NOTE:
Please read all instructions carefully before using this product

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Model
SM 4000

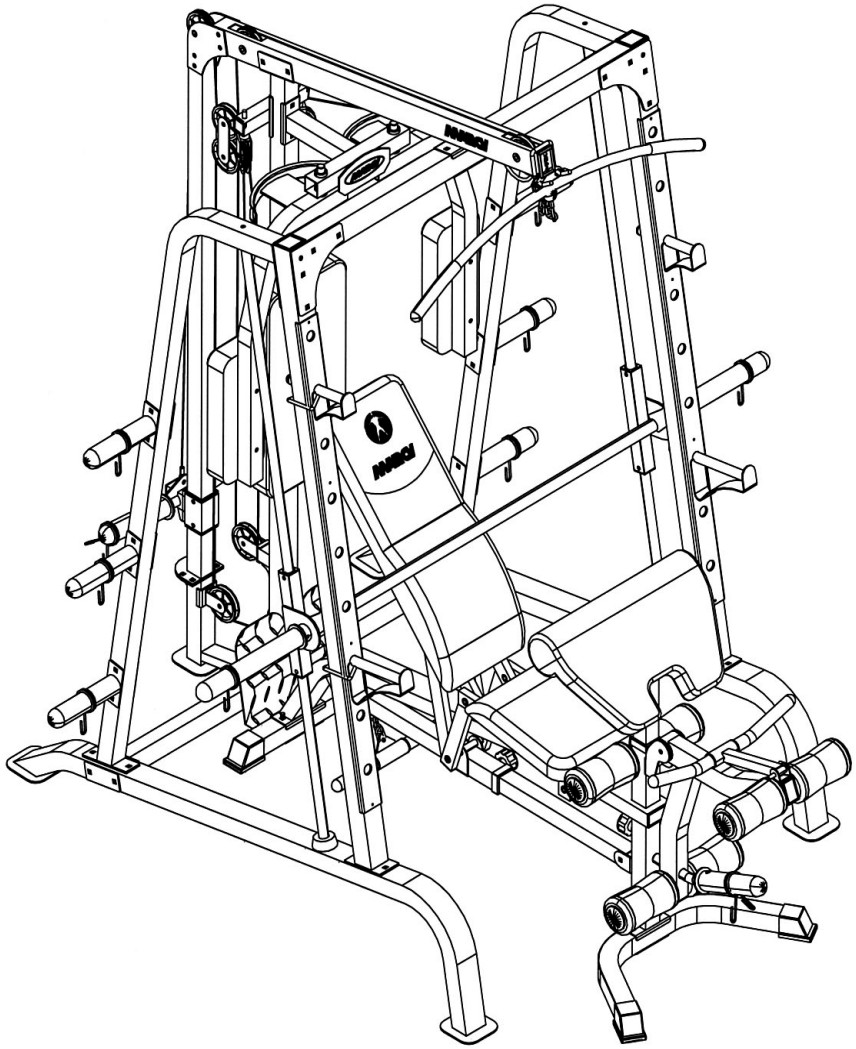
Retain This Manual for Reference

07-01-03

OWNER'S MANUAL

IMPEX
FITNESS PRODUCTS

MARCY SMITH MACHINE
SM 4000



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 SM4000 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
info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

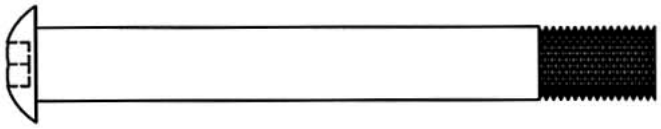
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

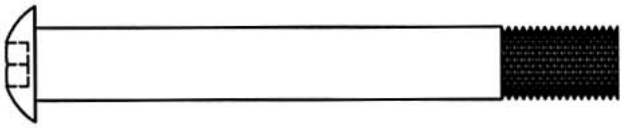
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

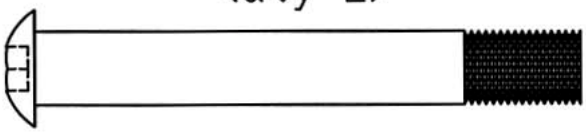
SMITH MACHINE HARDEWARE PACK



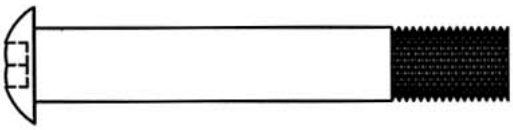
#73 M10 x 3 3/8" Allen Bolt
(Qty 1)



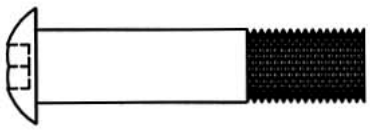
#72 M10 x 3 1/8" Allen Bolt
(Qty 2)



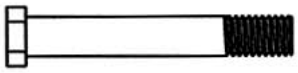
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(Qty 3)



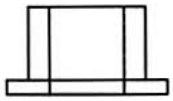
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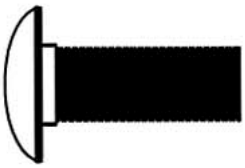
#69 M10 x 1 3/4" Allen Bolt
(Qty 7)



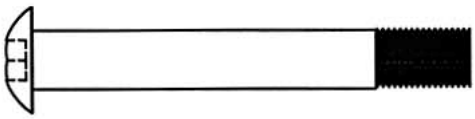
#83 M6 x 1 5/8" Hex Bolt
(Qty 2)



#62 Pulley Bushing
(Qty 6)



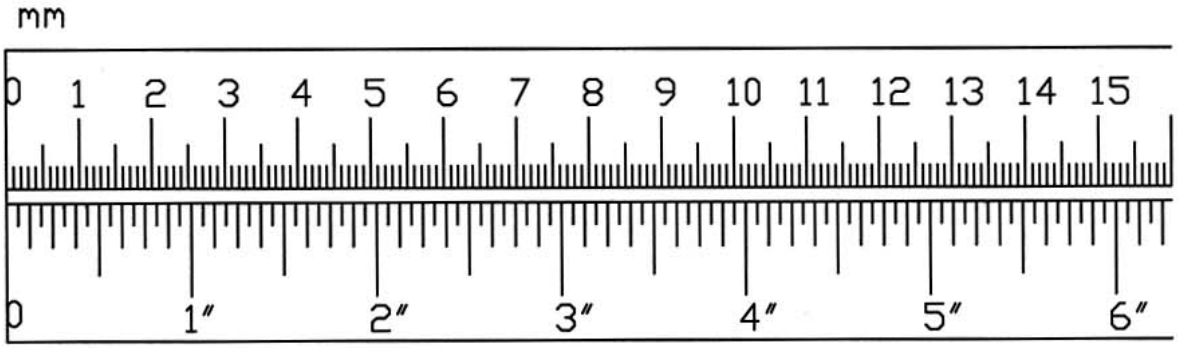
#74 M10 x 1" Carriage Bolt
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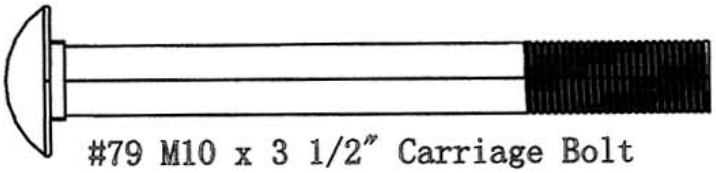
#80 M8 x 2 1/2" Allen Bolt
(Qty 6)



#68 M10 x 1" Allen Bolt
(Qty 8)

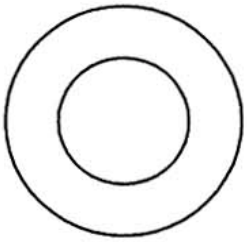


SMITH MACHINE HARDEWARE PACK



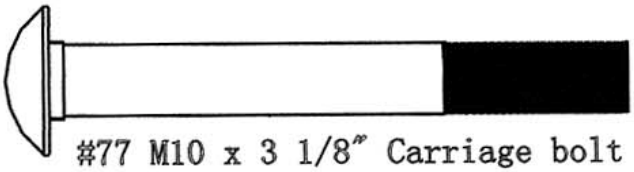
#79 M10 x 3 1/2" Carriage Bolt

(Qty 4)



#67 Ø 1 1/2" Washer

(Qty 2)



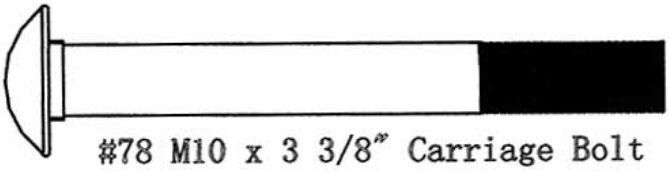
#77 M10 x 3 1/8" Carriage bolt

(Qty 2)



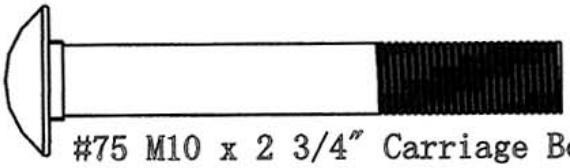
#56 Lock Ring

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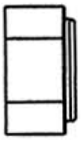
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(Qty 8)



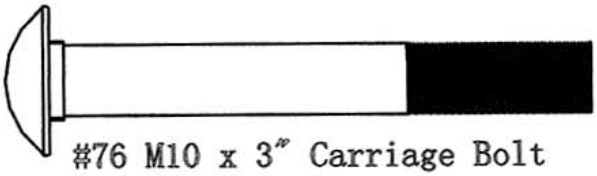
#75 M10 x 2 3/4" Carriage Bolt

(Qty 16)



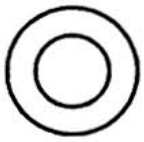
#86 M10 Aircraft Nut

(Qty 63)



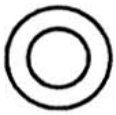
#76 M10 x 3" Carriage Bolt

(Qty 10)



#66 Ø 3/4" Washer

(Qty 82)



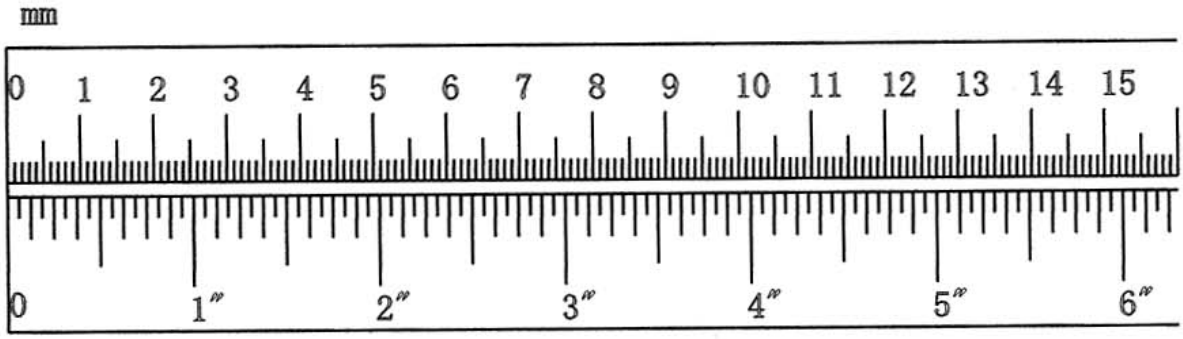
#65 Ø 5/8" Washer

(Qty 6)



#85 M6 Aircraft Nut

(Qty 2)



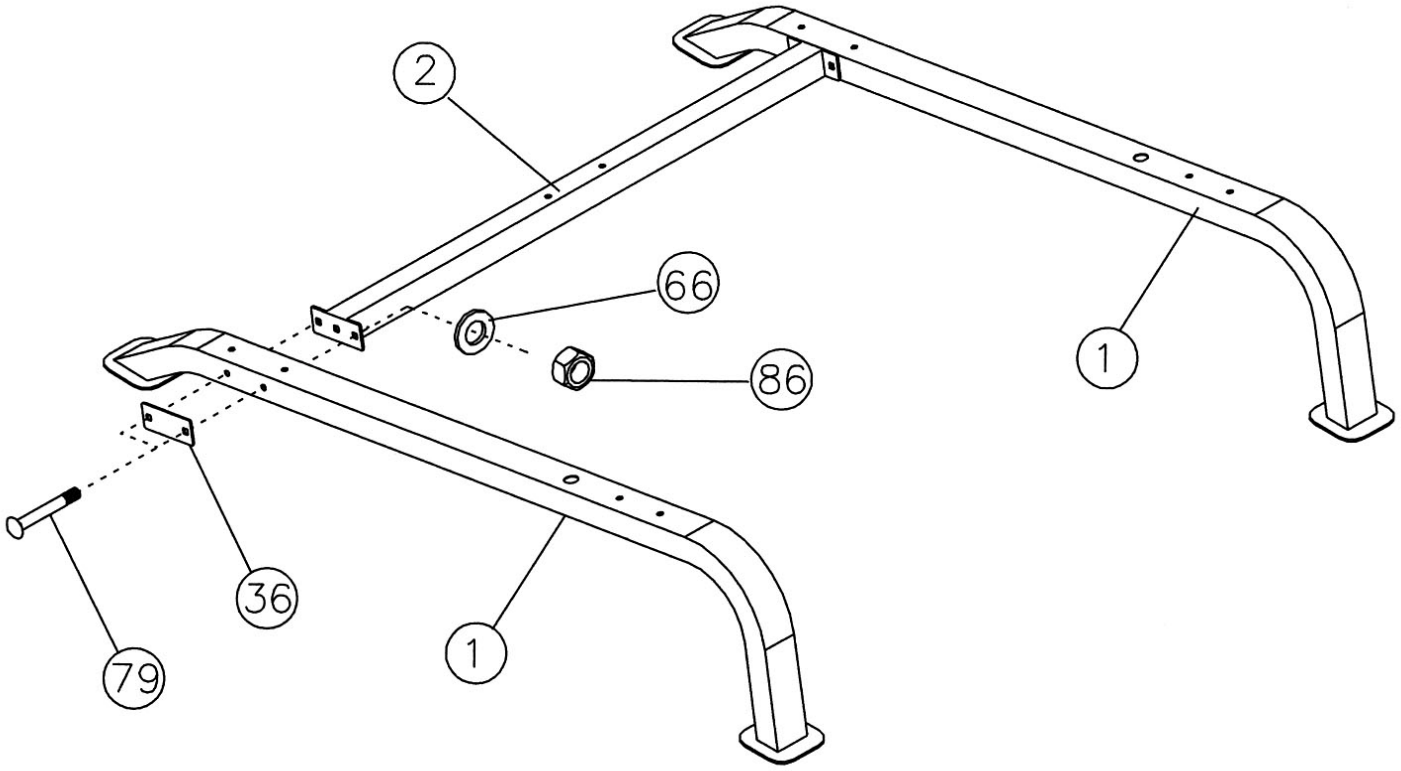
SMITH MACHINE ASSEMBLY INSTRUCTION

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 Base Frames (#1) by a Cross Brace (#2) in the mid-span. Secure each end of The Cross Brace with two M10 x 3 ½" Carriage Bolts (#79), one 4 ¾" x 2" Bracket (#36), two Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86).
B.) NOTE: DO NOT tighten the Nuts and Bolts yet.

DIAGRAM 1



STEP 2 (See Diagram 2)

A.) Attach the right Front Vertical Frame (#3) to the right Base Frame (#1). Secure it with two M10 x 3" Carriage Bolts (#76), one 5 1/8" x 2 ¾" Bracket (#34), two Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.

B.) Align a Ø 2 ½" Rubber Bumper (#59) to the hole on the Base Frame. Insert a Guide Rod (#25) through the Rubber Bumper and into the Base Frame. Secure it with one M10 x 1" Allen Bolt (#68) and Ø ¾" Washer (#66).

C.) Slide a Safety Stop Frame (#26) onto the Guide Rod (#25).

D.) Attach the hole on top of the Right Vertical Frame (#5) to the top of the Guide Rod (#25). Attach the top of Right Vertical Frame (#5) to the top of Front Vertical Frame (#3). Attach the bottom of Right Vertical Frame (#5) to the Base Frame (#1).

E.) Secure the Guide Rod (#25) to the Right Vertical Frame (#5) with one M10 x 1" Allen Bolt (#68) and Ø ¾" Washer (#66). Secure the Right Vertical Frame (#5) to the Base Frame with two M10 x 3" Carriage Bolts (#76), one 6 ¼" x 2" Bracket (#37), two Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.

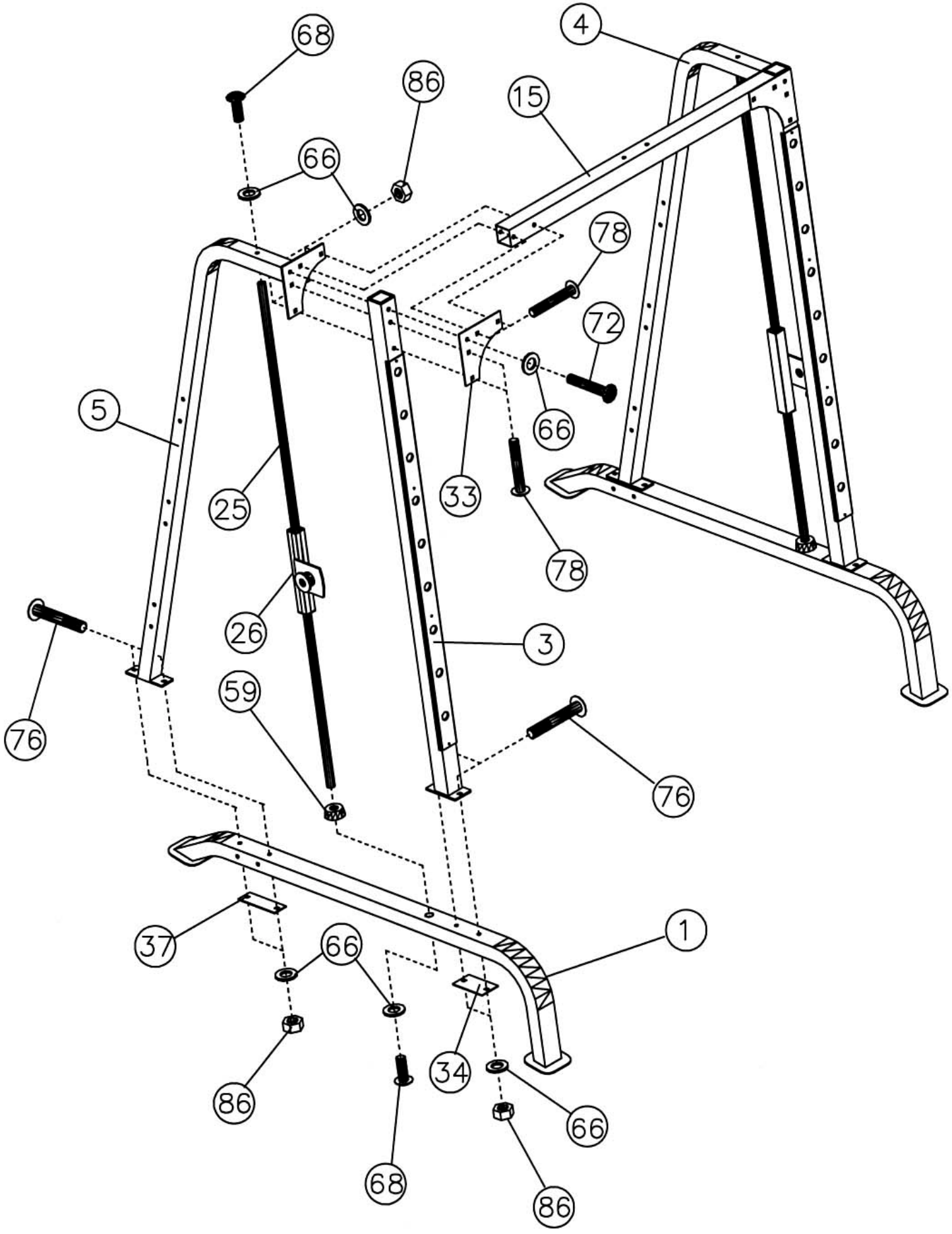
F.) Secure the Right Vertical Frame (#5) to the Front Vertical Beam (#3) with one Triangle Bracket (#33), M10 x 3 1/8" Allen Bolt (#72), and ∅3/4" Washer (#66) to the top hole. Secure the bottom two holes with two M10 x 3 3/8" Carriage Bolts (#78), ∅3/4" Washers (#66) and M10 Aircraft Nuts (#86).

G.) Repeat the above Procedures A, B, C, D, E and F to install the other side.

H.) Attach the Front Top Beam (#15) to the Front Vertical Beams (#3) and the Triangle Brackets (#33). Align the Holes. Secure each end with two M10 x 3 3/8" Carriage Bolts (#78), Ø3/4" Washers (#66), and M10 Aircraft Nuts (#86).

I.) Securely tighten all Nuts and Bolts previously installed.

DIAGRAM2

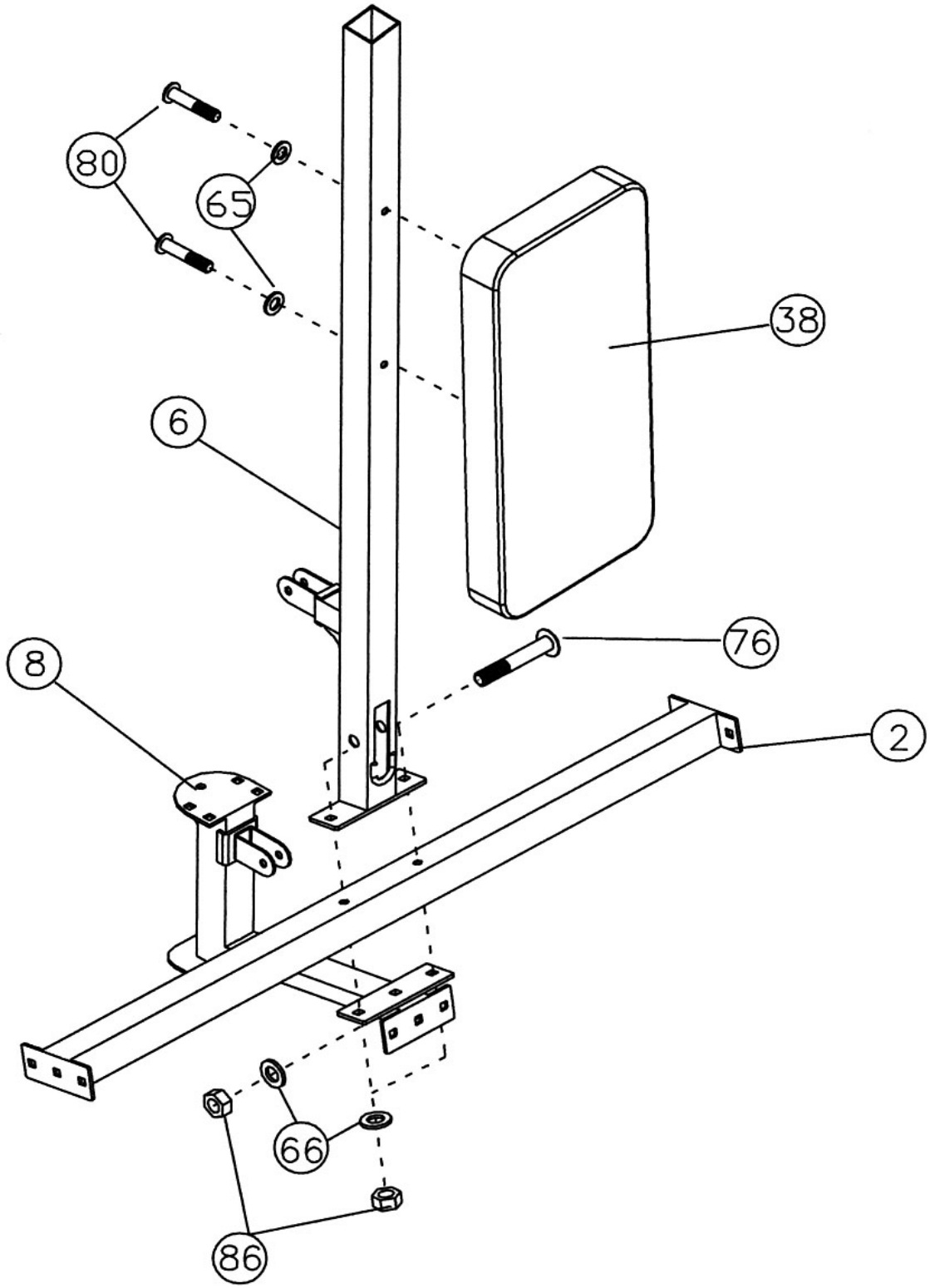


STEP 3 (See Diagram 3)

A.) Attach the Rear Vertical Beam (#6) to the top of the Cross Brace (#2). Attach the Weight Glide Base (#8) to the Cross Brace from the Bottom. Align the holes. Secure them with two M10 x 3" Carriage Bolts (#76), Ø ¾" Washers (#66), and M10 Aircraft Nuts (#86).

B.) Attach the Backrest Board (#38) to the Rear Vertical Beam. Secure it with two M8 x 2 ½" Allen Bolts (#80) and Ø 5/8" Washers (#65).

DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Attach the Weight Glide Post (#7) to the Weight Glide Base (#8). Secure it with four M10 x 1" Carriage Bolts (#74), Ø ¾" Washers (#66) and M10 Aircraft Nuts (#86).

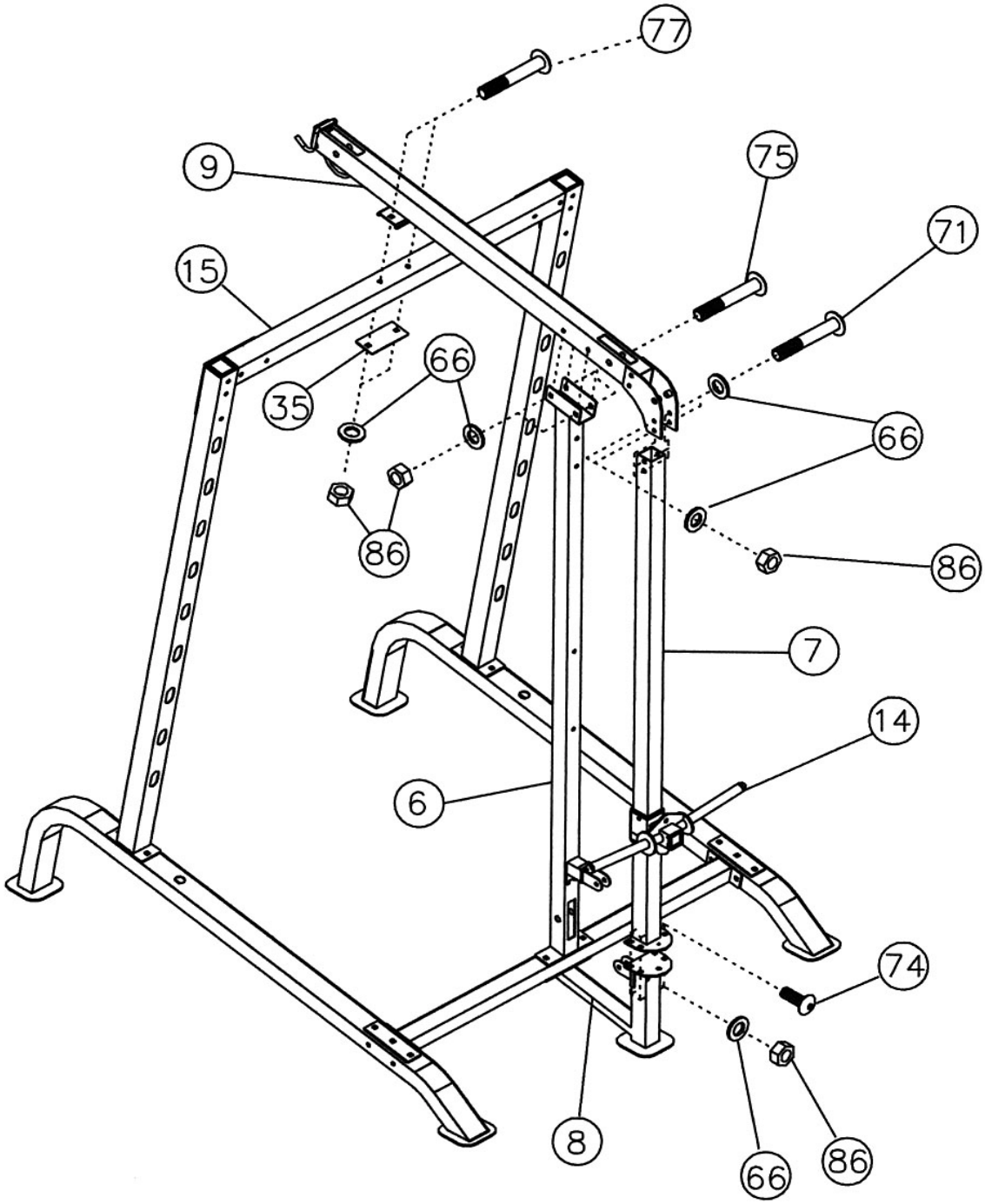
B.) Slide the Sliding Weight Post (#14) onto the Post from the top. Place the Upper Frame (#9) onto the Weight Glide Post (#7), Rear Vertical Beam (#6) and Front Top Beam (#15).

C.) Align the holes. Secure the Upper Frame (#9) to the Weight Glide Post (#7) with two M10 x 3" Allen Bolts (#71), four Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.

D.) Secure the Upper Frame to the Rear Vertical Beam with two M10 x 2 ¾" Carriage Bolts (#75), ∅ ¾" Washers (#66) and M10 Aircraft Nuts (#86).

E.) Secure the Upper Frame to the Front Top Beam with two M10 x 3 1/8" Carriage Bolts (#77), one 5 1/8" x 2 3/8" Bracket (#35), two Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86). Securely tighten all Nuts and Bolts previously installed.

DIAGRAM 4



STEP 5 (See Diagram 5)

A.) Attach the Butterfly Base (#12) to the front of Rear Vertical Frame (#6). Attach the Butterfly Pulley Bracket (#13) to the back of the Rear Vertical Frame. Align the holes. Secure them with two M10 x 2 ¾" Carriage Bolts (#75), Ø ¾" Washers (#66), and M10 Aircraft Nuts (#86).

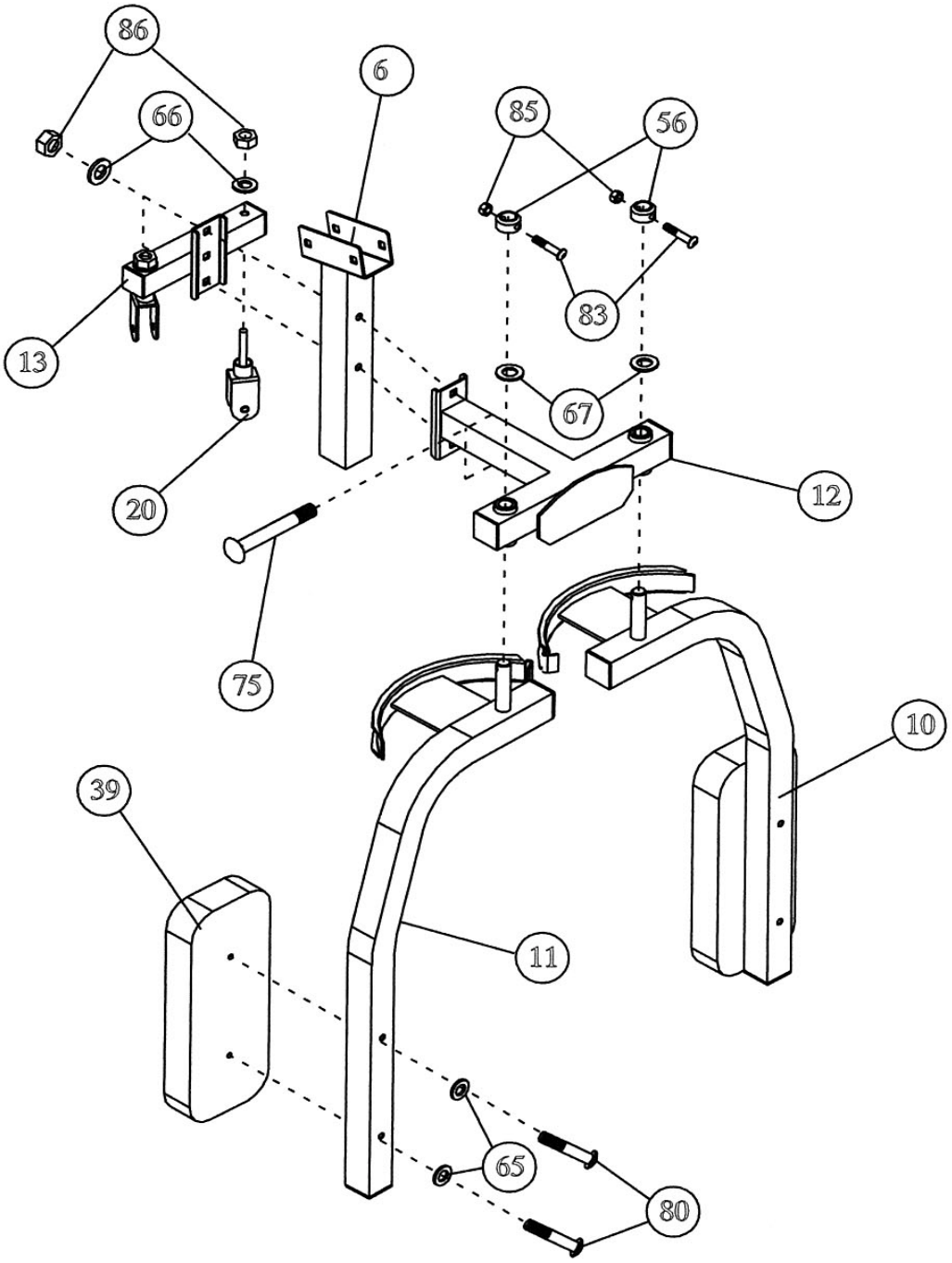
B.) Attach the Right Butterfly (#11) to the hole on the Butterfly Base. Secure it with one Lock Ring (#56), Ø 1 ½" Washer (#67), M6 x 1 5/8" Hex Bolt (#83), and M6 Aircraft Nut (#85).

C.) Attach the Butterfly Arm Pad (#39) to the Right Butterfly. Secure it with two M8 x 2 ½" Allen Bolts (#80) and Ø 5/8" Washers (#65).

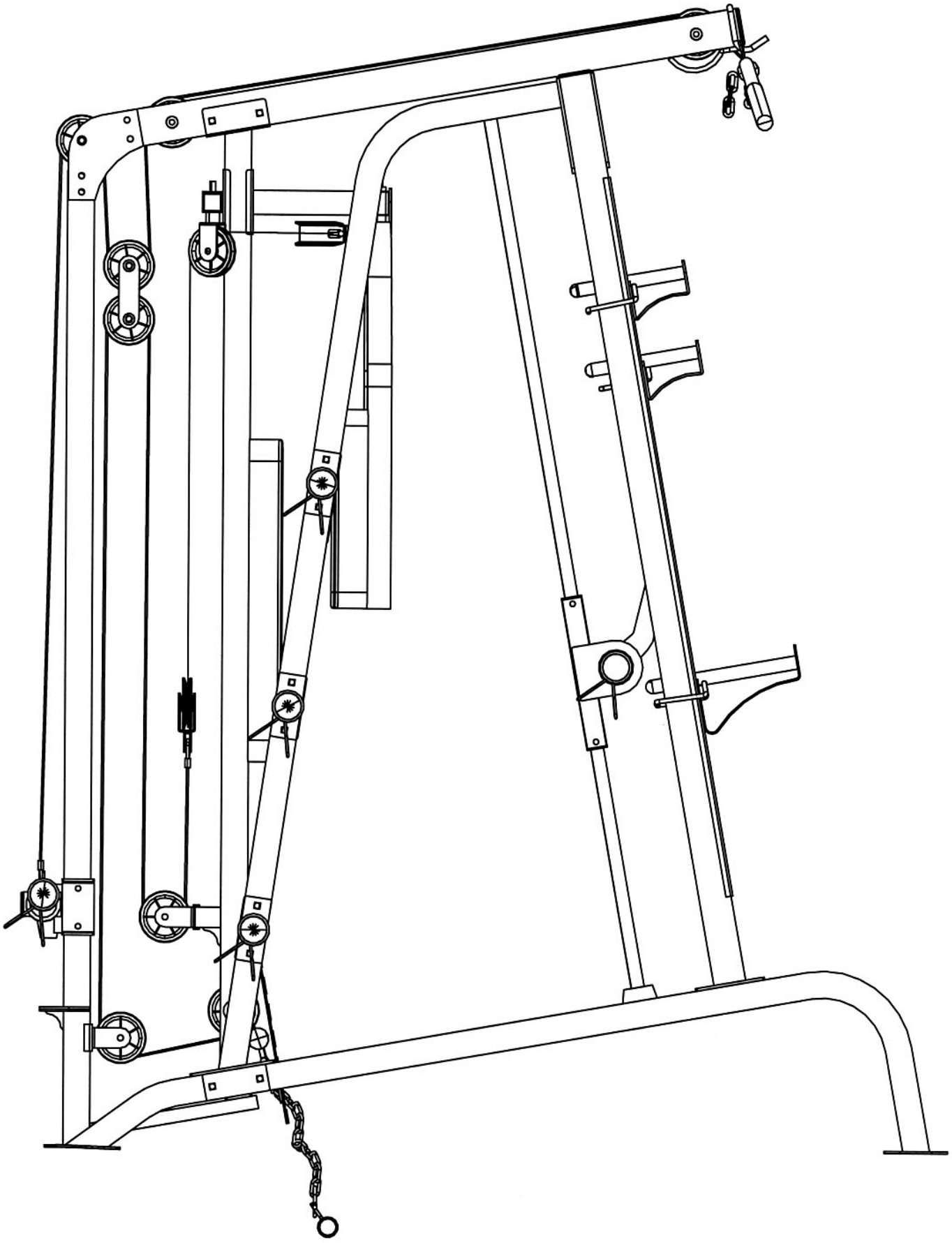
D.) Repeat the Procedures B & C above to install the other side.

E.) Insert two Swivel Pulley Brackets (#20) into the holes on the Butterfly Pulley Bracket (#13). Secure each Swivel Pulley Bracket with one Ø ¾" Washer (#66) and M10 Aircraft Nut (#86). Do not over tighten the Nut. Make sure the Bracket is able to swivel.

DIAGRAM 5



CABLE LOOP



STEP 6 (See Diagram 6 & Cable Loop)

A.) Attach the 132" Upper Cable (#41) to the front opening on the Upper Frame (#9). Attach a Pulley (#57) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#70), two Pulley Bushings (#62), and one M10 Aircraft Nut (#86). Make sure the ball stopper of the Cable is underneath the Frame.

B.) Draw the Cable over the Pulley along the Upper Frame to the opening on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#70), two Pulley Bushings (#62), and one M10 Aircraft Nut (#86).

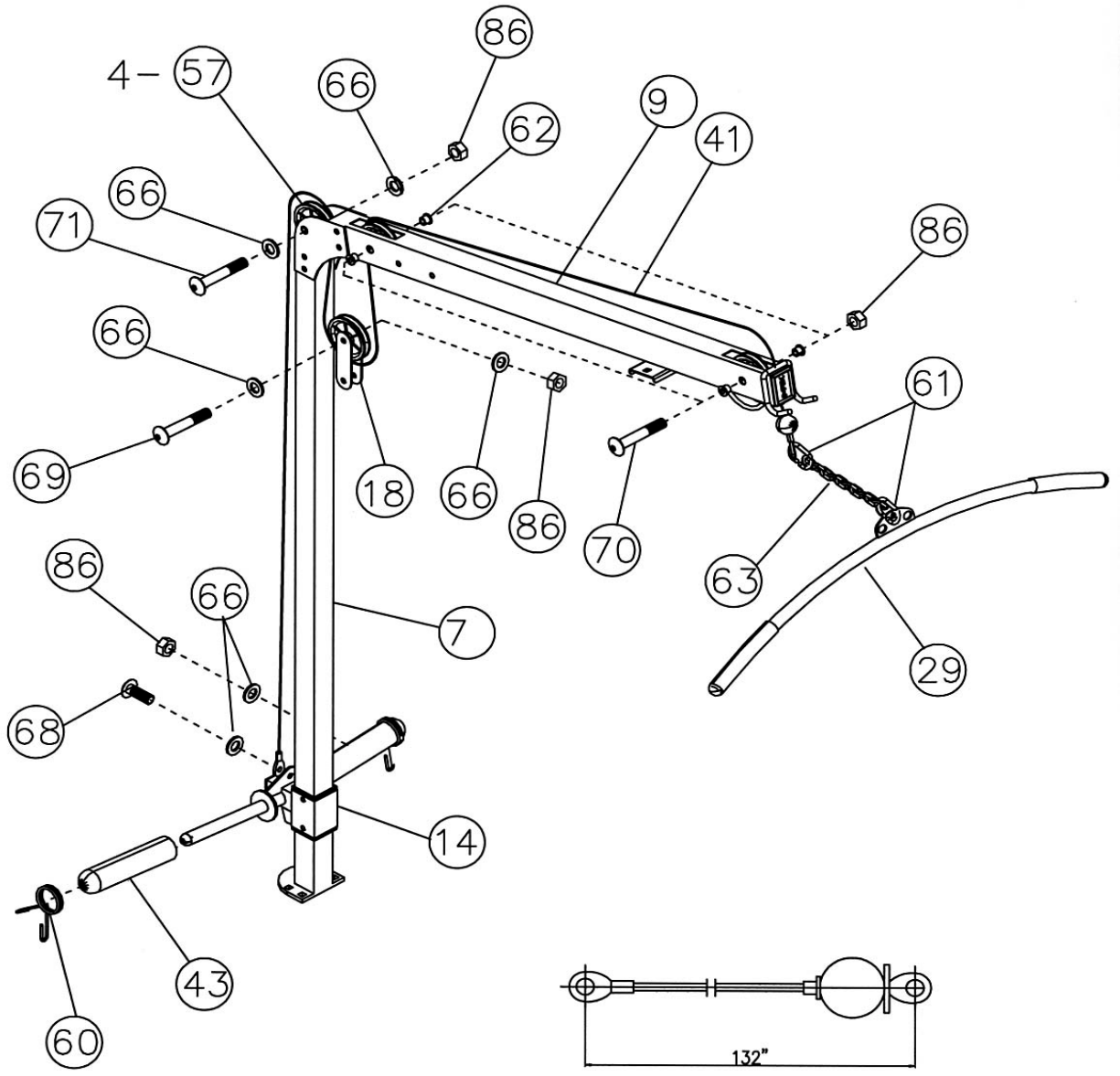
C.) Draw the Cable around the Pulley then downward. Install a Pulley in between the two Double Floating Pulley Brackets (#18). Secure the Pulley with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86). Let the Bracket hanging for now.

D.) Draw the Cable around the Pulley then up to the open bracket on the top of the Weight Glide Post (#7). Attach a Pulley to the bracket. Secure it with one M10 x 3" Allen Bolt (#71), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).

E.) Draw the Cable around the Pulley then down to the Sliding Weight Post (#14). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#68), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).

F.) Connect the Lat Bar (#29) to the Upper Cable with a Short Chain (#63) and two C-Clips (#61).

G.) Attach two Olympic Sleeves (#43) to the weight posts on the Sliding Weight Post. Attach two Spring Clips (#60) to the Sleeves.



STEP 7 (See Diagram 7 & Cable Loop)

A.) Attach one end of the 87" Butterfly Cable to the clip on the Right Butterfly (#11). Draw the Cable to the right Swivel Pulley Bracket (#20).

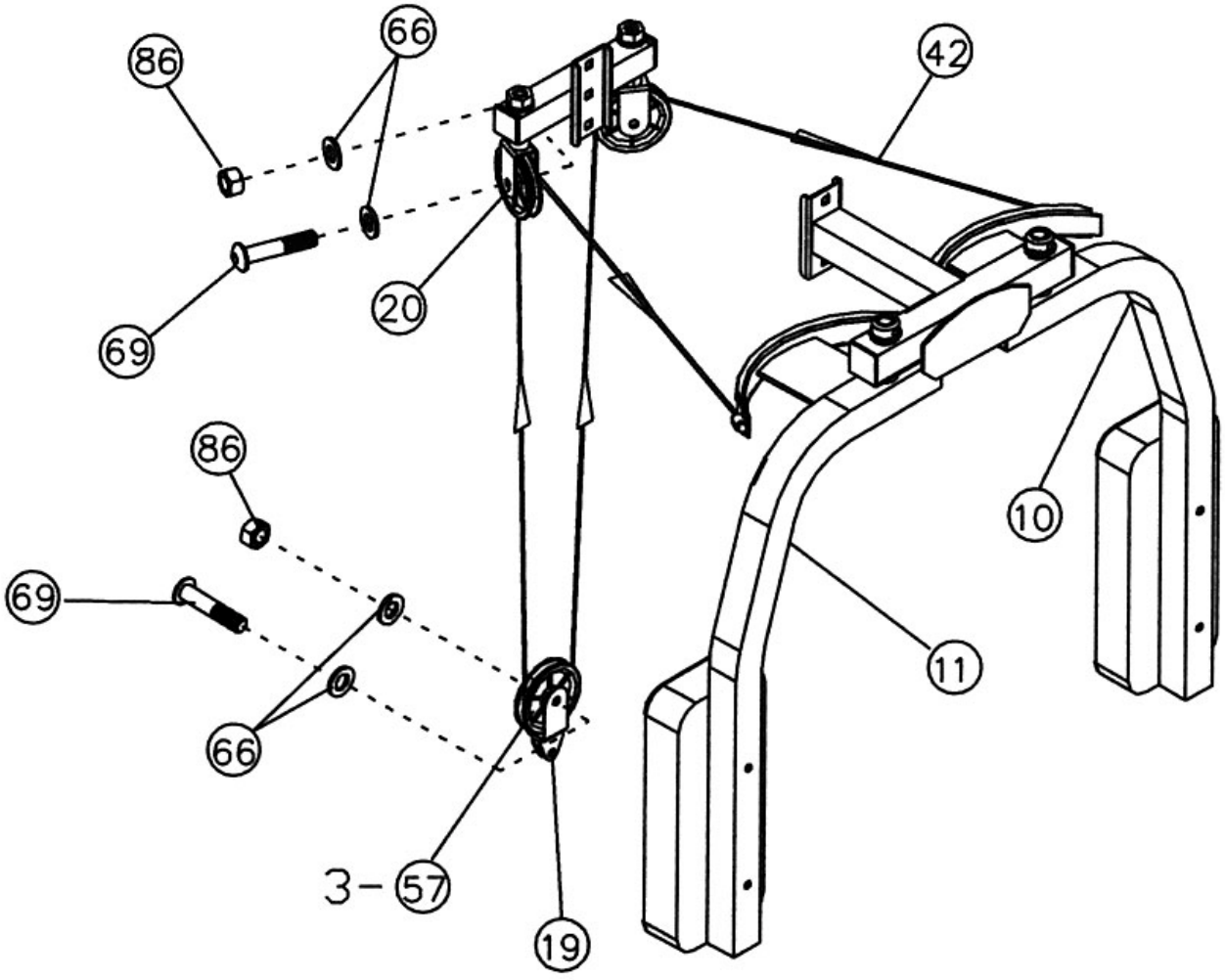
B.) Attach a Pulley (#57) to the Bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).

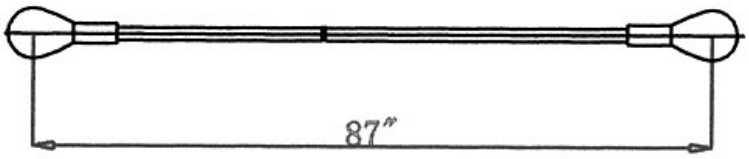
C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#19). Repeat Procedure B above to install a Pulley. Let the Bracket hanging for now.

D.) Draw the Cable upward to the left Swivel Pulley Bracket. Repeat Procedure B above to install another Pulley.

E.) Draw the Cable around the Pulley they clip it to the Left Butterfly.

DIAGRAM 7





STEP 8 (See Diagram 8 & Cable Loop)

A.) Attach the 132” Lower Cable (#40) to the opening on the bottom of the Rear Vertical Beam (#6). Attach a Pulley to the opening. Attach two Pulley Bushings (#62) to the holes outside of the opening. Attach the Foot Plate (#16) to the Bushings. Align the holes and secure them with one M10 x 3 3/8” Allen Bolt (#73), two Ø ¾” Washers (#66), and one M10 Aircraft Nut (#86).

B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Base (#8). Install a Pulley with a M10 x 1 ¾” Allen Bolt (#69), two ∅3/4” Washers (#66) and one M10 Aircraft Nut (#86). Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket previously installed in Step-6. Install another Pulley.

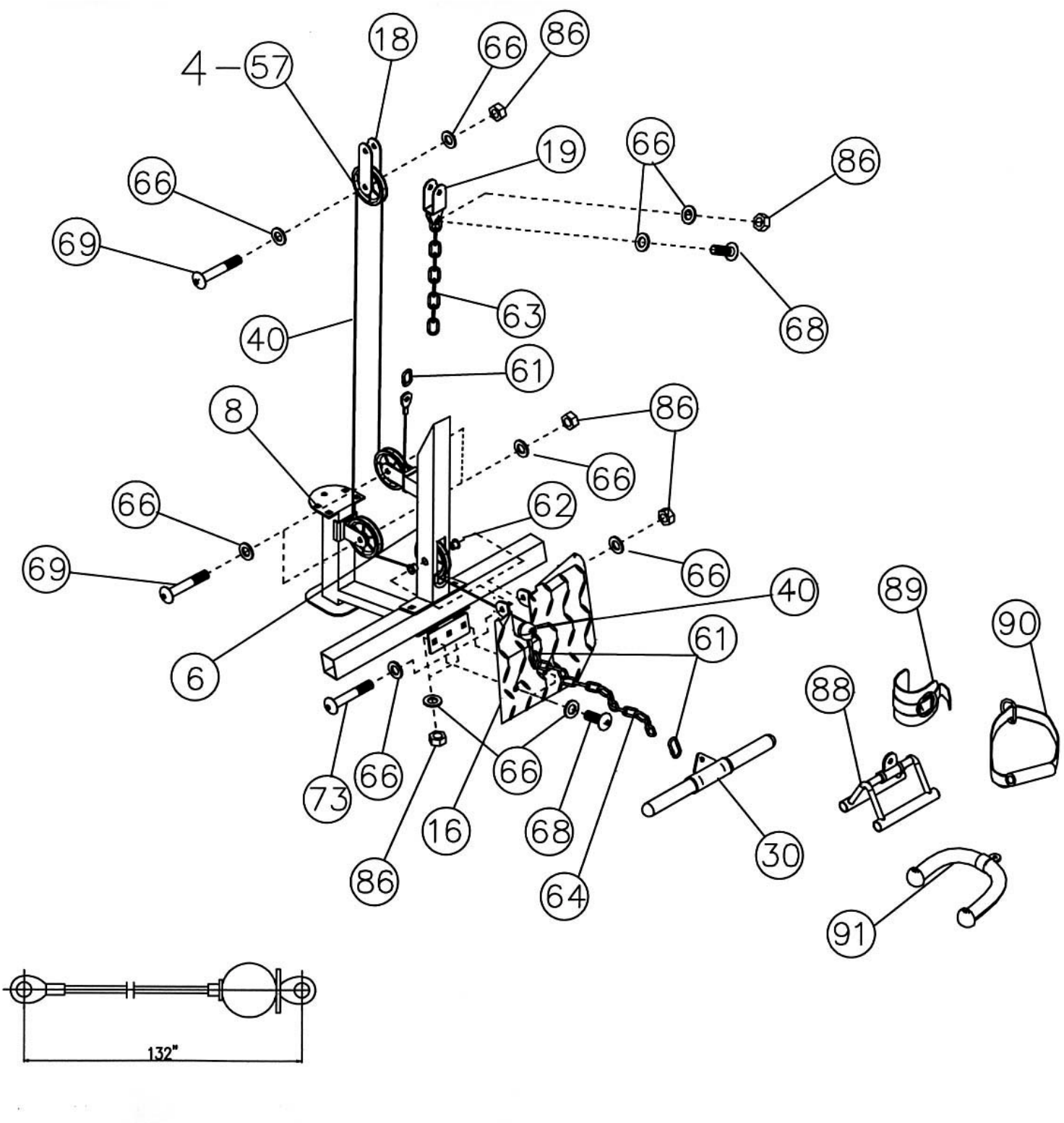
C.) Draw the Cable around the Pulley then downward to the open bracket on the Rear Vertical Beam. Install another Pulley.

D.) Draw the Cable around the Pulley and upward to the Single Floating Pulley Bracket previously installed in Step-7. Connect the Cable to a Short Chain (#63) by using a C-clip (#61). Attach the Short Chain to the Bracket. Secure it with a M10 x 1” Allen Bolt (#68), two Ø ¾” Washers (#66), and one M10 Aircraft Nut (#86). Adjust the tension of the Cable by adjusting the length of the Chain.

E.) Secure the Foot Plate (#16) to the Weight Glide Base (#8) with two M10 x 1” Allen Bolts (#68), four Ø ¾” Washers (#66), and two M10 Aircraft Nuts (#86).

F.) Connect the Long Chain (#64) to the Lower Cable with a C-clip. For various exercises, connect with one of the Shiver Bar (#30), V Bar (#88), Ankle Strap (#89), Single Handle Strap (#90), or the Triceps Rope (#91) with a C-clip.

DIAGRAM 8


4
57
18
66
86
19
66
86
66
69
63
68
40
61
8
86
66
66
62
69
66
40
89
90
6
61
88
73
66
66
16
68
30
86
64
91
132"

STEP 9 (See Diagram 9)

A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#27) in between the two Safety Stop Frames (#26). Align the holes. Insert the Weight Bar (#28) into the Safety Stop Frame from one end and through the Lifting Sleeve (#27) to the other Safety Stop Frame on the opposite side. Secure the Weight Bar to each Safety Stop Frame with a M8 x 3/8" Allen Bolt (#81).

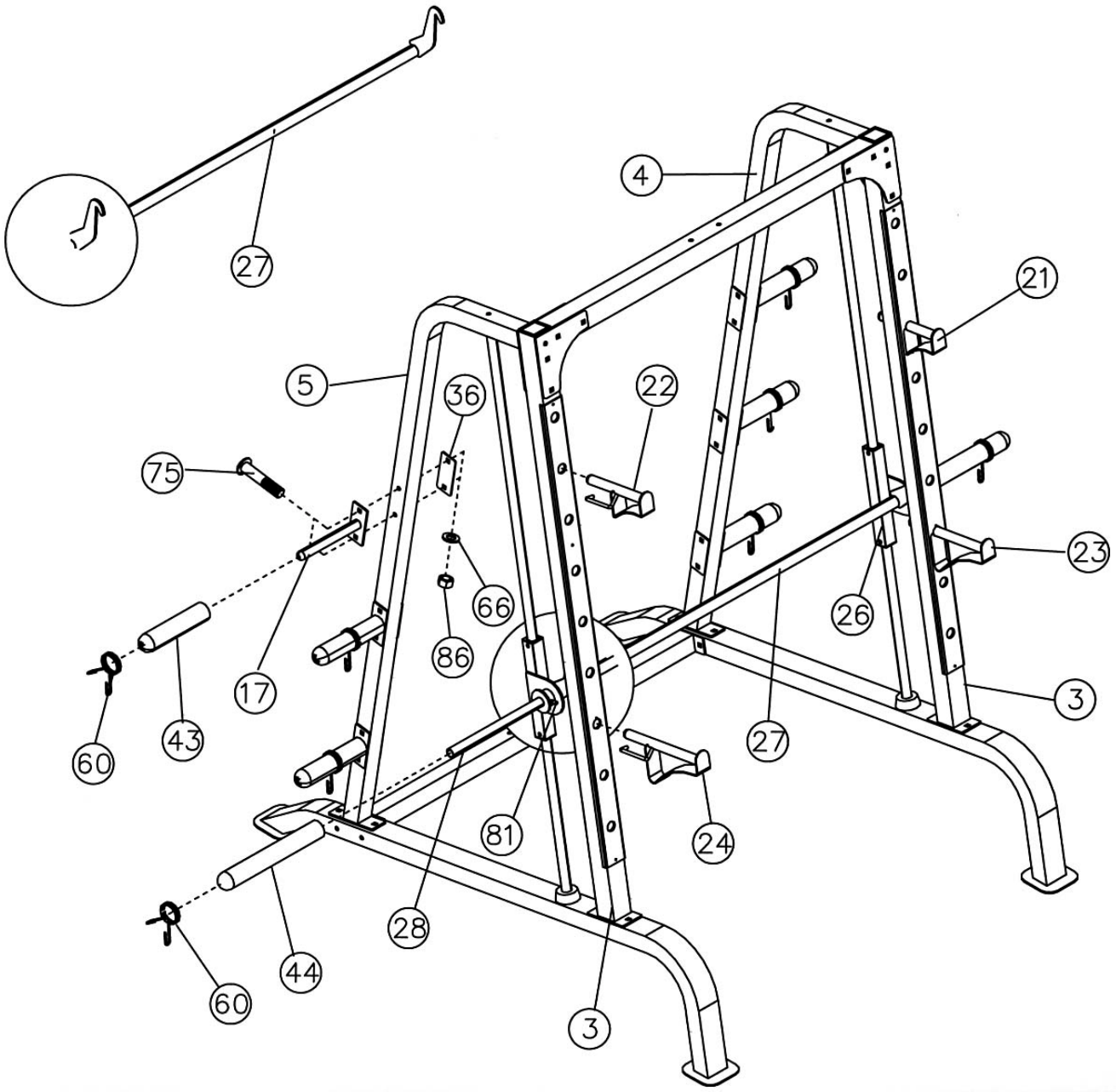
B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position on the selected holes on the Front Vertical Frames (#3).

C.) Attach a Long Olympic Sleeve (#44) to each end of the Weight Bar. Attach a Spring Clip (#60) to the Sleeve.

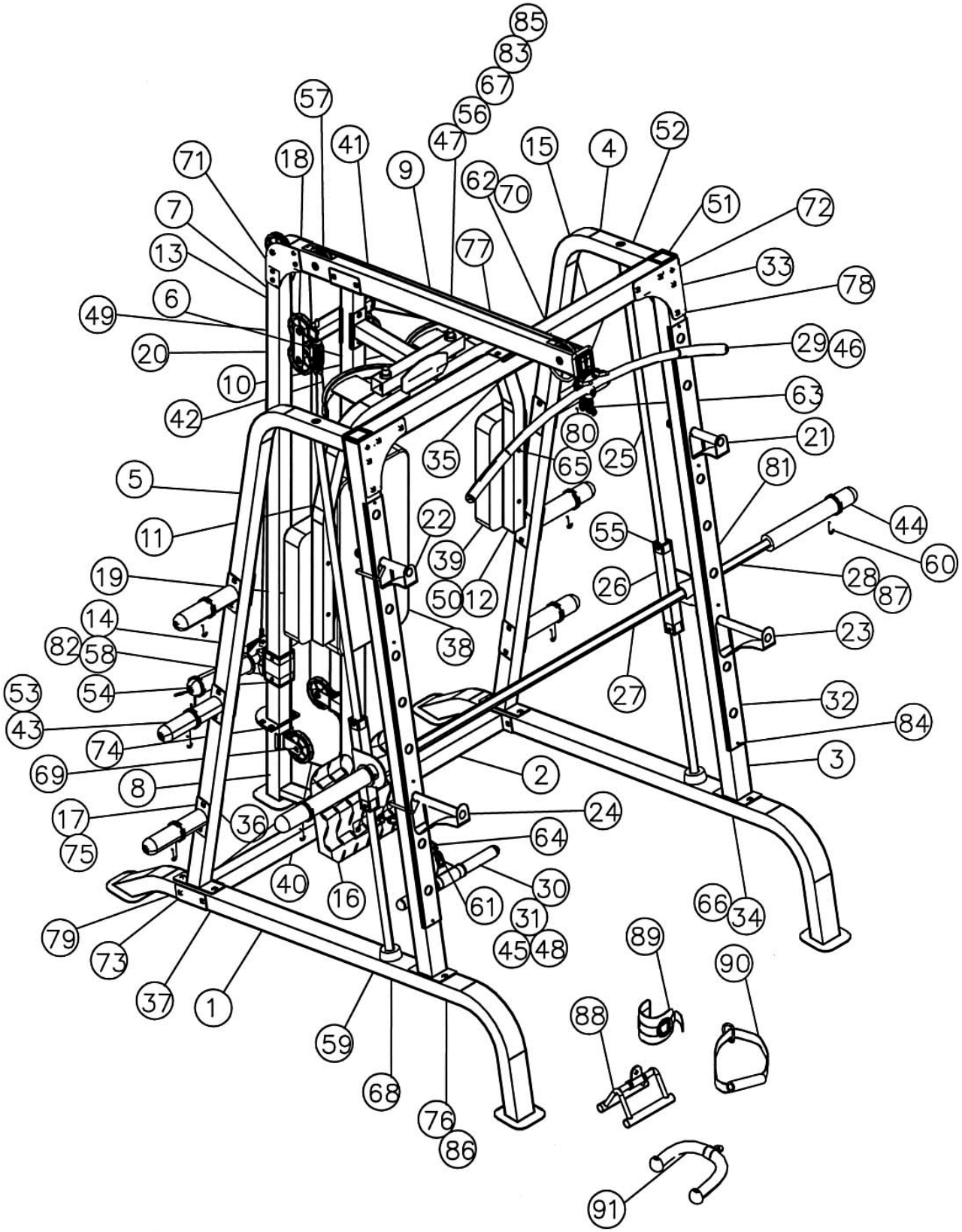
D.) Attach six Weight Posts (#17) to the Left & Right Vertical Frames (#4&5). Secure each Weight Post with two M10 x 2 ¾" Carriage Bolts (#75), one 4 ¾" x 2" Bracket (#36), two Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86).

E.) Attach six Olympic Sleeves (#43) to the six Weight Posts. Attach six Spring Clips (#60) to the Sleeves.

F.) Insert the Left & Right Bar Holders (#21&22), the Left & Right Safety Catches (#23&24) into the selected holes on the Front Vertical Frames (#3).



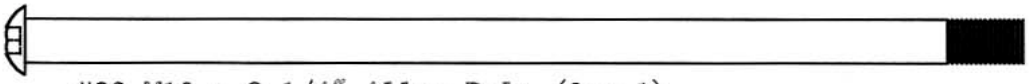
EXPLODED DIAGRAM



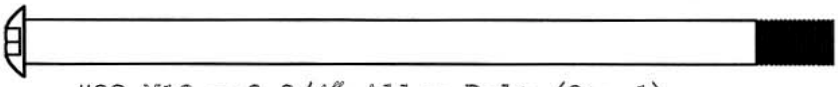
PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Base Frame	2
2	Cross Brace	1
3	Front Vertical Beam	2
4	Left Vertical Frame	1
5	Right Vertical Frame	1
6	Rear Vertical Beam	1
7	Weight Glide Post	1
8	Weight Glide Base	1
9	Upper Frame	1
10	Left Butterfly	1
11	Right Butterfly	1
12	Butterfly Base	1
13	Butterfly Pulley Bracket	1
14	Sliding Weight Post	1
15	Front Top Beam	1
16	Foot Plate	1
17	Weight Post	6
18	Double Floating Pulley Bracket	2
19	Single Floating Pulley Bracket	1
20	Swivel Pulley Bracket	2
21	Left Bar Holder	1
22	Right Bar Holder	1
23	Left Safety Catch	1
24	Right Safety Catch	1
25	Guide Rod	2
26	Safety Stop Frame	2
27	Lifting Sleeve	1
28	Weight Bar	1
29	Lat Bar	1
30	Shiver Bar	1
31	Curl Handle	1
32	Chrome Panel	2
33	Triangle Bracket	2
34	5 1/8" x 2 ¾" Bracket	2
35	5 1/8" x 2 3/8" Bracket	1
36	4 ¾" x 2" Bracket	8
37	6 ¼" x 2" Bracket	2
38	Backrest Board	1
39	Butterfly Arm Pad	2
40	132" Lower Cable	1
41	132" Upper Cable	1
42	87" Butterfly Cable	1
43	Olympic Sleeve	8
44	Long Olympic Sleeve	2
45	Curl Bar Handle Grip	2
46	Lat Bar Grip	2
47	Ø 1" x 3 1/8" Bushing	2
48	Ø 1 ½" x 1" Bushing	2
49	1 ½" Square End Cap	2
50	1 ¾" Square End Cap	7
51	2 3/8" Square End Cap	2
52	2 ¾" x 2" End Cap	1
53	Ø 1" Cone-shaped End Cap	14
54	2 3/8" x 2" Sleeve	2
55	Sliding Sleeve	4
56	Lock Ring	2
57	Pulley	11
58	Ø 1 ¾" Rubber Bumper	1
59	Ø 2 ½" Rubber Bumper	2
60	Spring Clip	10
61	C-Clip	5
62	Pulley Bushing	6
63	Short Chain	2
64	Long Chain	1
65	Ø 5/8" Washer	6
66	Ø ¾" Washer	82
67	Ø 1 ½" Washer	2
68	M10 x 1" Allen Bolt	8
69	M10 x 1 ¾" Allen Bolt	7
70	M10 x 2 ½" Allen Bolt	2
71	M10 x 3" Allen Bolt	3
72	M10 x 3 1/8" Allen Bolt	2
73	M10 x 3 3/8" Allen Bolt	1
74	M10 x 1" Carriage Bolt	4
75	M10 x 2 ¾" Carriage Bolt	16
76	M10 x 3" Carriage Bolt	10
77	M10 x 3 1/8" Carriage Bolt	2
78	M10 x 3 3/8" Carriage Bolt	8
79	M10 x 3 ½" Carriage Bolt	4
80	M8 x 2 ½" Allen Bolt	6
81	M8 x 3/8" Allen Bolt	4
82	M6 x 5/8" Philips Screw	1
83	M6 x 1 5/8" Hex Bolt	2
84	Chrome Panel Screw	8
85	M6 Aircraft Nut	2
86	M10 Aircraft Nut	63
87	Ø 1" End Cap	6
88	V Bar	1
89	Ankle Strap	1
90	Single Handle Strap	1
91	Triceps Rope	1
	#6 Allen Wrench (Tool)	1
	#5 Allen Wrench (Tool)	1
	#4 Allen Wrench (Tool)	1

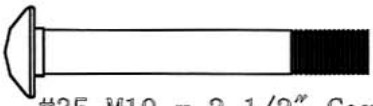
MULTIPURPOSE BENCH HARDWARE PACK



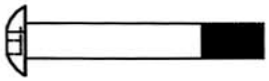
#39 M10 x 8 1/4" Allen Bolt (Qty 1)



#38 M10 x 6 3/4" Allen Bolt (Qty 1)



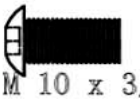
#35 M10 x 2 1/2" Carriage Bolt (Qty 2)



#40 M8 x 2" Allen Bolt (Qty 8)



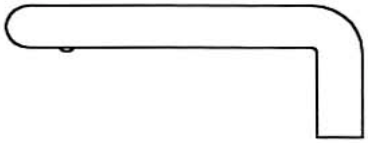
#37 M10 x 1 3/4" Allen Bolt (Qty 2)



#36 M 10 x 3/4" Allen Bolt (Qty 6)



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



#21 L-shaped Lock Pin (Qty 1)



#44 M10 Aircraft Nut (Qty 4)



#27 Bushing (Qty 16)



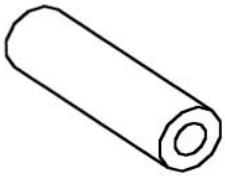
#42 Ø 3/4" Washer (Qty 14)



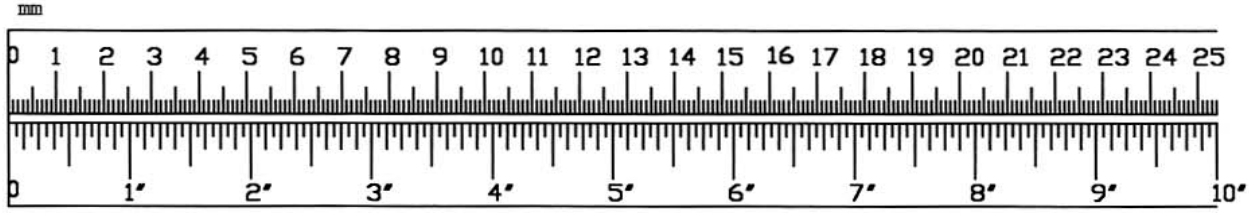
#43 Ø 5/8" Washer (Qty 10)



#22 Spring Clip (Qty 1)



#17 Axle (Qty 1)



MULTIPURPOSE BENCH ASSEMBLY INSTRUCTION

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

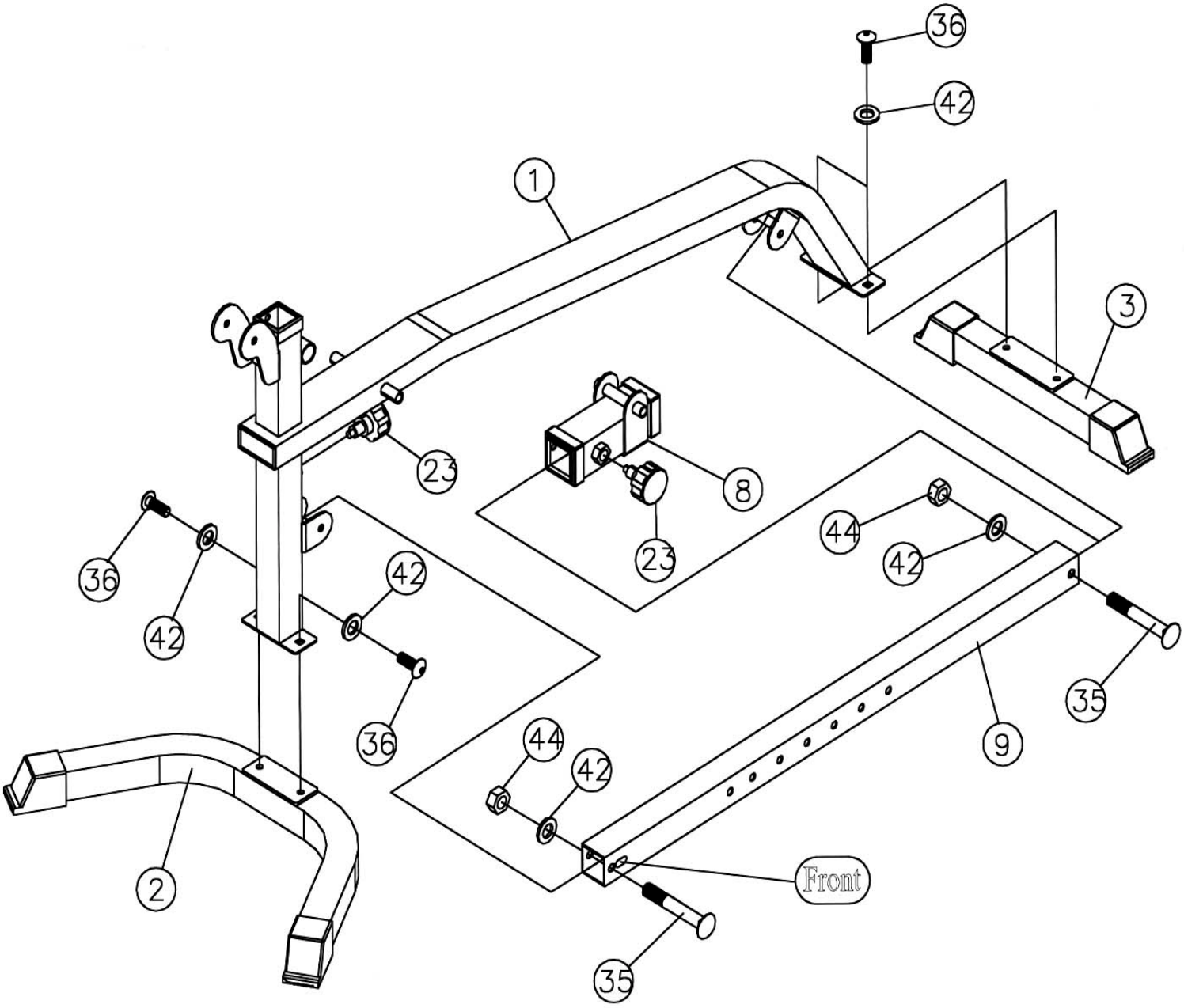
STEP 1 (See Diagram 1)

C.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x ¾" Allen Bolts (#36) and ∅ ¾" Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.

D.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Knob Lock (#23) to hold the Sliding Block in position.

E.) Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 2 ½" Carriage Bolt (#35), ∅ ¾" Washer (#42), and M10 Aircraft Nut (#44).

DIAGRAM 1



STEP 2 (See Diagram 2)

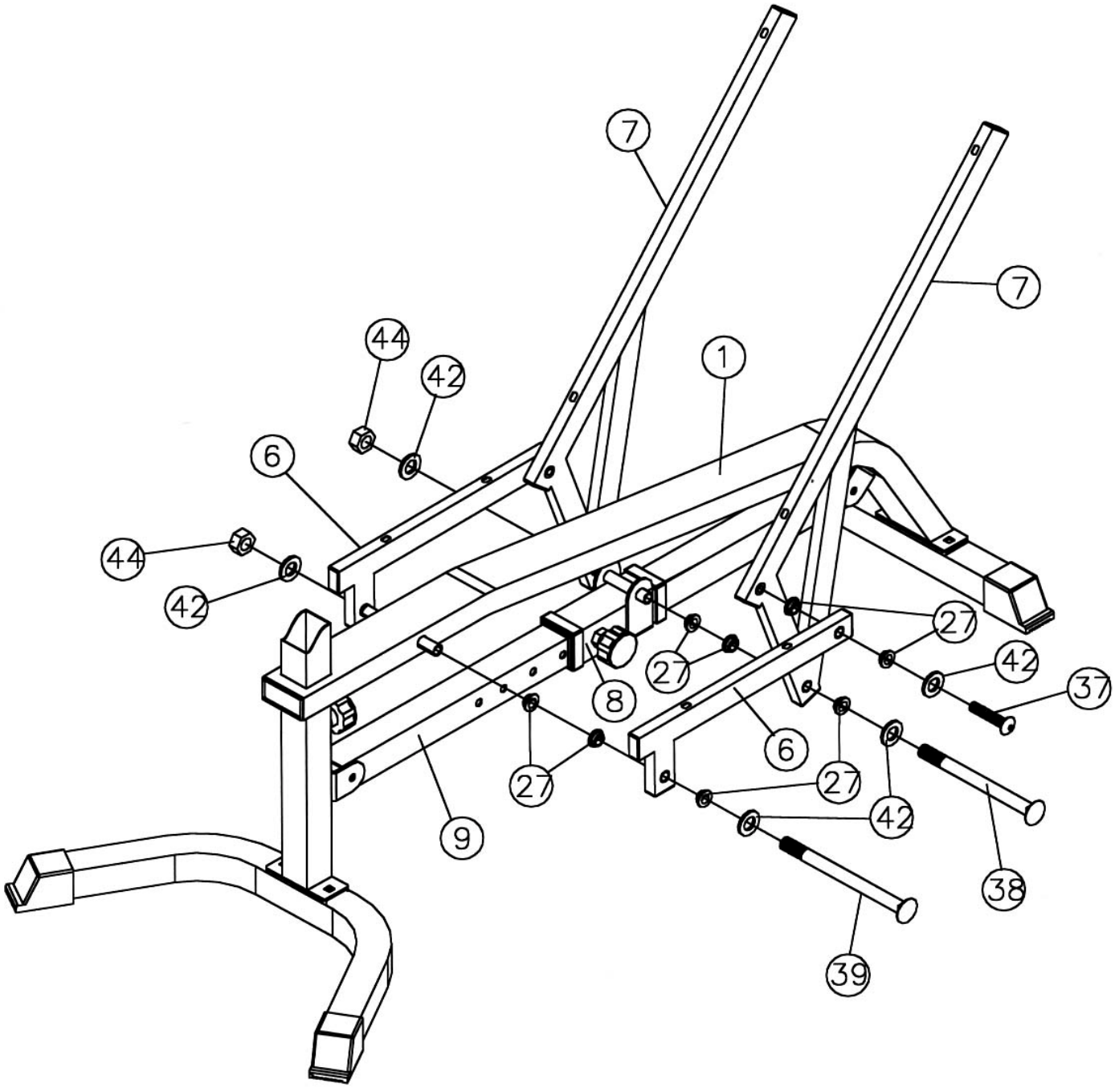
A.) Attach four Bushings (#27) to a Seat Support Frame (#6).

B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 ¾" Allen Bolt (#37) and ∅ ¾" Washer (#42). Repeat the same procedure to install the other side.

C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 ¾" Allen Bolt (#38), two ∅ ¾" Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.

D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 ¼" Allen Bolt (#39), two ∅ ¾" Washers (#42), and one M10 Aircraft Nut (#44).

E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.

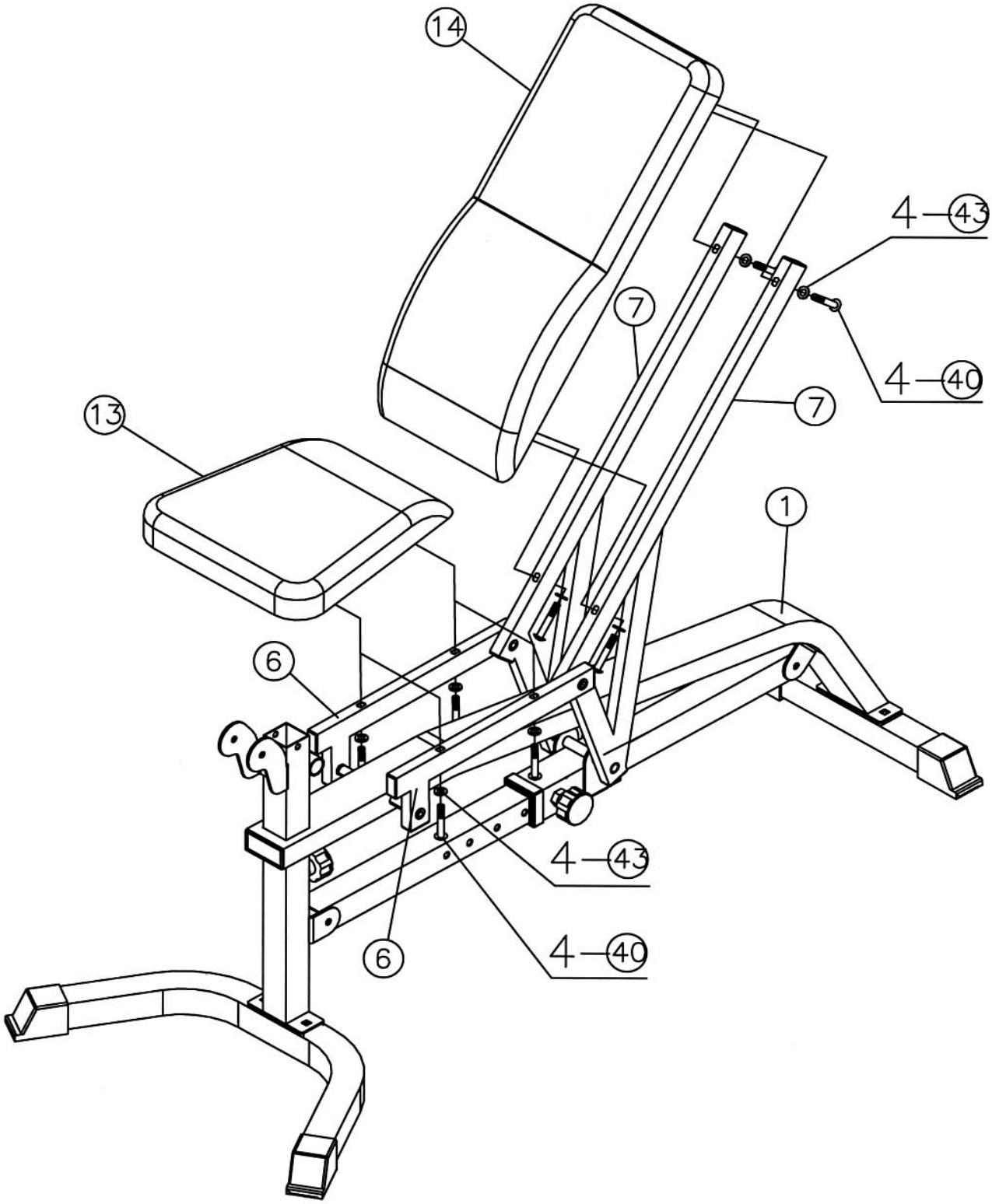


STEP 3 (See Diagram 3)

C.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#40) and ∅ 5/8" Washers (#43).

D.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#40) and ∅ 5/8" Washers (#43).

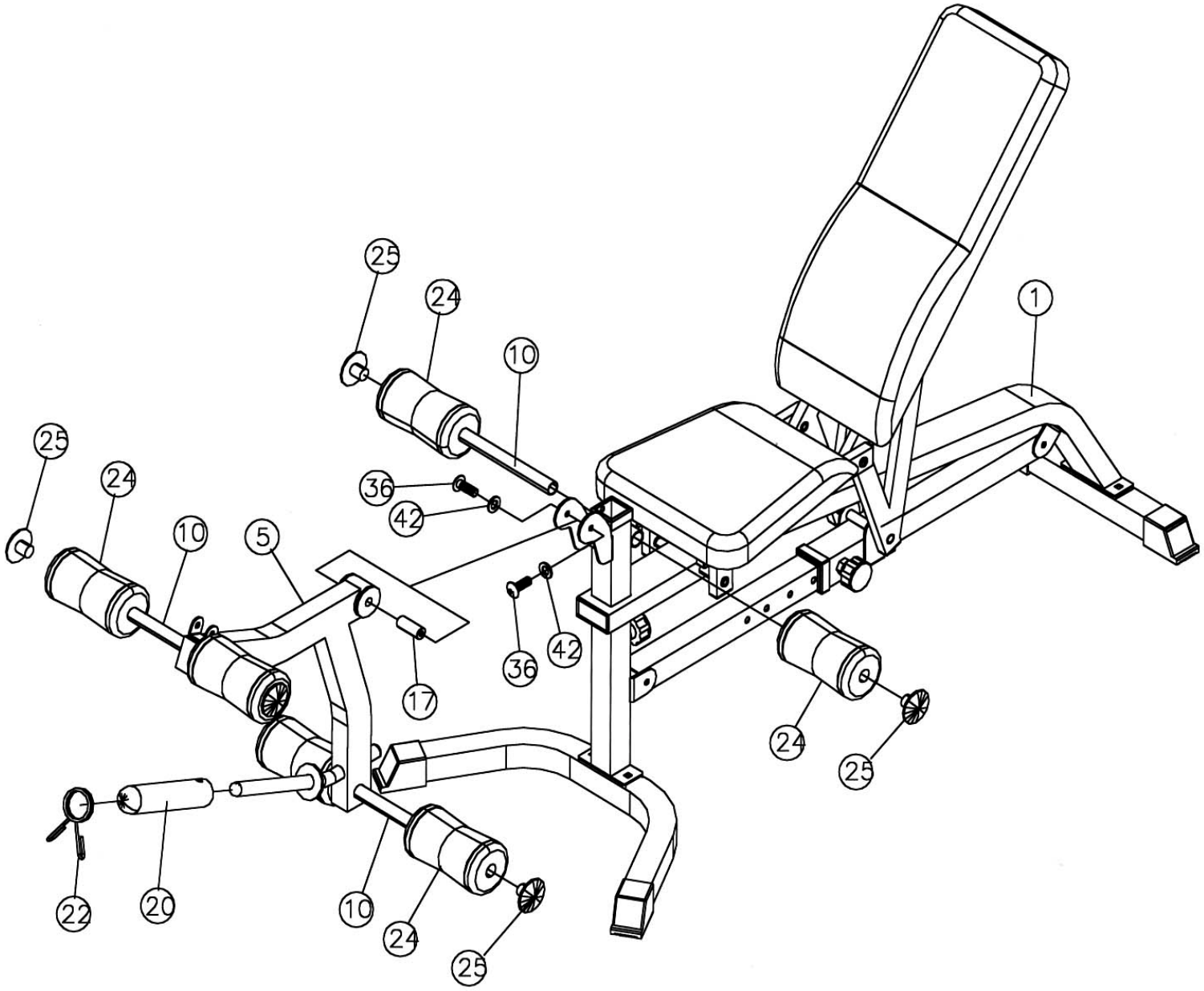
DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x ¾" Allen Bolts (#36), and two ∅ ¾" Washers (#42).
B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.
C.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.

DIAGRAM 4



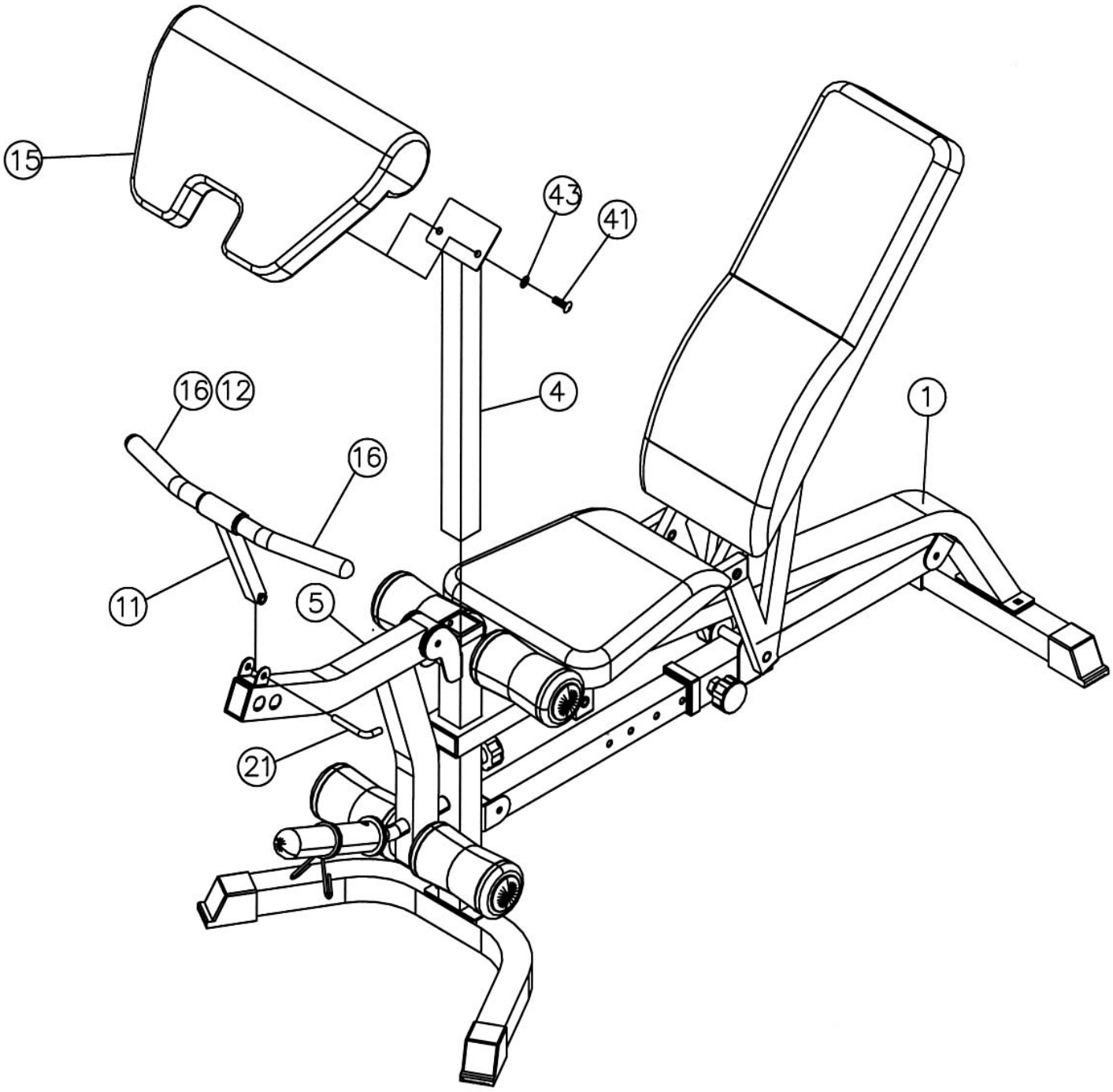
STEP 5 (See Diagram 5)

A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two ∅ 5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.

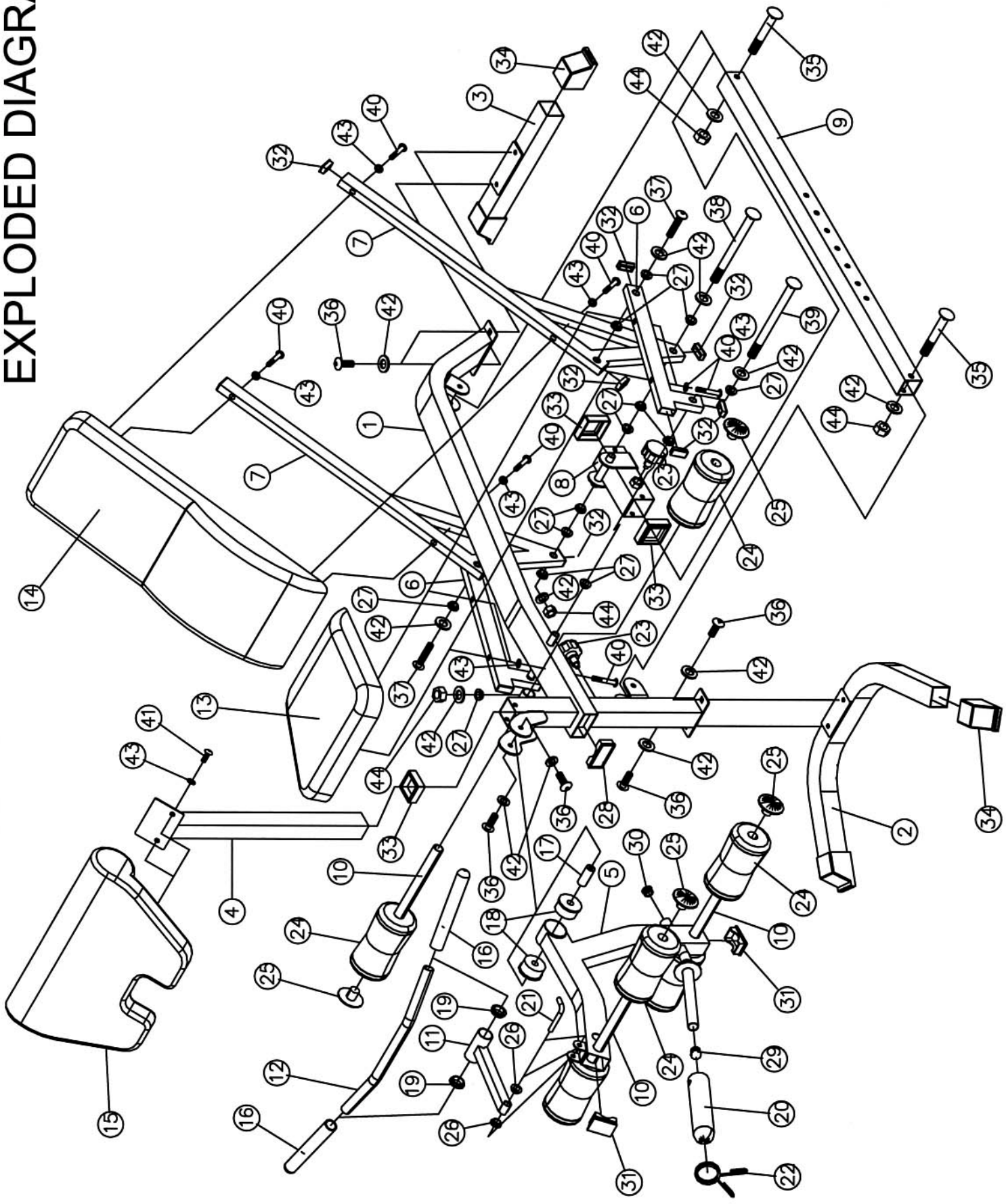
B.) Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Lock it with a L-shaped Pin (#21).

C.) Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.

DIAGRAM 5



EXPLODED DIAGRAM



MULTIPURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Arm Curl Stand	1
5	Leg Developer	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Sliding Block	1
9	Incline Adjustment Bar	1
10	Foam Tube	3
11	Curl Bar Support Frame	1
12	Curl Bar Handle	1
13	Seat Pad	1
14	Backrest Board	1
15	Arm Curl Pad	1
16	Curl Bar Handle Grip	2
17	Axle	1
18	Ø 2 3/8" Bushing	2
19	Ø 1 ½" Bushing	2
20	Olympic Sleeve	1
21	L-shaped Lock Pin	1
23	Spring Clip	1
23	Lock Knob	2
24	Foam Roll	6
25	Foam Roll End Cap	6
26	Ø ¾" x ½" Bushing	2
27	Bushing	16
28	3 1/8" x 1 5/8" End Cap	1
29	Ø 1" Cone-shaped End Cap	1
30	Ø 1" End Cap	1
31	1 5/8" x 2 3/8" End Cap	2
32	1 5/8" x ¾" End Cap	12
33	2" Sliding Block Sleeve	3
34	Stabilizer End Cap	4
35	M10 x 2 ½" Carriage Bolt	2
36	M10 x ¾" Allen Bolt	6
37	M10 x 1 ¾" Allen Bolt	2
38	M10 x 6 ¾" Allen Bolt	1
39	M10 x 8 ¼" Allen Bolt	1
40	M8 x 2" Allen Bolt	8
41	M8 x 5/8" Allen Bolt	2
42	Ø ¾" Washer	14
43	Ø 5/8" Washer	10
44	M10 Aircraft Nut	4

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
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1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase