

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  
MD-805

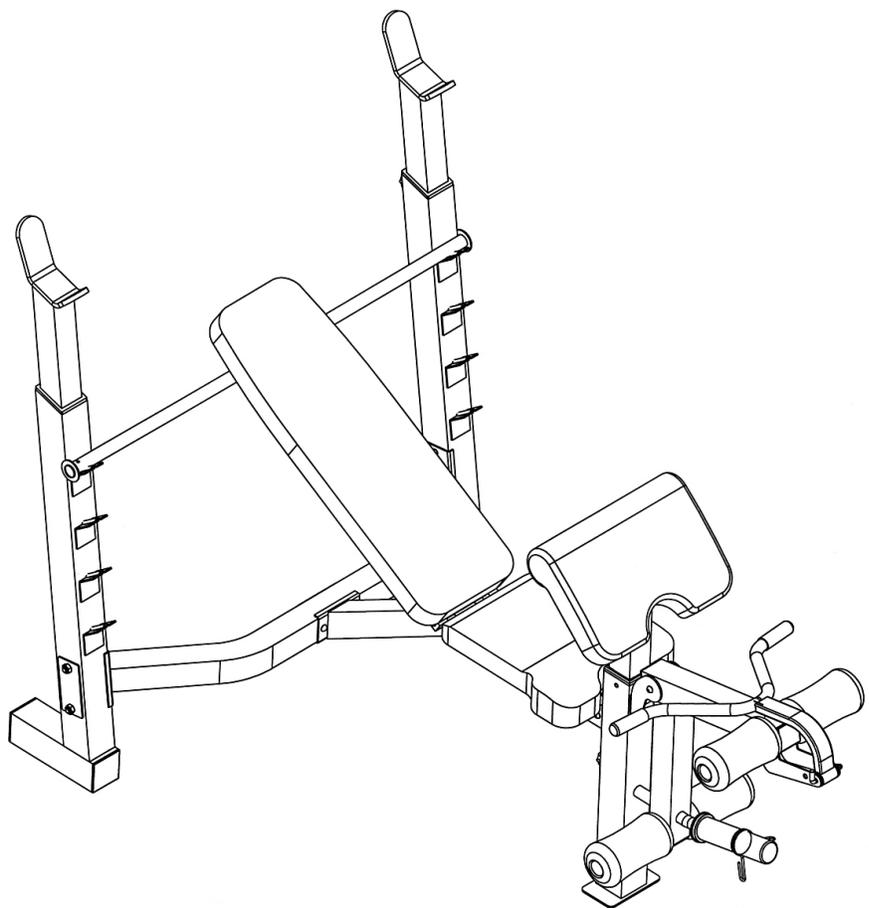
Retain This  
Manual for  
Reference

06-24-08

OWNER'S  
MANUAL

# IMPEX

## MARCY<sup>®</sup> DIAMOND WEIGHT BENCH MD-805



**IMPEX<sup>®</sup> INC.**

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

[www.impex-fitness.com](http://www.impex-fitness.com)

[info@impex-fitness.com](mailto:info@impex-fitness.com)

# TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	10
PARTS LIST.....	11
WARRANTY.....	12
ORDERING PARTS.....	12

---

## BEFORE YOU BEGIN

Thank you for selecting the MARCY® MD-805 Weight 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto: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:

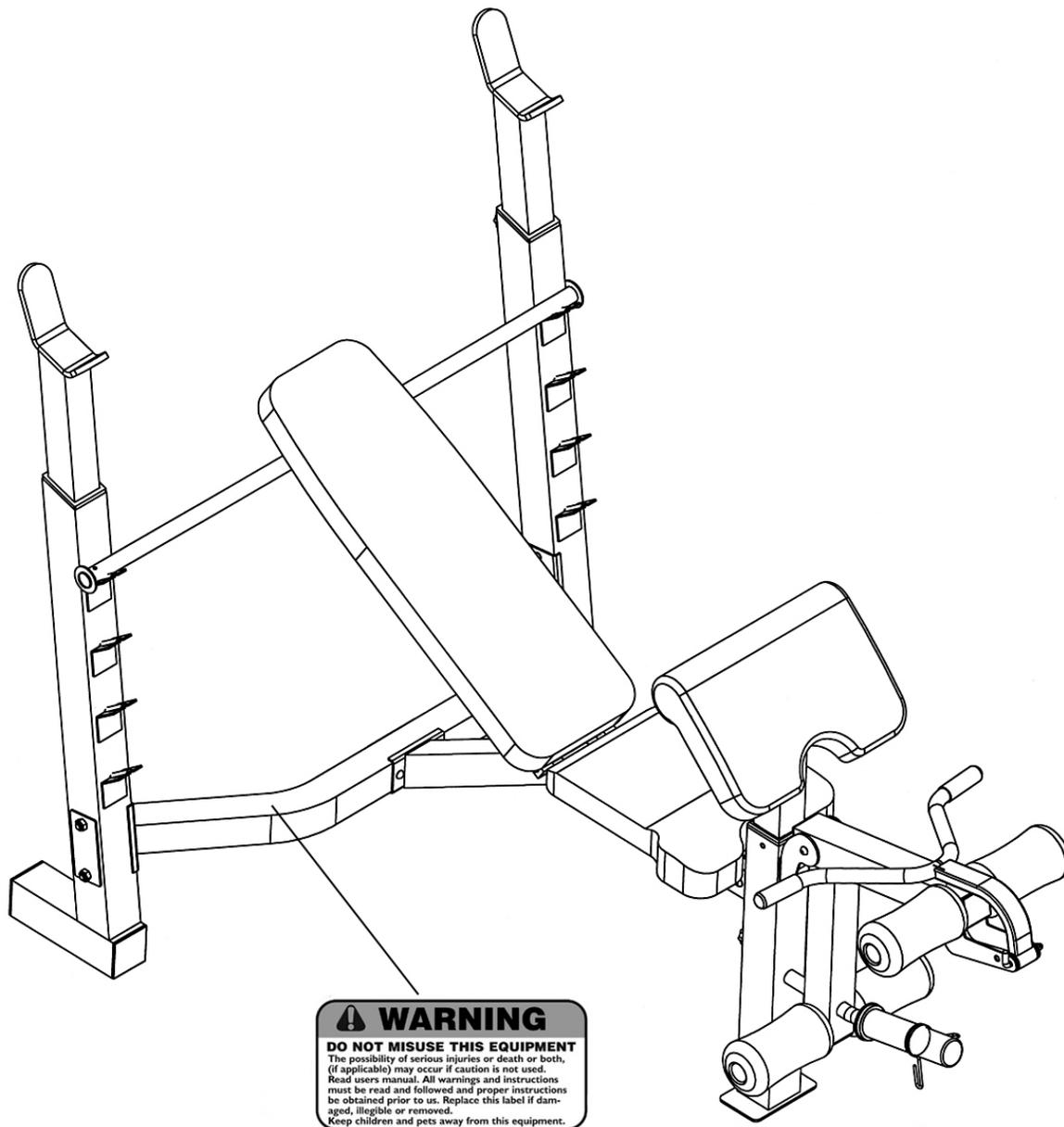
1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands and feet 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 weight capacity 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.**

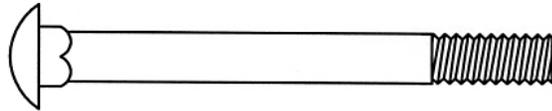
# WARNING LABEL REPLACEMENT



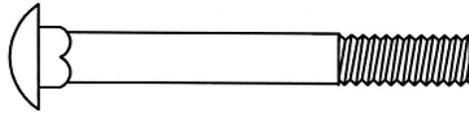
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

# HARDWARE PACK

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



#33 M10 x 3  $\frac{3}{4}$ " Carriage Bolt (Qty 4)



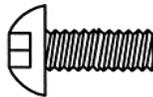
#34 M10 x 3  $\frac{1}{8}$ " Carriage Bolt (Qty 2)



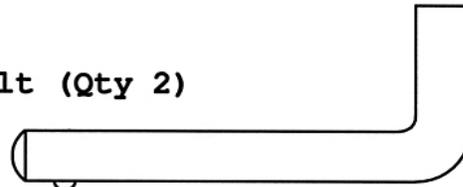
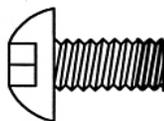
#38 M6 x 1  $\frac{1}{2}$ " Hex Bolt (Qty 4)



#35 M6 x 1  $\frac{1}{4}$ " Hex Bolt (Qty 4)

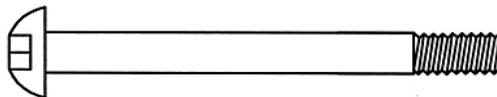


#36 M8 x  $\frac{3}{4}$ " Allen Bolt (Qty 2)



#31 L-shaped Lock Pin (Qty 1)

#44 M10 x  $\frac{3}{4}$ " Allen Bolt (Qty 5)



#37 M8 x 3  $\frac{3}{8}$ " Allen Bolt (Qty 1)



#39 M10 Aircraft Nut (Qty 6)



#40 M8 Aircraft Nut (Qty 1)



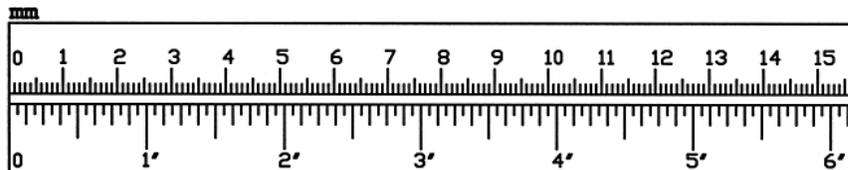
#41  $\varnothing$   $\frac{3}{4}$ " Washer (Qty 11)



#42  $\varnothing$   $\frac{5}{8}$ " Washer (Qty 4)



#45  $\varnothing$   $\frac{1}{2}$ " Washer (Qty 8)



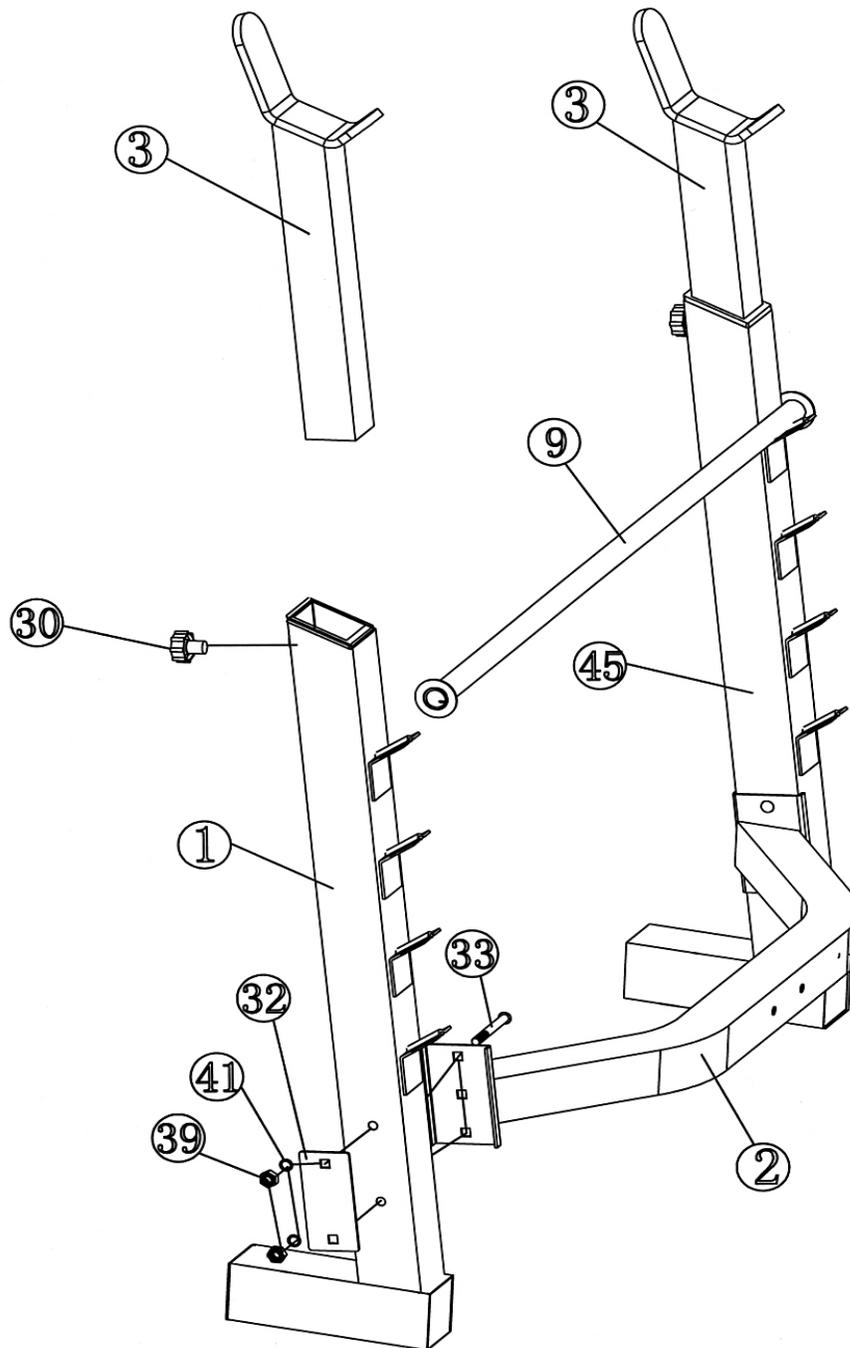
# ASSEMBLY INSTRUCTION

**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 Left and Right Upright Beams (#45 & #1) by a Cross Brace (#2) in the Mid-span. Secure each end of the Cross Brace with two M10 x 3 3/4" Carriage Bolts (#33), one 5 1/8" x 2 1/8" Bracket (#32), two  $\varnothing$  3/4" Washers (#41), and two M10 Aircraft Nuts (#39).
- B.) Insert two Crutches (#3) into the Left and Right Upright Beams. Secure each Crutch with a Lock Knob (#30) at selected height.
- C.) Place the Backrest Adjustment Bar (#9) onto the open slots on the Upright Beams to obtain the desired Backrest incline position.

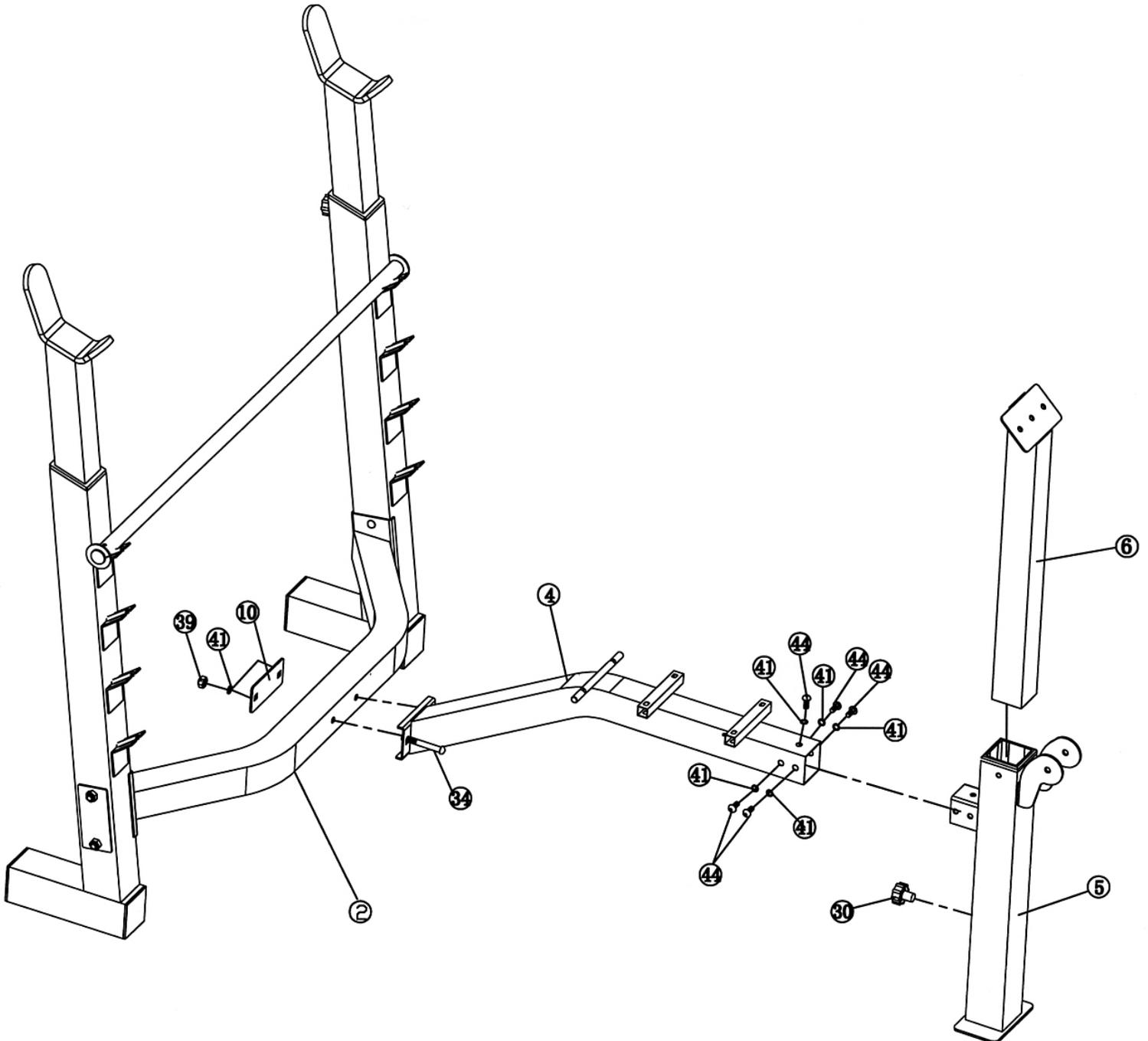
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Front Post (#5) to the Main Seat Support (#4). Secure it with five M10 x  $\frac{3}{4}$ " Allen Bolts (#44) and  $\text{\O} \frac{3}{4}$ " Washers (#41). DO NOT tighten the Bolts yet.
- B.) Attach the Main Seat Support to the Cross Brace (#2). Secure it with two M10 x 3  $\frac{1}{8}$ " Carriage Bolts (#34), one 4  $\frac{3}{4}$ " x 2" Bracket (#10), two  $\text{\O} \frac{3}{4}$ " Washers (#41), and two M10 Aircraft Nuts (#39).
- C.) Securely tighten all Nuts and Bolts previously installed.
- D.) Insert the Arm Curl Stand (#6) into the opening on the Front Post. Use a Lock Knob (#30) to hold the Stand in position.

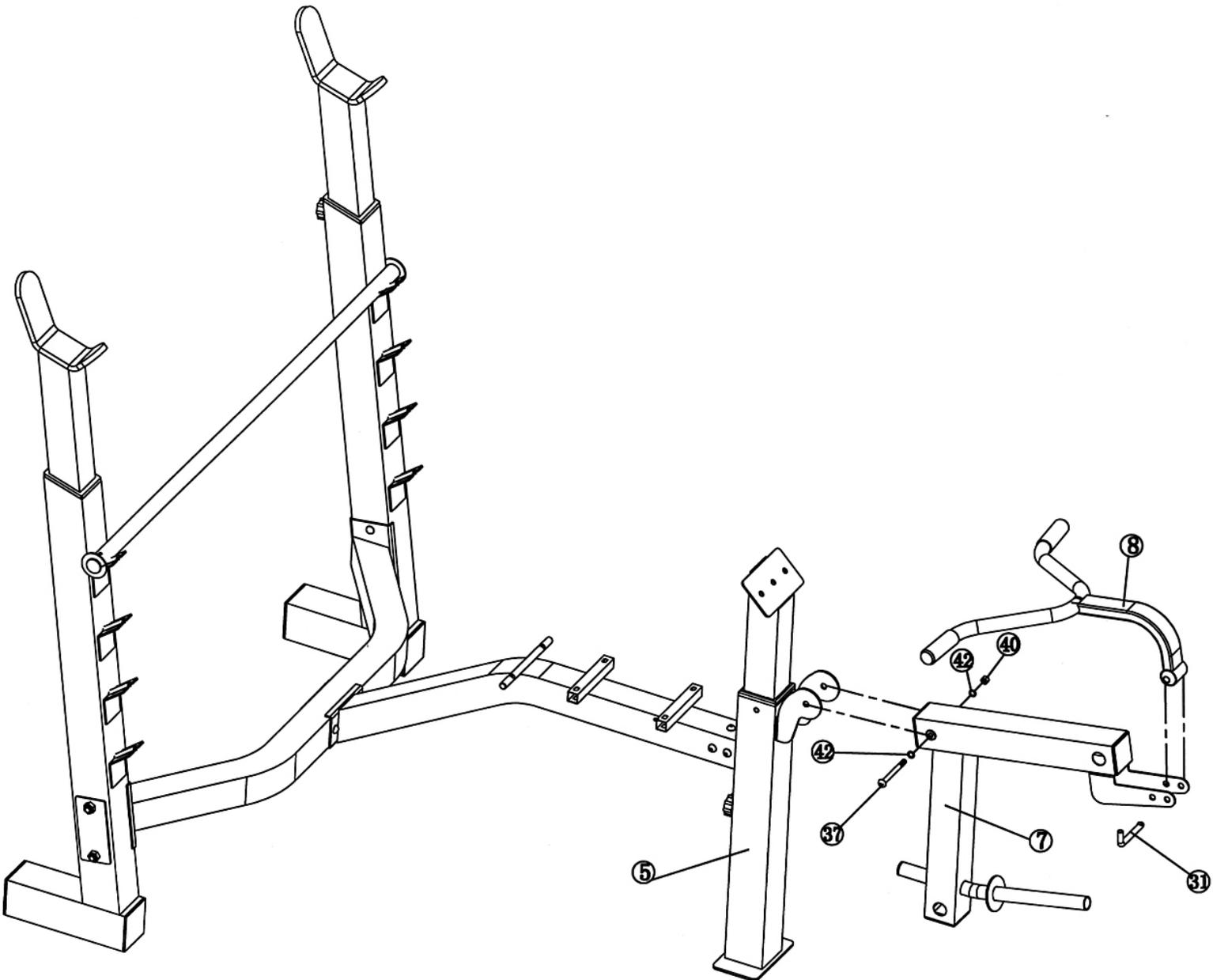
## DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#7) to the open bracket on the Front Post (#5). Secure it with one M8 x 3 3/8" Allen Bolt (#37), two Ø 5/8" Washers (#42), and one M8 Aircraft Nut (#40). Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.
- B.) Attach the Arm Curl Handle (#8) to the Leg Developer. Use the L-shaped Lock Pin (#31) to secure the Handle.
- C.) Remove the Arm Curl Handle when doing Leg Developer exercises.

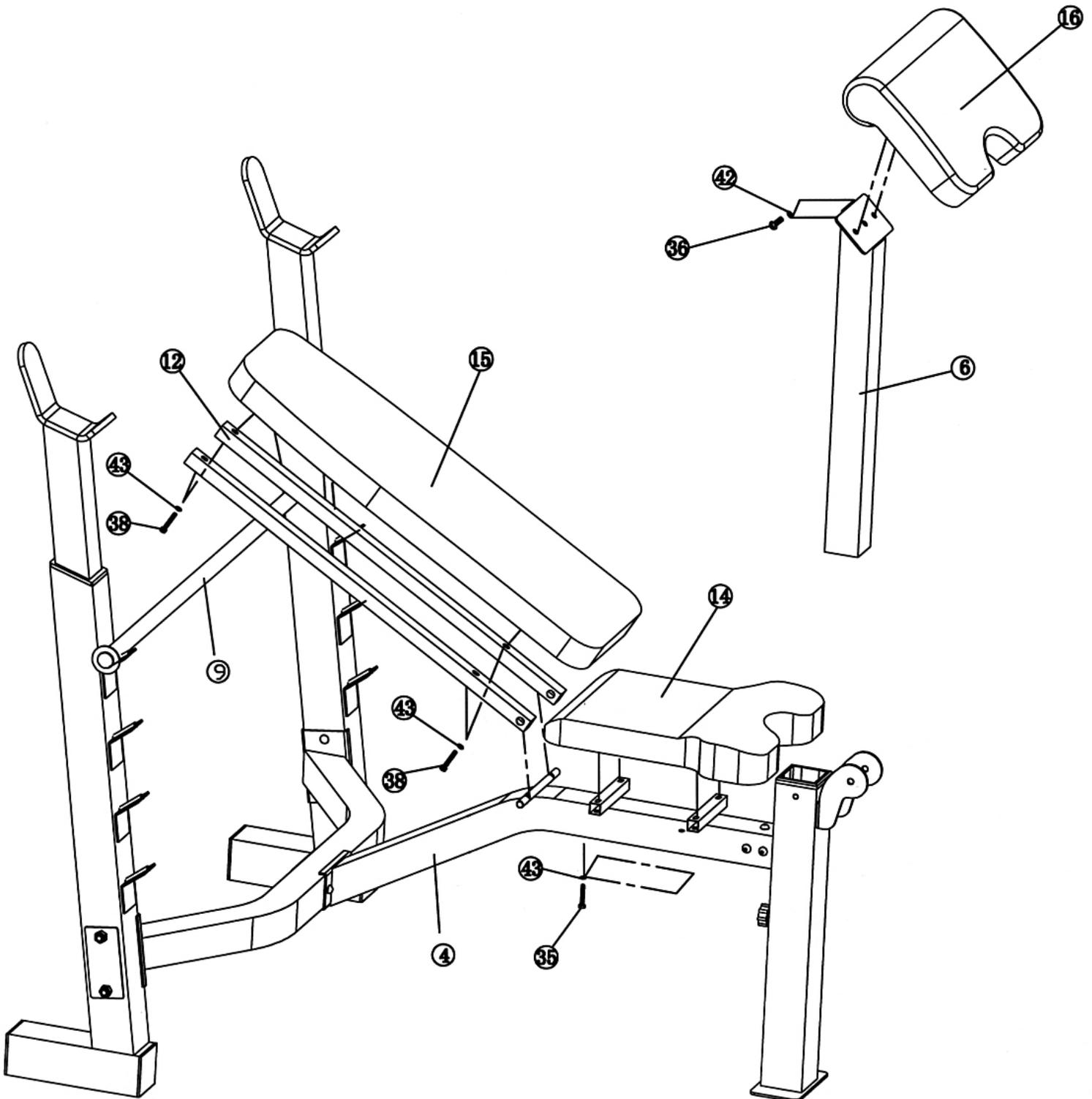
**DIAGRAM 3**



## STEP 4 (See Diagram 4)

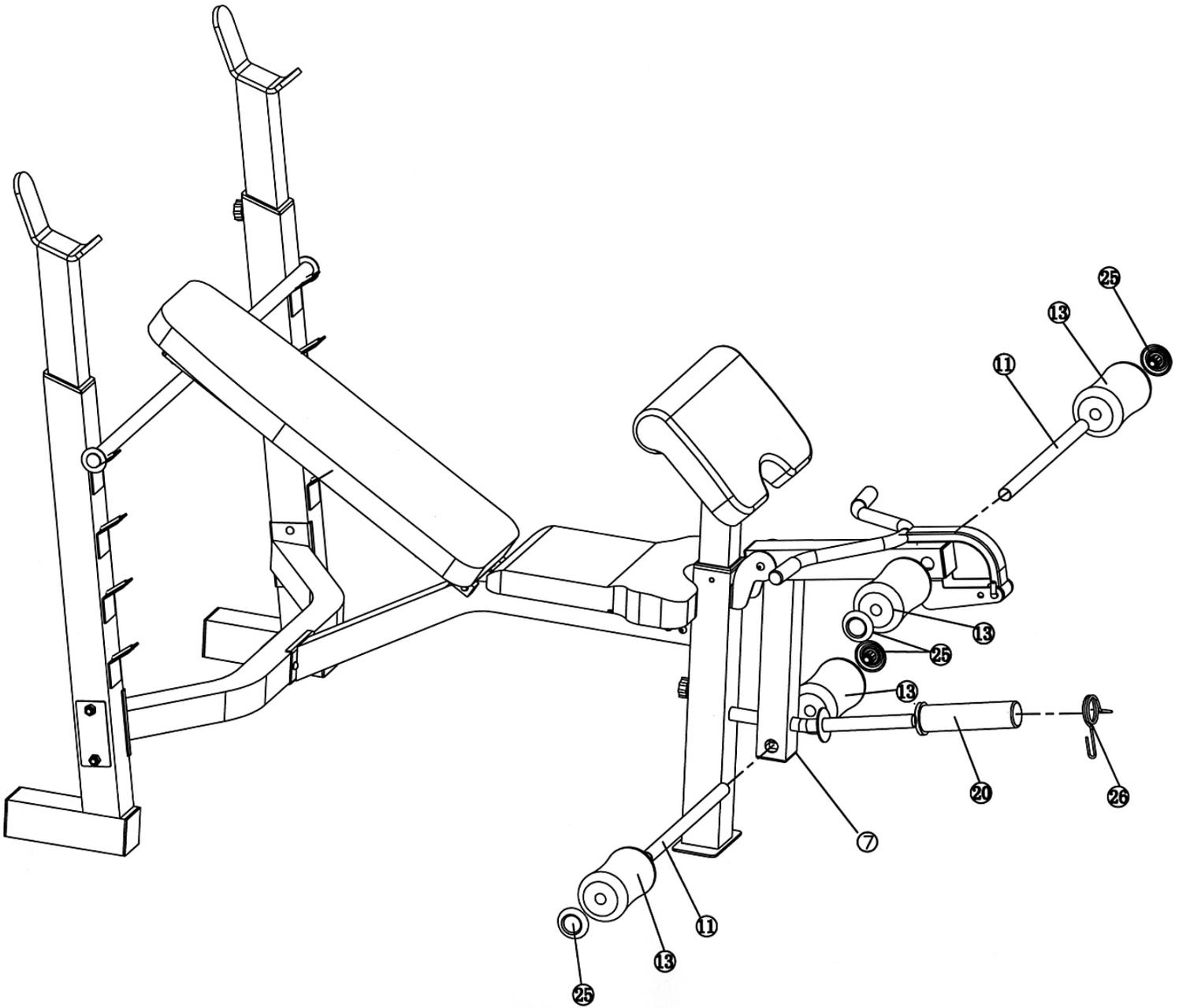
- A.) Attach the side holes on the two Backrest Supports (#12) to the pivot on the Main Seat Support (#4). Place the other end rest against the Backrest Adjustment Bar (#9).
- B.) Attach the Backrest Board (#15) onto the Backrest Supports. Secure it with four M6 x 1 1/2" Hex Bolts (#38) and Ø 1/2" Washers (#43).
- C.) Attach the Seat Pad (#14) to the Main Seat Support. Secure it with four M6 x 1 1/4" Hex Bolts (#35) and Ø 1/2" Washers (#43).
- D.) Attach the Arm Curl Pad (#16) to the Arm Curl Stand (#6). Secure it with two M8 x 3/4" Allen Bolts (#36) and Ø 5/8" Washers (#42).

### DIAGRAM 4

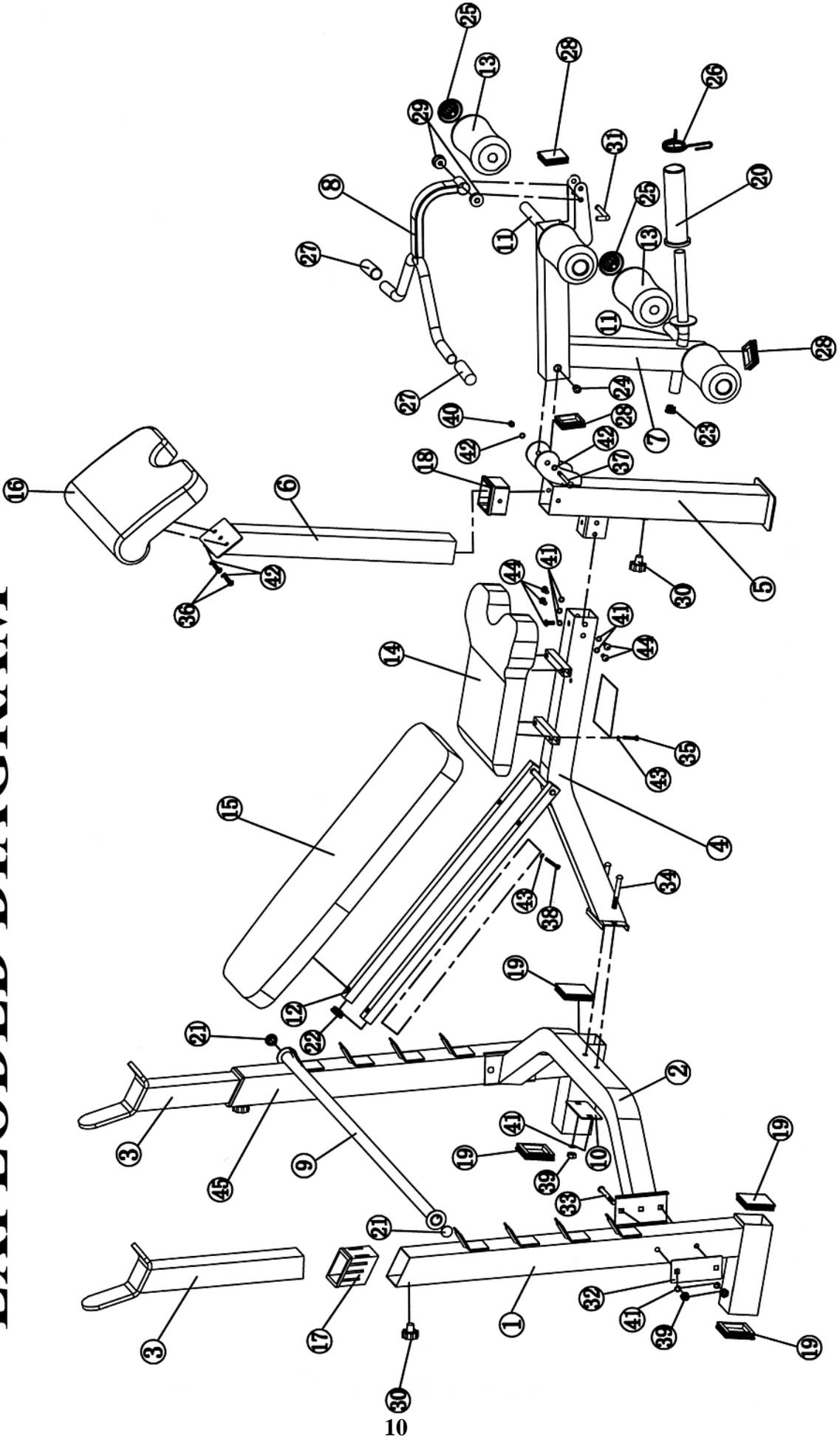


**STEP 5 (See Diagram 5)**

- A.) Insert two Foam Tubes (#11) halfway through the holes on the Leg Developer (#7). Push four Foam Rolls (#13) onto the Tubes from both ends. Plug four Foam Roll End Caps (#25) into the ends.
- B.) Attach the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#26) onto the Olympic Sleeve.

**DIAGRAM 5**

# EXPLODED DIAGRAM



## PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Right Upright Beam	1
2	Cross Brace	1
3	Crutch	2
4	Main Seat Support	1
5	Front Post	1
6	Arm Curl Stand	1
7	Leg Developer	1
8	Arm Curl Handle	1
9	Backrest Adjustment Bar	1
10	4 ¾" x 2" Bracket	1
11	Foam Tube	2
12	Backrest Support	2
13	Foam Roll	4
14	Seat Pad	1
15	Backrest Board	1
16	Arm Curl Pad	1
17	Crutch Sleeve	2
18	Arm Curl Stand Sleeve	1
19	3" Square End Cap	4
20	Olympia Sleeve	1
21	Ø 1 1/8" End cap	2
22	1" Square End Cap	2
23	Ø 1" End Cap	1
24	Bushing	2
25	Foam Roll End Cap	4
26	Spring Clip	1
27	Grip	2
28	2 3/8" Square End Cap	3
29	Ø 1 ¼" Bushing	2
30	Lock Knob	3
31	L-shaped Lock Pin	1
32	5 1/8" x 2 1/8" Bracket	2
33	M10 x 3 ¾" Carriage Bolt	4
34	M10 x 3 1/8" Carriage Bolt	2
35	M6 x 1 ¼" Hex Bolt	4
36	M8 x ¾" Allen Bolt	2
37	M8 x 3 3/8" Allen Bolt	1
38	M6 x 1 ½" Allen Bolt	4
39	M10 Aircraft Nut	6
40	M8 Aircraft Nut	1
41	Ø ¾" Washer	11
42	Ø 5/8" Washer	4
43	Ø ½" Washer	8
44	M10 x ¾" Allen Bolt	5
45	Left Upright Beam	1

# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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 for products return 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 [www.impex-fitness.com](http://www.impex-fitness.com)

**IMPEX<sup>®</sup> 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](mailto: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