NOTE:
Please read all instructions carefully before using this product

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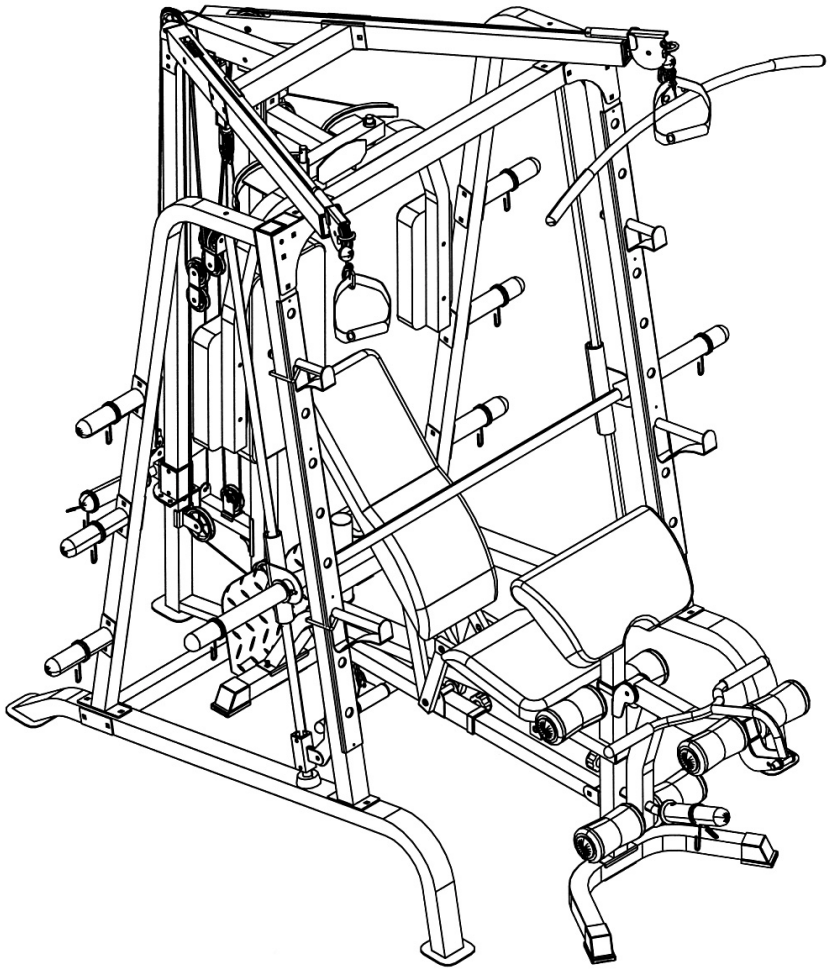
Model
MD-9010

Retain This Manual for Reference

08-08-06

OWNER'S MANUAL

# MARCY® DIAMOND ELITE SMITH MACHINE MD-9010



**IMPEX® INC.**
14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746
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**www.impex-fitness.com**
**info@impex-fitness.com**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY® DIAMOND ELITE MD-9010 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.

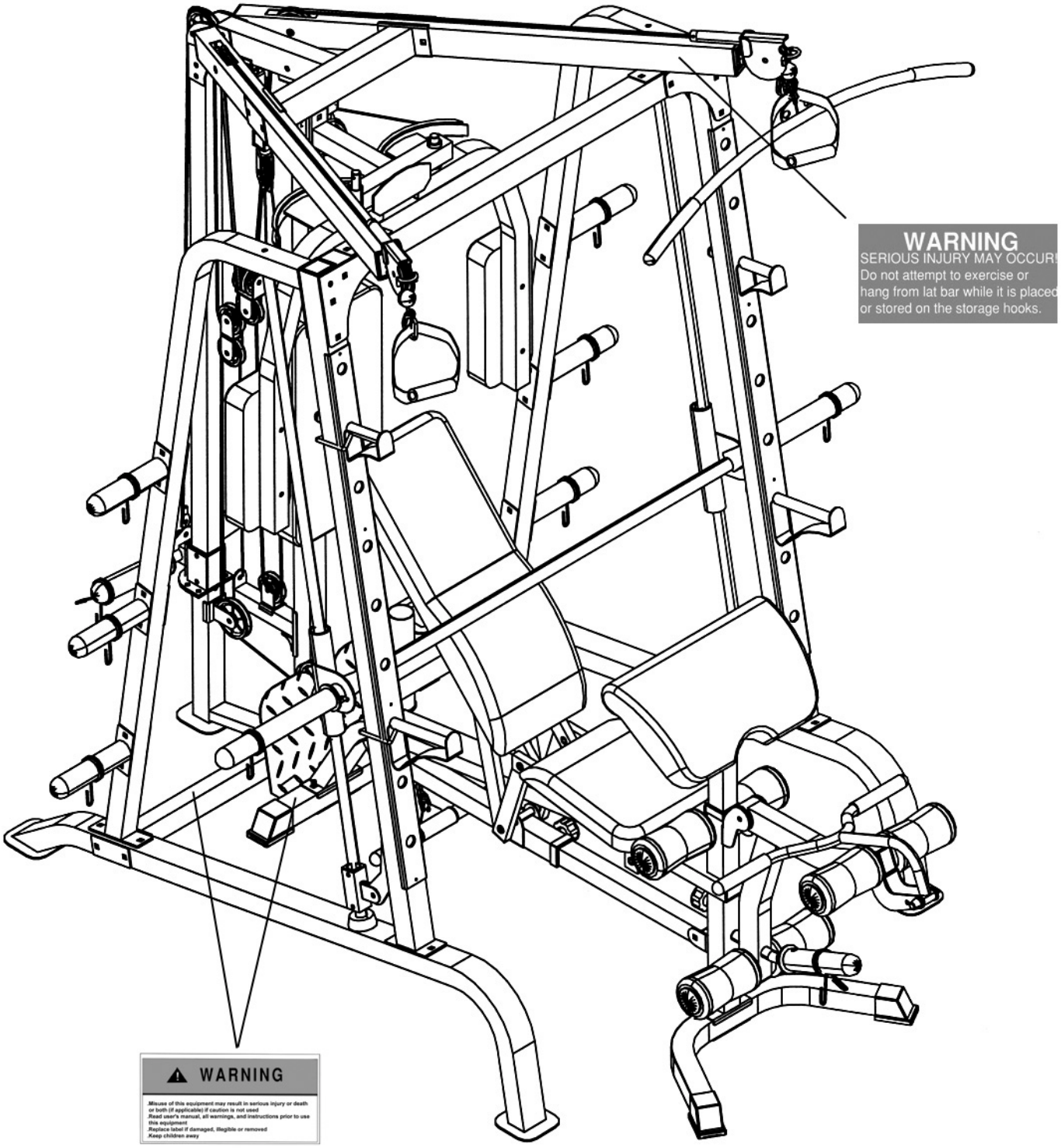
## CARE AND MAINTENANCE

1. Lubricate moving parts 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 weights on the rack: 600 lbs.
6. Maximum weights on Leg Developer: 100 lbs.
7. Maximum weights on Cross-over, Lat Pull: 200 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.**

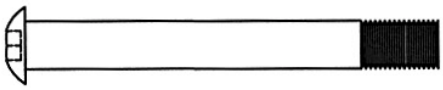
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL PLACEMENT

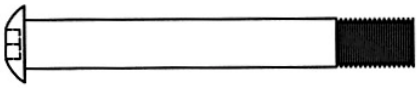



**The warning labels shown here have been placed on the Rear Base, Rear Stabilizer, and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.**

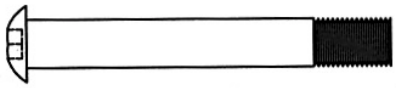
# SMITH MACHINE HARDWARE PACK



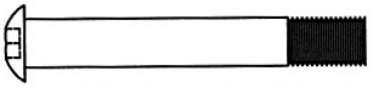
#73 M10 x 3 3/8" Allen Bolt (Qty 2)



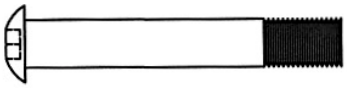
#72 M10 x 3 1/8" Allen Bolt (Qty 2)



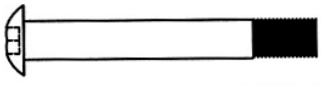
#71 M10 x 3" Allen Bolt (Qty 2)



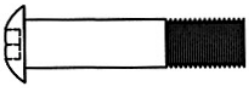
#105 M10 x 2 3/4" Allen Bolt (Qty 1)



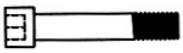
#70 M10 x 2 1/2" Allen Bolt (Qty 2)



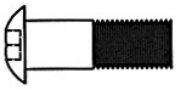
#80 M8 x 2 1/2" Allen Bolt (Qty 6)



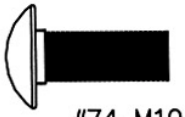
#69 M10 x 1 3/4" Allen Bolt (Qty 11)



#83 M6 x 1 1/4" Allen Bolt (Qty 2)



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



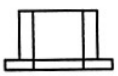
#74 M10 x 1" Carriage Bolt (Qty 4)



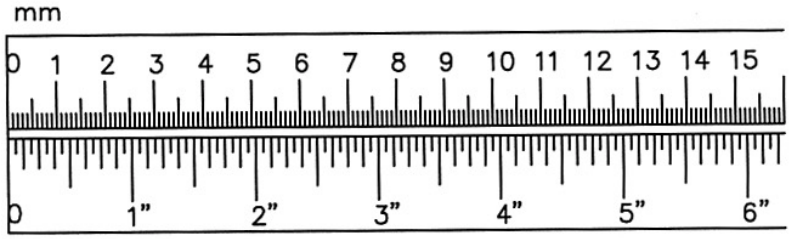
#68 M10 x 1" Allen Bolt (Qty 12)



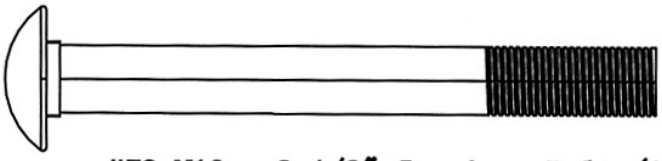
#106 M6 x 1/4" Allen Screw (Qty 4)



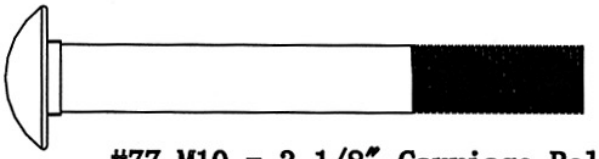
#62 Pulley Bushing (Qty 6)



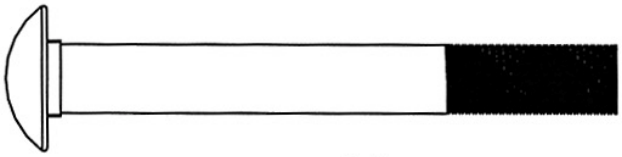
# SMITH MACHINE HARDWARE PACK



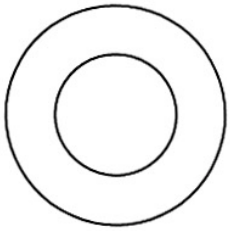
#79 M10 x 3 1/2" Carriage Bolt (Qty 4)



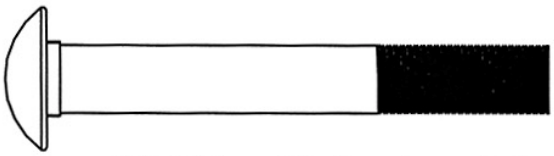
#77 M10 x 3 1/8" Carriage Bolt (Qty 4)



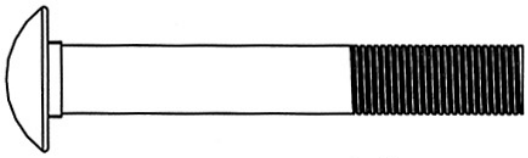
#78 M10 x 3 3/8" Carriage Bolt (Qty 8)



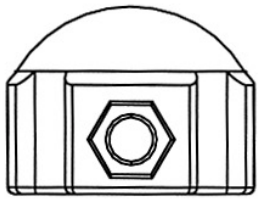
#67 Ø 1 1/2" Washer (Qty 2)



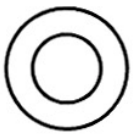
#76 M10 x 3" Carriage Bolt (Qty 10)



#75 M10 x 2 3/4" Carriage Bolt (Qty 22)



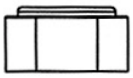
#56 Lock Ring (Qty 2)



#66 Ø 3/4" Washer
(Qty 100)



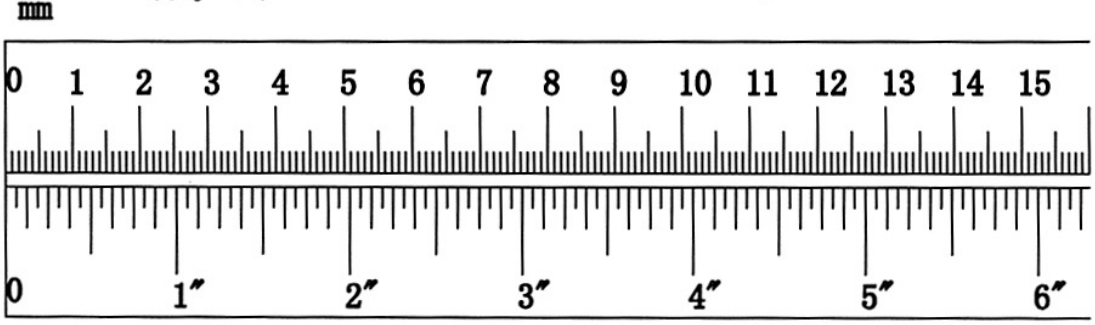
#65 Ø 5/8" Washer
(Qty 6)



#86 M10 Aircraft Nut
(Qty 82)



#85 M6 Aircraft Nut
(Qty 2)



# SMITH MACHINE ASSEMBLY INSTRUCTION

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

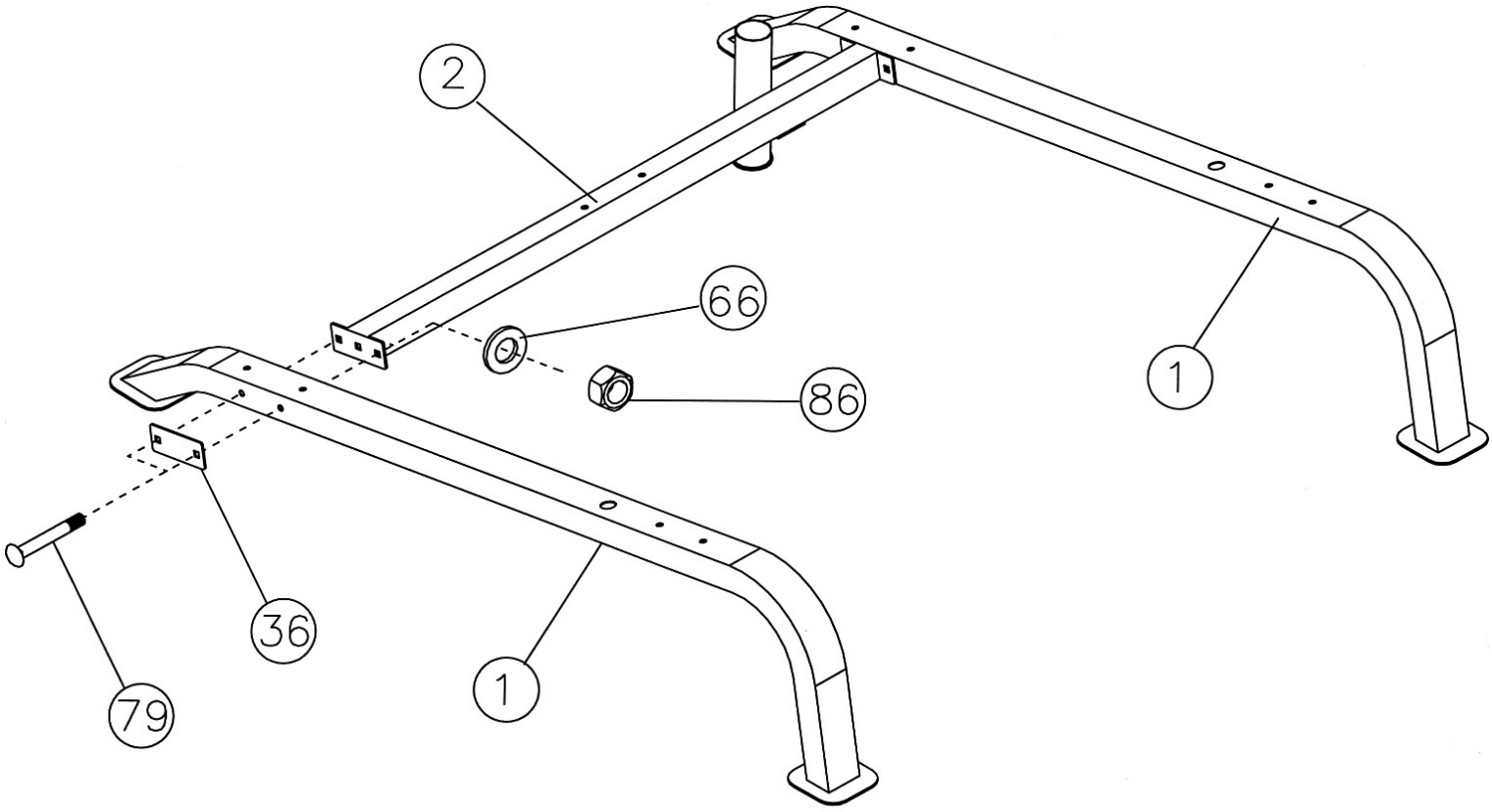
**NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

**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.

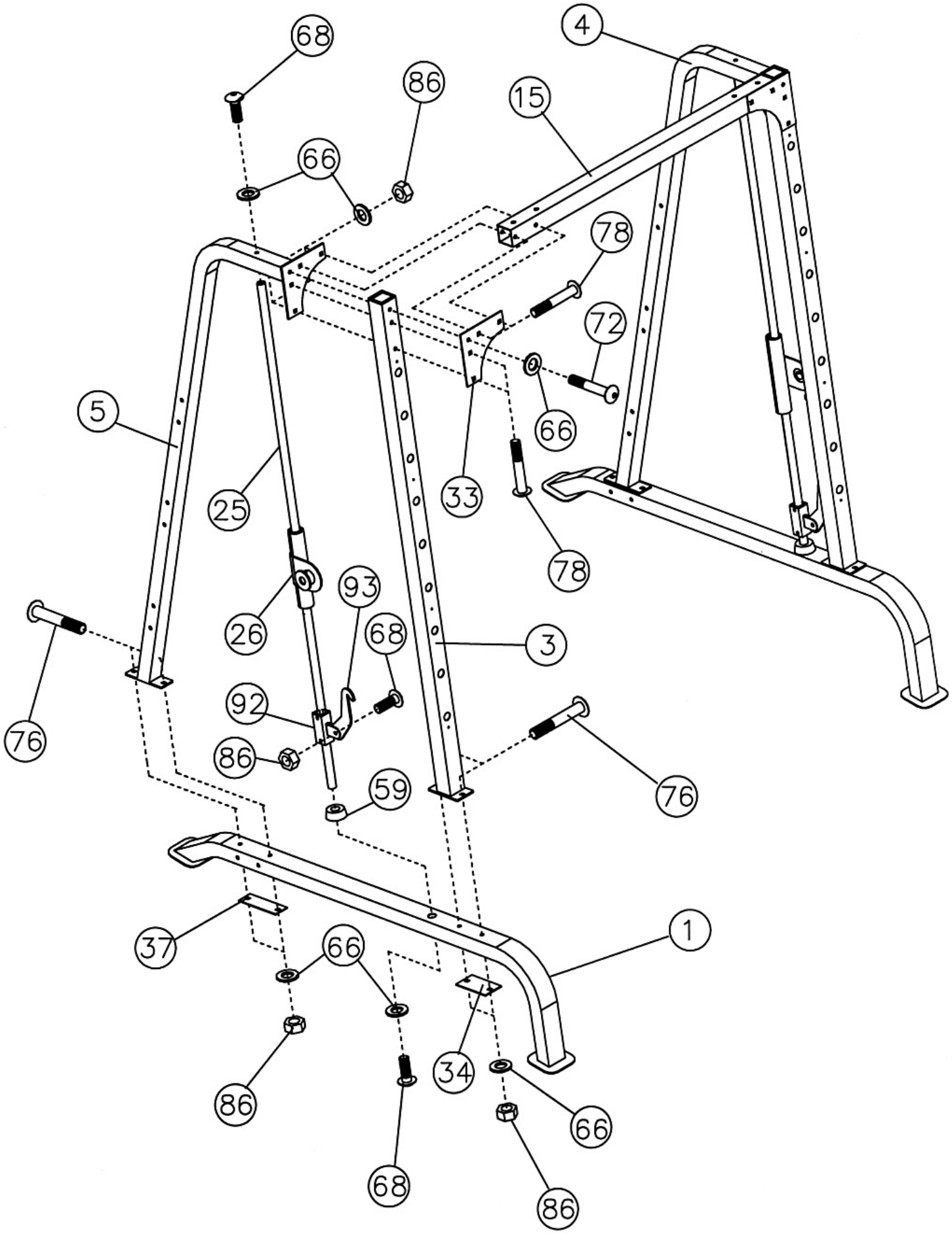
**DIAGRAM 1**



**STEP 2 (See Diagram 2)**

A.) Attach a 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 Lower Safety Stop Frame (#92) onto the Guide Rod (#25). Secure the Safety Hook (#93) to the Lower Safety Stop Frame (#92) with a M10 x 1" Allen Bolt (#68) and M10 Aircraft Nut (#86). Attach the Hook onto the back of the Front Vertical Beam (#3).
D.) Slide a Safety Stop Frame (#26) onto the Guide Rod (#25).
E.) 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).
F.) Secure the Guide Rod (#25) to the Right Vertical Frame (#5) with one M10 x 1" Allen Bolt (#68) and Ø ¾" Washer (#66).
G.) 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.
H.) 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 ∅ ¾" Washer (#66) to the top hole. Secure the bottom two holes with two M10 x 3 3/8" Carriage Bolts (#78), ∅ ¾" Washers (#66) and M10 Aircraft Nuts (#86).
I.) Repeat the above Procedures A through H to install the other side.
J.) 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), Ø ¾" Washers (#66), and M10 Aircraft Nuts (#86).
K.) Do NOT tighten all the Nuts and Bolts yet.

**DIAGRAM 2**

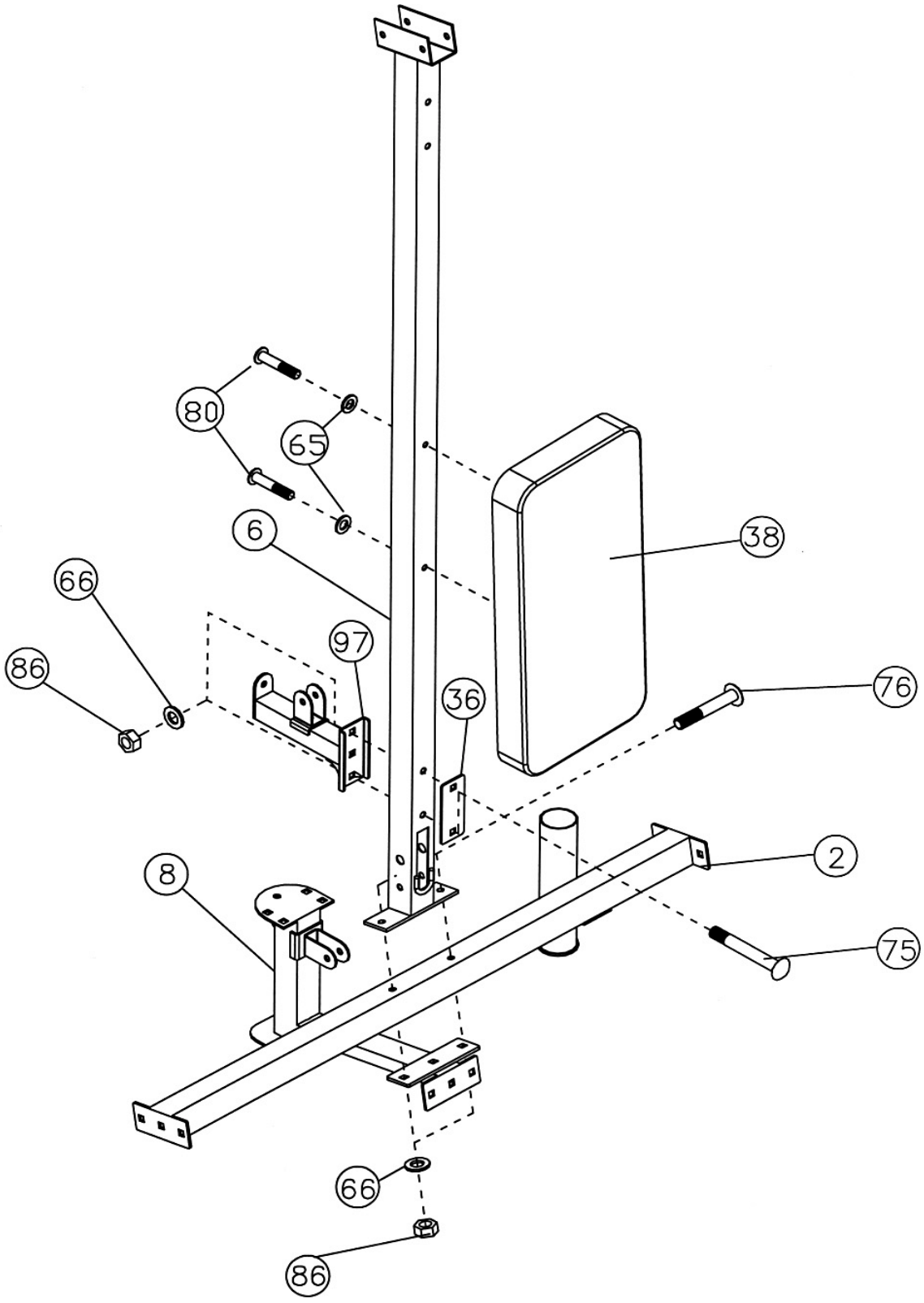

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86

**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 Pulley Support Frame (#97) to the Rear Vertical Beam. Secure it 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).

C.) 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).



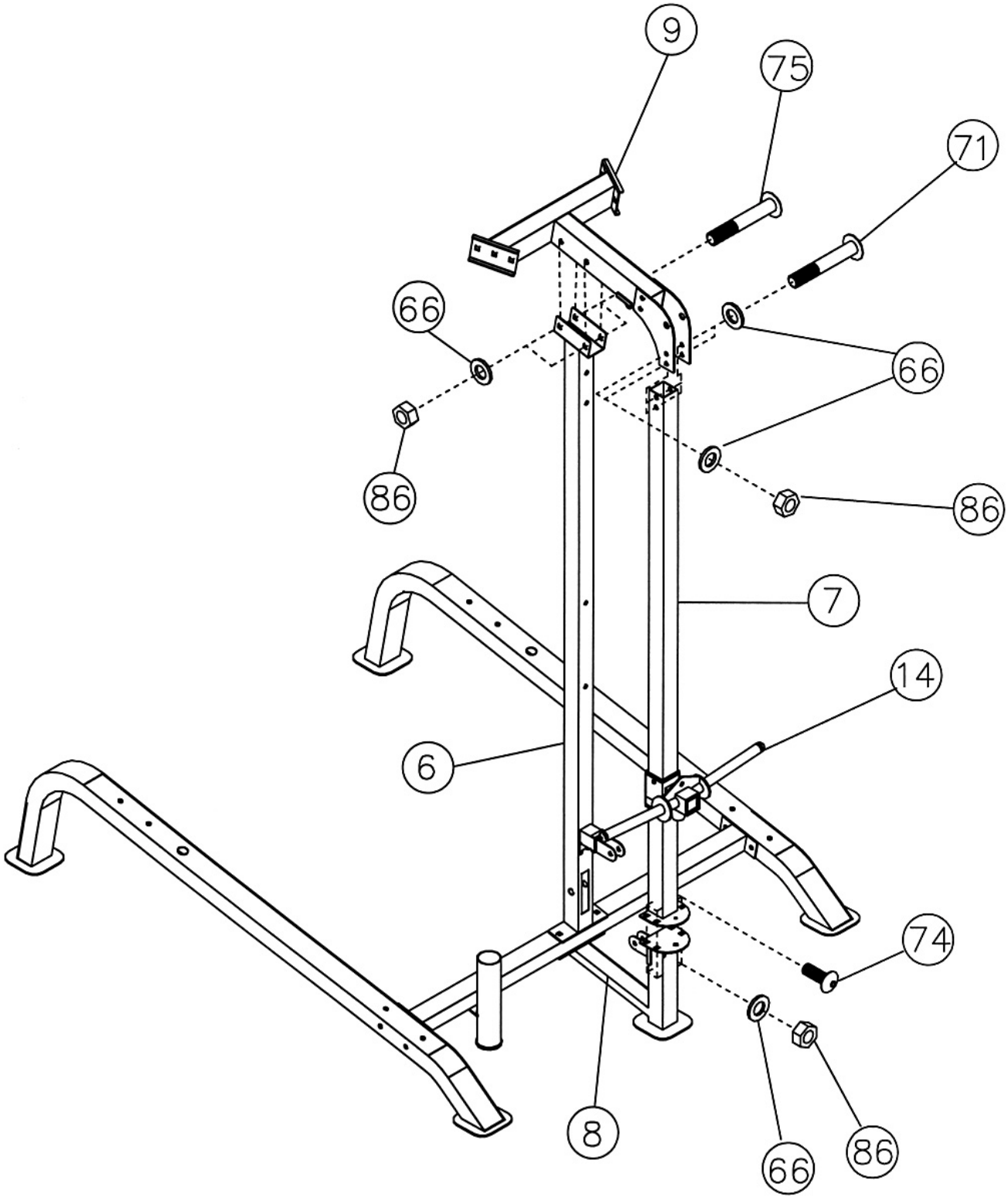
**STEP 4 (See Diagram 4)**

A.) Attach the Weight Glide Post (#7) onto 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 Chromed Post from the top. Place the Rear Upper Frame (#9) onto the Weight Glide Post (#7) and Rear Vertical Beam (#6).

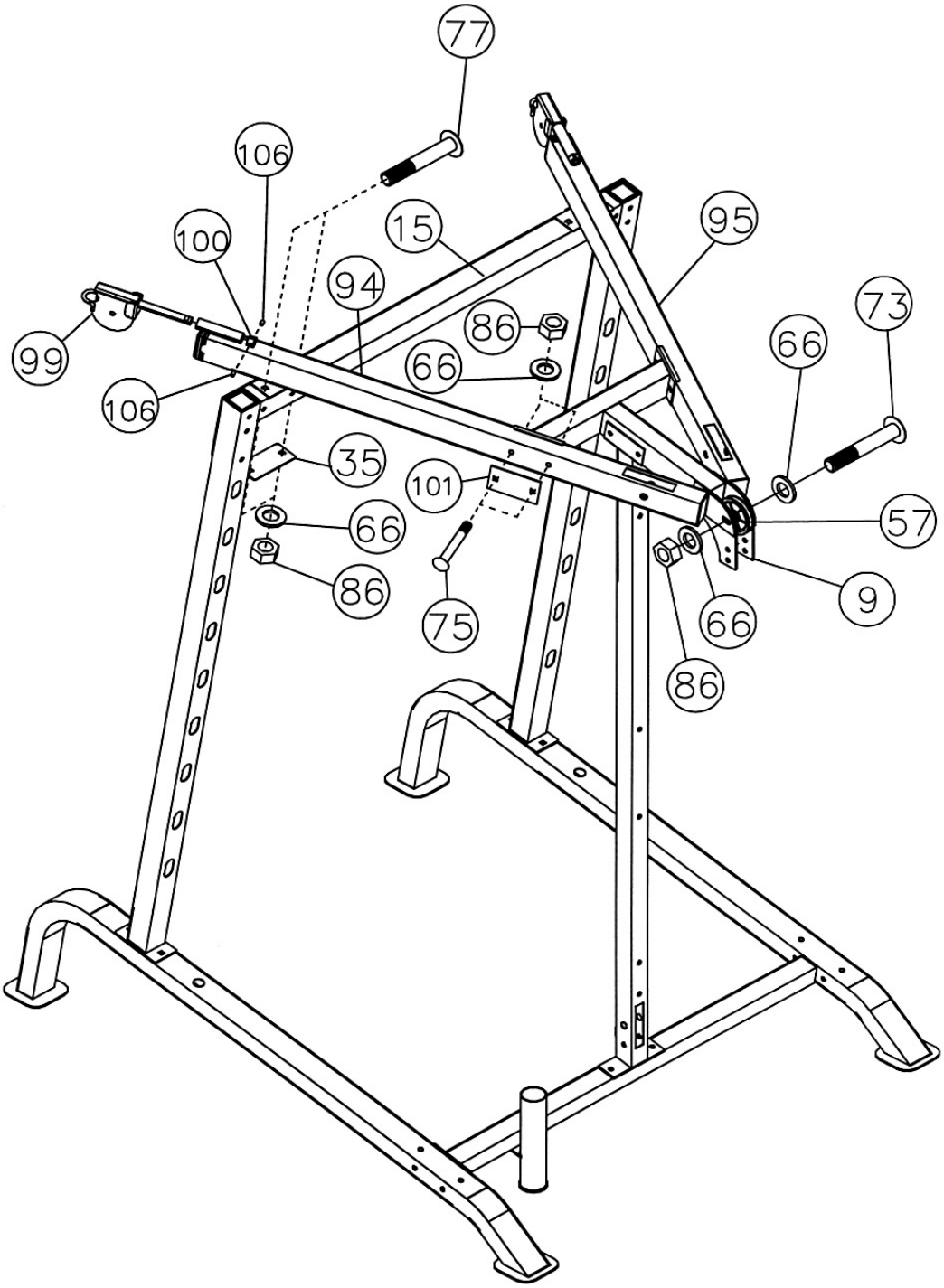
C.) Align the holes. Secure the Rear Upper Frame to the Weight Glide Post with two M10 x 3" Allen Bolts (#71), four Ø ¾" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.

D.) Secure the Upper Frame to the Rear Vertical Beam (#6) with two M10 x 2 ¾" Carriage Bolts (#75), ∅ ¾" Washers (#66) and M10 Aircraft Nuts (#86).



**STEP 5 (See Diagram 5)**

A. Place the Left Upper Frame (#94) onto the Front Top Beam (#15). Secure it 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).
B. Secure the Left Upper Frame (#94) to the Rear Upper Frame with two M10 x 2 ¾" Carriage Bolts (#75), one 4 ¾" x 2 ¾" Bracket (#101), two Ø ¾" Washers (#66), and M10 Aircraft Nuts (#86).
C. Insert a Cross-Over Swivel Pulley Bracket (#99) into the sleeve on the Left Upper Frame. Secure it with one Ø 7/8" x 5/8" Bushing and two M6 x ¼" Allen Screws (#106).
D. Repeat procedures A, B and C above to install the Right Upper Frame (#95). Place a Pulley (#57) in the opening on the Rear Upper Frame (#9). Secure the Pulley, the rear of Left & Right Upper Frames (#94 & 95), and the Rear Upper Frame (#9) all together with one M10 x 3 3/8" Allen Bolt (#73), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).



**STEP 6 (See Diagram 6)**

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

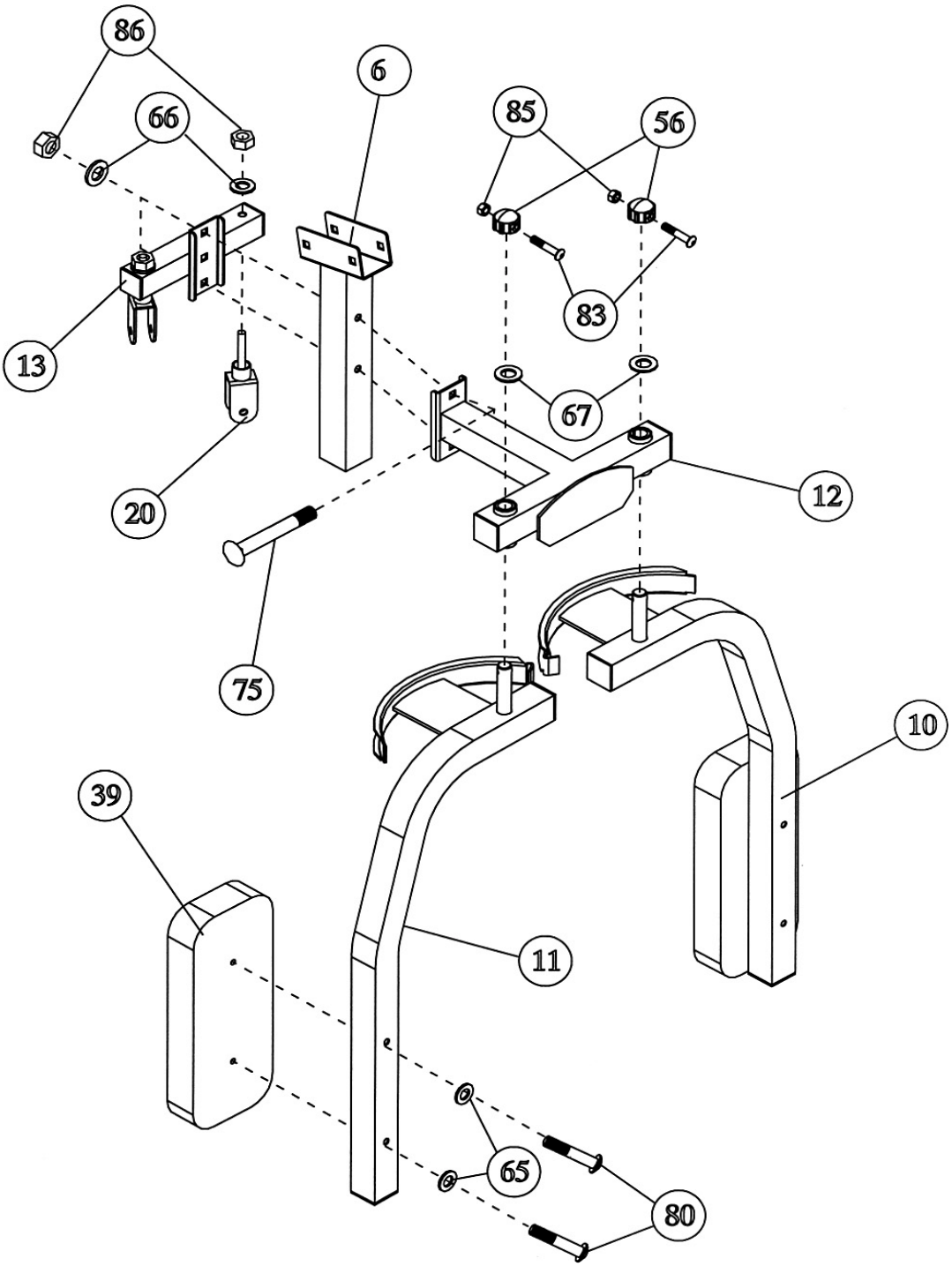
B.) Attach the Butterfly Base (#12) to the front of Rear Vertical Beam (#6). Attach the Butterfly Pulley Bracket (#13) to the back of the Rear Vertical Beam. Align the holes. Secure them with two M10 x 2 ¾" Carriage Bolts (#75), Ø ¾" Washers (#66), and M10 Aircraft Nuts (#86).

C.) 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 ¼" Allen Bolt (#83), and M6 Aircraft Nut (#85).

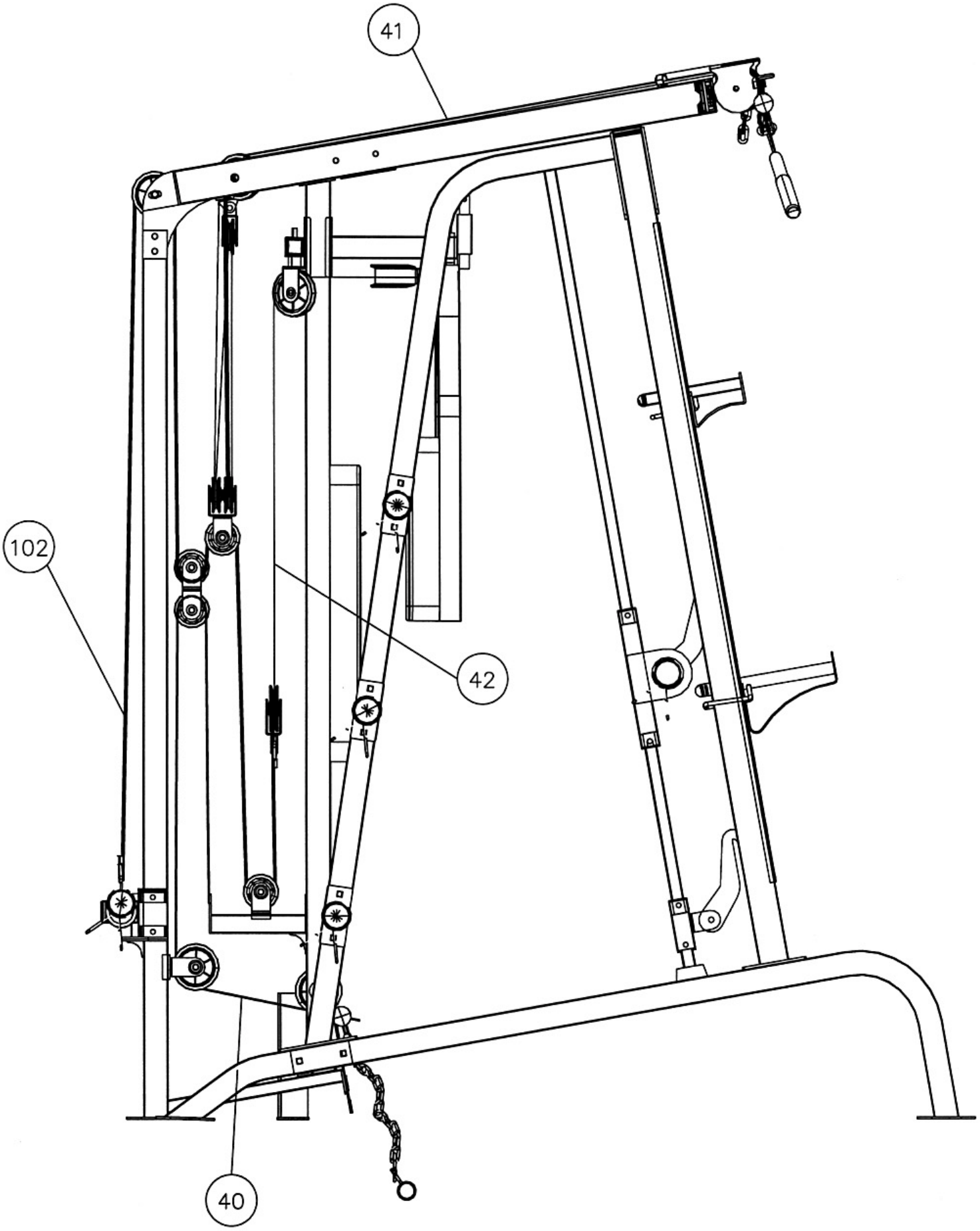
D.) Attach the Butterfly Arm Pad (#39) to the Right Butterfly. Secure it with two M8 x 2 ½" Allen Bolts (#80) and Ø 5/8" Washers (#65).

E.) Repeat Procedures C and D above to install the other side.

F.) 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 Nuts. Make sure the Brackets are able to swivel.



# CABLE LOOP DIAGRAM



**STEP 7 (See Diagram 7 & Cable Loop Diagram)**

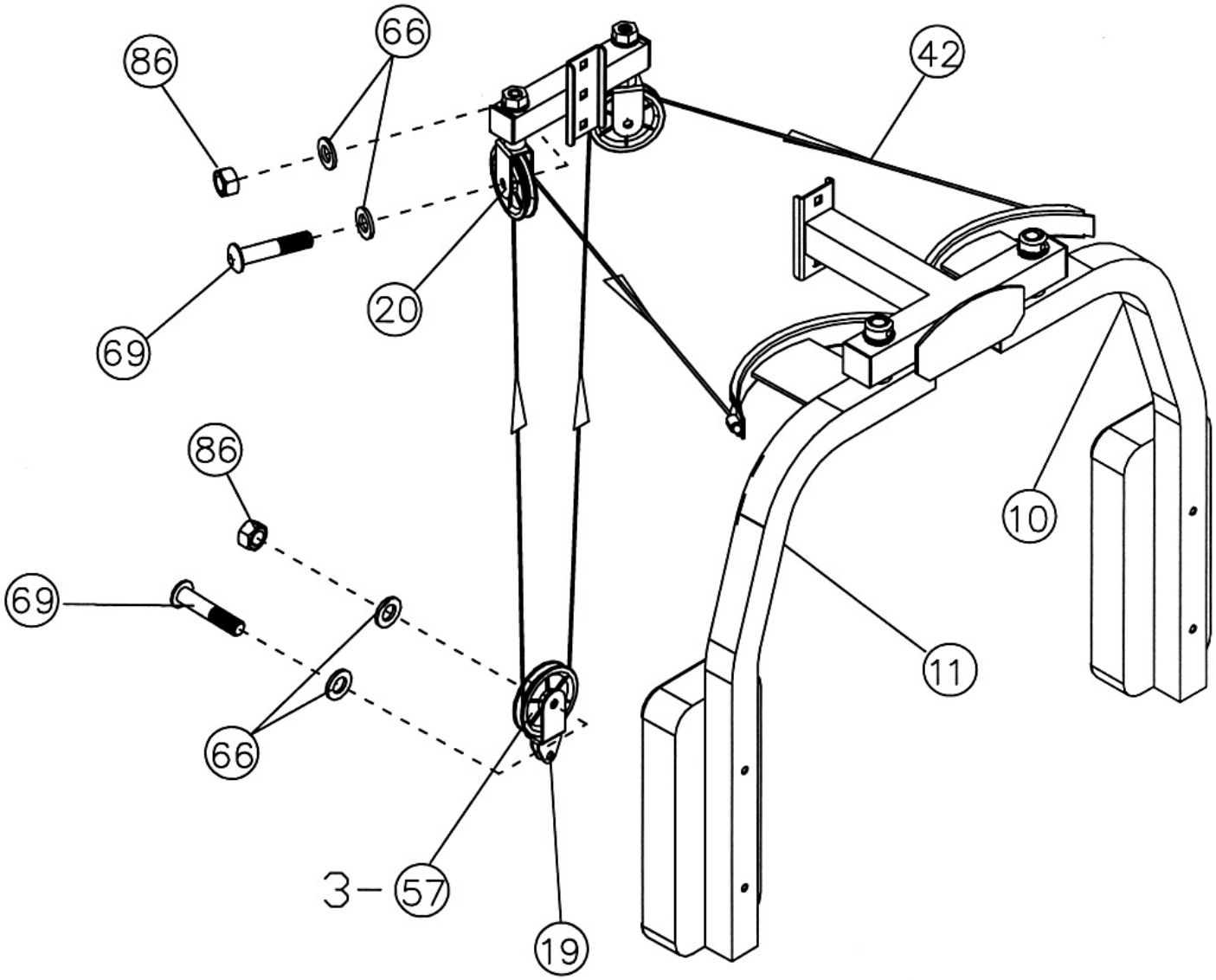
A.) Attach one end of 87" Butterfly Cable (#42) to the clip on Right Butterfly (#11). Draw the Cable to the right Swivel Pulley Bracket (#20).

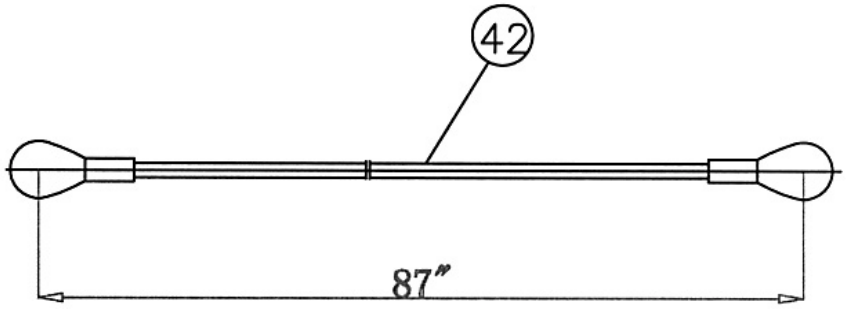
B.) Attach a Pulley (#57) to the Bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).

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

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

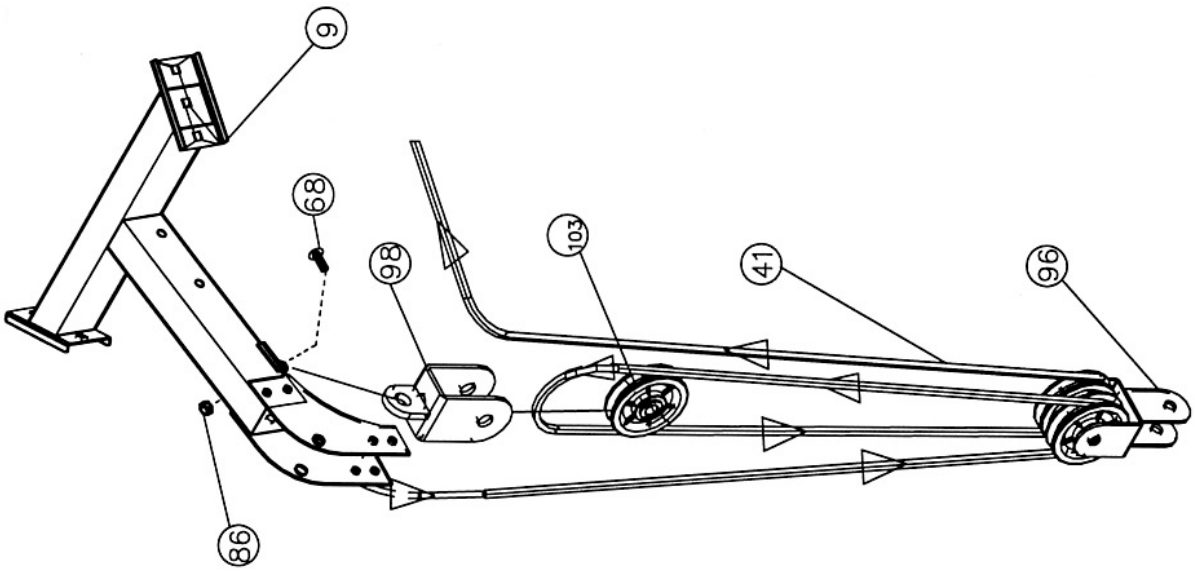
E.) Draw the Cable around the Pulley then clip to the Left Butterfly (#10).

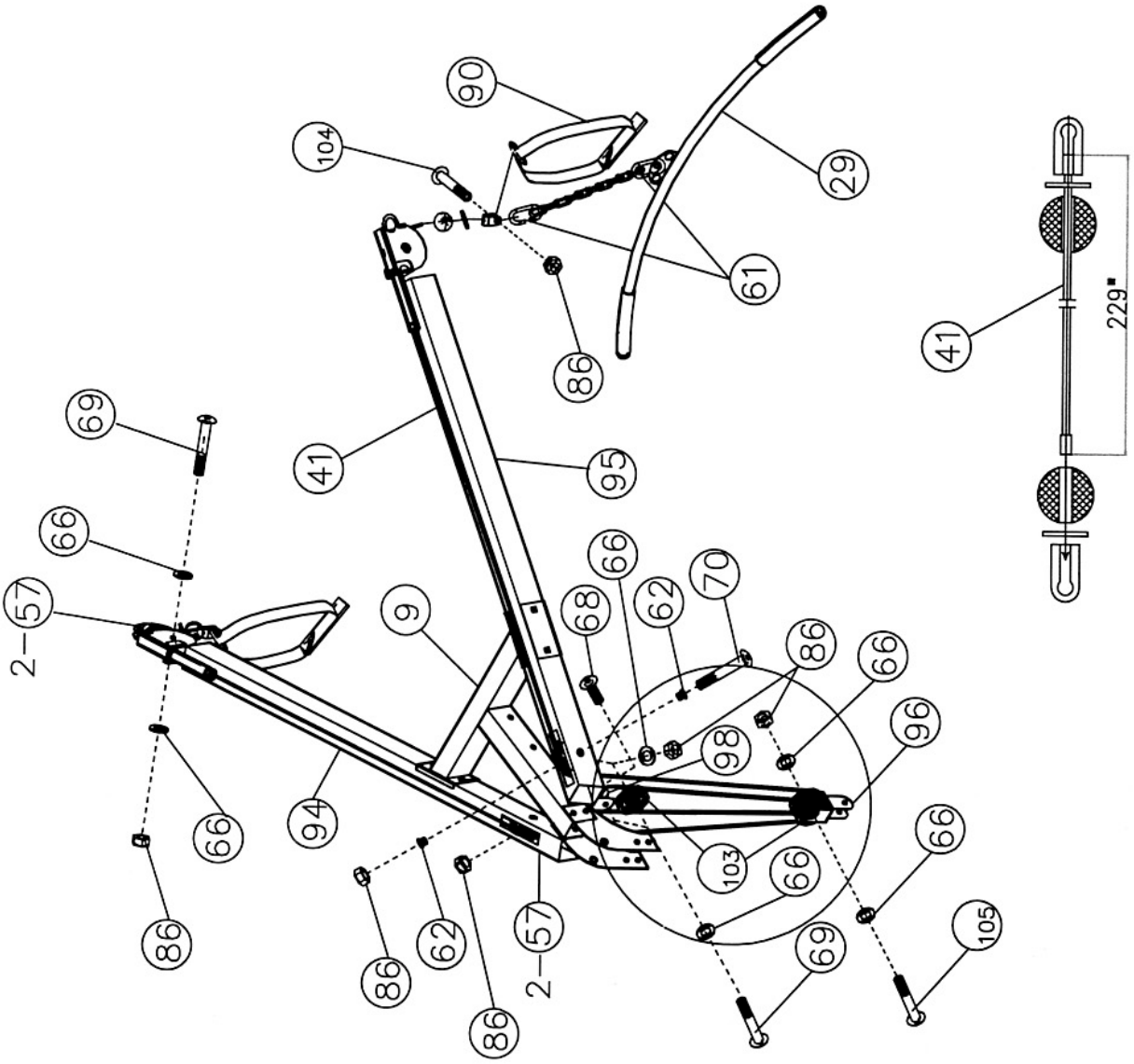


**STEP 8 (See Diagram 8 & Cable Loop Diagram)**

A.) Un-install the M10 x 1 1/8" Allen Bolt (#104) and M10 Aircraft Nut (#86) on the U-shaped Connector on one end of the 229" Cable (41). Remove the U-shaped Connector, Big Washer, and Ball Stopper from the Cable.
B.) Insert the end of Cable through the left Cross-over Swivel Pulley Bracket (#99). Attach a Pulley (#57) to the Swivel Bracket and secure it with one M10 x 1 ¾" Allen Bolt (#69), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86). Draw the Cable over the Pulley and pull it towards the back of the machine.
C.) Draw the Cable along the Left Upper Frame (#94) to the opening on the rear of the Frame. Drop the cable through the opening.
D.) 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). Draw the Cable around the Pulley then downward.
E.) Attach two Small Pulleys (#103) to the Triple Floating Pulley Bracket (#96). Secure them to the Bracket with one M10 x 2 ¾" Allen Bolt (#105), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).
F.) Draw the Cable around the back Pulley then upward to the bracket underneath the Rear Upper Frame (#9). Install a Single Small Pulley Bracket (#98) to the bottom of Rear Upper Frame (#9). Secure it with one M10 x 1" Allen Bolt (#68), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86). Install a Small Pulley to the Single Small Pulley Bracket.
G.) Draw the Cable around the Small Pulley then downward to the Triple Floating Pulley Bracket. Draw the Cable around the front Small Pulley then upward to the opening on the rear of Right Upper Frame (#95). Let the Triple Floating Pulley Bracket hanging for now.
H.) Install a Pulley to the opening. Draw the Cable over the Pulley along the top of the Right Upper Frame through the cable sleeve to the right Cross-over Swivel Pulley Bracket. Install a Pulley to the Bracket.
I.) Re-install the Ball Stopper, Big Washer and the U-shaped Connector previously removed in Procedure A above. Secure it with the M10 x 1 1/8" Allen Bolt (#104) and M10 Aircraft Nut (#86).
J.) Connect a Single Handle Strap (#90) to each end of the Cable with a C-clip (#61).
K.) When using the Lat Bar, remove one of the Strap and connect the Lat Bar to end of the Cable with a Short Chain (#63) and two C-clips (#61).

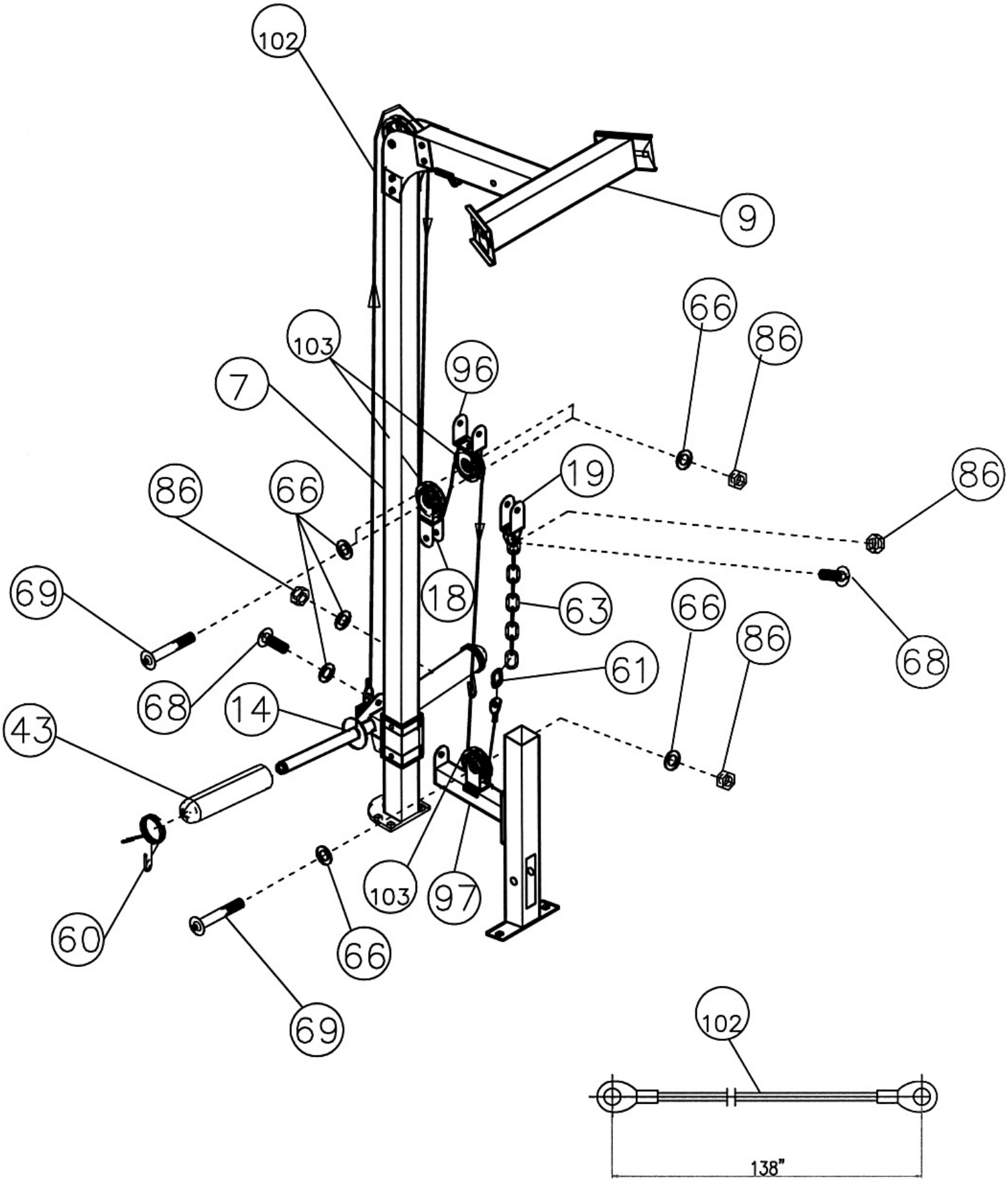

9
68
98
103
41
96
86


90
104
29
61
86
41
95
69
66
2–57
9
68
66
62
70
86
66
96
98
103
66
66
105
69
94
66
86
62
86
2–57
86
41
229"

**STEP 9 (See Diagram 9 & Cable Loop Diagram)**

A.) Attach one end of the 138" Sliding Weight Post Cable (#102) to the open bracket on the Sliding Weight Post (#14). Secure it with one M10 x 1" Allen Bolt (#68), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).
B.) Draw the Cable upward to the Pulley on the top of the Rear Upper Frame (#9) previously installed in Step-5.
C.) Draw the Cable around the Pulley then downward. Install a Small Pulley (#103) to a Double Floating Pulley Bracket (#18).
D.) Draw the Cable around the Pulley then to the Triple Floating Pulley Bracket (#96) previously installed in Step-8.
E.) Install a Small Pulley to the Bracket. Draw the Cable around the Small Pulley then downward to the open bracket on the Pulley Support Frame (#97).
F.) Install a Small Pulley to the bracket. Draw the Cable around the Small Pulley then upward.
G.) Connect the Cable to a Short Chain (#63) with a C-clip (#61). Connect the Short Chain to the Single Floating Pulley Bracket (#19) previously installed in Step-7. Secure the Chain with one M10 x 1" Allen Bolt (#68), two Ø ¾" Washers (#66), and one M10 Aircraft Nut (#86).
H.) After completing the entire cable installations, come back to this Short Chain to adjust the tension of the Cable system by adjusting the length of the Chain.
I.) Install two Olympic Sleeves (#43) and Spring Clips (#60) onto the Sliding Weight Post (#14).

**DIAGRAM 9**


102
9
66
86
103
96
7
1
19
86
66
86
69
18
63
66
86
68
68
61
14
43
103
97
60
66
69
102
138"

**STEP 10 (See Diagram 10)**

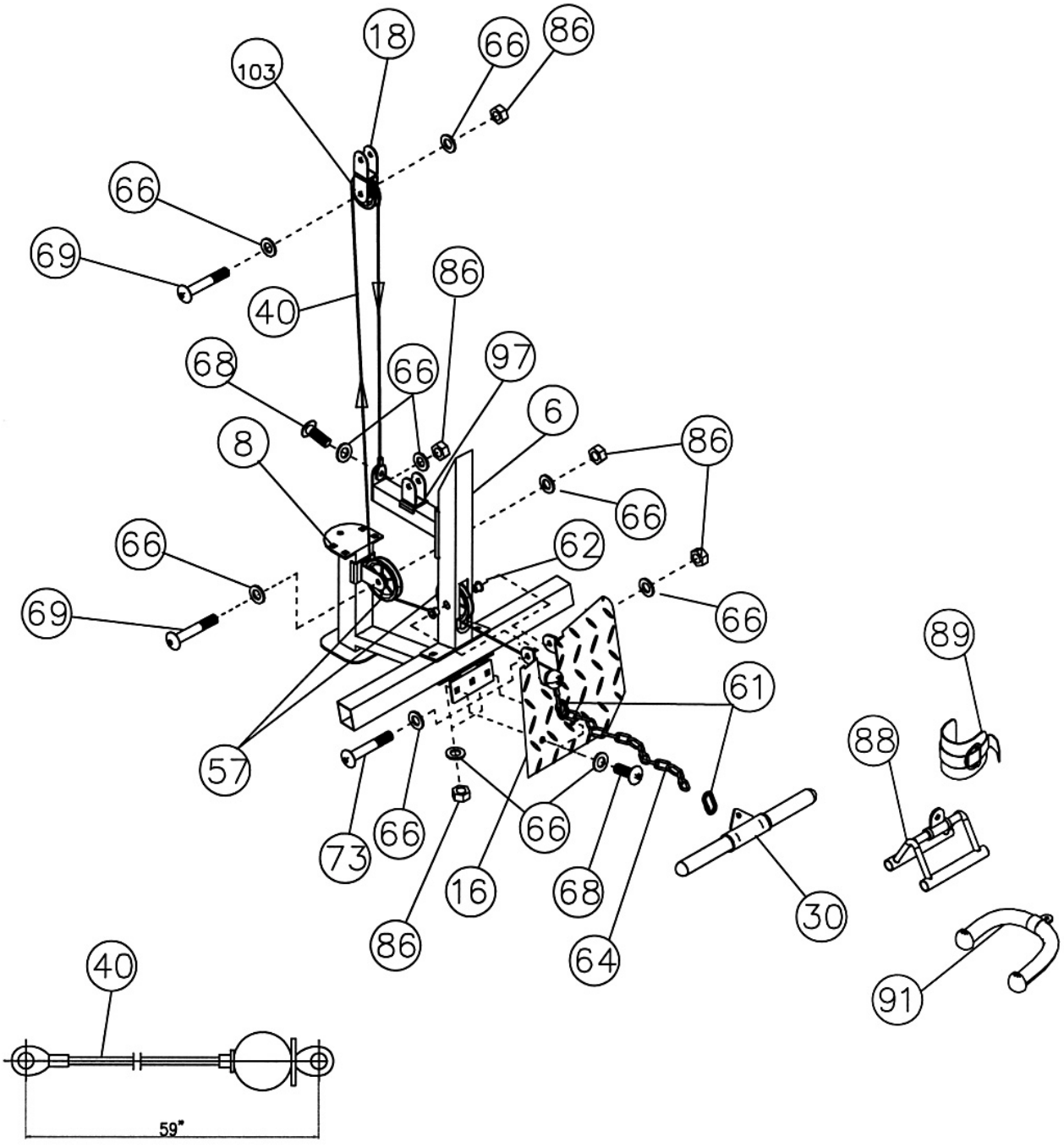
A.) Attach the 59” Lower Cable (#40) to a Pulley (#57). Attach the Pulley to the lower opening on the Rear Vertical Beam (#6). Secure it with the Foot Plate (#16), one M10 x 3 3/8” Allen Bolt (#73), two Ø ¾” Washers (#66), and one M10 Aircraft Nut (#86). Secure the Foot Plate to the Cross Brace (#2) with two M10 x1” Allen Bolts (#68), four Ø ¾” Washers (#66) and two M10 Aircraft Nuts (#86).

B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Base (#8).

C.) Install a Pulley to the bracket. Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#18) previously installed in Step-9.

D.) Install a Small Pulley (#103) to the Bracket. Draw the Cable around the Pulley then downward to the open bracket on the Pulley Support Frame (#97). Secure the end of the Cable to the bracket with one M10 x 1” Allen Bolt (#68), two Ø ¾” Washers (#66) and one M10 Aircraft Nut (#86).

E.) Connect the Shiver Bar (#30) to a Long Chain (#64) with a C-clip (#61). Connect the long Chain to the Cable with another C-clip.



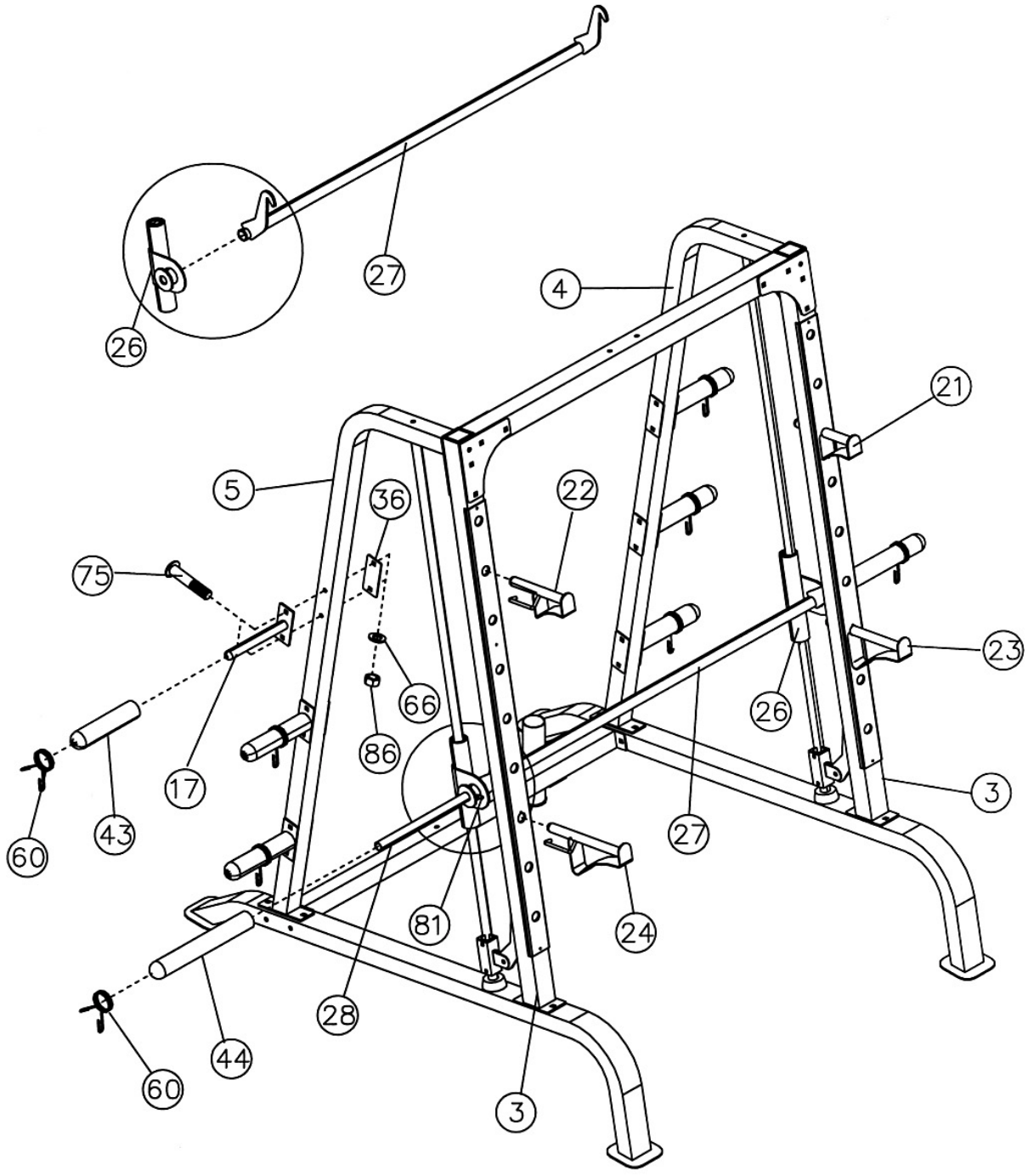
**STEP 11 (See Diagram 11)**

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).

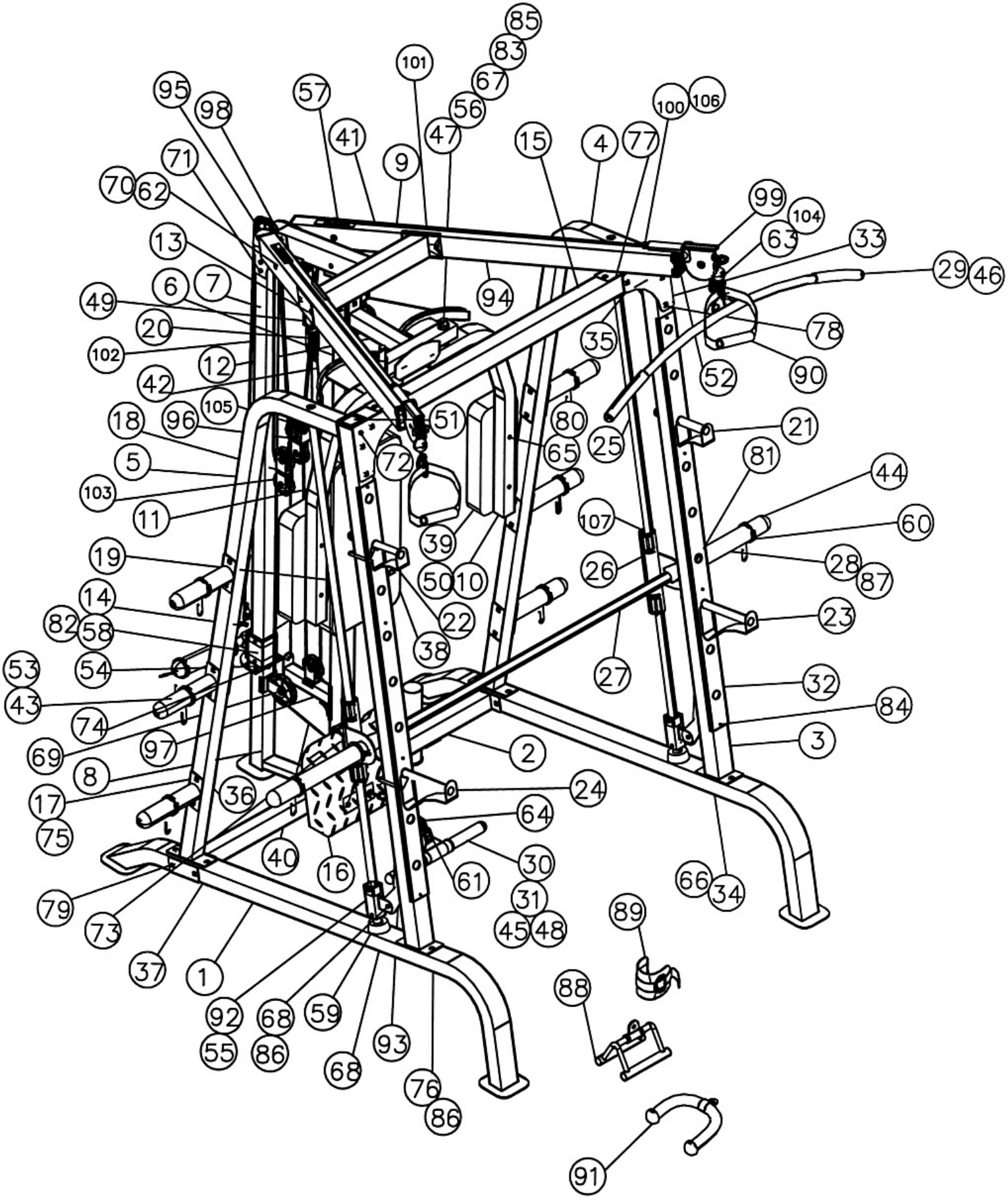
B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position on the selected holes on the Front Vertical Frames (#3). Attach a Long Olympic Sleeve (#44) to each end of the Weight Bar. Attach a Spring Clip (#60) to the Sleeve.

C.) 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).

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



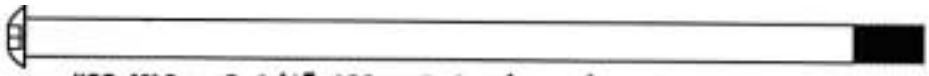
# EXPLODED DIAGRAM



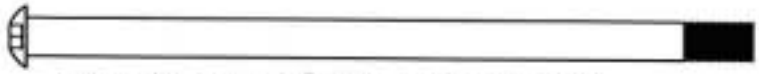
# PARTS LIST

| 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 | Rear 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 | 1 |
| 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 | 2 |
| 36 | 4 ¾" x 2" Bracket | 9 |
| 37 | 6 ¼" x 2" Bracket | 2 |
| 38 | Backrest Board | 1 |
| 39 | Butterfly Arm Pad | 2 |
| 40 | 59" Lower Cable | 1 |
| 41 | 229" 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 | 2 |
| 53 | Ø 1" Cone-shaped End Cap | 12 |
| 54 | 2 3/8" x 2" Sleeve | 2 |
| 55 | Sliding Sleeve | 4 |
| 56 | Lock Ring | 2 |
| 57 | Pulley | 10 |
| 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 | 100 |
| 67 | Ø 1 ½" Washer | 2 |
| 68 | M10 x 1" Allen Bolt | 12 |
| 69 | M10 x 1 ¾" Allen Bolt | 11 |
| 70 | M10 x 2 ½" Allen Bolt | 2 |
| 71 | M10 x 3" Allen Bolt | 2 |
| 72 | M10 x 3 1/8" Allen Bolt | 2 |
| 73 | M10 x 3 3/8" Allen Bolt | 2 |
| 74 | M10 x 1" Carriage Bolt | 4 |
| 75 | M10 x 2 ¾" Carriage Bolt | 22 |
| 76 | M10 x 3" Carriage Bolt | 10 |
| 77 | M10 x 3 1/8" Carriage Bolt | 4 |
| 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 | 8 |
| 82 | M6 x 5/8" Philips Screw | 1 |
| 83 | M6 x 1 ¼" Allen Bolt | 2 |
| 84 | Chrome Panel Screw | 8 |
| 85 | M6 Aircraft Nut | 2 |
| 86 | M10 Aircraft Nut | 82 |
| 87 | Ø 1" End Cap | 6 |
| 88 | V Bar | 1 |
| 89 | Ankle Strap | 1 |
| 90 | Single Handle Strap | 2 |
| 91 | Triceps Rope | 1 |
| 92 | Lower Safety Stop Frame | 2 |
| 93 | Safety Hook | 2 |
| 94 | Left Upper Frame | 1 |
| 95 | Right Upper Frame | 1 |
| 96 | Triple Floating Pulley Bracket | 1 |
| 97 | Pulley Support Frame | 1 |
| 98 | Single Small Pulley Bracket | 1 |
| 99 | Cross-Over Swivel Pulley Bracket | 2 |
| 100 | Ø 7/8" x Ø 5/8" Bushing | 2 |
| 101 | 4 ¾" x 2 ¾" Bracket | 2 |
| 102 | 138" Sliding Weight Post Cable | 1 |
| 103 | Small Pulley | 7 |
| 104 | M10 x 1 1/8" Allen Bolt | 2 |
| 105 | M10 x 2 ¾" Allen Bolt | 1 |
| 106 | M6 x ¼" Allen Screw | 4 |
| 107 | Linear Bearing | 4 |

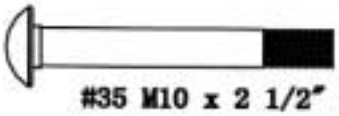
# MULTI-PURPOSE BENCH HARDWARE PACK



#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)



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



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



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





#41 M8 x 5/8" Allen Bolt (Qty 2) #21 Lock Pin (Qty 1)



#44 M10 Aircraft Nut (Qty 4)



#27 Bushing (Qty 16)



#42 Ø 3/4" Washer (Qty 14)



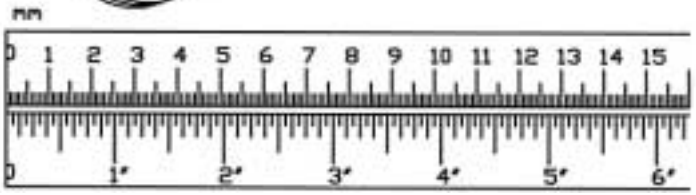
#43 Ø 5/8" Washer (Qty 10)



#22 Spring Clip (Qty 1)



#17 Axle (Qty 1)



# MULTI-PURPOSE 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.**

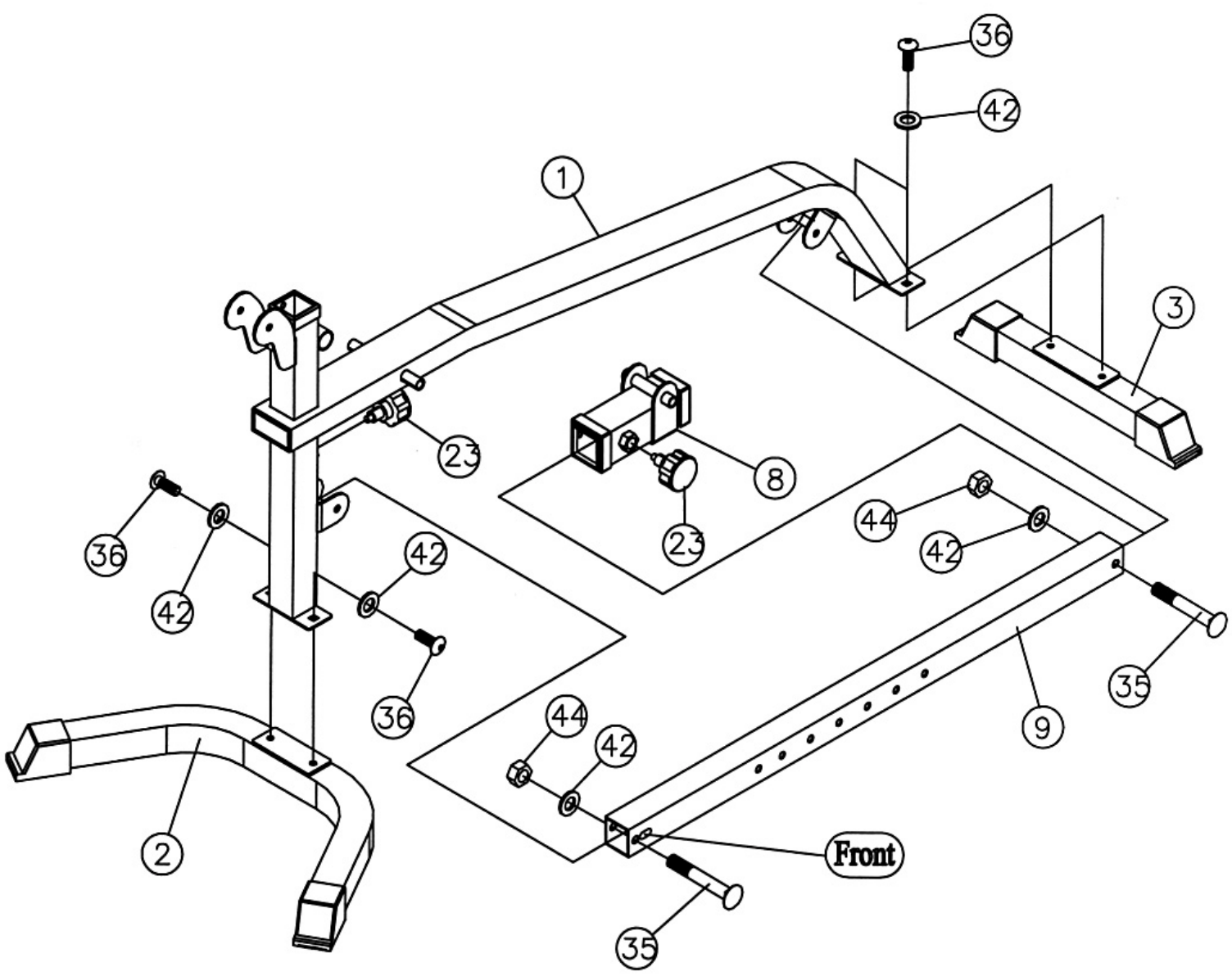
**STEP 1 (See Diagram 1)**

A.) 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.

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

C.) 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**



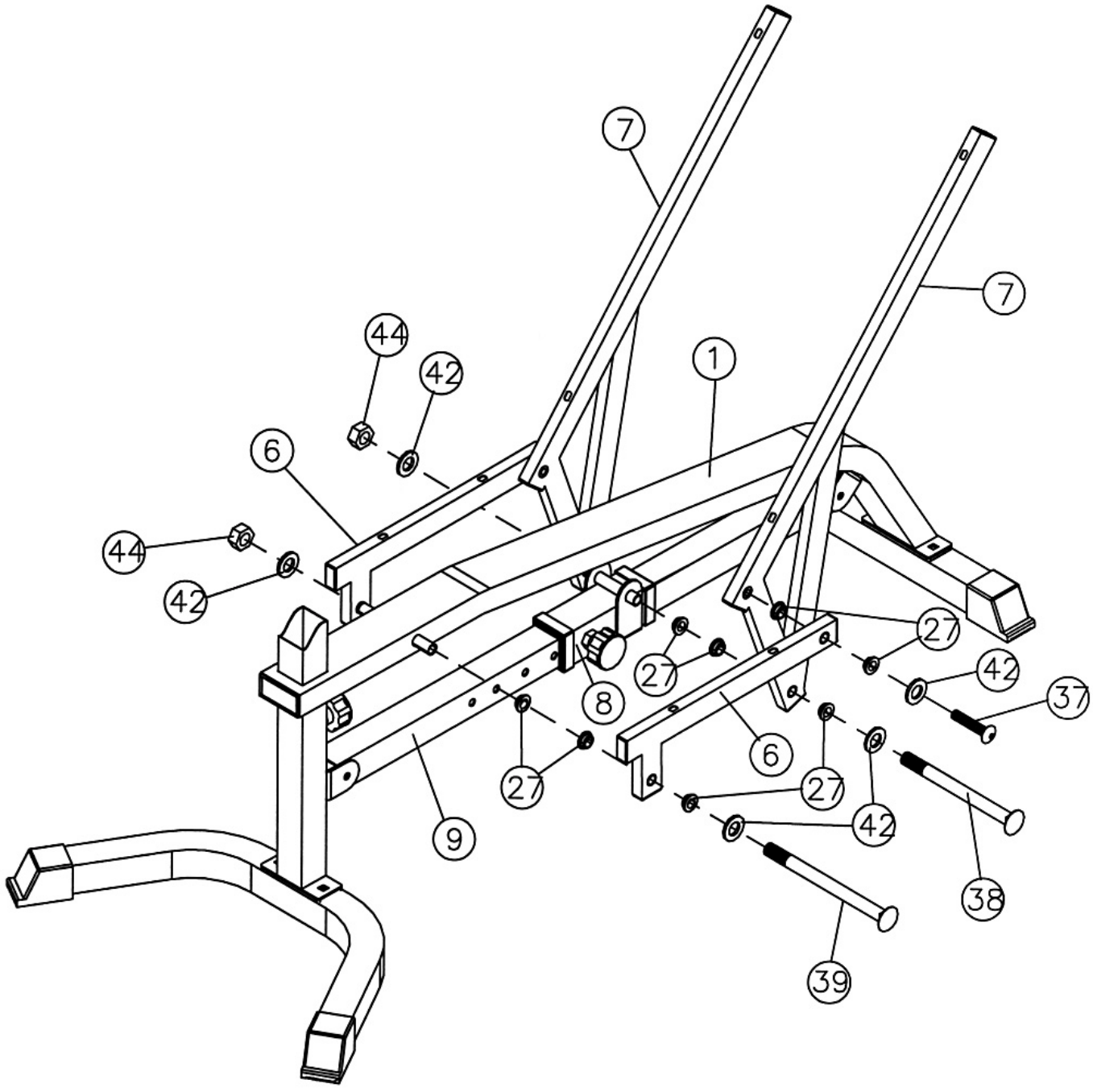
**STEP 2 (See Diagram 2)**

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

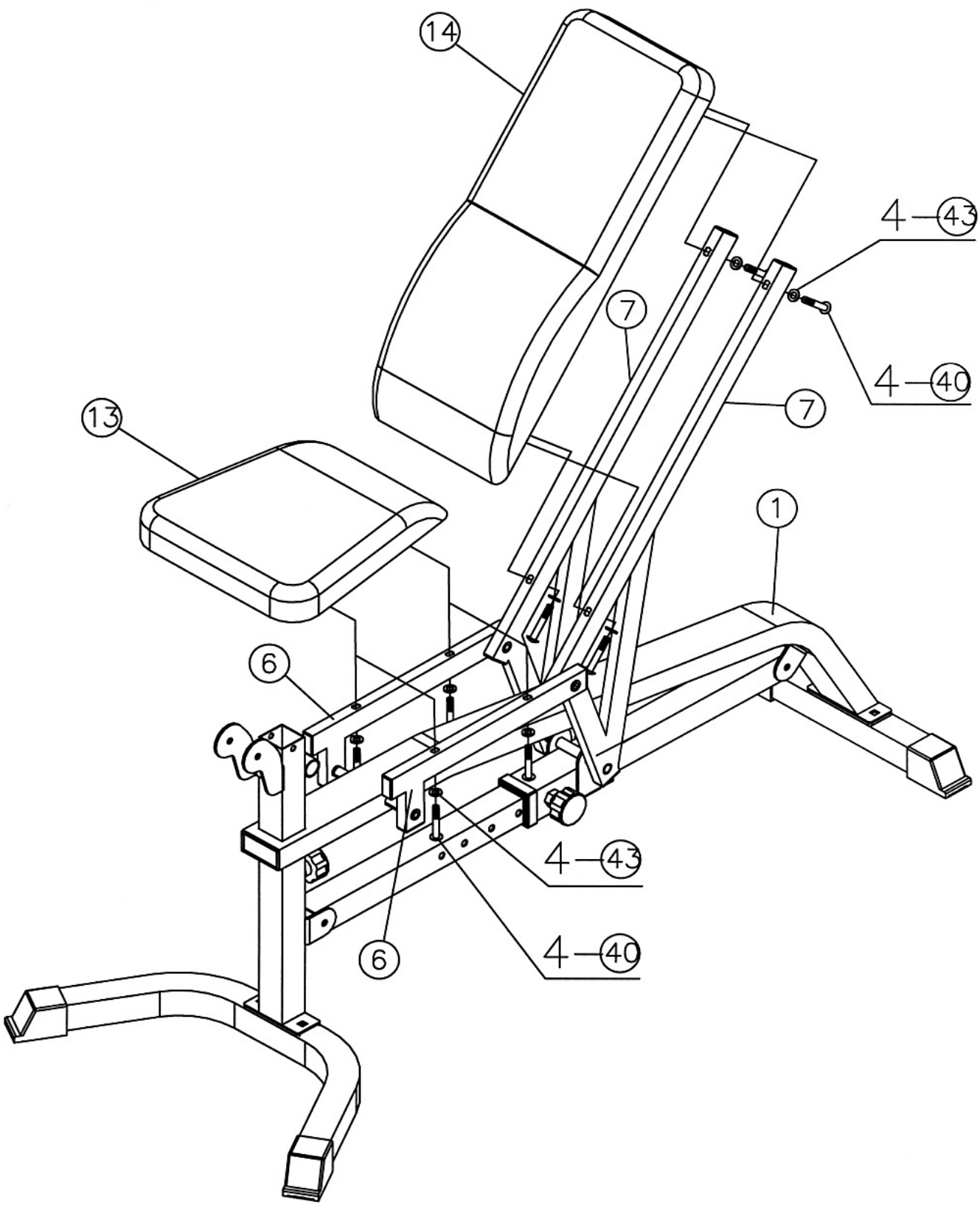


**STEP 3 (See Diagram 3)**

A.) 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).

B.) 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).

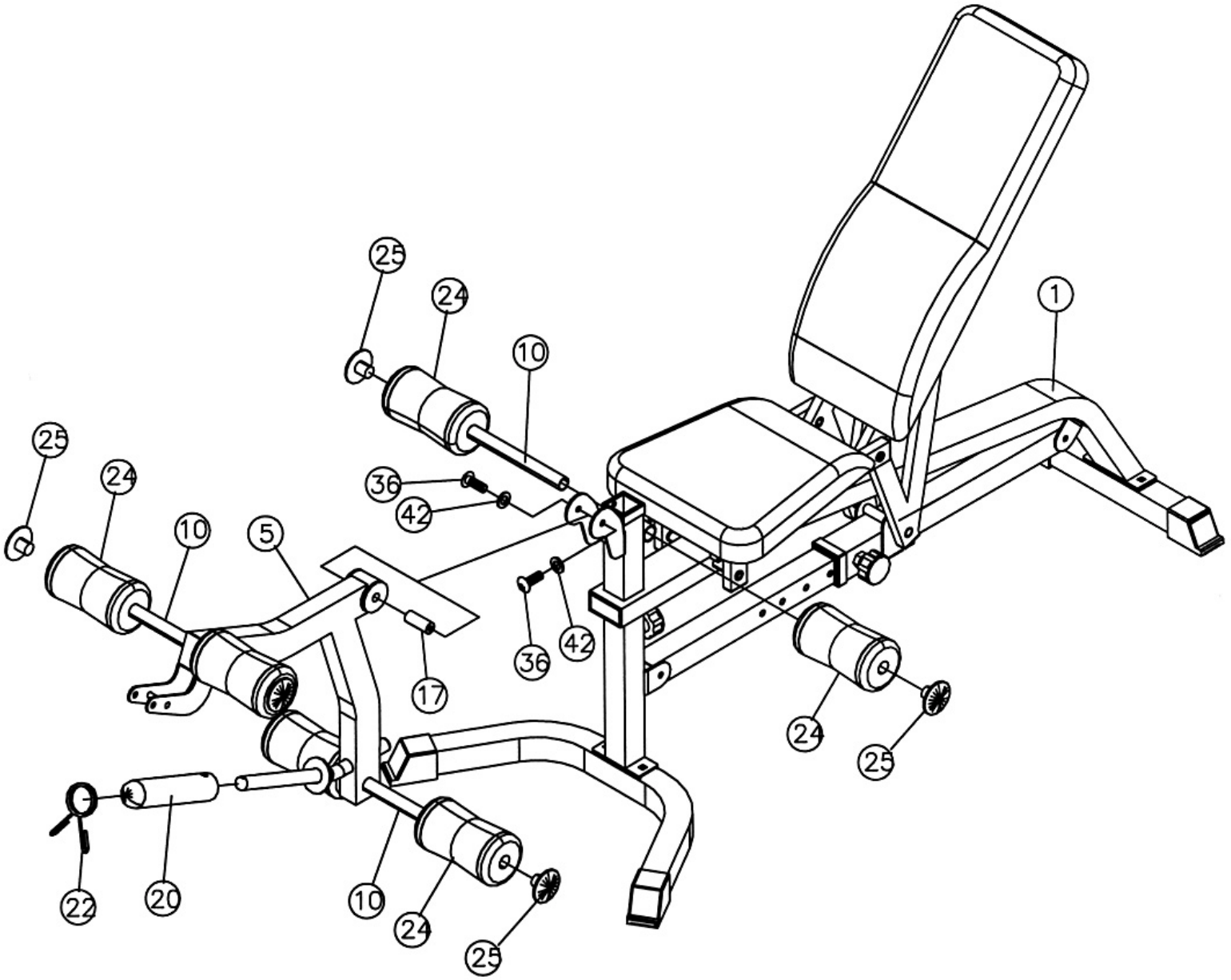
**DIAGRAM 3**



**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



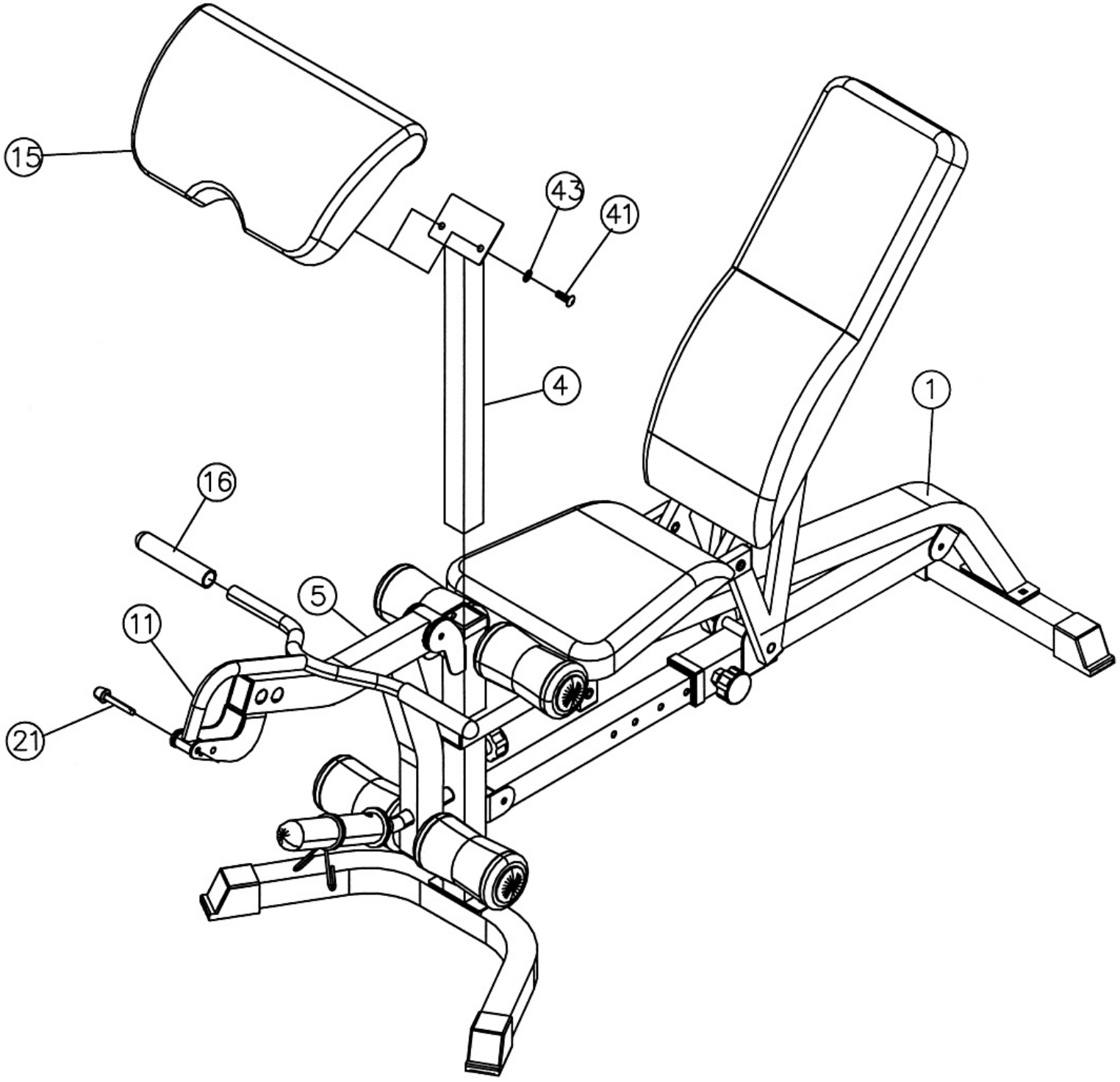
**STEP 5 (See Diagram 5)**

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.

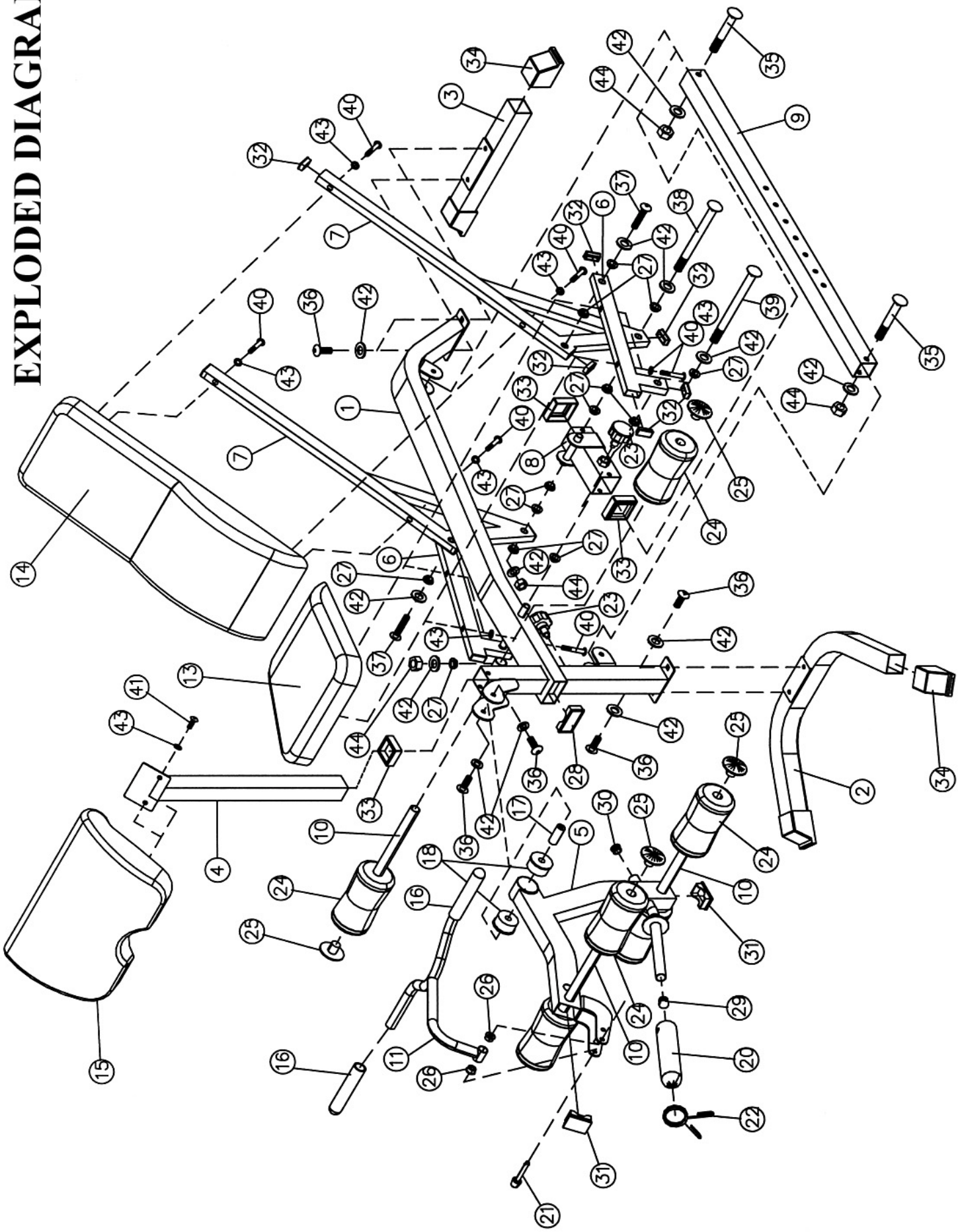
B.) Attach the Arm Curl Handle (#11) to the open bracket on the Leg Developer (#5). Lock it with a Lock Pin (#21).

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

**DIAGRAM 5**



# BENCH
# EXPLODED DIAGRAM



# MULTI-PURPOSE 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 | Arm Curl Handle | 1 |
| 12 | Manual | 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 | Tool | 2 |
| 20 | Olympic Sleeve | 1 |
| 21 | Lock Pin | 1 |
| 22 | Spring Clip | 1 |
| 23 | Lock Knob | 2 |
| 24 | Foam Roll | 6 |
| 25 | Foam Roll End Cap | 6 |
| 26 | Ø 1" x ¾" 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 |

# MD-9010 WEIGHT RESISTANCE CHART

| Station | Ratio | Example |
|---|---|---|
| Low Pulley | 200% | 10 lb. plate creates 20 lb. resistance |
| Lat Pull | 100% | 10 lb. plate creates 5 lb. resistance |
| Butterfly (both arms) | 100% | 10 lb. plate creates 10 lb. resistance |
| Left Cross-Over | 50% | 10 lb. plate creates 5 lb resistance |
| Right Cross-Over | 50% | 10 lb. plate creates 5 lb resistance |

***Numbers are approximate. Actual resistance may vary.**

# *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