another Pulley.
- H.) Draw the Cable around the Pulley then pull downward. Connect the Cable to a C-clip (#50) then connect the C-clip to a Short Chain (#46).
- I.) Connect the Short Chain to the bracket on the back of the Front Vertical Frame. Secure it with one M10 x 1" Allen Bolt (#70), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- J.) Adjust the tension of the Cable by adjusting the length of the Short Chain. For best performance of the machine, adjust the Chain so the Selector Stem (Top Plate) on the weight stack is 1/4" above the first plate. While adjusting the weight stack, push down on the Selector Stem to close up the gap then pin the plates. This will remove the slag in the cable system so the range of motion is smooth and tight.



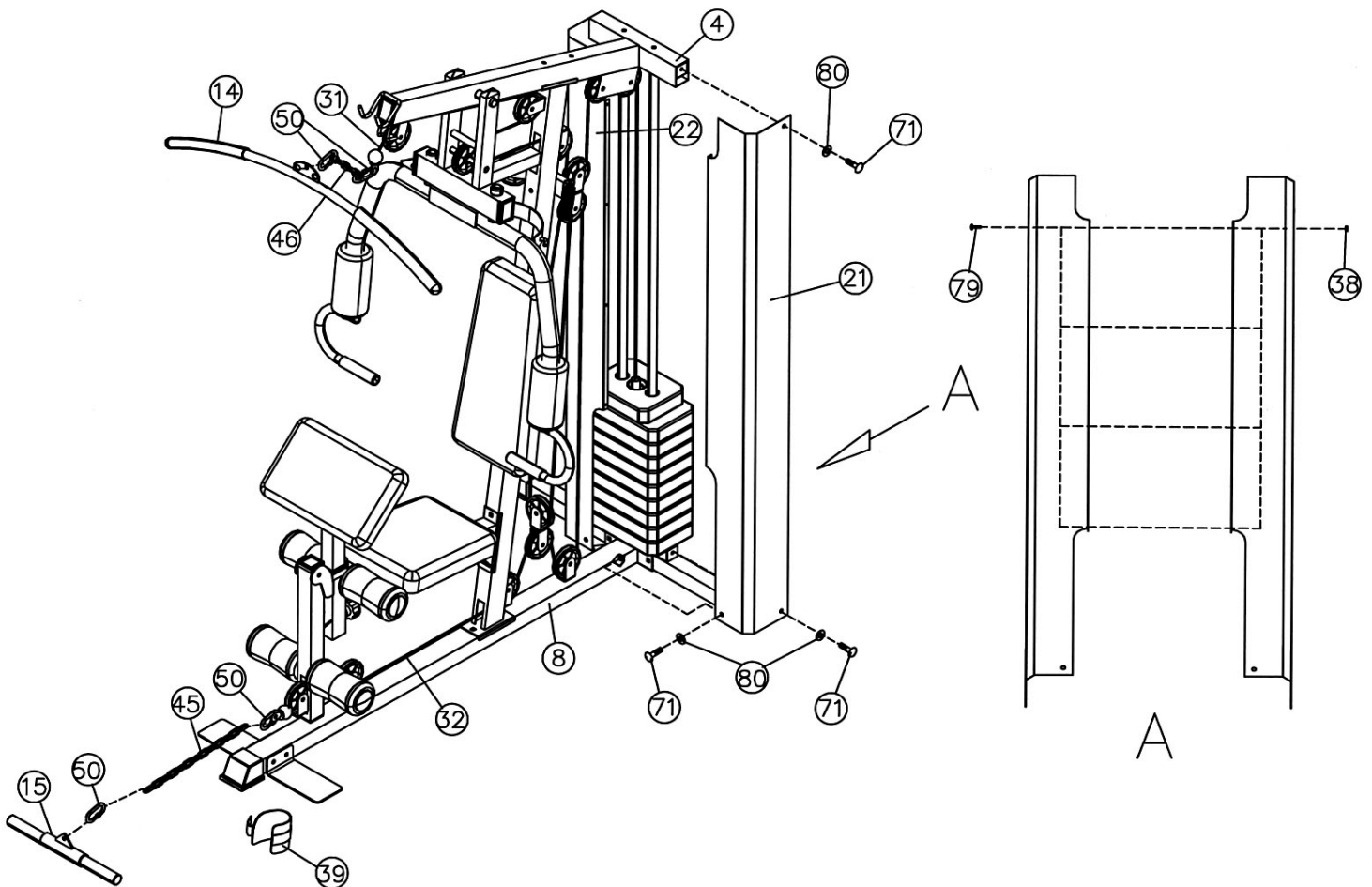
DIAGRAM 7



## STEP 8 (See Diagram 8)

- A.) Attach a Short Chain (#46) to the Upper Cable (#31) by using a C-clip (#50). Attach the Lat Bar (#14) to the Chain by using another C-clip. Adjust the length of the Chain to obtain desired Lat Bar exercise.
- B.) Attach a Long Chain (#45) to the Lower Cable (#32) by using a C-clip (#50). Attach the Arm Curl Handle (#15) to the Chain by using another C-clip. Adjust the length of the Chain to obtain the desired Arm Curl exercise. Remove the Chain and the Handle when using the Leg Developer.
- C.) Attach Left & Right Weight Stack Covers (#21 & #22) to the Upper Frame (#4), Main Base Frame (#8), and Rear Base Frame (#2). Secure them with six M10 x 5/8" Allen Bolts (#71) and  $\text{\O} \frac{3}{4}$ " Washers (#80).
- D.) From the back of the Covers, secure the two covers together with four M5 x 3/8" Philips Screws and M5 Aircraft Nuts (#38).

### DIAGRAM 8



## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Seat Support	1	51	Front Base Frame End Cap	1
2	Rear Base Frame	1	52	Rear Base Frame End Cap	2
3	Front Vertical Frame	1	53	2" x 1" End Cap	2
4	Upper Frame	1	54	2 3/4" x 2" End Cap	3
5	Left Butterfly	1	55	2" Square End Cap	2
6	Right Butterfly	1	56	Ø 1" Cone-shaped End Cap	3
7	Leg Developer	1	57	Foam Roll End Cap	4
8	Main Base Frame	1	58	Foam Roll	4
9	Butterfly Pulley Bracket	1	59	Butterfly Foam Roll	2
10	Arm Curl Stand	1	60	Pulley	16
11	Front Press Base	1	61	Ø 1 1/2" Rubber Bumper	1
12	Front Press Handle	2	62	Ø 2 1/2" Guide Rod Rubber Bumper	2
13	Selector Rod	1	63	Ø 1 3/4" Rubber Bumper	1
14	Lat Bar	1	64	Ø 1" Bushing	8
15	Arm Curl Handle	1	65	M10 x 6 7/8" Allen Bolt	1
16	Double Floating Pulley Bracket	1	66	M10 x 4 3/8" Allen Bolt	1
17	Crossed Double Floating Pulley Bracket	1	67	M10 x 3 3/8" Allen Bolt	2
18	Swivel Pulley Bracket	2	68	M10 x 2 1/2" Allen Bolt	2
19	Arm Curl Handle Tube	1	69	M10 x 1 3/4" Allen Bolt	15
20	Guide Rod	2	70	M10 x 1" Allen Bolt	5
21	Left Weight Stack Cover	1	71	M10 x 5/8" Allen Bolt	8
22	Right Weight Stack Cover	1	72	M8 x 3 3/8" Allen Bolt	2
23	Foam Tube	2	73	M8 x 2 1/2" Allen Bolt	2
24	4 3/4" x 2" Bracket	1	74	M8 x 5/8" Allen Bolt	2
25	5 1/2" x 2" Bracket	2	75	M6 x 1 5/8" Hex Bolt	2
26	Rear Base Frame Bracket	1	76	M10 x 3 1/2" Carriage Bolt	6
27	Foot Plate	2	77	M10 x 2 3/4" Carriage Bolt	4
28	Selector Stem	1	78	M6 x 5/8" Philips Screw	2
29	Weight Plate	9	79	M5 x 3/8" Philips Screw	4
30	L-shaped Pin	1	80	Ø 3/4" Washer	62
31	Upper Cable (131")	1	81	Ø 5/8" Washer	6
32	Lower Cable (128")	1	82	M10 Aircraft Nut	32
33	Butterfly Cable (119")	1	83	M6 Aircraft Nut	2
34	Seat	1			
35	Backrest Board	1			
36	Arm Curl Pad	1			
37	Lock Ring	2			
38	M5 Aircraft Nut	4			
39	Ankle Strap	1			
40	Lock Knob	1			
41	Ø 1 1/8" Bushing	2			
42	Ø 1 1/2" Bushing	2			
43	Long Axle	1			
44	Leg Developer Axle	1			
45	Long Chain	1			
46	Short Chain	2			
47	Sliding Sleeve	1			
48	Handle Grip	4			
49	Lat Bar Grip	2			
50	C-clip	5			

# MWM1558 WEIGHT RESISTANCE CHART

Weight Plate	Front Press	Butterfly	Lat Pull	Leg Developer/Low Pulley
1	30	15	30	30
2	42	20	40	40
3	54	25	50	50
4	66	30	60	60
5	78	35	70	70
6	90	40	80	80
7	102	45	90	90
8	114	50	100	100
9	126	55	110	110

**Note: Each plate weights 10 lbs.**

**Numbers are approximate. Actual weights may vary.**

**Values for Butterfly are for each arm.**

# ***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