

NOTE:  
Please read all  
instructions carefully  
before using this product

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Model  
MWB 850

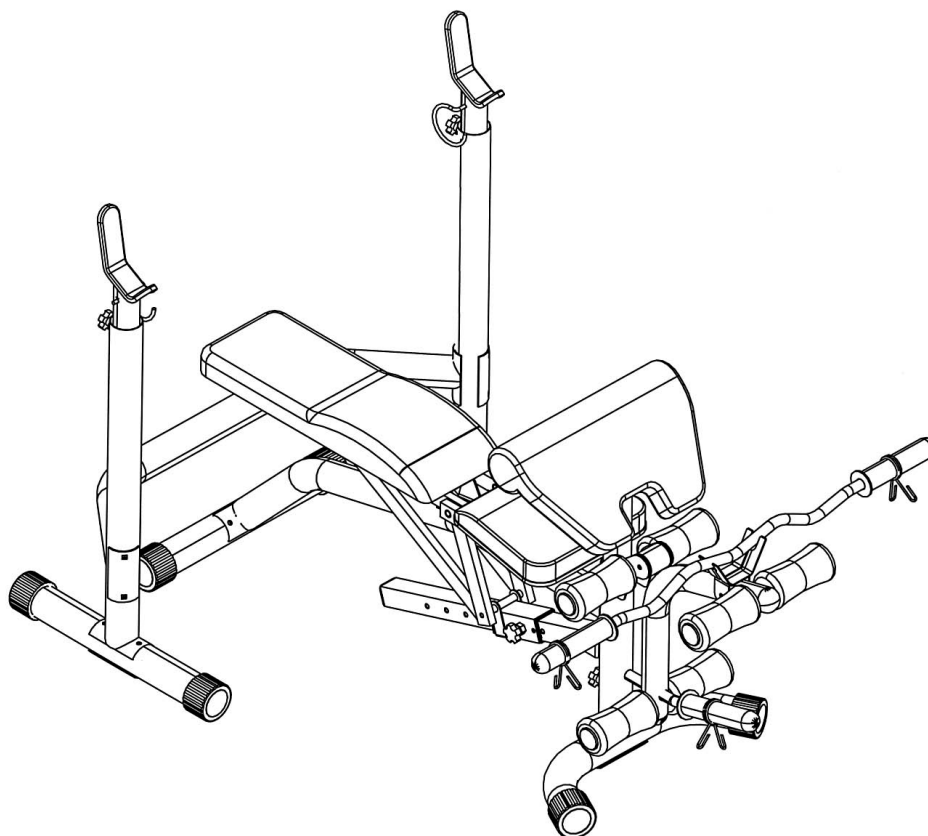
Retain This  
Manual for  
Reference

07/17/03

**OWNER'S  
MANUAL**

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

## MARCY MWB 850 WEIGHT BENCH



**IMPEX INC.**

14777 Don Julian Rd., City of Industry, CA 91746

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

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## BEFORE YOU BEGIN

Thank you for selecting the **MARCY MWB 850 BENCH** by **IMPEX FITNESS PRODUCTS**. 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

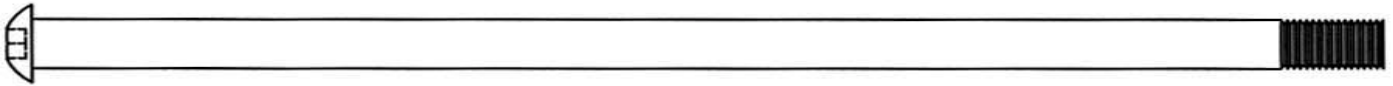
**This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:**

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 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.

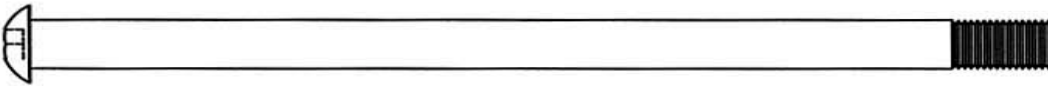
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

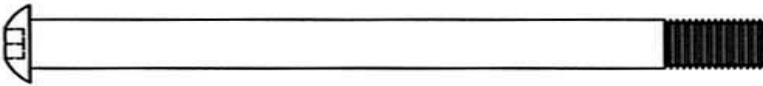
# HARDWARE PACK



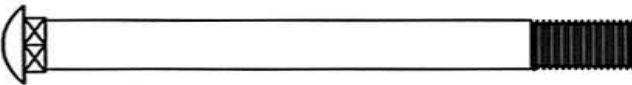
#38 M10 x 8 1/4" Allen Bolt (Qty 1)



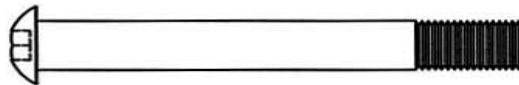
#39 M10 x 6 1/4" Allen Bolt (Qty 2)



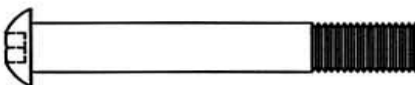
#40 M10 x 4 1/2" Allen Bolt (Qty 1)



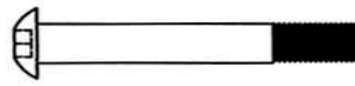
#47 M10 x 3 3/4" Carriage Bolt (Qty 12)



#41 M10 x 3" Allen Bolt (Qty 1)



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



#44 M8 x 2" Allen Bolt (Qty 8)

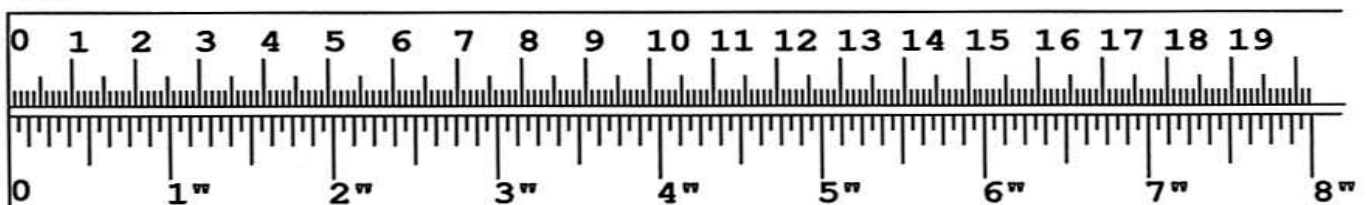


#43 M10 x 3/4" Allen Bolt (Qty 2)

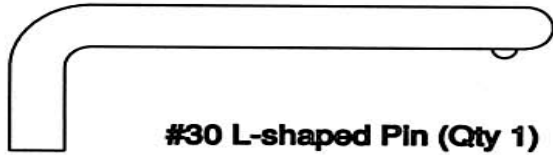


#52 M8 x 5/8" Allen Bolt (Qty 2)

mm



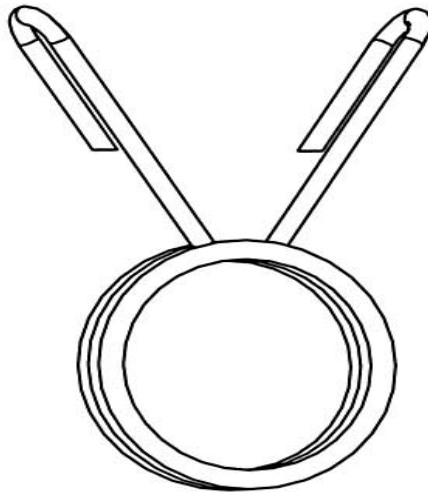
# HARDWARE PACK



#30 L-shaped Pin (Qty 1)



#16 Axle (Qty 1)



#19 Spring Clip (Qty 3)



#54 Ø 3/4" Bushing (Qty 18)



#50 M10 Aircraft Nut (Qty 19)



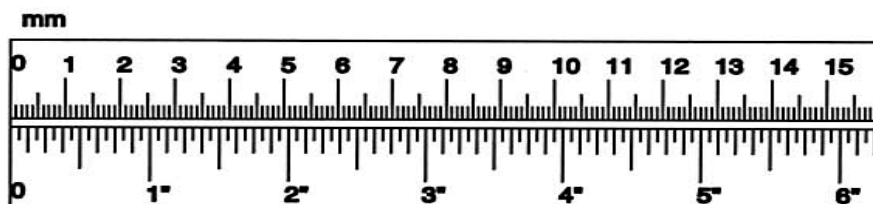
#51 M8 Aircraft Nut (Qty 2)



#48 Ø 3/4" Washer (Qty 24)



#49 Ø 5/8" Washer (Qty 10)

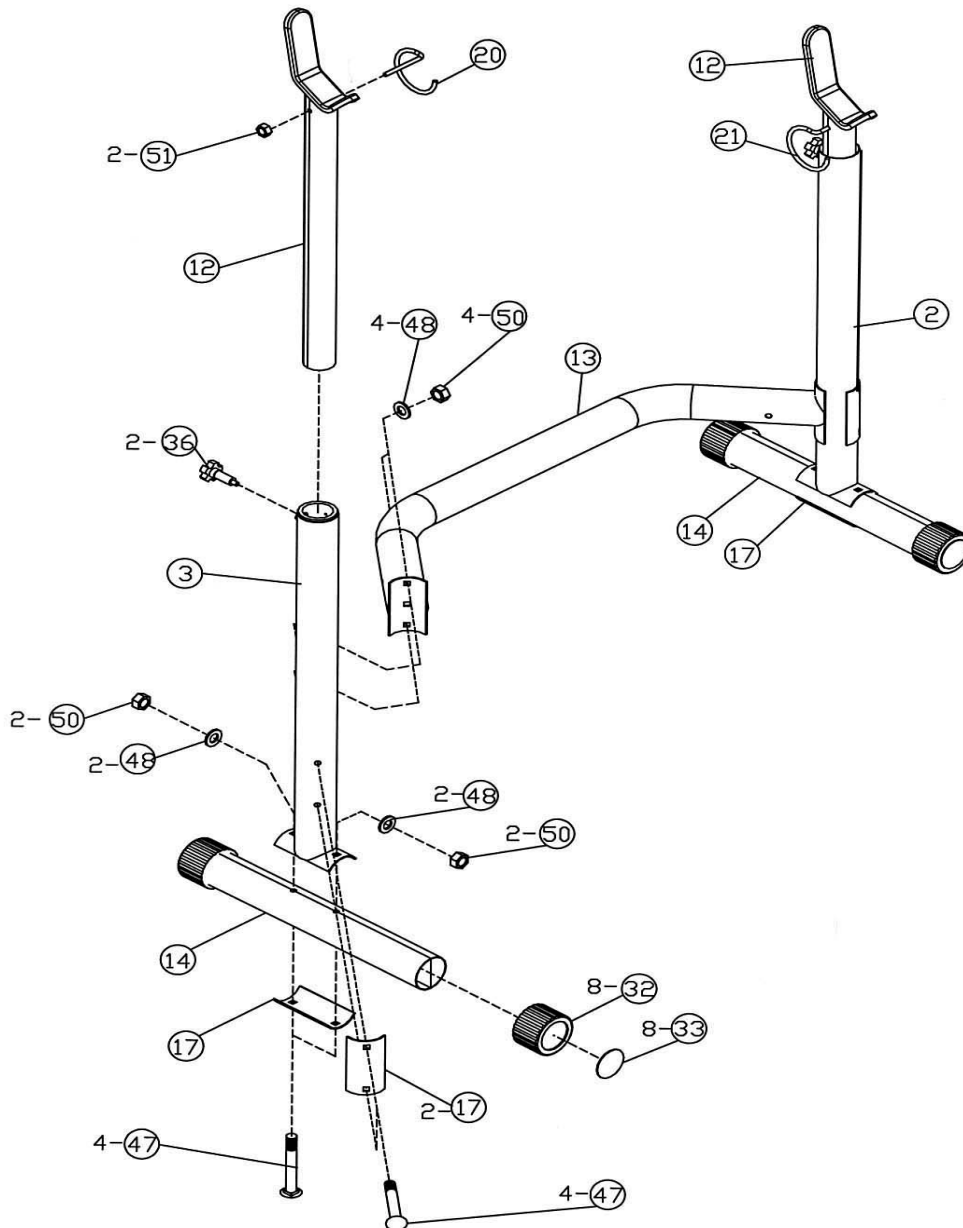


# ASSEMBLY INSTRUCTION

**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)

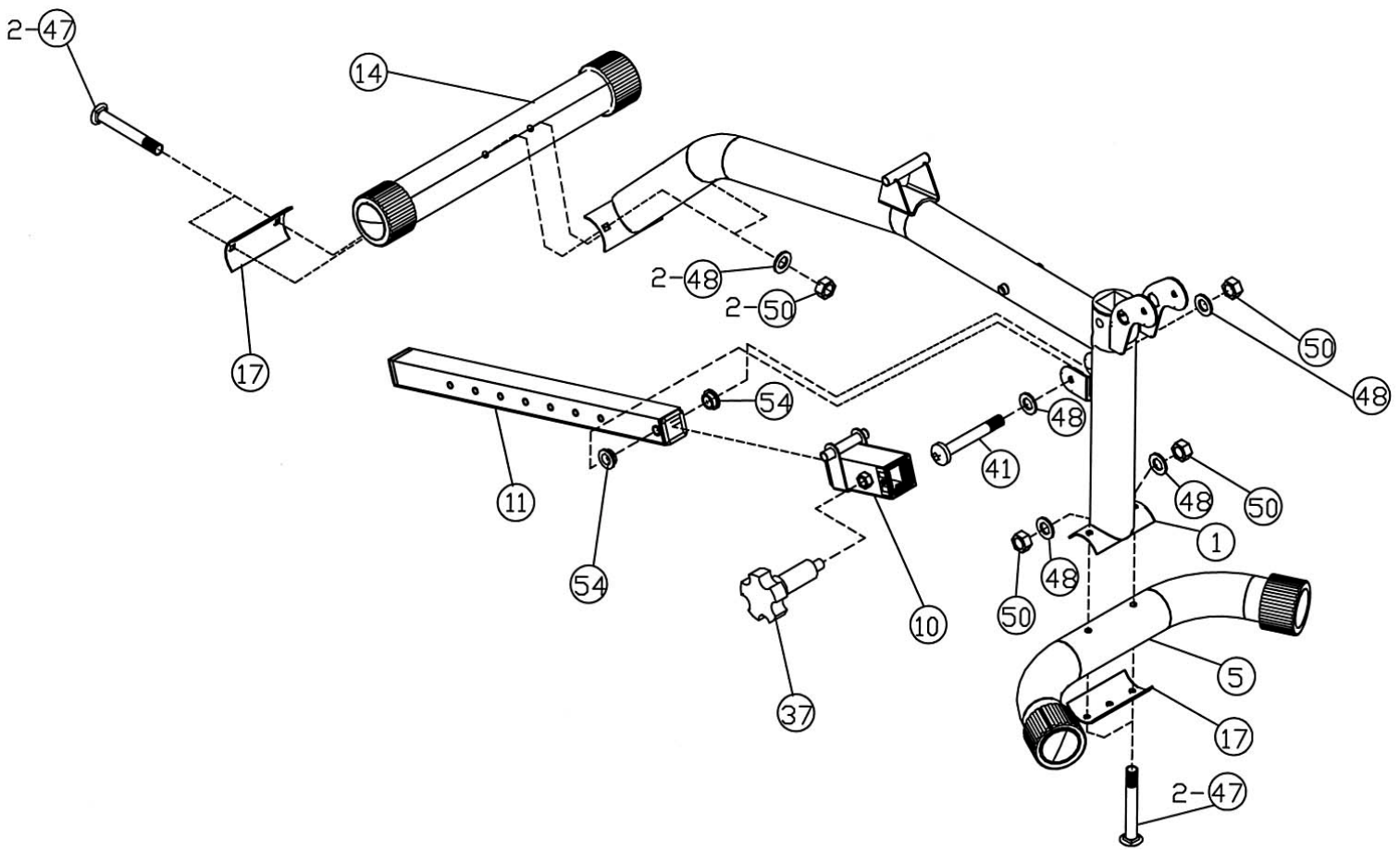
- A.) Connect the Right Upright Beam (#3) to a Rear Stabilizer (#14). Secure them with one Bent Bracket (#17), two M10x3 3/4" Carriage Bolts (#47), two Ø 3/4" Washers (#48) and two M10 Aircraft Nuts (#50). Repeat the same procedure to assemble the other side.
- B.) Connect the two Upright Beams by a Cross Brace (#13) in the mid span. Secure them with one Bent Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), two Ø 3/4" Washers (#48), and two M10 Aircraft Nuts (#50) on each side.
- C.) Insert two Crutches (#12) into the top openings on the top of Left & Right Upright Beams. Insert two M12 Lock Knobs (#36) through selected holes to obtain desired height.
- D.) Insert the Left and Right Safety Hooks (#20) & (#21) into the holes on top of the Crutches (#12). Secure them with two M8 Aircraft Nuts (#51).
- E.) Push four Ø 3" End Caps (#32) onto both ends of the two Rear Stabilizers.



## STEP 2 (See Diagram 2)

- A.) Connect the Main Seat Support (#1) to a Rear Stabilizer (#14). Secure them with one Bent Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), two Ø 3/4" Washers (#48), and two M10 Aircraft Nuts (#50).
- B.) Connect the Main Seat Support (#1) to the Front Stabilizer (#5). Secure them with one Bent Bracket (#17), two M10 x 3 3/4" Carriage Bolts (#47), two Ø 3/4" Washers (#48), and two M10 Aircraft Nuts (#50).
- C.) Slide the Sliding Block (#10) onto the Incline Adjustment Bar (#11). Align the holes then thread a M18 Lock Knob (#37) into the hole to hold the Sliding Block in position.
- D.) Attach two Ø 3/4" Bushings (#54) to the Incline Adjustment Bar (#11). Then attach the Bushings and Bar to the bracket on the Main Seat Support (#1). Secure it with one M10 x 3" Allen Bolt (#41), two Ø 3/4" Washers (#48), and one M10 Aircraft Nut (#50). Do not over tighten the Bolt and Nut. Make sure the Bar is able to swivel.
- E.) Push four Ø 3" End Caps (#32) to all ends of Rear & Front Stabilizers.

**DIAGRAM 2**

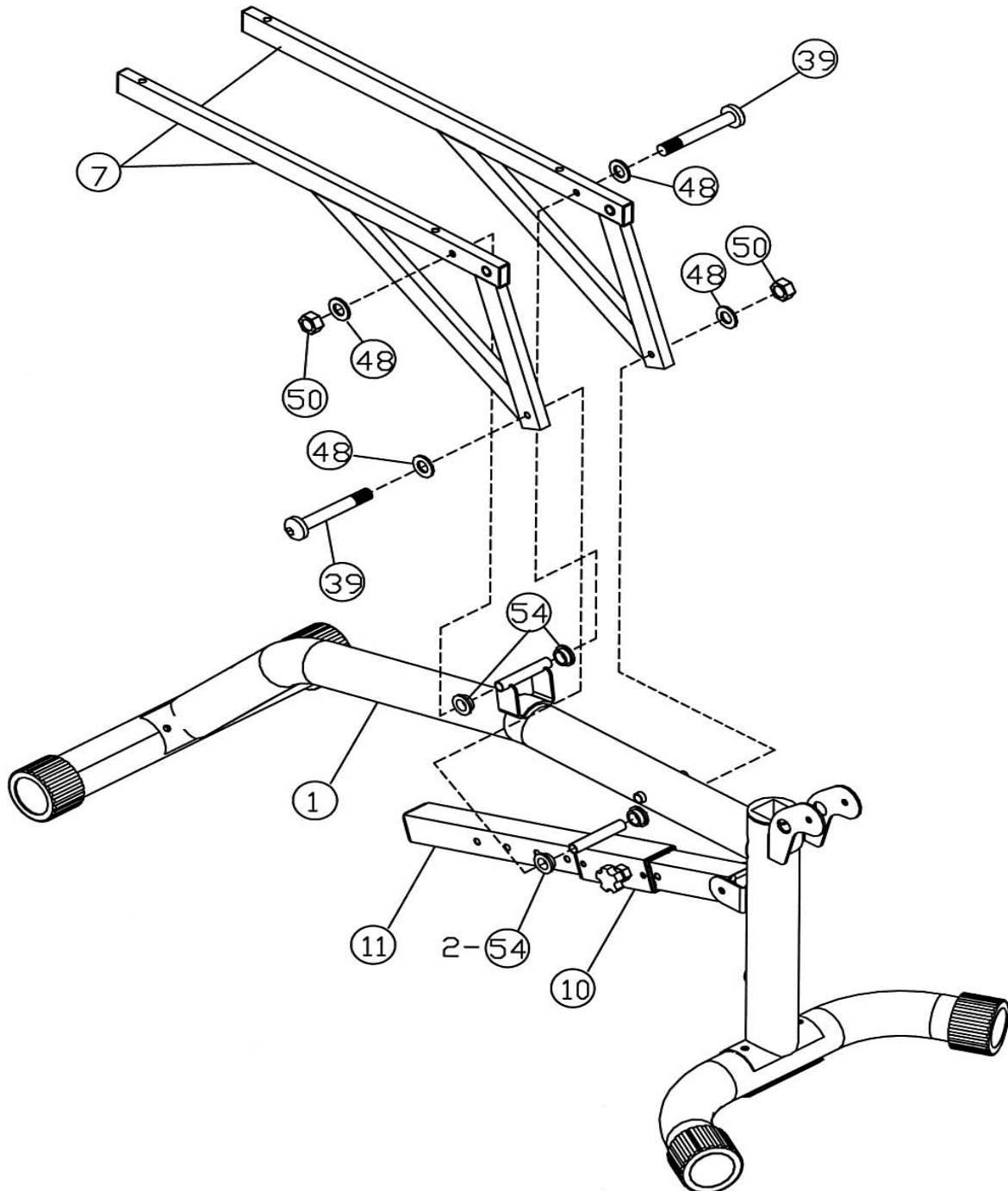




### STEP 3 (See Diagram 3)

- A.) Attach two  $\text{\O} \frac{3}{4}$ " Bushings (#54) to the pivot on the Main Seat Support (#1).
- B.) Attach two Backrest Supports (#7) to the Pivot and align the holes. Secure it with one M10 x 6  $\frac{1}{4}$ " Allen Bolt (#39), two  $\text{\O} \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#50).
- C.) Attach two  $\text{\O} \frac{3}{4}$ " Bushings (#54) to the pivot on the Sliding Block (#10).
- D.) Attach the holes on the two Backrest Supports to the Pivot. Align the holes. Secure them with one M10 x 6  $\frac{1}{4}$ " Allen Bolt (#39), two  $\text{\O} \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#50).
- E.) Do not over tighten the Nuts and Bolts. Make sure the Backrest Supports are able to swivel.

**DIAGRAM 3**

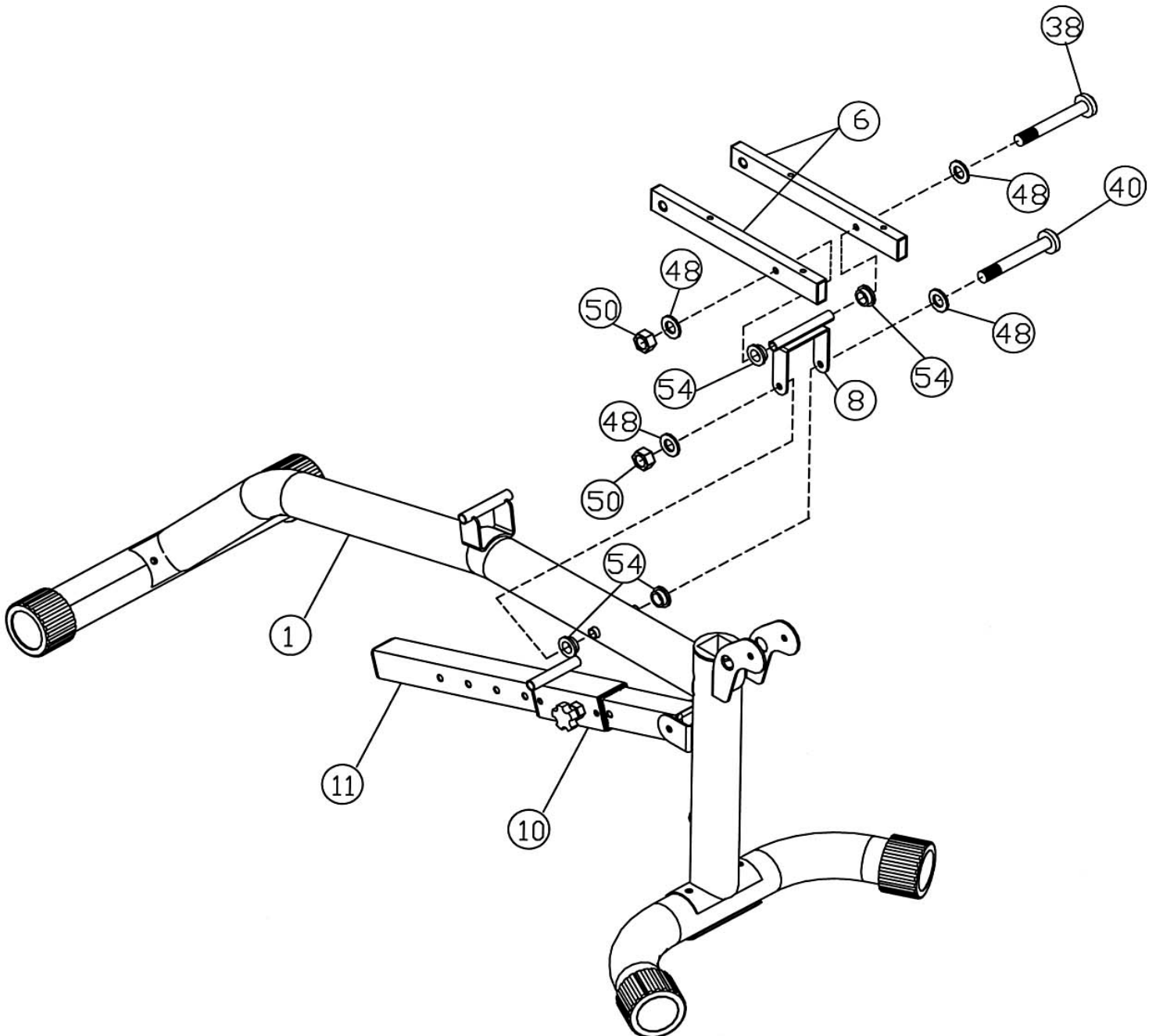




## STEP 4 (See Diagram 4)

- A.) Attach two  $\text{\O} \frac{3}{4}$ " Bushings (#54) to the pivot on the Main Seat Support (#1). Attach the Seat Incline Support Bracket (#8) to the Bushings and align the holes. Secure it with one M10 x  $4 \frac{1}{2}$ " Allen Bolt (#40), two  $\text{\O} \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#50).
- B.) Attach two  $\text{\O} \frac{3}{4}$ " Bushings (#54) to the Seat Incline Support Bracket (#8). Attach two Seat Support Frames (#6) to the Bracket and align the holes. Secure them with one M10 x  $8 \frac{1}{4}$ " Allen Bolt (#38), two  $\text{\O} \frac{3}{4}$ " Washers (#48), and one M10 Aircraft Nut (#50).
- C.) Do not over tighten the Nuts and Bolts. Make sure the Seat Incline Support Bracket and Seat Support Frame are able to swivel.

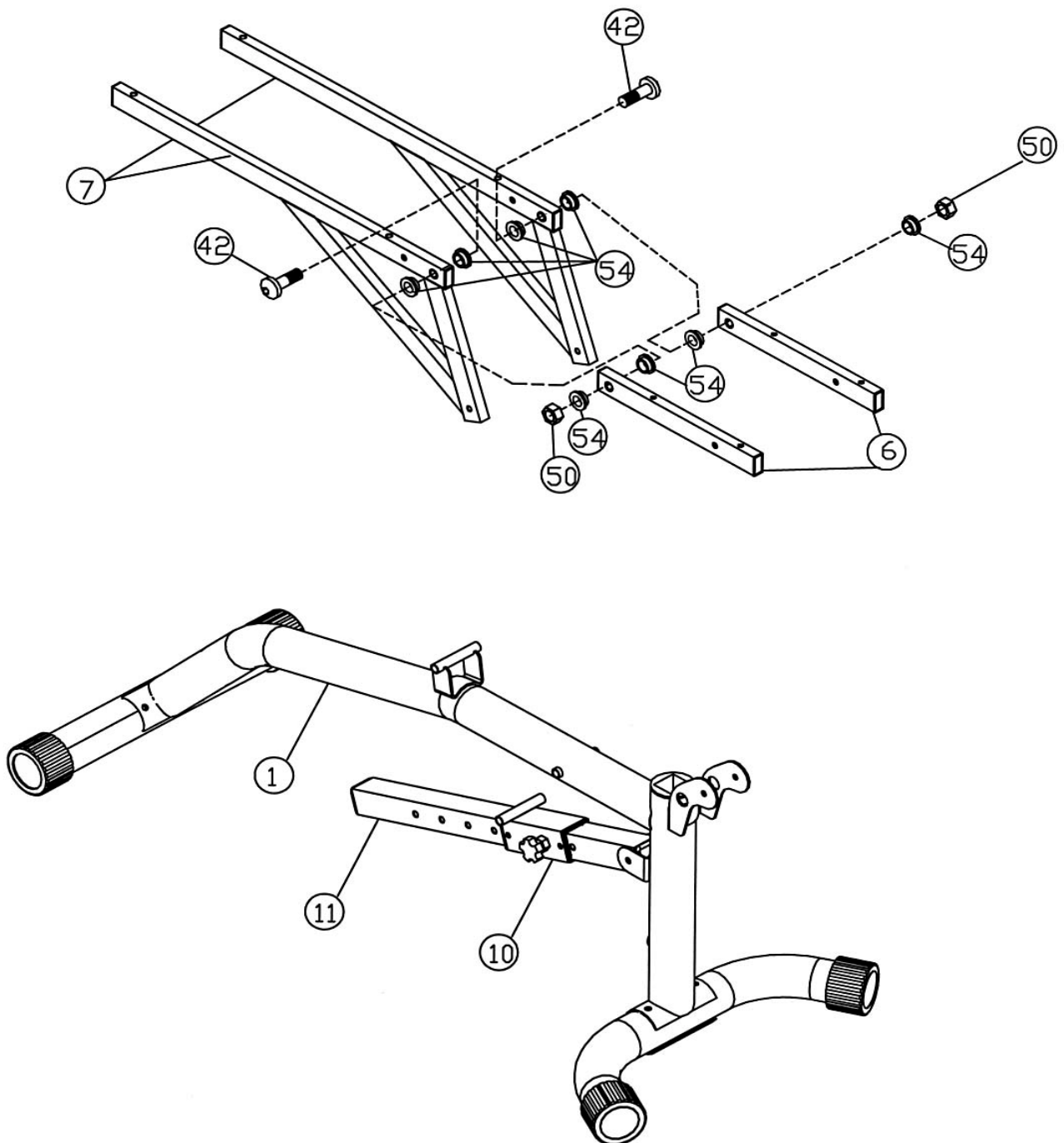
**DIAGRAM 4**



## STEP 5 (See Diagram 5)

- A.) Attach four  $\text{Ø } \frac{3}{4}$ " Bushings (#54) to the two Seat Support Frames (#6). Attach another four  $\text{Ø } \frac{3}{4}$ " Bushings (#54) to the two Backrest Supports (#7).
- B.) Attach a Backrest Support (#7) to a Seat Support Frame (#6). Please note that the Backrest Support should be on the inside of the Seat Support Frame. Secure them with one M10 x 2  $\frac{3}{8}$ " Allen Bolt (#42) and M10 Aircraft Nut (#50).
- C.) Repeat the same procedure to install the other side.
- D.) Do not over tighten the Nuts and Bolts. Make sure the Seat Support Frames and Backrest Supports are able to swivel.

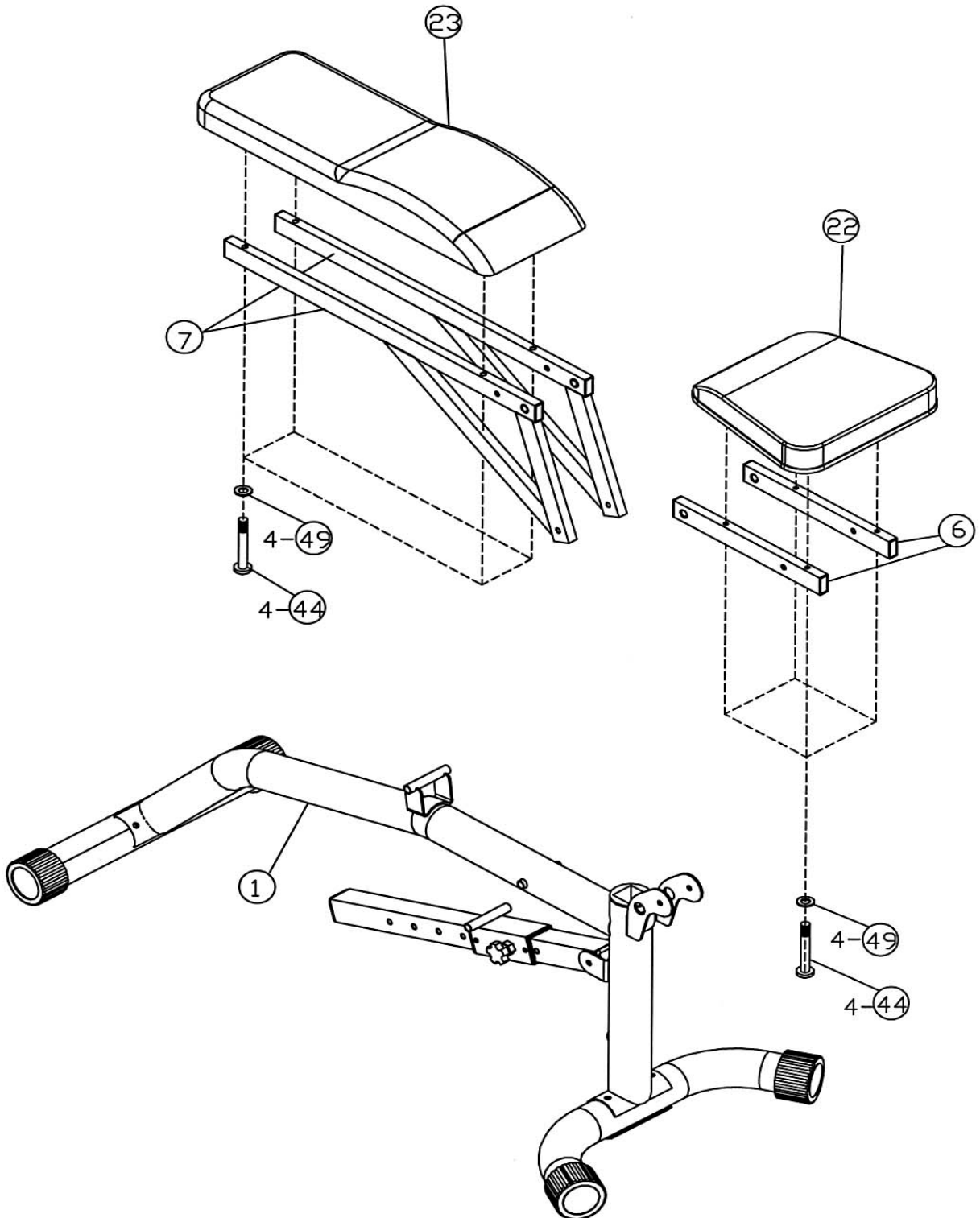
**DIAGRAM 5**



## STEP 6 (See Diagram 6)

- A.) Place the Seat (#22) onto the Seat Support Frame (#6). Secure it with four M8 x 2" Allen Bolts (#44) and Ø5/8" Washers (#49).
- B.) Place the Backrest Board (#23) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#44) and Ø5/8" Washers (#49).

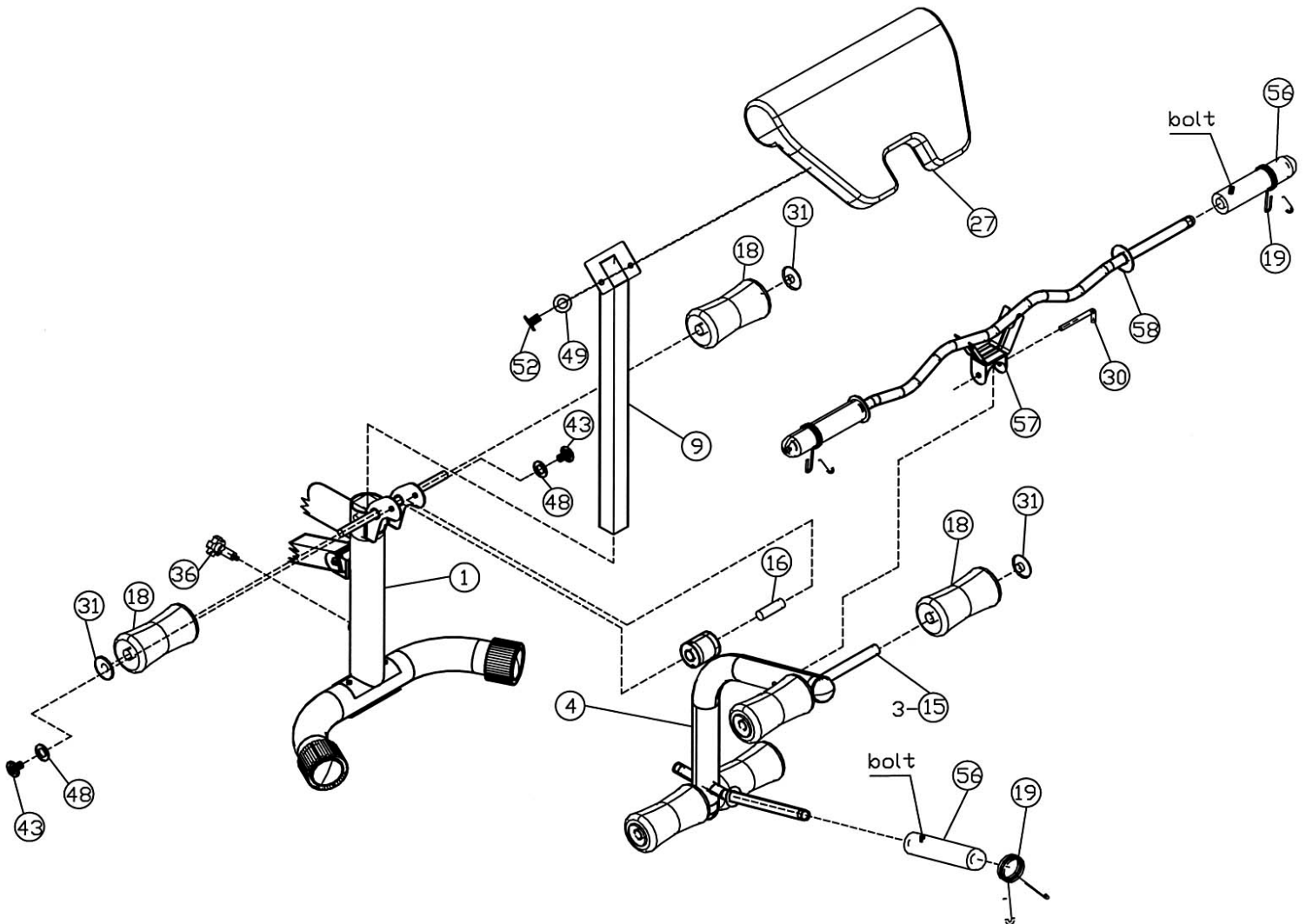
**DIAGRAM 6**



## STEP 7 (See Diagram 7)

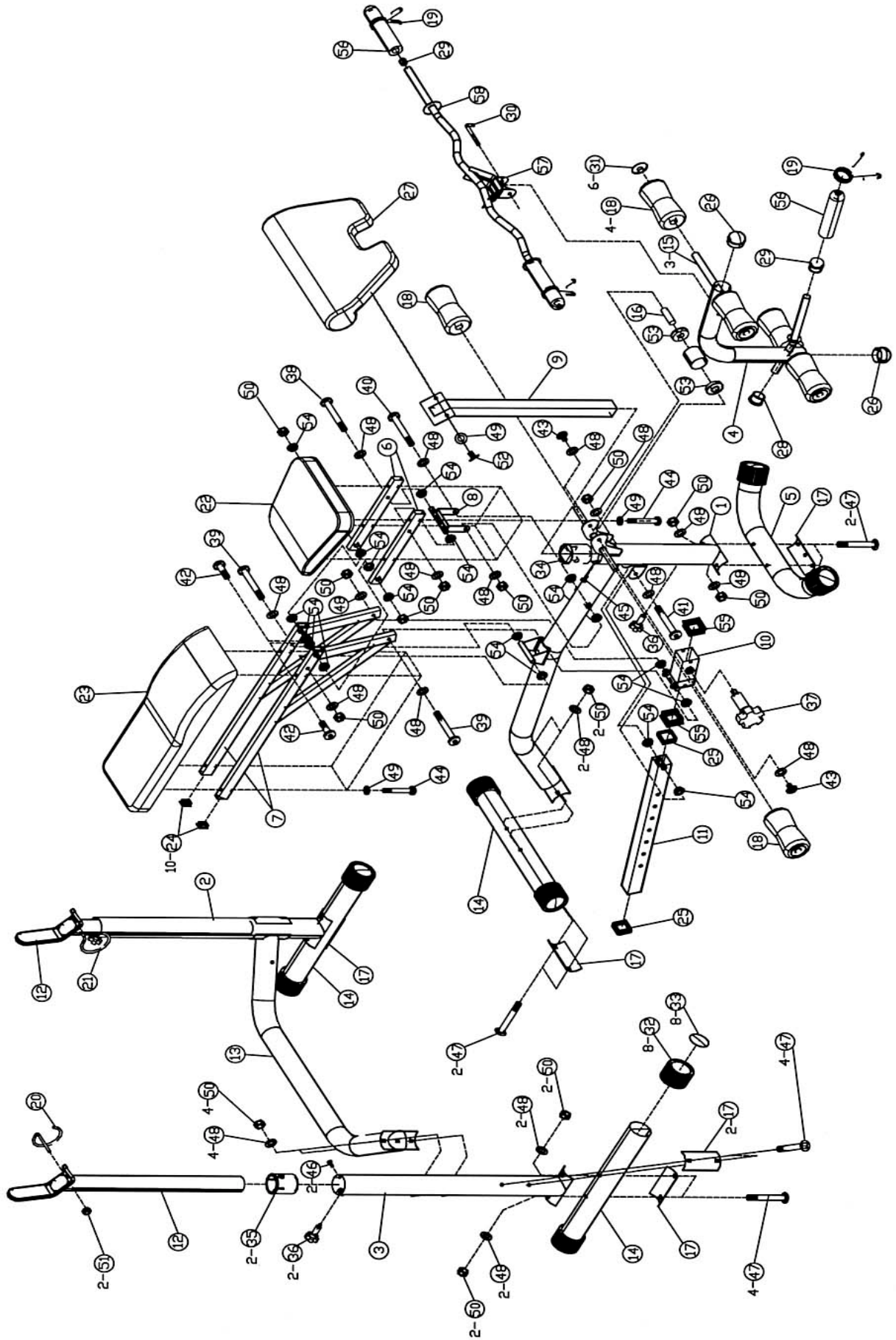
- A.) Attach the Leg Developer (#4) to the bracket on the top of Main Seat Support (#1). Secure it with one Axle (#16), two M10x 3/4" Allen Bolts (#43), and Ø3/4" Washers (#48).
- B.) Insert one Foam Roll Tube (#15) halfway through the hole on the Main Seat Support. Insert two Foam Roll Tubes halfway through the holes on the Leg Developer. Push six Foam Rolls (#18) onto the Tubes from both ends. Plug six Foam Roll End Caps (#31) into the Ends.
- C.) Attach the Arm Curl Pad (#27) to the Arm Curl Stand (#9). Secure it with two M8 x 5/8" Allen Bolts (#52) and Ø 5/8" Washers (#49).
- D.) Insert the Arm Curl Stand into the top opening on the Main Seat Support. Use a M12 Lock Knob (#36) to hold the Arm Curl Stand in desired position.
- E.) Attach the Bar Holder (#57) to the Leg Developer and secure it with a L-shaped Pin (#30). Place the Curl Bar on the Bar Holder for Arm Curl exercises. Remove the Pin, Bar Holder, Bar and Arm Curl Stand when doing Leg Developer exercises.
- F.) Attach an Olympic Sleeve (#56) to the weight post on the Leg Developer. Attach a Spring Clip (#19) to the Sleeve.

**DIAGRAM 7**





# EXPLODED DIAGRAM



## PARTS LIST

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

# **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 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 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