NOTE:
Please read all instructions carefully before using this product

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Retain This Manual for Reference

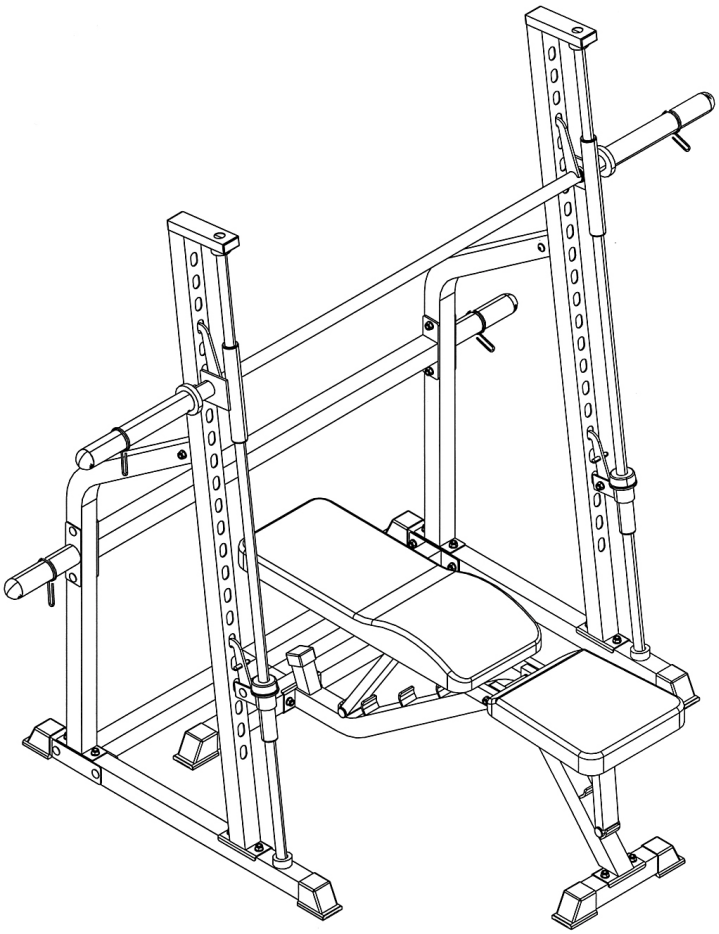
08-18-03

OWNER'S MANUAL

IMPEX
FITNESS PRODUCTS

MARCY SMITH BENCH

SM-600



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

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BEFORE YOU BEGIN

Thank you for selecting the MARCY Smith Bench SM 600 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
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IMPORTANT SAFETY NOTICE

PRECAUTIONS

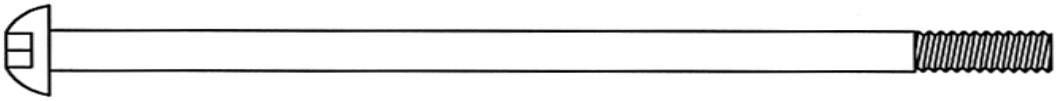
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

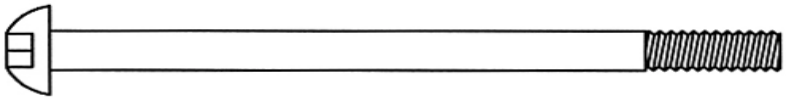
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

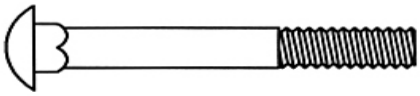
HARDWARE PACK



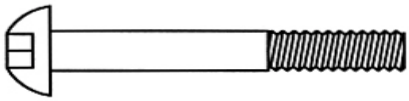
#39 M10 x 7-1/4" Allen Bolt (Qty 2)



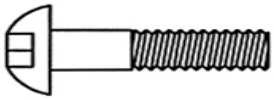
#40 M10 x 5-3/8" Allen Bolt (Qty 1)



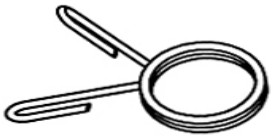
#23 M10 x 2-3/4" Carriage Bolt (Qty 20)



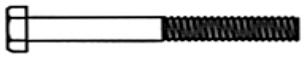
#44 M10 x 2-1/2" Allen Bolt (Qty 2)



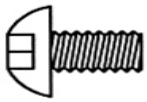
#26 M10 x 1-5/8" Allen Bolt (Qty 2)



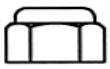
#15 Spring Clip (Qty 4)



#41 M6 x 2" Hex Bolt (Qty 8)



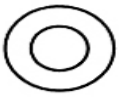
#43 M10 x 5/8" Allen Bolt (Qty 2)



#24 M10 Aircraft Nut
(Qty 27)



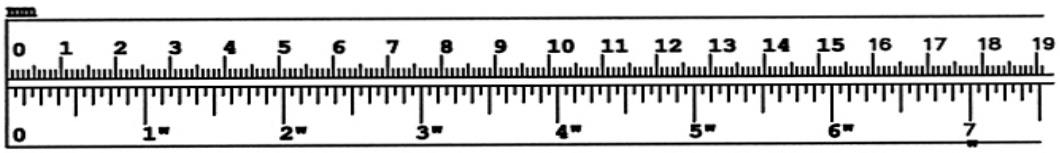
#35 Ø ½" Washer
(Qty 14)



#25 Ø ¾" Washer
(Qty 34)



#42 Ø ½" Washer
(Qty 8)



ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

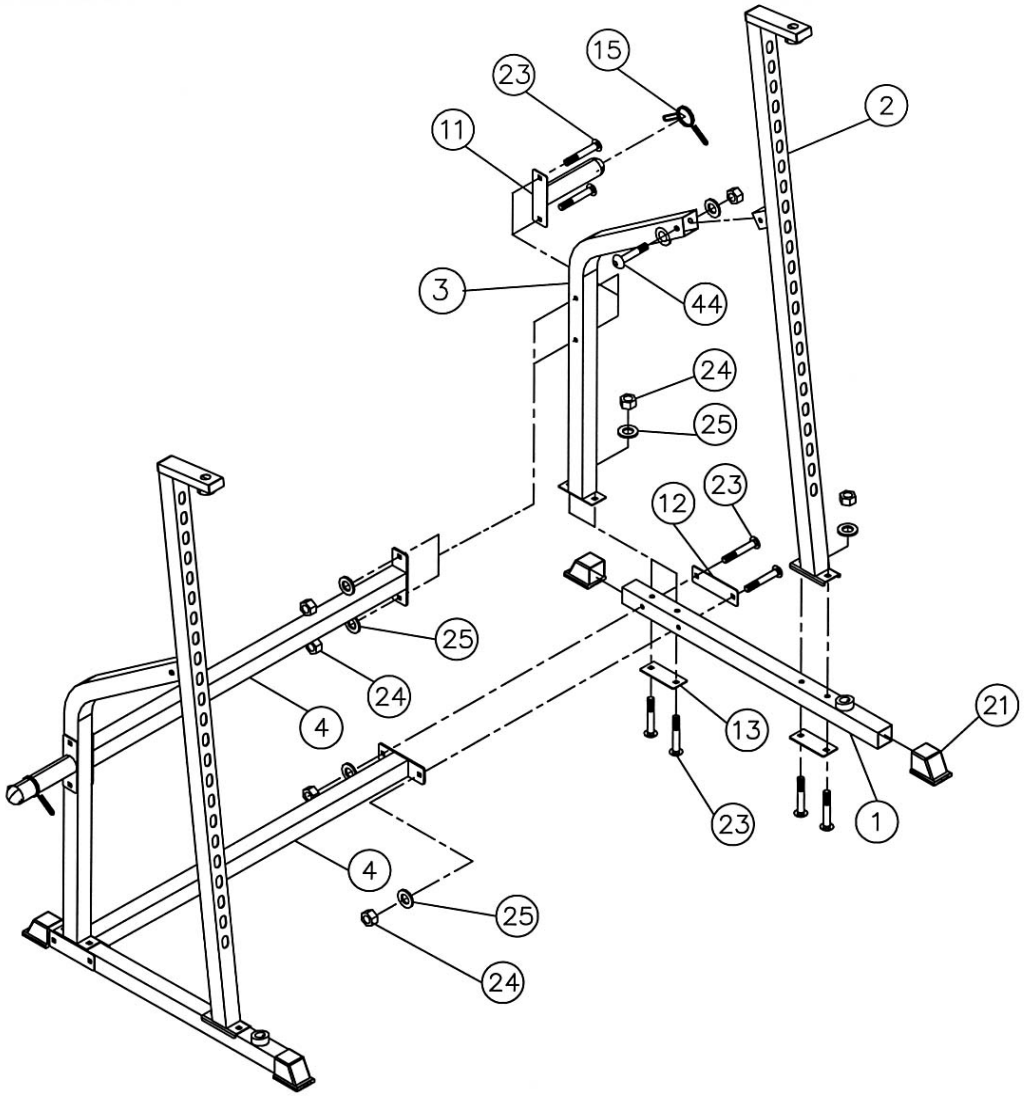
A.) Connect the two Stabilizers (#1) by a Cross Brace (#4) in the mid-span. Align the holes and secure each end with one 6 ½" x 2" Bracket (#12), two M10 x 2 ¾" Carriage Bolts (#23), two ∅ ¾" Washers (#25), and two M10 Aircraft Nuts (#24).

B.) Place an Upright Beam (#2) onto a Stabilizer. Secure it with one 4 ¾" x 2" Bracket (#13), two M10 x 2 ¾" Carriage Bolts (#23), two Ø ¾" Washers (#25), and two M10 Aircraft Nuts (#24). Repeat the same step to install the other Upright Beam.

C.) Attach a Rear Support (#3) to a Stabilizer and an Upright Beam. Secure the Support to the Stabilizer with one 4 ¾" x 2" Bracket (#13), two M10 x 2 ¾" Carriage Bolts (#23), two Ø ¾" Washers (#25), and two M10 Aircraft Nuts (#24). Secure the Support to the Upright Beam with one M10 x 2 ½" Allen Bolt (#44), two Ø ¾" Washers (#25), and one M10 Aircraft Nut (#24). Repeat the same step to install the other Rear Support.

D.) Place a Cross Brace (#4) in between the two Rear Supports (#3). Secure each end with one Weight Post Bracket (#11), two M10 x 2 ¾" Carriage Bolts (#23), two Ø ¾" Washers (#25), and two M10 Aircrafts (#24). Attach one Spring Clip (#15) to each Weight Post.

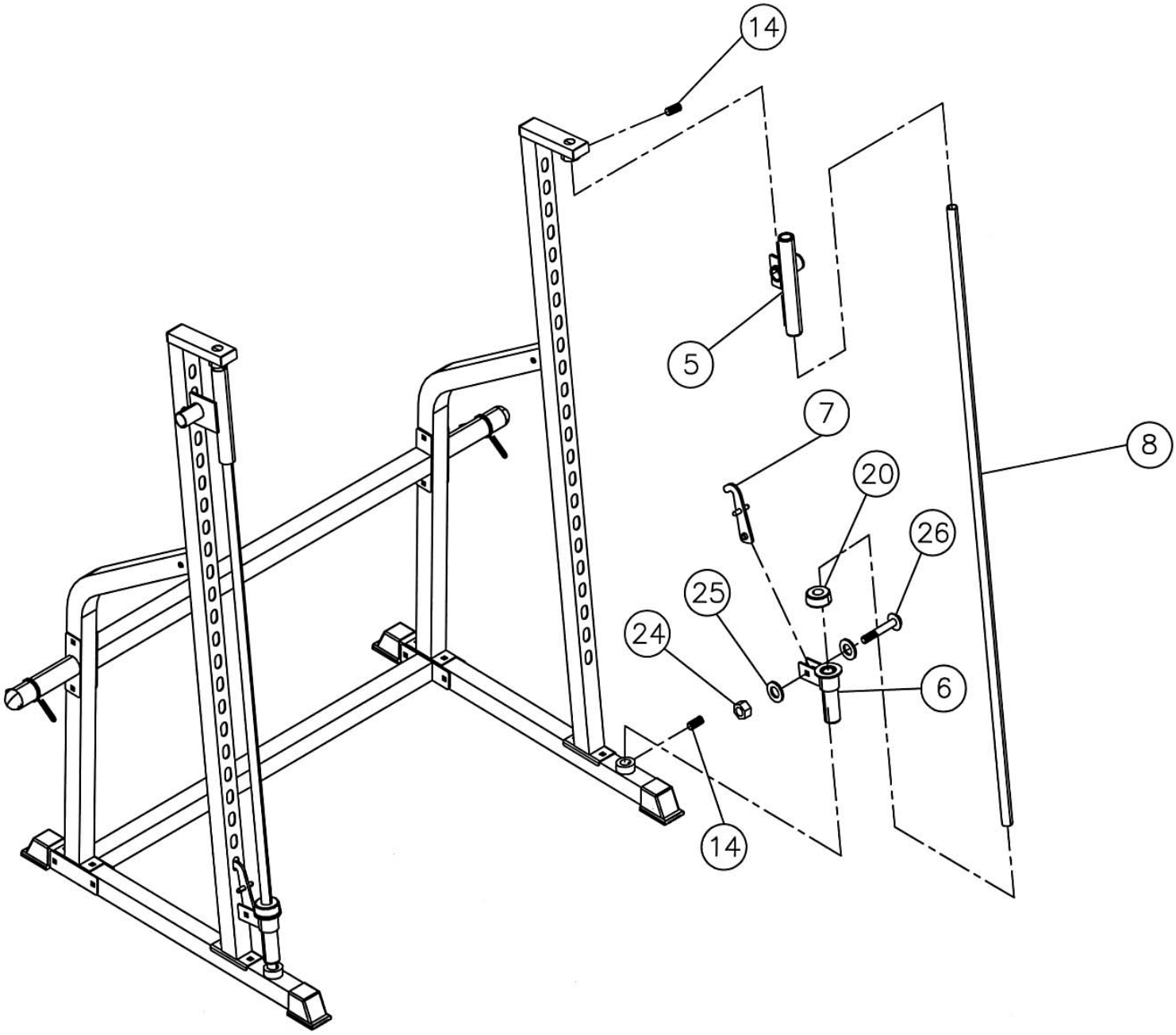
E.) Plug four 2" Stabilizer End Caps (#21) onto the end of the two Stabilizers.



STEP 2 (See Diagram 2)

A.) Slide both a Rubber Bumper (20) and Safety Stop (#6) onto a Guide Rod (#8).
B.) Slide a Sliding Bar Catch (#5) onto the Guide Rod from the top.
C.) Insert the bottom of Guide Rod into the ring cap on the left Stabilizer. Insert the top of Guide Rod into the ring cap on top of the left Upright Beam. Use the two M8 x ½" Allen Screws (#14) on the caps to secure the Guide Rod.
D.) Attach a Safety Hook (#7) to the bracket on the Safety Stop (#6). Secure it with one M10 x 1 5/8" Allen Bolt (#26), two Ø ¾" Washers (#25), and one M10 Aircraft Nut (#24).
E.) Attach the Safety Hook into the selected hole on the Upright Beam to obtain the desired height for safety catch.
F.) Repeat Steps A, B, C and D above to install the other side.

DIAGRAM 2



STEP 3 (See Diagram 3)

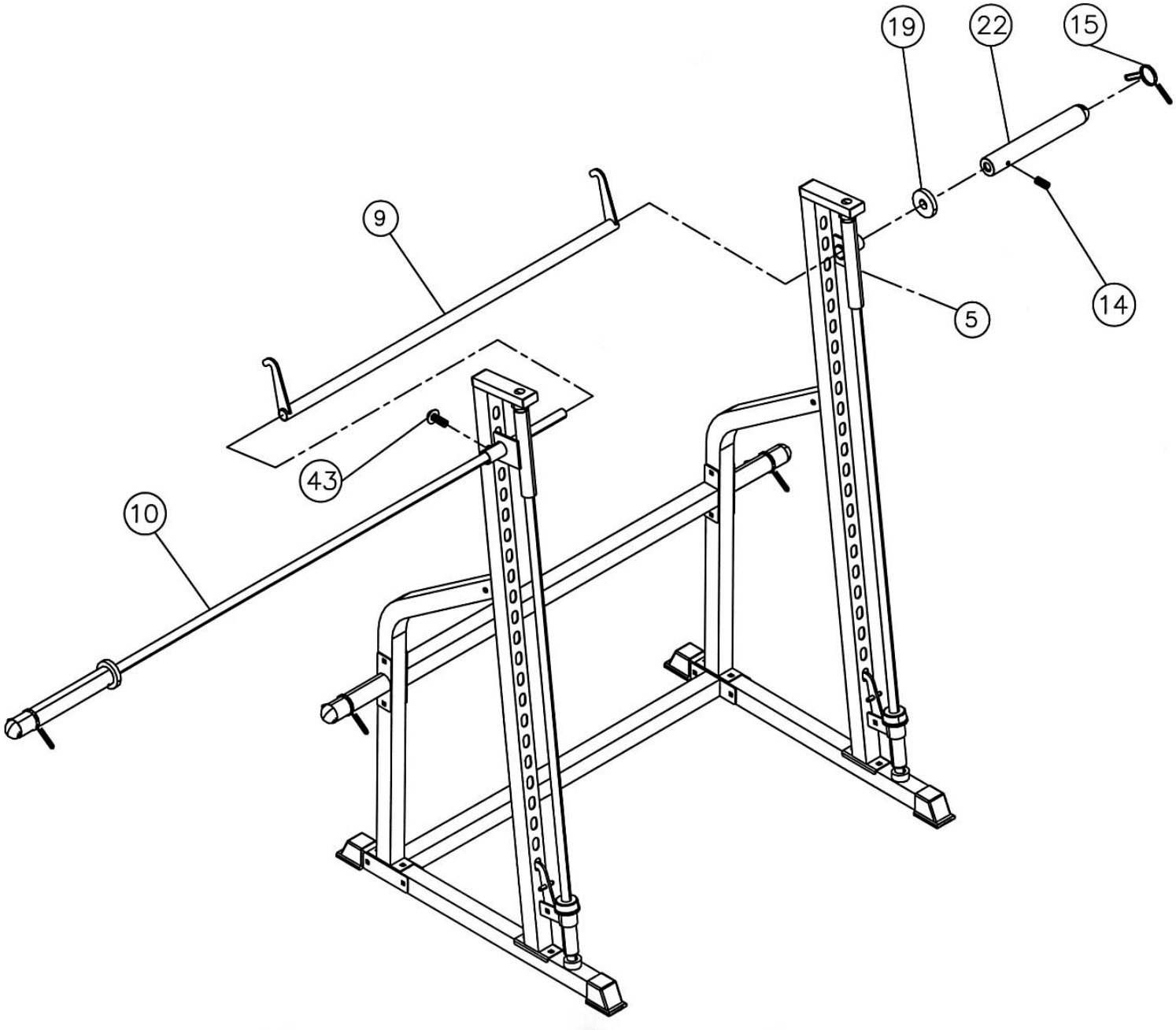
A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#9) in between the two Sliding Bar Catches (#5). Align the holes. Insert the Weight Bar (#10) into the Bar Catch from one end and through the Lifting Sleeve to the other Bar Catch on the opposite end. Center the Weight Bar and secure it to each Bar Catch with one M10 x 5/8" Allen Bolt (#43).

B.) Turn the hook on the Lifting Sleeve into the selected holes on the Upright Beams to secure the Weight Bar position.

C.) Slide a Ø 3" Rubber Spacer (#19) onto the Weight Bar. Push one Olympic Sleeve (#22) onto the Weight Bar. Secure the Olympic Sleeve with a M8 x ½" Allen Screw (#14). Attach a Spring Clip (#15) onto the Sleeve.

D.) Repeat Step C above to install the other side.

DIAGRAM 3



STEP 4 (See Diagram 4)

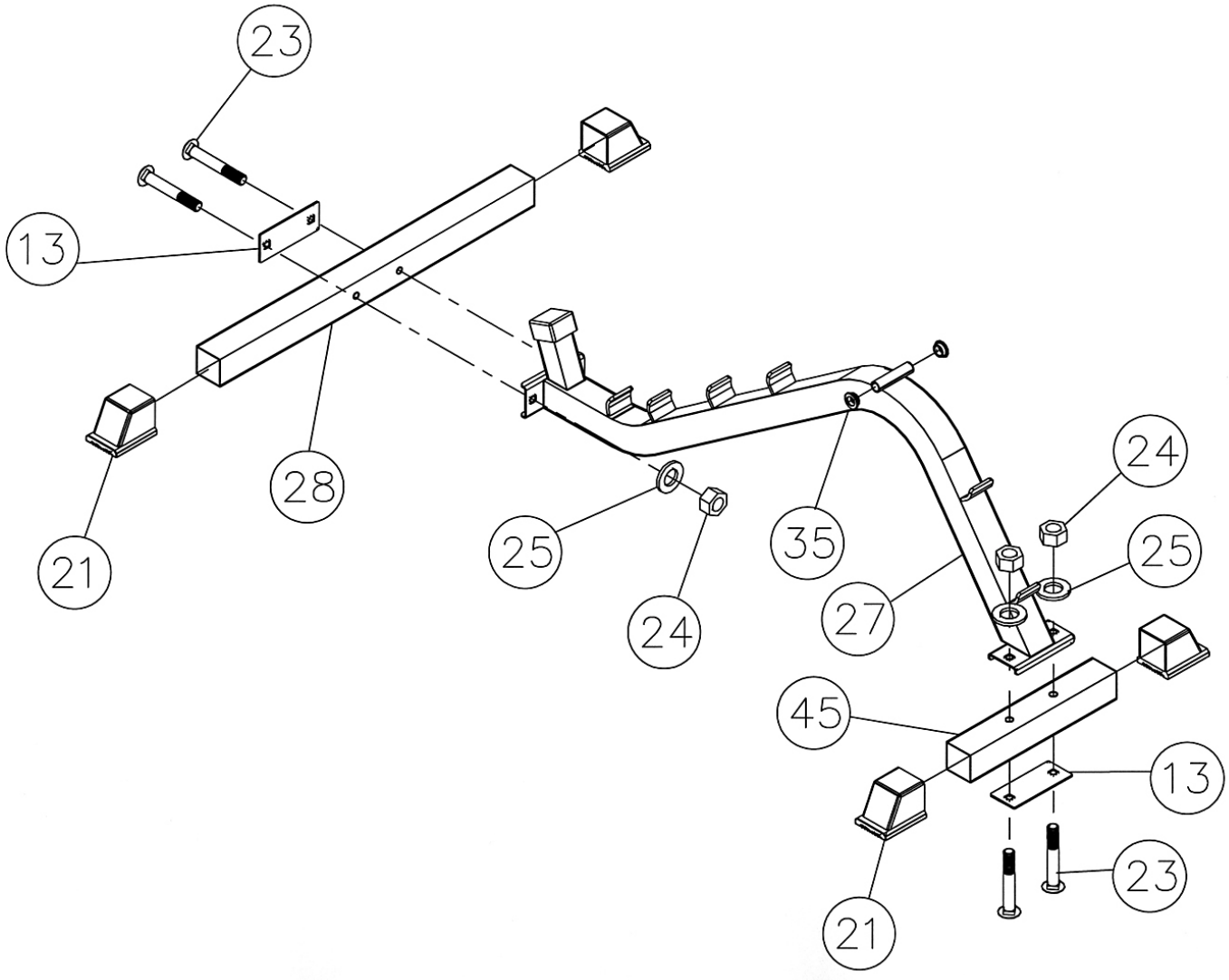
A.) Attach the rear of the Bench Main Base Frame (#27) to the Bench Rear Stabilizer (#28). Secure it with one 4 ¾" x 2" Bracket (#13), two M10 x 2 ¾" Carriage Bolts (#23), two Ø ¾" Washers (#25), and two M10 Aircraft Nuts (#24).

B.) Attach the front of the Bench Main Base Frame (#27) to the Bench Front Stabilizer (#45). Secure it with one 4 ¾" x 2" Bracket (#13), two M10 x 2 ¾" Carriage Bolts (#23), two Ø ¾" Washers (#25), and two M10 Aircraft Nuts (#24).

C.) Push four 2" Stabilizer End Caps (#21) onto both ends of the Front & Rear Stabilizers.

D.) Plug two Ø ½" Bushings (#35) onto both ends of the pivot on the Bench Main Base Frame (#27).

DIAGRAM 4



STEP 5 (See Diagram 5)

A.) Attach two Ø ½" Bushings (#35) to both ends of the pivot on the Backrest Incline Support (#30).

B.) Place the Backrest Incline Support (#30) in between the two Backrest Supports (#29). Align the holes. Insert one M10 x 7 ¼" Allen Bolt (#39) through the holes and secure it with two Ø ¾" Washers (#25), and one M10 Aircraft Nut (#24). Do not tighten the Nut and Bolt yet.

C.) Attach two Bushings (#35) to the front hole of each Backrest Support (#29).

D.) Attach two Bushings to each Seat Supports (#31).

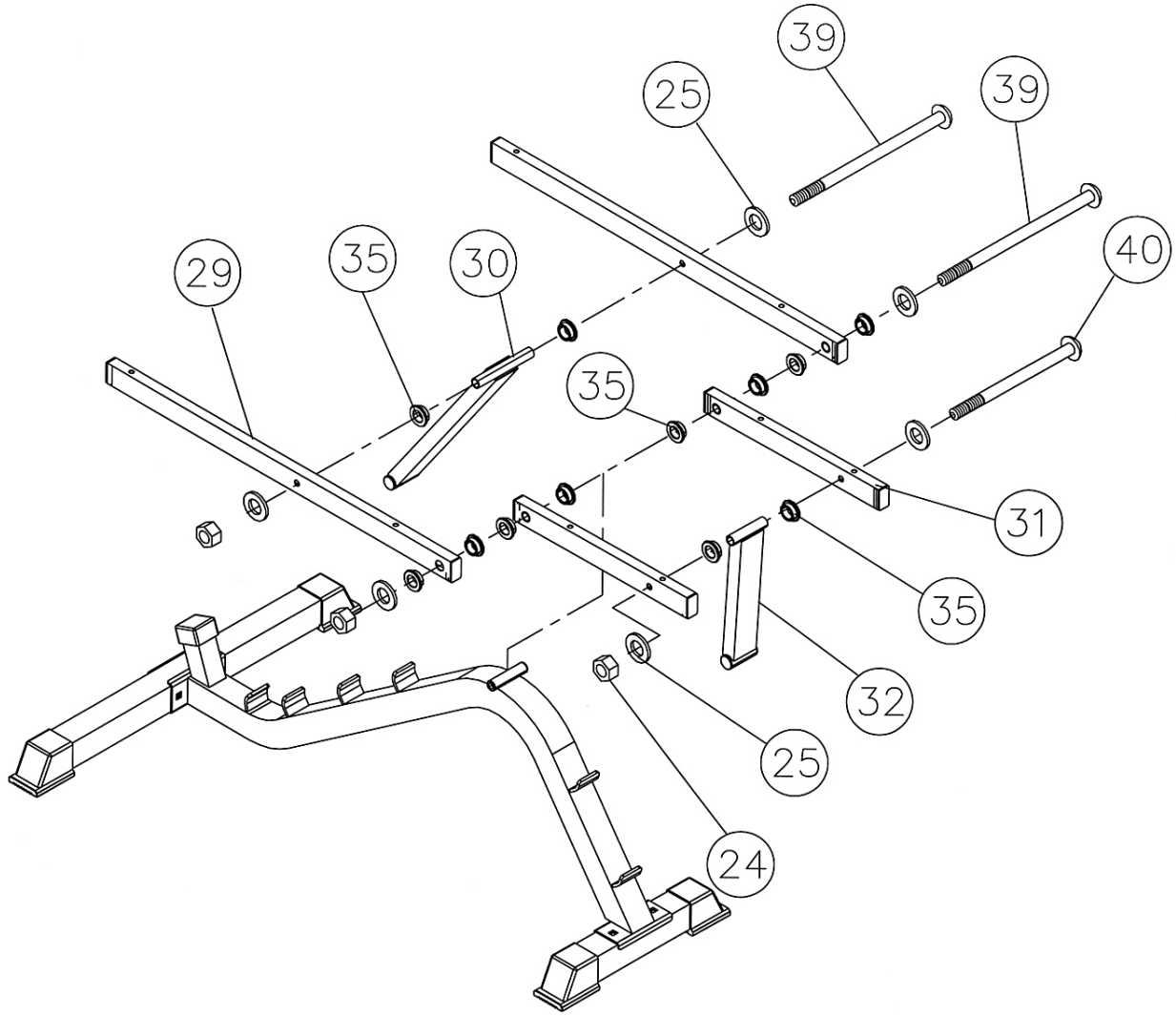
E.) Attach the Seat Supports to each end of the pivot on Bench Main Base Frame. Attach each front end of the Backrest Support (#29) to each Seat Support. Align the holes. Insert a M10 x 7 ¼" Allen Bolt through the holes and secure it with two Ø ¾" Washers (#25), and one M10 Aircraft Nut (#24). Do not tighten the Bolt and Nut yet.

F.) Attach two Bushings to the pivot on the Seat Incline Support (#32). Place the Seat Incline Support (#32) in between the Seat Supports. Secure it with one M10 x 5 3/8" Allen Bolt (#40), two Ø ¾" Washers (#25) and one M10 Aircraft Nut (#24).

G.) Tighten all Nuts and Bolts previously installed but make sure both the Seat Incline Support and Backrest Incline Support are able to swivel.

H.) Place the bottom of Backrest Incline Support and Seat Incline Support onto the selected slot on the Bench Main Base Frame to obtain the desired incline.

DIAGRAM 5

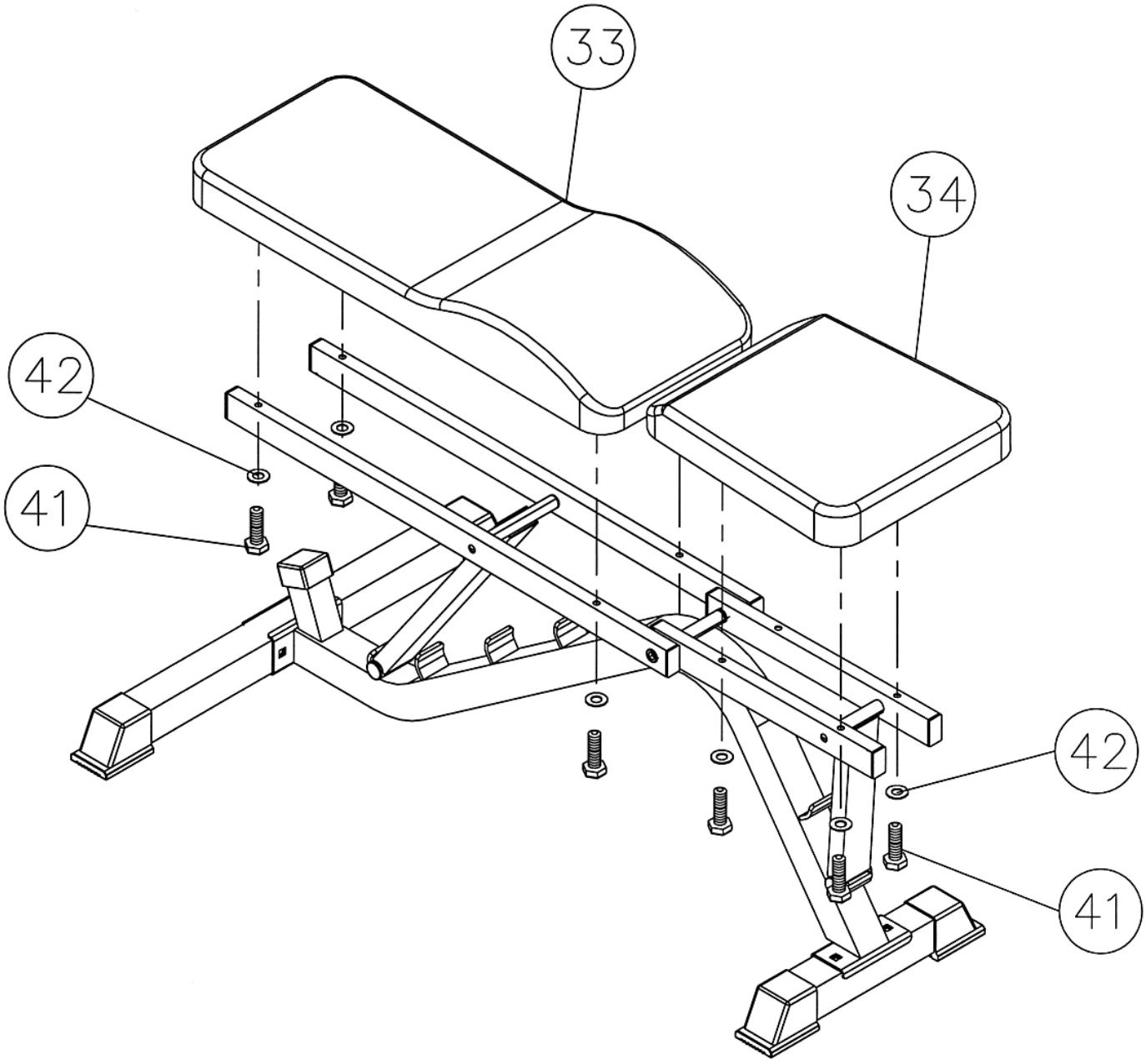


STEP 6 (See Diagram 6)

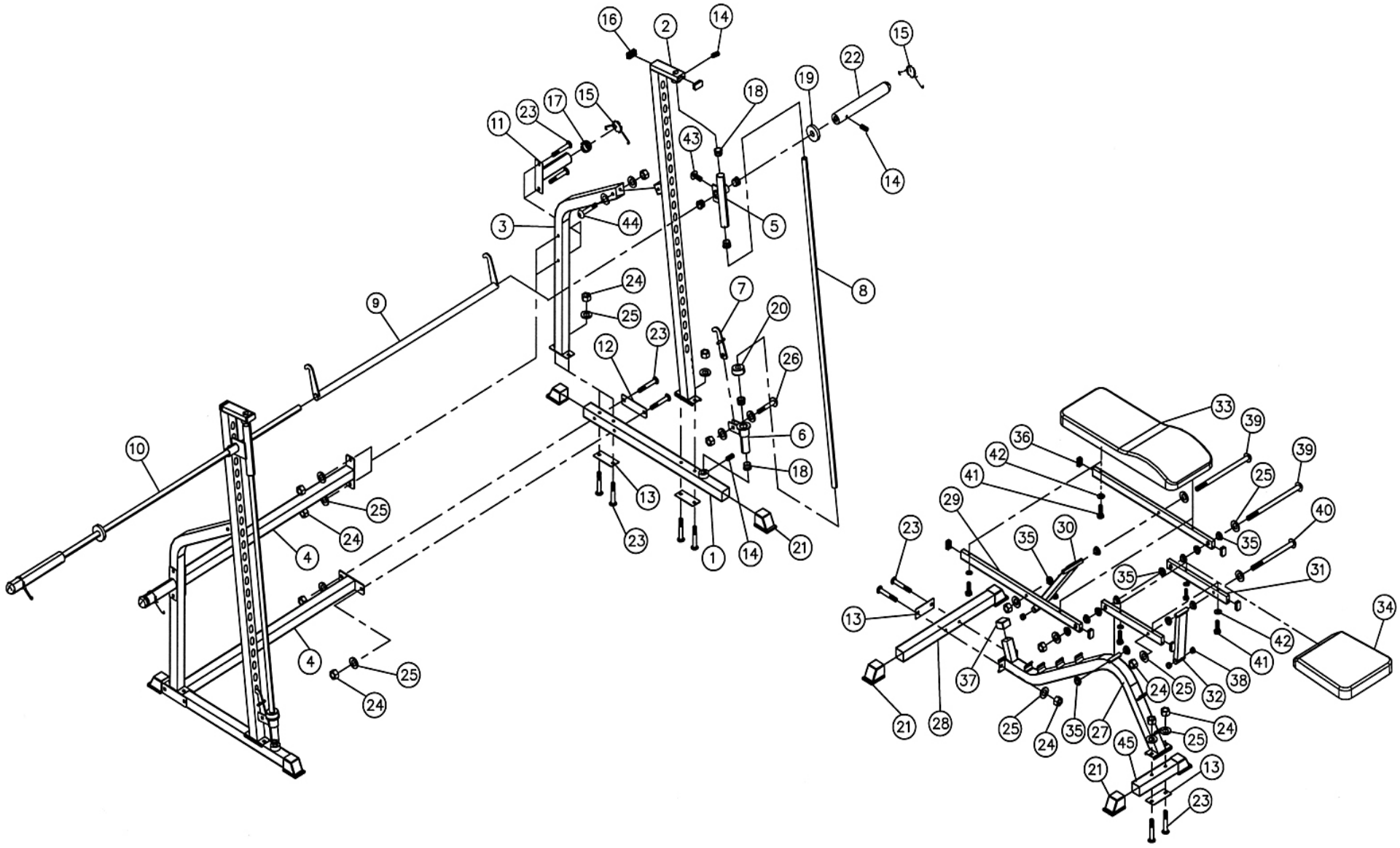
A.) Place the Backrest Board (#33) onto the Backrest Supports. Secure it with four M6 x 2” Hex Bolts (#41) and Ø ½” Washers (#42).

B.) Place the Seat (#34) onto the Seat Supports. Secure it with four M6 x 2” Hex Bolts (#41) and Ø ½” Washers (#42).

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Stabilizer	2
2	Upright Beam	2
3	Rear Support	2
4	Cross Brace	2
5	Sliding Bar Catch	2
6	Safety Stop	2
7	Safety Hook	2
8	Guide Rod	2
9	Lifting Sleeve	1
10	Weight Bar	1
11	Weight Post Bracket	2
12	6 ¼" x 2" Bracket	2
13	4 ¾" x 2" Bracket	6
14	M8 x ½" Allen Screw	6
15	Spring Clip	4
16	2" x 1" End Cap	4
17	Ø 2" Cone-shaped End Cap	2
18	Ø 1 3/8" Spacer	12
19	Ø 3" Rubber Spacer	2
20	Rubber Bumper	2
21	2" Stabilizer End Cap	8
22	Olympic Sleeve	2
23	M10 x 2 ¾" Carriage Bolt	20
24	M10 Aircraft Nut	27
25	Ø ¾" Washer	34
26	M10 x 1 5/8" Allen Bolt	2
27	Bench Main Base Frame	1
28	Bench Rear Stabilizer	1
29	Backrest Support	2
30	Backrest Incline Support	1
31	Seat Support	2
32	Seat Incline Support	1
33	Backrest Board	1
34	Seat	1
35	Ø ½" Bushing	14
36	1 5/8" x ¾" End Cap	8
37	1 ½" Square End Cap	1
38	Ø 1" End Cap	4
39	M10 x 7 ¼" Allen Bolt	2
40	M10 x 5 3/8" Allen Bolt	1
41	M6 x 2" Hex Bolt	8
42	Ø ½" Washer	8
43	M10 x 5/8" Allen Bolt	2
44	M10 x 2 ½" Allen Bolt	2
45	Front Stabilizer	1

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