NOTE:
Please read all instructions carefully before using this product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

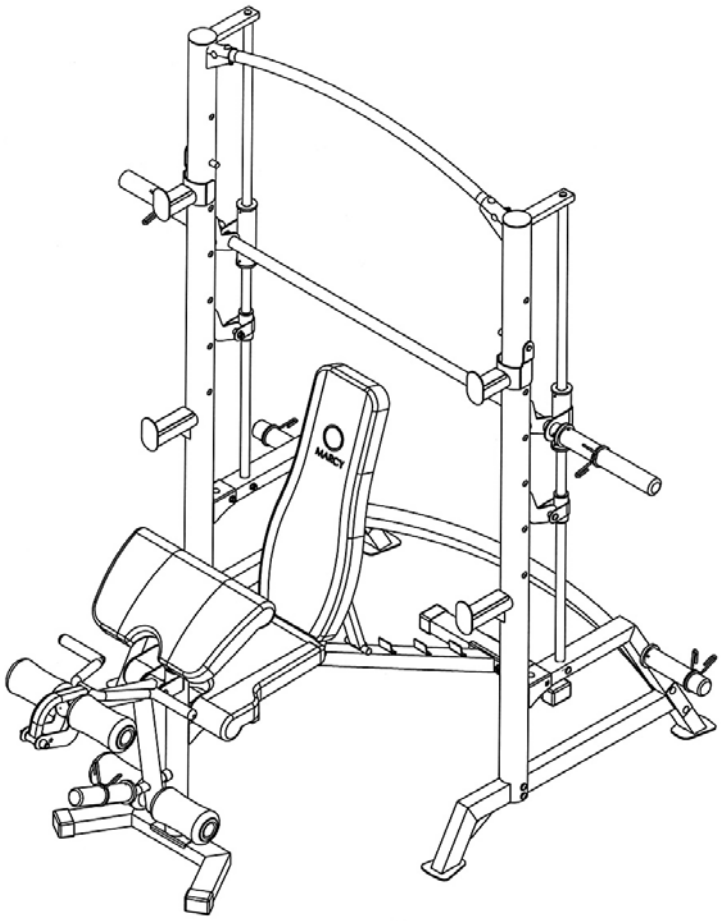
Model
SM-1050

Retain This Manual for Reference

100624

OWNER'S MANUAL

MARCY DIAMOND ELITE SMITH MACHINE SM-1050



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

TABLE OF CONTENTS

BEFORE YOU BEGIN..... 1
IMPORTANT SAFETY NOTICES..... 2
SMITH MACHINE HARDWARE PACK……..…..... 4
SMITH MACHINE ASSEMBLY INSTRUCTIONS.....6
SMITH MACHINE EXPLODED DIAGRAM.....10
SMITH MACHINE PARTS LIST…… 11
BENCH HARDWARE PACK……..…..…….12
BENCH ASSEMBLY INSTRUCTIONS.....…….14
BENCH EXPLODED DIAGRAM.....…….18
BENCH PARTS LIST……19
WARRANTY..... 20
ORDERING PARTS.....… 20

BEFORE YOU BEGIN

Thank you for selecting the MARCY SMITH MACHINE SM-1050 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.

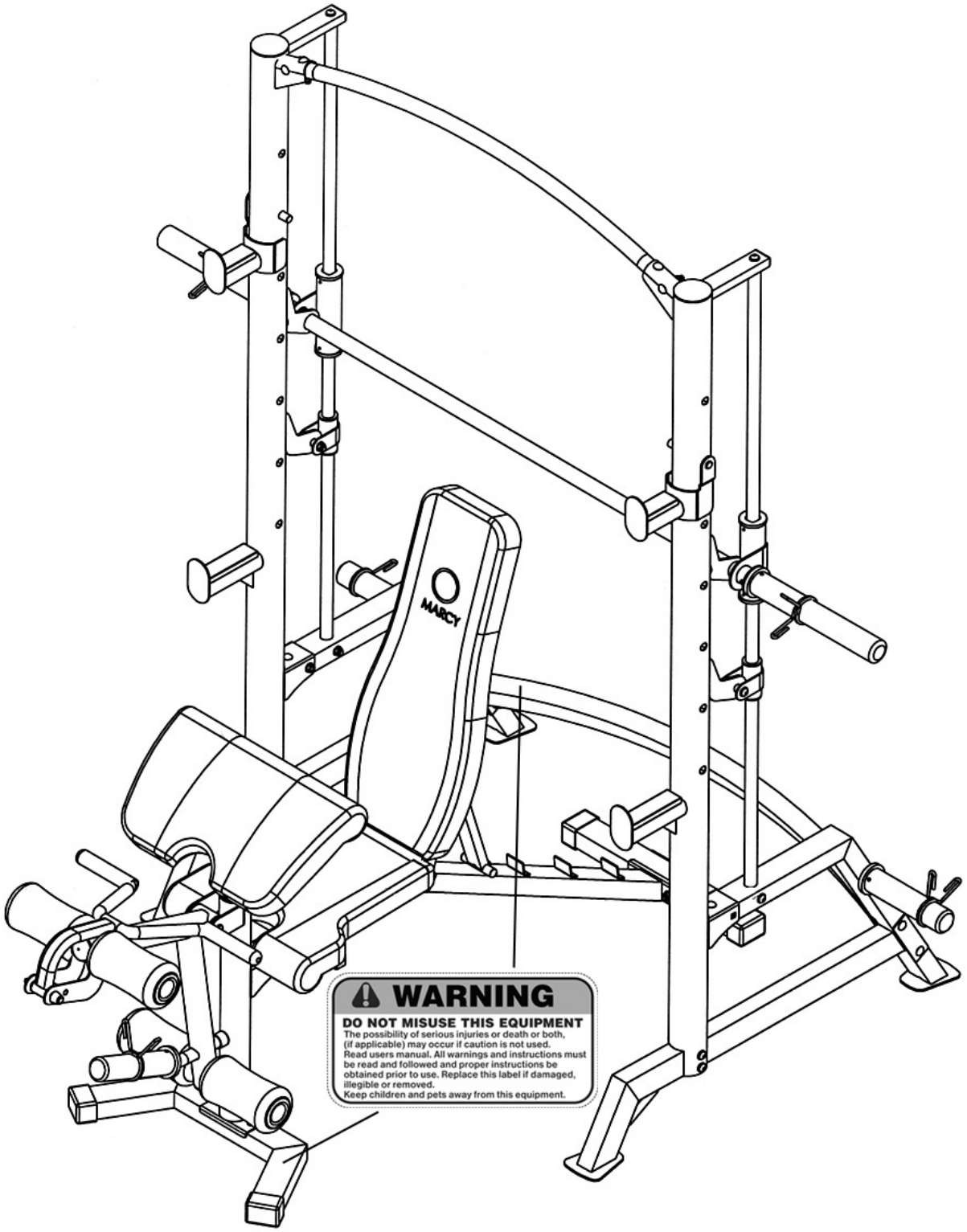
CARE AND MAINTENANCE

1. Lubricate moving parts and Guide Rods with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weight on Leg Developer: 100 lbs.
6. Maximum weight on Weight Bar: 300lbs.
7. Maximum weight Capacity on Bench: 600 lbs.

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.

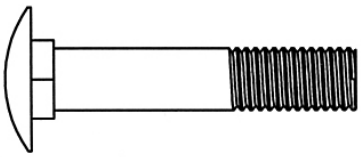
WARNING LABEL PLACEMENT



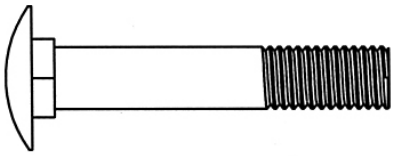
The warning label shown here has been placed on the back of Rear Support. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

SMITH MACHINE HARDWARE PACK

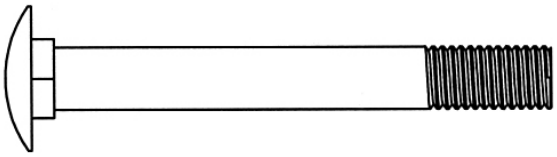
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



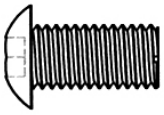
#29 M10 x 2" Carriage Bolt (Qty 2)



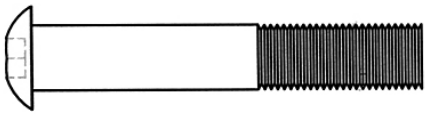
#28 M10 x 2 1/8" Carriage Bolt (Qty 4)



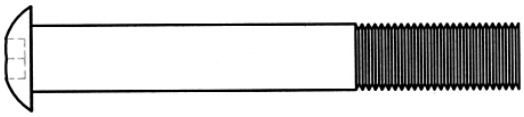
#30 M10 x 3 1/8" Carriage Bolt (Qty 6)



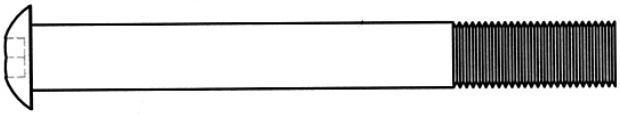
#31 M10 x 3/4" Allen Bolt (Qty 8)



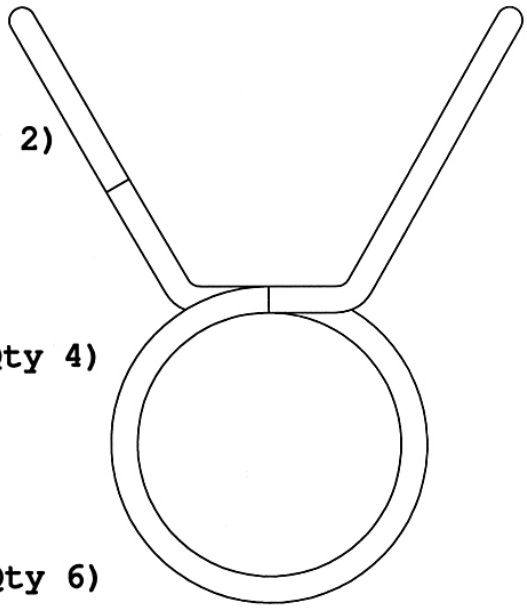
#32 M10 x 2 3/8" Allen Bolt (Qty 2)



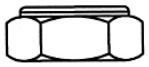
#33 M10 x 3" Allen Bolt (Qty 2)



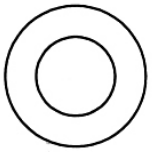
#34 M10 x 3 1/2" Allen Bolt (Qty 4)



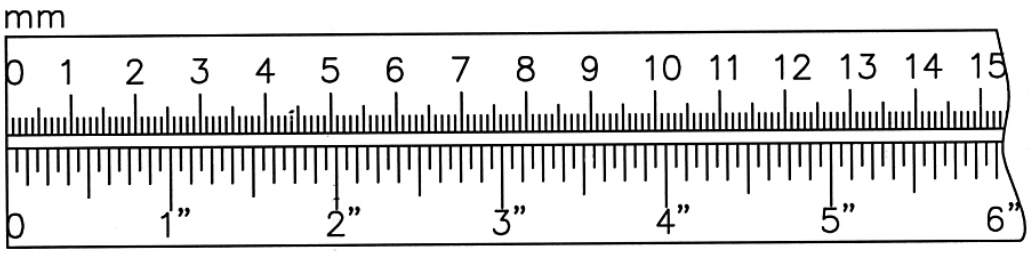
#18 Spring Clip
(Qty 4)



#37 M10 Aircraft Nut
(Qty 20)



#38 Ø 3/4" Washer
(Qty 36)



SMITH MACHINE 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.

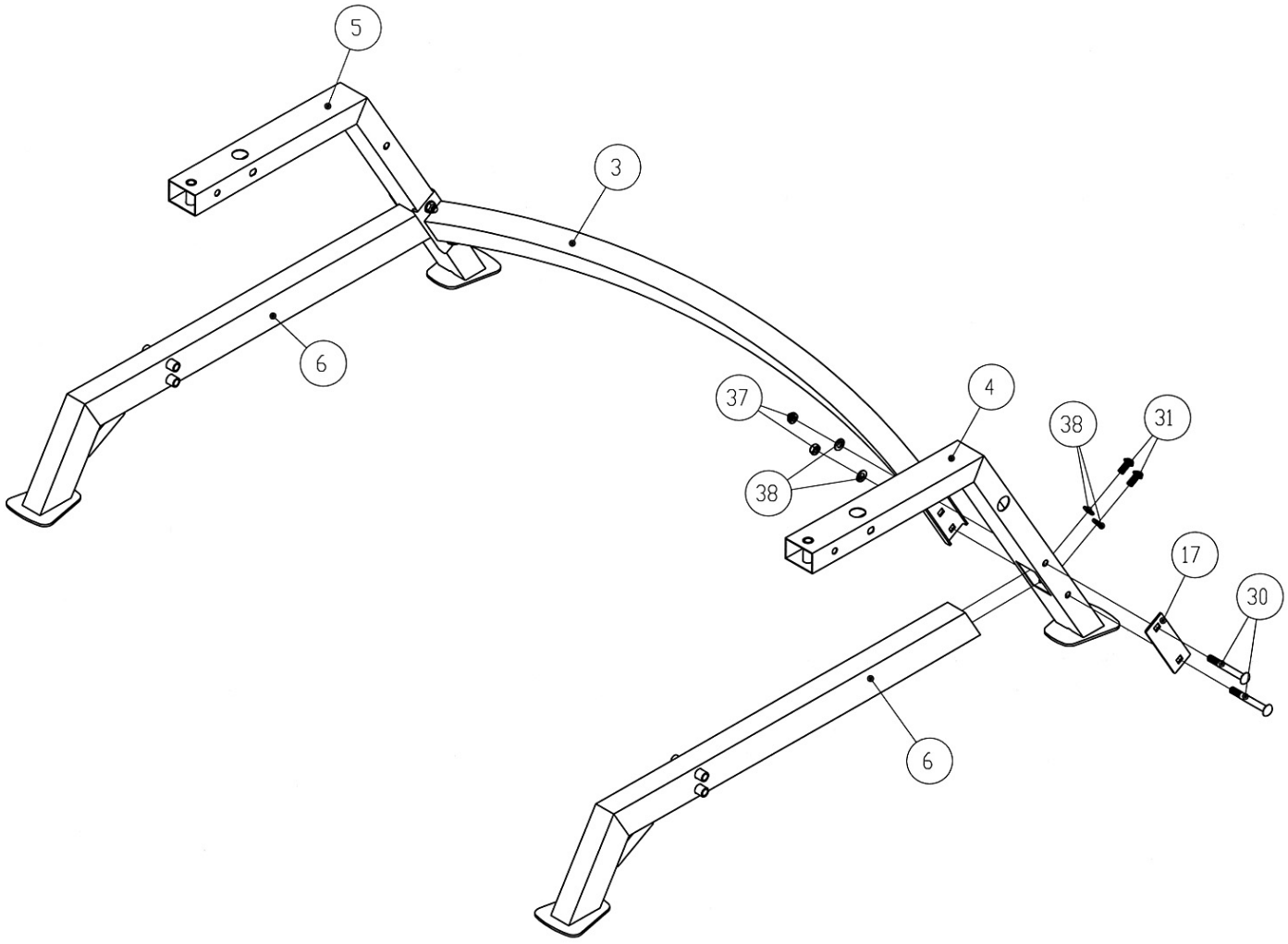
STEP 1 (See Diagram 1)

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

B.) Attach a Base Frame (#6) to the Left Rear Support (#4). Secure it with two M10 x ¾" Allen Bolts (#31) and two Ø ¾" Washers (#38). Repeat the same step to install the other Base Frame to the Right Rear Support (#5).

C.) Connect the Left and Right Rear Support with the Cross Brace (#3). Secure each end of the Cross Brace to each Rear Support with two M10 x 3 1/8" Carriage Bolts (#30), one 5 1/8" x 1 5/8" Bracket (#17), two Ø ¾" Washers (#38), and two M10 Aircraft Nuts (#37).

DIAGRAM 1



STEP 2 (See Diagram 2)

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

B.) Attach the Left Upright Beam (#1) to the Left Rear Support (#4) and the left Base Frame (#6).

C.) Secure it to the Base Frame with two M10 x 3 ½" Allen Bolts (#34), four Ø ¾" Washers (#38), and two M10 Aircraft Nuts (#37).

D.) Secure it to the Left Rear Support with one M10 x 3 1/8" Carriage Bolt (#30), one Ø ¾" Washer (#38), and one M10 Aircraft Nut (#37) from the side. Secure with one M10 x 2 1/8" Carriage Bolt (#28), one Ø ¾" Washer (#38), and one M10 Aircraft Nut (#37) from the top.

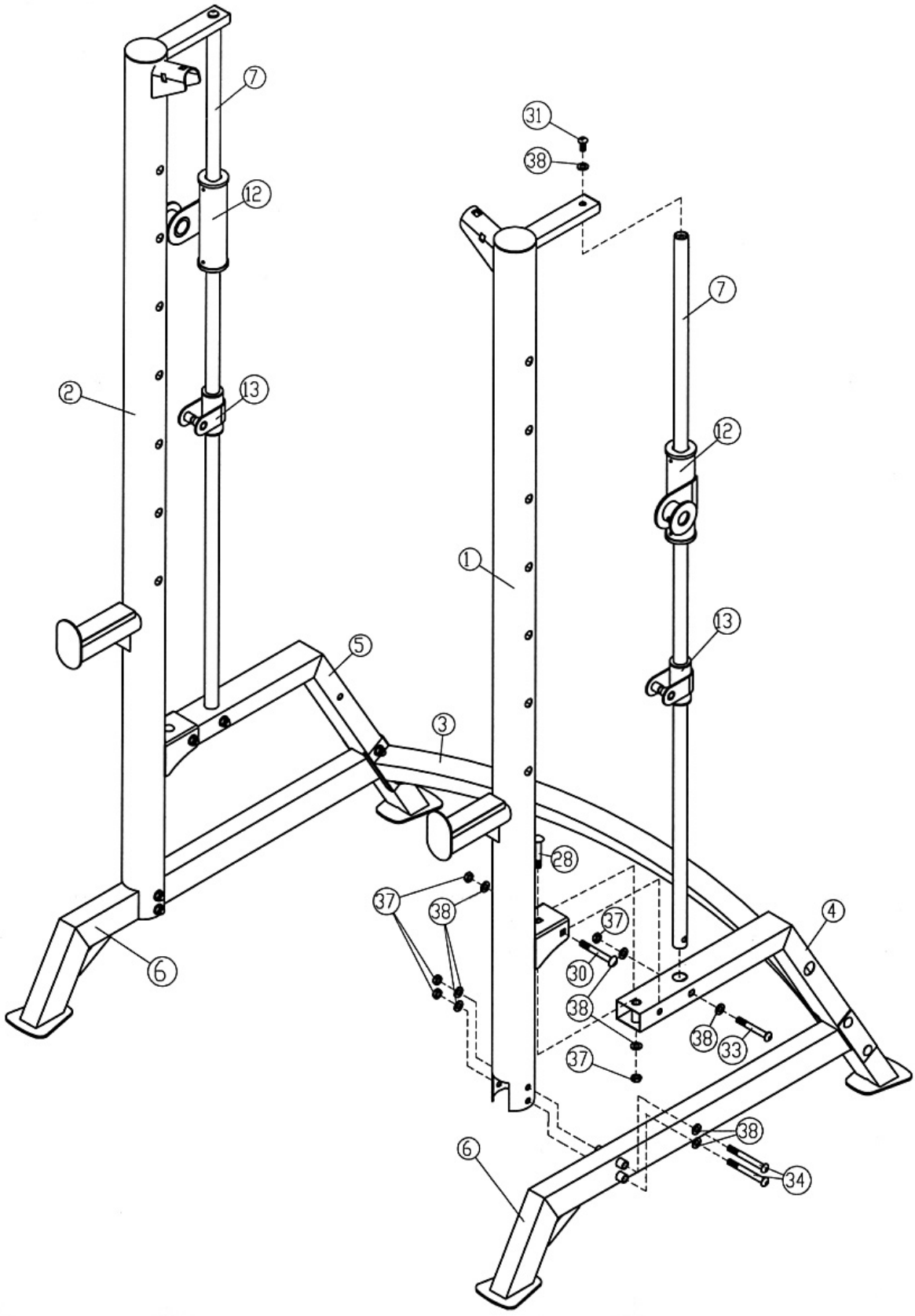
E.) Repeat A to D to install the Right Upright Beam (#2).

F.) Slide Lower Safety Stop Frame (#13) onto a Guide Rod (#7). Slide one Safety Stop Frame (#12) onto the Guide Rod. Insert the bottom of the Guide Rod into the hole on the Left Rear Support. Secure it with one M10 x 3" Allen Bolt (#33), two Ø ¾" Washers (#38), and one M10 Aircraft Nut (#37).

G.) Attach the top of the Guide Rod to the bracket on Left Upright Beam. Secure it with one M10 x ¾" (#31) and one Ø ¾" Washer (#38).

H.) Repeat F to G to install the Lower Safety Stop Frame, the Safety Stop Frame, and the other Guide Rod to the other side.

DIAGRAM 2


7
12
13
2
31
38
7
12
1
13
5
3
28
37
38
37
4
30
38
38
33
37
38
6
34

STEP 3 (See Diagram 3)

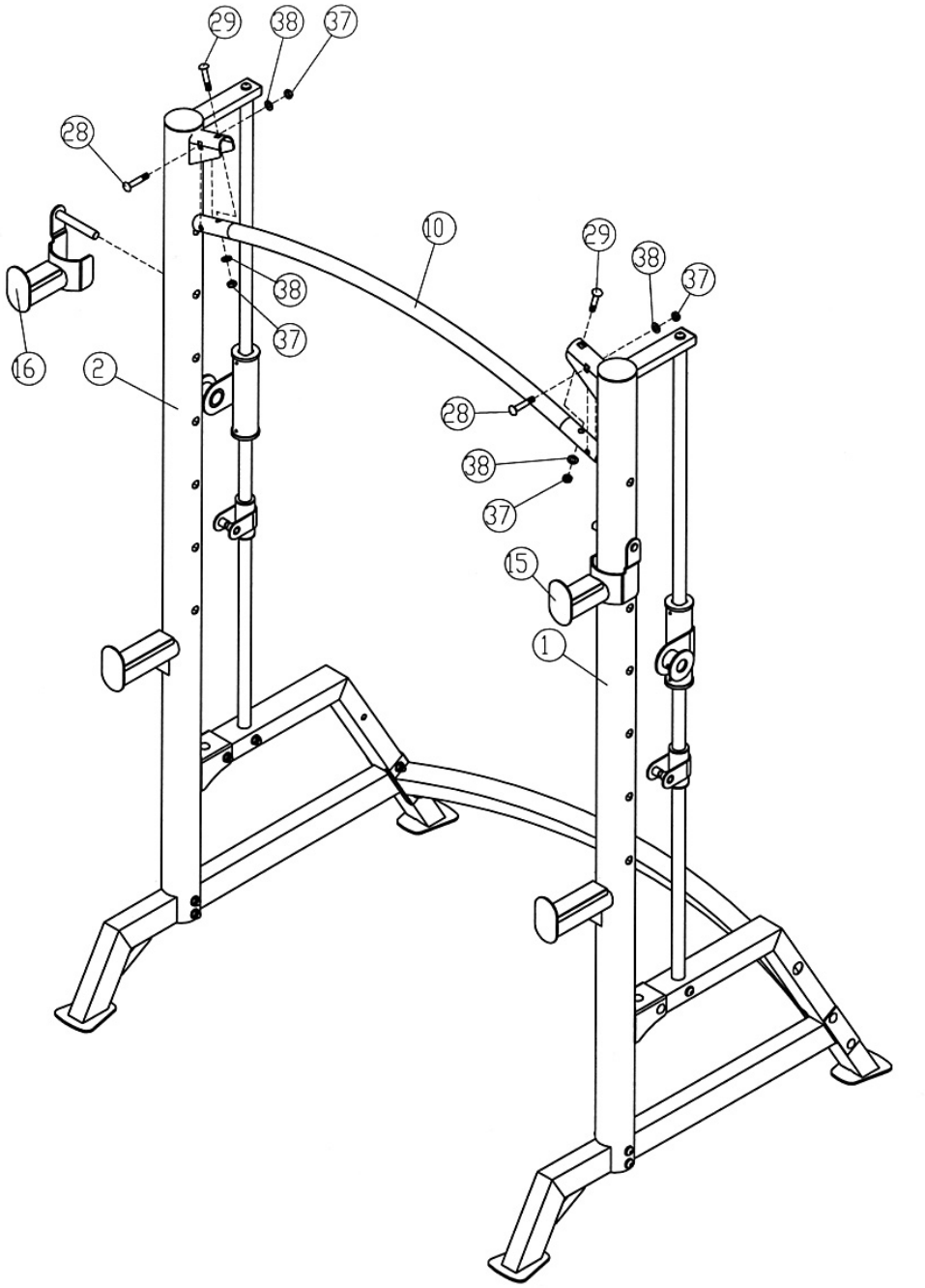
A.) **Do not tighten Nuts and Bolts until instructed to do so.**

B.) Attach one end of the Chin-up Bar (#10) to the Left Upright Beam (#1). Secure it with one M10 x 2 1/8" Carriage Bolt (#28), one Ø ¾" Washer (#38), and one M10 Aircraft Nut (#37) from side. Secure it with one M10 x 2" Carriage Bolt (#29), one Ø ¾" Washer (#38), and one M10 Aircraft Nut (#37) from top. Repeat the same step to secure the other end of Chin-up Bar to the Right Upright Beam (#2).

C.) Attach the Left Safety Catch (#15) to the Left Upright Beam. Attach the Right Safety Catch (#16) to the Right Upright Beam

D.) **Securely tighten all Nuts and Bolts installed in Step-1, Step-2, and Step-3.**

DIAGRAM 3



STEP 4 (See Diagram 4)

A.) Attach Safety Hook (#14) to the two Lower Safety Stop Frames (#13). Secure each Safety Hook with one M10 x 2 3/8" Allen Bolt (#32), two Ø ¾" Washers (#38), and one M10 Aircraft Nut (#37). Turn and attach the Safety Hooks into the selected holes on Left and Right Upright Beam (#1 & #2).

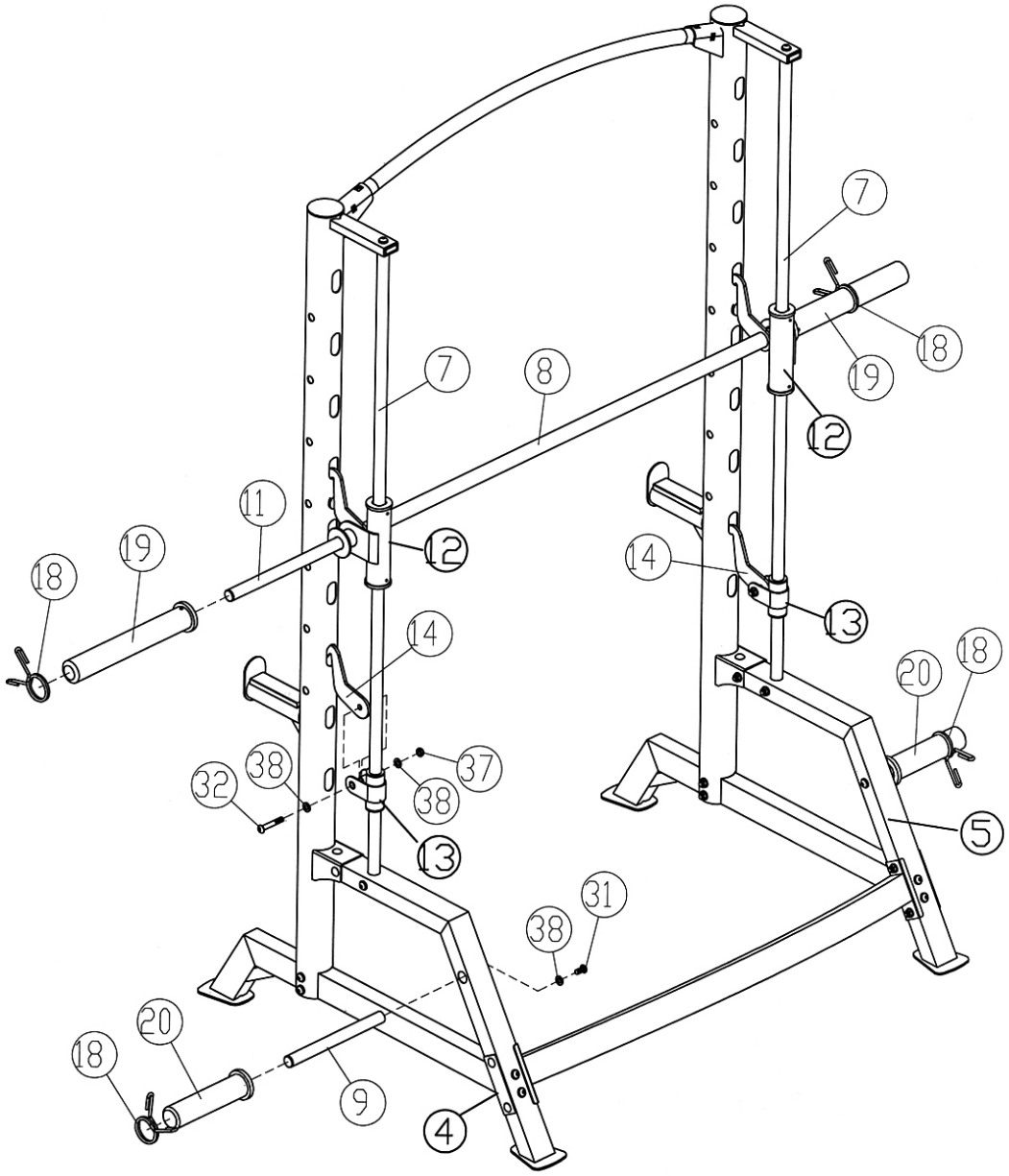
B.) Turn and attach the hooks on the Lifting Sleeve (#8) into the holes on Left and Right Upright Beam (#1 & #2).

C.) Place the Lifting Sleeve (#8) in between the two Safety Stop Frames (#12). Align the holes; insert the Weight Bar (#11) from outside of one Safety Stop Frame through the Lifting Sleeve to the other Safety Stop Frame on the other side.

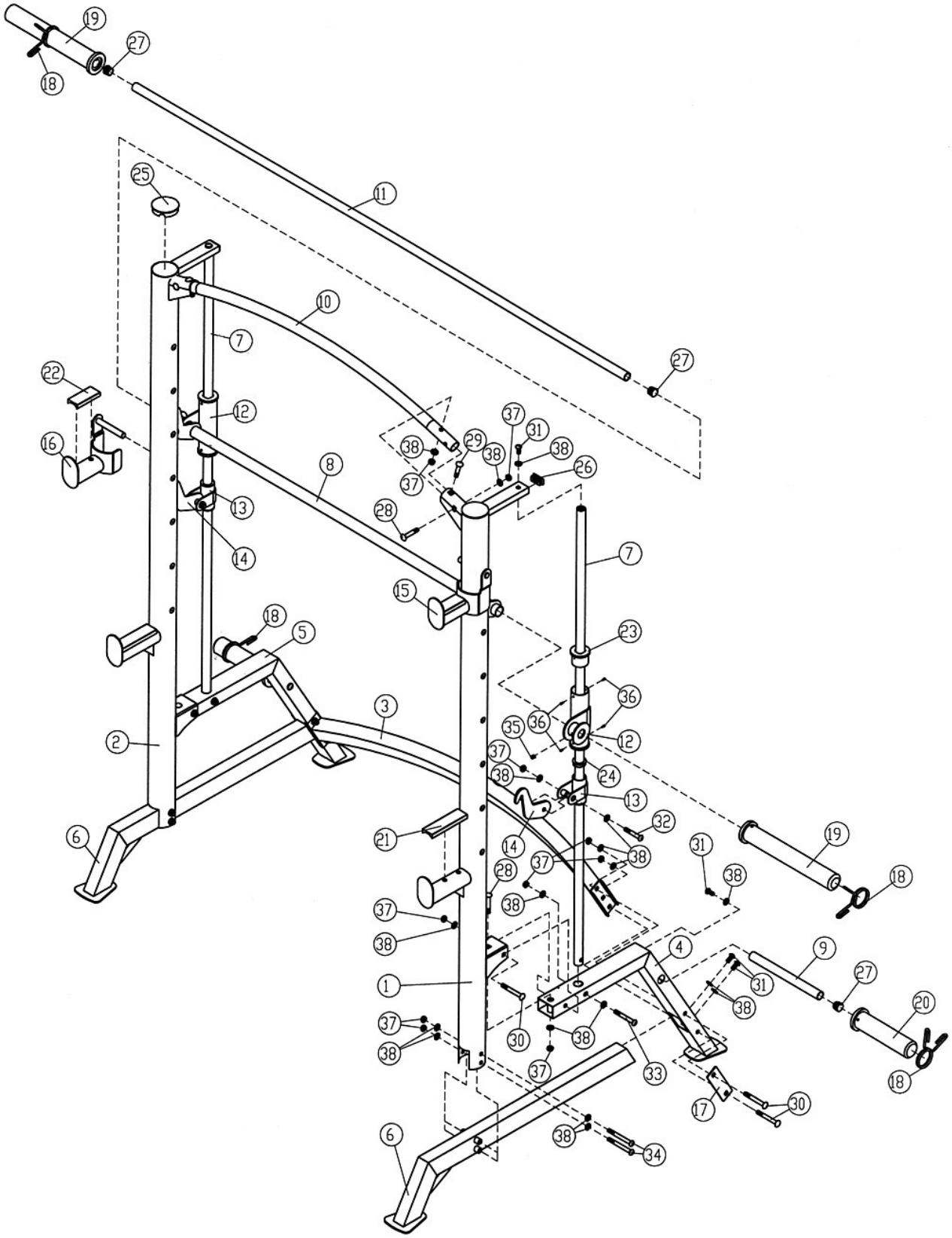
D.) Attach two Weight Bar Sleeves (#19) onto the Weight Bar from both ends. Attach two Spring Clips (#18) to the Sleeves.

E.) Attach two Weight Posts (#9) into the holes on Left & Right Rear Support (#4 & #5). Secure each Weight Post to the Support with one M10 x ¾" Allen Bolt (#31) and one Ø ¾" Washer (#38). Slide two Weight Post Sleeves (#20) to the two Weight Posts. Attach two Spring Clips to the Sleeves.

DIAGRAM 4



SMITH MACHINE EXPLODED DIAGRAM

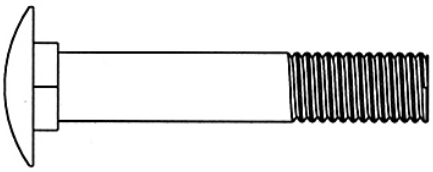


SMITH MACHINE PART LIST

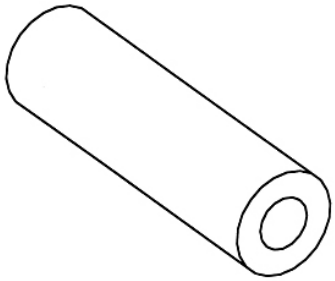
KEY NO.	DESCRIPTION	Q'ty
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Left Rear Support	1
5	Right Rear Support	1
6	Base Frame	2
7	Guide Rod	2
8	Lifting Sleeve	1
9	Weight Post	2
10	Chin-up Bar	1
11	Weight Bar	1
12	Safety Stop Frame	2
13	Lower Safety Stop Frame	2
14	Safety Hook	2
15	Left Safety Catch	1
16	Right Safety Catch	1
17	5 1/8" x 1 5/8" Bracket	2
18	Spring Clip	4
19	Weight Bar Sleeve	2
20	Weight Post Sleeve	2
21	5 ½" x 1 5/8" Rubber Bumper	2
22	3 ½" x 1 5/8" Rubber Bumper	2
23	Ø 2 1/8" Sleeve	4
24	Ø 1 ½" x 1 ¾" Bushing	4
25	Ø 3" End Cap	2
26	1 5/8" x ¾" End Cap	2
27	Ø 1" End Cap	4
28	M10 x 2 1/8" Carriage Bolt	4
29	M10 x 2" Carriage Bolt	2
30	M10 x 3 1/8" Carriage Bolt	6
31	M10 x ¾" Allen Bolt	8
32	M10 x 2 3/8" Allen Bolt	2
33	M10 x 3" Allen Bolt	2
34	M10 x 3 ½" Allen Bolt	4
35	M8 x 3/8" Allen Bolt	2
36	ST4.0 Philips Screw	8
37	M10 Aircraft Nut	20
38	Ø ¾" Washer	36
	#5 Allen Wrench (Tool)	1
	#6 Allen Wrench (Tool)	1

BENCH HARDWARE PACK

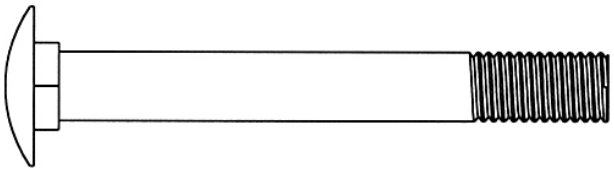
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



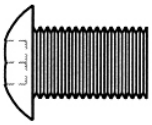
#36 M10 x 2 1/8" Carriage Bolt (Qty 3)



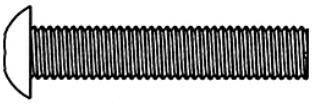
#18 Axle(Qty 1)



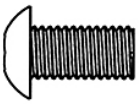
#37 M10 x 3 1/8" Carriage Bolt (Qty 3)



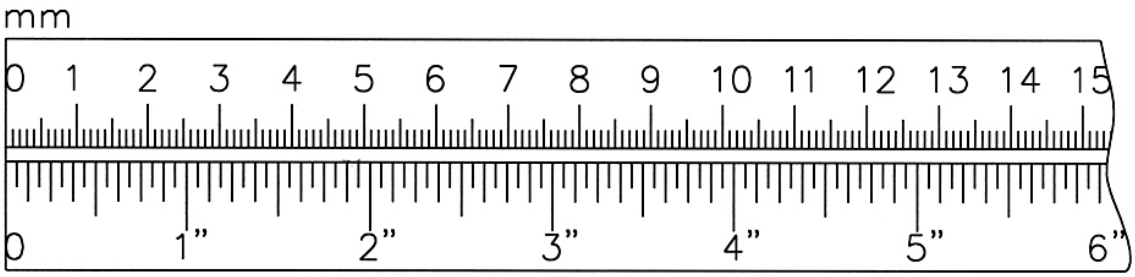
#38 M10 x 5/8" Allen Bolt (Qty 2)



#41 M8 x 1 5/8" Allen Bolt (Qty 8)

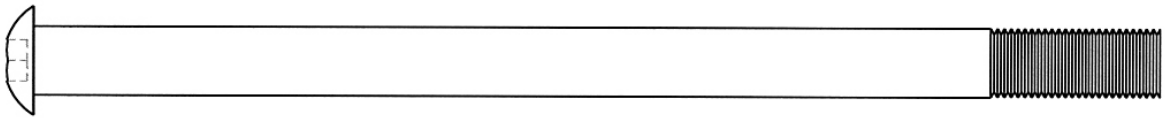


#42 M8 x 5/8" Allen Bolt (Qty 2)

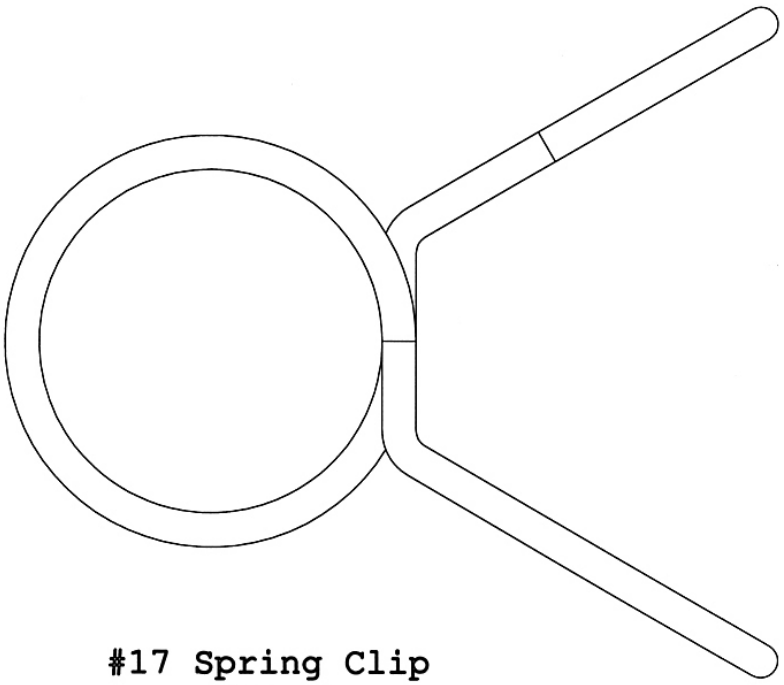


BENCH HARDWARE PACK

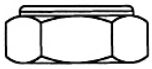
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



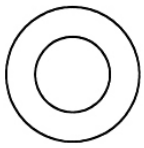
#40 M10 x 6 ½" Allen Bolt (Qty 2)



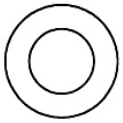
#17 Spring Clip
(Qty 1)



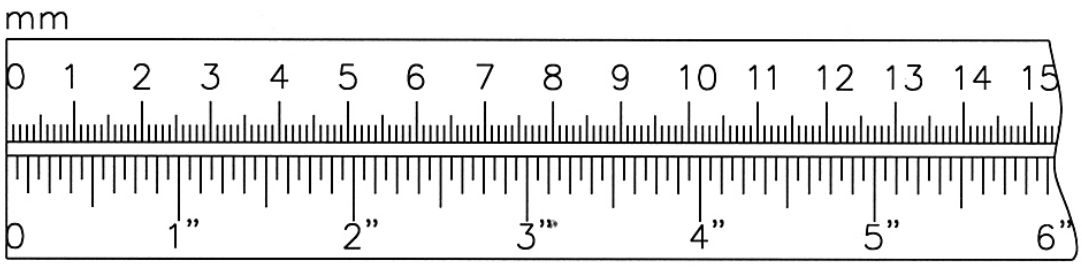
#44 M10 Aircraft Nut
(Qty 8)



#45 Ø ¾" Washer
(Qty 12)



#46 Ø ⅝" Washer
(Qty 10)

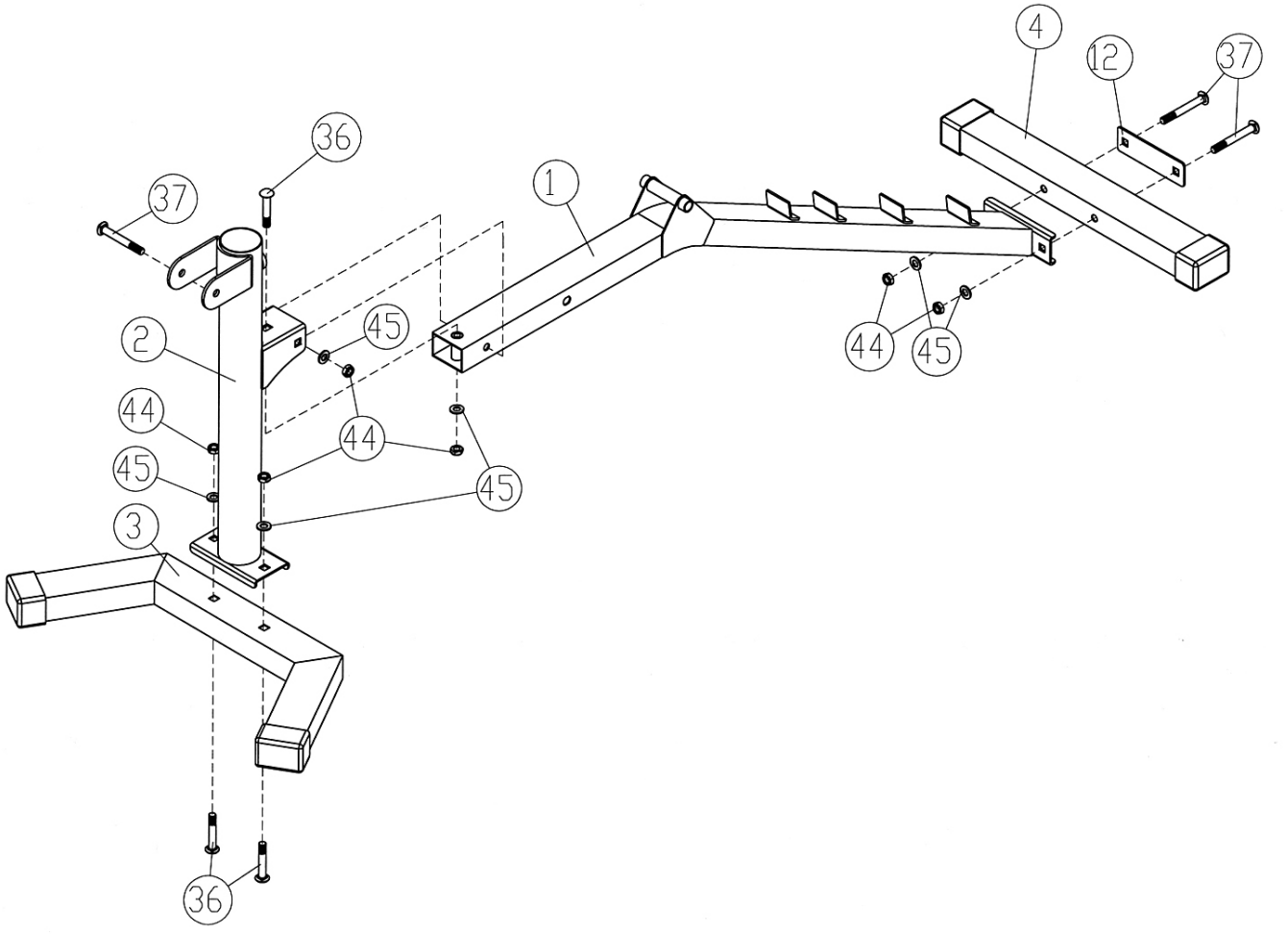


BENCH ASSEMBLY INSTRUCTION

STEP 1 (See Diagram 1)

A.) **Do not tighten the Nuts and Bolts until instructed to do so.**
B.) Attach the Front Post (#2) to the Front Base (#3). Secure it with two M10 x 2 1/8" Carriage Bolts (#36), two Ø ¾" Washers (#45), and two M10 Aircraft Nuts (#44).
C.) Attach the Main Seat Support (#1) to the Front Post. Secure it with one M10 x 2 1/8" Carriage Bolt (#36), one Ø ¾" Washer (#45), and one M10 Aircraft Nut (#44) from top. Secure it with one M10 x 3 1/8" Carriage Bolt (#37), one Ø ¾" Washer (#45), and one M10 Aircraft Nut (#44) from side.
D.) Attach the Main Frame to the Rear Stabilizer (#4). Secure it with two M10 x 3 1/8" Carriage Bolts (#37), one 5 1/8" x 15/8" Bracket (#12), two Ø ¾" Washers (#45), and two M10 Aircraft Nuts (#44).
E.) **Securely tighten all Nuts and Bolts.**

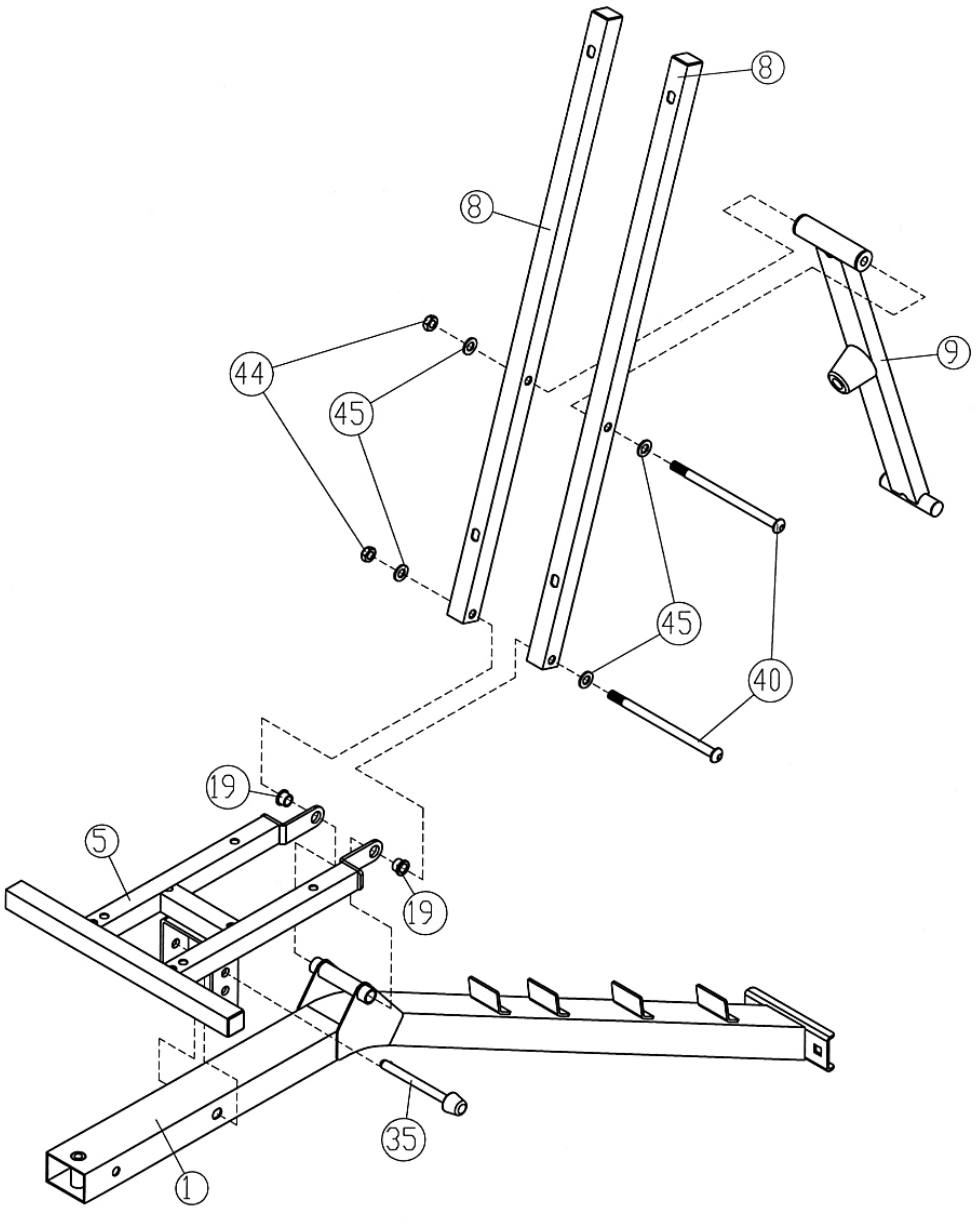
DIAGRAM 1



STEP 2 (See Diagram 2)

A.) Attach the Seat Bracket (#5) to the Main Frame (#1). Use the 4" Lock Pin (#35) to lock the Seat Bracket in position.
B.) Attach the Incline Support (#9) to the middle side holes on the two Backrest Supports (#8). Secure them together with one M10 x 6 ½" Allen Bolt (#40), two Ø ¾" Washers (#45), and one M10 Aircraft Nut (#44). **Do not tighten the Nut and Bolt yet.**
C.) Attach the Seat Bracket to the pivot on the Main Frame. Attach the two bottom side holes on the two Backrest Supports to the Seat Bracket. Secure them together with one M10 x 6 ½" Allen Bolt (#40), two Ø ¾" Washers (#45), and one M10 Aircraft Nut (#44).
D.) **Securely tighten all Nuts and Bolts.**
E.) Place the end of Incline Support onto the selected slot on Main Frame to obtain desired Backrest incline.

DIAGRAM 2



STEP 3 (See Diagram 3)

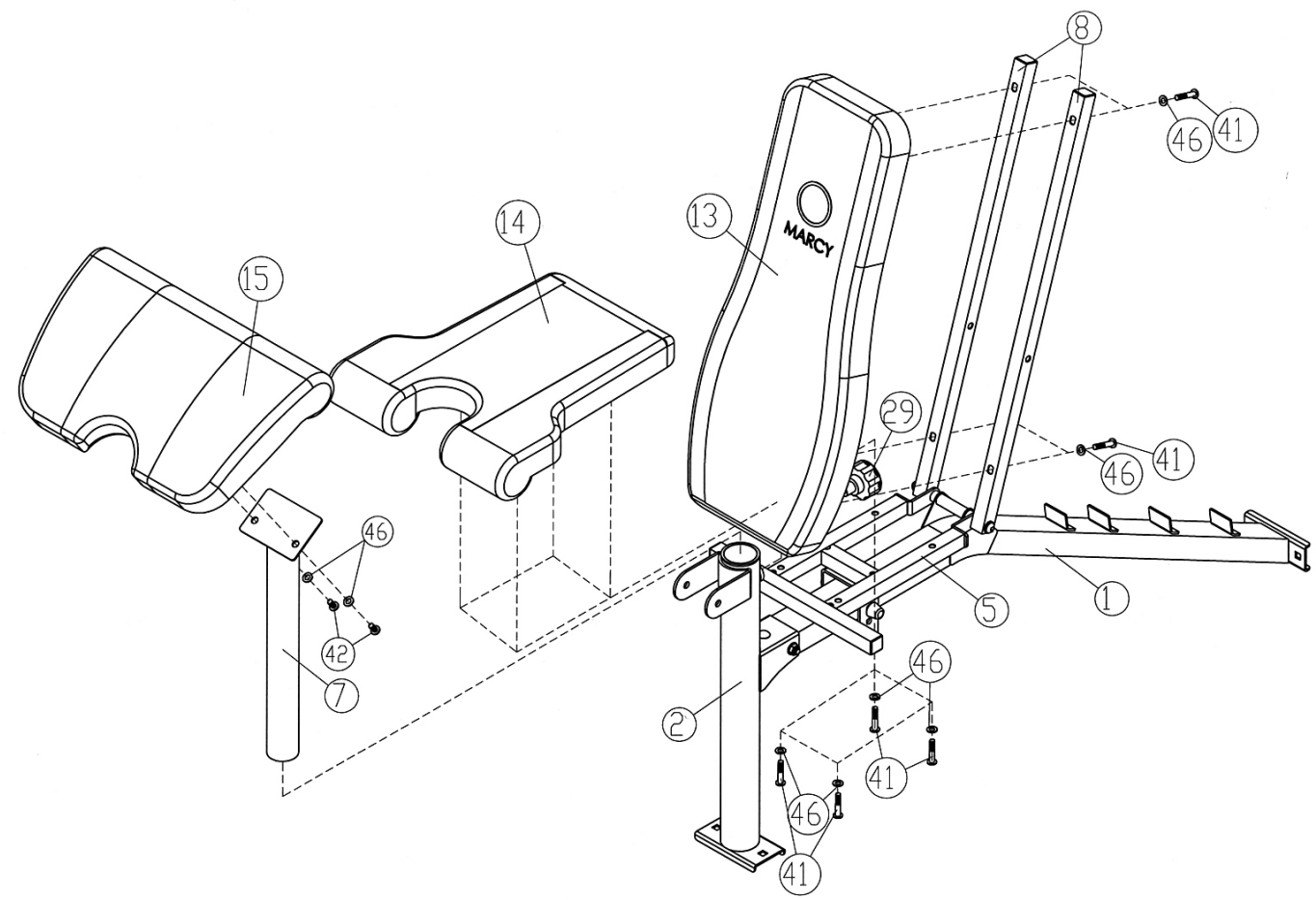
A.) Attach the Backrest Board (#13) to the Backrest Supports (#8). Secure it with four M8 x 1 5/8" Allen Bolts (#41) and four Ø 5/8" Washers (#46).

B.) Place the Seat Pad (#14) onto the Seat Bracket (#5). Secure it with four M8 x 1 5/8" Allen Bolts (#41) and four Ø 5/8" Washers (#46).

C.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#7). Secure it with two M8 x 5/8" Allen Bolts (#42) and two Ø 5/8" Washers (#46).

D.) Insert the Arm Curl Stand into the opening on the Front Post (#2). Use the Lock Knob (#29) to lock the Arm Curl Stand in position.

DIAGRAM 3



STEP 4 (See Diagram 4)

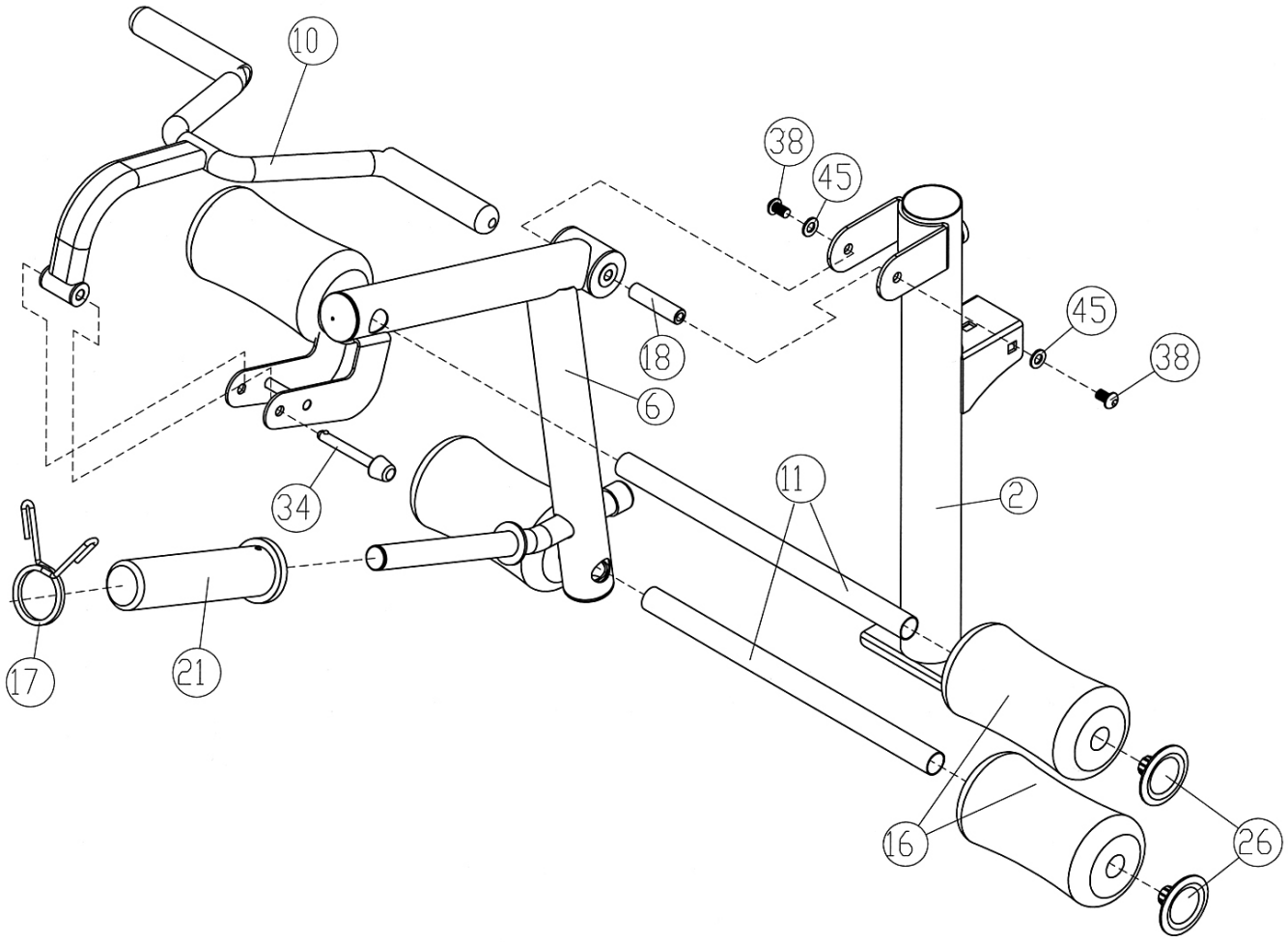
A.) Attach the Leg Developer (#6) to Front Post (#2). Secure it with one Axle (#18), two M10 x 5/8" Allen Bolts (#38), and two Ø ¾" Washers (#45).

B.) Insert two Foam Tubes (#11) halfway through the holes on Leg Developer. Push four Foam Rolls (#16) onto the Tubes from both ends. Plug four Foam Roll End Caps (#26) into the ends.

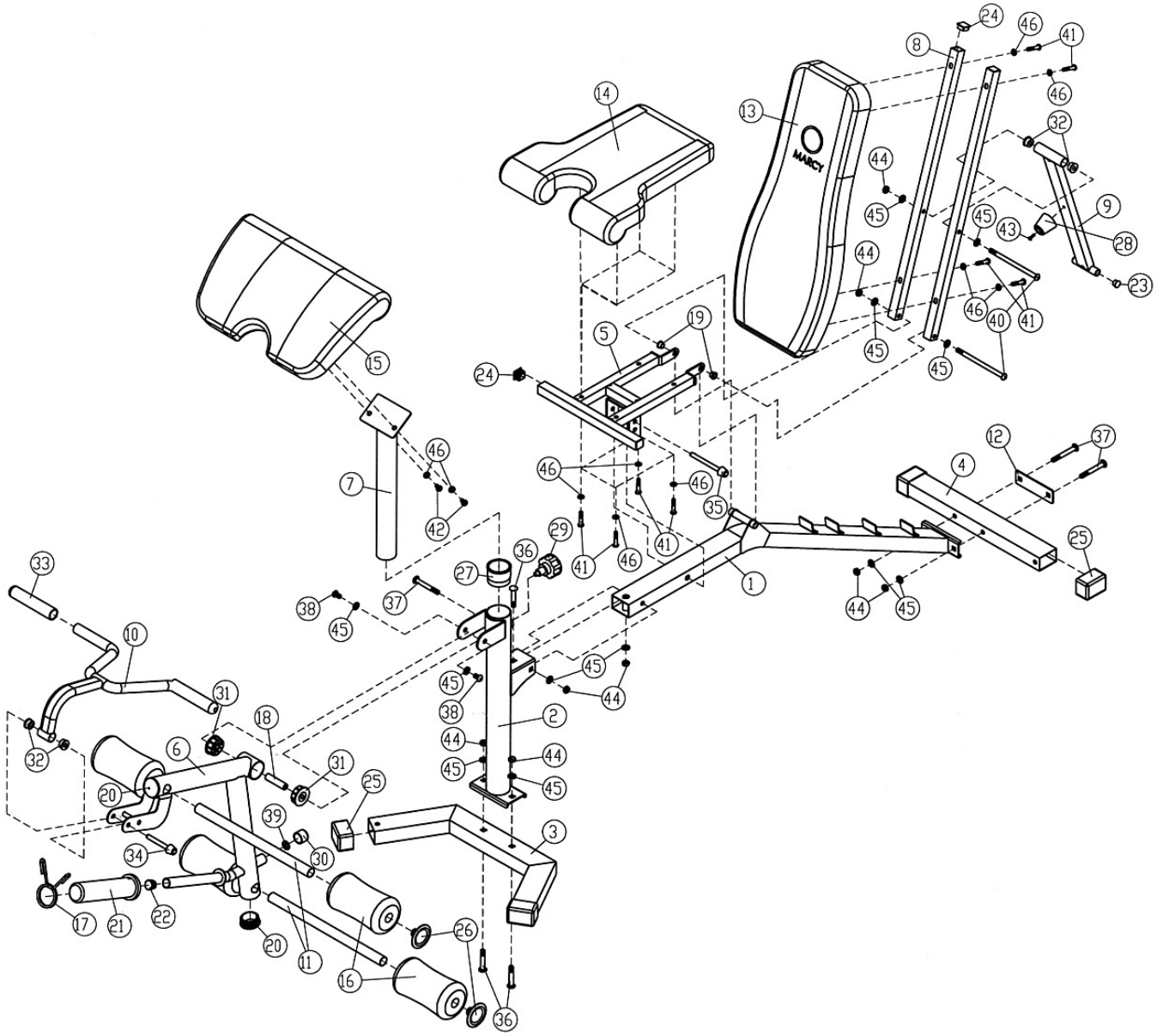
C.) Slide an Olympic Sleeve (#21) on the weight post on Leg Developer. Attach a Spring Clip (#17) to the Sleeve.

D.) Attach the Arm Curl Handle (#10) to the Leg Developer and secure it with a 3" Lock Pin (#34). Remove Arm Curl Handle when doing Leg Developer exercises.

DIAGRAM 4



BENCH EXPLODED DIAGRAM



BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Seat Support	1
2	Front Post	1
3	Front Base	1
4	Rear Stabilizer	1
5	Seat Bracket	1
6	Leg Developer	1
7	Arm Curl Stand	1
8	Backrest Support	2
9	Incline Support	1
10	Arm Curl Handle	1
11	Foam Tube	2
12	5 1/8" x 1 5/8" Bracket	1
13	Backrest Board	1
14	Seat Pad	1
15	Arm Curl Pad	1
16	Foam Roll	4
17	Spring Clip	1
18	Axle	1
19	Ø ¾" x Ø 3/8" Bushing	2
20	Ø 2" End Cap	2
21	Olympic Sleeve	1
22	Ø 1" End Cap	1
23	Ø ¾" End Cap	2
24	1" Square End Cap	4
25	1 5/8" x 2 3/8" End Cap	4
26	Foam Roll End Cap	4
27	Ø 2 3/8" Sleeve	1
28	Ø 1 ¾" x 1 5/8" Rubber Bumper	1
29	Lock Knob	1
30	Ø 1" x 1 1/8" Rubber Bumper	1
31	Ø 2" Bushing	2
32	Ø 1" x Ø 3/8" Bushing	4
33	Handle Grip	2
34	3" Lock Pin	1
35	4" Lock Pin	1
36	M10 x 2 1/8" Carriage Bolt	3
37	M10 x 3 1/8" Carriage Bolt	3
38	M10 x 5/8" Allen Bolt	2
39	Ø 1" Spacer	1
40	M10 x 6 ½" Allen Bolt	2
41	M8 x 1 5/8" Allen Bolt	8
42	M8 x 5/8" Allen Bolt	2
43	M6 x 5/8" Philips Screw	1
44	M10 Aircraft Nut	8
45	Ø ¾" Washer	12
46	Ø 5/8" Washer	10

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.
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