

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model  
MWM-1100

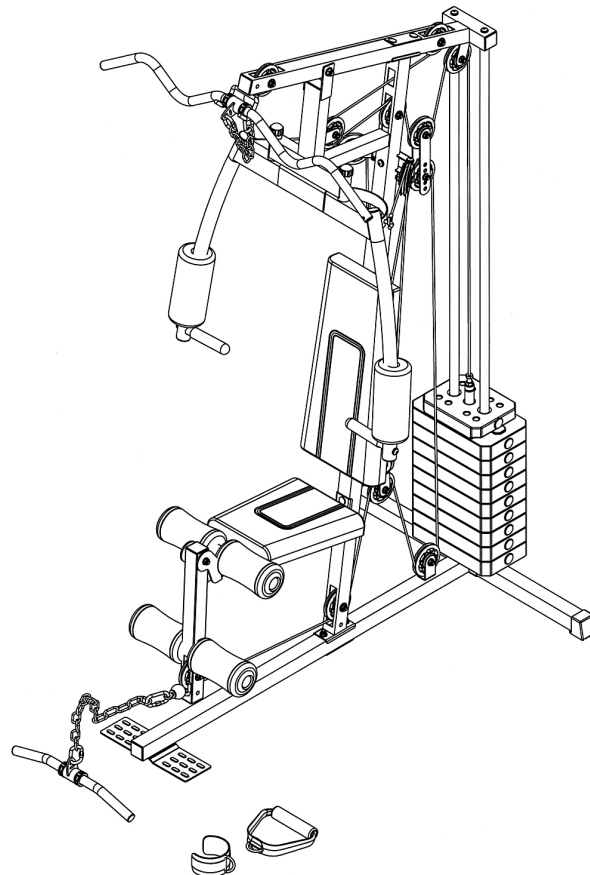
Retain This  
Manual for  
Reference

08-10-09

OWNER'S  
MANUAL

**IMPEX**  
F I T N E S S P R O D U C T S

## MARCY HOME GYM MWM-1100



**IMPEX<sup>®</sup> INC.**

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## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	4
ASSEMBLY INSTRUCTIONS.....	7
EXPLODED DIAGRAM.....	19
PARTS LIST.....	20
RESISTANCE CHART.....	21
WARRANTY.....	22
ORDERING PARTS.....	22

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM-1100 HOME GYM 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 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 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. Do not intend to insert weight selector pin while the weight stack or top plate is in elevated position.
14. Be certain the weight Selector Pin is completely inserted.
15. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
16. This machine is designed and intended for home and consumer use only, not for commercial use.

## **CARE AND MAINTENANCE**

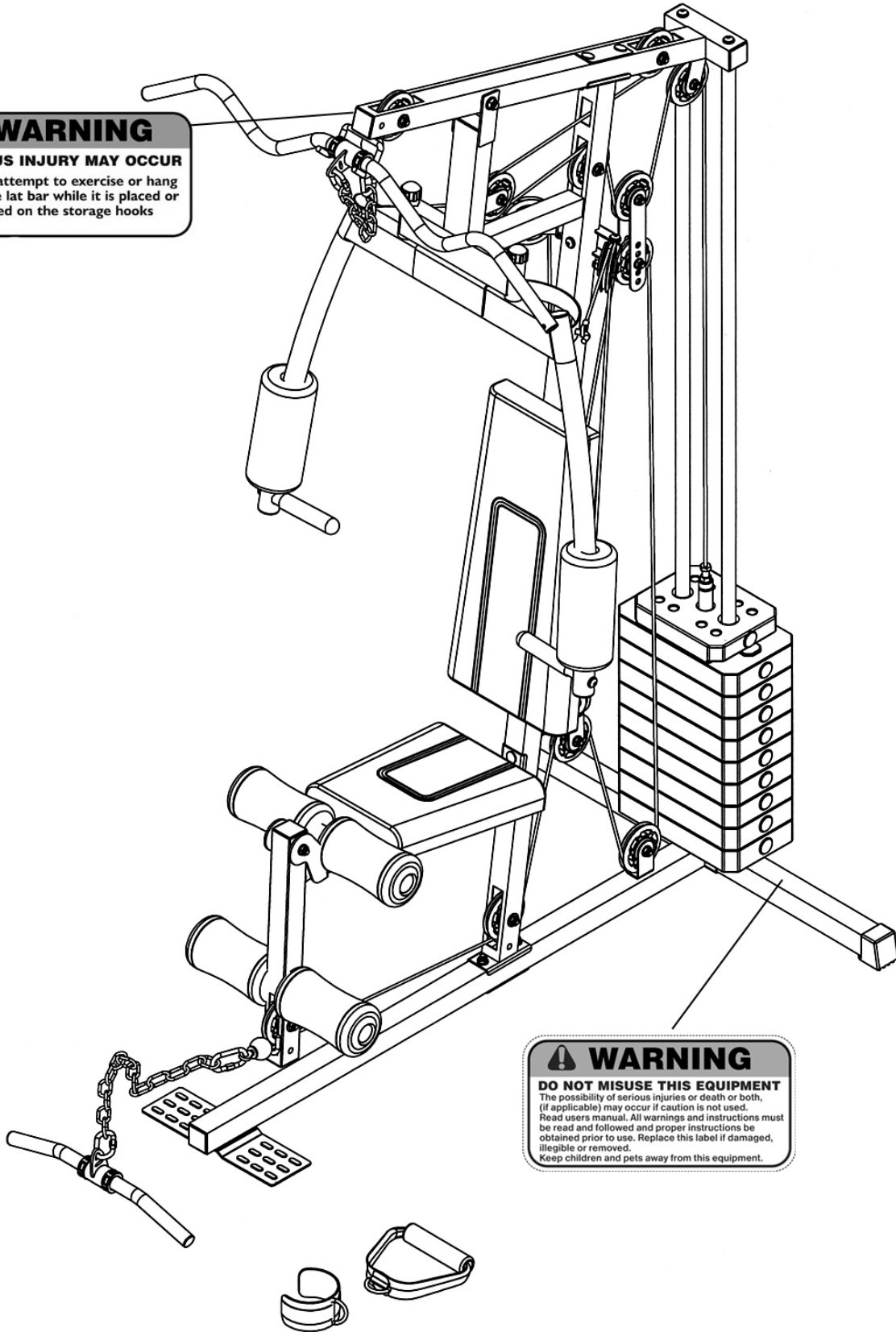
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.

**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

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

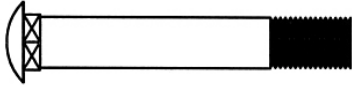


**⚠ WARNING**  
**DO NOT MISUSE THIS EQUIPMENT**  
The possibility of serious injuries or death or both, (if applicable) may occur if caution is not used. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment.

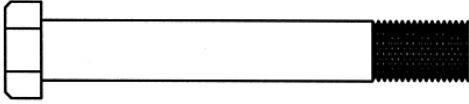
The warning labels shown here have been placed on the Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacements. Apply the labels in the location shown.

# HARDWARE PACK

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



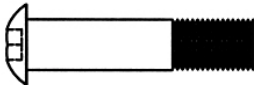
#60 M10 x 2  $\frac{1}{2}$ " Carriage Bolt (Qty 8)



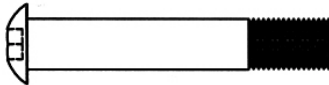
#61 M12 x 3  $\frac{3}{8}$ " Hex Bolt (Qty 1)



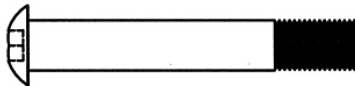
#62 M10 x 1" Allen Bolt (Qty 7)



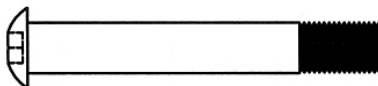
#63 M10 x 1  $\frac{3}{4}$ " Allen Bolt (Qty 9)



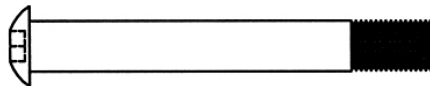
#64 M10 x 2  $\frac{3}{8}$ " Allen Bolt (Qty 5)



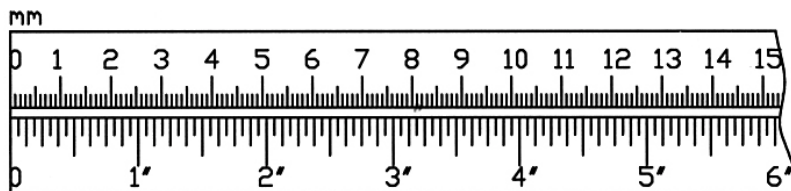
#65 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 2)



#66 M10 x 2  $\frac{3}{4}$ " Allen Bolt (Qty 1)

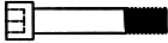


#67 M10 x 3  $\frac{1}{8}$ " Allen Bolt (Qty 1)

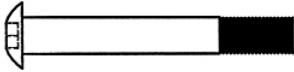


# HARDWARE PACK

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



#58 M6 x 1  $\frac{3}{8}$ " Allen Bolt (Qty 2)



#68 M8 x 2  $\frac{3}{8}$ " Allen Bolt (Qty 4)



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



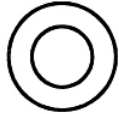
#72 M10 Aircraft Nut (Qty 27)



#70  $\varnothing$   $\frac{3}{4}$ " Washer (Qty 42)



#73 M12 Aircraft Nut (Qty 1)



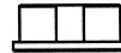
#71  $\varnothing$  1" Washer (Qty 2)



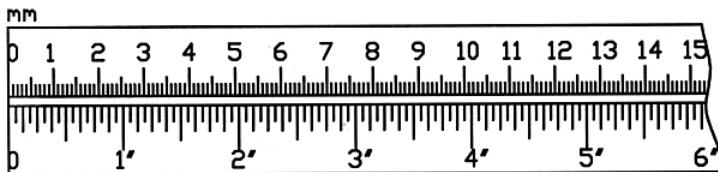
#23 M6 Aircraft Nut (Qty 2)



#54  $\varnothing$   $\frac{3}{4}$ " Leg Developer  
Bushing (Qty 2)

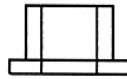


#53  $\varnothing$  1" X  $\varnothing$   $\frac{1}{2}$ " Bushing (Qty 2)

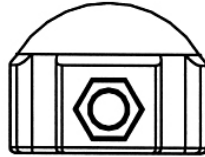


# HARDWARE PACK

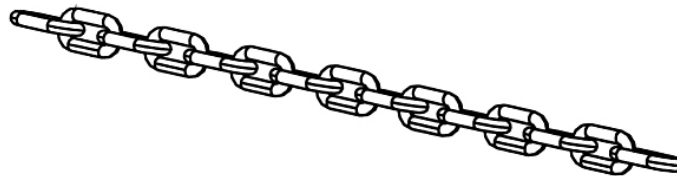
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



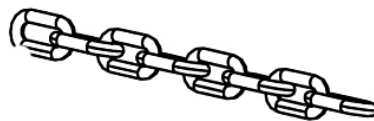
#39  $\varnothing$  1" x  $\frac{1}{2}$ " Pulley  
Bushing (Qty 10)



#41 Lock Ring (Qty 2)



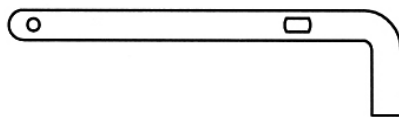
#29 15-link Chain (Qty 1)



#30 8-link Chain (Qty 1)



#31 C-clip (Qty 4)



#57 L-Shaped Pin (Qty 1)

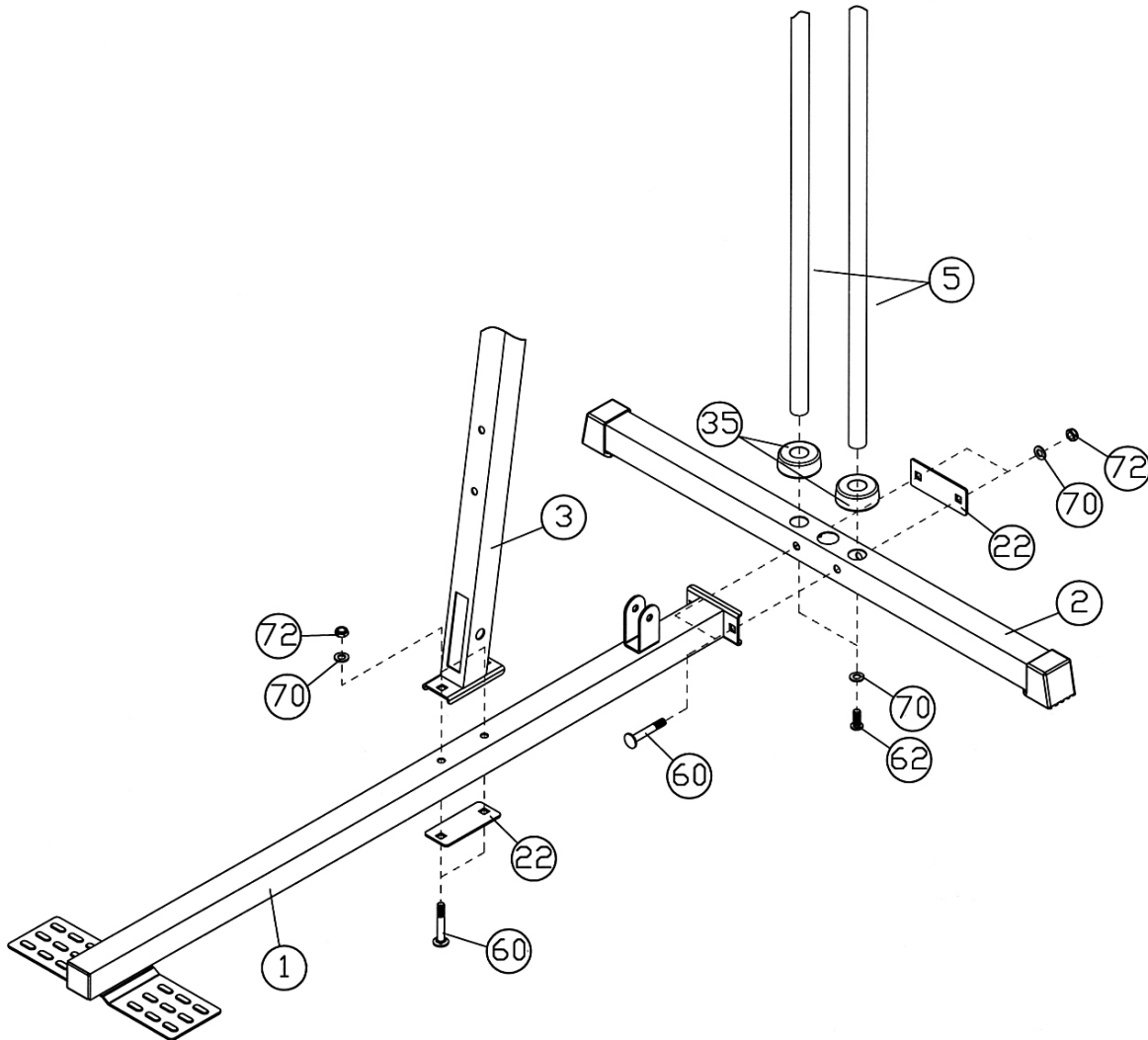
# ASSEMBLY INSTRUCTION

**Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Slide two  $\text{Ø } 2 \frac{1}{2}$ " x 1" Rubber Bumpers (#35) onto the two Guide Rods (#5). Insert the two Guide Rods into the holes on the Rear Stabilizer (#2). Secure each Guide Rod with one M10 x 1" Allen Bolt (#62) and one  $\text{Ø } \frac{3}{4}$ " Washer (#70) from the bottom.
- B.) **Do not tighten Nuts and Bolts starting from this step until instructed to do so.**
- C.) Attach the rear of Main Base Frame (#1) to the Rear Stabilizer. Secure them with two M10 x 2  $\frac{1}{2}$ " Carriage Bolts (#60), one 4  $\frac{3}{8}$ " x 1  $\frac{3}{4}$ " Bracket (#22), two  $\text{Ø } \frac{3}{4}$ " Washers (#70), and two M10 Aircraft Nuts (#72).
- D.) Attach the Vertical Frame (#3) onto the Main Base Frame. Secure them with two M10 x 2  $\frac{1}{2}$ " Carriage Bolts (#60), one 4  $\frac{3}{8}$ " x 1  $\frac{3}{4}$ " Bracket (#22), two  $\text{Ø } \frac{3}{4}$ " Washers (#70), and two M10 Aircraft Nuts (#72).

**DIAGRAM 1**

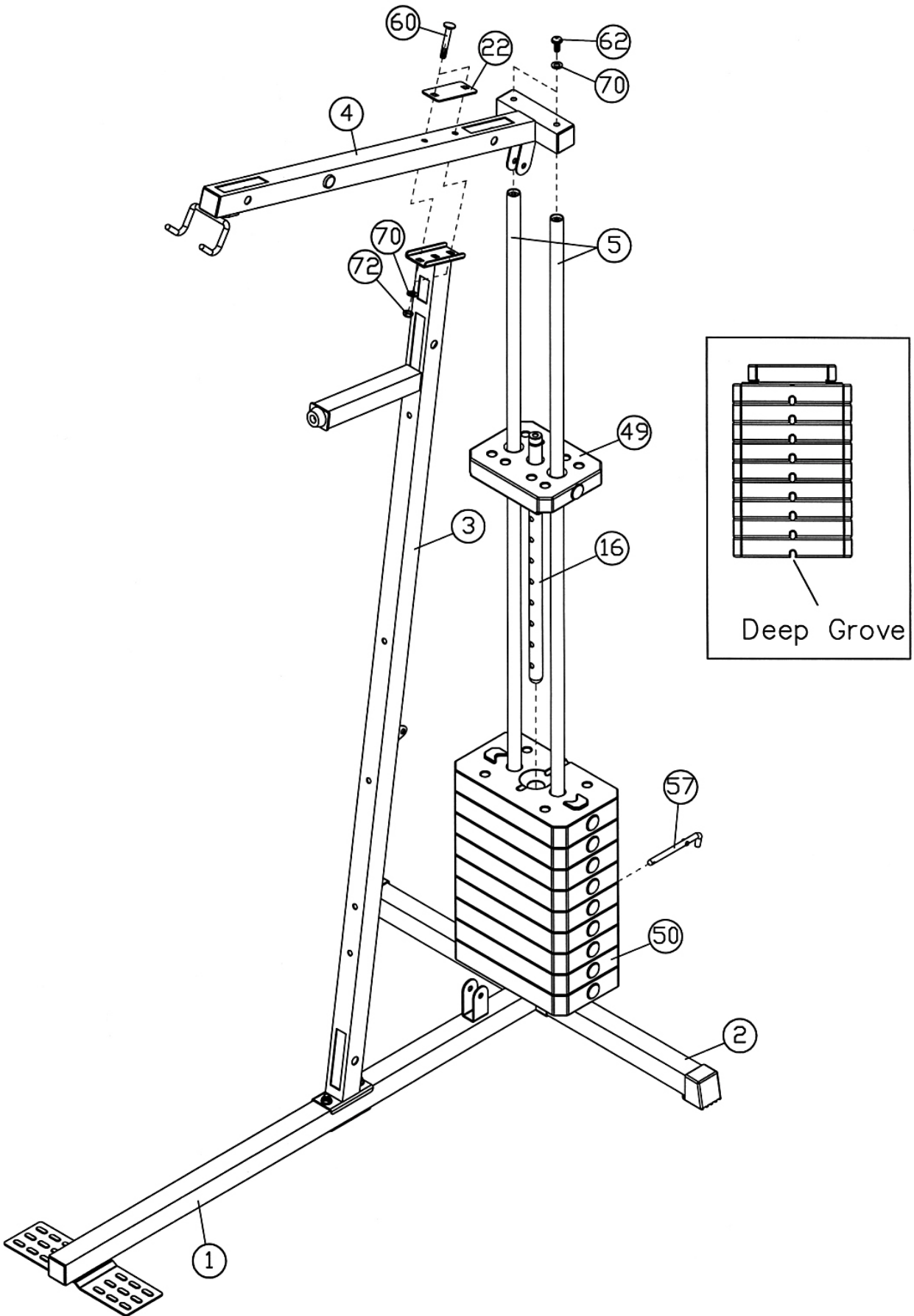




**STEP 2 (See Diagram 2)**

- A.) Slide 9 Weight Plates (#50) onto the Guide Rods (#5). **Make sure the deep groove on the Weight Plate are facing down and toward the back of the Machine.**
- B.) Align the holes on the Weight Plates. Insert a Selector Rod (#16) through the center hole. Use the L-shaped Pin (#57) to select the number of Weight Plates for exercise. Each Plate weighted approx. 10lbs. Please refer to the Weight Resistance Chart in page 21.
- C.) Slide Selector Stem (#49) down the Guide Rods.
- D.) Attach the holes on the Upper Frame (#4) onto the Guide Rods. Place the Upper Frame onto the Vertical Frame (#3).
- E.) Secure the Upper Frame to the Guide Rods with two M10 x 1" Allen Bolts (#62) and two  $\emptyset$   $\frac{3}{4}$ " Washers (#70).
- F.) Secure the Upper Frame to the Vertical Frame with two M10 x 2  $\frac{1}{2}$ " Carriage Bolts (#60), one 4  $\frac{3}{8}$ " x 1  $\frac{3}{4}$ " Bracket (#22), two  $\emptyset$   $\frac{3}{4}$ " Washers (#70), and two M10 Aircraft Nuts (#72).
- G.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**

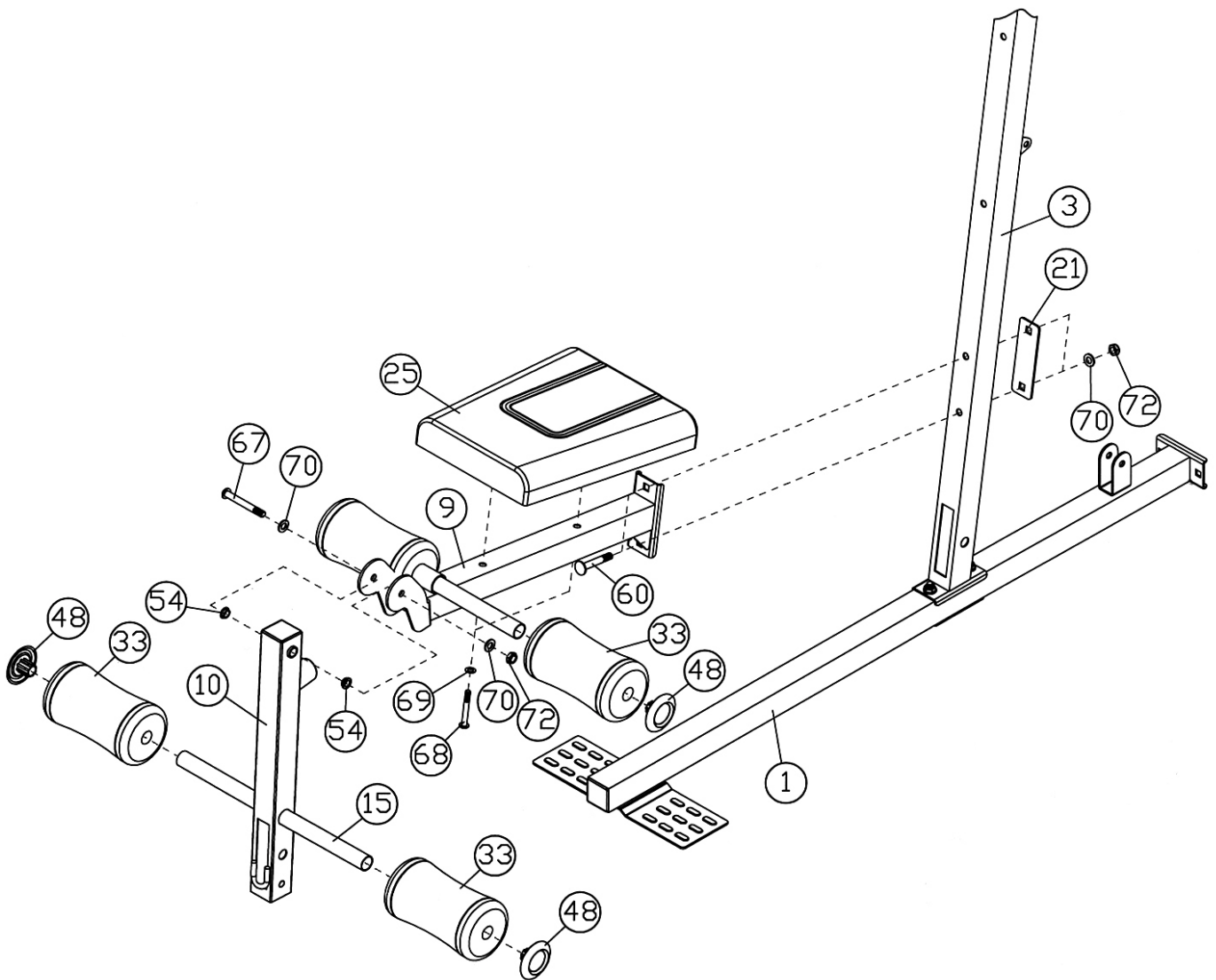
# DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the Seat Support (#9) to the Vertical Frame (#3). Secure it with two M10 x 2 1/2" Carriage Bolts (#60), one 5 1/8" x 1 5/8" Bracket (#21), two Ø 3/4" Washers (#70), and two M10 Aircraft Nuts (#72).
- B.) Place the Seat Pad (#25) onto the Seat Support. Secure it with two M8 x 2 3/8" Allen Bolts (#68) and two Ø 5/8" Washers (#69).
- C.) Attach two Ø 3/4" Leg Developer Bushings (#54) to the Leg Developer (#9). Attach the Leg Developer to the bracket on the Seat Support. Secure it with one M10 x 3 1/8" Allen Bolt (#67), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#72). **Do not over tighten the Bolt and Nut. Make sure the Leg Developer is able to swivel freely on the Bolt.**
- D.) Insert two Foam Tubes (#15) halfway through the holes on the Seat Support and Leg Developer. Push four Foam Rolls (#33) onto the Tubes from both ends. Cover each end with a Foam Roll End Cap (#48).

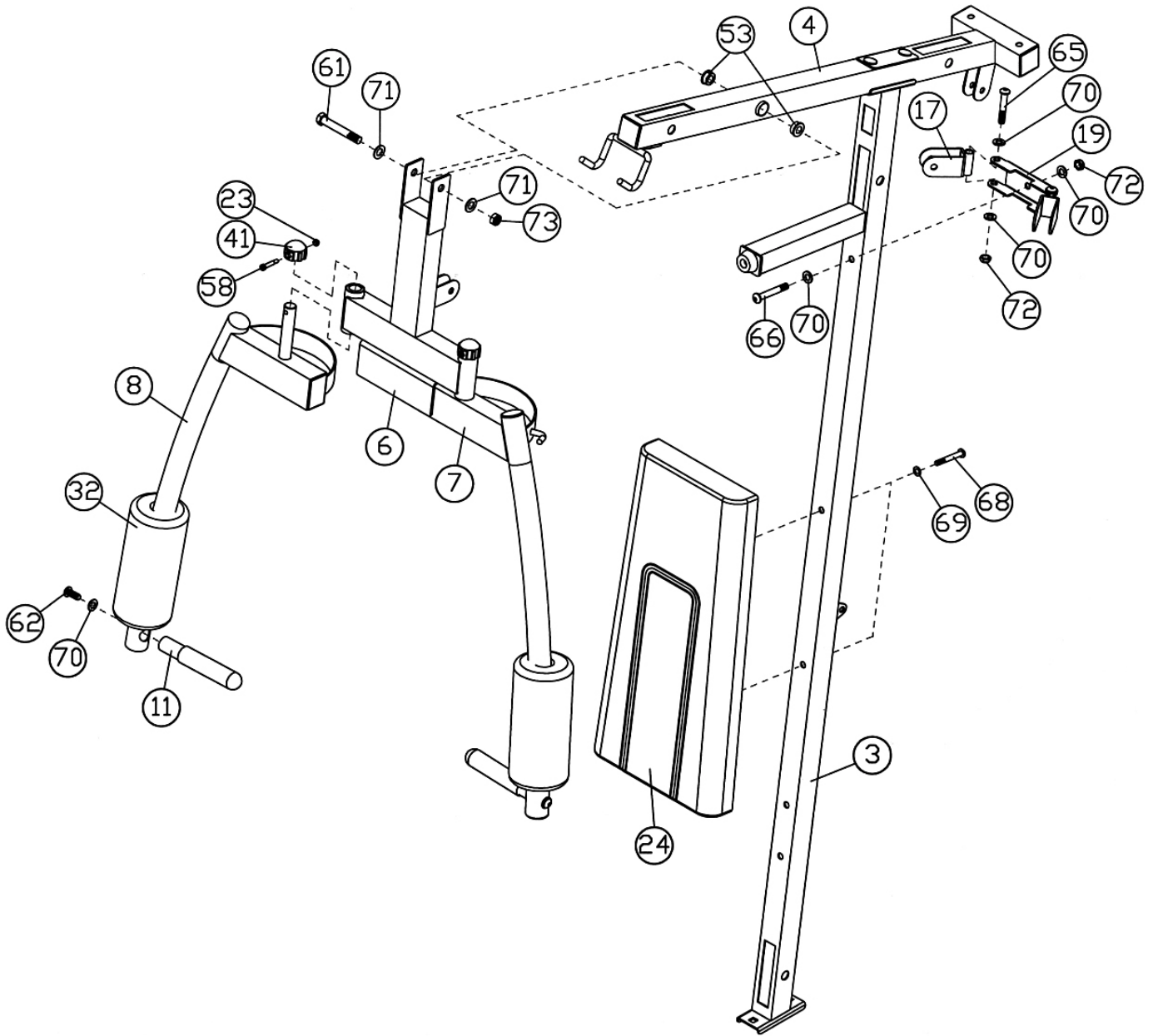
**DIAGRAM 3**



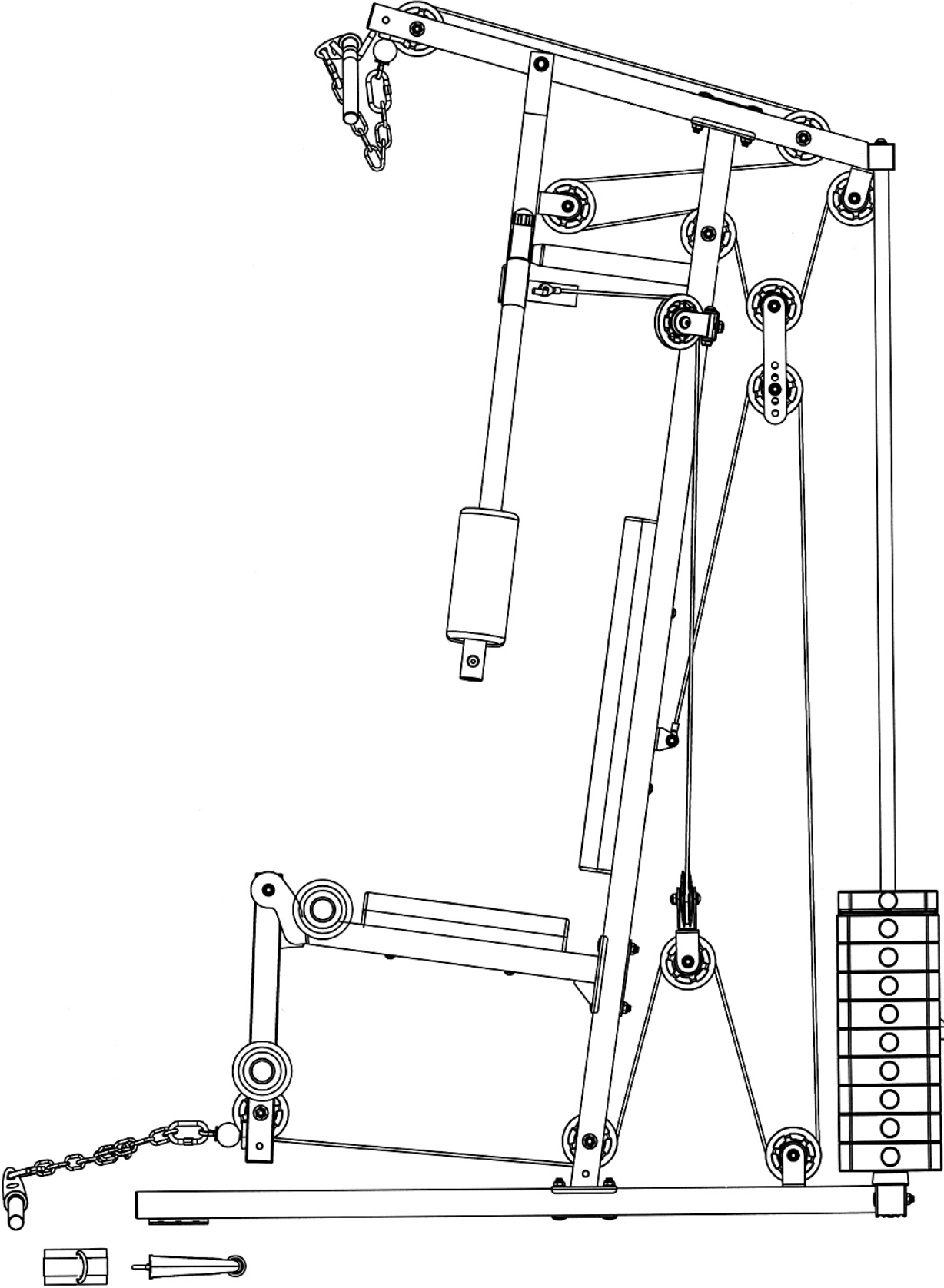
#### STEP 4 (See Diagram 4)

- A.) Attach two  $\varnothing$  1" x  $\varnothing$  1/2" Bushings (#53) to the holes on Upper Frame (#4). Attach the Front Press Base (#6) to the two Bushings. Secure it with one M12 x 3 3/8" Hex Bolt (#61), two  $\varnothing$  1" Washers (#71), and one M12 Aircraft Nut (#73). **Do not over tighten the Nut and Bolt.**
- B.) Insert the axle on the Right Butterfly (#8) through the hole on the Front Press Base from the bottom. Slide a Lock Ring (#41) onto the axle. Align the holes and secure it with one M6 x 1 3/8" Allen Bolt (#58) and one M6 Aircraft Nut (#23).
- C.) Slide the Butterfly Large Foam Roll (#32) onto the Right Butterfly.
- D.) Insert a Front Press Handle (#11) to Right Butterfly. Secure it with one M10 x 1" Allen Bolt (#62) and one  $\varnothing$  3/4" Washer (#70).
- E.) Repeat the same step B to D install the Left Butterfly (#7).
- F.) Attach the Swivel Pulley Bracket Frame (#19) to the back of the Vertical Frame (#3). Secure it with one M10 x 3 1/2" Allen Bolt (#66), two  $\varnothing$  3/4" Washers (#70), and one M10 Aircraft Nut (#72).
- G.) Attach a Swivel Pulley Bracket (#17) to each end of Swivel Pulley Bracket Frame (#19). Secure each Bracket with one M10 x 2 1/2" Allen Bolt (#65), two  $\varnothing$  3/4" Washers (#70), and one M10 Aircraft Nut (#72).
- H.) Attach the Backrest Board (#24) to the Vertical Frame. Secure it with two M8 x 2 3/8" Allen Bolts (#68) and two  $\varnothing$  5/8" Washers (#69).

DIAGRAM 4



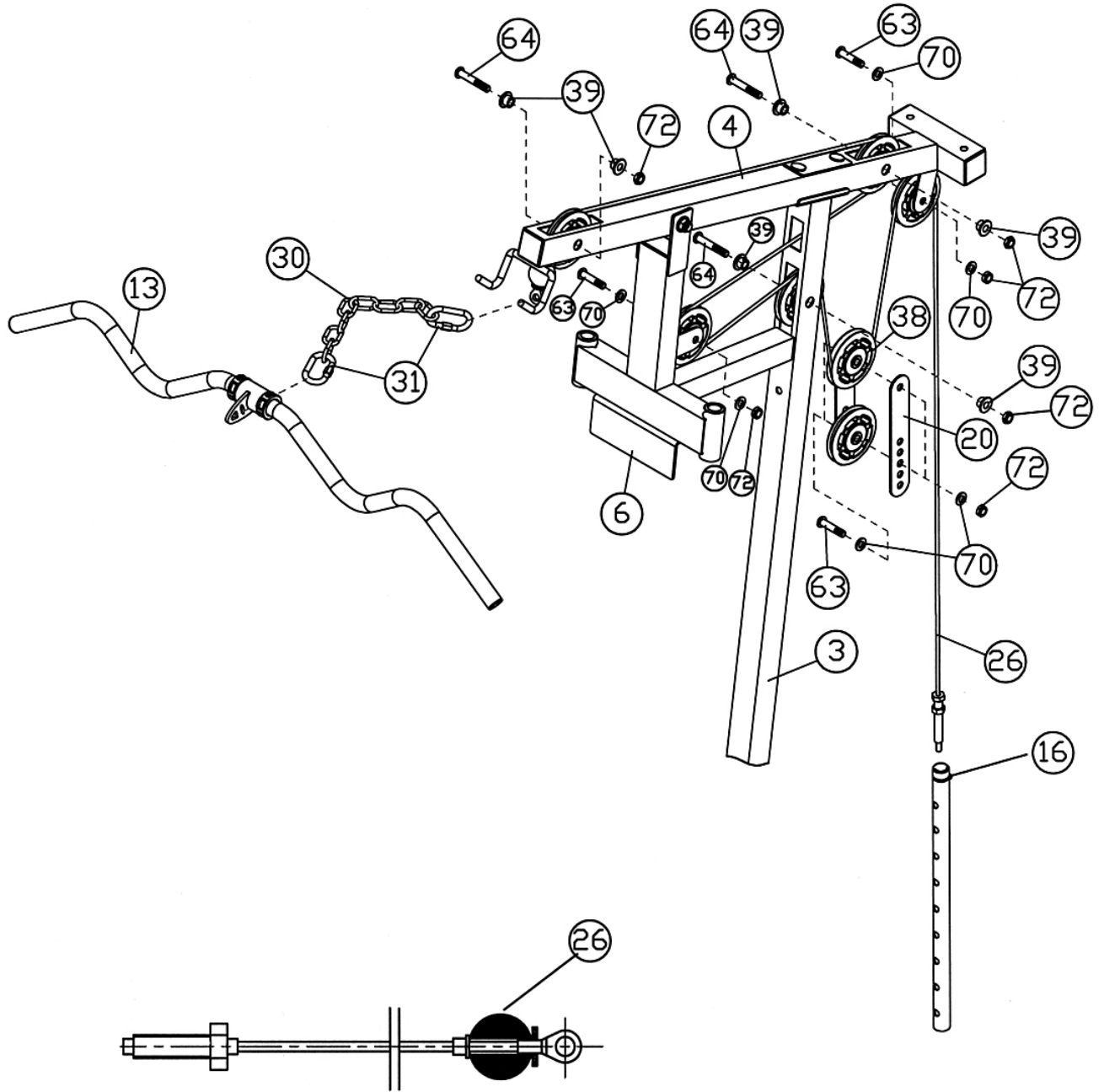
# CABLE LOOP DIAGRAM



## **STEP 5 (See Diagram 5 & Cable Loop Diagram)**

- A.) Attach the 136" Upper Cable (#26) to the front opening on the Upper Frame (#4).  
NOTE: The Ball Stopper on the Cable needs to be underneath the Frame.
- B.) Attach a Pulley (#38) to the forward most opening. Secure it with one M10 x 2 3/8" Allen Bolt (#64), two Ø 1" x 1/2" Pulley Bushings (#39), and one M10 Aircraft Nut (#72).
- C.) Draw the Cable towards the back of the machine to the second opening on the Upper Frame. Repeat Step B above to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back to the open bracket on the back of Front Press Base (#6).
- E.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#63), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#72).
- F.) Draw the Cable around the Pulley then to the opening on the Vertical Frame (#3). Repeat Step B to install a Pulley.
- G.) Draw the Cable over the Pulley and pull the Cable downwards. Attach a Pulley to the upper holes on the two Double Floating Pulley Brackets (#20). Repeat Step E above to install the Pulley. Attach a Pulley to a selected lower hole and repeat Step E to install this Pulley. Let the Brackets hanging just for now.
- H.) Draw the Cable around the Pulley then pull upwards to the open bracket underneath the Upper Frame. Repeat Step E to install another Pulley.
- I.) Pull the Cable downwards between the two Guide Rods to the Selector Rod (#16). Securely thread the bolt on the end of the Cable into the Selector Rod.
- J.) Attach an 8-link Chain (#30) to the Cable using a C-clip (#31). Attach the Lat Bar (#13) to the Chain using a C-clip. Adjust the length of Chain to obtain the desired Lat Bar exercise.

DIAGRAM 5

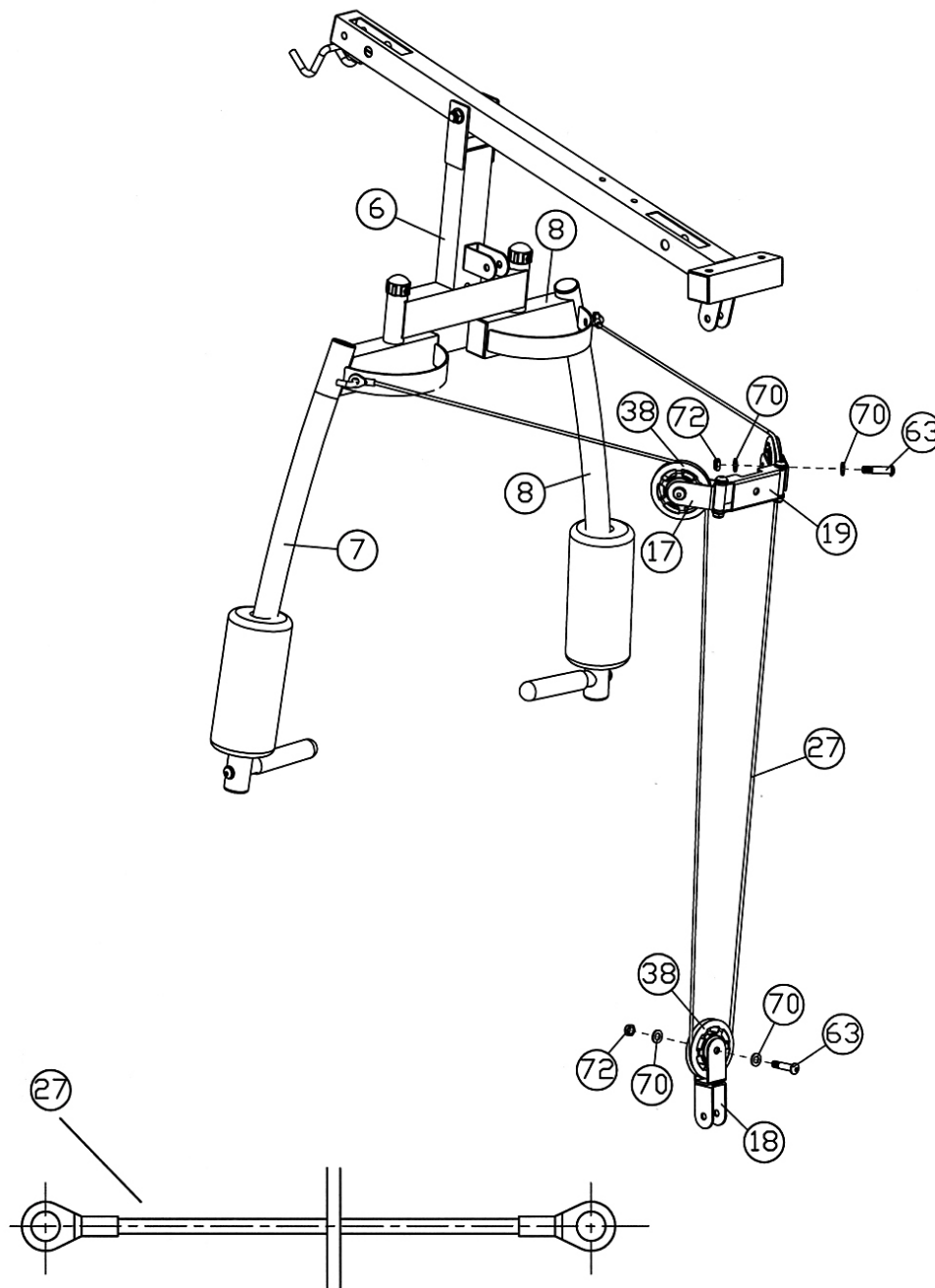




**STEP 6 (See Diagram 6 & Cable Loop Diagram)**

- A.) Attach one end of the 108" Butterfly Cable (#27) to the hook on the Right Butterfly (#8). Draw the Cable towards the right open Swivel Pulley Bracket (#17).
- B.) Attach a Pulley (#38) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#63), two Ø 3/4" Washers (#70), and one M10 Aircraft Nut (#72).
- C.) Draw the Cable over the Pulley then pull downward. Attach the Cable to an Angled Double Floating Pulley Bracket (#18). Install a Pulley as described in Step B. Let the Bracket hang for now.
- D.) Draw the Cable around the Pulley and pull upward to the left open Swivel Pulley Bracket. Install another Pulley as described in Step B above.
- E.) Draw the Cable over the Pulley and attach the end to the open hook on the Left Butterfly (#7).

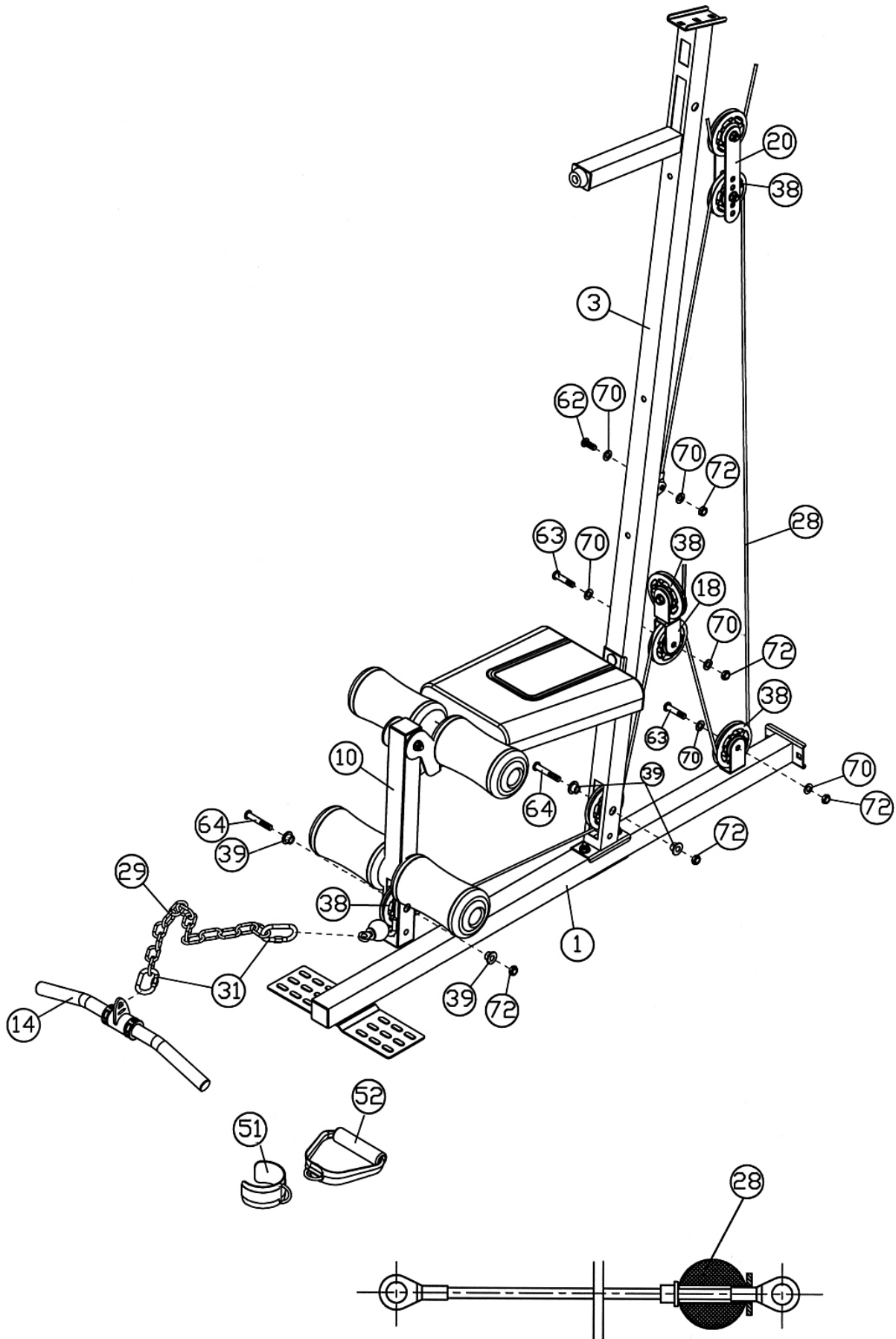
**DIAGRAM -6**

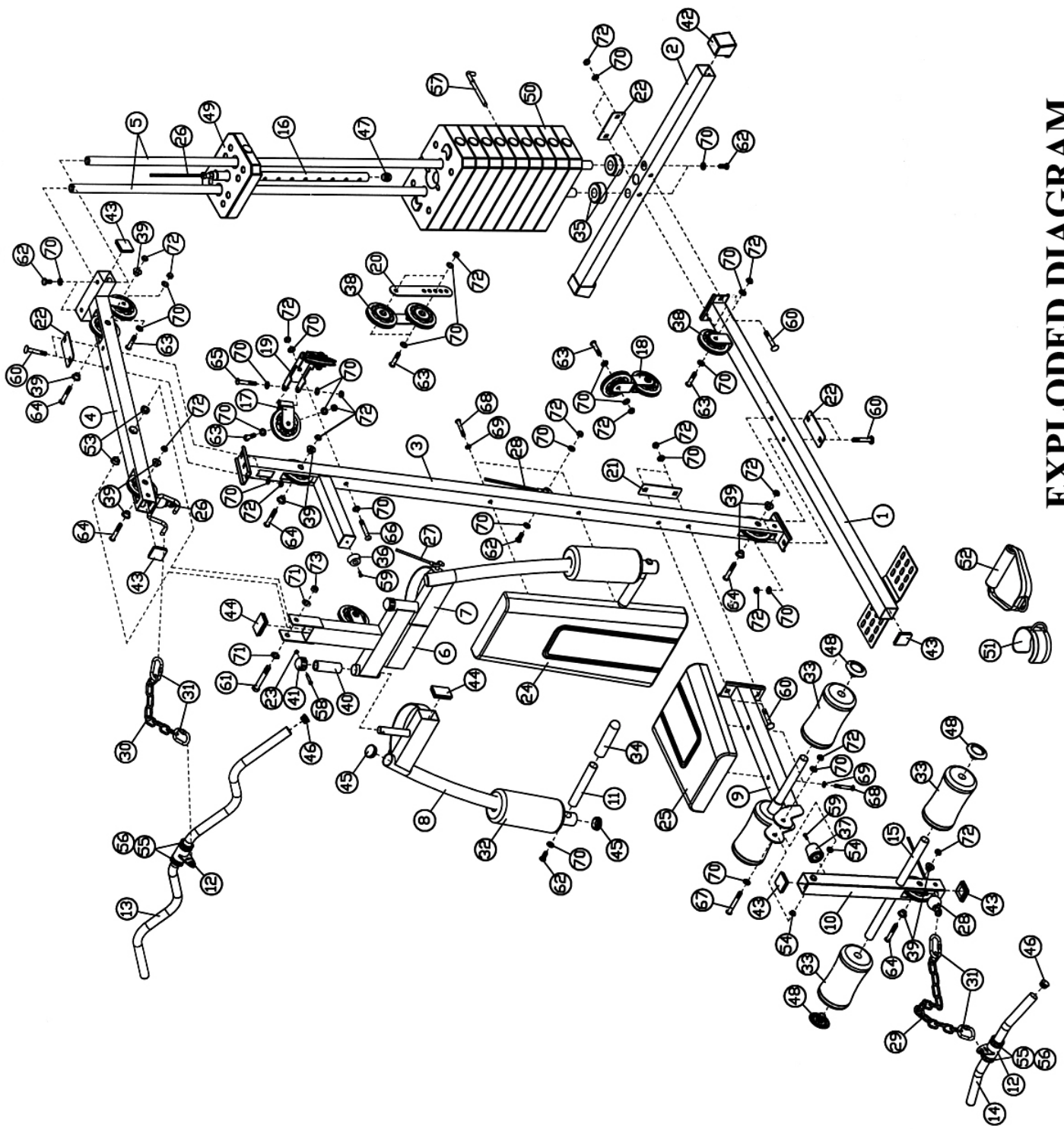


## **STEP 7 (See Diagram 7 & Cable Loop Diagram)**

- A.) Attach the 142" Lower Cable (#28) to the opening on the bottom of the Leg Developer (#10).
- B.) Attach a Pulley (#38) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#64), two  $\varnothing$  1" x 1/2" Pulley Bushings (#39), and one M10 Aircraft Nut (#72).
- C.) Draw the Cable underneath the Pulley towards the back of the machine to the opening on the bottom of Vertical Frame (#3).
- D.) Repeat Step B to install a Pulley.
- E.) Pull the Cable upward to the Angled Double Floating Pulley Brackets (#18) previously installed in Step-6.
- F.) Attach a Pulley to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#63), two  $\varnothing$  3/4" Washers (#70), and one M10 Aircraft Nut (#72).
- G.) Draw the Cable around the Pulley then pull downward to the open bracket on the Main Base Frame (#1). Repeat Step F to install a Pulley.
- H.) Draw the Cable around the Pulley then pull upward to the Pulley on Double Floating Pulley Bracket (#20) previously installed in Step-5.
- I.) Draw the Cable around the Pulley then pull downward to the bracket on the rear of Vertical Frame. Secure the other end of the Chain to the bracket with a M10 x 1" Allen Bolt (#62), two  $\varnothing$  3/4" Washers (#70) and one M10 Aircraft Nut (#72).
- J.) Adjust the tension of the Cable System by adjusting the position of the Pulley on the bottom half of the hanging bracket (multi-holes). If the Cables are too loose then move the Pulley up one hole on the Double Floating Pulley Bracket. If the cable tension is too tight, move the pulley down one hole on the bracket.
- K.) Attach the 15-link Chain (#29) to the end of the Cable by using a C-clip (#31). Attach the Arm Curl Handle (#14) to the Chain by using another C-clip. Replace Arm Curl Handle with the Ankle Strap (#51) or Single Handle (#52) for various exercises. Adjust the length of Chain to obtain the desired exercise. Remove the Arm Curl Handle, Ankle Strap, or Single Handle when using the Leg Developer.

# DIAGRAM 7





**EXPLODED DIAGRAM**

## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Base Frame	1	51	Ankle Strap	1
2	Rear Stabilizer	1	52	Single Handle	1
3	Vertical Frame	1	53	Ø 1" x Ø ½" Bushing	2
4	Upper Frame	1	54	Ø ¾" Leg Developer Bushing	2
5	Guide Rod	2	55	Plastic Ring	4
6	Front Press Base	1	56	Rivet	4
7	Left Butterfly	1	57	L-shaped Pin	1
8	Right Butterfly	1	58	M6 x 1 3/8" Allen Bolt	2
9	Seat Support	1	59	M6 x 5/8" Philips Screw	2
10	Leg Developer	1	60	M10 x 2 ½" Carriage Bolt	8
11	Front Press Handle	2	61	M12 x 3 3/8" Hex Bolt	1
12	Rotate Ring	2	62	M10 x 1" Allen Bolt	7
13	Lat Bar	1	63	M10 x 1 ¾" Allen Bolt	9
14	Arm Curl Handle	1	64	M10 x 2 3/8" Allen Bolt	5
15	Foam Tube	2	65	M10 x 2 ½" Allen Bolt	2
16	Selector Rod	1	66	M10 x 2 ¾" Allen Bolt	1
17	Swivel Pulley Bracket	2	67	M10 x 3 1/8" Allen Bolt	1
18	Angled Floating Pulley Bracket	1	68	M8 x 2 3/8" Allen Bolt	4
19	Swivel Pulley Bracket Frame	1	69	Ø 5/8" Washer	4
20	Double Floating Pulley Bracket	2	70	Ø ¾" Washer	42
21	5 1/8" x 1 5/8" Bracket	1	71	Ø 1" Washer	2
22	4 3/8" x 1 ¾" Bracket	3	72	M10 Aircraft Nut	27
23	M6 Aircraft Nut	2	73	M12 Aircraft Nut	1
24	Backrest Board	1		#5 Allen Wrench (Tool)	1
25	Seat Pad	1		#6 Allen Wrench (Tool)	1
26	136" Upper Cable	1			
27	108" Butterfly Cable	1			
28	142" Lower Cable	1			
29	15-link Chain	1			
30	8-link Chain	1			
31	C-clip	4			
32	Butterfly Large Foam Roll	2			
33	Foam Roll	4			
34	Front Press Handle Grip	2			
35	Ø 2 ½" x 1" Rubber Bumper	2			
36	Ø 1 ½" x 5/8" Rubber Bumper	1			
37	Ø 1 ¾" x 1 5/8" Rubber Bumper	1			
38	Pulley	14			
39	Ø 1" x ½" Pulley Bushing	10			
40	Ø 1 1/8" x 3 1/4" Sleeve	2			
41	Lock Ring	2			
42	2" Square End Cap	2			
43	1 ¾" Square End Cap	6			
44	1 5/8" x 2 3/8" End Cap	3			
45	Ø 1 ½" End Cap	4			
46	Ø 1" End Cap	4			
47	Ø 1" Cone-shaped End Cap	1			
48	Foam Roll End Cap	4			
49	Selector Stem	1			
50	Weight Plate	9			

<b>WEIGHT RESISTANCE CHART</b>									
<b>STATION</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>FRONT PRESS</b>	<b>30</b>	<b>42</b>	<b>54</b>	<b>66</b>	<b>78</b>	<b>90</b>	<b>102</b>	<b>114</b>	<b>126</b>
<b>BUTTERFLY</b>	<b>15</b>	<b>20</b>	<b>25</b>	<b>30</b>	<b>35</b>	<b>40</b>	<b>45</b>	<b>50</b>	<b>55</b>
<b>LAT PULL</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>
<b>LOW PULLEY</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>
<b>LEG DEVELOPER</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>	<b>110</b>

**Note: Each plate weights 10 lbs.  
 Numbers are approximate. Actual weights may vary.  
 Values for Butterfly are for each arm.**

# 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 one year 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 TFG 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.

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.

Register on-line at **website:** [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, 9am – 5pm.

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase