NOTE:
Please read all instructions carefully before using this product

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Model
MD-857

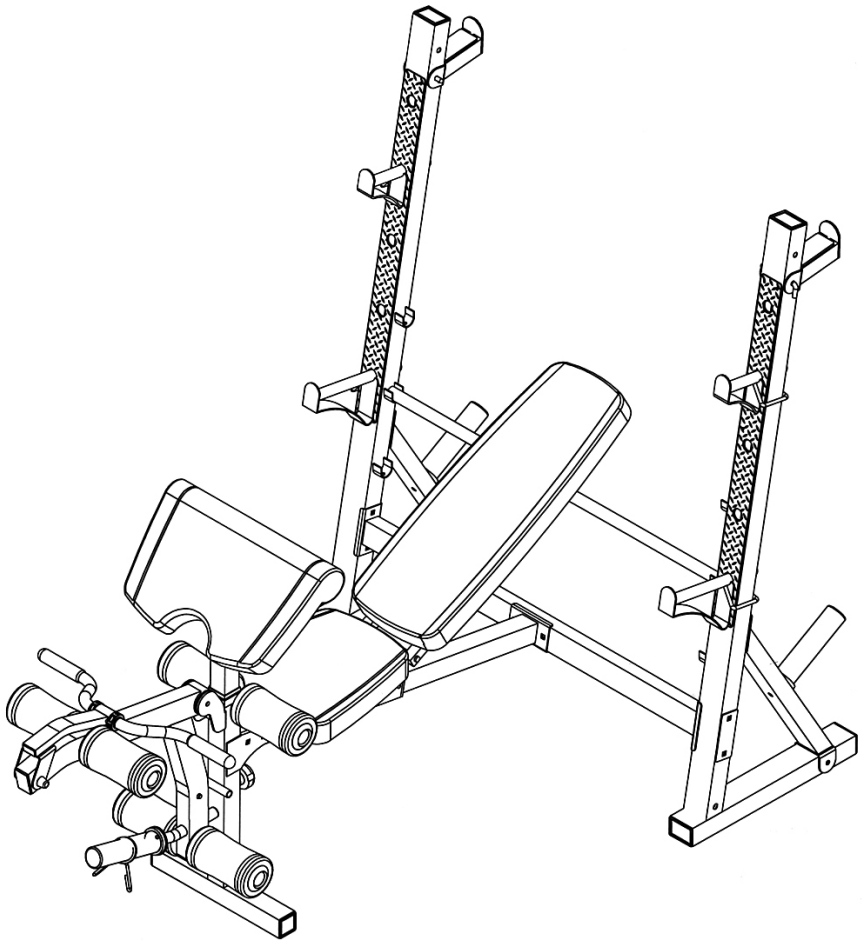
Retain This Manual for Reference

08-05-09

OWNER'S MANUAL

MARCY DIAMOND ELITE OLYMPIC BENCH

MD-857



IMPEX® INC.
2801 S. Towne Ave., Pomona, CA 91766
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 Diamond Elite MD-857 BENCH by IMPEX® INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our 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.

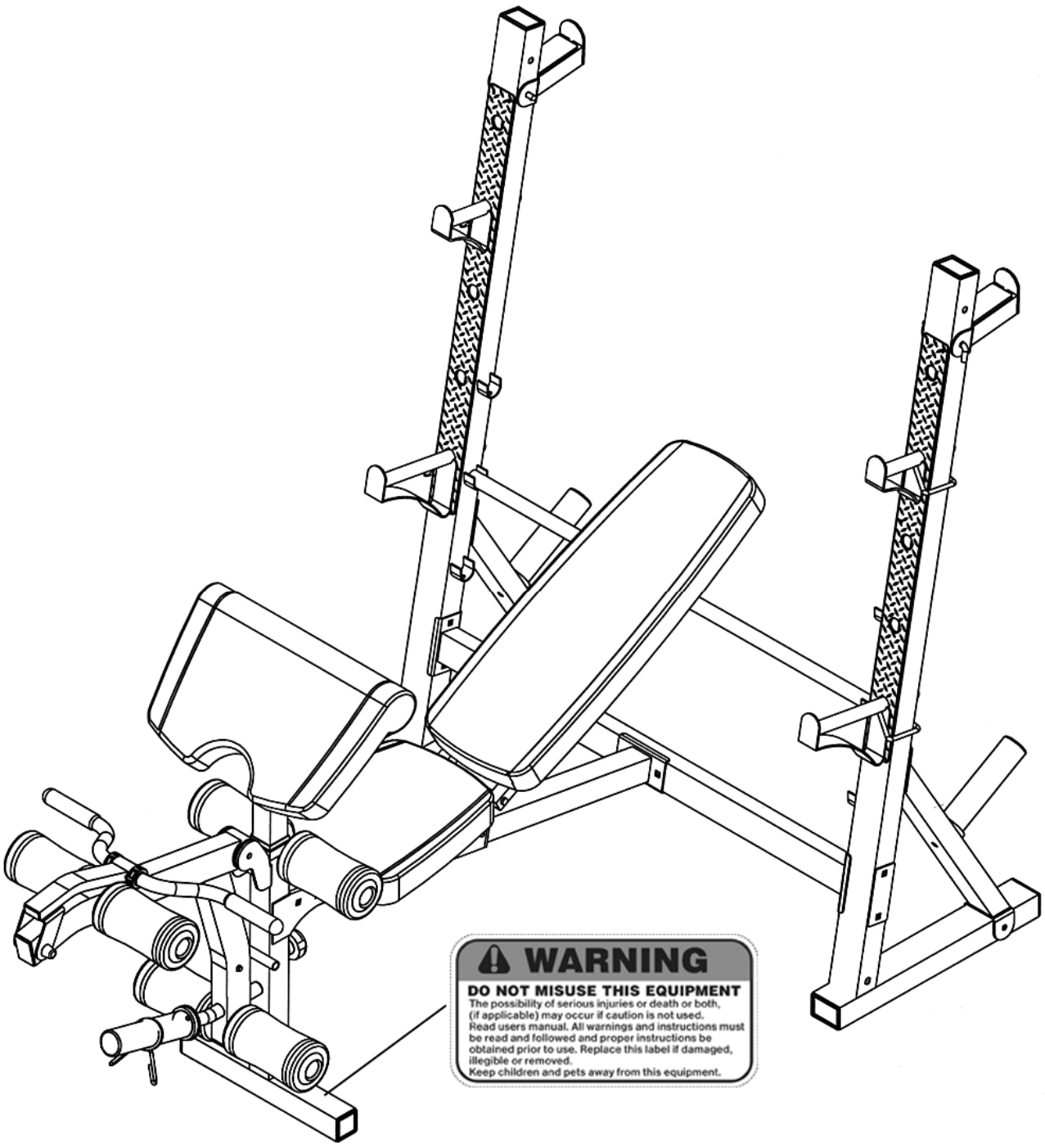
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Maximum on Bar Catch: 300 lbs
4. Maximum weight on Leg Developer: 100 lbs
5. Maximum user weights: 300 lbs
4. Maximum weight capacity 600 lbs (include user's weight).

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.

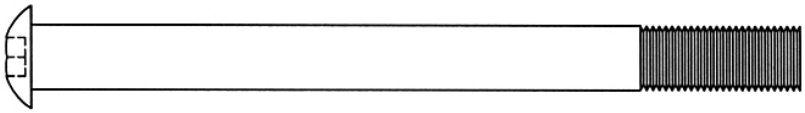
WARNING LABEL PLACEMENT



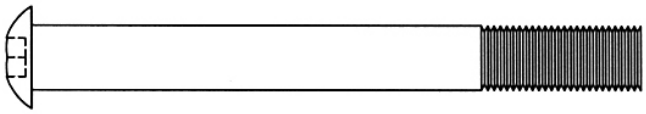
The Warning Label shown here has been placed on the Front Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

HARDWARE PACK

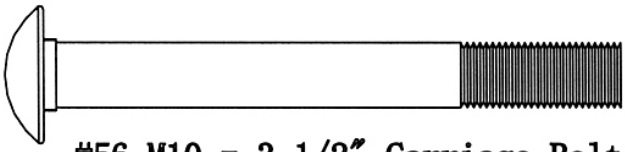
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



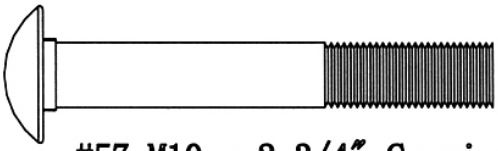
#61 M10 x 4 3/4" Allen Bolt (Qty 1)



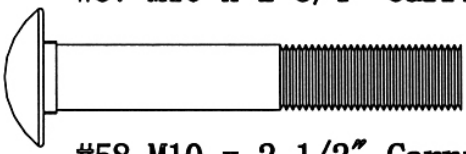
#60 M10 x 3 3/4" Allen Bolt (Qty 2)



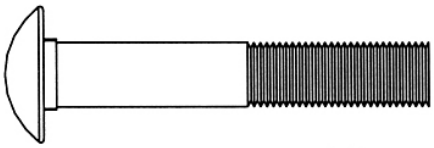
#56 M10 x 3 1/2" Carriage Bolt (Qty 4)



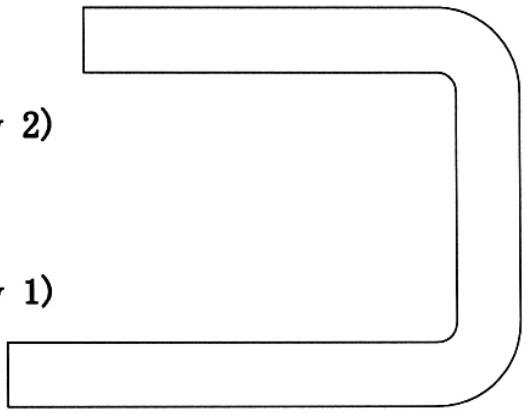
#57 M10 x 2 3/4" Carriage Bolt (Qty 2)



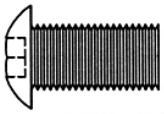
#58 M10 x 2 1/2" Carriage Bolt (Qty 1)



#59 M10 x 2 3/8" Carriage Bolt (Qty 2)



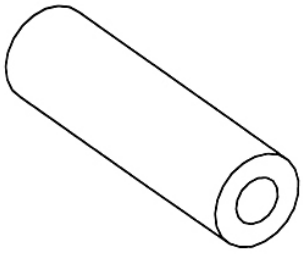
#49 U-shaped Pin (Qty 1)



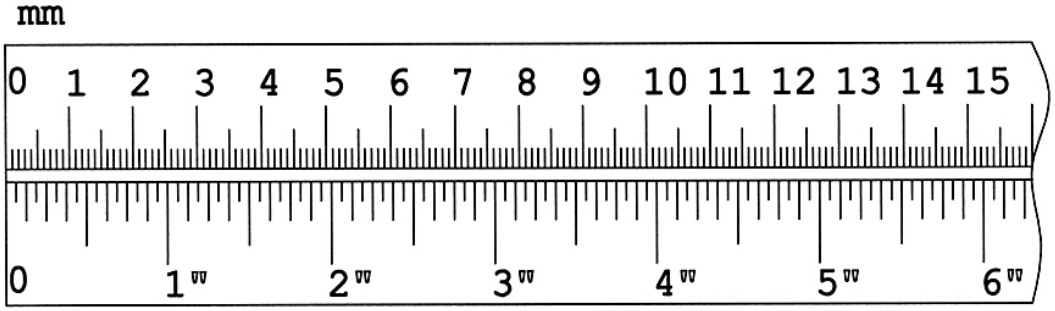
#62 M10 x 3/4" Allen Bolt (Qty 2)



#47 M6 x 1/2" Philips Screw (Qty 1)

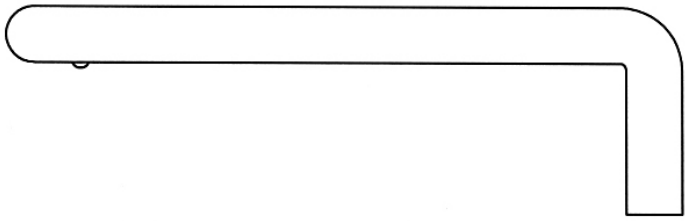


#55 Axle (Qty 1)

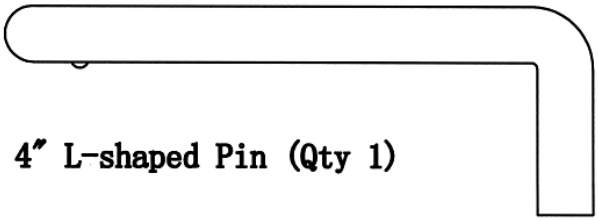


HARDWARE PACK

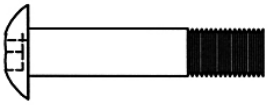
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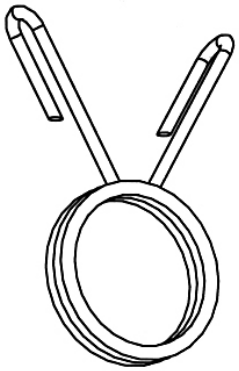
#51 4 1/2″ L-shaped Pin (Qty 2)



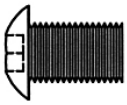
#53 4″ L-shaped Pin (Qty 1)



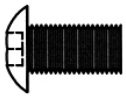
#65 M8 x 1 5/8″ Allen Bolt (Qty 4)



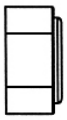
#54 Spring Clip (Qty 1)



#63 M10 x 5/8″ Allen Bolt (Qty 13)



#64 M8 x 5/8″ Allen Bolt (Qty 6)



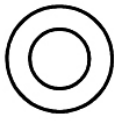
#68 M10 Aircraft Nut (Qty 12)



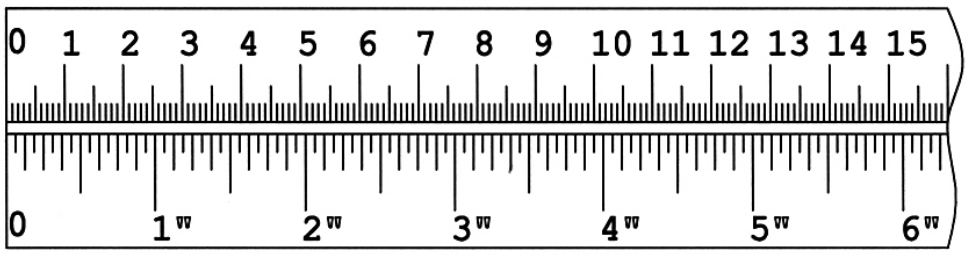
#48 Ø 1/2″ Washer (Qty 1)



#67 Ø 5/8″ Washer (Qty 10)



#66 Ø 3/4″ Washer (Qty 30)



ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

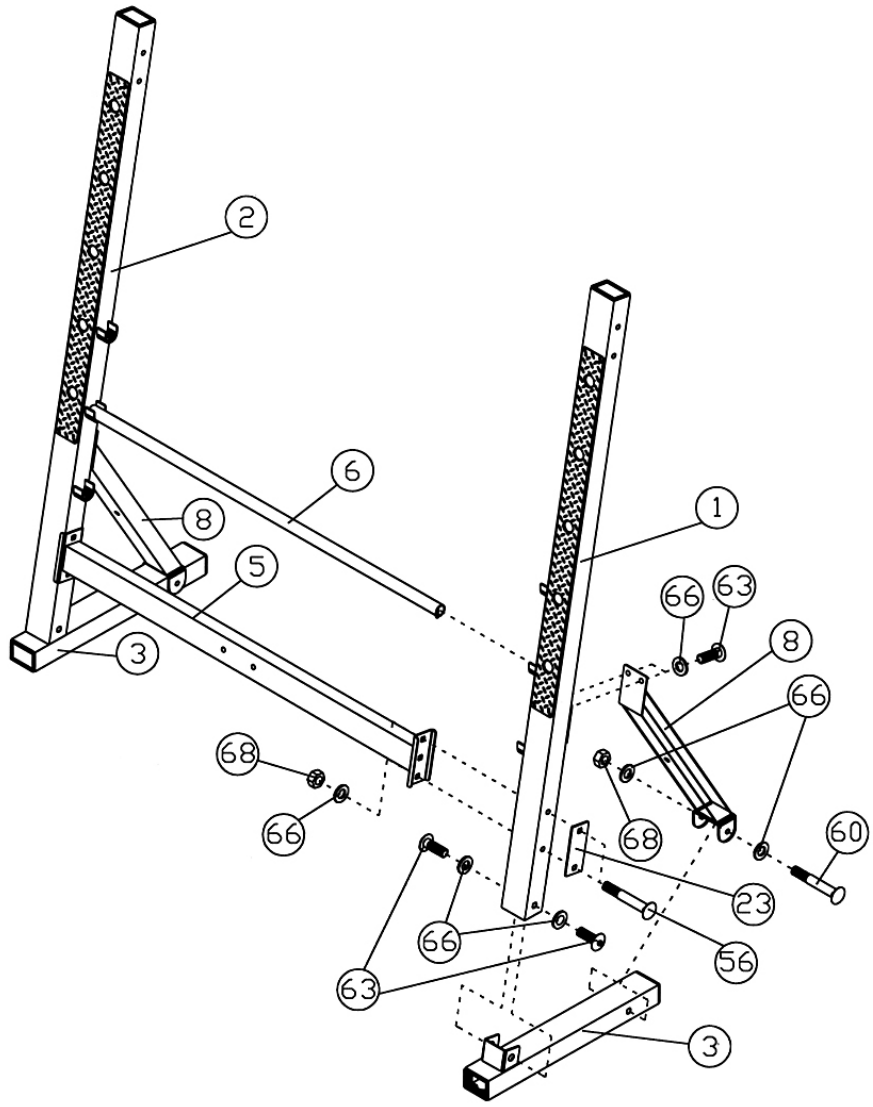
A.) **Do not tighten all nuts and bolts until instructed to do so.**

B.) Attach the Left Upright Beam (#1) to a Rear Stabilizer (#3). Secure it with two M10 x 5/8" Allen Bolts (#63), and two Ø ¾" Washers (#66).

C.) Attach the bottom of the Rear Diagonal Support (#8) to the Rear Stabilizer. Secure it with one M10 x 3 ¾" Allen Bolt (#60), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#68). Attach the top of the Rear Diagonal Support (#8) to the Left Upright Beam (#1). Secure it with two M10 x 5/8" Allen Bolts (#63) and Ø ¾" Washers (#66).

D.) Repeat Steps A, B, and C above to install the Right side.

E.) Connect the Left & Right Upright Beams with a Cross Brace (#5) in the mid-span. Secure each end of Cross Brace with two M10 x 3 ½" Carriage Bolts (#56), one 4 ¾" x 2" Bracket (#23), two Ø ¾" Washer (#66), and two M10 Aircraft Nut (#68). Place the Backrest Adjustment Bar (#6) onto the selected slot between the Upright Beams.



STEP 2 (See Diagram 2)

A.) **Do not tighten Nuts and Bolts until instructed to do so.**

B.) Attach the Leg Developer Support (#13) to the Front Stabilizer (#14). Secure it with three M10 x 5/8" Allen Bolts (#63) and ∅ ¾" Washers (#66).

C.) Slide the Sliding Block (#15) onto the Main Seat Support (#4). Thread a M18 Lock Knob (#42) into the selected hole to hold the Sliding Block in position.

D.) Attach the Main Seat Support (#4) to the Leg Developer Support (#13). Secure it with one M10 x 2 ½" Carriage Bolt (#58) from the top, two M10 x 2 ¾" Carriage Bolts (#57) from the side, three ∅ ¾" Washers (#66) and three M10 Aircraft Nuts (#68).

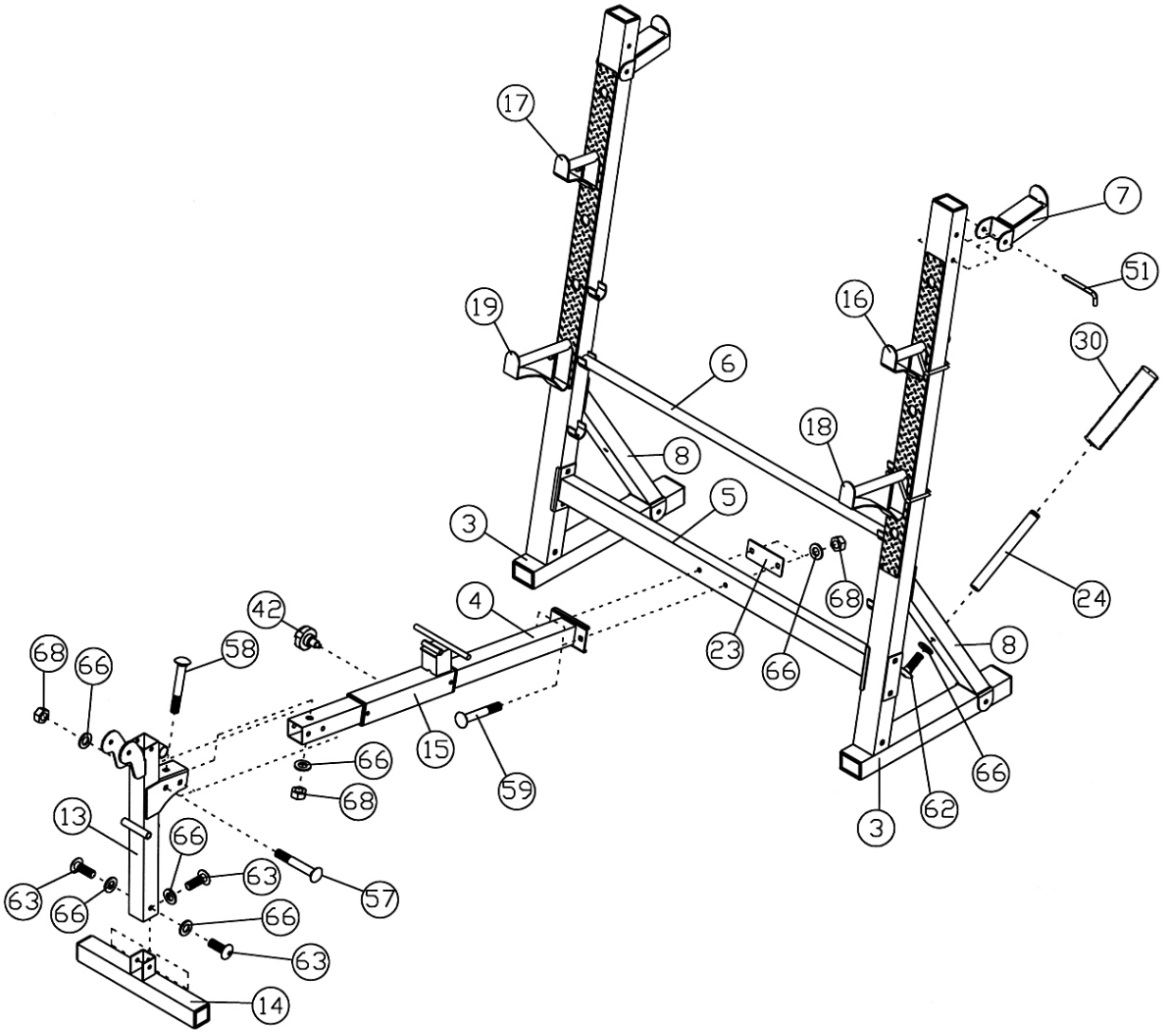
E.) Attach the Main Seat Support (#4) to the Cross Brace (#5). Secure it with two M10 x 2 3/8" Carriage Bolts (#59), one 4 ¾" x 2" Bracket (#23), two ∅ ¾" Washers (#66), and two M10 Aircraft Nuts (#68).

F.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

G.) Attach the two Squat Bar Catches (#7) to the back of the two Upright Beams. Secure each Catch with a 4 ½" L-shaped Pin (#51).

H.) Insert a Weight Post (#24) into the hole on the Rear Diagonal Support (#8). Secure it with one M10 x ¾" Allen Bolt (#62) and Ø ¾" Washer (#66). Slide an Olympic Sleeve (#30) onto the Weight Post. Repeat for the other side.

I.) Insert the Left & Right Bar Catches (#16 &#17), Left & Right Safety Catches (#18 &#19) into the selected holes on the Upright Beams (#1 & #2).



STEP 3 (See Diagram 3)

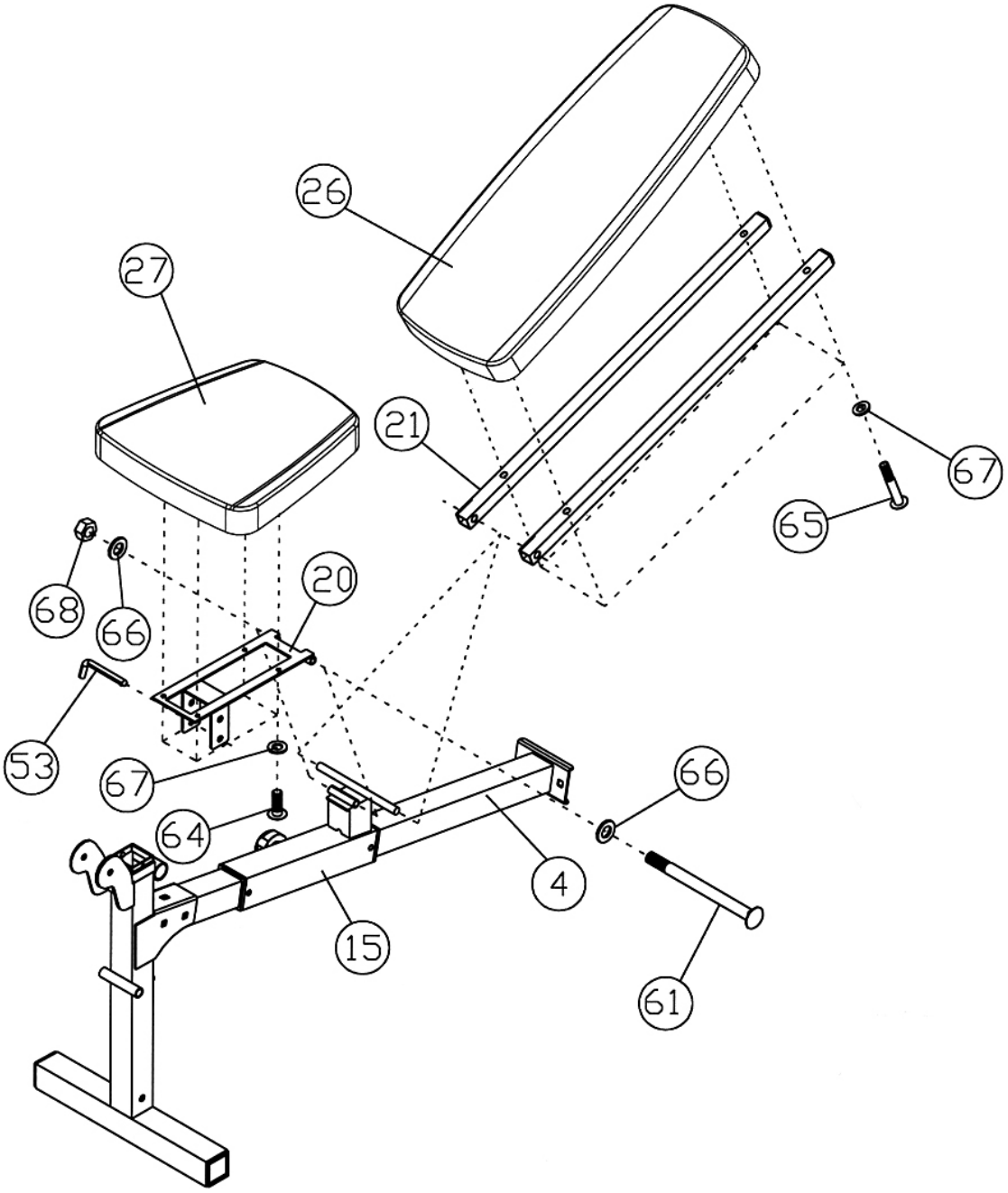
A.) Attach the holes on the end of the Backrest Supports (#21) to the long pivot on the Sliding Block (#15). Attach the Backrest Board (#26) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#65) and Ø5/8" Washers (#67). Place the Backrest Board against the Backrest Adjustment Bar.

B.) Attach the Seat Bracket (#20) to the short pivot on the Sliding Block. Secure it with one M10 x 4 ¾" Allen Bolt (#61), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#68).

C.) Place the Seat Pad (#27) onto the Seat Bracket. Secure it with four M8 x 5/8" Allen Bolts (#64) and Ø 5/8" Washers (#67).

D.) Insert a 4" L-shaped Pin (#53) into the selected hole on the Seat Bracket to obtain the desired Seat inclined position.

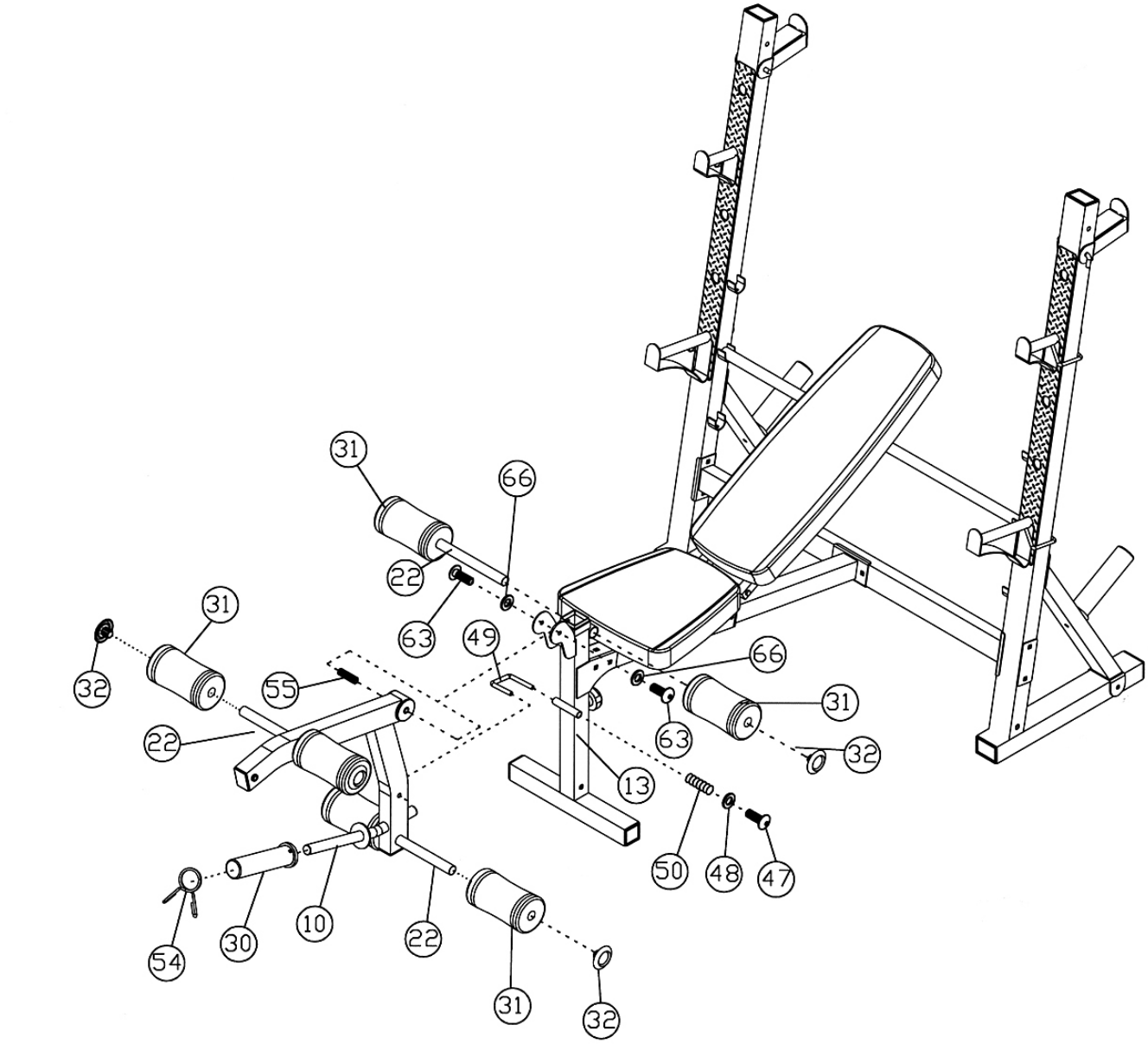
DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Insert the U-shaped Pin (#49) into the open slot on the Leg Developer Support (#13). Secure it with one M6 x ½" Philips Screw (#47), Ø ½" Washer (#48), and Spring (#50).
B.) Attach the Leg Developer (#10) to the Leg Developer Support. Secure it with an Axle (#55), two M10 x 5/8" Allen Bolts (#63) and two ∅ ¾" Washers (#66).
C.) Insert one Foam Tube (#22) halfway through the hole on the Leg Developer Holder. Insert two Foam Tubes halfway through the holes on the Leg Developer. Push six Foam Rolls (#31) onto the Tubes from both ends. Plug six Foam Roll End Caps (#32) into the ends.
D.) Slide an Olympic Sleeve (#30) onto the weight post on the Leg Developer. Attach a Spring Clip (#54) to the Sleeve.

DIAGRAM 4



STEP 5 (See Diagram 5)

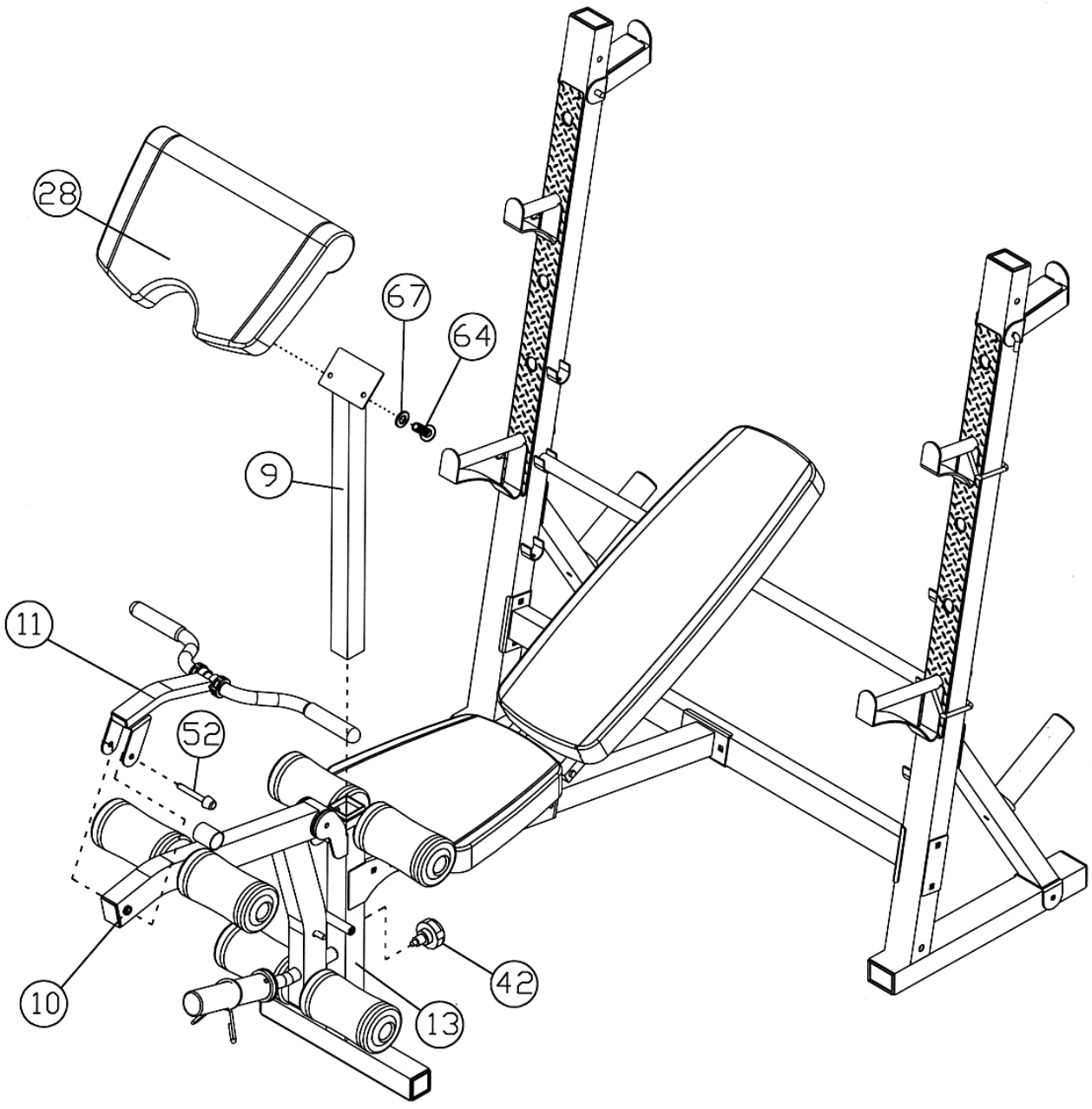
A.) Attach the Arm Curl Pad (#28) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Allen Bolts (#64) and Ø 5/8" Washers (#67).

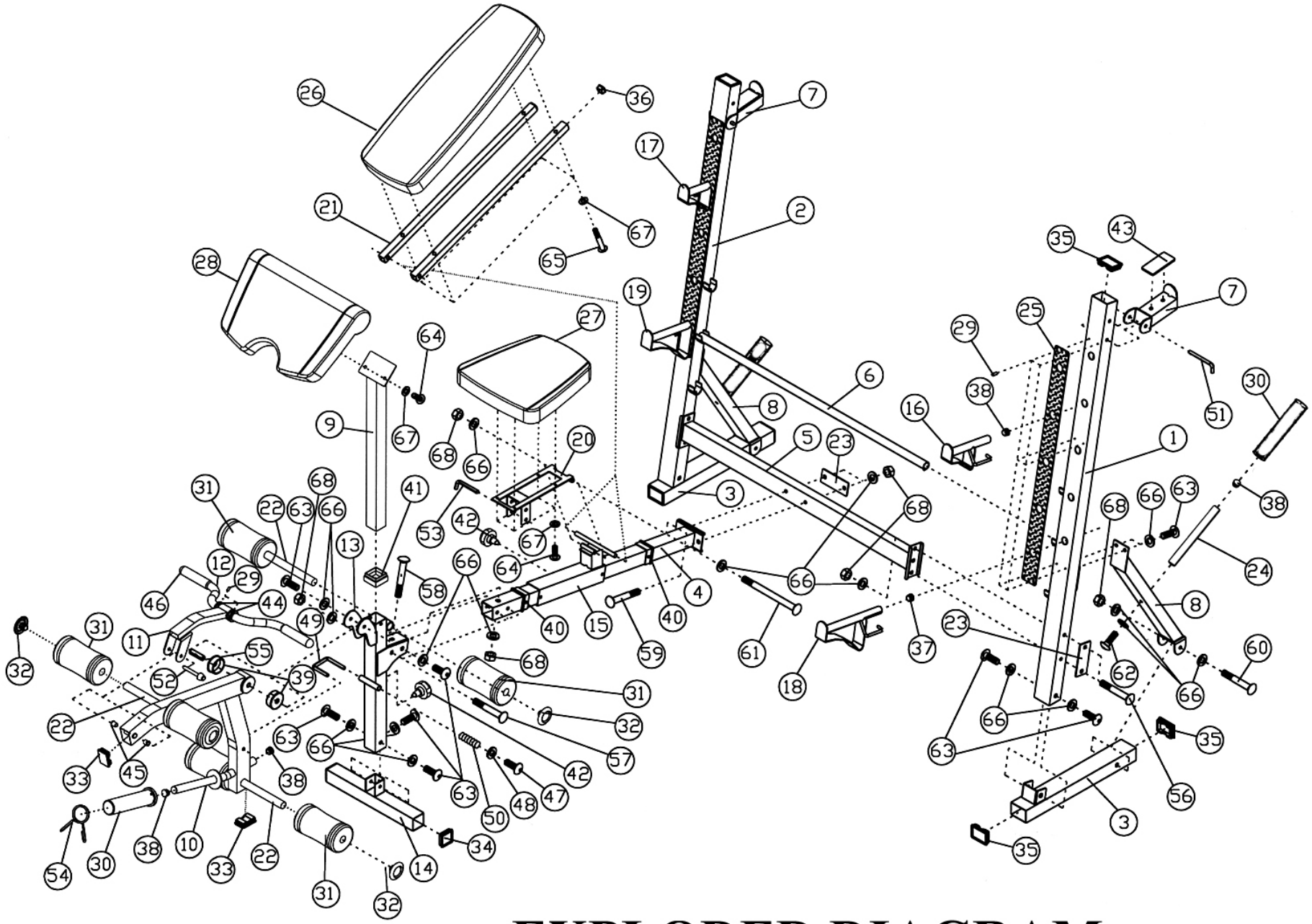
B.) Insert the Arm Curl Stand into the top opening on the Leg Developer Support. Use a M18 Lock Knob (#42) to secure the Stand.

C.) Attach the Curl Bar Handle Support (#11) to the bracket on the Leg Developer (#10). Secure it with a 3 7/8" Lock Pin (#52). The Leg Developer can be locked when doing Sit Up exercises. Simply pull the U-shaped Pin out and drop into the hole on the Leg Developer. Remove the Pin when doing Leg Developer exercises.

D.) Remove the Arm Curl Stand and the Curl Bar Handle when using the Leg Developer.

DIAGRAM 5





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Rear Stabilizer	2
4	Main Seat Support	1
5	Cross Brace	1
6	Backrest Adjustment Bar	1
7	Squat Bar Catch	2
8	Rear Diagonal Support	2
9	Arm Curl Stand	1
10	Leg Developer	1
11	Curl Bar Handle Support	1
12	Curl Bar Handle	1
13	Leg Developer Support	1
14	Front Stabilizer	1
15	Sliding Block	1
16	Left Bar Catch	1
17	Right Bar Catch	1
18	Left Safety Catch	1
19	Right Safety Catch	1
20	Seat Bracket	1
21	Backrest Support	2
22	Foam Tube	3
23	4 ¾" x 2" Bracket	3
24	Weight Post	2
25	Panel	2
26	Backrest Board	1
27	Seat Pad	1
28	Arm Curl Pad	1
29	Rivet	14
30	Olympic Sleeve	3
31	Foam Roll	6
32	Foam Roll End Cap	6
33	1 5/8" x 2 3/8" End Cap	2
34	2" Square End Cap	2
35	2 ¾" x 2" End Cap	6
36	1" Square End Cap	2
37	1 5/8" x ¾" End Cap	1
38	Ø 1" End Cap	8
39	Ø 2 3/8" Bushing	2
40	2 3/8" x 2" Sleeve	2
41	2" x 1 ¾" Sleeve	1
42	M18 Lock Knob	2
43	Rubber Bumper	2
44	Ø 1 ½" Plastic Ring	2
45	Ø ½" Bushing	2
46	Curl Bar Handle Grip	2
47	M6 x ½" Philips Screw	1
48	Ø ½" Washer	1
49	U-shaped Pin	1
50	Spring	1
51	4 ½" L-shaped Pin	2
52	3 7/8" Lock Pin	1
53	4" L-shaped Pin	1
54	Spring Clip	1
55	Axle	1
56	M10 x 3 ½" Carriage Bolt	4
57	M10 x 2 ¾" Carriage Bolt	2
58	M10 x 2 ½" Carriage Bolt	1
59	M10 x 2 3/8" Carriage Bolt	2
60	M10 x 3 ¾" Allen Bolt	2
61	M10 x 4 ¾" Allen Bolt	1
62	M10 x ¾" Allen Bolt	2
63	M10 x 5/8" Allen Bolt	13
64	M8 x 5/8" Allen Bolt	6
65	M8 x 1 5/8" Allen Bolt	4
66	Ø ¾" Washer	30
67	Ø 5/8" Washer	10
68	M10 Aircraft Nut	12

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. 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.
2801 S. Towne Ave.
Pomona, CA 91766

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