

NOTE:
Please read all instructions
carefully before using this
product

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Model
MD-823

Retain This
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Reference

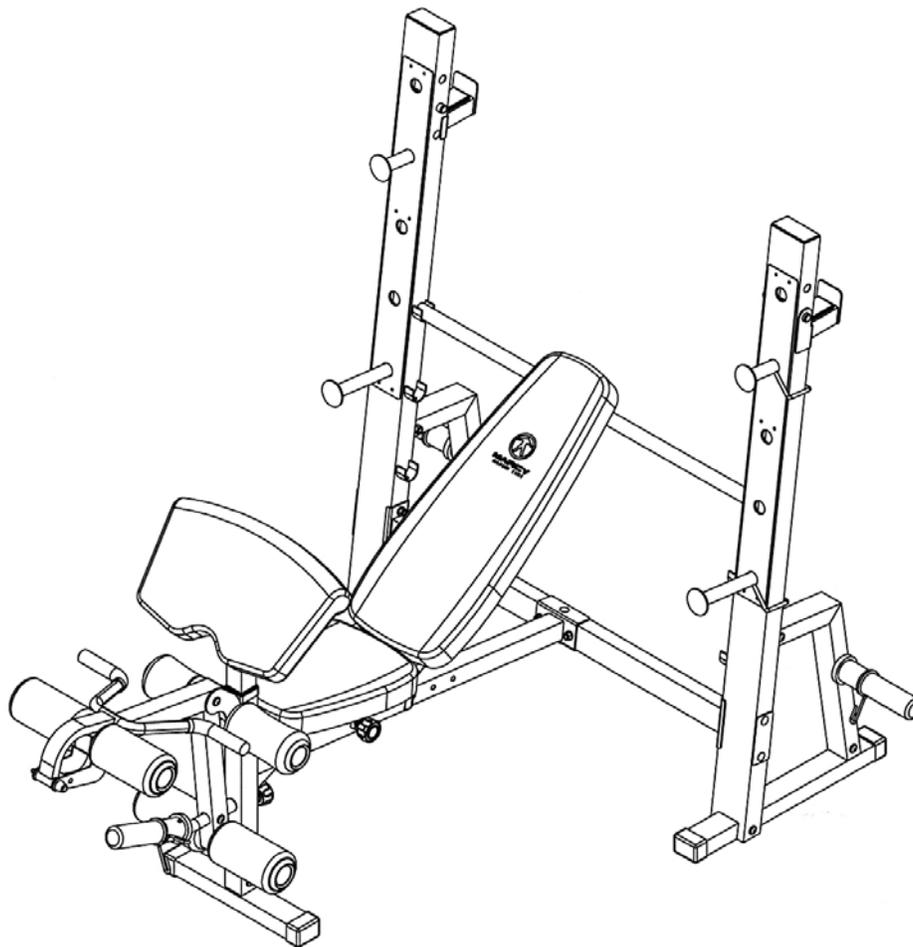
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OWNER'S
MANUAL

IMPEX

MARCY DIAMOND OLYMPIC BENCH

MD-823



IMPEX® INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY DIAMOND MD-823 Olympic Bench by IMPEX INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number.* Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 300 lbs.
15. Maximum weight on leg developer: 100 lbs.
16. Maximum weight on weight post: 100 lbs.

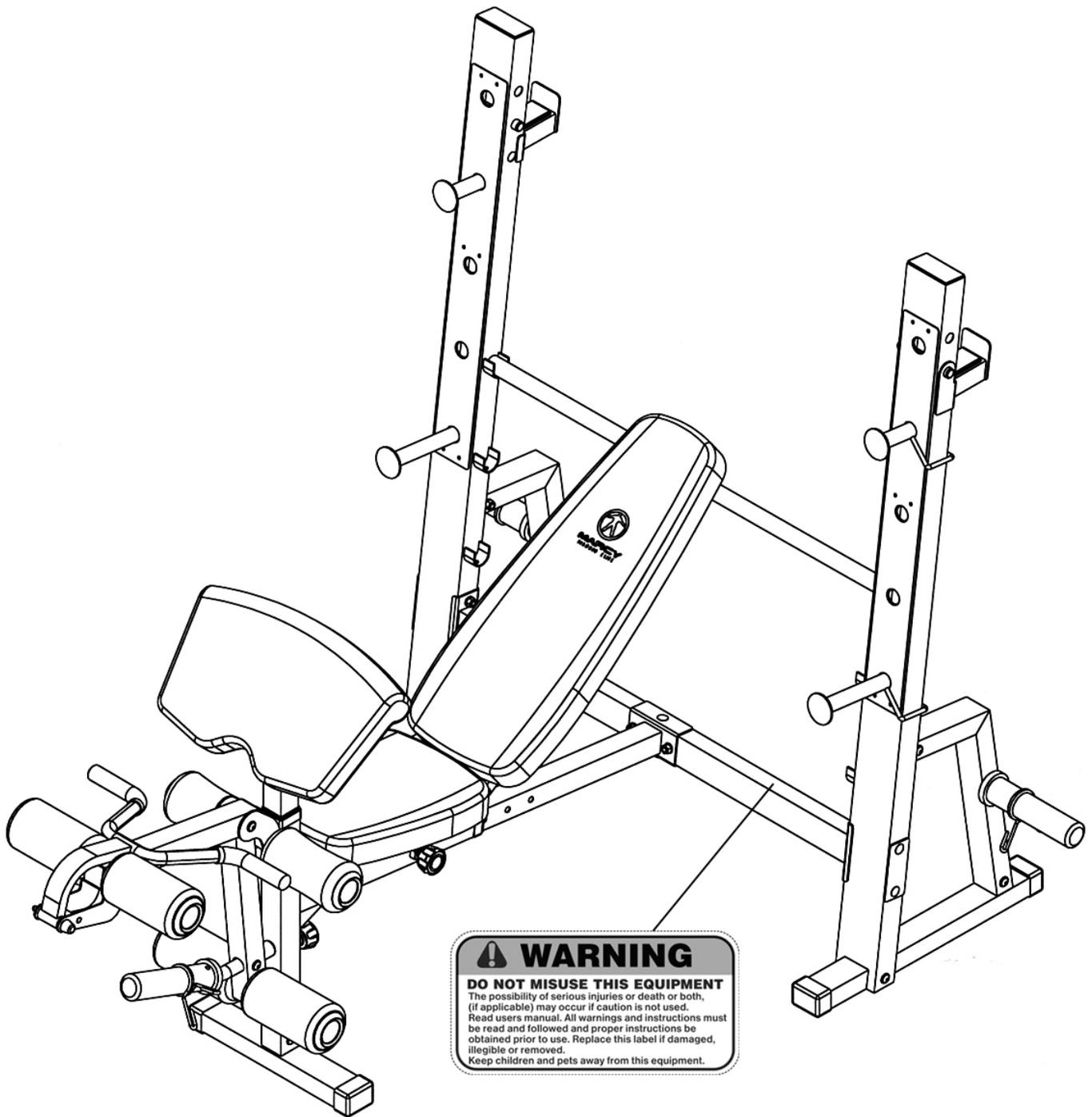
CARE AND MAINTENANCE

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.

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.

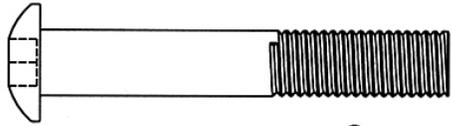
WARNING LABEL PLACEMENT



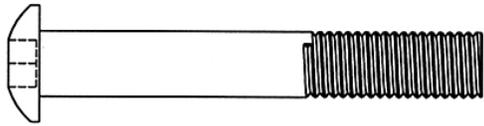
The Warning Label shown here has been placed on the Cross Brace. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

HARDWARE PACK

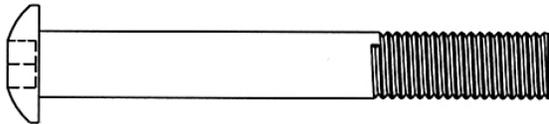
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



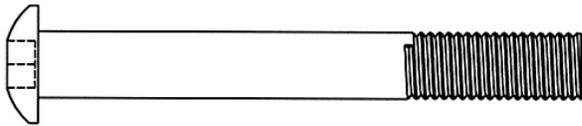
#58 M10 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 1)



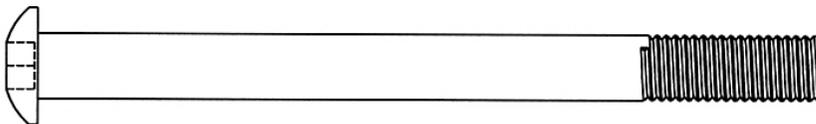
#59 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 1)



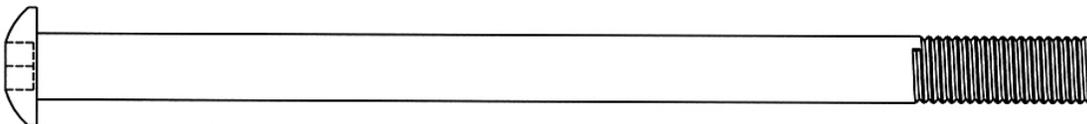
#60 M10 x 3" Allen Bolt (Qty 4)



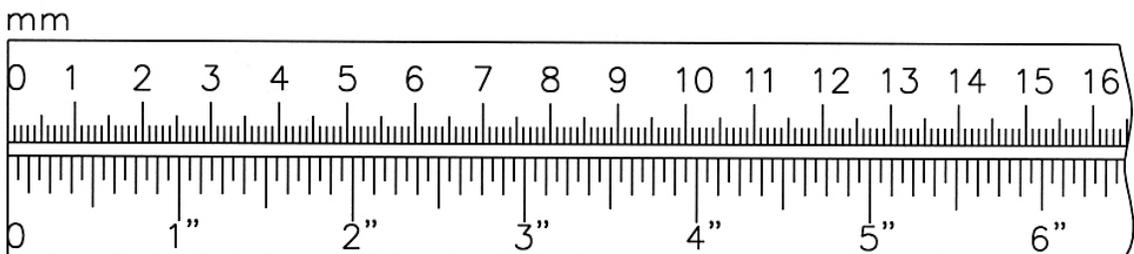
#61 M10 x 3 $\frac{1}{8}$ " Allen Bolt (Qty 1)



#62 M10 x 4 $\frac{1}{2}$ " Allen Bolt (Qty 2)

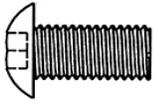


#63 M10 x 6 $\frac{1}{8}$ " Allen Bolt (Qty 1)

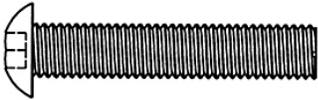


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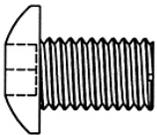
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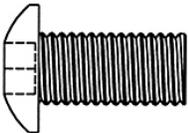
#54 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



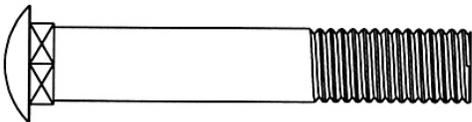
#55 M8 x $1 \frac{5}{8}$ " Allen Bolt (Qty 8)



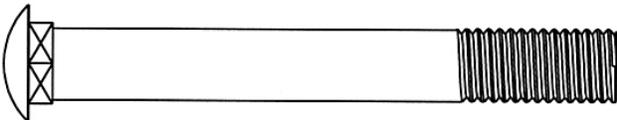
#56 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 3)



#57 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 2)

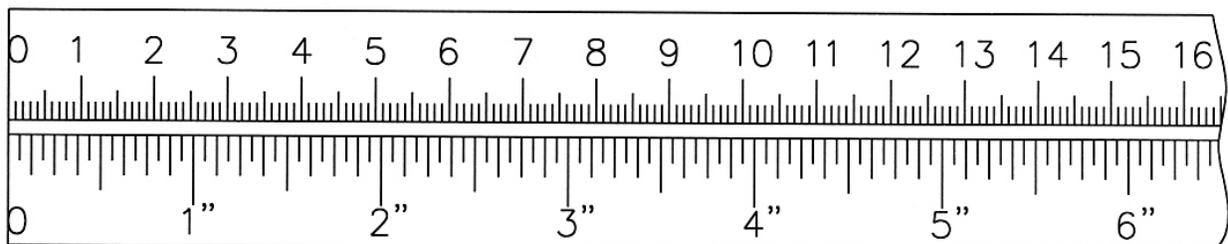


#64 M10 x $2 \frac{3}{8}$ " Carriage Bolt (Qty 2)



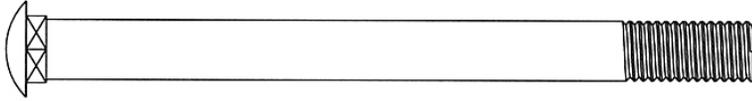
#65 M10 x $3 \frac{1}{8}$ " Carriage Bolt (Qty 1)

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HARDWARE PACK

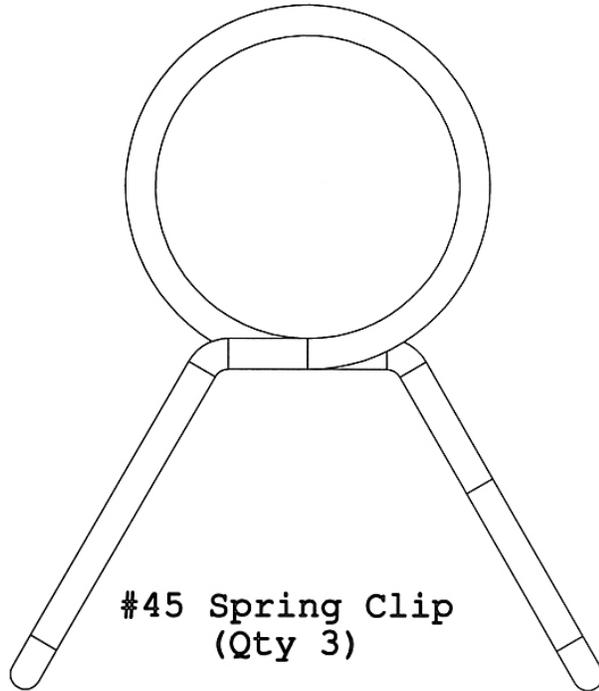
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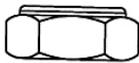
#66 M10 x 4 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



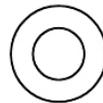
#48 $\varnothing \frac{3}{4}$ " x $\frac{3}{8}$ " Bushing
(Qty 2)



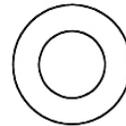
#45 Spring Clip
(Qty 3)



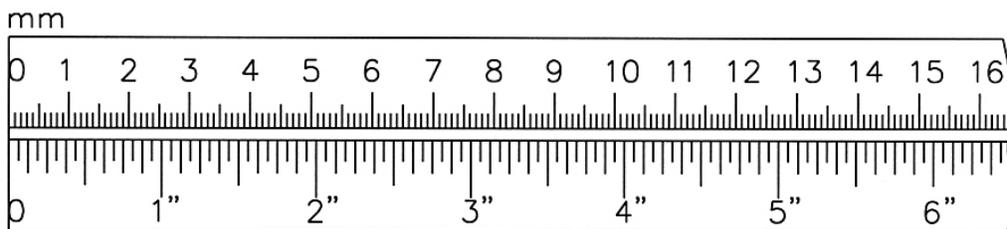
#68 M10 Aircraft Nut
(Qty 17)



#69 $\varnothing \frac{5}{8}$ " Washer
(Qty 10)



#70 $\varnothing \frac{3}{4}$ " Washer
(Qty 32)



ASSEMBLY INSTRUCTION

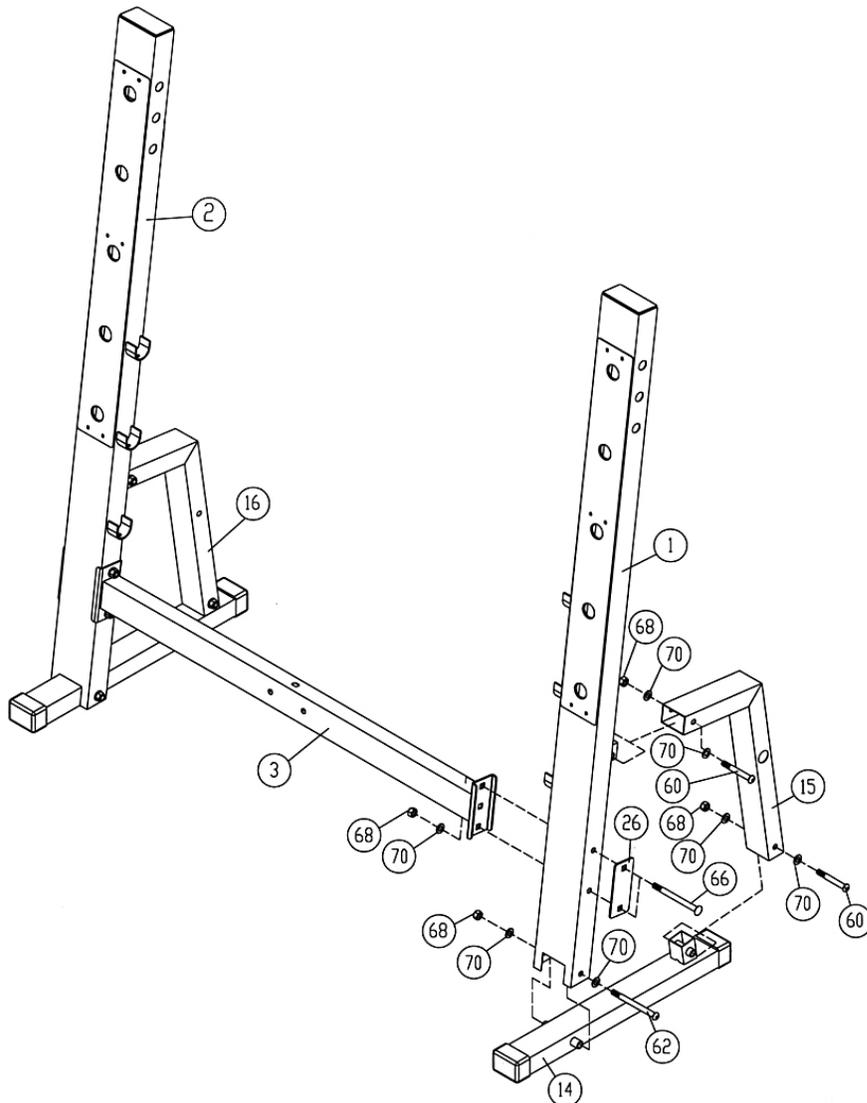
Tools required for assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

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

STEP 1 (See Diagram 1)

- A.) Do not tighten Nuts and Bolts until instructed to do so.
- B.) Attach the Left Upright Beam (#1) to a Rear Base Frame (#14). Secure it with one M10 x 4 ½" Allen Bolt (#62), one Ø ¾" Washer (#70), and one M10 Aircraft Nut (#68).
- C.) Attach Left Diagonal Support (#15) to Left Upright Beam and the Rear Base. Secure each end with one M10 x 3" Allen Bolt (#60), two Ø ¾" Washers (#70), and one M10 Aircraft Nut (#68).
- D.) Repeat B & C above to install Right Upright Beam (#2), Right Diagonal Support (#16), and the other Rear Base together.
- E.) Connect the Left and Right Upright Beams with a Cross Brace (#3) in the mid-span. Secure each end with two M10 x 4 ¾" Carriage Bolts (#66), one 4 ¾" x 2" Bracket (#26), two Ø ¾" Washers (#70), and two M10 Aircraft Nuts (#68).

DIAGRAM 1



STEP 2 (See Diagram 2)

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

B.) Attach the Leg developer Holder (#5) to the Front Base (#10). Secure it with two M10 x 5/8" Allen Bolts (#56) and two Ø 3/4" Washers (#70). Thread a Lock Knob (#51) into the Leg Developer Holder.

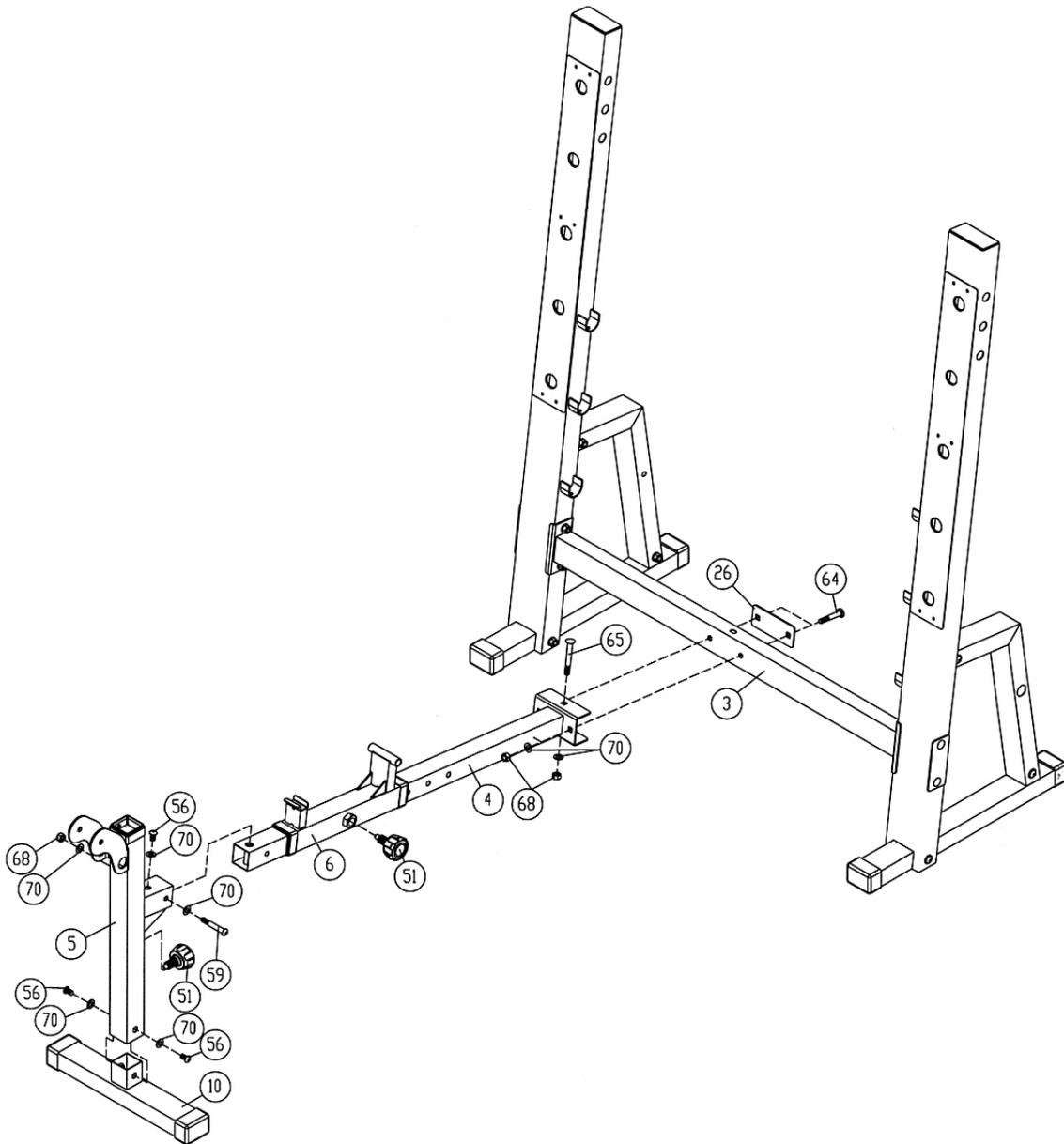
C.) Slide the Sliding Block (#6) onto the Main Seat Support (#4). Thread a Lock Knob into the selected hole to hold the Sliding Block in position.

D.) Attach the Main Seat Support to the Leg Developer Holder. Secure it from top with one M10 x 5/8" Allen Bolt (#56) and one Ø 3/4" Washer (#70). Secure it with side with one M10 x 2 1/2" Allen Bolt (#59), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#68).

E.) Attach the Main Seat Support to the Cross Brace (#3). Secure it from the rear with two M10 x 2 3/8" Carriage Bolts (#64), one 4 3/4" x 2" Bracket (#26), two Ø 3/4" Washers (#70), and two M10 Aircraft Nuts (#68). Secure it from the top with one M10 x 3 1/8" Carriage Bolt (#65), one Ø 3/4" Washer (#70), and one M10 Aircraft Nut (#68).

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

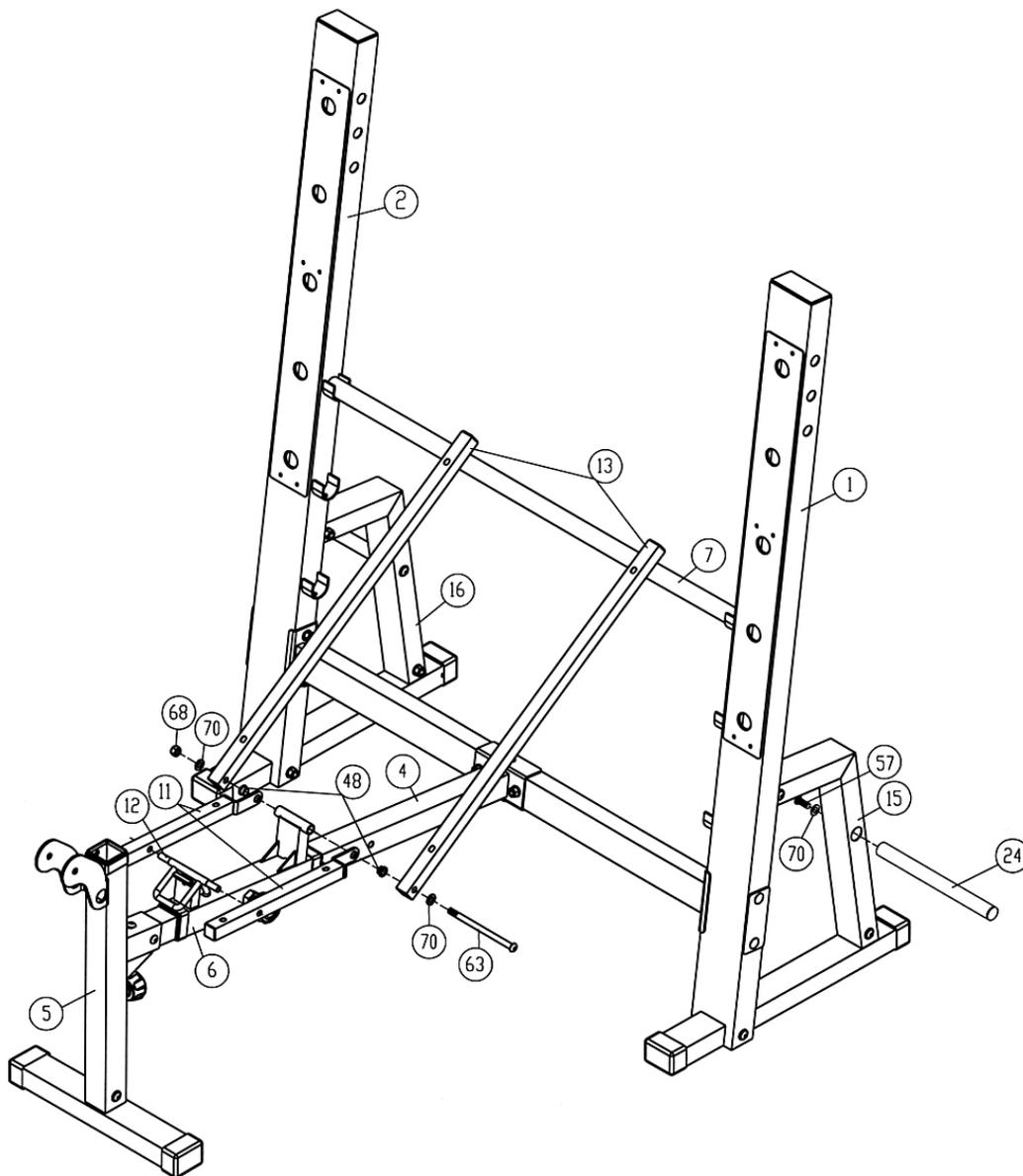
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Place the Backrest Adjustment Bar (#7) onto the selected slots on the Left & Right Upright Beam (#1 & #2).
- B.) Attach the pivot on Seat Incline Support (#12) into the side holes on the two Seat Supports (#11). Place the other end of Seat Incline Support to the open slot on Sliding Block (#6).
- C.) Attach the brackets at the end of the two Seat Supports to the pivot on the Sliding Block (#6). Attach the bottom side holes on the two Backrest Supports (#13) to the brackets on Seat Supports. Align the holes. Secure them together with one M10 x 6 1/8" Allen Bolt (#63), two $\text{\O} \frac{3}{4}$ " Washers (#70), and one M10 Aircraft Nut (#68). **Do over tighten the Nut and Bolt. Make sure the Seat Supports and Backrest Supports are able to move freely.** Place the other end of Backrest Board rest against the Backrest Adjustment Bar.
- D.) Use the Backrest Adjustment Bar and Seat Incline Support to adjust the incline of Seat and Backrest.
- E.) Attach a Weight Post (#24) to Left & Right Diagonal Support (#15 & #16). Secure each Post with one M10 x $\frac{3}{4}$ " Allen Bolt (#57) and one $\text{\O} \frac{3}{4}$ " Washer (#70).

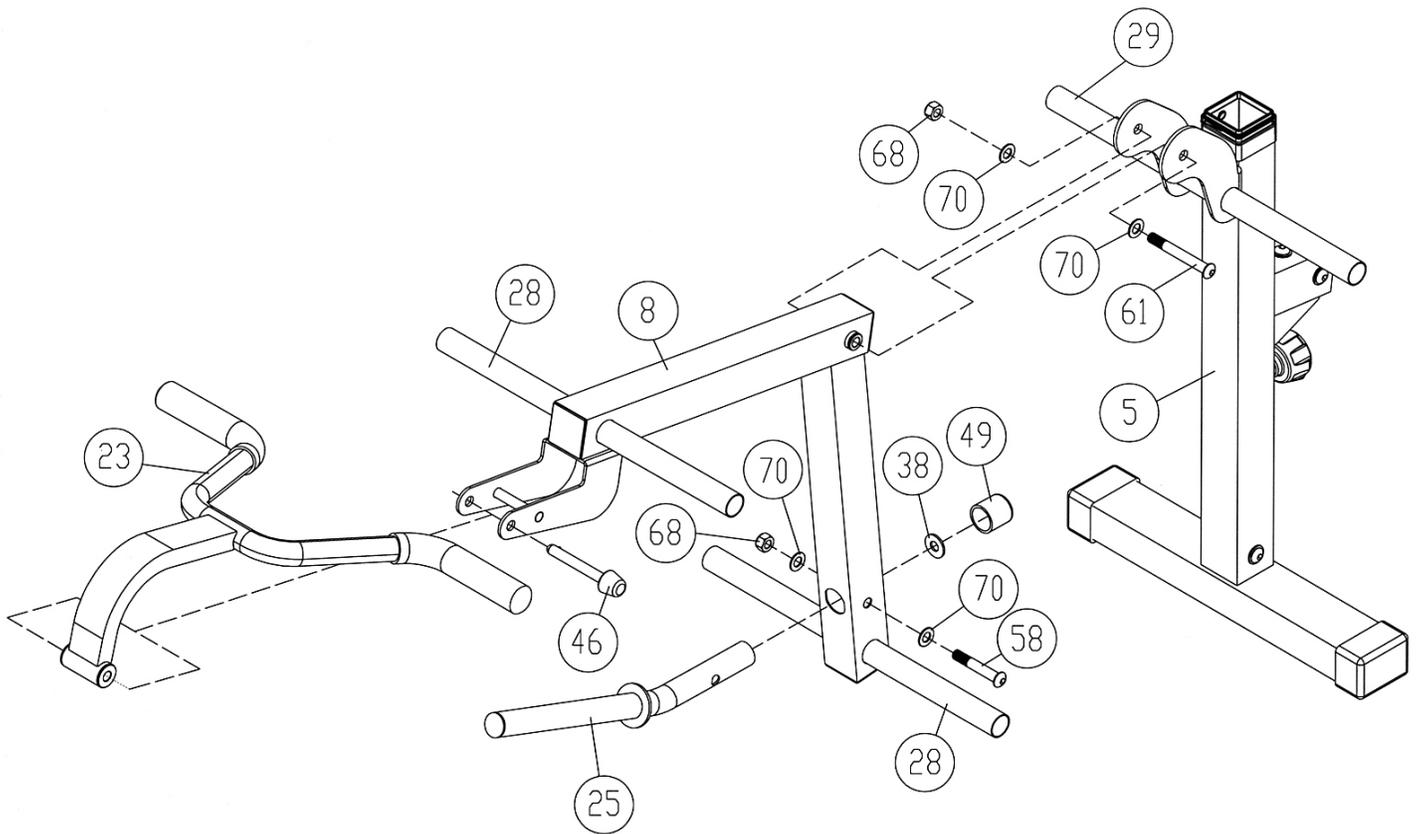
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#8) to the Leg Developer Holder (#5). Secure it with one M10 x 3 1/8" Allen Bolt (#61), two \varnothing 3/4" Washers (#70), and one M10 Aircraft Nut (#68).
- B.) Insert the Leg Developer Weight Post (#25) into the hole on Leg Developer. Secure it with one M10 x 2 3/8" Allen Bolt (#58), two \varnothing 3/4" Washers (#70), and one M10 Aircraft Nut (#68). Cover the end of Post with one \varnothing 1" x \varnothing 3/8" Spacer (#38) and one \varnothing 1 1/8" x 1 1/8" Rubber Bumper (#49).
- C.) Attach the Arm Curl Handle (#23) to the hole on the Leg Developer. Secure it with the Lock Pin (#46).
- D.) Insert the Long Foam Tube (#29) halfway through the hole on Leg Developer Holder. Insert two Foam Tubes (#28) halfway through the holes on Leg Developer.

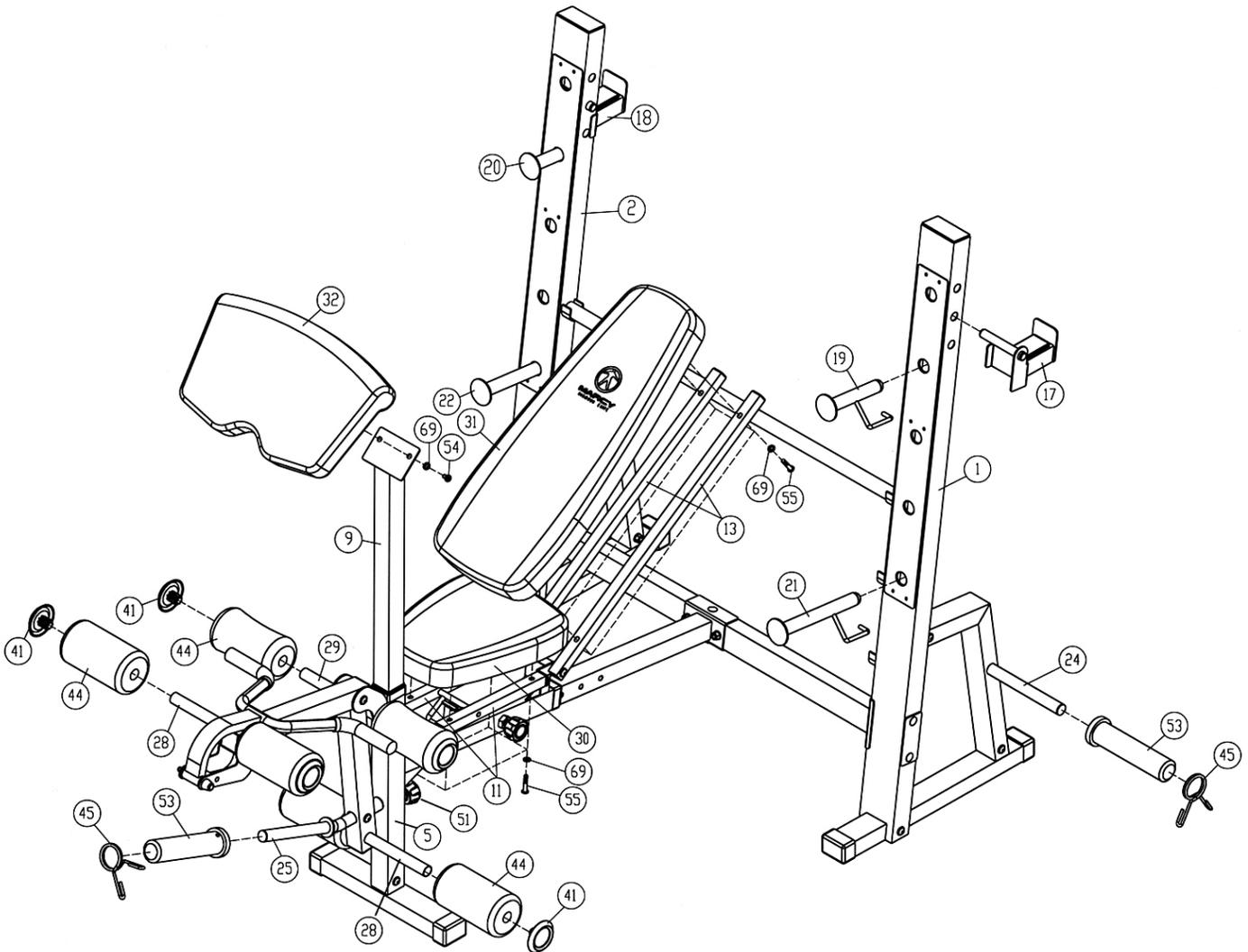
DIAGRAM 4

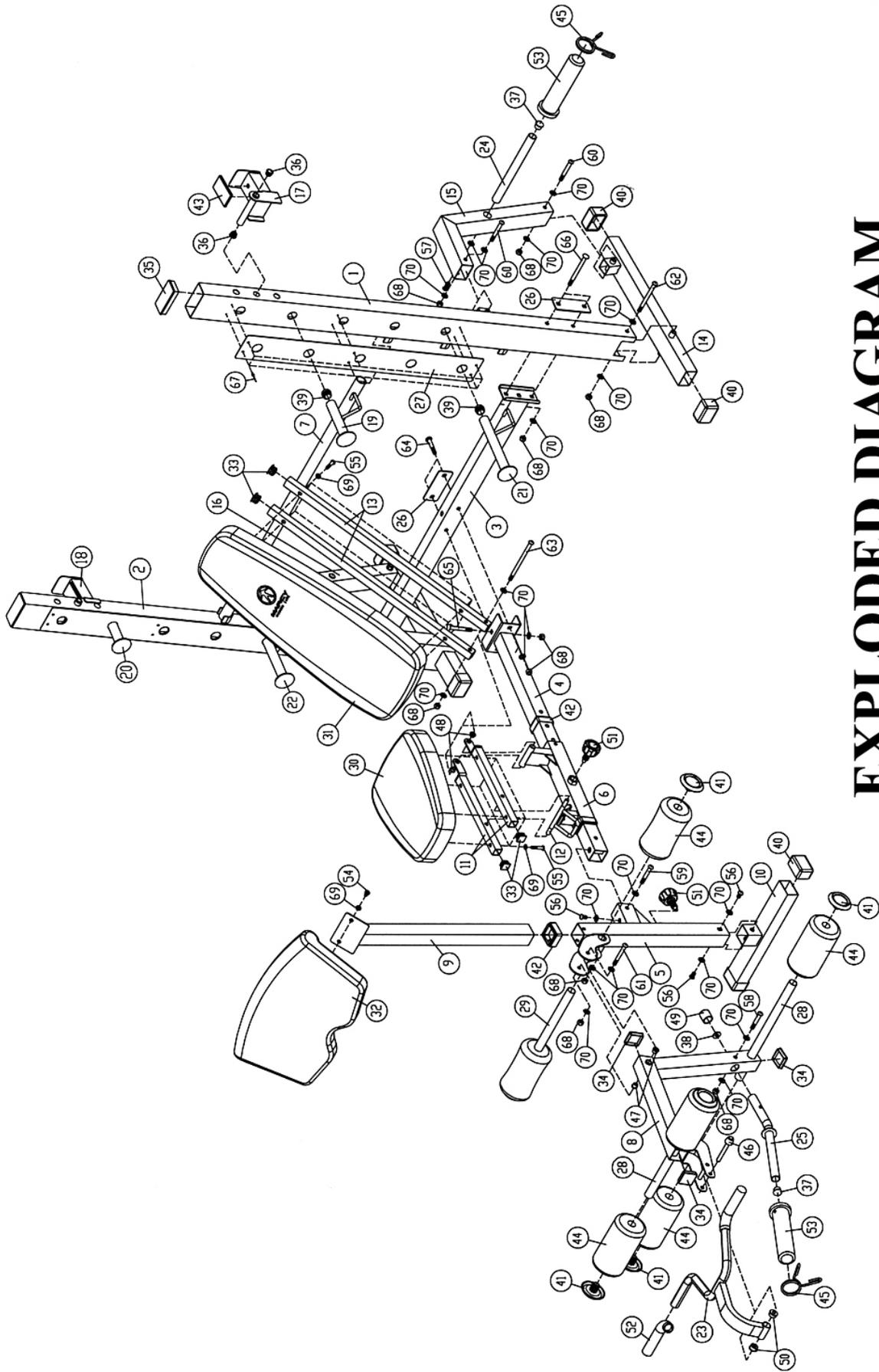


STEP 5 (See Diagram 5)

- A.) Attach the Backrest Board (#31) to the Backrest Supports (#13). Secure it with four M8 x 1 5/8" Allen Bolts (#55) and four Ø 5/8" Washers (#69).
- B.) Attach the Seat Pad (#30) to the Seat Supports (#11). Secure it with four M8 x 1 5/8" Allen Bolts (#55) and four Ø 5/8" Washers (#69).
- C.) Attach the Arm Curl Pad (#32) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Allen Bolts (#54) and two Ø 5/8" Washers (#69). Insert the Arm Stand into the opening on Leg Developer Holder (#5). Use the Lock Knob (#51) to lock the Stand in position.
- D.) Attach six Foam Rolls (#44) to the Long Foam Tube (#29) and the two Foam Tubes (#28). Plug six Foam Roll End Caps (#41) into the ends of the Tubes.
- E.) Attach three Olympic Sleeves (#53) to the two Weight Posts (#24) and the Leg Developer Weight Pos (#25). Attach a Spring Clip (#45) to each Olympic Sleeve.
- F.) Attach the Left & Right Squat Bar Catch (#17 & #18) into selected holes on Left & Right Upright Beam (#1 & #2).
- G.) Attach the Left & Right Bar Catch (#19 & #20), Left & Right Safety Catch (#21 & #22) to selected holes on Left & Right Upright Beam.

DIAGRAM 5





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Left Upright Beam	1	51	Lock Knob	2
2	Right Upright Beam	1	52	Grip	2
3	Cross Brace	1	53	Olympic Sleeve	3
4	Main Seat Support	1	54	M8 x 5/8" Allen Bolt	2
5	Leg Developer Holder	1	55	M8 x 1 5/8" Allen Bolt	8
6	Sliding Block	1	56	M10 x 5/8" Allen Bolt	3
7	Backrest Adjustment Bar	1	57	M10 x 3/4" Allen Bolt	2
8	Leg Developer	1	58	M10 x 2 3/8" Allen Bolt	1
9	Arm Curl Stand	1	59	M10 x 2 1/2" Allen Bolt	1
10	Front Base	1	60	M10 x 3" Allen Bolt	4
11	Seat Support	2	61	M10 x 3 1/8" Allen Bolt	1
12	Seat Incline Support	1	62	M10 x 4 1/2" Allen Bolt	2
13	Backrest Support	2	63	M10 x 6 1/8" Allen Bolt	1
14	Rear Base	2	64	M10 x 2 3/8" Carriage Bolt	2
15	Left Diagonal Support	1	65	M10 x 3 1/8" Carriage Bolt	1
16	Right Diagonal Support	1	66	M10 x 4 3/4" Carriage Bolt	4
17	Left Squat Bar Catch	1	67	Rivet	12
18	Right Squat Bar Catch	1	68	M10 Aircraft Nut	17
19	Left Bar Catch	1	69	Ø 5/8" Washer	10
20	Right Bar Catch	1	70	Ø 3/4" Washer	32
21	Left Safety Catch	1			
22	Right Safety Catch	1		1	
23	Arm Curl Handle	1			
24	Weight Post	2			
25	Leg Developer Weight Post	1			
26	4 3/4" x 2" Bracket	3			
27	Panel	2			
28	Foam Tube	2			
29	Long Foam Tube	1			
30	Seat Pad	1			
31	Backrest Board	1			
32	Arm Curl Pad	1			
33	1" Square End Cap	4			
34	1 3/4" Square End Cap	3			
35	2" x 4" End Cap	2			
36	Ø 3/4" End Cap	4			
37	Ø 1" End Cap	3			
38	Ø 1" x Ø 3/8" Spacer	1			
39	Ø 1 1/8" End Cap	4			
40	1 5/8" x 2 3/8" Base End Cap	6			
41	Foam Roll End Cap	6			
42	2" x 1 3/4" Sleeve	3			
43	3 3/8" x 2" Rubber Bumper	2			
44	Foam Roll	6			
45	Sprint Clip	3			
46	Lock Pin	1			
47	Ø 3/4" x 1/2" Bushing	2			
48	Ø 3/4" x 3/8" Bushing	2			
49	Ø 1 1/8" x 1 1/8" Rubber Bumper	1			
50	Ø 1" x 3/8" Bushing	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.
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