

NOTE:
Please read all instructions
carefully before using this
product

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Model
MD-11.0

Retain This
Manual for
Reference

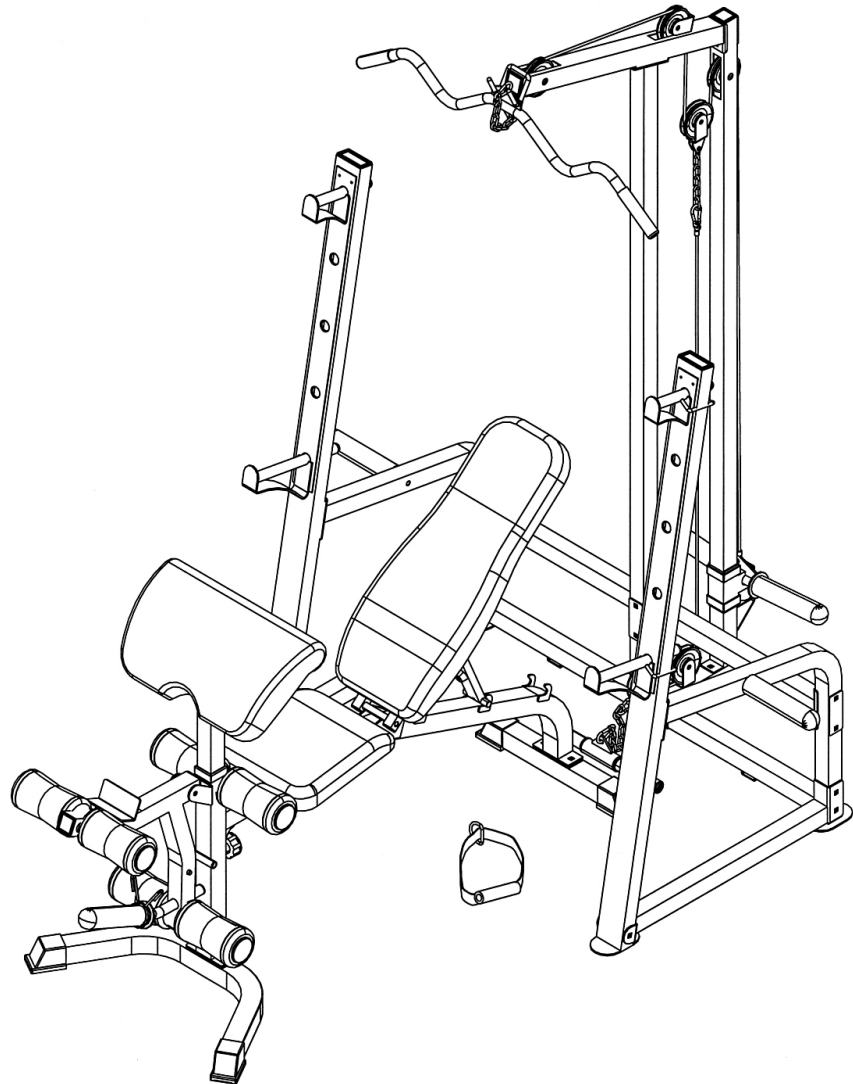
06-23-06

OWNER'S
MANUAL

IMPEX

MARCY DIAMOND ELITE

MD-11.0



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY DIAMOND ELITE MD-11.0 Olympic Cage 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

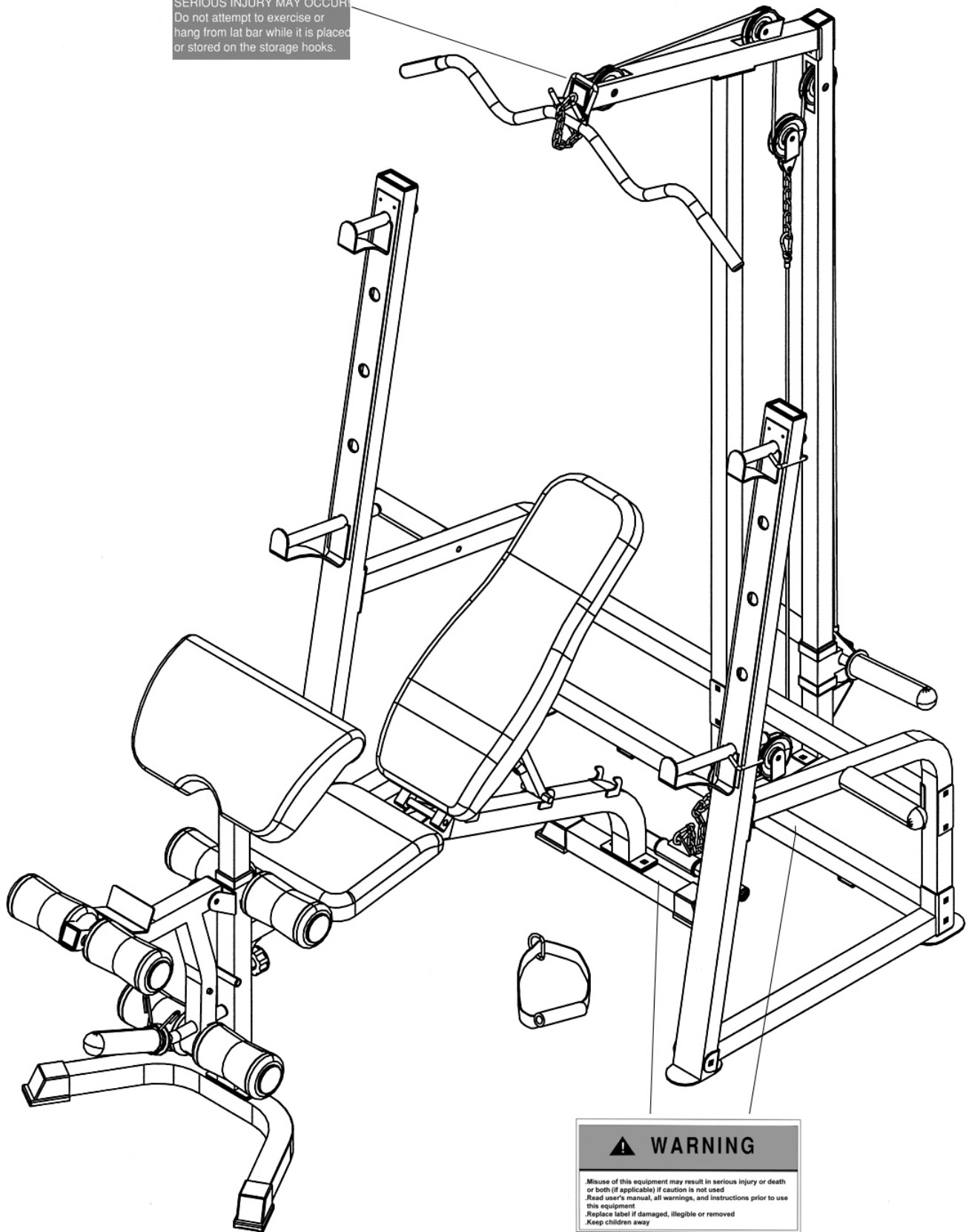
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weights on the rack: 600 lbs.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

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.

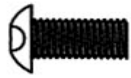
WARNING LABEL REPLACEMENT

WARNING
SERIOUS INJURY MAY OCCUR.
Do not attempt to exercise or
hang from lat bar while it is placed
or stored on the storage hooks.

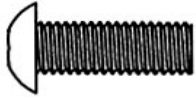


The warning labels shown here have been placed on the Rear Stabilizer, and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

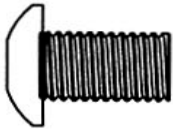
HARDWARE PACK



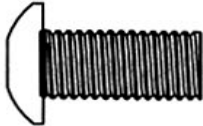
#43 M6 x 1/2" Philips Screw (Qty 1)



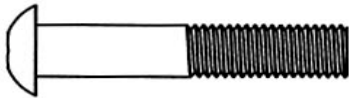
#84 M8 x 3/4" Allen Bolt (Qty 2)



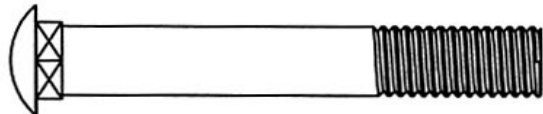
#82 M10 x 5/8" Allen Bolt (Qty 6)



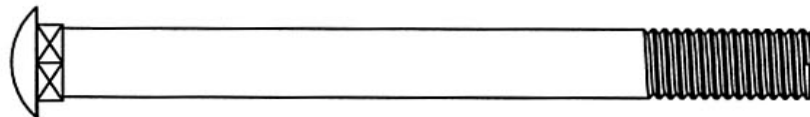
#81 M10 x 3/4" Allen Bolt (Qty 7)



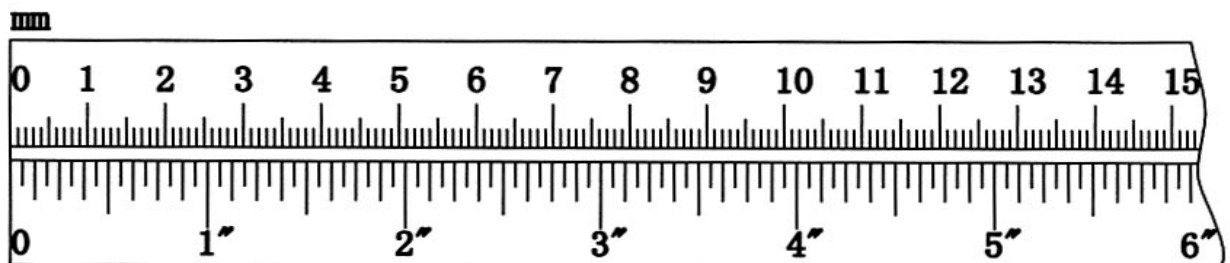
#83 M8 x 1 5/8" Allen Bolt (Qty 8)



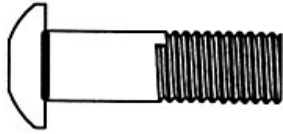
#74 M10 x 2 1/2" Carriage Bolt (Qty 13)



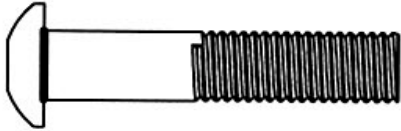
#73 M10 x 4" Carriage Bolt (Qty 2)



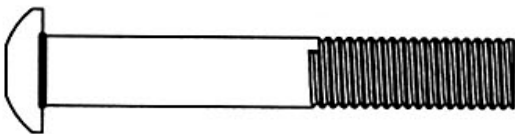
HARDWARE PACK



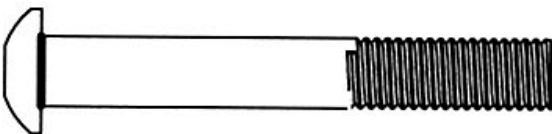
#79 M10 x 1 1/8" Allen Bolt (Qty 1)



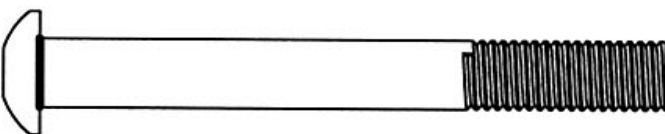
#80 M10 x 1 3/4" Allen Bolt (Qty 3)



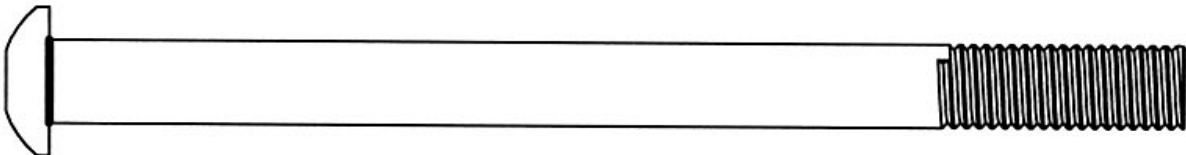
#78 M10 x 2 3/8" Allen Bolt (Qty 2)



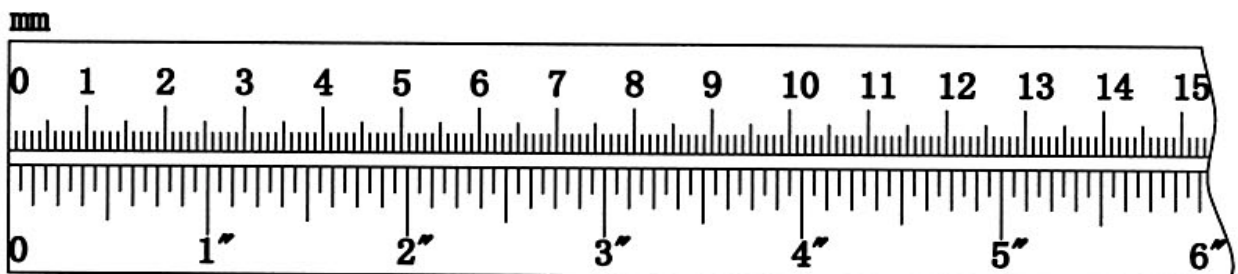
#77 M10 x 2 1/2" Allen Bolt (Qty 4)



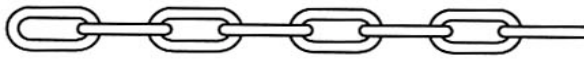
#76 M10 x 3 1/8" Allen Bolt (Qty 1)



#75 M12 x 5 3/4" Allen Bolt (Qty 2)



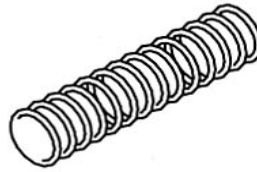
HARDWARE PACK



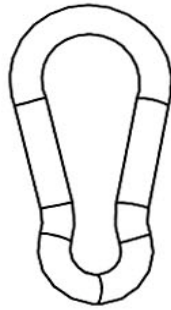
#47 Long Chain (Qty 2)



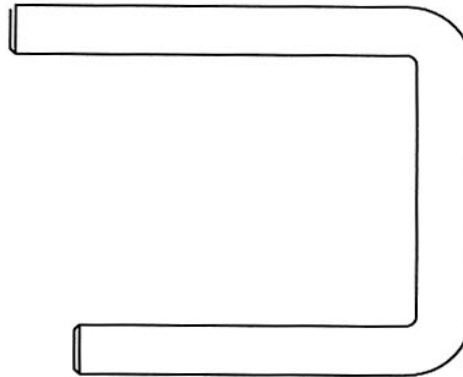
#48 Short Chain (Qty 1)



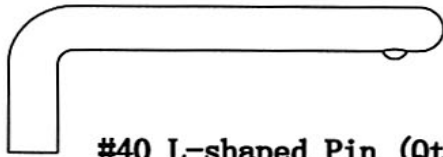
#42 Spring (Qty 1)



#46 Hook (Qty 5)



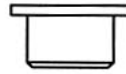
#39 U-shaped Pin (Qty 1)



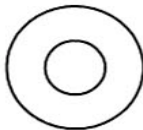
#40 L-shaped Pin (Qty 1)



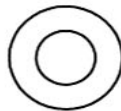
#65 5/8" Pulley Bushing
(Qty 2)



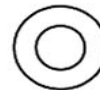
#66 1/2" Pulley Bushing
(Qty 4)



#68 Ø 1" Washer
(Qty 4)



#69 Ø 3/4" Washer
(Qty 42)



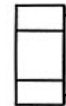
#70 Ø 5/8" Washer
(Qty 10)



#41 Ø 1/2" Washer
(Qty 1)



#72 M10 Aircraft Nut
(Qty 24)



#71 M12 Aircraft Nut
(Qty 2)

ASSEMBLY INSTRUCTION

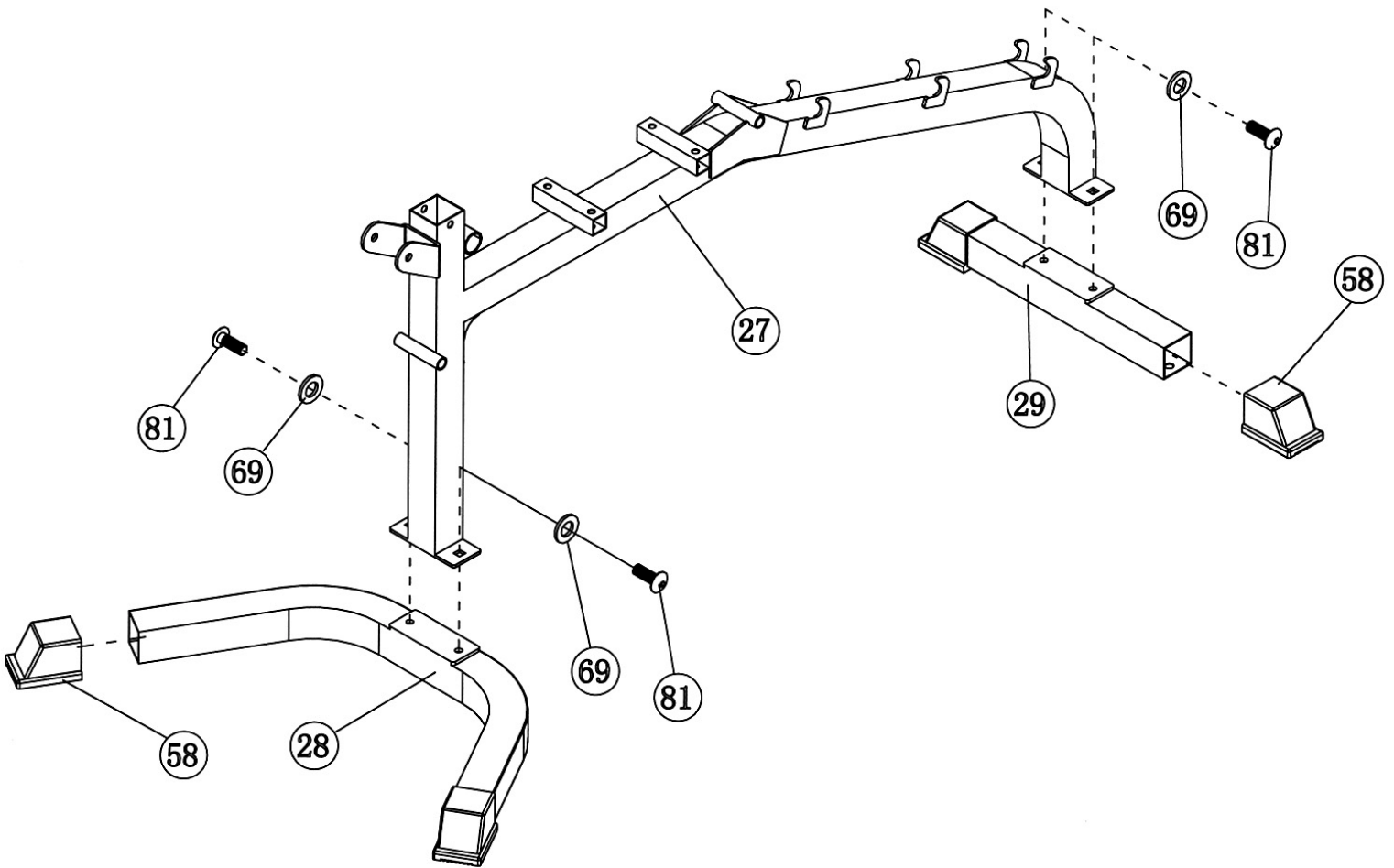
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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 (#27) to the Bench Front & Rear Stabilizers (#28 & 29). Secure each end with two M10 x $\frac{3}{4}$ " Allen Bolts (#81) and $\varnothing \frac{3}{4}$ " Washers (#69).
- B.) Attach four Stabilizer End Caps (#58) onto the Stabilizers.

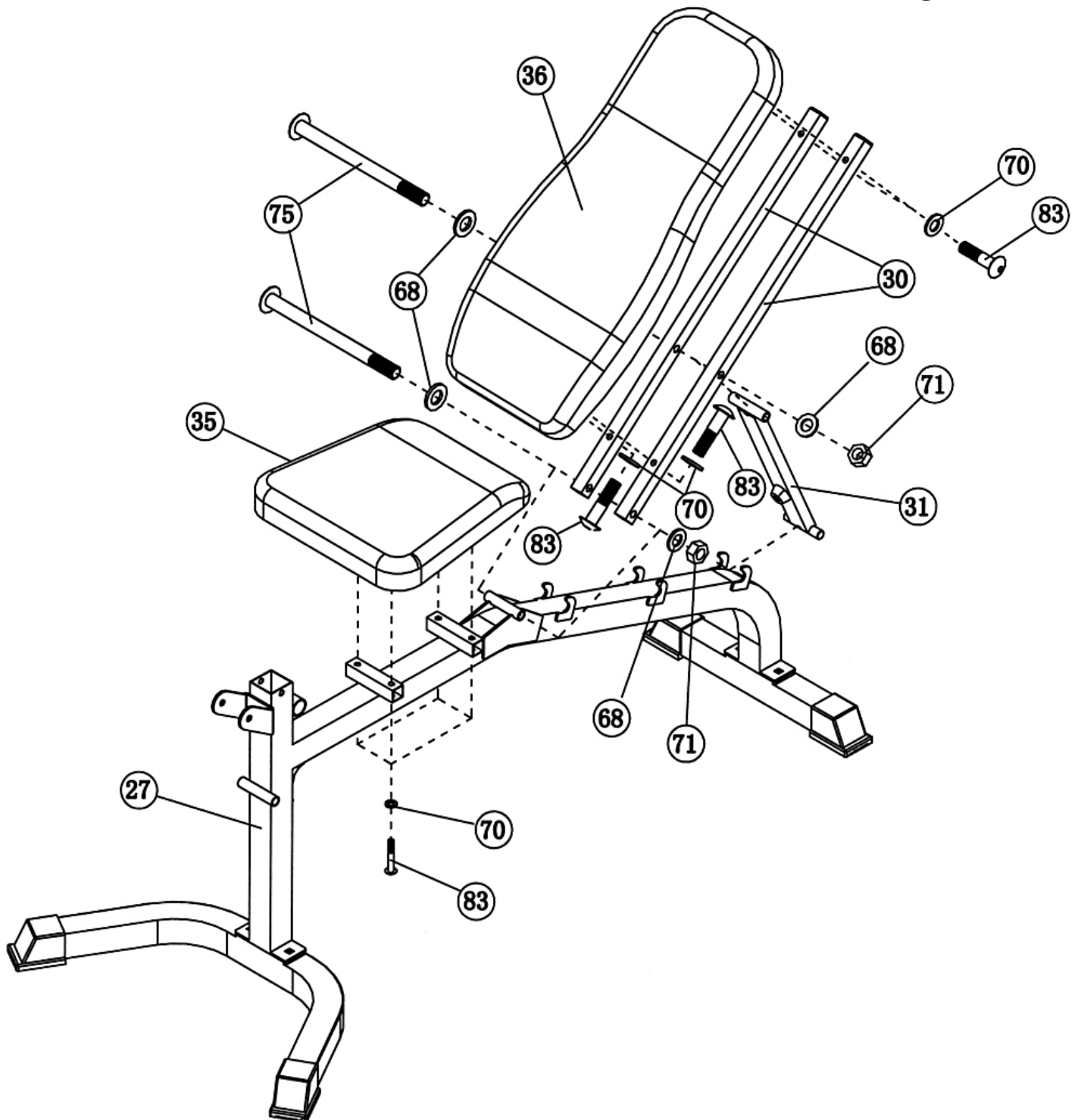
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the two side-holes on bottom of Backrest Supports (#30) to the pivot on the Main Frame (#27). Secure it with one M12 x 5 3/4" Allen Bolt (#75), two Ø 1" Washers (#68), and one M12 Aircraft Nut (#71).
- B.) Align the pivot on top of Backrest Incline Support (#31) to the middle side-holes in between the Backrest Supports. Secure it with one M12 x 5 3/4" Allen Bolt (#75), two Ø 1" Washers (#68), and one M12 Aircraft Nut (#71).
- C.) Attach the Backrest Board (#36) onto the Backrest Supports and secure it with four M8 x 1 5/8" Allen Bolts (#83) and Ø 5/8" Washers (#70).
- D.) Place the Seat Pad (#35) onto the Main Frame. Secure it with four M8 x 1 5/8" Allen Bolts (#83) and Ø 5/8" Washers (#70).

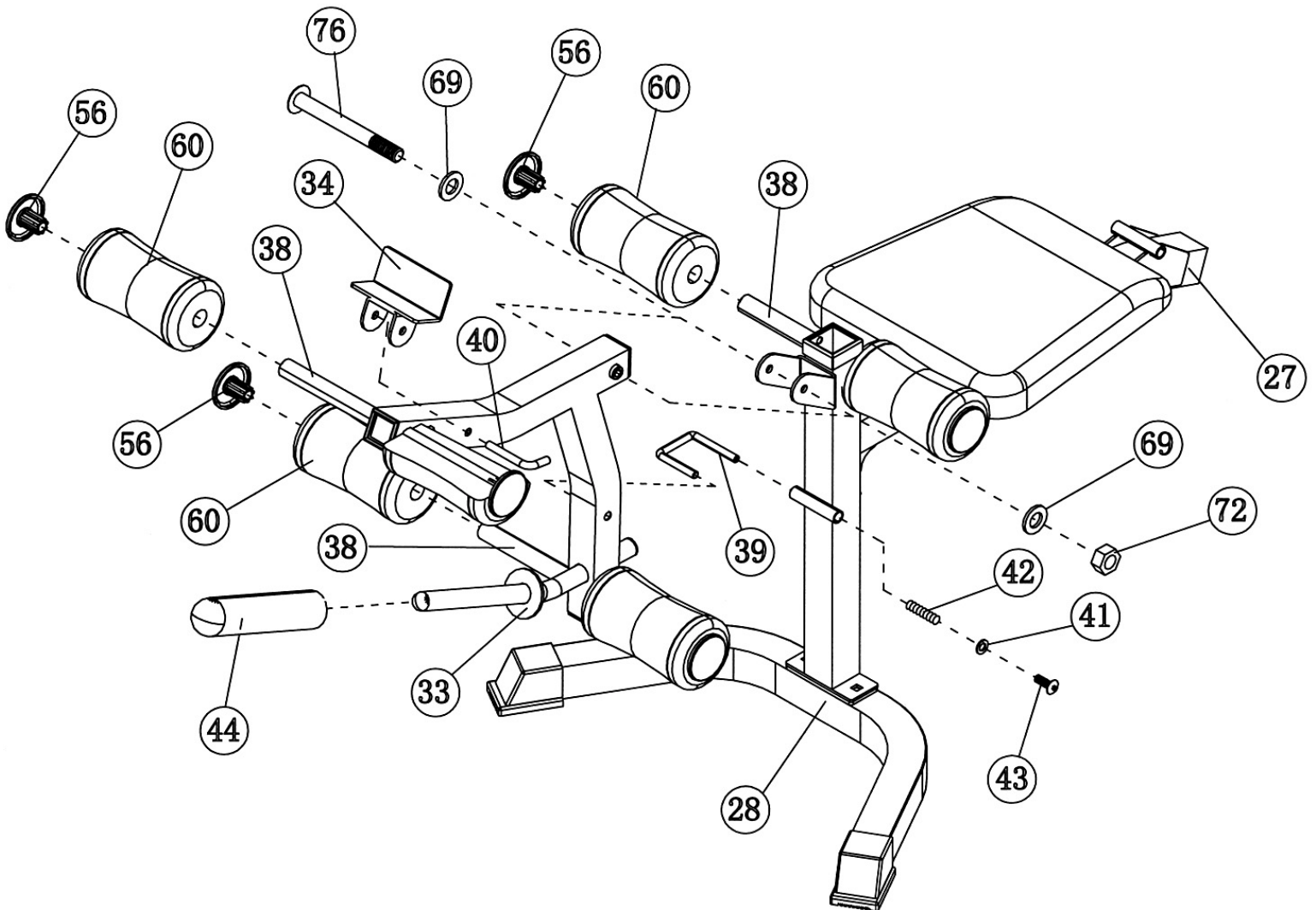
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#33) to the open bracket on the Main Frame (#27). Secure it with one M10 x 3 1/8" Allen Bolt (#76), two Ø 3/4" Washers (#69), and one M10 Aircraft Nut (#72). Do not over tighten the bolt and nut, make sure Leg Developer is able to swivel.
- B.) Insert the U-shaped Pin (#39) into the open tube on the Main Frame (#27). Secure it with one M6 x 1/2" Philips Screw (#43), Ø 1/2" Washer (#41), and Spring (#42). Pull and turn to lock the Leg Developer in position while using the bench at declined position.
- C.) Insert three Foam Tubes (#38) halfway through the holes on the Main Frame and Leg Developer. Push six Foam Rolls (#60) onto the Tubes from both ends. Plug six Foam Roll End Caps (#56) into the ends.
- D.) Slide an Olympic Sleeve (#44) onto the weight post on the Leg Developer.
- E.) Attach the Curl Bar Holder (#34) to the Leg Developer and lock it with a L-shaped Pin (#40).

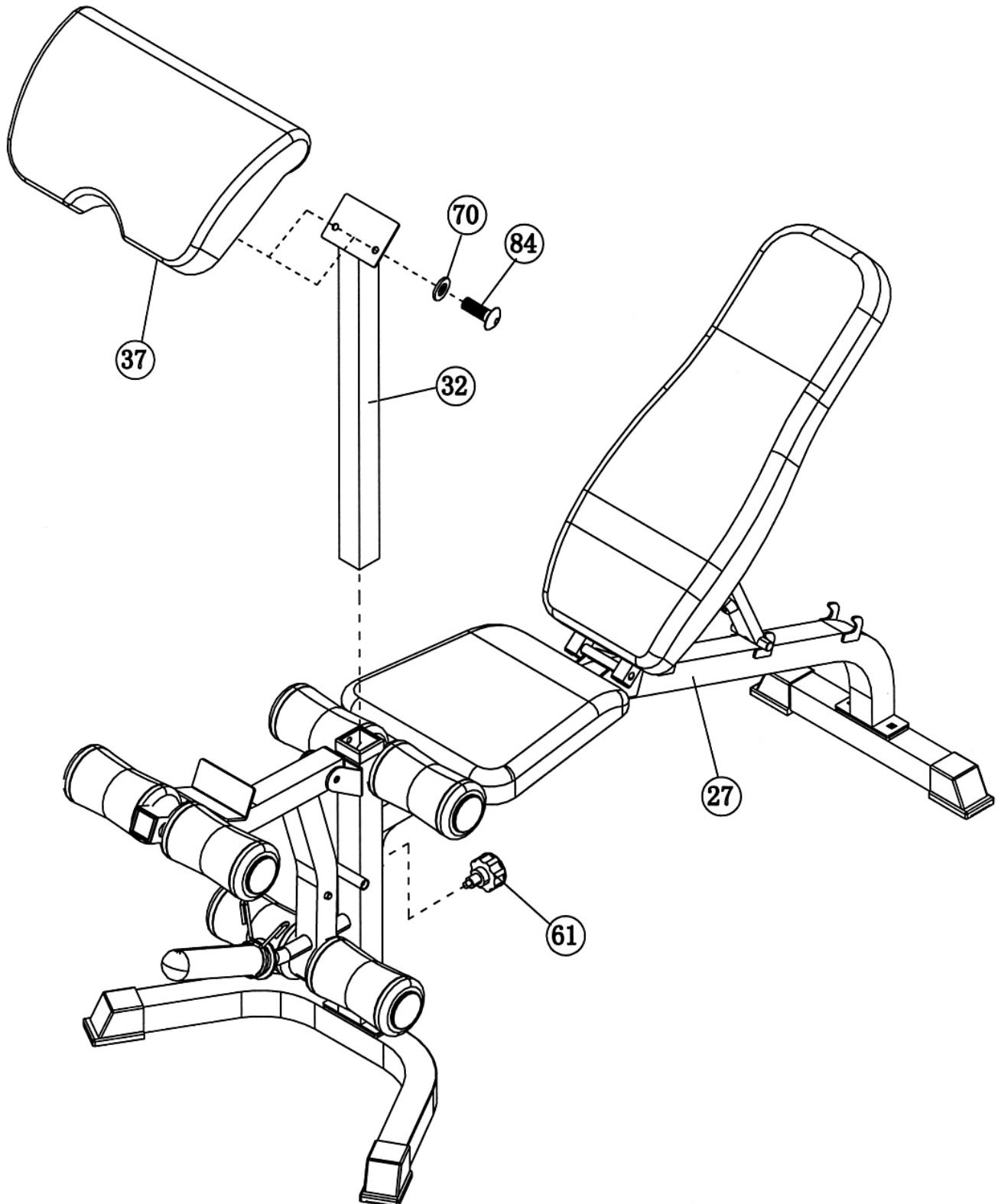
DIAGRAM 3



STEP 4 (See Diagram 4)

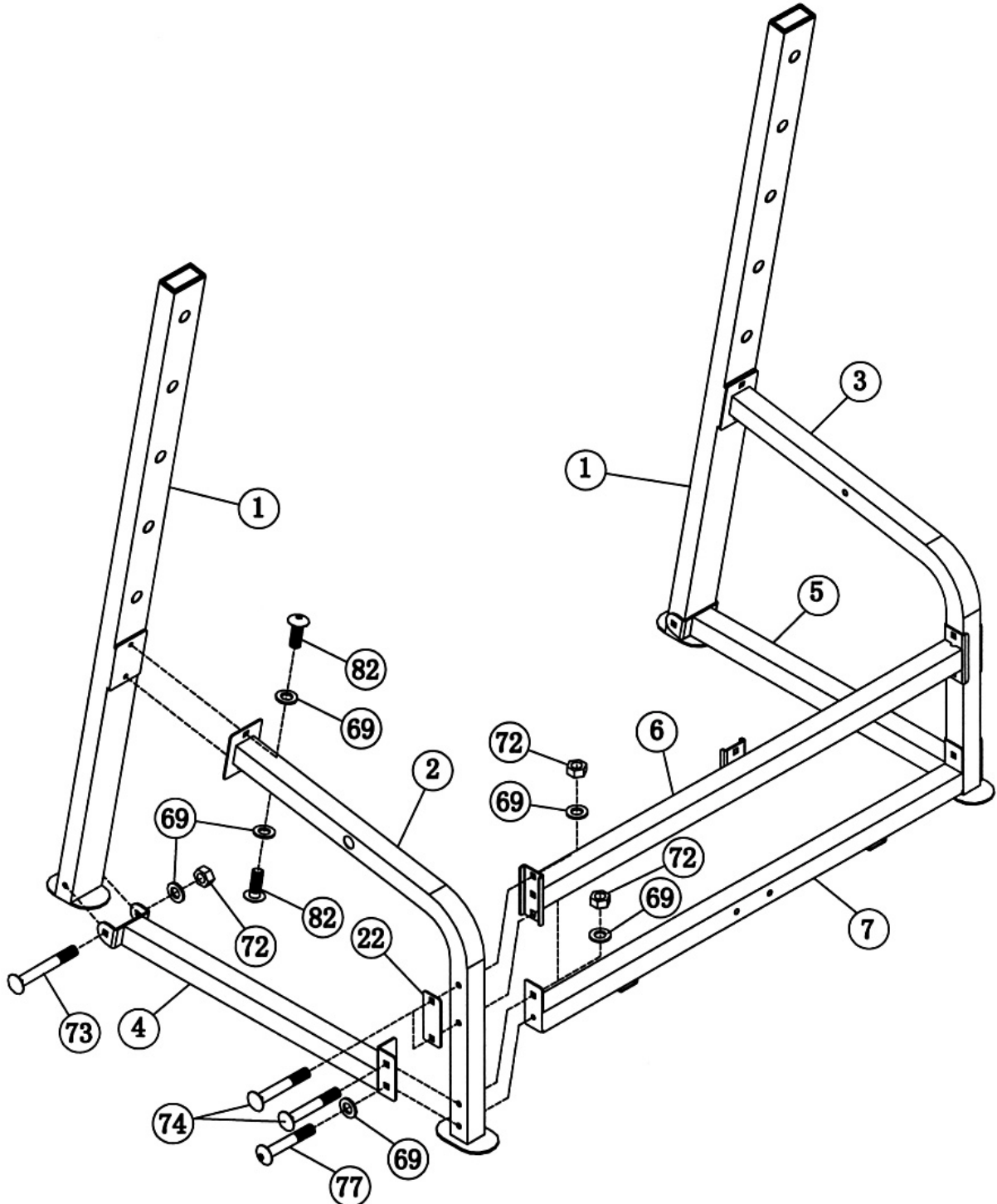
- A.) Attach the Arm Curl Pad (#37) to the Arm Curl Stand (#32). Secure it with two M8 x ¾" Allen Bolts (#84) and two Ø ¾" Washers (#70). Insert the Arm Curl Stand into the front opening on the Main Frame (#27) and secure it with a Lock Knob (#61) to hold it at the desired height.
- B.) Remove the Arm Curl when using the Leg Developer to exercise.

DIAGRAM 4



STEP 5 (See Diagram 5)

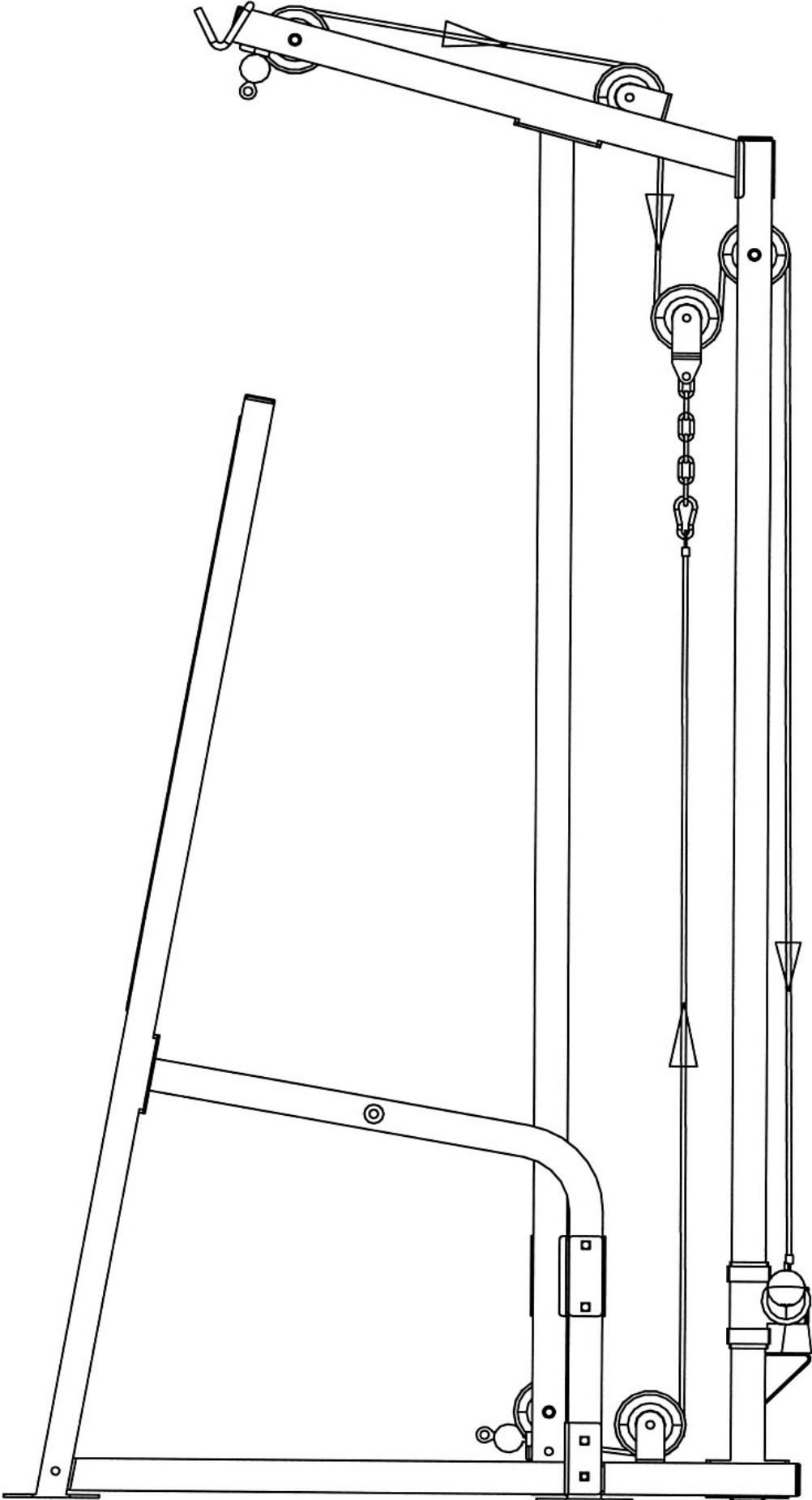
- A.) Note: Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Attach the top of Left Support (#2) to an Upright Beam (#1). Secure it with two M10 x 5/8" Allen Bolts (#82) and $\text{\O} \frac{3}{4}$ " Washers (#69).
- C.) Attach the Left Floor Stabilizer (#4) to the Upright Beam. Secure it with one M10 x 4" Carriage Bolt (#73), $\text{\O} \frac{3}{4}$ " Washer (#69), and M10 Aircraft Nut (#72).
- D.) Attach the other end of the Left Floor Stabilizer (#4) and Rear Stabilizer (#7) to the bottom of Left Support (#2). Align the holes and secure them together with one M10 x 2 1/2" Carriage Bolt (#74), $\text{\O} \frac{3}{4}$ " Washer (#69), and M10 Aircraft Nut (#72) to the upper hole. Secure the lower hole with one M10 x 2 1/2" Allen Bolt (#77) and $\text{\O} \frac{3}{4}$ " Washer (#69).
- E.) Repeat procedure B, C, and D above to install the other side.
- F.) Connect the Left & Right Supports (#2 & 3) with the Cross Brace (#6). Secure each end with two M10x2 1/2" Carriage Bolts (#74), $\text{\O} \frac{3}{4}$ " Washers (#69), and M10 Aircraft Nuts (#72).



STEP 6 (See Diagram 6)

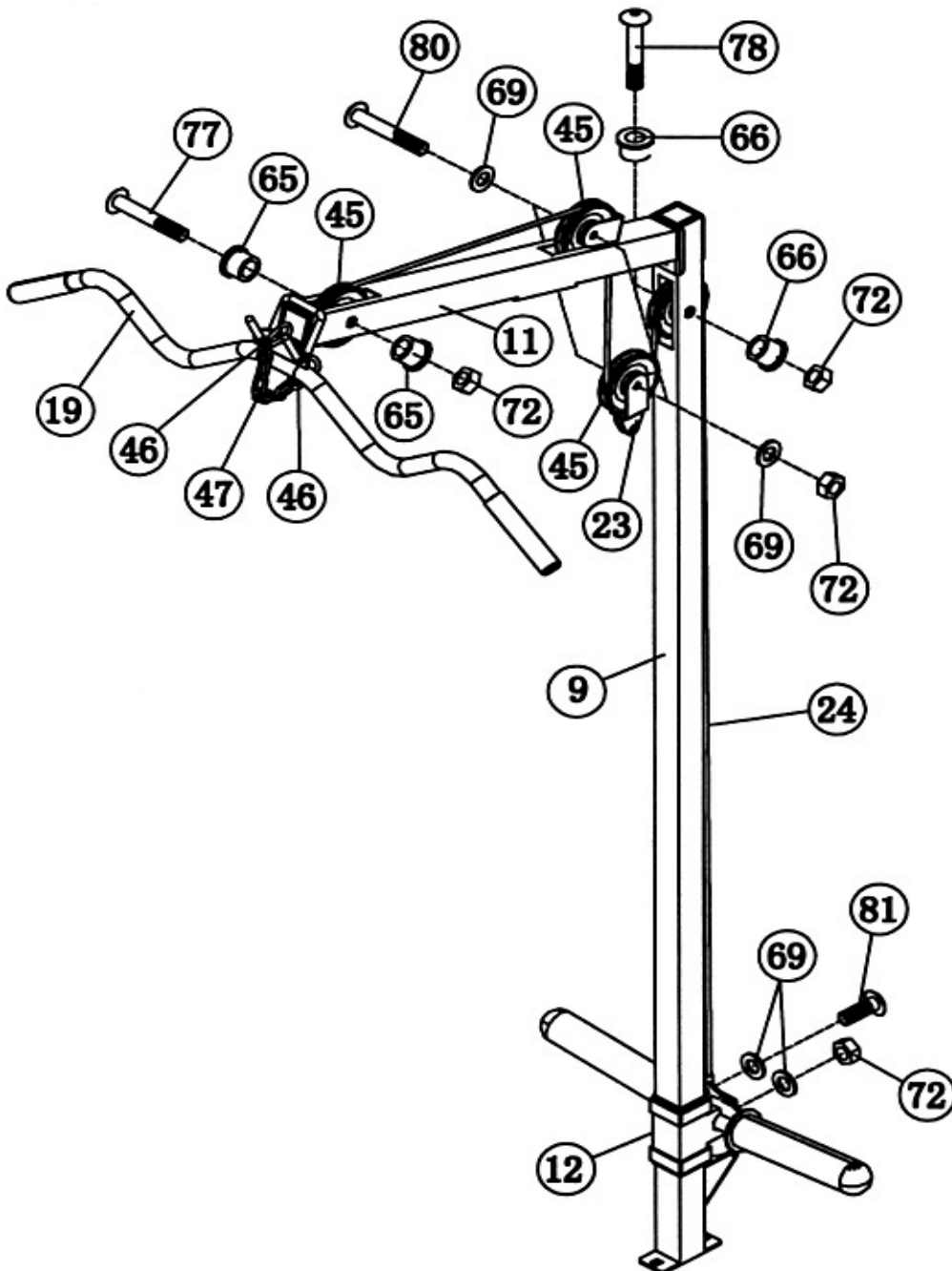
- A.) Attach the Rear Vertical Frame (#9) onto the Rear Base (#8). Secure it with two M10 x 2 ½" Carriage Bolts (#74), Ø ¾" Washers (#69), and M10 Aircraft Nuts (#72).
- B.) Attach the Rear Base (#8) and Front Vertical Frame (#10) to the Rear Stabilizer (#7). Align the holes and secure them together with two M10 x 2 ½" Carriage Bolts (#74), Ø ¾" Washers (#69), and M10 Aircraft Nuts (#72).
- C.) Align the Front Vertical Frame (#10) to the Cross Brace (#6). Secure it with one 4 3/8" x 1 ¾" Bracket (#22), two M10 x 2 ½" Carriage Bolts (#74), two Ø ¾" Washers (#69), and two M10 Aircraft Nuts (#72).
- D.) Slide the Sliding Weight Post (#12) onto the Rear Vertical Frame (#9) from the top.
- E.) Attach the Upper Frame (#11) onto the Front Vertical Frame (#10). Secure it with two M10 x 5/8" Allen Bolts (#82) and Ø ¾" Washers (#69).
- F.) Attach the rear of Upper Frame (#11) to the Rear Vertical Frame (#9). Secure it with one M10 x 2 ½" Allen Bolt (#77), Ø ¾" Washer (#69), and 3 1/8" x 1 ¾" Bracket (#21) to the upper hole. Secure the lower hole with one M10 X 2 ½" Carriage Bolt (#74), Ø ¾" Washer (#69), and M10 Aircraft Nut (#72).
- G.) Securely tighten all Nuts and Bolts previously installed.

CABLE LOOP DIAGRAM



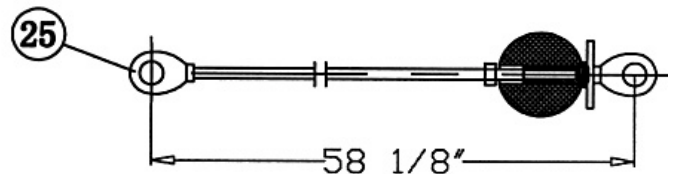
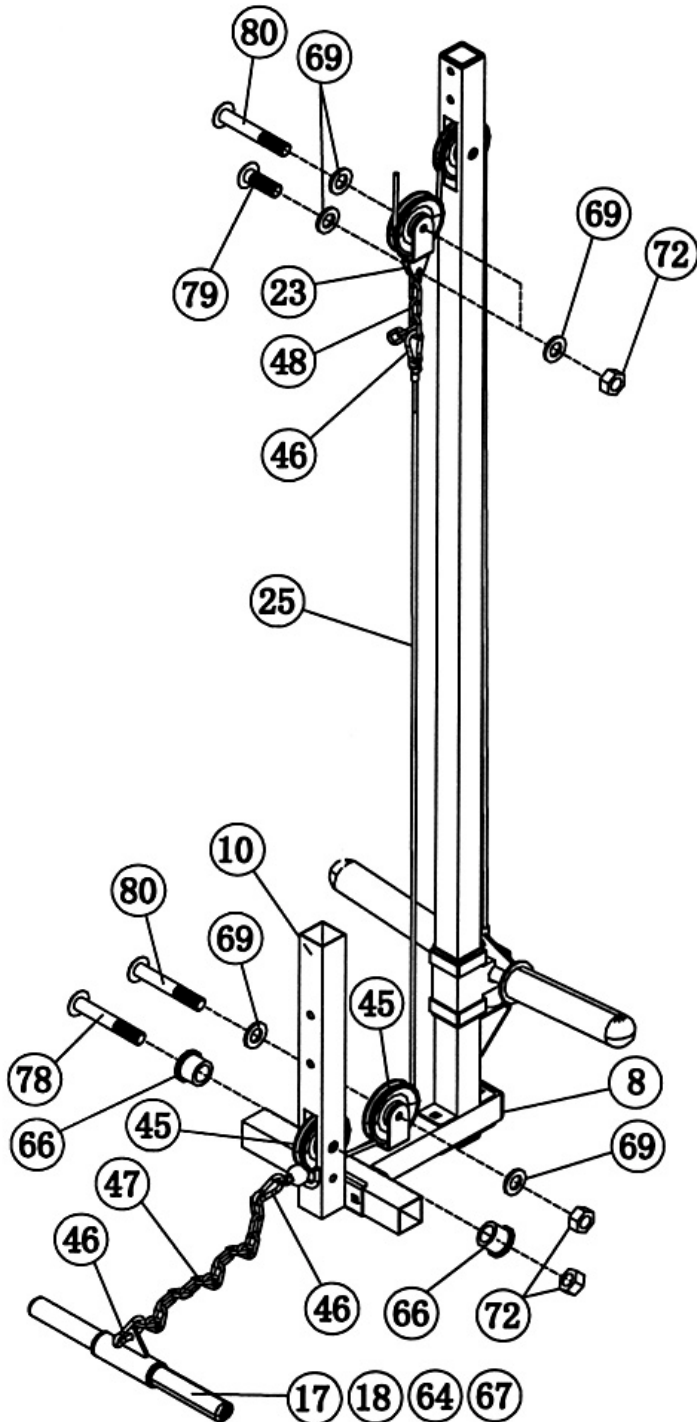
STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach the 113 7/8" Upper Cable (#24) to the front opening on the Upper Frame (#11). Make sure the ball stopper of the Cable is underneath the Frame.
- B.) Attach a Pulley (#45) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#77), two 5/8" Pulley Bushings (#65), and one M10 Aircraft Nut (#72).
- C.) Draw the Cable along the Upper Frame towards the back of the machine to the open bracket on the Upper Frame. Install a Pulley to the bracket with one M10 x 1 3/4" Allen Bolt (#80), two Ø 3/4" Washers (#69), and one M10 Aircraft Nut (#72).
- D.) Draw the Cable around the Pulley and downward. Install a Pulley to the Floating Pulley Bracket (#23). Let the Bracket hanging for now. Pull the Cable around the Pulley and up to the opening on the top of the Rear Vertical Frame (#9). Attach a Pulley to the opening and secure it with one M10 x 2 3/8" Allen Bolt (#78), two 1/2" Pulley Bushings (#66), and one M10 Aircraft Nut (#72).
- E.) Draw the Cable down to the Sliding Weight Post (#12) and secure it with one M10 x 3/4" Allen Bolt (#81), two Ø 3/4" Washers (#69) and one M10 Aircraft Nut (#72). Connect the Lat Bar (#19) to the Cable with two Hooks (#46) and one Long Chain (#47).



STEP 8 (See Diagram 8 & Cable Loop Diagram)

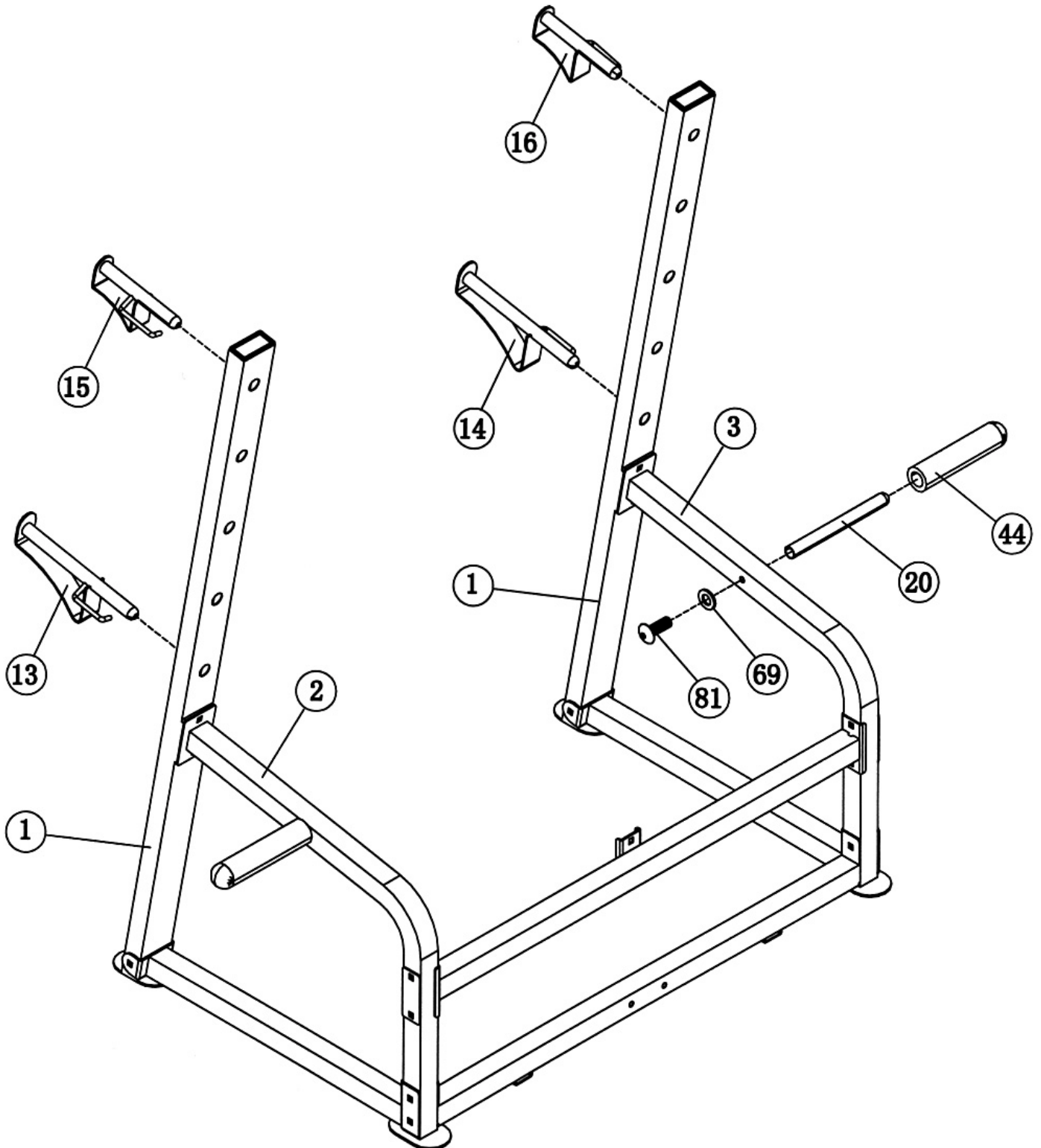
- A.) Attach the 58 1/8" Lower Cable (#25) to the lower opening on the bottom of Front Vertical Frame (#10). Attach a Pulley (#45) to the opening and secure it with one M10 x 2 3/8" Allen Bolt (#78), two 1/2" Pulley Bushings (#66), and one M10 Aircraft Nut (#72).
- B.) Pull the Cable underneath the Pulley to the open bracket on the Rear Base (#8). Install a Pulley to the bracket with one M10 x 1 3/4" Allen Bolt (#80), two Ø 3/4" Washers (#69), and one M10 Aircraft Nut (#72).
- C.) Pull the Cable around the Pulley then up to the Floating Pulley Bracket (#23) previously installed in Step-7. Attach a Short Chain (#48) to the Bracket and secure it with one M10 x 1 1/8" Allen Bolt (#79), two Ø 3/4" Washers (#69), and one M10 Aircraft Nut (#72).
- D.) Connect the Cable to the Short Chain with a Hook (#46). Adjust the length of the Short Chain to adjust the tension of the Cable Loop System.
- E.) Connect the Shiver Bar (#17) to the Lower Cable with two Hooks and a Long Chain (#47).

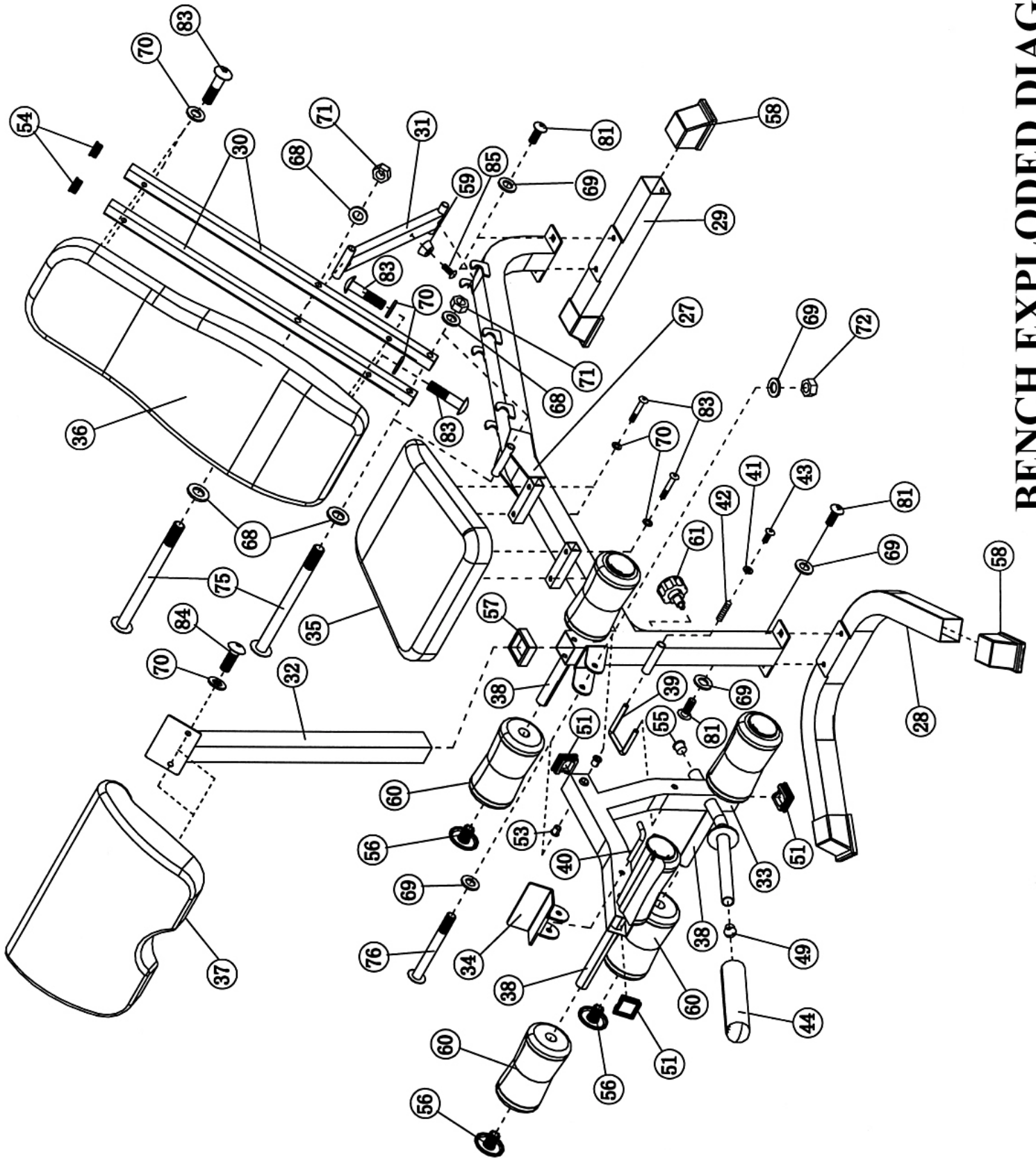


STEP 9 (See Diagram 9)

- A.) Attach a Weight Post (#20) to the Right Support (#3). Secure it with a M10 x 3/4" Allen Bolt (#81) and Ø 3/4" Washer (#69). Slide an Olympic Sleeve (#44) onto the Post. Repeat the same procedure to install the other side.
- B.) Insert the Left & Right Bar Catches (#15 & 16), Left & Right Safety Catches (#13 & 14) into the selected holes on the Upright Beams (#1).

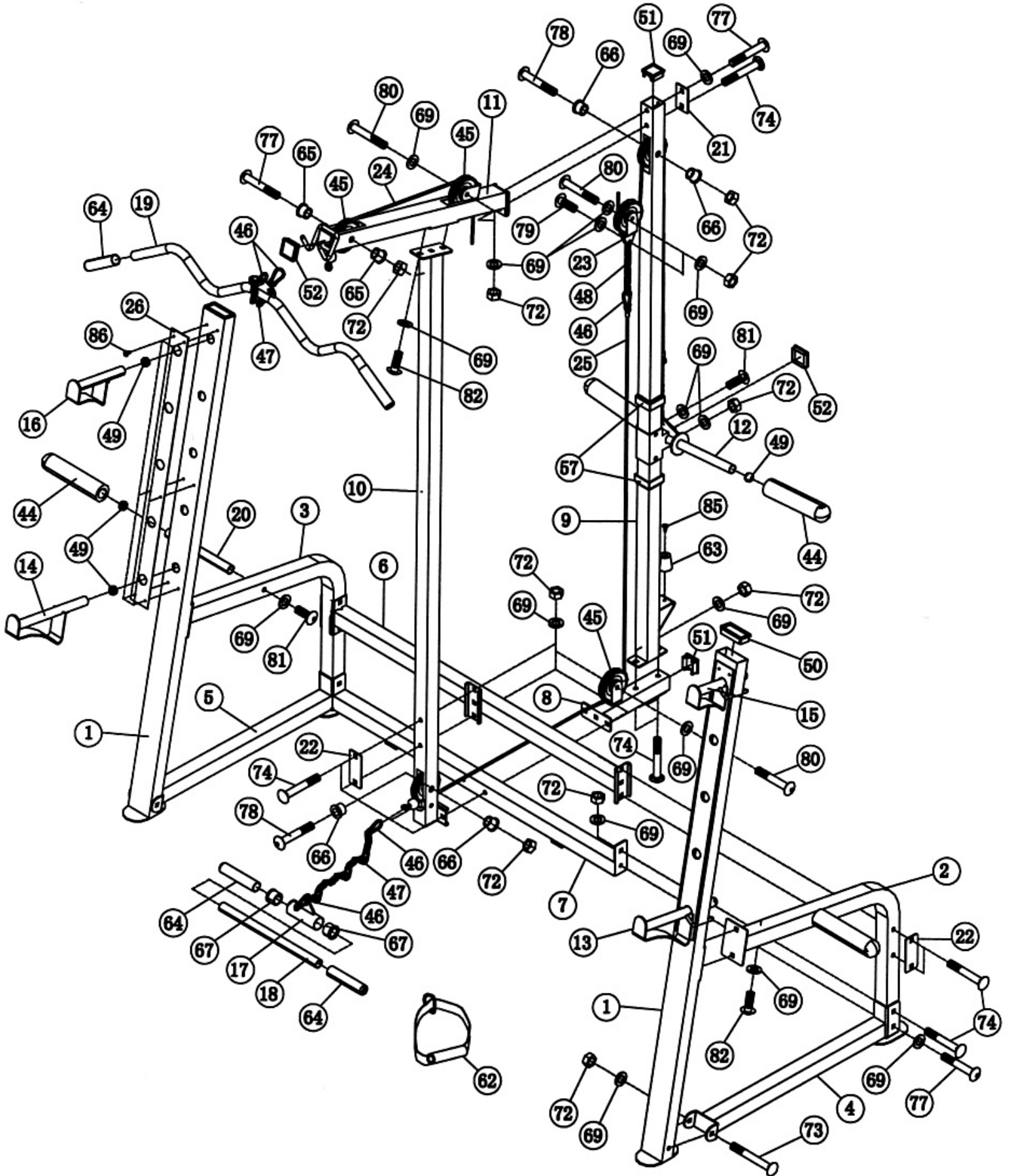
DIAGRAM 9





BENCH EXPLODED DIAGRAM

RACK EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Upright Beam	2	51	1 3/4" Square End Cap	5
2	Left Support	1	52	2" Square End Cap	2
3	Right Support	1	53	Ø 1/2" Bushing	2
4	Left Floor Stabilizer	1	54	1" Square End Cap	2
5	Right Floor Stabilizer	1	55	Ø 1" End Cap	1
6	Cross Brace	1	56	Foam Roll End Cap	6
7	Rear Stabilizer	1	57	2" x 1 3/4" Sleeve	3
8	Rear Base	1	58	Stabilizer End Cap	4
9	Rear Vertical Frame	1	59	Ø 1 1/2" Rubber Bumper	1
10	Front Vertical Frame	1	60	Foam Roll	6
11	Upper Frame	1	61	Lock Knob	1
12	Sliding Weight Post	1	62	Single Handle	1
13	Left Safety Catch	1	63	Ø 1 3/4" Rubber Bumper	1
14	Right Safety Catch	1	64	Handle Grip	4
15	Left Bar Catch	1	65	5/8" Pulley Bushing	2
16	Right Bar Catch	1	66	1/2" Pulley Bushing	4
17	Shiver Bar	1	67	Ø 1 1/2" Washer	2
18	Shiver Bar Handle	1	68	Ø 1" Washer	4
19	Lat Bar	1	69	Ø 3/4" Washer	42
20	Weight Post	2	70	Ø 5/8" Washer	10
21	3 1/8" x 1 3/4" Bracket	1	71	M12 Aircraft Nut	2
22	4 3/8" x 1 3/4" Bracket	3	72	M10 Aircraft Nut	24
23	Floating Pulley Bracket	1	73	M10 x 4" Carriage Bolt	2
24	Upper Cable (113 7/8")	1	74	M10 x 2 1/2" Carriage Bolt	13
25	Lower Cable (58 1/8")	1	75	M12 x 5 3/4" Allen Bolt	2
26	Panel	2	76	M10 x 3 1/8" Allen Bolt	1
27	Main Frame	1	77	M10 x 2 1/2" Allen Bolt	4
28	Bench Front Stabilizer	1	78	M10 x 2 3/8" Allen Bolt	2
29	Bench Rear Stabilizer	1	79	M10 x 1 1/8" Allen Bolt	1
30	Backrest Support	2	80	M10 x 1 3/4" Allen Bolt	3
31	Backrest Incline Support	1	81	M10 x 3/4" Allen Bolt	7
32	Arm Curl Stand	1	82	M10 x 5/8" Allen Bolt	6
33	Leg Developer	1	83	M8 x 1 5/8" Allen Bolt	8
34	Curl Bar Holder	1	84	M8 x 3/4" Allen Bolt	2
35	Seat Pad	1	85	M6 x 5/8" Philips Screw	2
36	Backrest Board	1	86	3/8" Panel Screw	12
37	Arm Curl Pad	1			
38	Foam Tube	3			
39	U-shaped Pin	1			
40	L-shaped Pin	1			
41	Ø 1/2" Washer	1			
42	Spring	1			
43	M6 x 1/2" Philips Screw	1			
44	Olympic Sleeve	5			
45	Pulley	6			
46	Hook	5			
47	Long Chain	2			
48	Short Chain	1			
49	Ø 1" Con-shaped End Cap	9			
50	1 5/8" x 3 1/8" End Cap	2			

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