

NOTE:  
Please read all instructions  
carefully before using this  
product

**IMPEX**  
F I T N E S S P R O D U C T S

## MARCY MWM 2001 HOME GYM

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

Warranty

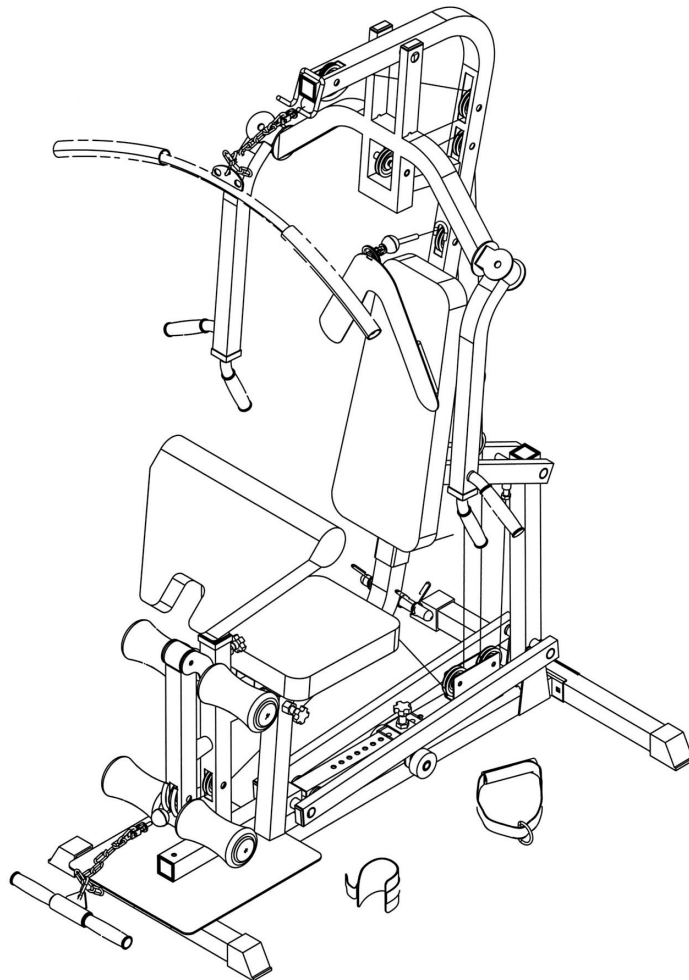
Ordering Parts

Model  
MWM 2001

Retain This  
Manual for  
Reference

Version I  
06-01-01

OWNER'S  
MANUAL



### IMPEX FITNESS PRODUCTS

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

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

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

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

---

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
PARTS LIST.....	12
RESISTANCE CHART.....	13
HOW TO USE.....	14
WARRANTY.....	15
ORDERING PARTS.....	15

---

## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM 2001 PERSONAL TRAINER 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 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](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.

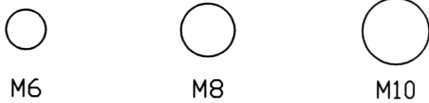
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR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

**SAVE THESE INSTRUCTIONS.**

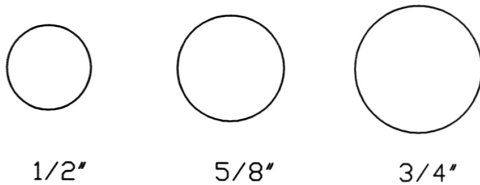
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

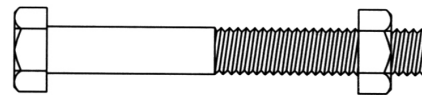
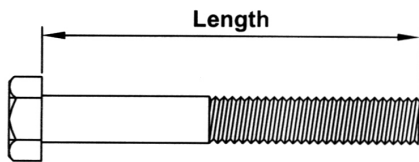
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

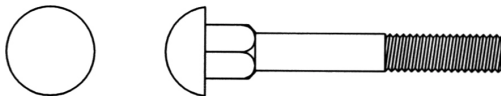


**1-800-999-8899**

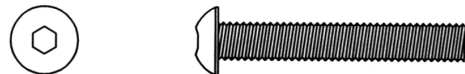
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

## ASSEMBLY INSTRUCTION

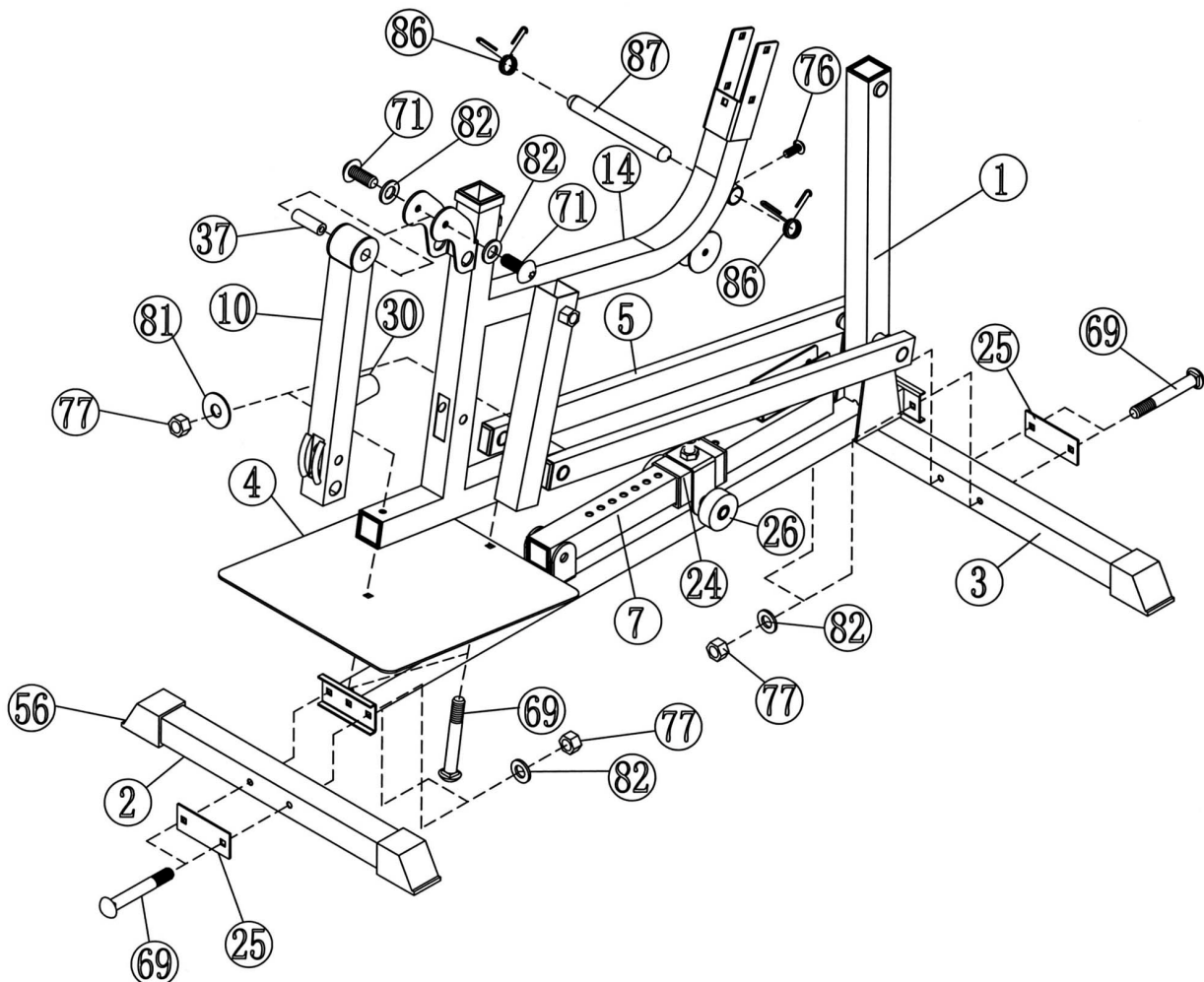
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

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

### STEP 1 (See Diagram 1)

- A.) Connect the Front Stabilizer (#2) to the front of Main Base Frame (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#69), one Bracket (#25), two  $\varnothing$  7/8" Washers (#82), and two M10 Aircraft Nuts (#77). Repeat the same step to connect Rear Stabilizer (#3) to the back of Main Base Frame (#1).
- B.) Place the Foot Platform (#4) underneath the base of Lower Main Frame (#14). Align the two holes and secure them with two M10 x 2 3/4" Carriage Bolts (#69), Large Washers (#81), and two M10 Aircraft Nuts (#77).
- C.) Insert a Leg Developer Axle (#37) into the top opening on the Leg Developer (#10). Attach the Leg Developer (#10) to the bracket on the Lower Main Frame (#14). Secure it with two M10 x 5/8" Allen Bolts (#71) and  $\varnothing$  7/8" Washers (#82).
- D.) Insert a Weight Holder (#87) through the hole on the Lower Main Frame (#14). Secure it with a M6 x 5/8" Screw (#76). Attach two Spring Clips (#86) to the Weight Holder (#87).

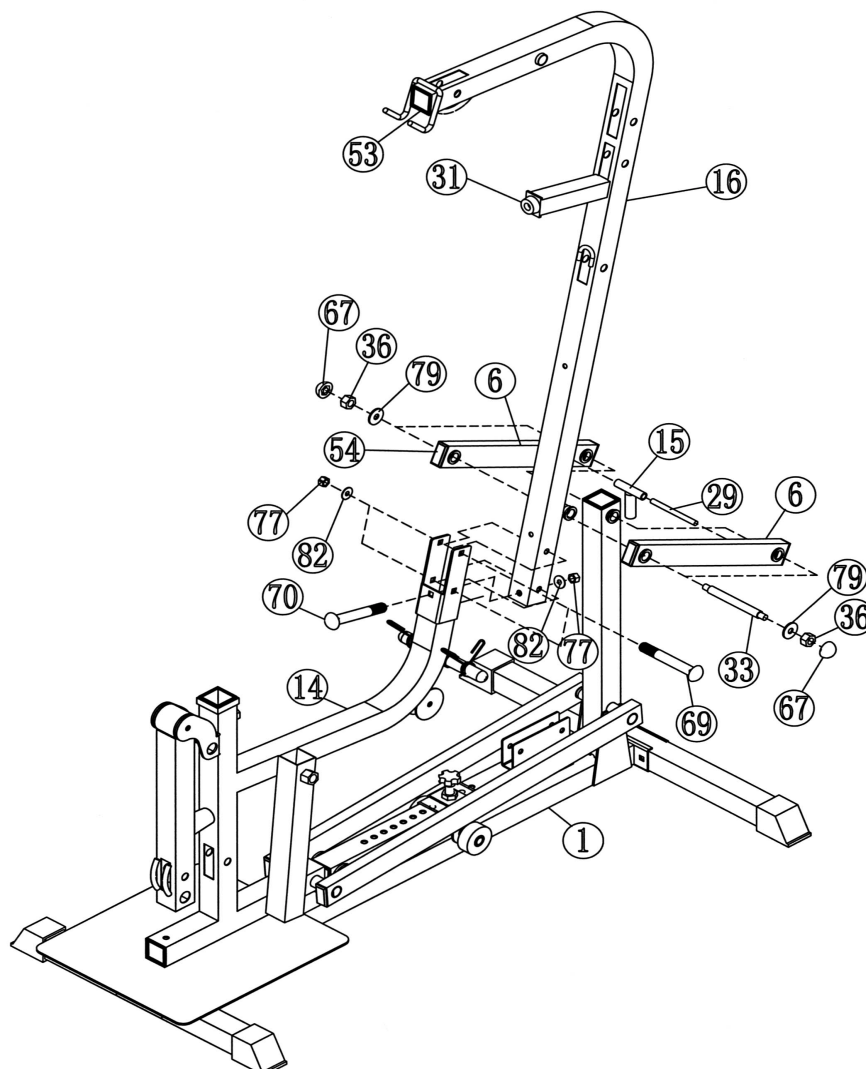
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Vertical Frame (#16) to the Lower Main Frame (#14). Secure it with two M10 x 2 3/4" Carriage Bolts (#69),  $\varnothing$  7/8" Washers (#82), and M10 Aircraft Nuts (#77) from the side of the Lower Main Frame (#14). Secure it from the front of Lower Main Frame (#14) with one M10 x 2 1/2" Carriage Bolt (#70), one  $\varnothing$ 7/8" Washer (#82) and M10 Aircraft Nut (#77).
- B.) Attach the Short Pivot Support Bars (#6) to the pivot located on the back of the Vertical Frame (#16). Align the holes and Insert a M12 x 6 1/2" Short Pivot Axle (#33) through the holes. Secure them with two  $\varnothing$ 1" Washers (#79) and M12 Aircraft Nuts (#36). DO NOT tighten the nuts yet.
- C.) Insert a 4 1/2" Axle (#29) into the T-shaped Cable Connector (#15). Place the T-shaped Cable Connector in between the two Short Pivot Support Bars (#6). Both ends of the Axle should fit into the holes on the Support Bars.
- D.) Attach the back end of the Short Pivot Support Bars (#6) to the holes on the top of the Main Base Frame (#1). Align the holes and insert another M12 x 6 1/2" Short Pivot Axle (#33). Secure them with two  $\varnothing$  1" Washers (#79) and M12 Aircraft Nuts (#36). Cover both ends with two Cone-shaped End Caps (#67).
- E.) Secure the two nuts installed in Step B above. Cover both ends with two Cone-shaped End Caps (#67). NOTE: DO NOT over-tighten the nuts on these pivots.

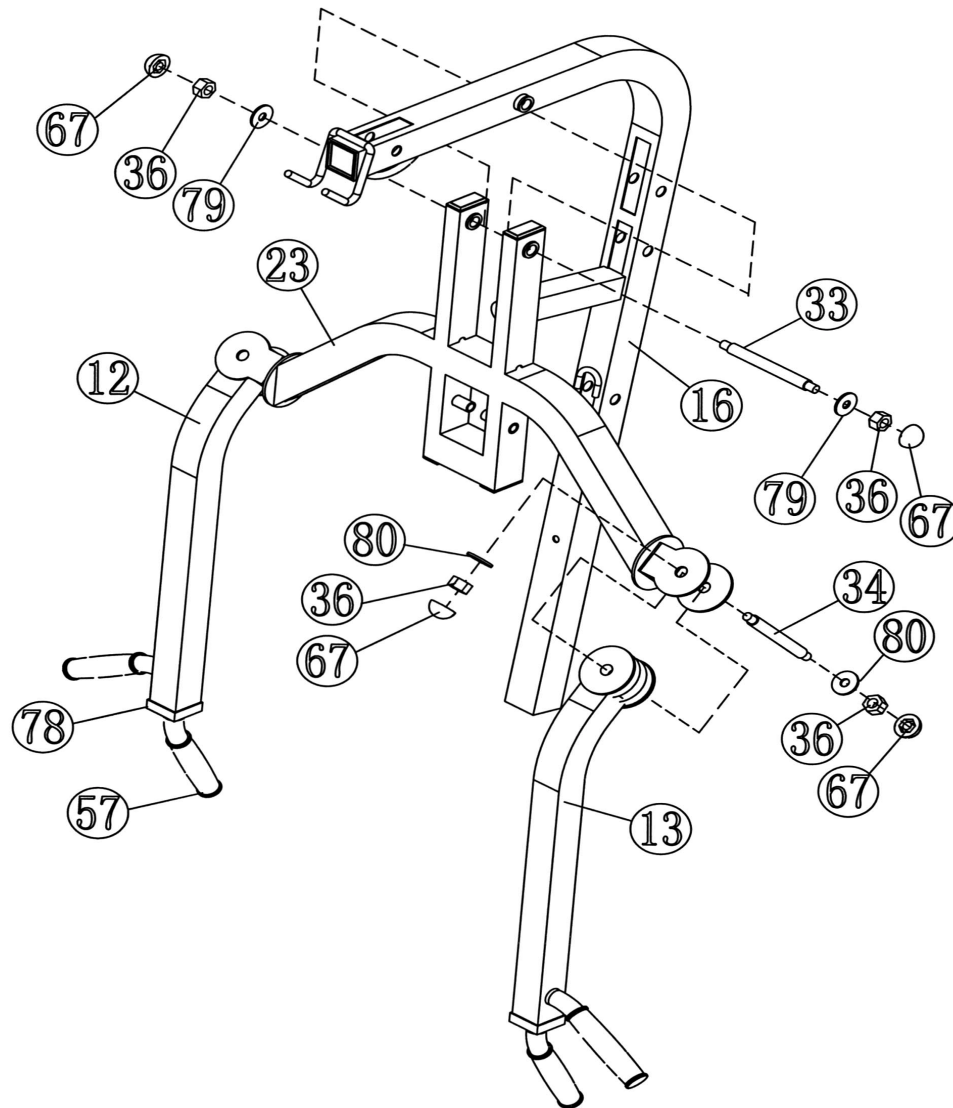
**DIAGRAM 2**



**STEP 3 (See Diagram 3)**

- A.) Attach the top of the Bench Press Frame (#23) to the top of the Vertical Frame (#16). Align the holes and insert a M12 x 6 1/2" Axle (#33) through the holes. Secure it with two Ø 1" Washers (#79) and M12 Aircraft Nuts (#36). Covered by two Cone-shaped Caps (#67). Make sure the Bench Press Frame can rotate freely on the Axle.
- B.) Attach the Left Butterfly Arm (#13) to the left bracket on the Bench Press Frame (#23). Insert a M12 x 4" Axle (#34) through the holes. Secure it with two Ø 1 1/2" Washers (#80) and M12 Aircraft Nuts (#36). Covered the ends with two Cone-shaped Caps (#67). Make sure the Arms can rotate freely on the Axle. Otherwise, release the nuts.
- C.) Repeat the Step B above to install the Right Butterfly Arm (#12).

**DIAGRAM 3**

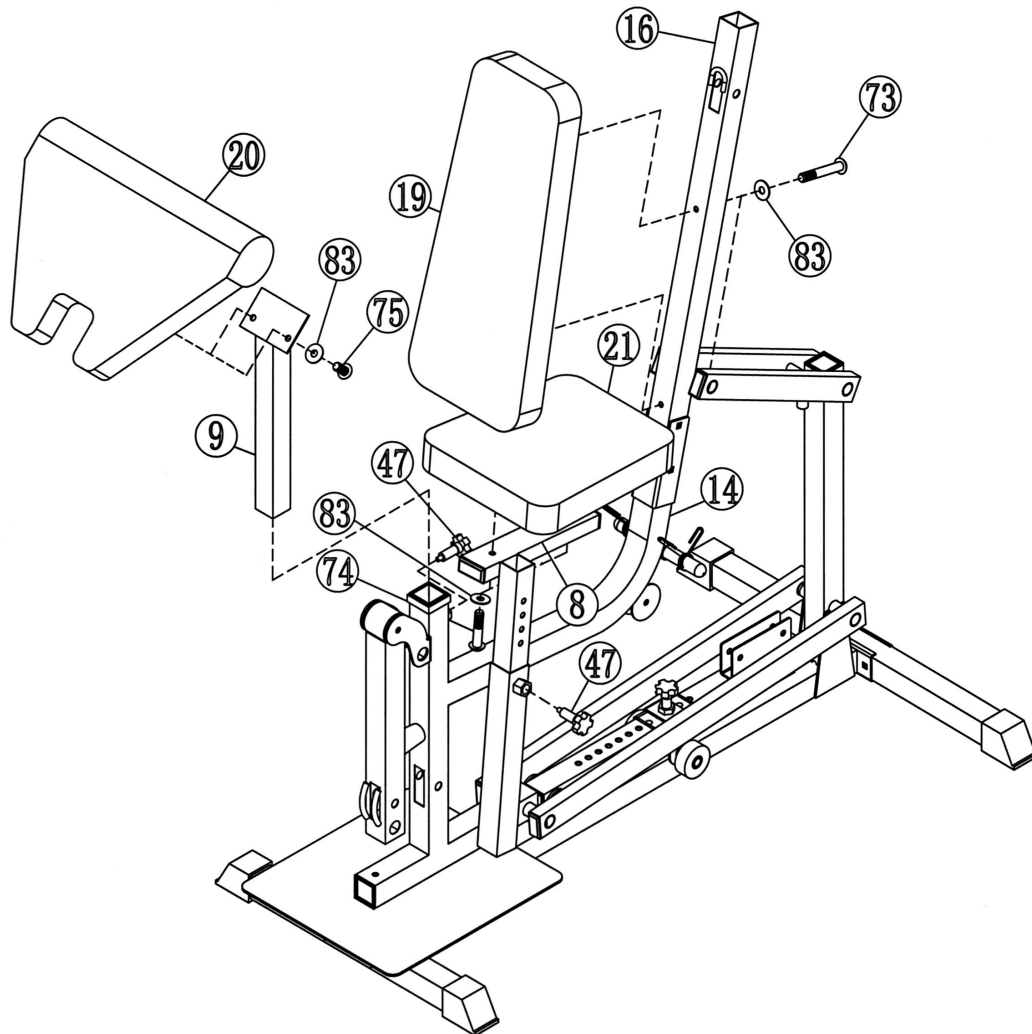




## STEP 4 (See Diagram 4)

- A.) Attach the Backrest Pad (#19) to the Vertical Frame (#16). Align the holes and secure it with two M8 x 2 1/2" Allen Bolts (#73) and Ø3/4" Washers (#83).
- B.) Attach the Seat (#21) onto the top of Seat Support (#8). Align the holes and secure it with two M8 x 1 3/4" Allen Bolts (#74) and Ø 3/4" Washers (#83). Insert the Seat Support (#8) into the opening on the Lower Main Frame (#14). Insert a Lock Knob (#47) to secure the Post.
- C.) Attach the Arm Curl Pad (#20) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Allen Bolts (#75) and Ø3/4" Washers (#83). Insert the Arm Curl Stand into the top opening in front of the Seat. Insert a Lock Knob (#47) to obtain the selected arm curl stand height.

### DIAGRAM 4

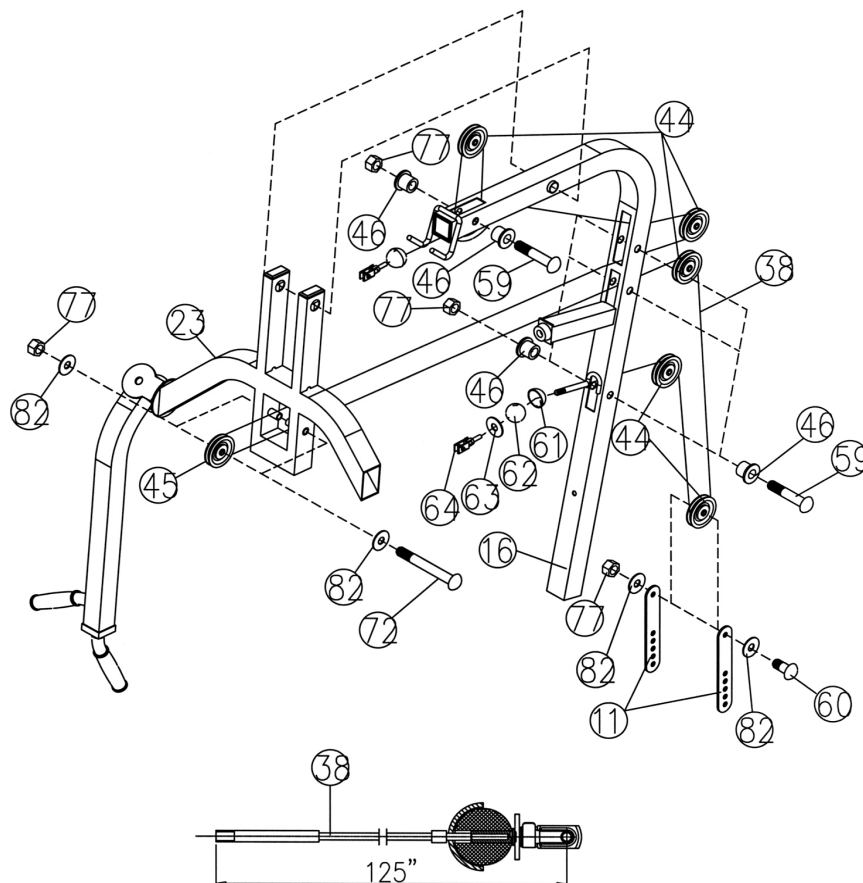




## STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the Ball-end of the 125" Upper Cable (#38) to the front top of the Vertical Frame (#16). Push two Bushings (#46) into the holes from both sides. Install a Small Pulley (#44) into the open slot. Make sure the Cable goes over the Pulley and the Ball-end is underneath the frame. Secure the Pulley with a M10 x 2 1/2" Allen Bolt (#59) and M10 Aircraft Nut (#77).
- B.) Draw the cable towards the back of the machine to the first slotted hole on the Vertical Frame (#16). Install a Small Pulley (#44) with two Bushings (#46), one M10 x 2 1/2" Allen Bolt (#59), and one M10 Aircraft Nut (#77). Pull the Cable over the Pulley then come back towards front of the machine.
- C.) Draw the Cable to the Bench Press Frame (#23). Install a Big Pulley (#45) in between the two vertical frames. Secure the Pulley with a M10 x 5 1/2" Allen Bolt (#72), two Ø7/8" Washers (#82), and one M10 Aircraft Nut (#77).
- D.) Draw the Cable over the Big Pulley (#45) towards the back of the machine to the second slotted hole on the Vertical Frame (#16). Install another Pulley by repeating STEP B above.
- E.) Pull the Cable downward then attach a Small Pulley (#44) to the Cable. Install two Floating Double Pulley Brackets (#11) to the Pulley. Secure it with a M10 x 1 3/4" Allen Bolt (#60), two Ø7/8" Washers (#82), and one M10 Aircraft Nut (#77). Let the Bracket hanging for now.
- F.) Pull the Cable upward towards the third slotted hole on the Vertical Frame (#16). Install a Small Pulley. Draw the Cable over the pulley through the hole to the front of the Frame. Slide a Cone Shaped Stopper (#61), Rubber Ball Bumper (#62), and Cable Washer (#63) on to the bolt on the end of the Cable. Secure the Bolt with a Cable Connector (#64).

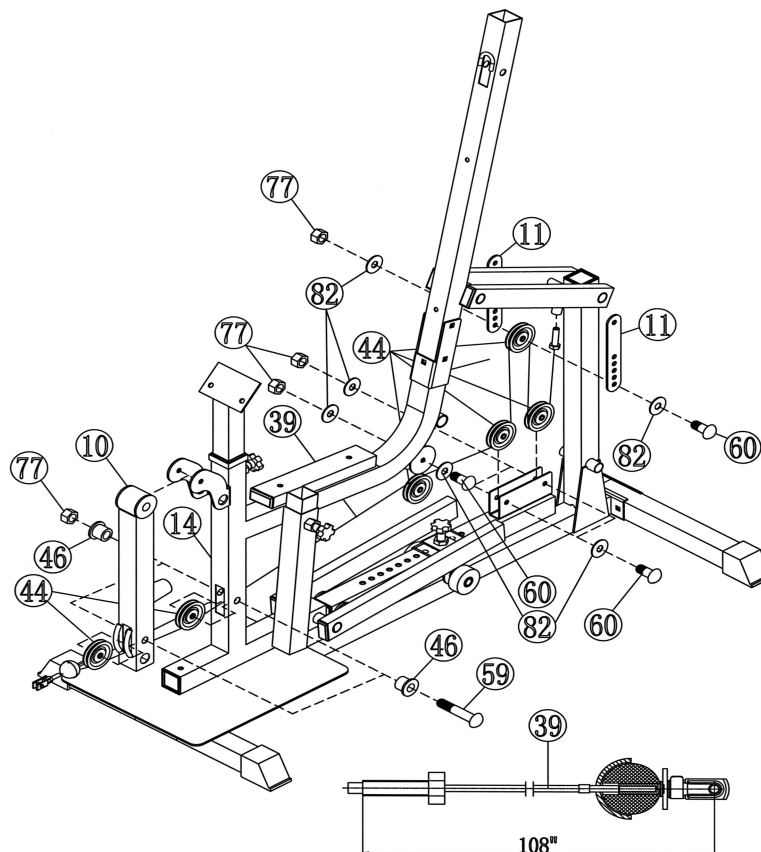
## DIAGRAM 5

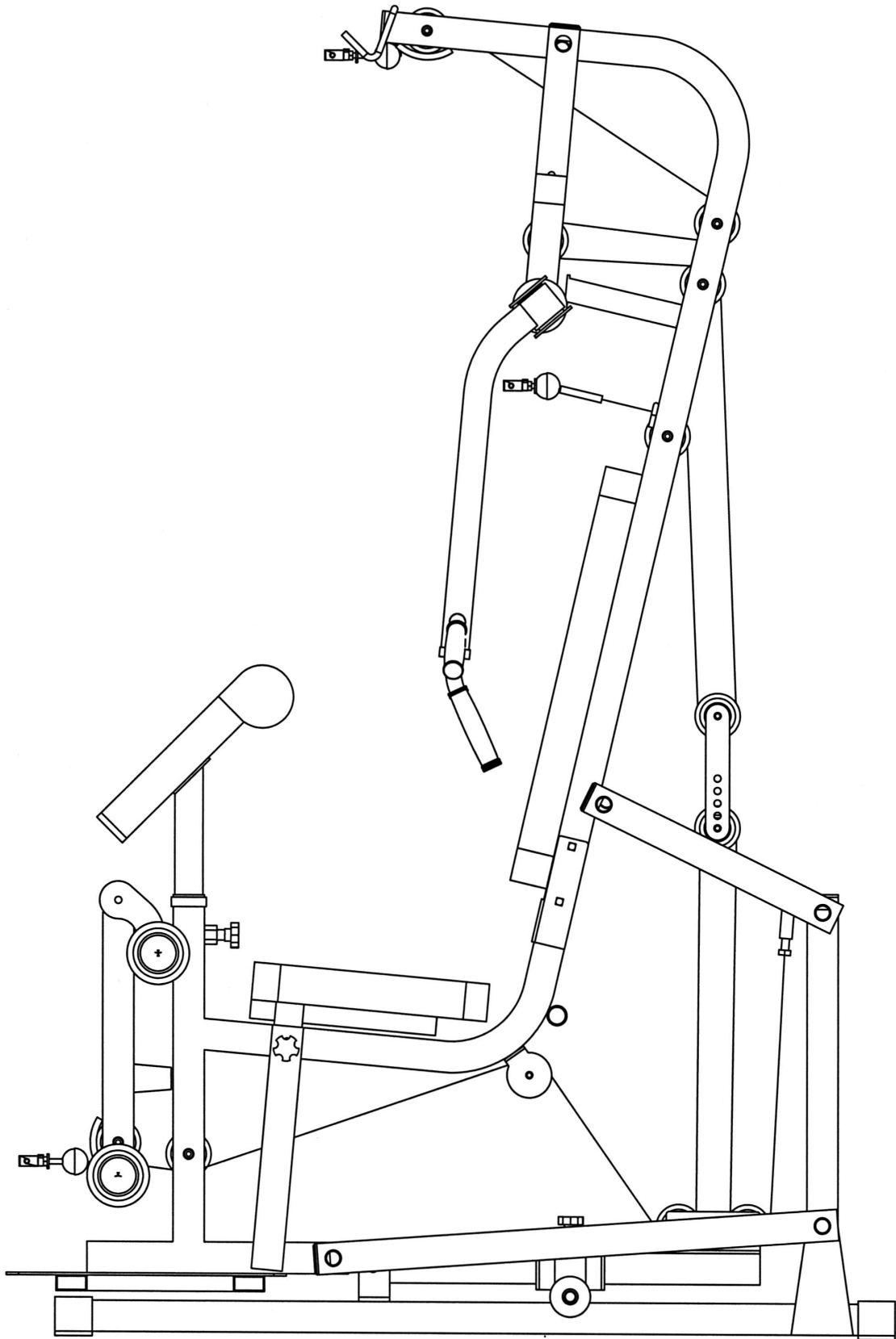


## STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the Ball-end of the 108" Lower Cable (#39) to the open slot on the Leg Developer (#10). Insert the Cable through both openings on the Leg Developer and Lower Main Frame (#14) towards the back of the machine.
- B.) Insert a Pulley (#44) into the open slot on the Leg Developer (#10). Make sure the Pulley is above the Cable. Secure it with one M10 x 2 1/2" Allen Bolt (#59), two Pulley Bushings (#46), and a M10 Aircraft Nut (#77). Repeat the same step to install another Pulley to the open slot on the Lower Main Frame (#14).
- C.) Pull the Cable towards the back of the machine to the bracket underneath the seat. Install a Pulley with a M10 x 1 3/4" Allen Bolt (#60), two Ø7/8" Washers (#82), and a M10 Aircraft Nut (#77). Make sure the Cable is above the Pulley.
- D.) Pull the Cable downward to the first hole on the Weight Adjustment Bar. Install a Pulley with a M10 x 1 3/4" Allen Bolt (#60), two Ø7/8" Washers (#82), and a M10 Aircraft Nut (#77).
- E.) Pull the Cable upward towards the Floating Double Pulley Bracket (#11) previously installed in STEP 5E. Select the lowest hole located on the bracket and install another Pulley with one M10 x 1 3/4" Allen Bolt (#60), two Ø7/8" Washers (#82), and one M10 Aircraft Nut (#77). Note: The Cable might get loose after a period time of use. Simply raise the Pulley up to a higher hole on the Floating Double Pulley Brackets (#11) to take off the slack.
- F.) Pull the Cable downward to the second hole on the Weight Adjustment Bar (#7). Install another Pulley. Then pull the Cable upward to the T-shaped Connector (#15). Secure the bolt on the end of the Cable into the T-shaped connector.

**DIAGRAM 6**

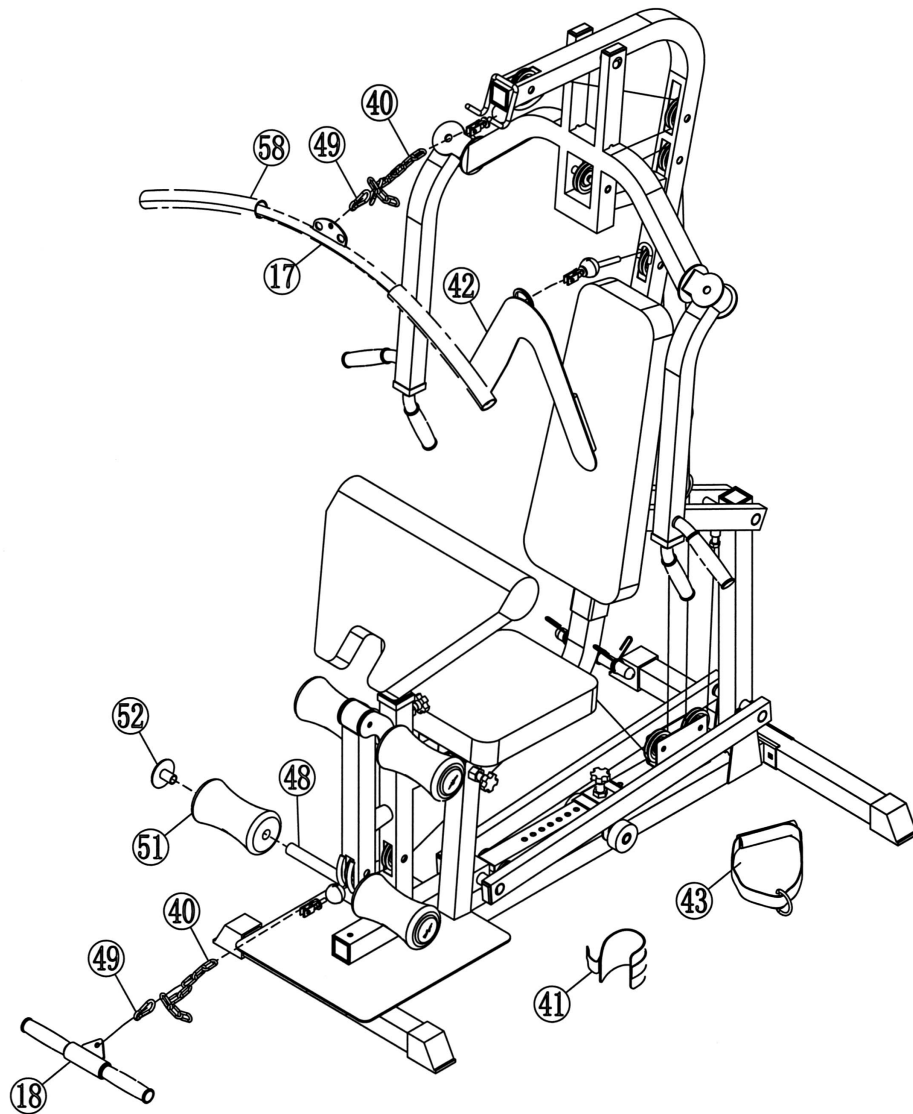




### STEP 7 (See Diagram 7)

- A.) Connect the Chain (#40) to the end of Upper Cable. (See How to Use). Attach Clip (#49) to the Chain. Then connect the Lat Bar (#17) to the Clip.
- B.) Insert two Foam Roll Tubes (#48) halfway into the holes located on the Leg Developer (#10). Slide four Foam Rolls (#51) onto the tubes and covered the end with four Foam Roll End Caps (#52).
- C.) Connect the Chain (#40) to the Lower Cable (#39). (See How to Use). Connect the Clip (#49) to the Chain (#40). Then Connect Curl Bar (#18) to the Clip (#49). Remove the Chain and Curl Bar when using the Leg Developer.
- D.) Attach the AB Strap (#42) to the Cable Connector (#64) above the Backrest Pad.

### DIAGRAM 7



# PARTS LIST

## KEY NO. DESCRIPTION

## Q'ty

KEY NO.	DESCRIPTION	Q'ty
1	Main Base Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Foot Platform	1
5	Long Pivot Support Bar	2
6	Short Pivot Support Bar	2
7	Weight Adjustment Bar	1
8	Seat Support	1
9	Arm Curl Stand	1
10	Leg Developer	1
11	Floating Double Pulley Bracket	2
12	Right Butterfly Arm	1
13	Left Butterfly Arm	1
14	Lower Main Frame	1
15	T-shaped Cable Connector	1
16	Vertical Frame	1
17	Lat Bar	1
18	Curl Bar	1
19	Backrest Pad	1
20	Arm Curl Pad	1
21	Seat	1
22	Curl Bar Tube	1
23	Bench Press Frame	1
24	Sliding Block	1
25	Bracket	2
26	Roller Wheel	2
27	2 3/8" Axle Cover	2
28	3 " Axle Cover	4
29	4 1/2" Axle	1
30	Ø1 3/4" Leg Developer Bumper	1
31	Ø1 1/4" Vertical Frame Bumper	4
32	M10 x 2 5/8" Axle	1
33	M12 x 6 1/2" Short Pivot Axle	3
34	M12 x 4" Butterfly Axle	2
35	M12 x 7 7/8" Long Pivot Axle	2
36	M12 Aircraft Nut	14
37	M10 x 2 1/4" Leg Developer Axle	1
38	125" Upper Cable	1
39	108 " Lower Cable	1
40	Chain	2
41	Ankle Strap	1
42	AB Strap	1
43	Single Handle	1
44	Ø 2 3/4" Pulley	11
45	Ø 3 3/4" Pulley	1
46	Pulley Bushing	12
47	Lock Knob	3
48	Foam Roll Tube	2
49	Clip	2
50	1" Bushing	32
51	Foam Roll	4
52	Foam Roll End Cap	4
53	2" End Cap	7
54	2" x 1 " Square End Cap	16
55	2 1/4" x 1 1/8" End Cap	2
56	Stabilizer End Cap	4
57	Grip	6
58	Lat Bar Grip	2
59	M10 x 2 1/2" Allen Bolt	6
60	M10 x 1 3/4" Allen Bolt	5
61	Cone Shaped Stopper	1
62	Rubber Ball Bumper	1
63	Cable Washer	1
64	Cable Connector	1
65	Leg Developer Holder Sleeve	1
66	2 1/4" Sleeve	2
67	Cone-shaped Cap	14
68	1 3/8" Bushing	2
69	M10 x 2 3/4" Carriage Bolt	8
70	M10 x 2 1/2" Carriage Bolt	1
71	M10 x 5/8" Allen Bolt	6
72	M10 x 5 1/2" Allen Bolt	1
73	M8 x 2 1/2" Allen Bolt	2
74	M8 x 1 3/4" Allen Bolt	2
75	M8 x 5/8" Allen Bolt	2
76	M6 x 5/8" Screw	6
77	M10 Aircraft Nut	21
78	Square Sleeve	2
79	Ø 1" Washer	10
80	Ø 1 1/2" Washer	4
81	Large Washer	6
82	Ø 7/8" Washer	21
83	Ø 3/4" Washer	6
84	Allen Wrench #6	2
85	Allen Wrench #5	1
86	Spring Clip	2
87	Weight Holder	1
88	Ø Round End Cap	2

# Exercise Resistance

EXERCISE RESISTANCE CHART							
Hole Position	Lat Bar	Bench Press	AB Strap	Leg Developer	Butterfly	Arm Curl	Low Pulley Exercise off the Machine
1	23%	15%	13%	19%	17%	19%	30 lbs.
2	29%	19%	19%	25%	20%	26%	40 lbs.
3	35%	25%	23%	33%	26%	32%	50 lbs.
4	46%	31%	29%	44%	29%	39%	60 lbs.
5	52%	40%	37%	55%	37%	52%	70 lbs.
6	67%	56%	46%	66%	46%	62%	80 lbs.
7	90%	69%	58%	77%	56%	73%	90 lbs.
8	110%	78%	n/a	n/a	66%	84%	n/a
9	n/a	93%	n/a	n/a	n/a	95%	n/a
10	n/a	110%	n/a	n/a	n/a	105%	n/a

This chart is an average sampling. The weight of the machine is included to determine the resistance and is a greater percentage of resistance for a lighter person than it is for a heavier person.

Column 1 shows the hole position.

Columns 2 to 7 show the weight resistance for different exercises by percentage.

Column 8 lists the resistance for all low pulley exercises performed off the machine. The resistance is the same for all users. Only the first 7 hole positions may be used. Therefore, no computation is available after hole position 7.

EXERCISE RESISTANCE CHART							
Hole Position	Lat Bar	Bench Press	AB Strap	Leg Developer	Butterfly	Arm Curl	Low Pulley Exercise off the Machine
1							30 lbs.
2							40 lbs.
3							50 lbs.
4							60 lbs.
5							70 lbs.
6							80 lbs.
7							90 lbs.
8			n/a	n/a			n/a
9	n/a		n/a	n/a	n/a		n/a
10	n/a		n/a	n/a	n/a		n/a

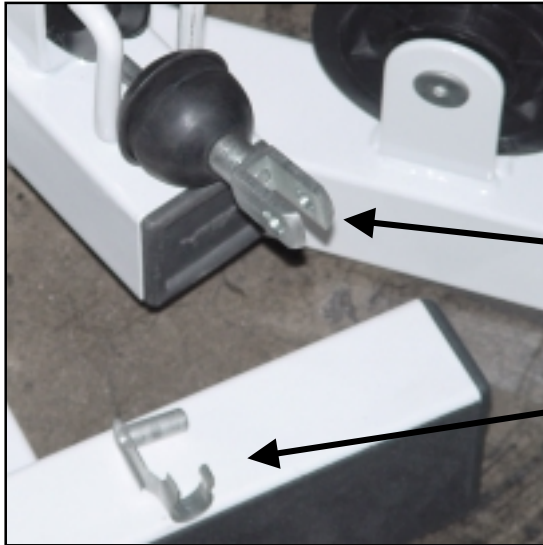
The above chart is not complete. These columns are provided for you to determine your own weight resistance figures. Simply multiply your body weight by the percentage then fill in the blanks.

Example: A 200 lb. Person lifts at level 6 doing bench press equals 112 lbs. of resistance.



## HOW TO USE

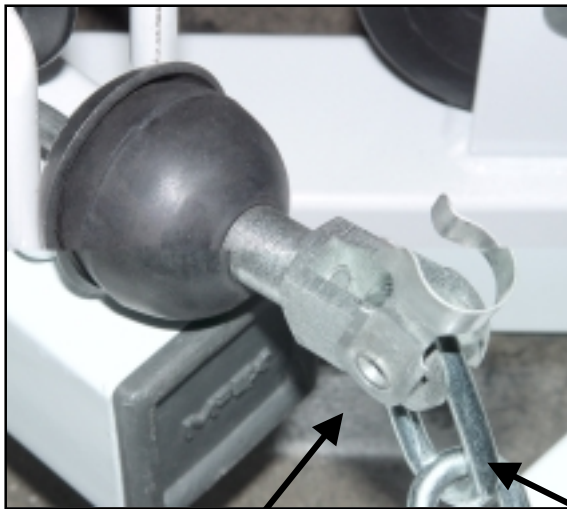
How to use the quick release connector.



**The Clip is removed from the Connector.**

**Connector**

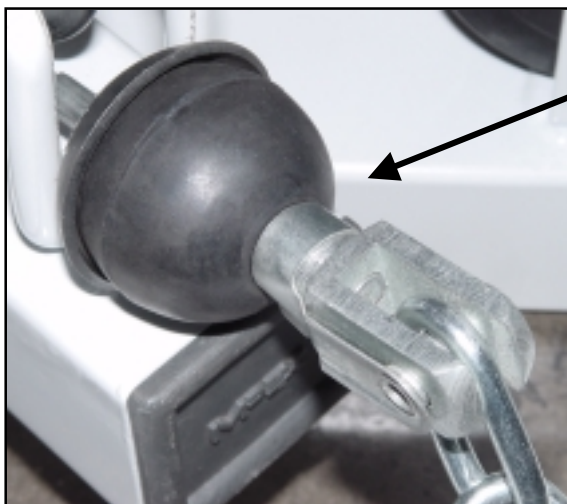
**Clip**



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

**Insert**

**Chain**



**Push down the Clip to secure.**



# **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 a 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.

**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.

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