

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model
MWM 1801

Retain This
Manual for
Reference

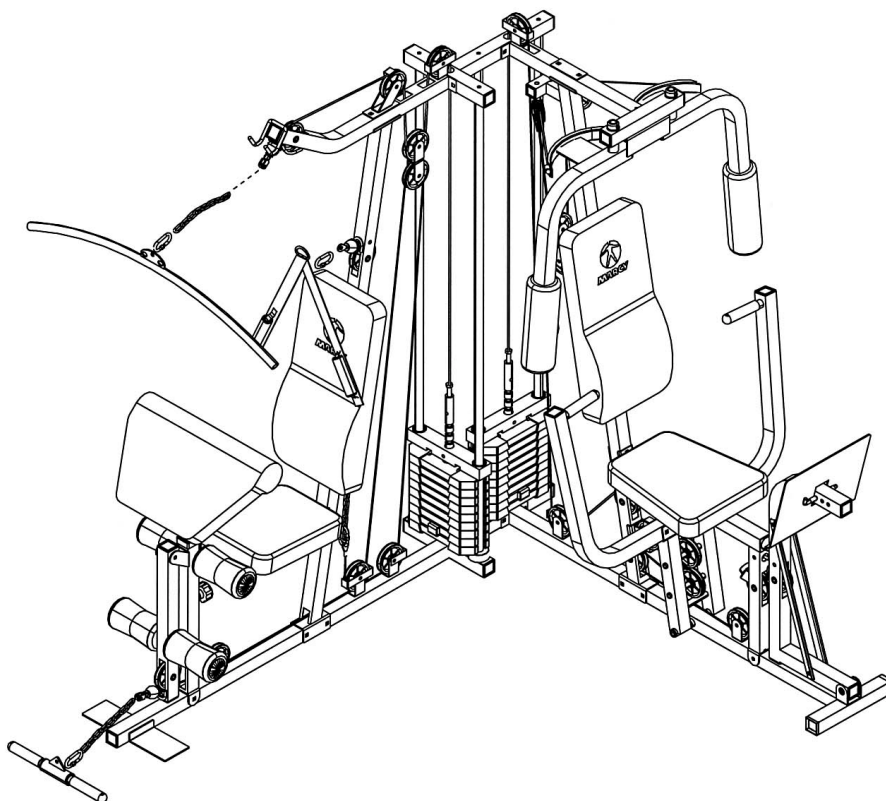
08-18-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

MARCY HOME GYM

MWM 1801



IMPEx FITNESS PRODUCTS

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

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

www.impex-fitness.com

info@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	3
ASSEMBLY INSTRUCTIONS.....	5
HOW TO USE.....	25
PARTS LIST.....	26
RESISTANCE CHART.....	27
WARRANTY.....	28
ORDERING PARTS.....	28

BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM 1801 HOME GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOO-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

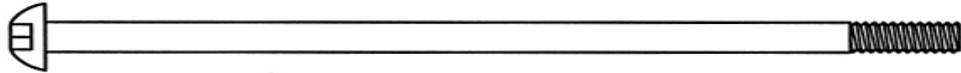
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

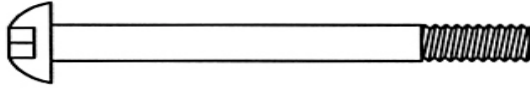
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

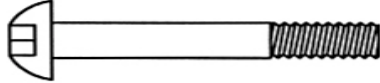
HARDWARE PACK



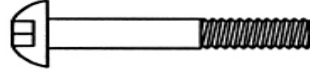
#75 M10 x 8 $\frac{1}{4}$ " Allen Bolt (Qty 2)



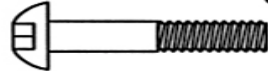
#76 M12 x 4 $\frac{3}{8}$ " Allen Bolt (Qty 2)



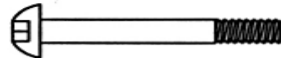
#77 M12 x 3" Allen Bolt (Qty 1)



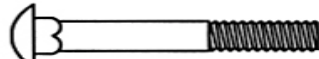
#79 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 8)



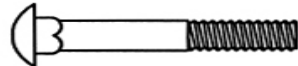
#81 M10 x 2" Allen Bolt (Qty 16)



#84 M8 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 8)



#82 M10 x 2 $\frac{1}{2}$ " Carriage Bolt (Qty 24)



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



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



#78 M10 x 1" Allen Bolt (Qty 13)



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



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



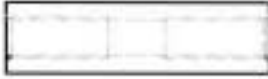
#87 M6 x 1 $\frac{5}{8}$ " Hex Bolt (Qty 2)



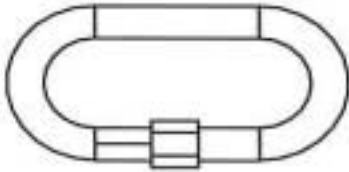
HARDWARE PACK



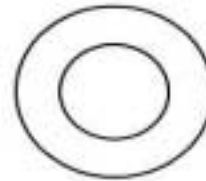
#50 M10 x 9 $\frac{1}{4}$ " Axle (Qty 1)



#56 M10 x 2" Axle (Qty 1)



#63 C-clip (Qty 5)



#54 \varnothing 1 $\frac{1}{2}$ " Washer (Qty 2)



#58 \varnothing $\frac{5}{8}$ " x $\frac{1}{2}$ " Pulley Bushing (Qty 14)



#89 M12 Aircraft Nut (Qty 3)



#92 \varnothing 1" Washer (Qty 6)



#90 M10 Aircraft Nut (Qty 57)



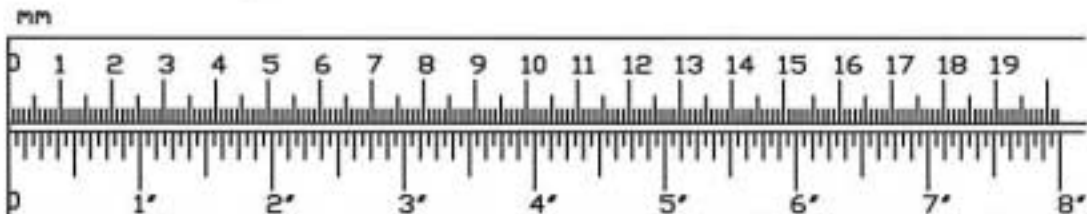
#91 M8 Aircraft Nut (Qty 2)



#93 \varnothing $\frac{3}{4}$ " Washer (Qty 82)



#94 \varnothing $\frac{1}{8}$ " Washer (Qty 11)



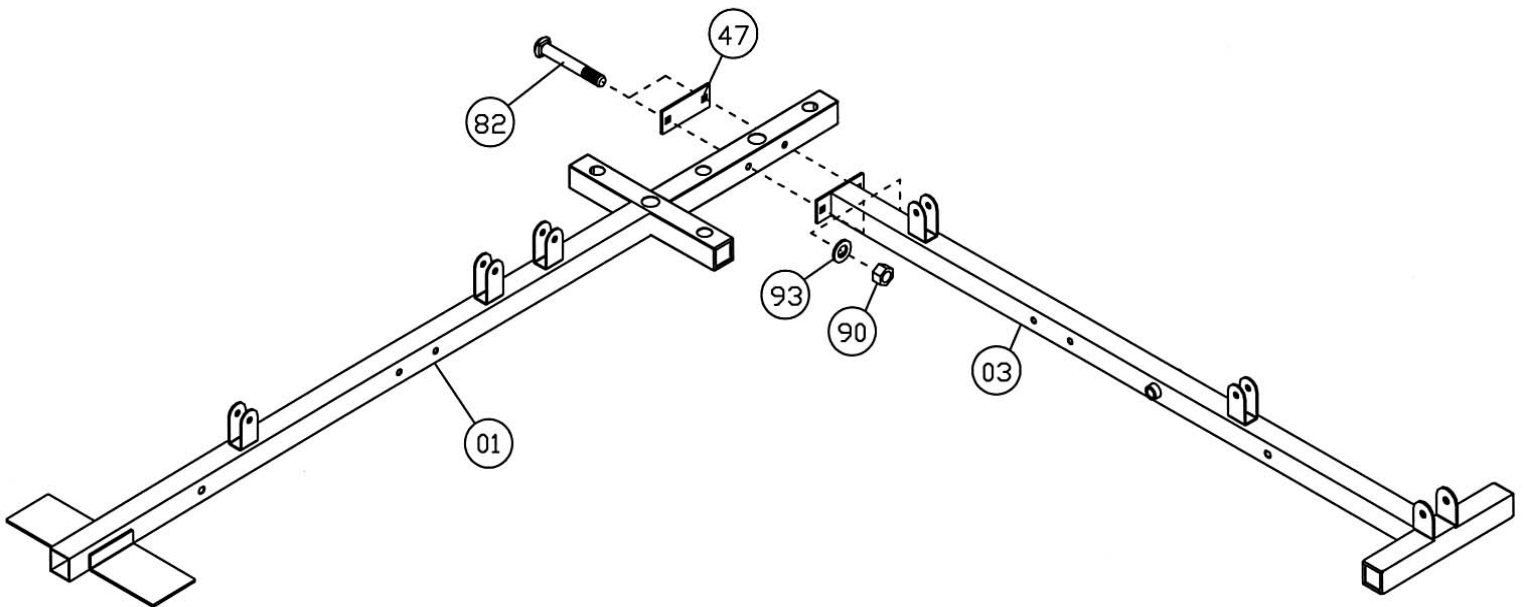
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

A.) Attach the Left Base Frame (#3) to the Right Base Frame (#1). Secure them with one Bracket (#47), two M10 x 2 1/2" Carriage Bolts (#82), two $\text{\O} \frac{3}{4}$ " Washers (#93), and two M10 Aircraft Nuts (#90).

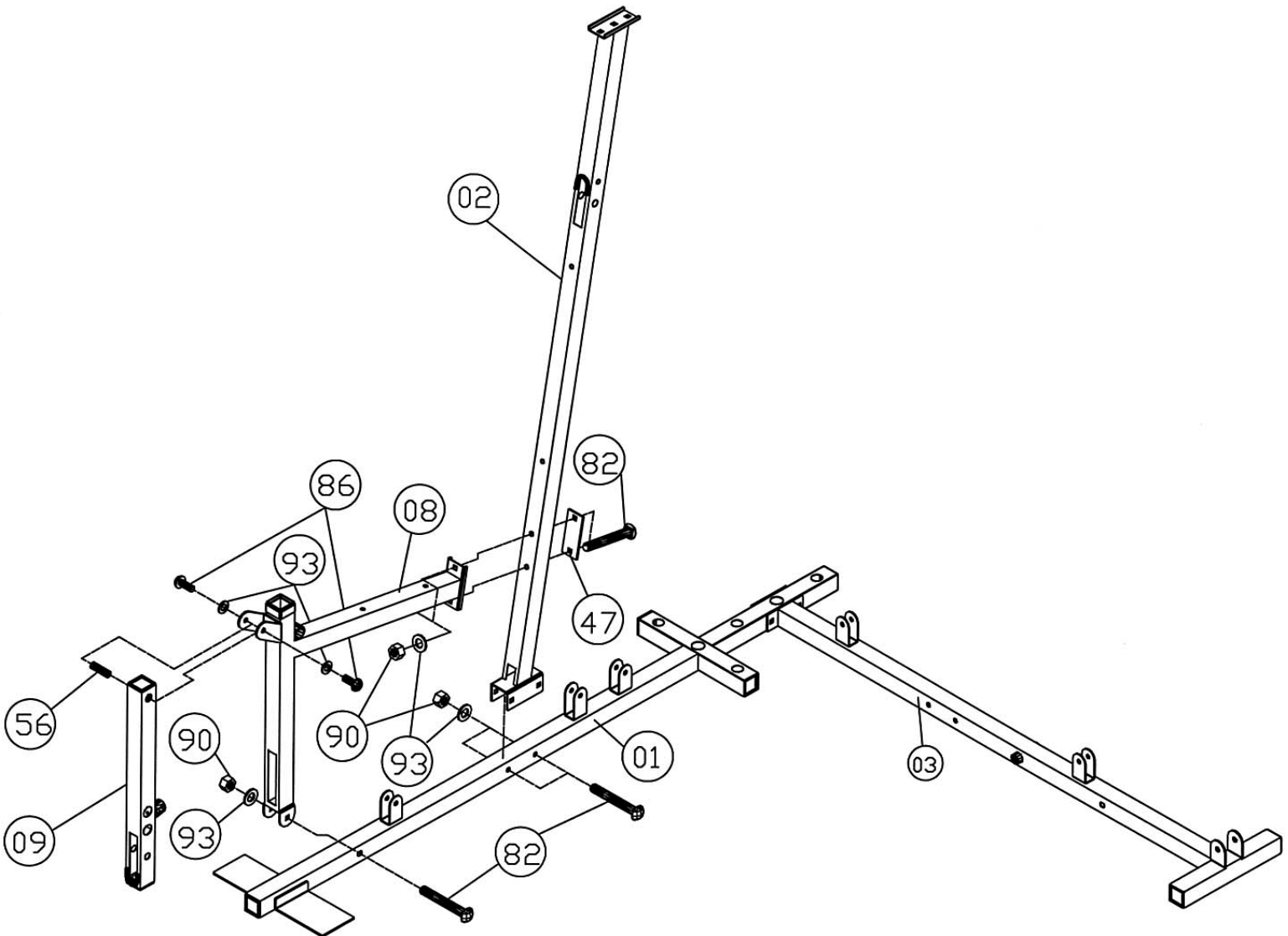
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Right Vertical Beam (#2) to the Right Base Frame (#1). Secure it with two M10 x 2 ½" Carriage Bolts (#82), Ø ¾" Washers (#93), and M10 Aircraft Nuts (#90). NOTE: Do not tighten the Nuts and Bolts yet.
- B.) Attach the Right Seat Support (#8) to the Right Base Frame (#1). Secure it with one M10 x 2 ½" Carriage Bolt (#82), Ø ¾" Washer (#93), and M10 Aircraft Nut (#90).
- C.) Attach the Right Seat Support (#8) to the Right Vertical Beam (#2). Secure it with one Bracket (#47), two M10 x 2 ½" Carriage Bolts (#82), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90).
- D.) Attach the Leg Developer (#9) to the Right Seat Support (#8). Secure it with one M10 x 2" Axle (#56), two M10 x ¾" Allen Bolts (#86), and two Ø ¾" Washers (#93). NOTE: Do not over tighten the bolts. Make sure the Leg Developer is able to swivel.

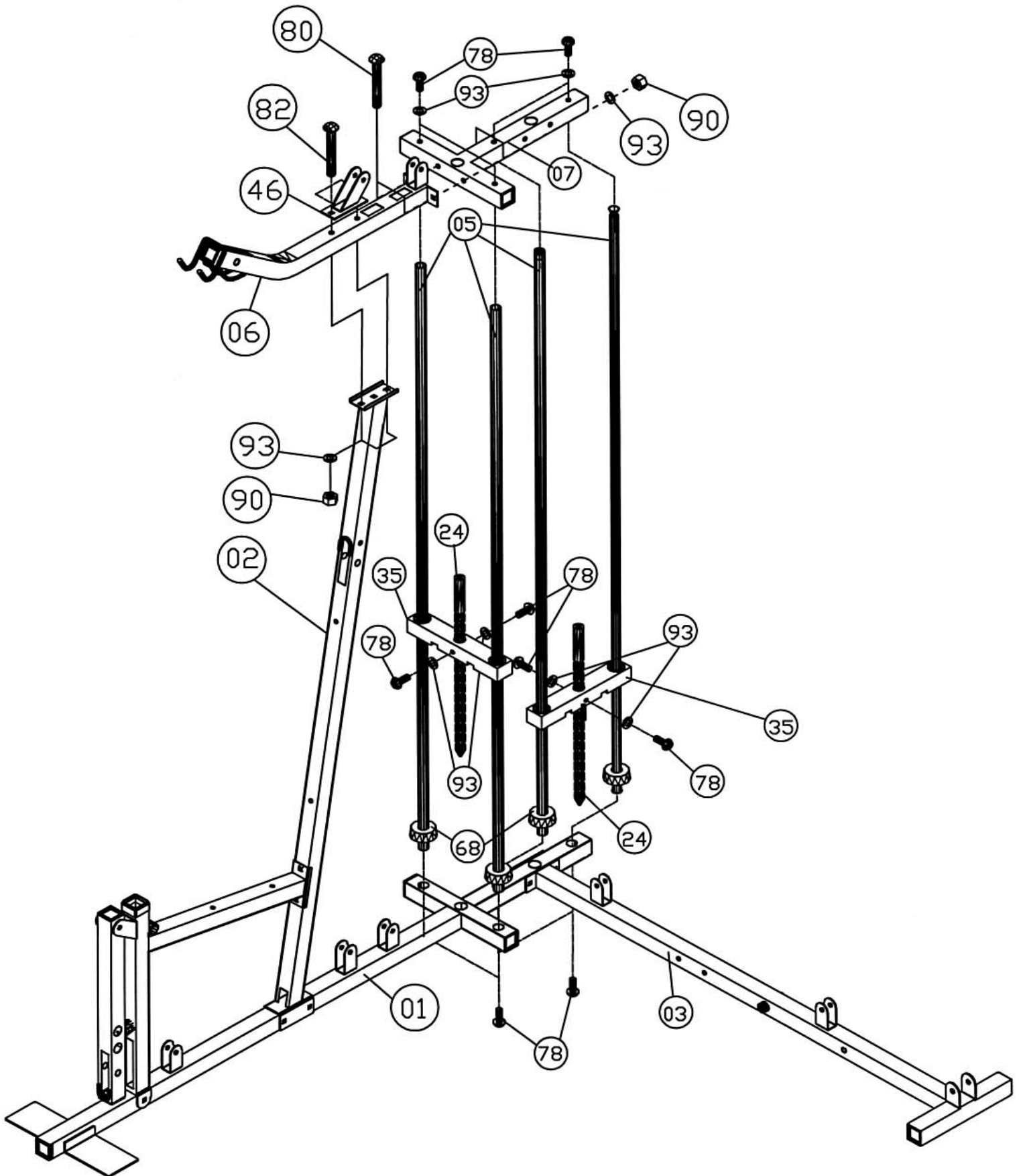
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Align four $\varnothing 2 \frac{1}{2}$ " x 1" Rubber Bumpers (#68) to the holes on the Right Base Frame (#1). Insert four Guide Rods (#5) through the Rubber Bumpers into the holes on the Right Base Frame. Slide two Selector Stems (#35) onto the Guide Rods. Insert a Selector Rod (#24) through the hole on each Selector Stem. Secure each Selector Rod to the Selector Stem with two M10 x 1" Allen Bolts (#78) and $\varnothing \frac{3}{4}$ " Washers (#93). Please note this machine comes with 18 plates, 9 to each stack. You can purchase another 5 more plates (Model no. WK51) in the future to increase the weights. It is strongly recommended to spray lubricant such as WD-40 on the two Guide Rods to minimize friction.
- B.) Attach the Right Upper Frame (#6) to the top of Right Vertical Beam (#2). Secure it with a Pulley Bracket (#46), two M10 x 2 $\frac{1}{2}$ " Carriage Bolts (#82), two $\varnothing \frac{3}{4}$ " Washers (#93), and two M10 Aircraft Nuts (#90).
- C.) Attach the Top Socket Assembly (#7) to the four Guide Rods. Make sure the Guide Rods are inserted into the holes on the Top Socket Assembly. Secure the Top Socket Assembly to the Guide Rods with four M10 x 1" Allen Bolts (#78) and $\varnothing \frac{3}{4}$ " Washers (#93).
- D.) Secure the Top Socket Assembly (#7) to the Right Upper Frame (#6) with two M10 x 2 $\frac{3}{8}$ " Carriage Bolts (#80), $\varnothing \frac{3}{4}$ " Washers (#93) and M10 Aircraft Nuts (#90).
- E.) Carefully tilt over the machine with a help of another person. Secure the Guide Rods (#5) to the Right Base Frame (#1) with four $\varnothing \frac{3}{4}$ " Washers (#93) and M10 x 1" Allen Bolts (#78).
- F.) Securely tighten all Nuts and Bolts previously installed.

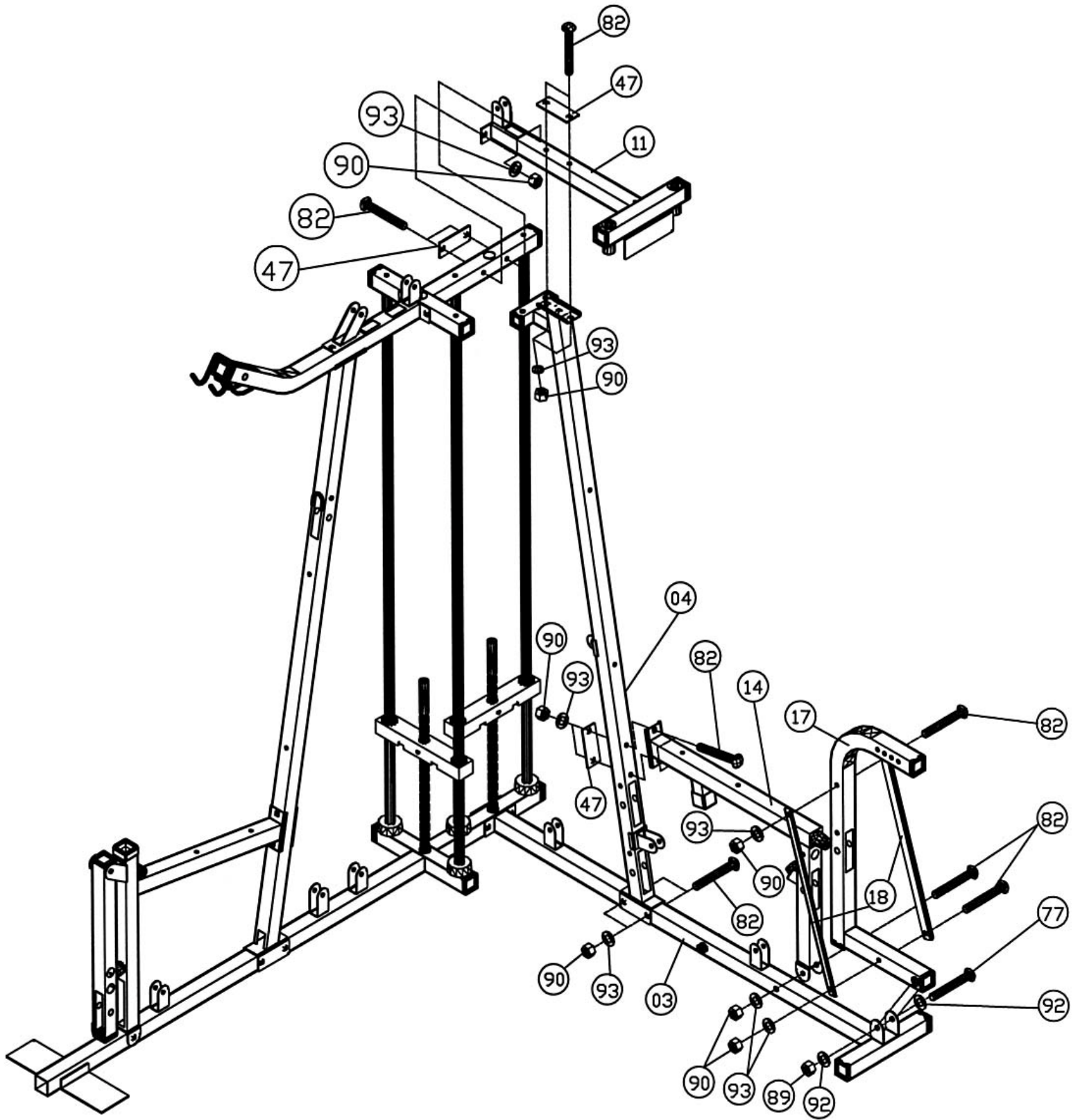
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Left Vertical Beam (#4) to the Left Base Frame (#3). Secure it with two M10 x 2 ½" Carriage Bolts (#82), Ø ¾" Washers (#93), and M10 Aircraft Nuts (#90).
- B.) Attach the Left Upper Frame (#11) to the Top Socket Assembly (#7) and the Left Vertical Beam. Secure the Frame to the Left Vertical Beam with one Bracket (#47), two M10 x 2 ½" Carriage Bolts (#82), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90). Secure the Frame to the Top Socket Assembly with one Bracket (#47), two M10 x 2 ½" Carriage Bolts (#82), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90).
- C.) Attach the Left Seat Support (#14) to the Left Base Frame (#3) and the Left Vertical Beam (#4). Secure it to the Left Base Frame with one M10 x 2 ½" Carriage Bolt (#82), Ø ¾" Washer (#93), and M10 Aircraft Nut (#90). Secure it to the Vertical Beam with one Bracket (#47), two M10 x 2 ½" Carriage Bolts (#82), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90).
- D.) Attach the Leg Press Frame (#17) to the bracket on the Left Base Frame (#3). Secure it with one M12 x 3" Allen Bolt (#77), two Ø 1" Washers (#92), and one M12 Aircraft Nut (#89). Do not over tighten the Nut and Bolt. Make sure the Leg Press Frame is able to swivel.
- E.) Attach the Leg Press Support Frames (#18) to both side of the Leg Press Frame (#17). Secure them together with two M10 x 2 ½" Carriage Bolts (#82), Ø ¾" Washers (#93), and M10 Aircraft Nuts (#90).

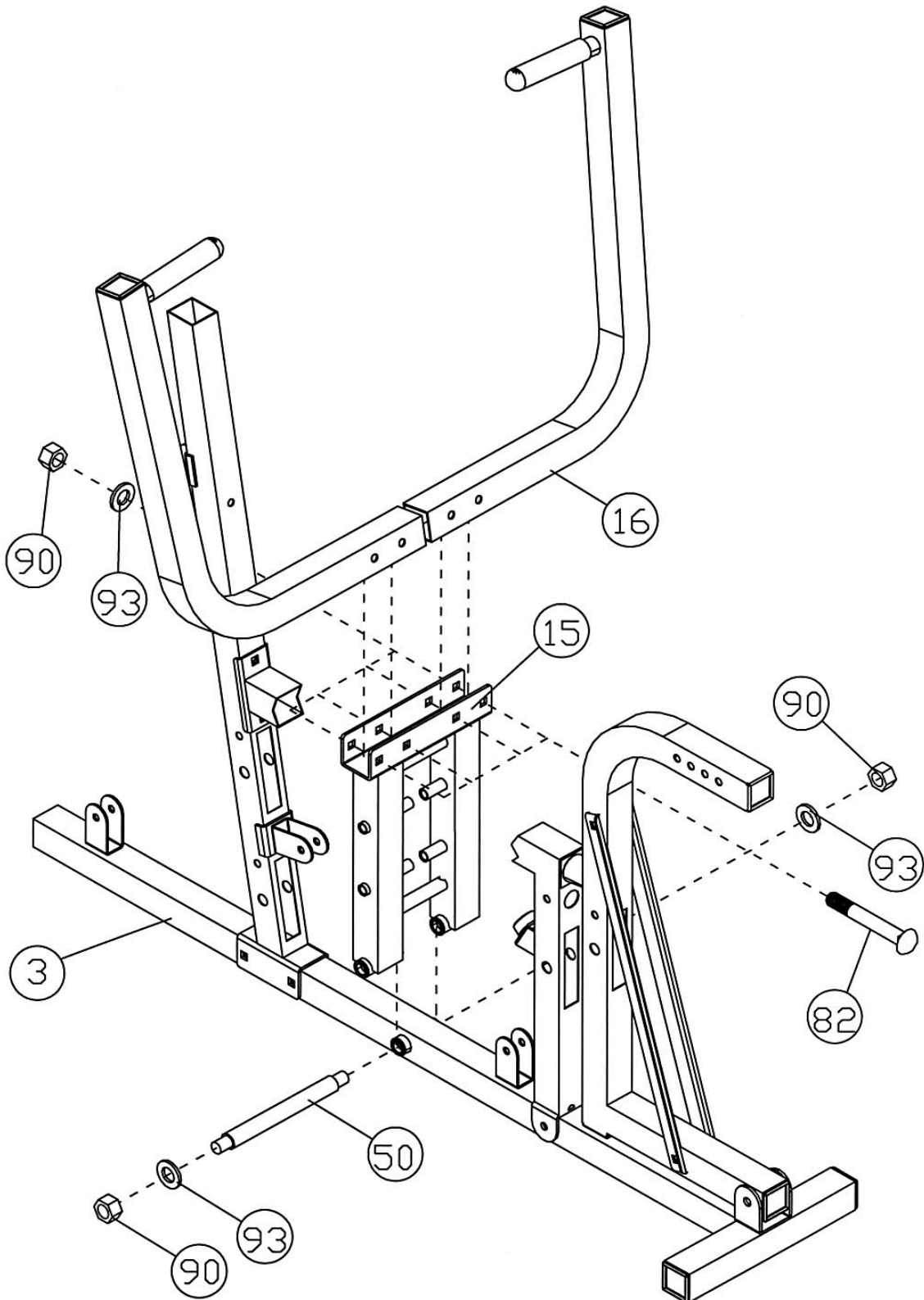
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Front Press Base (#15) to the Left Base Frame (#3). Secure it with a M10 x 9 ¼" Axle (#50), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90).
- B.) Attach the two Front Presses (#16) to the Front Press Base (#15). Secure each Front Press with two M10 x 2 ½" Carriage Bolts (#82), two Ø ¾" Washers (#93), and two M10 Aircraft Nuts (#90).

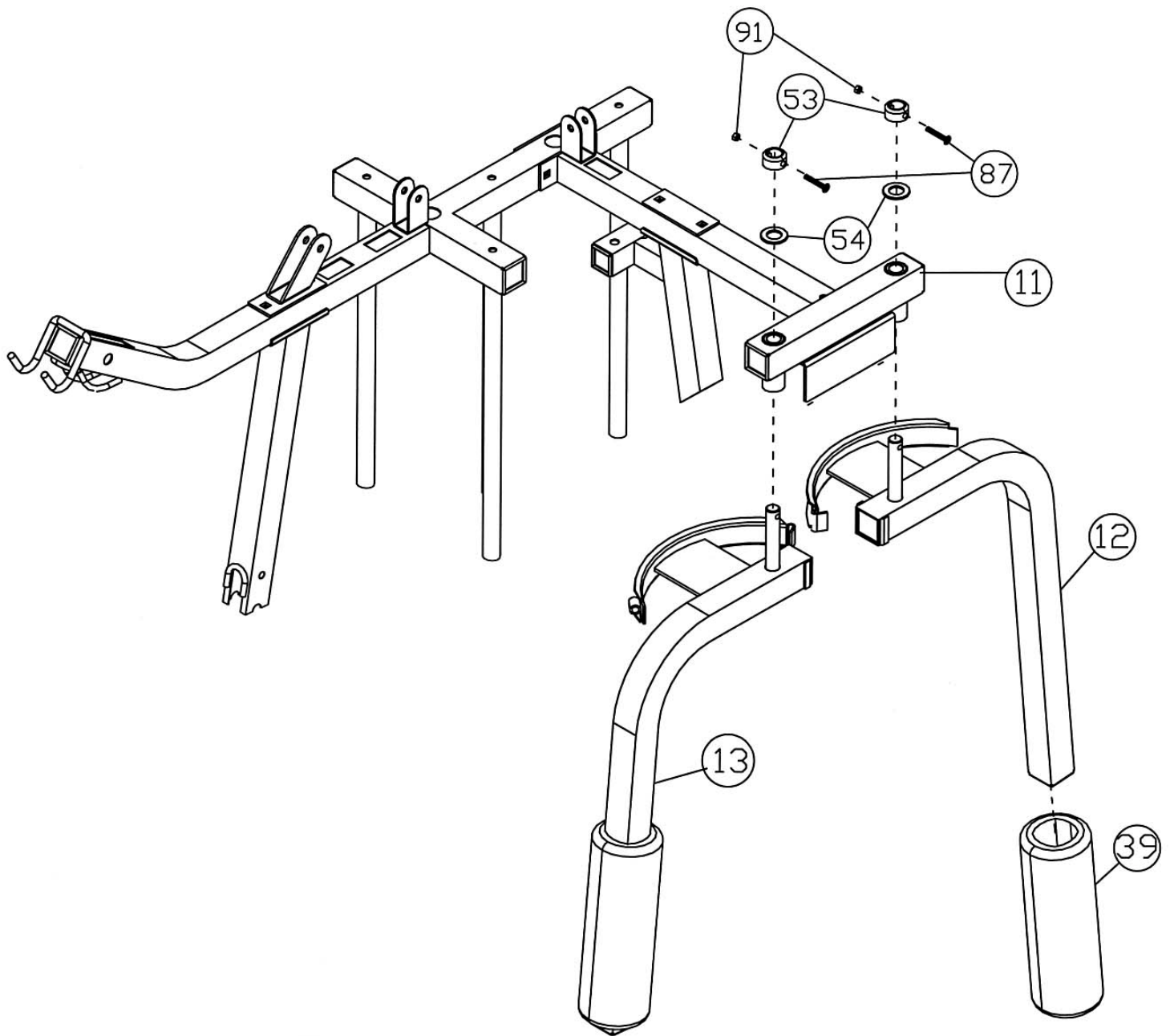
DIAGRAM 5



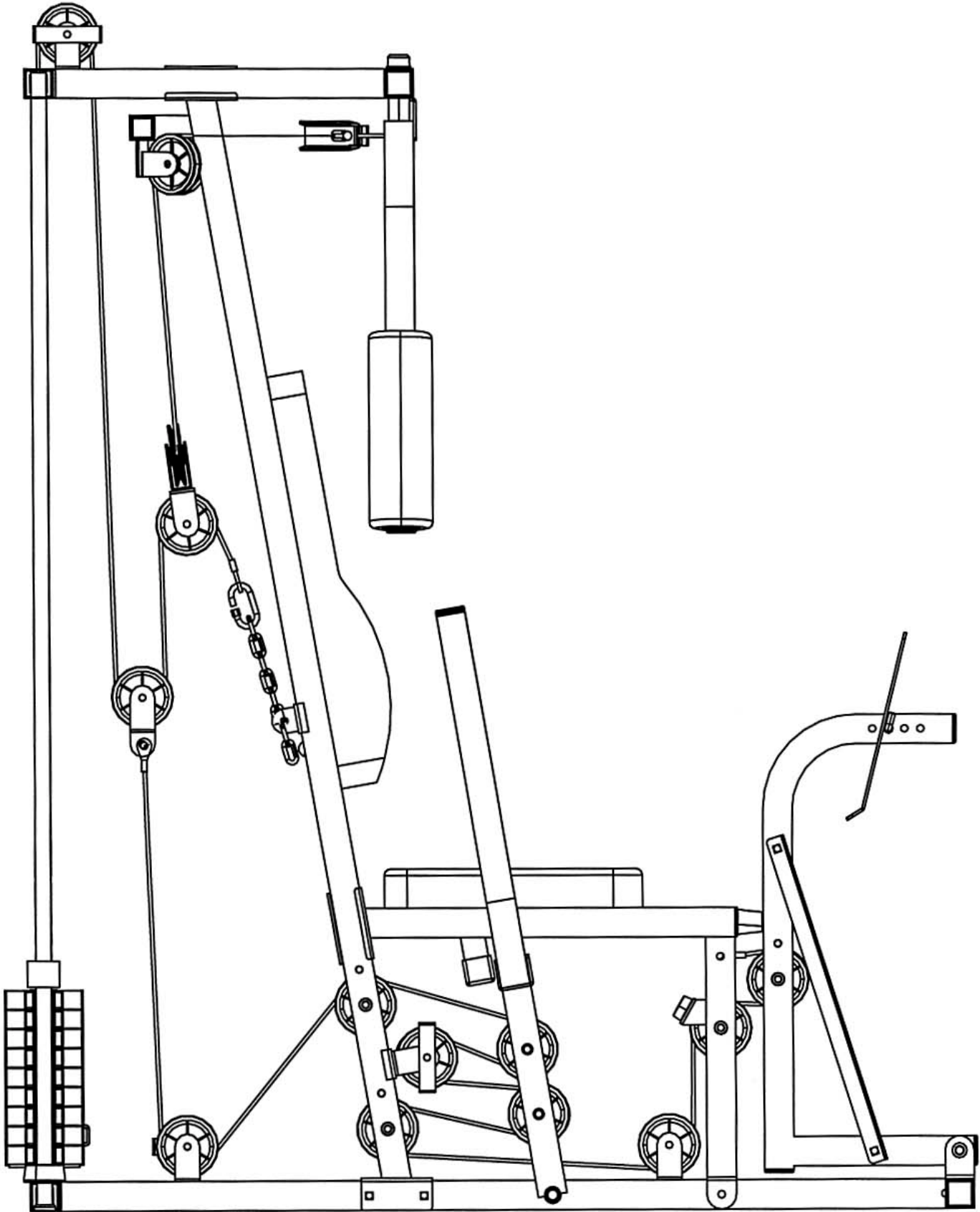
STEP 6 (See Diagram 6)

- A.) Insert the axle on the Left Butterfly (#12) through the hole on the Left Upper Frame (#11) from the bottom up. Slide a $\varnothing 1 \frac{1}{2}$ " Washer (#54) and $\varnothing 1 \frac{3}{8}$ " Lock Ring (#53) onto the Axle. Align the holes and secure the Ring with a M6 x $1 \frac{5}{8}$ " Hex Bolt (#87) and M6 Aircraft Nut (#91). Repeat the same procedure to install the other side.
- B.) Push two Butterfly Foam Rolls (#39) onto the Butterfly arms.

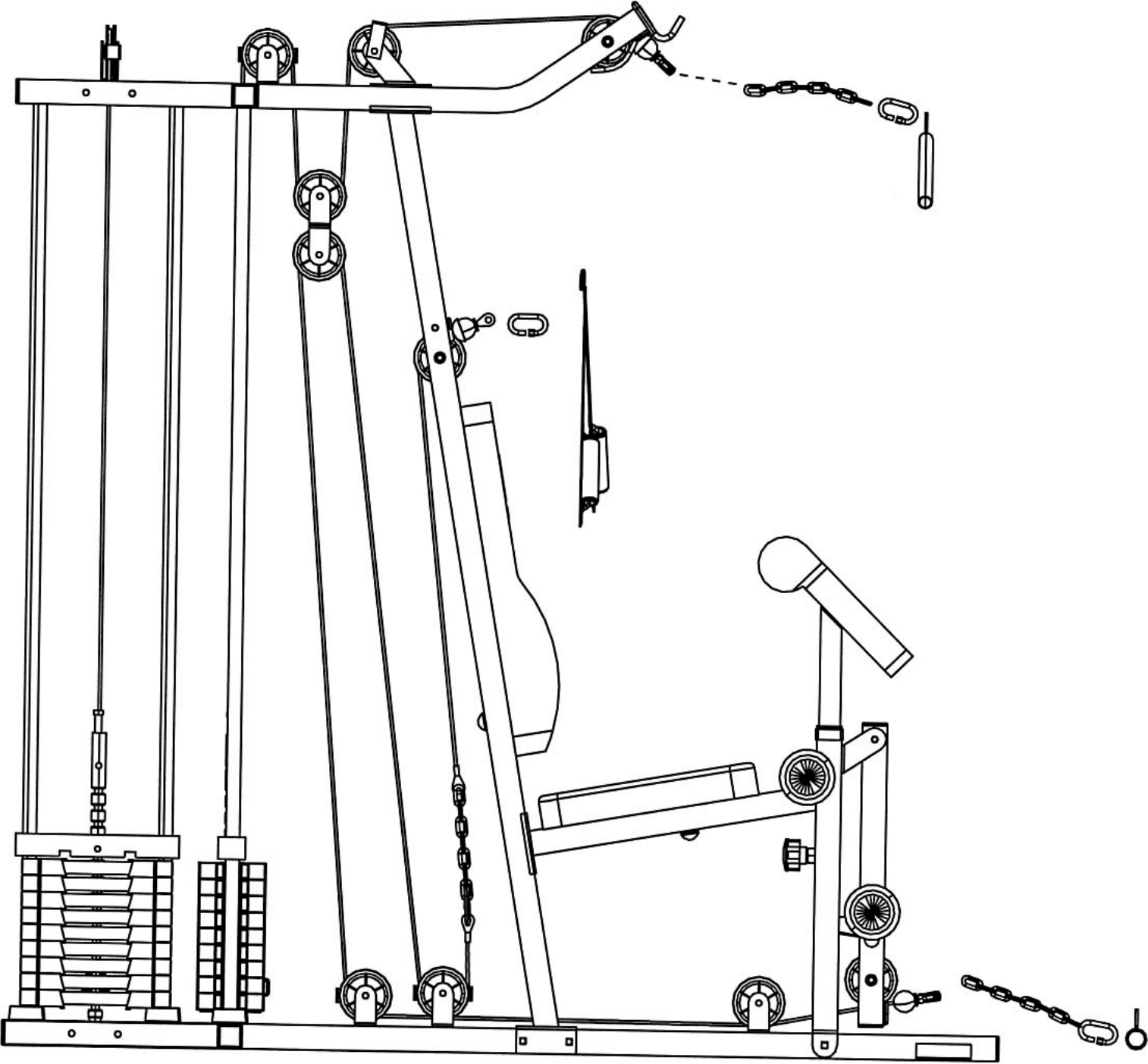
DIAGRAM 6



Cable Loop Diagram for Butterfly Station



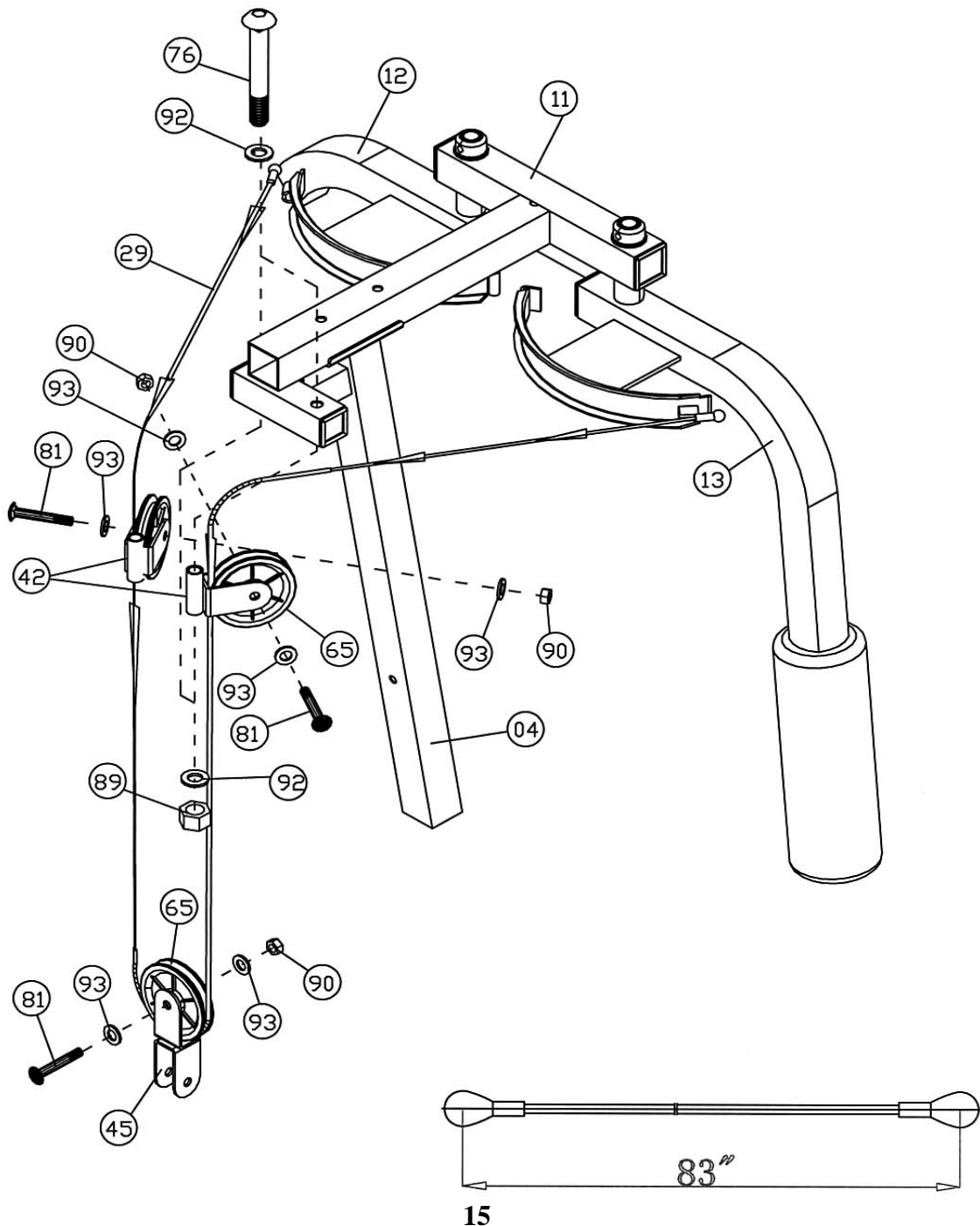
Cable Loop Diagram for Bench Press Station



STEP 7 (See Diagram 7 & Cable Loop Diagram)

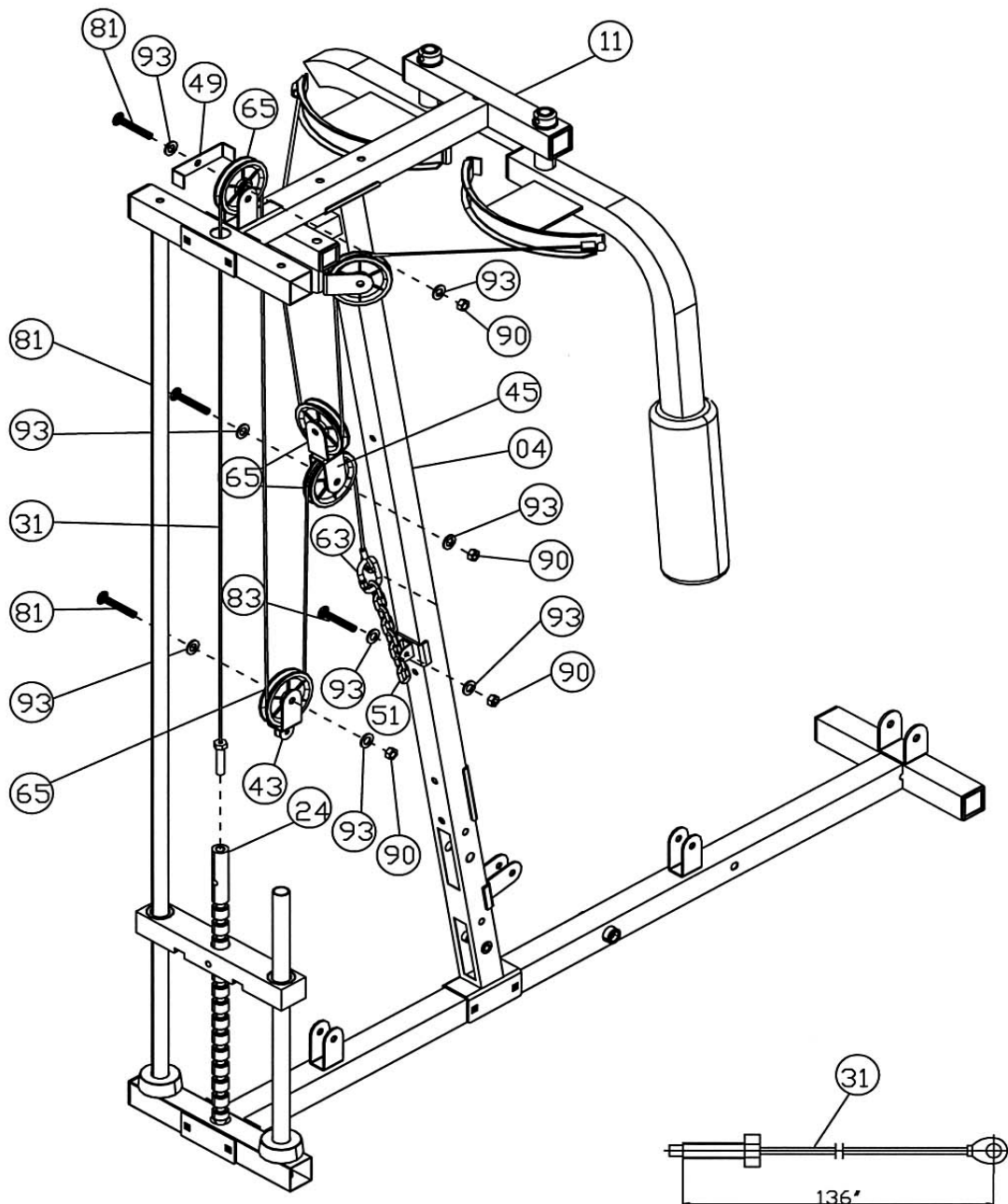
- A.) Attach the two Swivel Pulley Brackets (#42) to the Left Upper Frame (#11). Secure each Bracket with one M12 x 4 3/8" Allen Bolt (#76), two Ø1" Washers (#92) and one M12 Aircraft Nut (#89). NOTE: Do not over tighten the Bolt. Make sure the Bracket is able to swivel.
- B.) Attach one end of the 83" Butterfly Cable (#29) to the clip on the Right Butterfly (#13). Pull the Cable to the right open Swivel Pulley Bracket (#42).
- C.) Attach a Pulley (#65) to the Bracket. Secure it with one M10 x 2 "Allen Bolt (#81), two Ø 3/4" Washers (#93), and one M10 Aircraft Nut (#90).
- D.) Draw the Cable downward. Repeat Step B above to install a Pulley to the Angled Double Pulley Bracket (#45). Let the Bracket hanging for now. Pull the Cable upward to the left open Swivel Pulley Bracket.
- E.) Repeat Step B above to install another Pulley to the Left Swivel Pulley Bracket. Draw the Cable to the Left Butterfly (#12). Attach the end of the Cable to the clip on the Left Butterfly.

DIAGRAM 7



STEP 8 (See Diagram 8 & Cable Loop Diagram)

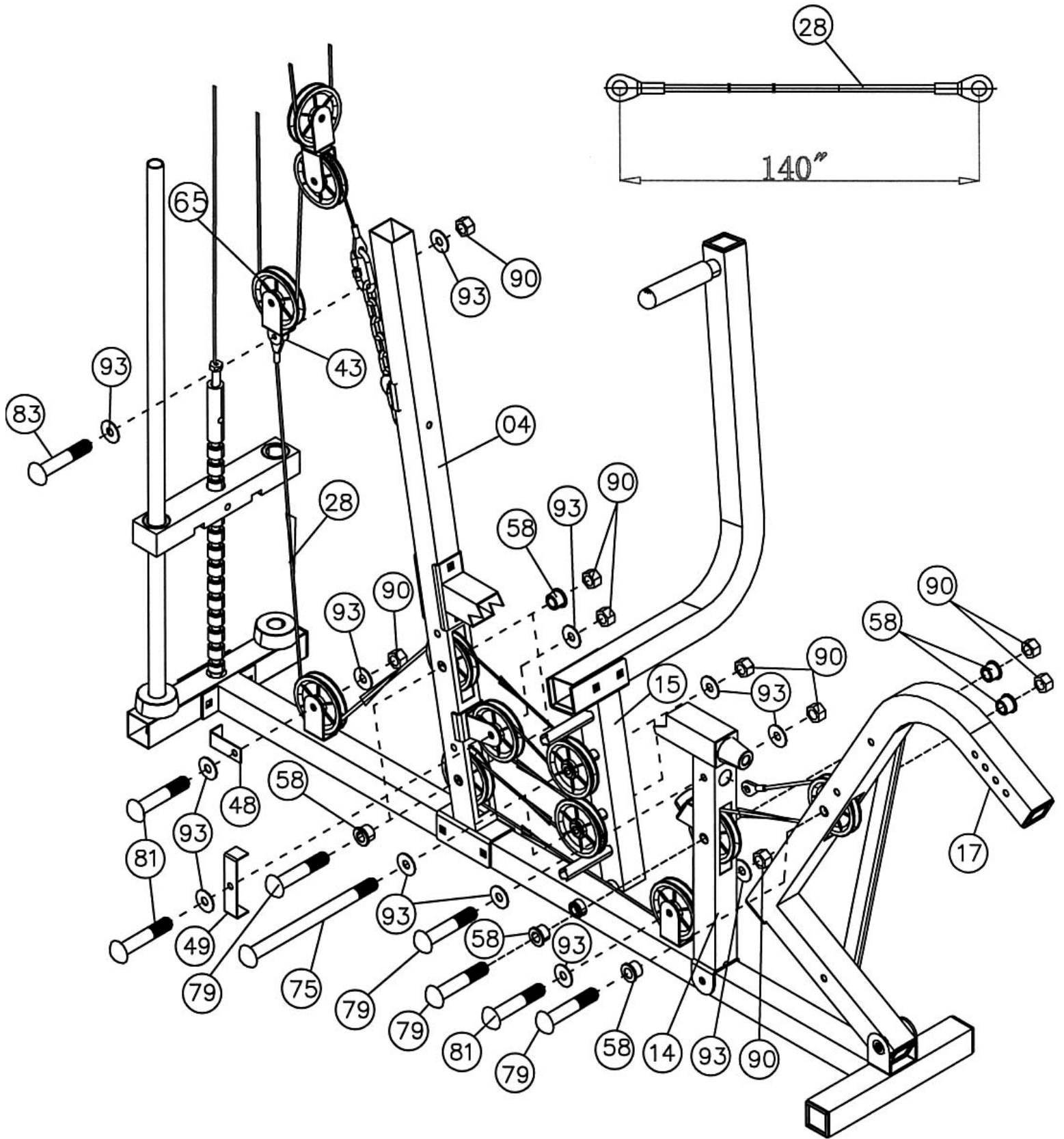
- A.) Attach a Chain (#51) to the Left Vertical Beam (#4). Secure it with one M10 x 1 3/8" Allen Bolt (#83), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90). Attach one end of the 136" Butterfly Support Cable (#31) to the Chain using a C-clip (#63). NOTE: After complete installing all the cables, check the tightness of the cable loop system. If the cable is too loose, shorten the chain.
- B.) Draw the Cable to the Angled Double Pulley Bracket (#45) previously installed.
- C.) Attach a Pulley to the Bracket. Secure it with one M10 x 2" Allen Bolt (#81), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90).
- D.) Pull the Cable around the Pulley then downward. Repeat Step C above to install a Pulley to a Single Floating Pulley Bracket (#43). Let the Bracket hanging for now. Draw the Cable underneath the Pulley then upward through the Left Upper Frame (#11) to the open Bracket on the top.
- E.) Attach a U-shaped Bracket (#49) to the Bracket. Repeat Step C above to install a Pulley. Draw the Cable over the Pulley then pull the Cable downward to the Selector Rod (#24). Thread the tip bolt of the Cable into the Selector Rod.



STEP 9 (See Diagram 9 & Cable Loop Diagram)

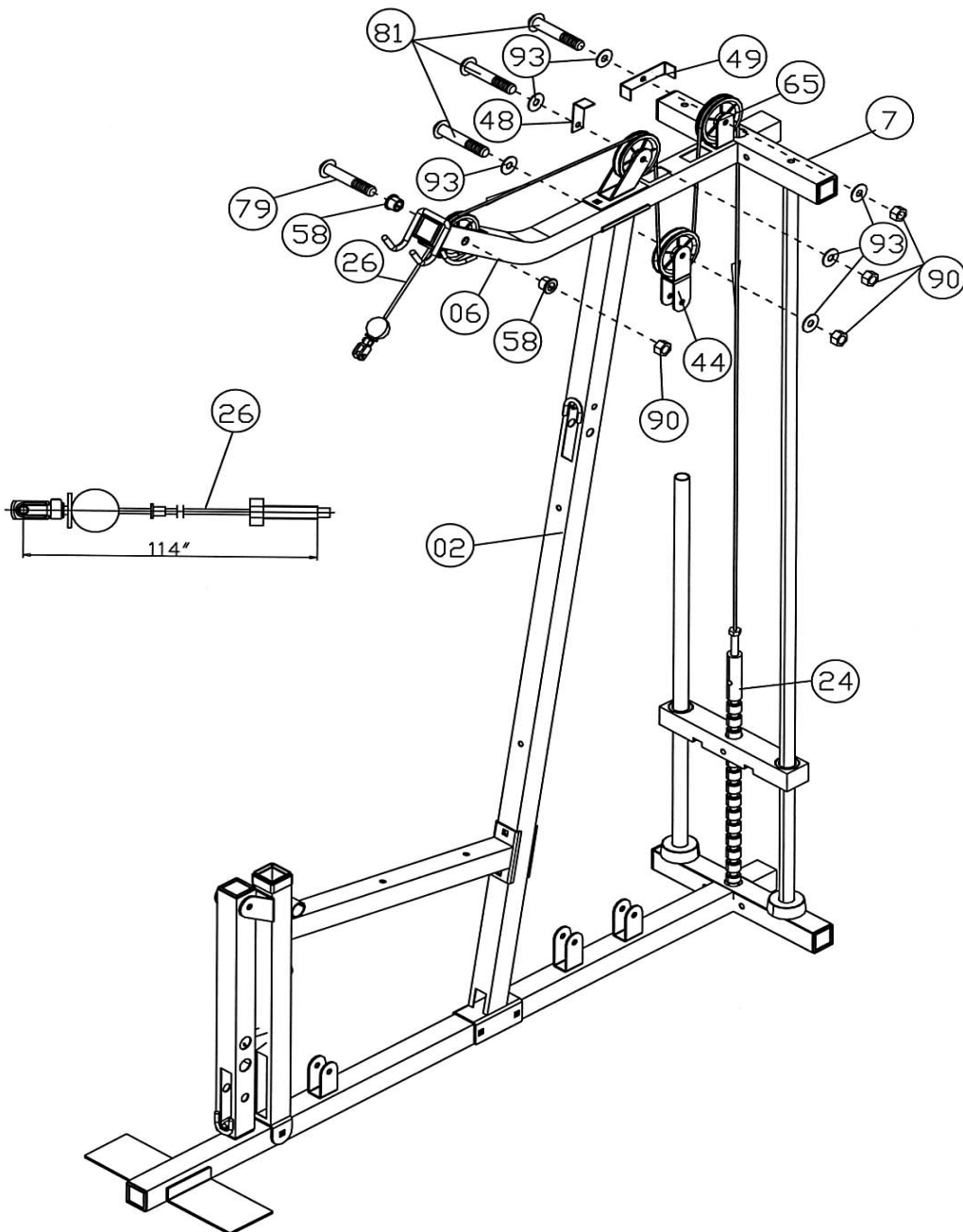
- A.) Attach one end of the 140" Leg Press Cable (#28) to the opening hole on the Left Seat Support (#14), underneath the rubber bumper. Secure it with one M10 x 2 3/8" Allen Bolt (#79), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).
- B.) Draw the Cable to the slotted opening on the Leg Press Frame (#17). Install a Pulley to the opening then secure it with two $\varnothing 5/8$ " x $\frac{1}{2}$ " Pulley Bushings (#58), one M10 x 2 3/8" Allen Bolt (#79), and one M10 Aircraft Nut (#90).
- C.) Draw the Cable around the Pulley then toward the opening on the Left Seat Support (#14). Repeat the Step B above to install a Pulley.
- D.) Draw the Cable over the Pulley then downward to the open bracket on the Left Base Frame (#3). Attach a Pulley to the Bracket then secure it with one M10 x 2" Allen Bolt (#81), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).
- E.) Draw the Cable underneath the Pulley and towards the back of the machine, along the Left Base Frame to the lower opening on the Left Vertical Beam (#4). Repeat Step B above to install a Pulley. Draw the Cable around the Pulley then pull back towards the lower opening on the Front Press Base (#15).
- F.) Attach a Pulley to the opening. Secure it with one M10 x 8 1/4" Allen Bolt (#75), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).
- G.) Draw the cable around the Pulley then pull the Cable towards the open bracket on the Left Vertical Beam. Attach a U-shaped Bracket (#49) to the open Bracket. Install another Pulley. Secure them with one M10 x 2" Allen Bolt (#81), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).
- H.) Draw the Cable around the Pulley then back to the upper opening on the Front Press Base (#15). Repeat Step F above to install another Pulley.
- I.) Draw the Cable around the Pulley then towards the upper slotted opening on the Left Vertical Beam (#4). Repeat Step B above to install a Pulley.
- J.) Draw the Cable over the Pulley then downward to the open bracket on the Left Base Frame. Install a Pulley. Secure the Pulley with an L-shaped Bracket (#48), one M10 x 2" Allen Bolt (#81), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).
- K.) Draw the Cable underneath the Pulley then pull the Cable upward to the Single Floating Pulley Bracket (#43) previously installed. Secure the Cable with one M10 x 1 3/8" Allen Bolt (#83), two $\varnothing \frac{3}{4}$ " Washers (#93), and one M10 Aircraft Nut (#90).

DIAGRAM 9



STEP 10 (See Diagram 10 & Cable Loop Diagram)

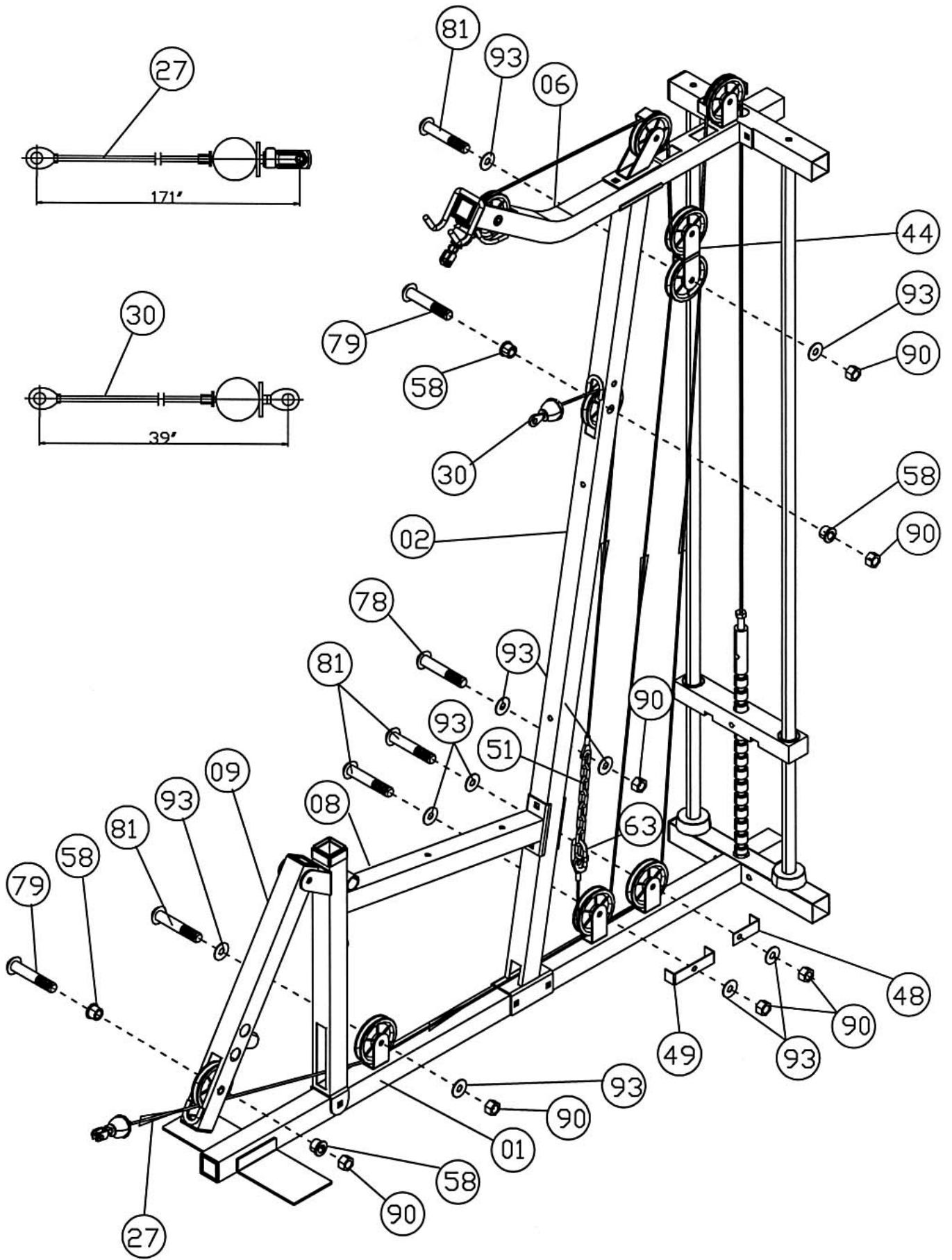
- A.) Attach the 114" Upper Cable (#26) to the front opening on the Right Upper Frame (#6).
NOTE: The Ball Stopper on the Cable needs to be underneath the Frame.
- B.) Attach a Pulley (#65) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#79), two \varnothing 5/8" x 1/2" Pulley Bushings (#58), and one M10 Aircraft Nut (#90).
- C.) Draw the Cable towards the back of the machine to the Pulley Bracket (#46). Install a Pulley to the Bracket. Secure it with one M10 x 2" Allen Bolt (#81), one L-shaped Bracket (#48), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90).
- D.) Pull the Cable over the Pulley then downward. Attach a Pulley to a Double Floating Pulley Bracket (#44). Secure it with one M10 x 2" Allen Bolt (#81), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90). Let the Bracket hanging for now.
- E.) Pull the Cable around the Pulley then upward to the open bracket on the back of the Top Socket Assembly (#7). Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#81), U-shaped Bracket (#49), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90).
- F.) Pull the Cable around the Pulley then downward to the Selector Rod (#24). Thread the bolt at the end of the Cable into the Selector Rod.



STEP 11 (See Diagram 11 & Cable Loop Diagram)

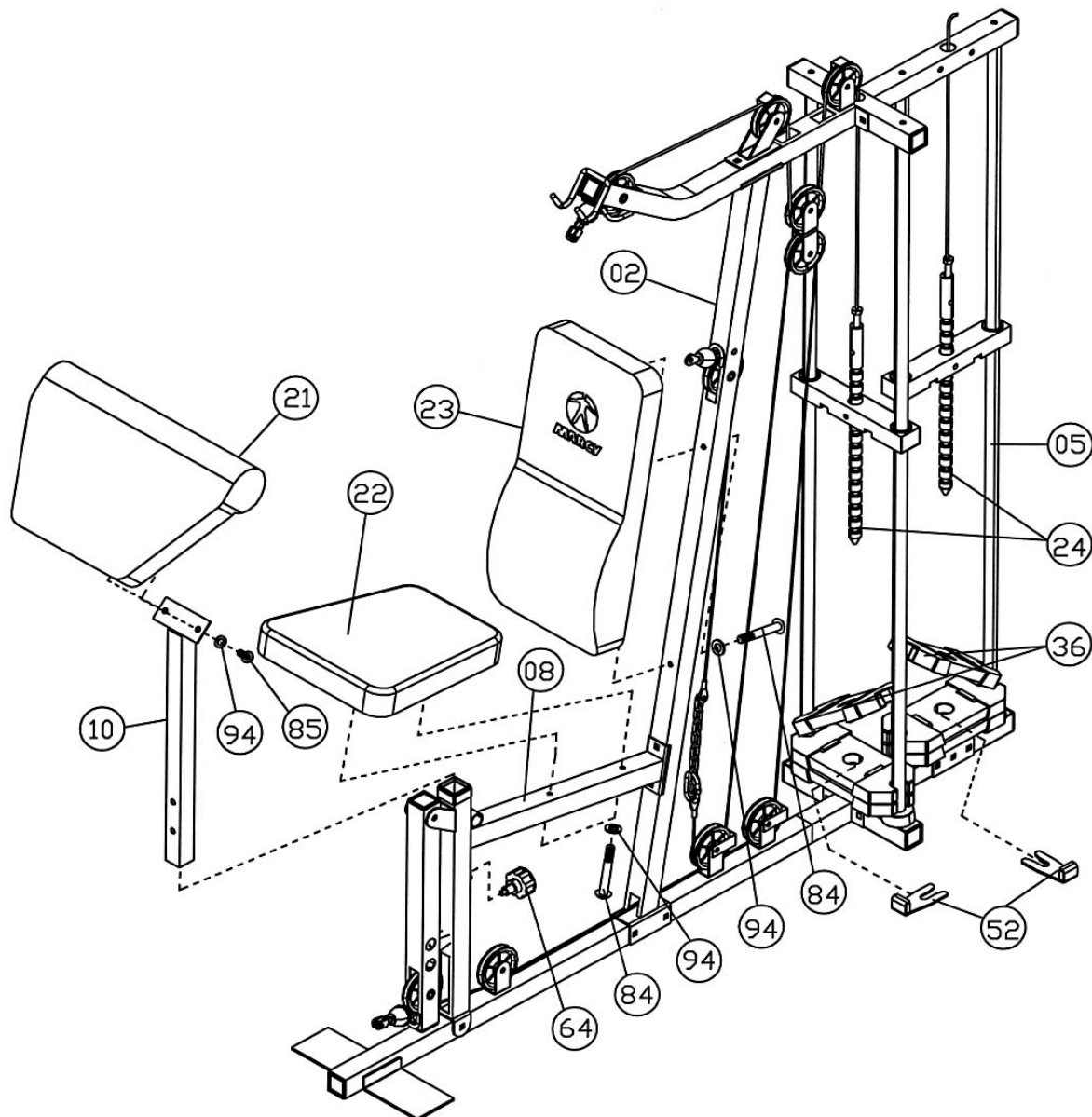
- A.) Attach the 39" AB Cable (#30) to the opening on the Right Vertical Beam (#2). Attach a Pulley to the opening. Secure the Pulley with one M10 x 2 3/8" Allen Bolt (#79), two \varnothing 5/8" x 1/2" Pulley Bushings (#58), and one M10 Aircraft Nut (#90).
- B.) Pull the AB Cable around the Pulley then downward. Attach the end of Cable to a Chain (#51). Secure the Cable to the Chain with one M10 x 1" Allen Bolt (#78), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90). Let the Chain hanging for now.
- C.) Attach the 171" Lower Cable (#27) to the opening on the Leg Developer (#9). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#79), two \varnothing 5/8" x 1/2" Pulley Bushings (#58), and one M10 Aircraft Nut (#90). Draw the Lower Cable underneath the Pulley through the opening on the Right Seat Support (#8) then to the open bracket on the Right Base Frame (#1).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 2" Allen Bolt (#81), two \varnothing 3/4" Washers (#93), and one M10 Aircraft Nut (#90).
- E.) Draw the Lower Cable underneath the Pulley along the Right Base Frame and through the opening on the Right Vertical Beam (#2) to the second open bracket on the Right Base Frame. Attach a L-shaped Bracket (#48) to the bracket then repeat Step D above to install a Pulley.
- F.) Pull the Cable underneath the Pulley then upward to the Double Floating Pulley Bracket (#44) previously installed. Repeat Step D above to install a Pulley.
- G.) Draw the Cable around the Pulley then pull the Cable downward to the first Bracket on the Right Base Frame. Install another Pulley.
- H.) Pull the Cable around the Pulley then upward to the Chain (#51). Connect the Cable to the end of the Chain using a C-clip (#63).
- I.) Check the tightness of the Cable loop system. If the cable loop is too loose, shorten the chain.

DIAGRAM 11



STEP 12 (See Diagram 12)

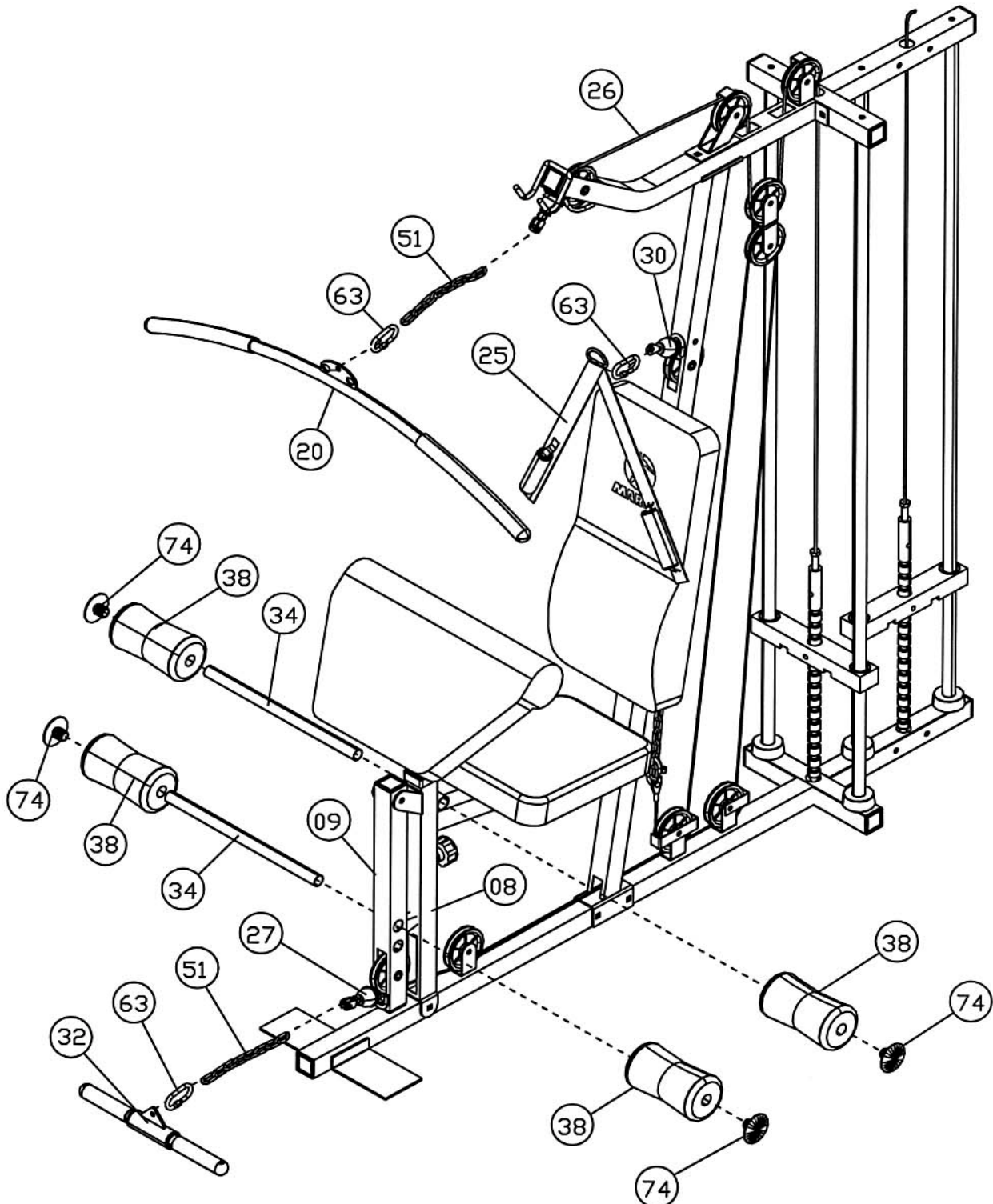
- A.) Now move the machine to its final position. After installing the weight stack, it will be too heavy to move. Check and tighten all Nuts and Bolts previously installed.
- B.) Install 9 Weight Plates (#36) to each set of Guide Rods (#5). To install the plate, lift up the Selector Rod in the center, hold the plate at an angle and place between the two Guide Rods then drop it down. NOTE: Make sure the groves on the plastic covers all face the same direction. The caps should interlock with each other.
- C.) Align the center holes on all plates. Insert the Selector Rod (#24) into the center holes on the plates. Insert the Weight Selector Pin (#52) into the selected stack of Weight Plates to obtain the desired weight for exercise. Make sure the magnet on the Pin faces up. It is strongly recommended to spray lubricant such as WD-40 on the two Guide Rods to minimize friction.
- D.) Attach the Backrest Board (#23) to the Right Vertical Beam (#2). Secure it with two M8 x 2 1/8" Allen Bolts (#84) and \varnothing 5/8" Washers (#94).
- E.) Place the Seat (#22) onto the Right Seat Support (#8). Secure it with two M8 x 2 1/8" Allen Bolts (#84) and two \varnothing 5/8" Washers (#94).
- F.) Attach the Arm Curl Pad (#21) to the Arm Curl Stand (#10). Secure it with two M8 x 5/8" Allen Bolts (#85) and \varnothing 5/8" Washers (#94). Insert the Arm Curl Stand into the top opening on the Right Seat Support. Use a M18 Lock Knob (#64) to hold the desired height for Arm Curl exercise.



STEP 13 (See Diagram 13)

- A.) Insert one Foam Tube (#34) halfway through the hole on the Right Seat Support (#8). Insert one Foam Tube (#34) halfway through the hole on the Leg Developer (#9). Push four Foam Rolls (#38) onto the Tubes from both sides. Plug the Foam Roll End Caps (#74) into the ends.
- B.) Attach the Lat Bar (#20) to the Chain (#51) using a C-clip (#63). Attach the Chain to the Upper Cable (#26). See How To Use.
- C.) Attach the AB Strap (#25) to the AB Cable (#30) using a C-clip (#63).
- D.) Attach the Arm Curl Handle (#32) to a Chain (#51) using a C-clip (#63). Attach the Chain to the Lower Cable (#27). Remove the Chain and Handle when using the Leg Developer.

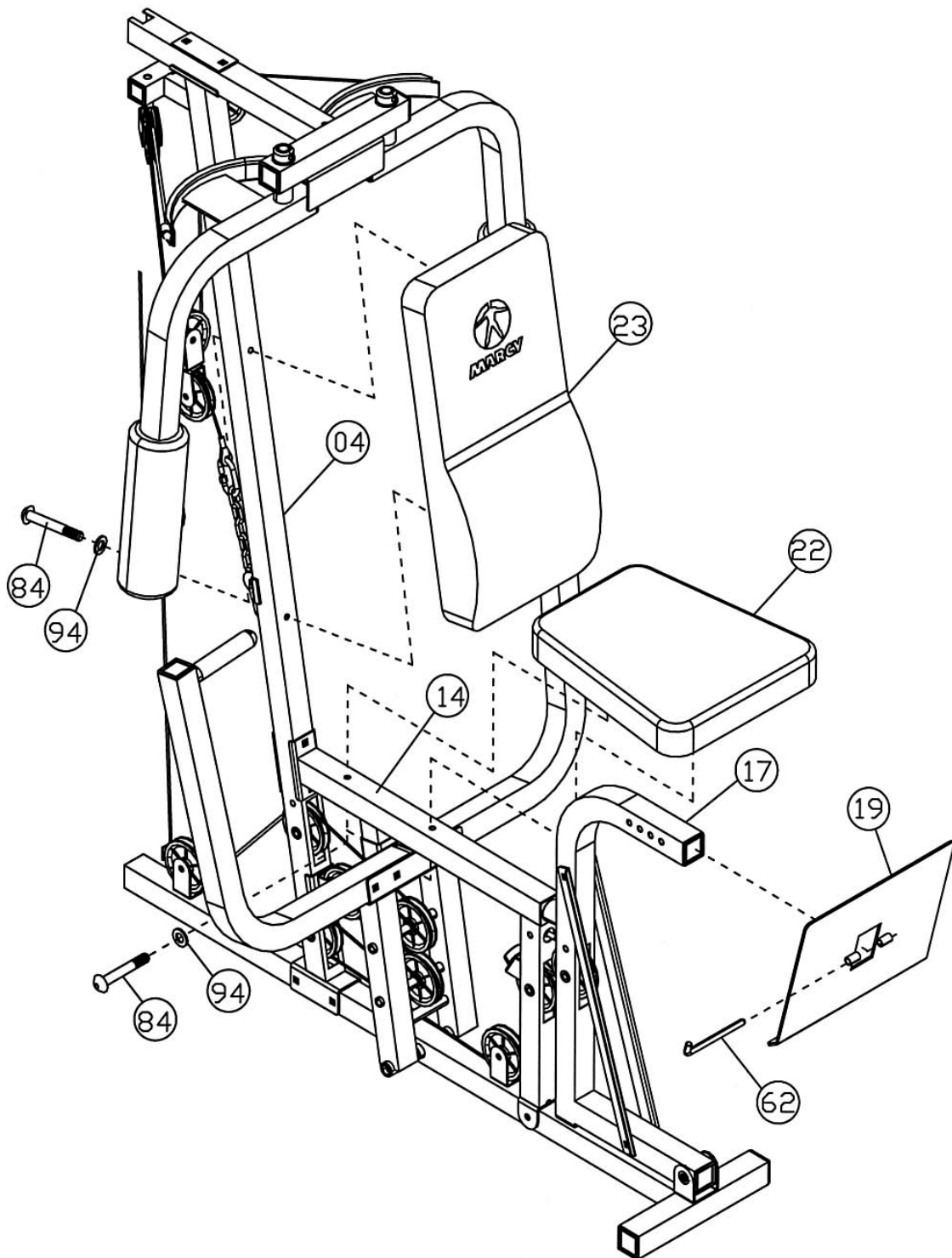
DIAGRAM 13



STEP 14 (See Diagram 14)

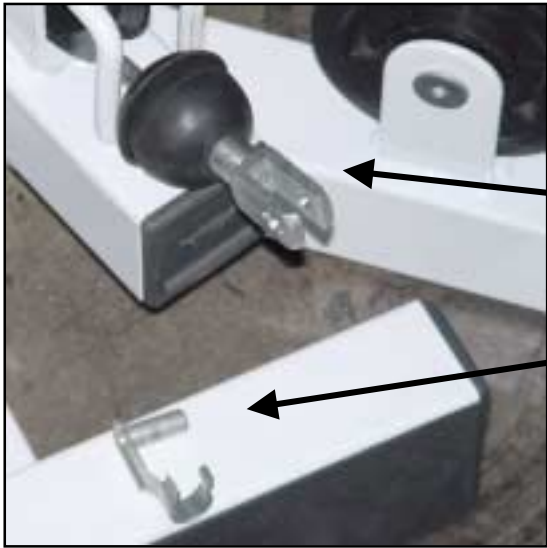
- A.) Attach a Backrest Board (#23) to the Left Vertical Beam (#4). Secure it with two M8 x 2 1/8" Allen Bolts (#84) and \varnothing 5/8" Washers (#94).
- B.) Place the Seat (#22) onto the Left Seat Support (#14). Secure it with two M8 x 2 1/8" Allen Bolts (#84) and two \varnothing 5/8" Washers (#94).
- C.) Attach the Leg Press Plate (#19) to the Leg Press Frame (#17). Secure it with a L-Shaped Pin (#62).

DIAGRAM 14



HOW TO USE

How to use the quick release connector.



The Clip is removed from the Connector.

Connector

Clip



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

Chain

Insert



Push down the Clip to secure.

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Right Base Frame	1	51	Chain	4
2	Right Vertical Beam	1	52	Weight Selector Pin	2
3	Left Base Frame	1	53	Ø 1 3/8" Lock Ring	2
4	Left Vertical Beam	1	54	Ø 1 1/2" Washer	2
5	Guide Rod	4	55	Butterfly Axle	2
6	Right Upper Frame	1	56	M10 x 2" Axle	1
7	Top Socket Assembly	1	57	Ø 1 3/8" Selector Stem Bushing	4
8	Right Seat Support	1	58	Ø 5/8" x 1/2" Pulley Bushing	14
9	Leg Developer	1	59	Ø 1 3/8" x 1" Bushing	2
10	Arm Curl Stand	1	60	Ø 5/8" Bushing	8
11	Left Upper Frame	1	61	Ø 1/2" Bushing	2
12	Left Butterfly	1	62	L-shaped Pin	1
13	Right Butterfly	1	63	C-clip	5
14	Left Seat Support	1	64	M18 Lock Knob	1
15	Front Press Base	1	65	Pulley	25
16	Front Press	2	66	Ø 1 1/2" x 5/8" Rubber Bumper	1
17	Leg Press Frame	1	67	Ø 1 5/8" x 1 5/8" Rubber Bumper	2
18	Leg Press Support Frame	2	68	Ø 2 1/2" x 1" Rubber Bumper	4
19	Leg Press Plate	1	69	1 1/2" Square End Cap	1
20	Lat Bar	1	70	1 3/4" Square Sleeve	1
21	Arm Curl Pad	1	71	2" Square End Cap (Impex Logo)	2
22	Seat	2	72	1 3/4" Square End Cap (Impex Logo)	19
23	Backrest Board	2	73	1 1/2" Square End Cap (Impex Logo)	2
24	Selector Rod	2	74	Foam Roll End Cap	4
25	AB Strap	1	75	M10 x 8 1/4" Allen Bolt	2
26	114" Upper Cable	1	76	M12 x 4 3/8" Allen Bolt	2
27	171" Lower Cable	1	77	M12 x 3" Allen Bolt	1
28	140" Leg Press Cable	1	78	M10 x 1" Allen Bolt	13
29	83" Butterfly Cable	1	79	M10 x 2 3/8" Allen Bolt	8
30	39" AB Cable	1	80	M10 x 2 3/8" Carriage Bolt	2
31	136" Butterfly Support Cable	1	81	M10 x 2" Allen Bolt	16
32	Arm Curl Handle	1	82	M10 x 2 1/2" Carriage Bolt	24
33	Curl Bar Handle Tube	1	83	M10 x 1 3/8" Allen Bolt	2
34	Foam Tube	2	84	M8 x 2 1/8" Allen Bolt	8
35	Selector Stem	2	85	M8 x 5/8" Allen Bolt	2
36	Weight Plate	18	86	M10 x 3/4" Allen Bolt	2
37	Weight Plate Cover	36	87	M6 x 1 5/8" Hex Bolt	2
38	Foam Roll	4	88	M6 x 5/8" Philips Screw	3
39	Butterfly Foam Roll	2	89	M12 Aircraft Nut	3
40	Lat Bar Grip	2	90	M10 Aircraft Nut	57
41	Handle Grip	4	91	M6 Aircraft Nut	2
42	Swivel Pulley Bracket	2	92	Ø 1" Washer	6
43	Single Floating Pulley Bracket	1	93	Ø 3/4" Washer	82
44	Double Floating Pulley Bracket	1	94	Ø 5/8" Washer	11
45	Angled Double Pulley Bracket	1			
46	Pulley Bracket	1			
47	Bracket	5			
48	L-shaped Bracket	3			
49	U-shaped Bracket	4			
50	M10 x 9 1/4" Axle	1			

MWM 1801 Weight Resistance Chart

	Weight Plate								
Station	1	2	3	4	5	6	7	8	9
Low Pulley	30	42	54	66	78	90	102	114	126
Lat Pull	31	42	53	64	75	86	97	108	119
Ab Strap	30	42	54	66	78	90	102	114	126
Butterfly	20	26	32	38	44	50	56	62	68
Leg Press	66	100	134	168	202	236	270	304	338
Front Press	44	63	82	101	120	139	158	177	196

*Each plate weights 10 lb.

*Resistance measured in pounds.

*Numbers are approximate. Actual number may vary.

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at www.impex-fitness.com**

**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