

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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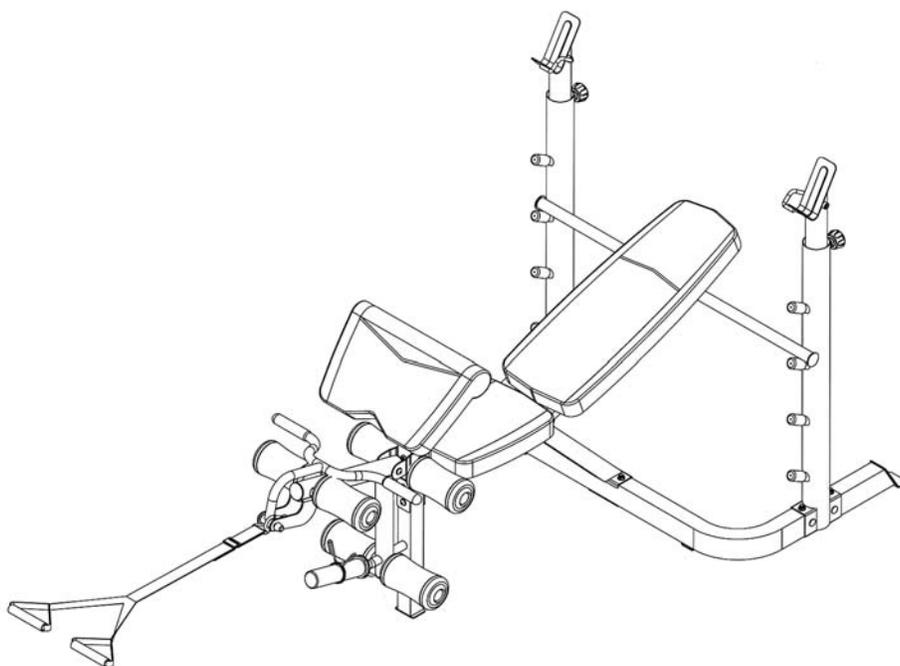
Retain This  
Manual for  
Reference

05/08/09

**OWNER'S  
MANUAL**

# IMPEX

## MARCY DIAMOND WEIGHT BENCH MD-844



**IMPEX<sup>®</sup> INC.**

2801 S. Towne, Pomona, CA 91766  
Tel: (800) 999-8899 Fax (626) 961-9966  
[www.impex-fitness.com](http://www.impex-fitness.com)  
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## BEFORE YOU BEGIN

Thank you for selecting the **MARCY DIAMOND WEIGHT BENCH MD-844** 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 your 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 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: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.

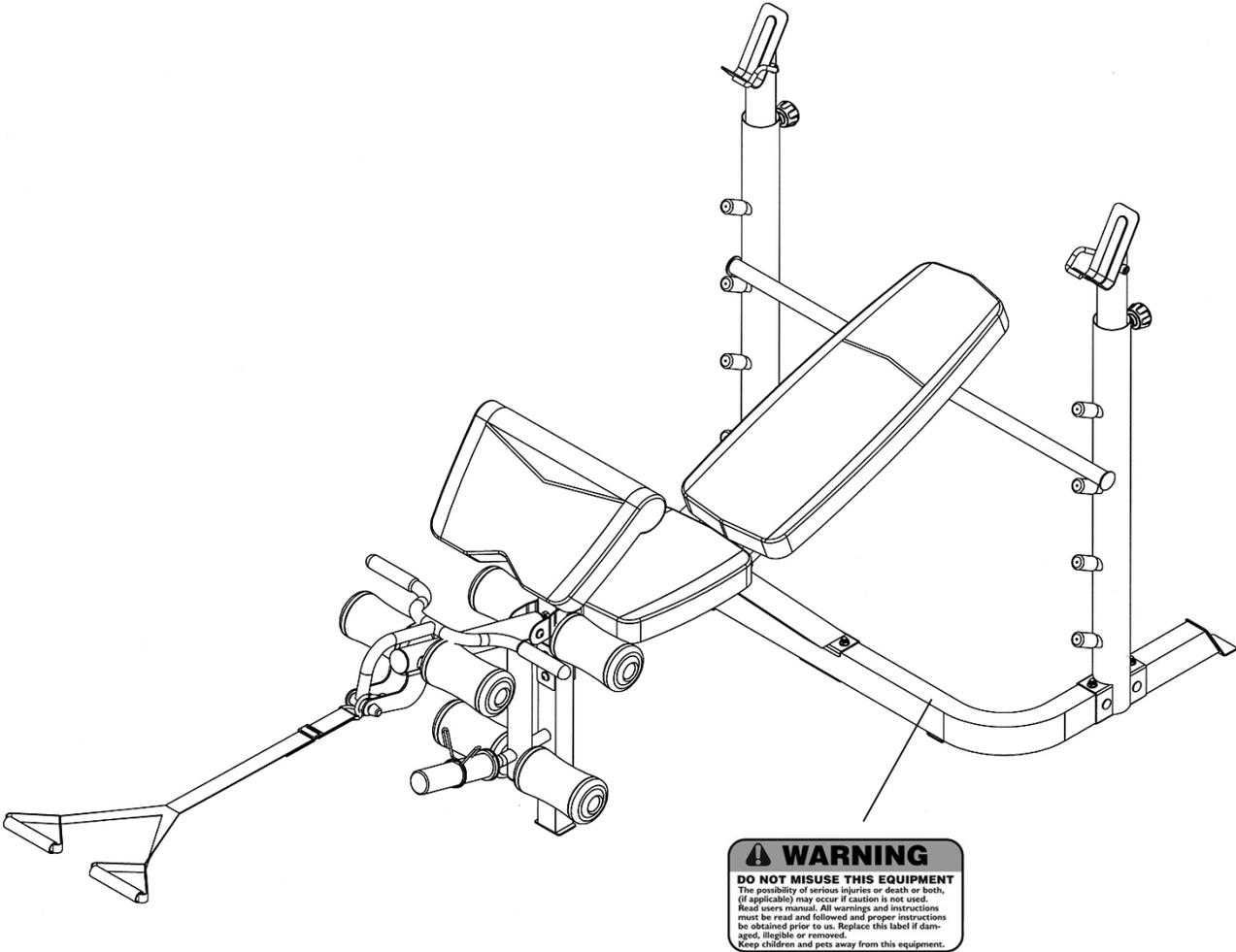
### CARE AND MAINTENANCE

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.**

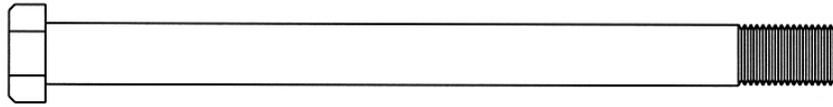
# WARNING LABEL REPLACEMENT



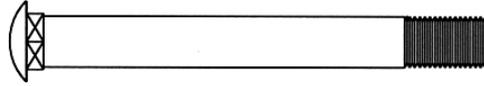
The Warning Labels shown here have been placed on the Base Frame. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown

# HARDWARE PACK

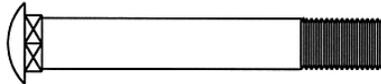
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



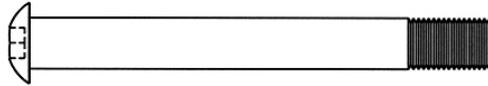
#42 M12 x 6  $\frac{1}{8}''$  Hex Bolt (Qty 1)



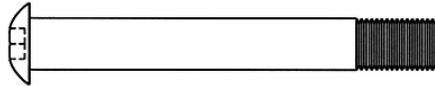
#43 M10 x 3  $\frac{1}{2}''$  Carriage Bolt (Qty 6)



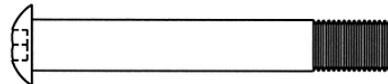
#44 M10 x 2  $\frac{3}{4}''$  Carriage Bolt (Qty 4)



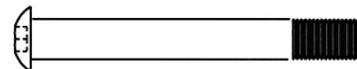
#45 M10 x 3  $\frac{1}{2}''$  Allen Bolt (Qty 1)



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



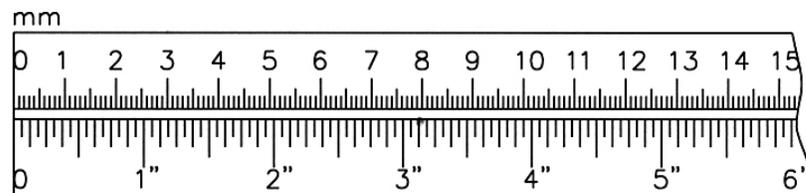
#47 M10 x 2  $\frac{3}{4}''$  Allen Bolt (Qty 2)



#48 M8 x 2  $\frac{1}{2}''$  Allen Bolt (Qty 2)

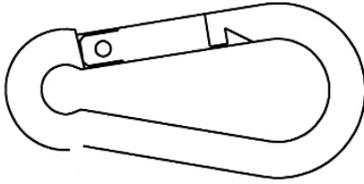


#49 M8 x 1  $\frac{5}{8}''$  Allen Bolt (Qty 4)



# HARDWARE PACK

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



#40 Hook (Qty 1)



#27  $\varnothing \frac{3}{4}$ " Bushing (Qty 2)



#50 M8 x  $\frac{5}{8}$ " Allen Bolt (Qty 4)



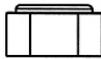
#51 M6 x  $\frac{1}{2}$ " Philips Screw (Qty 2)



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



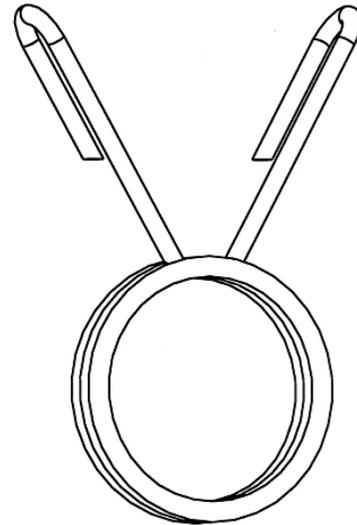
#54  $\varnothing \frac{5}{8}$ " Washer (Qty 11)



#56 M12 Aircraft Nut (Qty 1)



#58 M8 Aircraft Nut (Qty 1)



#36 Spring Clip (Qty 1)



#53  $\varnothing \frac{3}{4}$ " Washer (Qty 17)



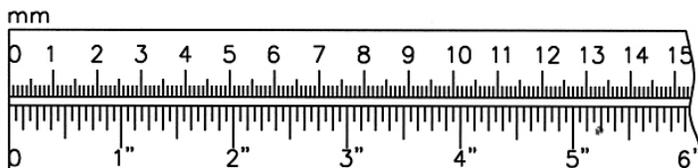
#55  $\varnothing \frac{1}{2}$ " Washer (Qty 2)



#57 M10 Aircraft Nut (Qty 13)



#59 Spring (Qty 2)



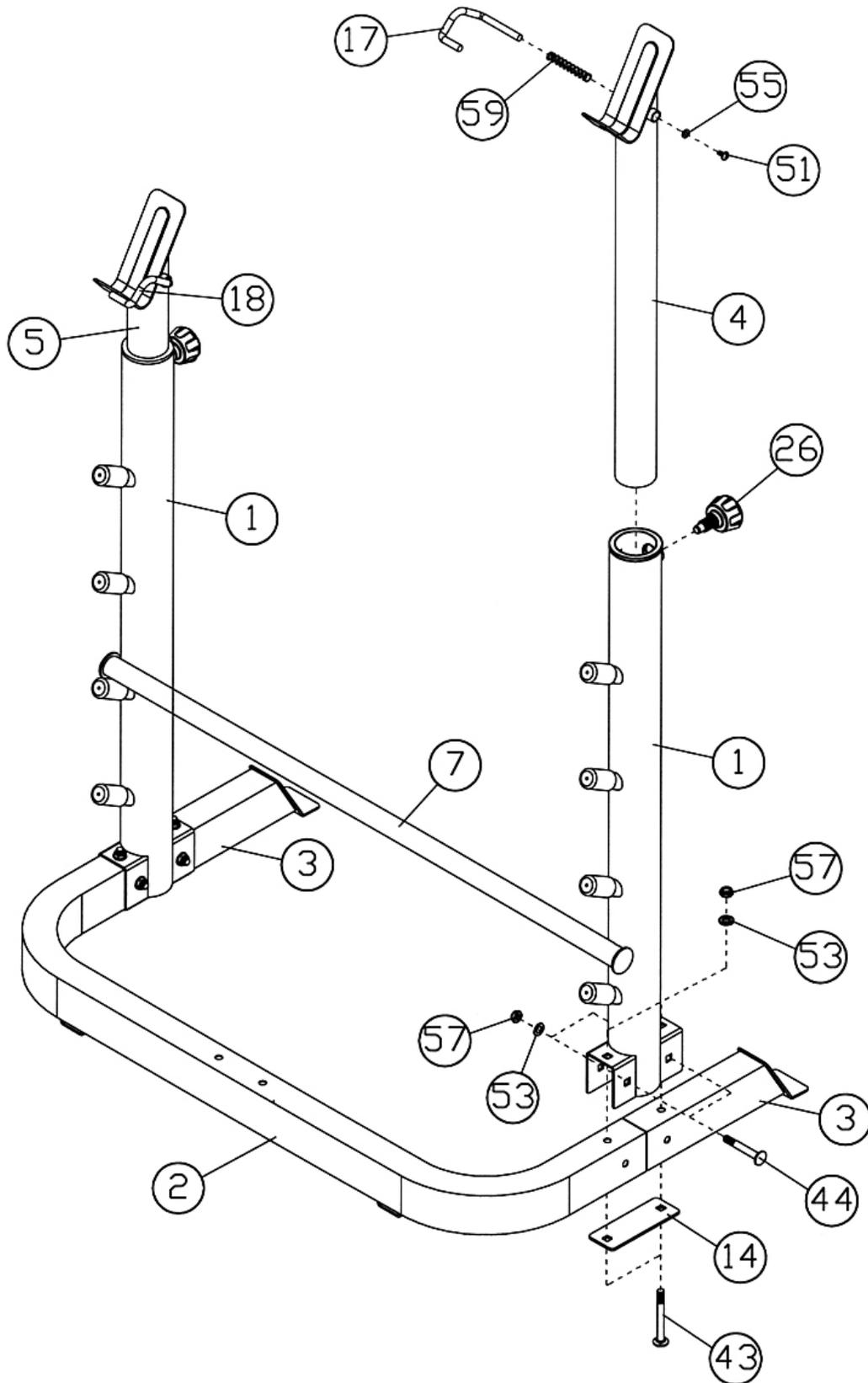
# ASSEMBLY INSTRUCTION

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

## **STEP 1 (See Diagram 1)**

- A.) Attach one Rear Base Frame (#3) to the Base Frame (#2). Attach an Upright Beam (#1) onto the Base Frame and Rear Base Frame. Secure them together with two M10 x 3 ½" Carriage Bolts (#43), one 5 ½" x 2" Bracket (#14), two Ø ¾" Washer (#53), and two M10 Aircraft Nuts (#57) from bottom. Secure with two M10 x 2 ¾" Carriage Bolts (#44), two Ø ¾" Washer (#53), and two M10 Aircraft Nuts (#57) from side. **Do not tighten the Nuts and Bolts yet.** Repeat the same procedure to install the other side.
- B.) Securely tighten all Nuts and Bolts.**
- C.) Insert the Left & Right Crutch (#4 & #5) into the two Upright Beams. Thread two M18 Lock Knobs (#26) through the selected holes on the Crutches to obtain desired height.
- D.) Insert the Right Safety Lock Pin (#17) through the hole on Left Crutch. Secure it with one M6 x ½" Philips Screw (#51), one Ø ½" Washer (#55), and one Spring (#59). Repeat same procedure to install the Right Safety Lock Pin (#18).
- E.) Place the Backrest Adjustment Bar (#7) onto selected slot on the Upright Beams to obtain the desired Backrest incline.

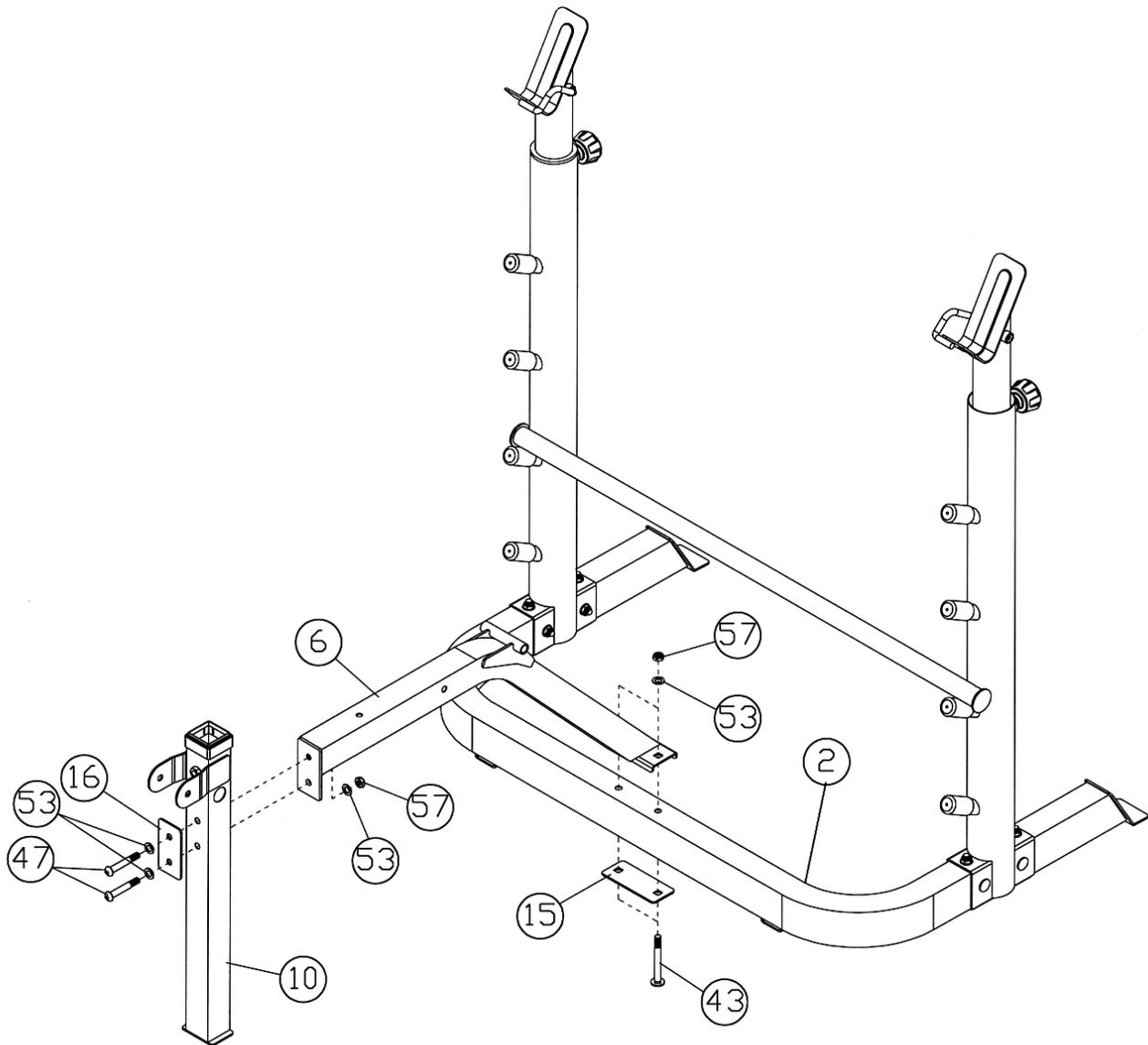
# DIAGRAM 1



## STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#6) to the Base Frame (#2). Secure it with two M10 x 3 1/2" Carriage Bolts (#43), one 4 3/4" x 2" Bracket (#15), two Ø 3/4" Washers (#53), and two M10 Aircraft Nuts (#57). **Do not tighten the Nuts and Bolts yet.**
- B.) Attach the Front Post (#10) to the Main Seat Support. Secure it with two M10 x 2 3/4" Allen Bolts (#47), one 4"x 2" Bracket (#16), one Ø 3/4" Washer (#53), and one M10 Aircraft Nut (#57).
- C.) **Securely tighten all Nuts and Bolts.**

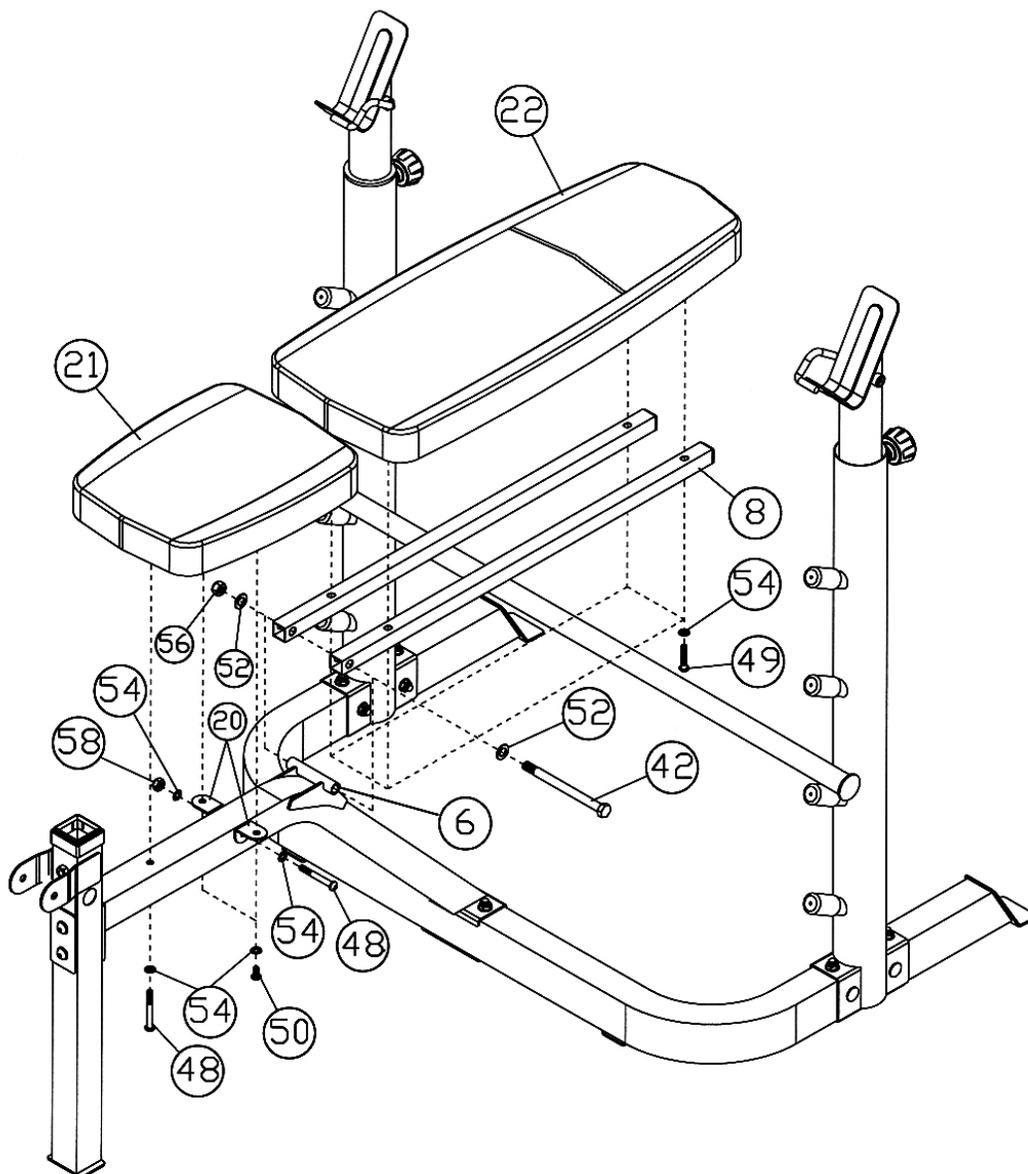
**DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Attach the holes on the end of the two Backrest Supports (#8) to the pivot on the Main Seat Support (#6). Secure the two Backrest Supports to the pivot with one M12 x 6 1/8" Hex Bolt (#42), two Ø 1" Washers (#52), and one M12 Aircraft Nut (#56). **Do not over tighten the Nuts and Bolts. Make sure the Backrest Supports are able to swivel.**
- B.) Attach the two L-shaped Seat Brackets (#20) to the Main Seat Support. Align the holes. Secure the two Brackets to the Main Seat Support with one M8 x 2 1/2" Allen Bolt (#48), two Ø 5/8" Washers (#54), and one M8 Aircraft Nut (#58).
- C.) Attach the Backrest Board (#22) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#49) and four Ø 5/8" Washers (#54).
- D.) Place the Seat Pad onto the L-shaped Seat Brackets and Main Seat Support. Secure it with two M8 x 5/8" Allen Bolts (#50), one M8 x 2 1/2" Allen Bolt (#48), and three Ø 5/8" Washers (#54).

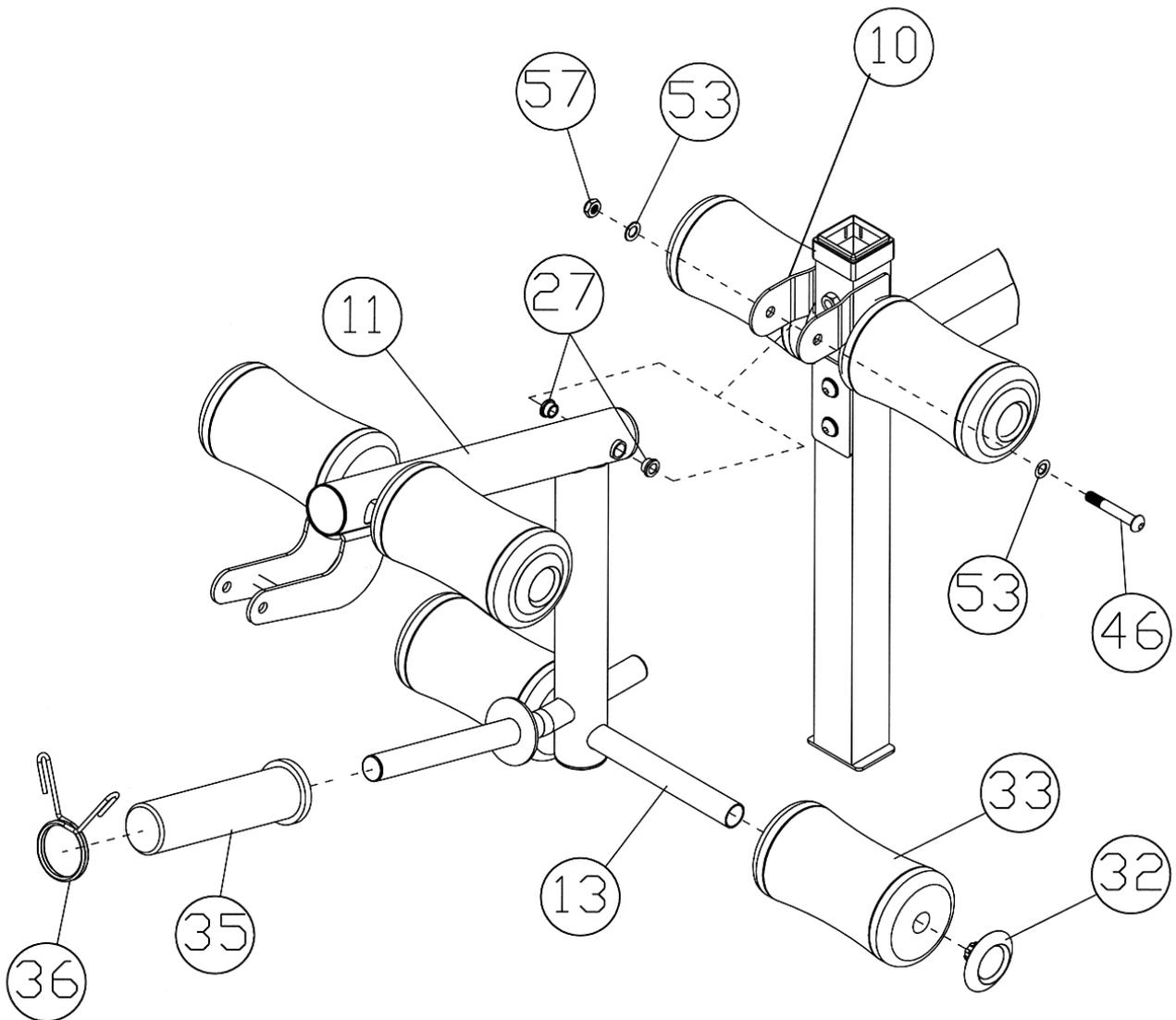
DIAGRAM 3



## STEP 4 (See Diagram 4)

- A.) Attach two  $\text{\O} \frac{3}{4}$ " Leg Developer Bushings (#27) to the Leg Developer (#11). Attach the Leg Developer to the Front Post (#10). Secure it with one M10 x 3  $\frac{1}{8}$ " Allen Bolt (#46), two  $\text{\O} \frac{3}{4}$ " Washers (#53), and one M10 Aircraft Nut (#57). **Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.**
- B.) Insert three Foam Tubes (#13) halfway through the holes on the Leg Developer and Front Post. Push six Foam Rolls (#33) onto the Tubes from both ends. Plug six Foam Roll End Caps (#32) into the ends.
- C.) Slide an Olympic Sleeve (#35) onto the weight post on Leg Developer. Attach a Spring Clip (#36) onto the Sleeve.

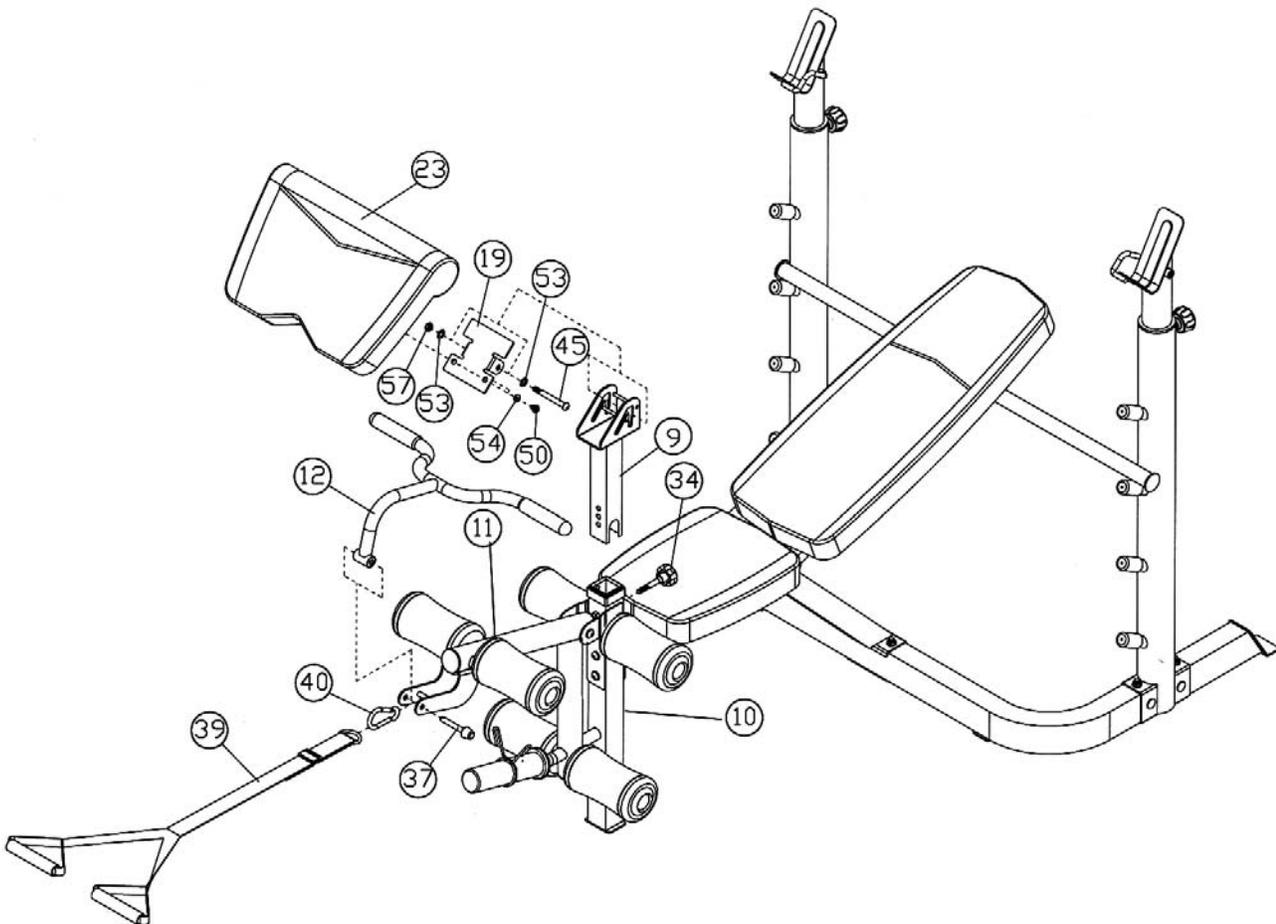
**DIAGRAM 4**



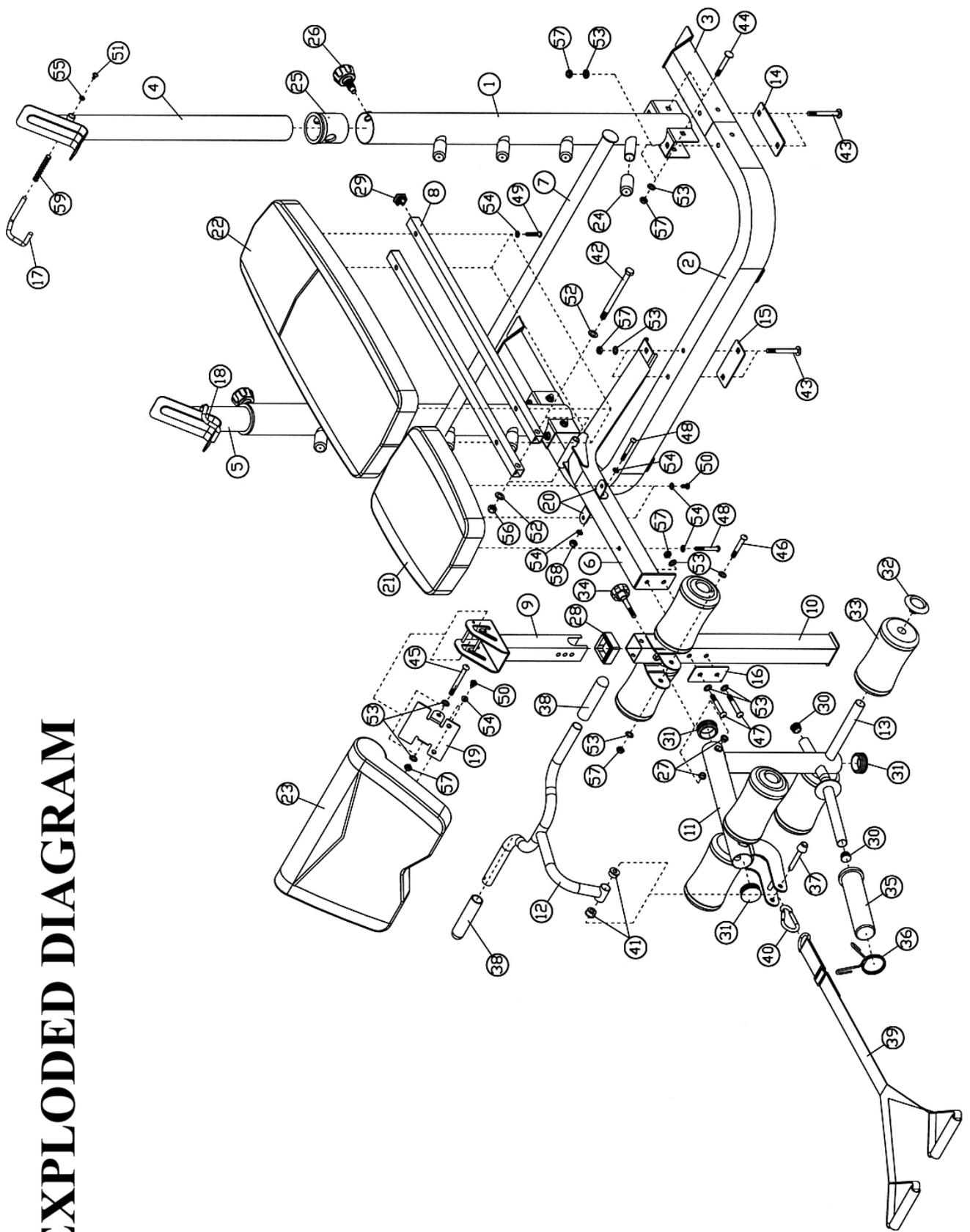
## STEP 5 (SEE DIAGRAM 5)

- A.) Attach the Arm Curl Pad (#23) to the Arm Curl Bracket (#19). Secure it with two M8 x 5/8" Allen Bolts (#50) and two Ø 5/8" Washers (#54).
- B.) Attach the Arm Curl Bracket to the bracket on the Arm Curl Stand (#9). Insert the M10 x 3 1/2" Allen Bolt (#45) through the open track on the Arm Curl Stand and the holes on the Arm Curl Bracket then secure the Bolt with two Ø 3/4" Washers (#53), and one M10 Aircraft Nut (#57). **Do not over tighten the Nut and Bolt.** The Bolt needs to be able to slide on the track freely.
- C.) Insert the Arm Curl Stand into the opening on the Front Post (#10). Use the M10 Lock Knob (#34) to lock the Arm Curl Stand in position.
- D.) Attach a Hook (#40) to the Abdominal Strap (#39). Attach the Hook to the hook retainer on the bracket of the Leg Developer (#11).
- E.) Attach the Arm Curl Handle to the bracket on Leg Developer and secure with a Lock Pin (#37).
- F.) Pull up and flip the Arm Curl Pad along the track facing the back when doing Abdominal exercises using the Abdominal Strap.
- G.) Remove the Arm Curl Stand when doing Leg Developer exercises.

## DIAGRAM 5



# EXPLODED DIAGRAM



**PARTS LIST**

<b>KEY NO.</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	Upright Beam	2
2	Base Frame	1
3	Rear Base Frame	2
4	Left Crutch	1
5	Right Crutch	1
6	Main Seat Support	1
7	Backrest Adjustment Bar	1
8	Backrest Support	2
9	Arm Curl Stand	1
10	Front Post	1
11	Leg Developer	1
12	Arm Curl Handle	1
13	Foam Tube	3
14	5 ½" x 2" Bracket	2
15	4 ¾" x 2" Bracket	1
16	4" x 2" Bracket	1
17	Left Safety Lock Pin	1
18	Right Safety Lock Pin	1
19	Arm Curl Bracket	1
20	L-shaped Seat Bracket	2
21	Seat Pad	1
22	Backrest Board	1
23	Arm Curl Pad	1
24	Rubber Bumper	8
25	Ø 3" Crutch Sleeve	2
26	M18 Crutch Lock Knob	2
27	Ø ¾" Leg Developer Bushing	2
28	2" Sleeve	1
29	1" Square End Cap	2
30	Ø 1" End Cap	2
31	Ø 2" End Cap	3
32	Foam Roll End Cap	6
33	Foam Roll	6
34	M10 Lock Knob	1
35	Olympic Sleeve	1
36	Spring Clip	1
37	Lock Pin	1
38	6" Grip	2
39	Abdominal Strap	1
40	Hook	1
41	Ø 1" Bushing	2
42	M12 x 6 1/8" Hex Bolt	1
43	M10 x 3 ½" Carriage Bolt	6
44	M10 x 2 ¾" Carriage Bolt	4
45	M10 x 3 ½" Allen Bolt	1
46	M10 x 3 1/8" Allen Bolt	1
47	M10 x 2 ¾" Allen Bolt	2
48	M8 x 2 ½" Allen Bolt	2
49	M8 x 1 5/8" Allen Bolt	4
50	M8 x 5/8" Allen Bolt	4
51	M6 x ½" Philips Screw	2
52	Ø 1" Washer	2
53	Ø ¾" Washer	17
54	Ø 5/8" Washer	11
55	Ø ½" Washer	2
56	M12 Aircraft Nut	1
57	M10 Aircraft Nut	13
58	M8 Aircraft Nut	1
59	Spring	2

# ***IMPEX 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 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 a 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.  
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](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