

NOTE:
Please read all instructions
carefully before using this
product

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Model
PM-3000

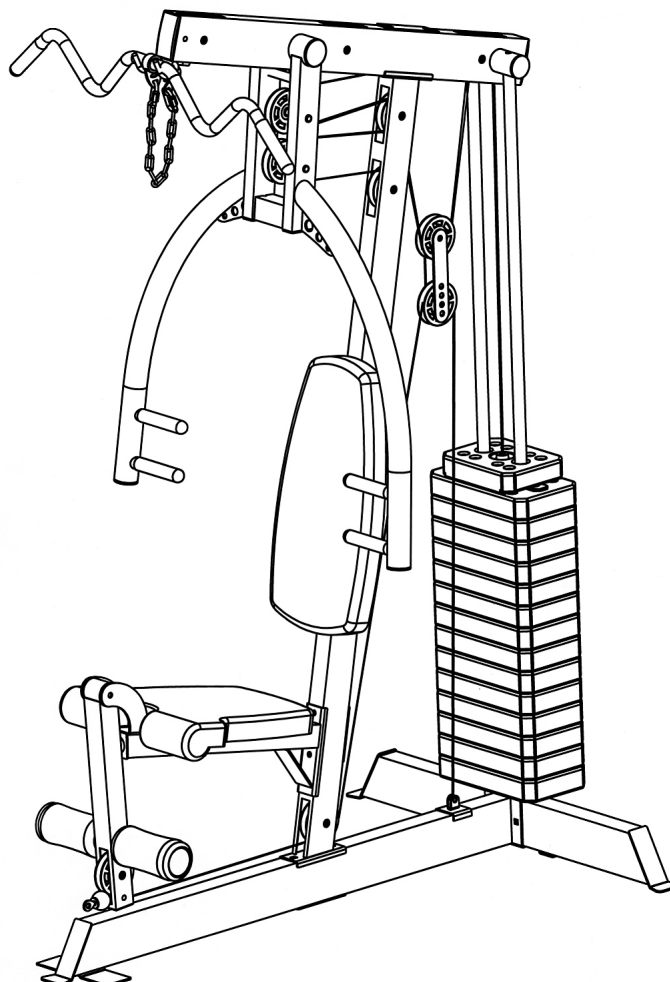
Retain This
Manual for
Reference

08-20-08

OWNER'S
MANUAL

IMPEX

PLATINUM MARCY **HOME GYM** **PM-3000**



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 PM-3000 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 TOO-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.

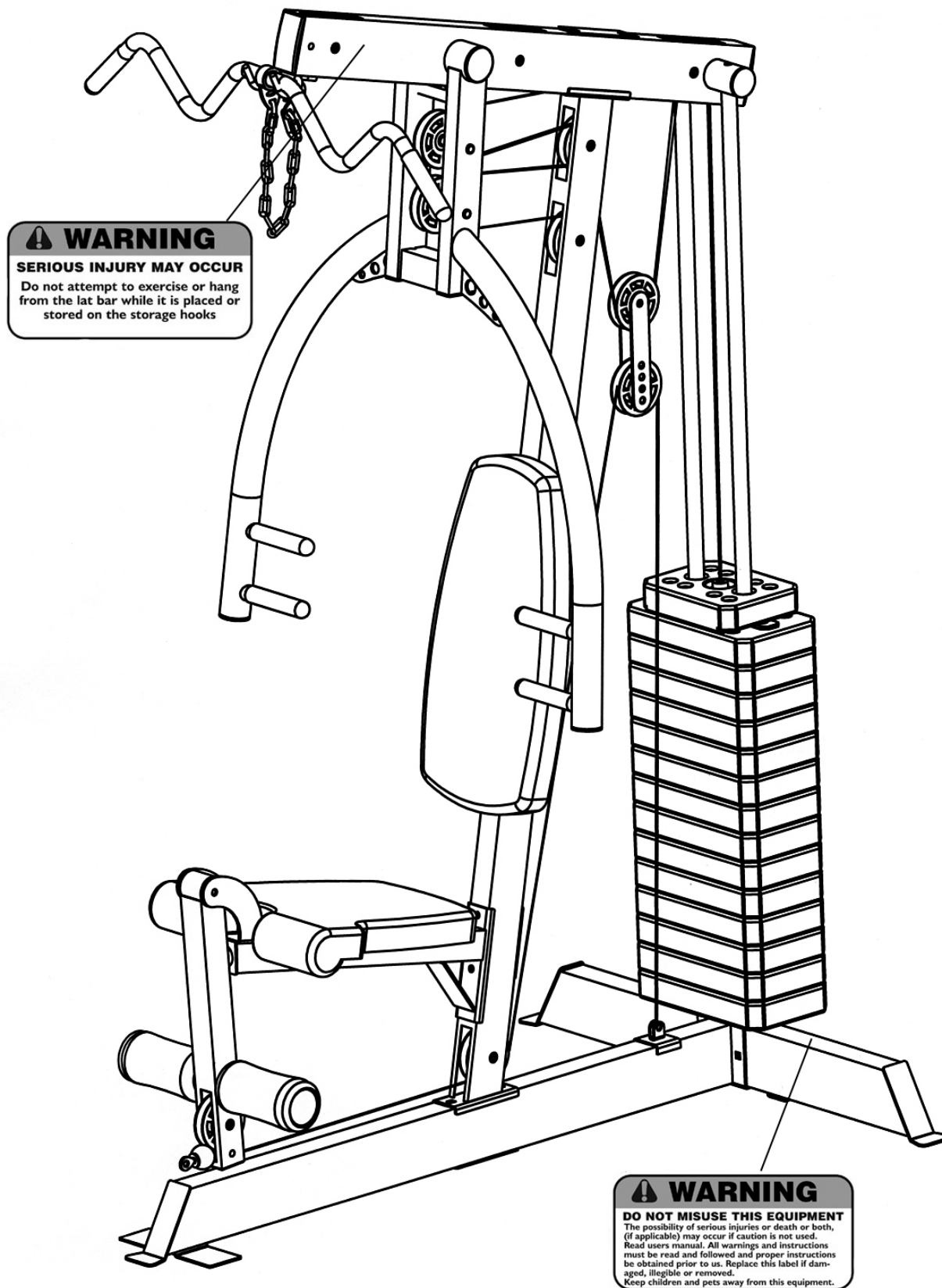
CARE AND MAINTENANCE

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.

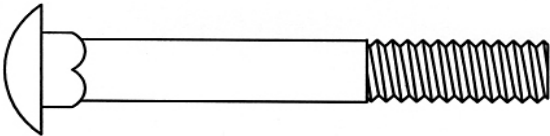
WARNING LABEL REPLACEMENT



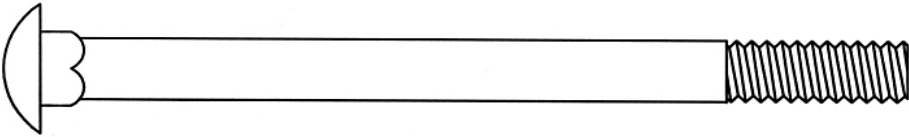
The warning labels shown here have been placed on the Rear Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

HARDWARE PACK

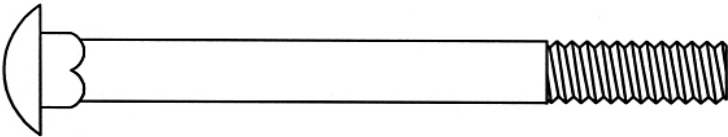
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



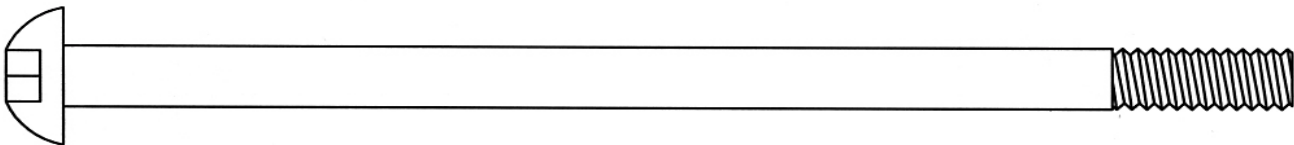
#46 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 2)



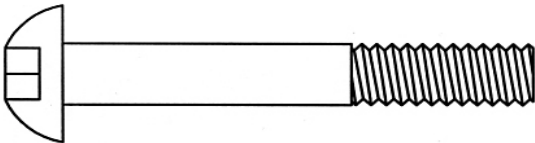
#47 M10 x 4 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



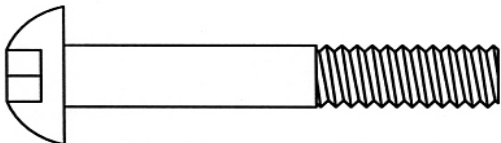
#48 M10 x 3 $\frac{3}{4}$ " Carriage Bolt (Qty 2)



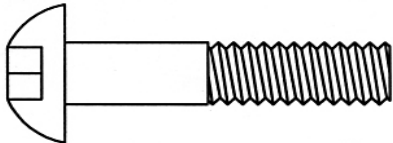
#49 M10 x 6 $\frac{3}{4}$ " Allen Bolt (Qty 2)



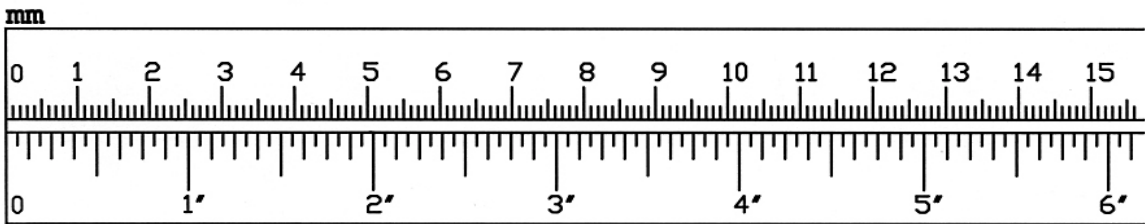
#50 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 4)



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

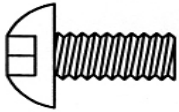


#52 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 2)

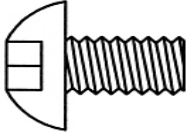


HARDWARE PACK

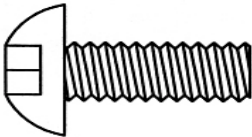
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



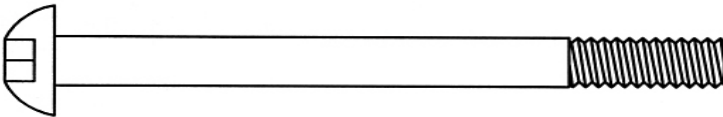
#58 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



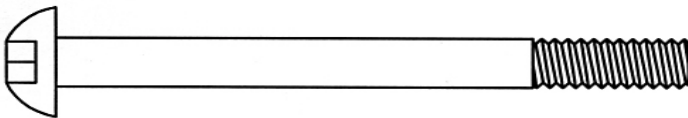
#53 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 4)



#54 M10 x 1" Allen Bolt (Qty 5)



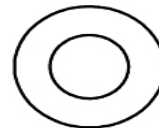
#55 M8 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 2)



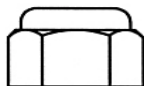
#56 M10 x 3 $\frac{3}{8}$ " Allen Bolt (Qty 2)



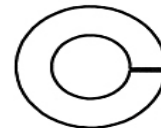
#61 \varnothing $\frac{5}{8}$ " Washer
(Qty 6)



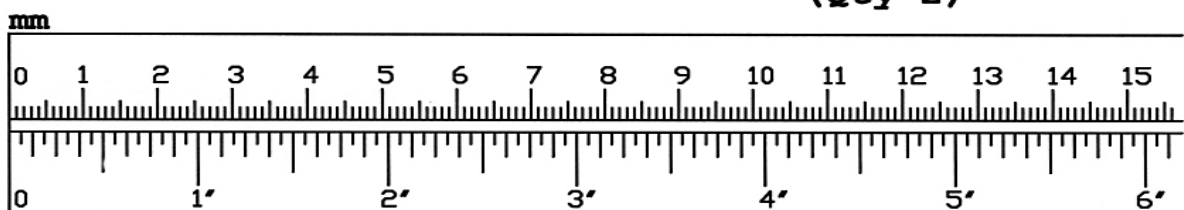
#60 \varnothing $\frac{3}{4}$ " Washer
(Qty 22)



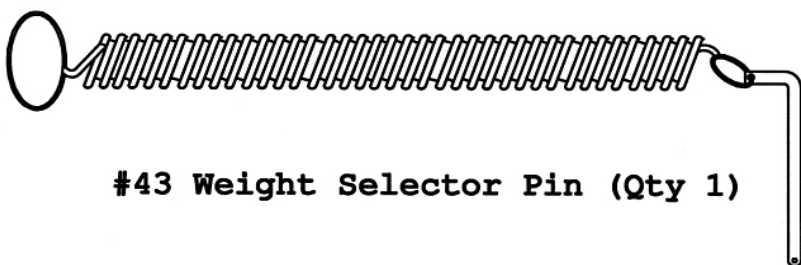
#62 M10 Aircraft Nut
(Qty 20)



#57 \varnothing $\frac{3}{4}$ " Lock Washer
(Qty 2)



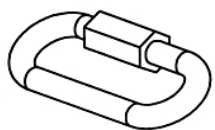
HARDWARE PACK



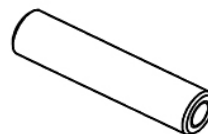
#43 Weight Selector Pin (Qty 1)



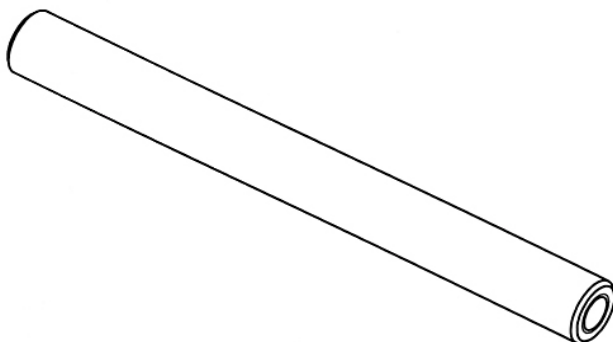
#44 Chain (Qty 1)



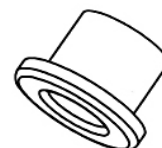
#45 C-clip (Qty 2)



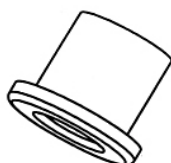
#34 Leg Developer Axle (Qty 1)



#35 Front Press Axle (Qty 1)



#37 $\varnothing \frac{7}{8}'' \times \frac{1}{2}''$ Bushing (Qty 6)



#36 $\varnothing \frac{7}{8}'' \times \frac{5}{8}''$ Bushing (Qty 8)

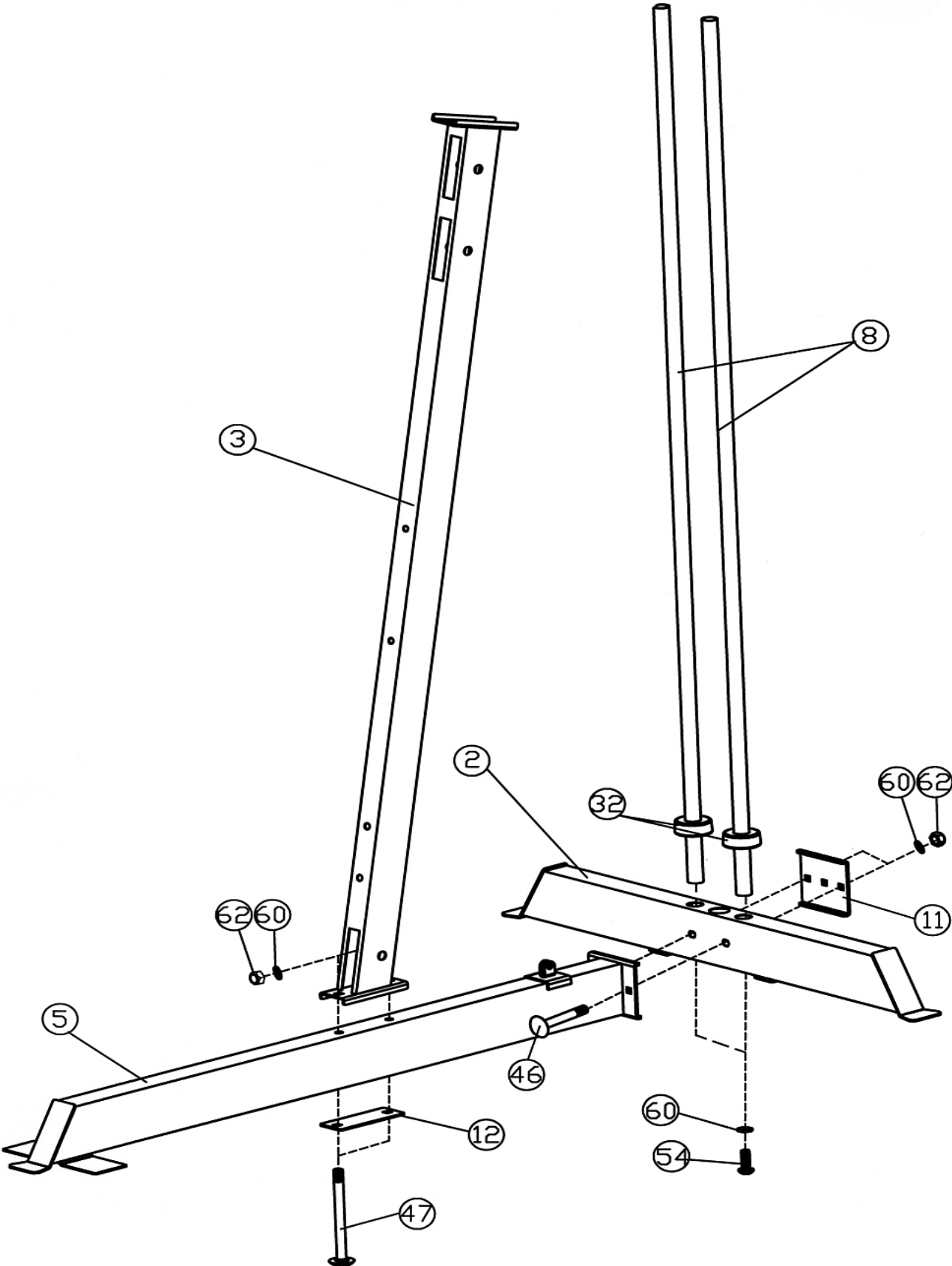
ASSEMBLY INSTRUCTION

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)

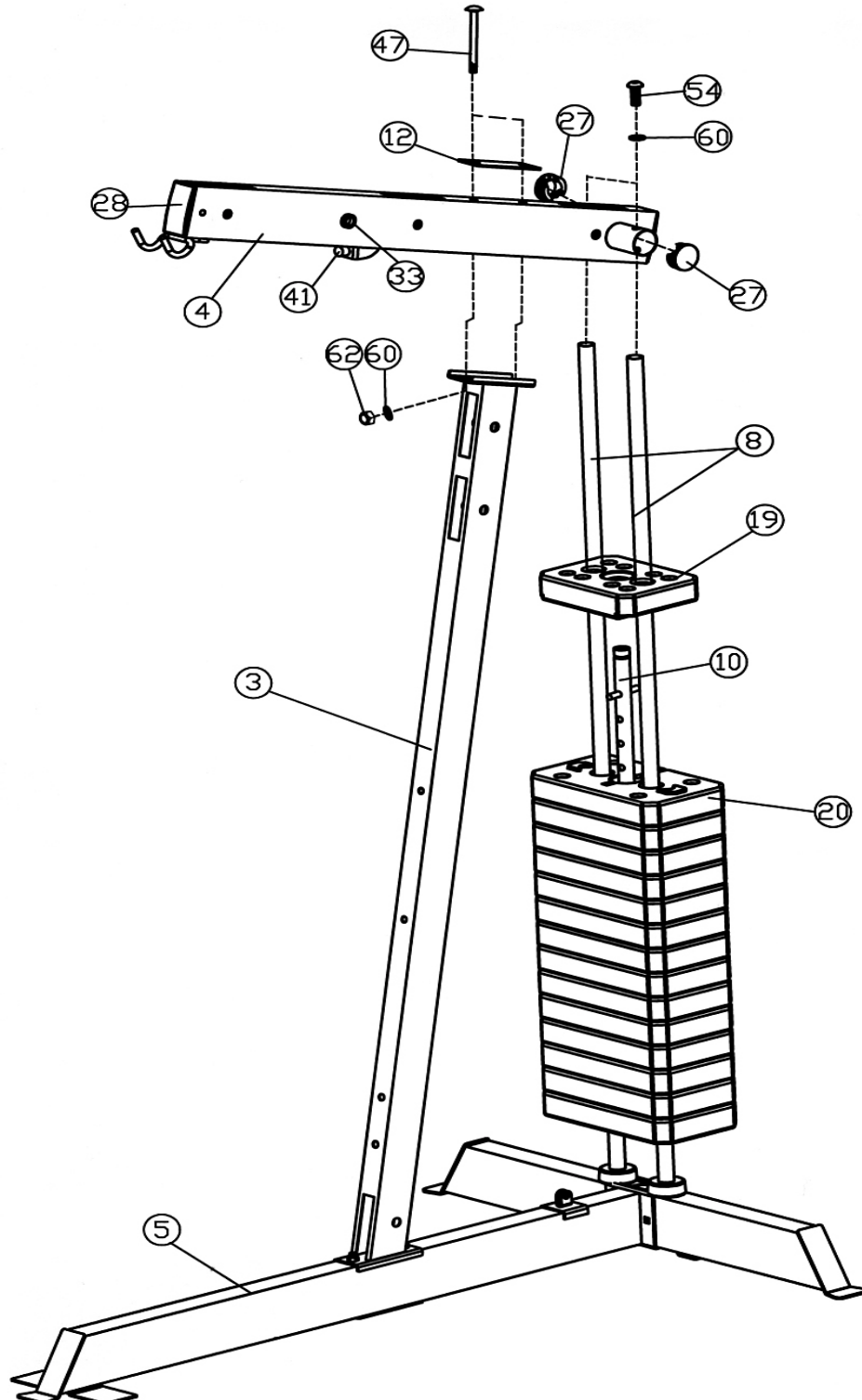
- A.) **Do NOT tighten the nuts and bolts until instructed to do so.**
- B.) Slide two Rubber Bumpers (#32) onto the two Guide Rods (#8). Insert the two Guide Rods into the holes on the Rear Base Frame (#2). Secure each Guide Rod with one M10 x 1" Allen Bolt (#54) and $\varnothing \frac{3}{4}$ " Washer (#60) from the bottom.
- C.) Place the Vertical Frame (#3) onto the Main Base Frame. Secure them with two M10 x 4 $\frac{3}{4}$ " Carriage Bolts (#47), one 5 $\frac{1}{2}$ " x 2" Bracket (#12), two $\varnothing \frac{3}{4}$ " Washers (#60), and two M10 Aircraft Nuts (#62) from bottom.
- D.) Attach the rear of Main Base Frame (#5) to the Rear Base Frame. Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#46), one 4 $\frac{3}{8}$ " x 4 $\frac{3}{8}$ " Bracket (#11) and two $\varnothing \frac{3}{4}$ " Washers (#60), and two M10 Aircraft Nuts (#62).

DIAGRAM 1



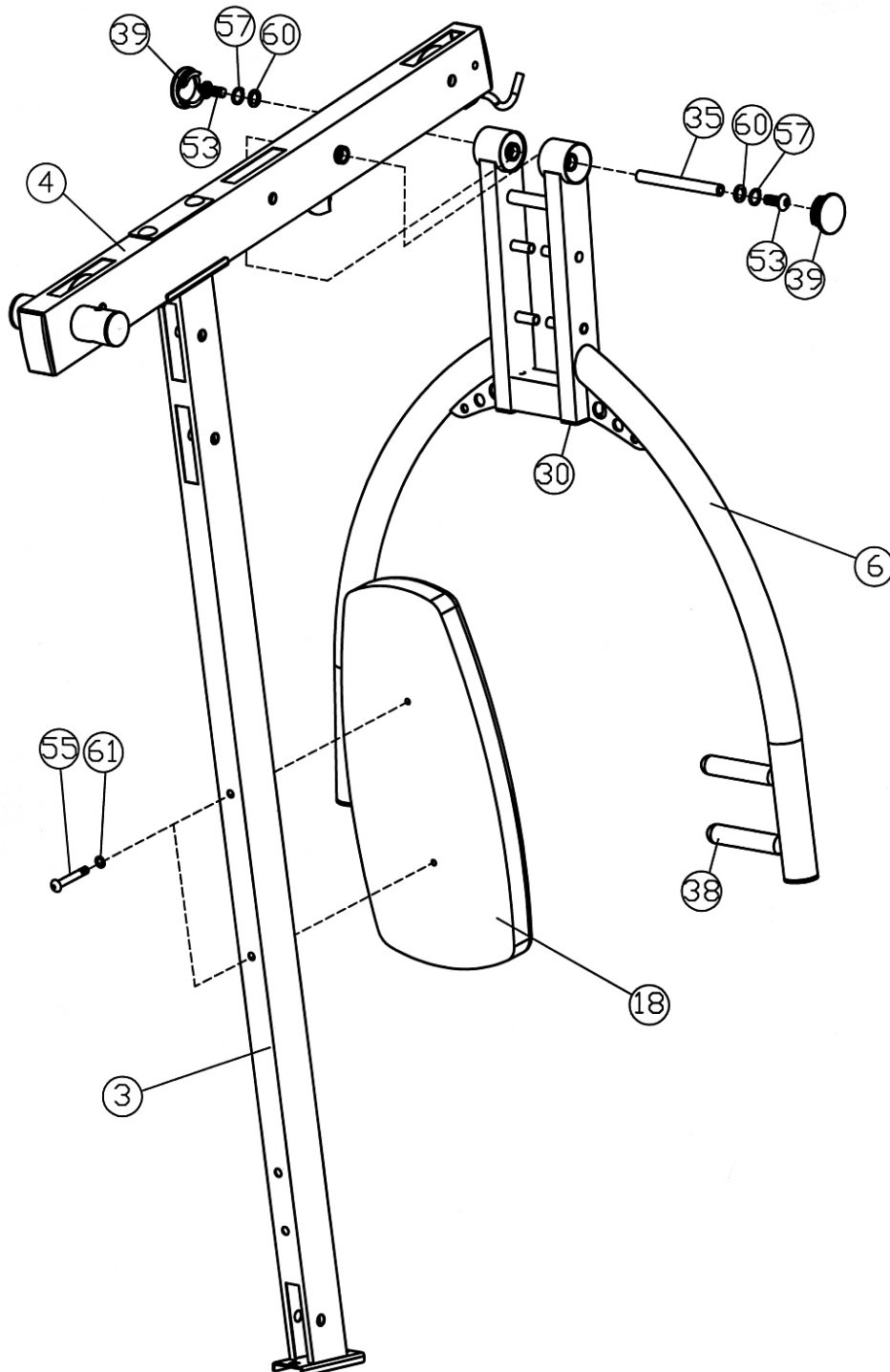
STEP 2 (See Diagram 2)

- A.) Slide 14 Weight Plates (#20) onto the Guide Rods (#8). Make sure the deep grooves on the Plates all face down and to the same direction. Insert the Selector Rod (#10) into the center hole on the Plates. Slide the Selector Stem (#19) onto the Guide Rods.
- B.) Attach the Upper Frame (#4) onto the Guide Rods. Secure it with two M10 x 1" Allen Bolts (#54) and $\varnothing \frac{3}{4}$ " Washers (#60).
- C.) Place the Upper Frame onto the Vertical Frame (#3). Secure it with two M10 x 4 $\frac{3}{4}$ " Carriage Bolts (#47), one 5 $\frac{1}{2}$ " x 2" Bracket (#12), two $\varnothing \frac{3}{4}$ " Washers (#60), and two M10 Aircraft Nuts (#62).
- D.) Securely tighten all Nuts and Bolts previously installed.



STEP 3 (See Diagram 3)

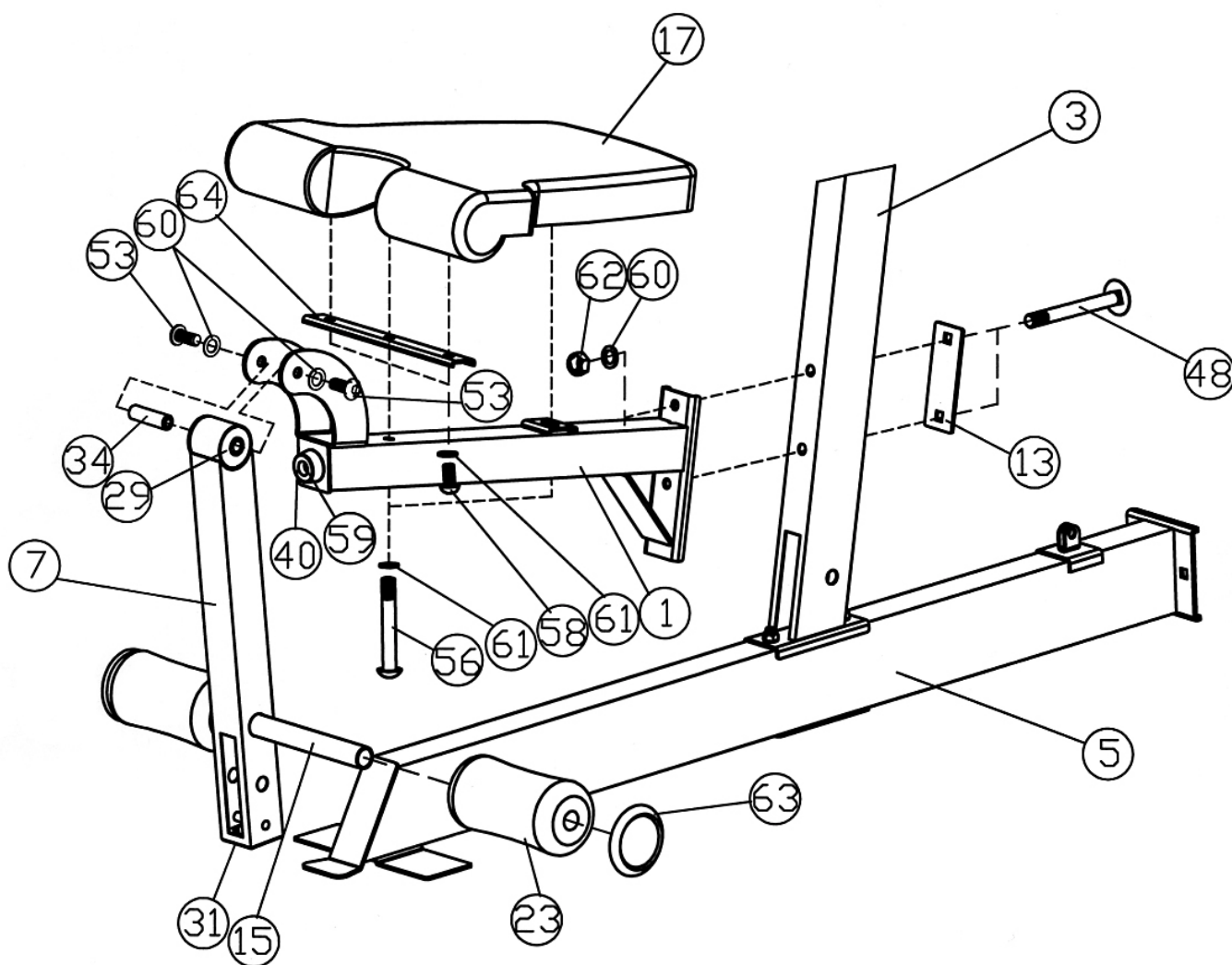
- A.) Attach the Front Press (#6) to the Upper Frame (#4). Align the holes. Insert the Front Press Axle (#35) through the holes. Secure it with one M10 x 5/8" Allen Bolt (#53), one Ø 3/4" Lock Washer (#57), one Ø 3/4" Washer on each end of the Axle. **Do not over tighten the Bolts.** Make sure the Front Press is able to swivel. Cover the two Bolts with two Ø 1 3/8" End Caps (#39).
- B.) Attach the Backrest Board (#18) to the Vertical Frame (#3). Secure it with two M8 x 3 1/2" Allen Bolts (#55), and two Ø 5/8" Washers (#61).



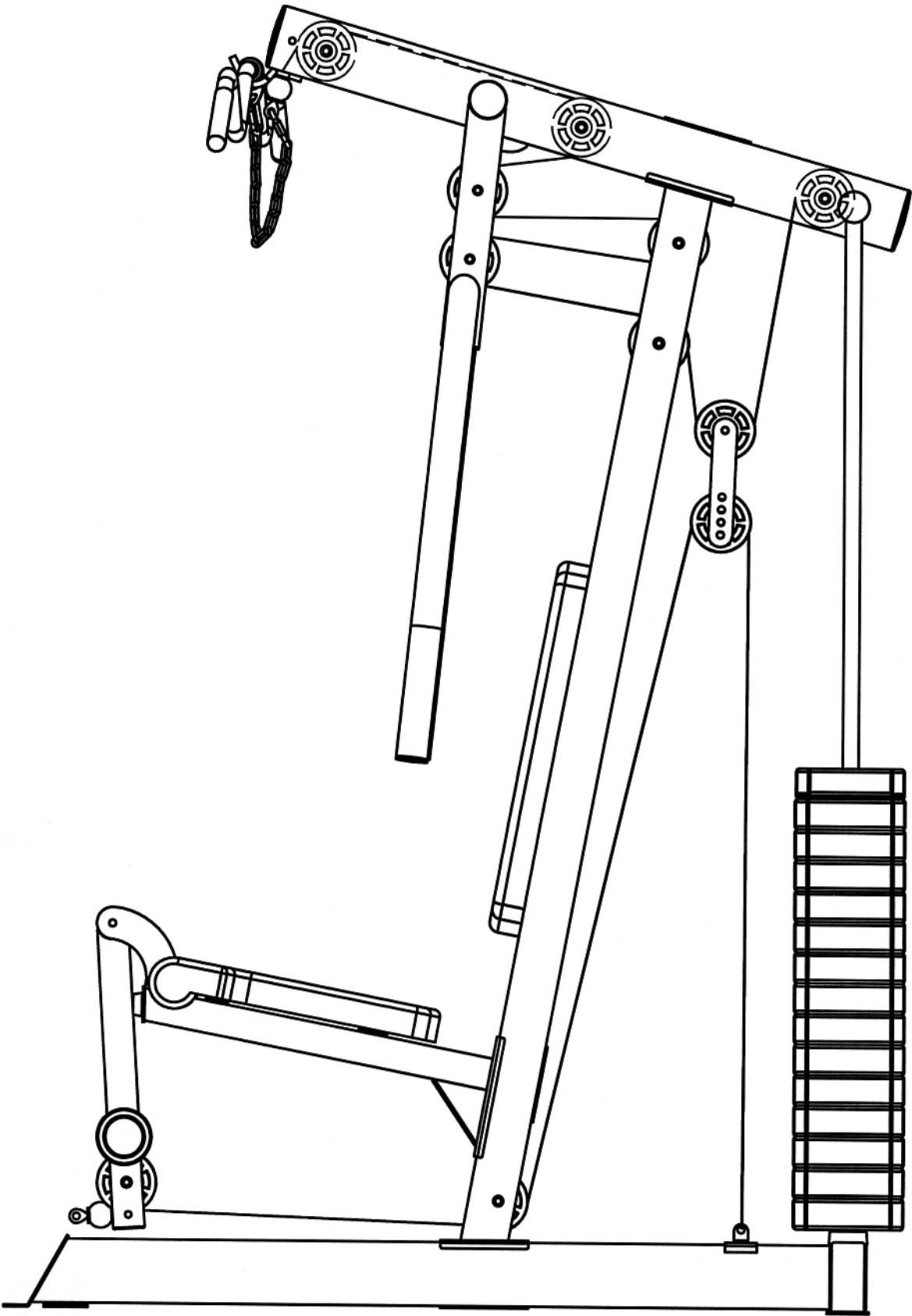
STEP 4 (See Diagram 4)

- A.) Attach the Seat Support (#1) to the Vertical Frame (#3). Secure it with two M10 x 3 3/4" Carriage Bolts (#48), one 4 3/8" x 1 3/4" Bracket (#13), two Ø 3/4" Washers (#60), and two M10 Aircraft Nuts (#62).
- B.) Attach the Leg Developer (#7) to the open bracket on Seat Support. Secure it with the Leg Developer Axle (#34), two M10 x 5/8" Allen Bolts (#53), and two Ø 3/4" Washers (#60). Do not over tighten the Bolts. Make sure the Leg Developer is able to swivel.
- C.) Place the Seat Bracket (#42) onto Seat Support. Place the Seat Pad (#17) onto Seat Support and Seat Bracket. Secure the Seat Pad with two M8 x 3 3/8" Allen Bolts (#56) through Seat Support, two M8 x 5/8" Allen Bolts (#58) through Seat Bracket, and four Ø 5/8" Washers (#61).

DIAGRAM 4



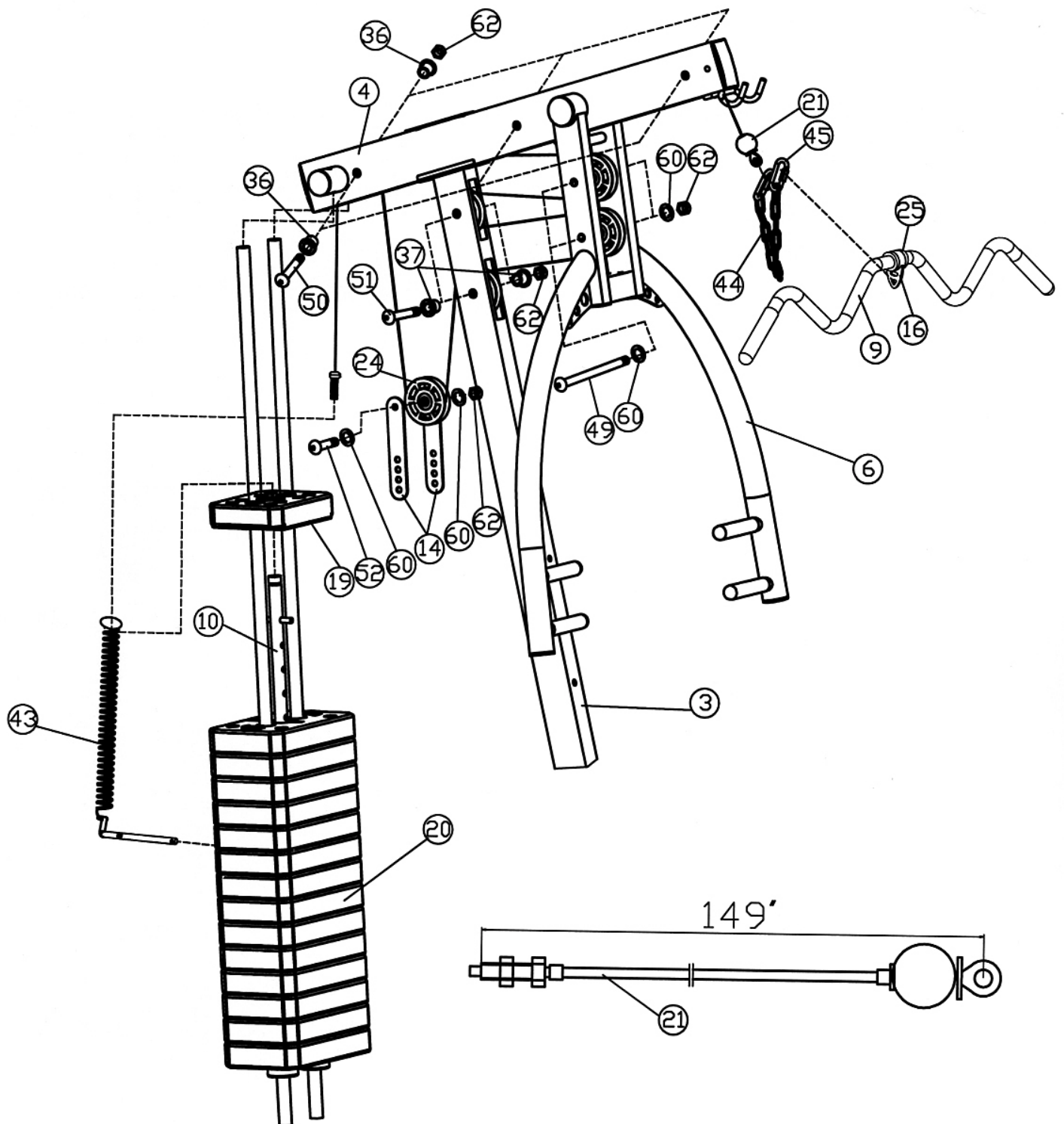
CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 149" Upper Cable (#21) 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 (#24) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#50), two Ø 7/8" x 5/8" Bushings (#36), and one M10 Aircraft Nut (#62).
- C.) Draw the Cable towards the back of the machine to another opening on the Upper Frame. Repeat Procedure B above to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back to the upper opening on the Front Press (#6).
- E.) Attach a Pulley to the opening. Secure it with one M10 x 6 ¾" Allen Bolt (#49), two Ø ¾" Washers (#60), and one M10 Aircraft Nut (#62).
- F.) Draw the Cable around the Pulley then to the upper opening on the Vertical Frame (#3).
- G.) Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#51), two Ø 7/8" x ½" Bushings (#37), and one M10 Aircraft Nut (#62).
- H.) Draw the Cable around the Pulley, then towards back to the lower opening on Front Press. Repeat Procedure E to install a Pulley.
- I.) Draw the Cable around the Pulley, then toward to the lower opening on Vertical Frame.
- J.) Repeat the Procedure G to install a Pulley.
- K.) 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 (#14).
- L.) Attach a Pulley to the Brackets. Secure it with one M10 x 1 ¾" (#52), two Ø ¾" Washers (#60), and one M10 Aircraft Nut (#62). Let the Bracket hanging for now.
- M.) Draw the Cable around the Pulley then pull upwards to the opening one rear of Upper Frame. Repeat Procedure B to install a Pulley.
- N.) Pull the Cable downwards between the two Guide Rods to the Selector Rod (#10). Attach the string on the Weight Plate Selector Pin (#43) onto Selector Rod. Securely thread the bolt at the end of the Cable into the Selector Rod. Use the Weight Plate Selector Pin to select the numbers of weight plates to exercise.
- O.) Connect the Lat Bar (#9) to the Cable with a Chain (#44) and two C-clips (#45). Adjust the length of Chain for the desired Lat Bar exercises.

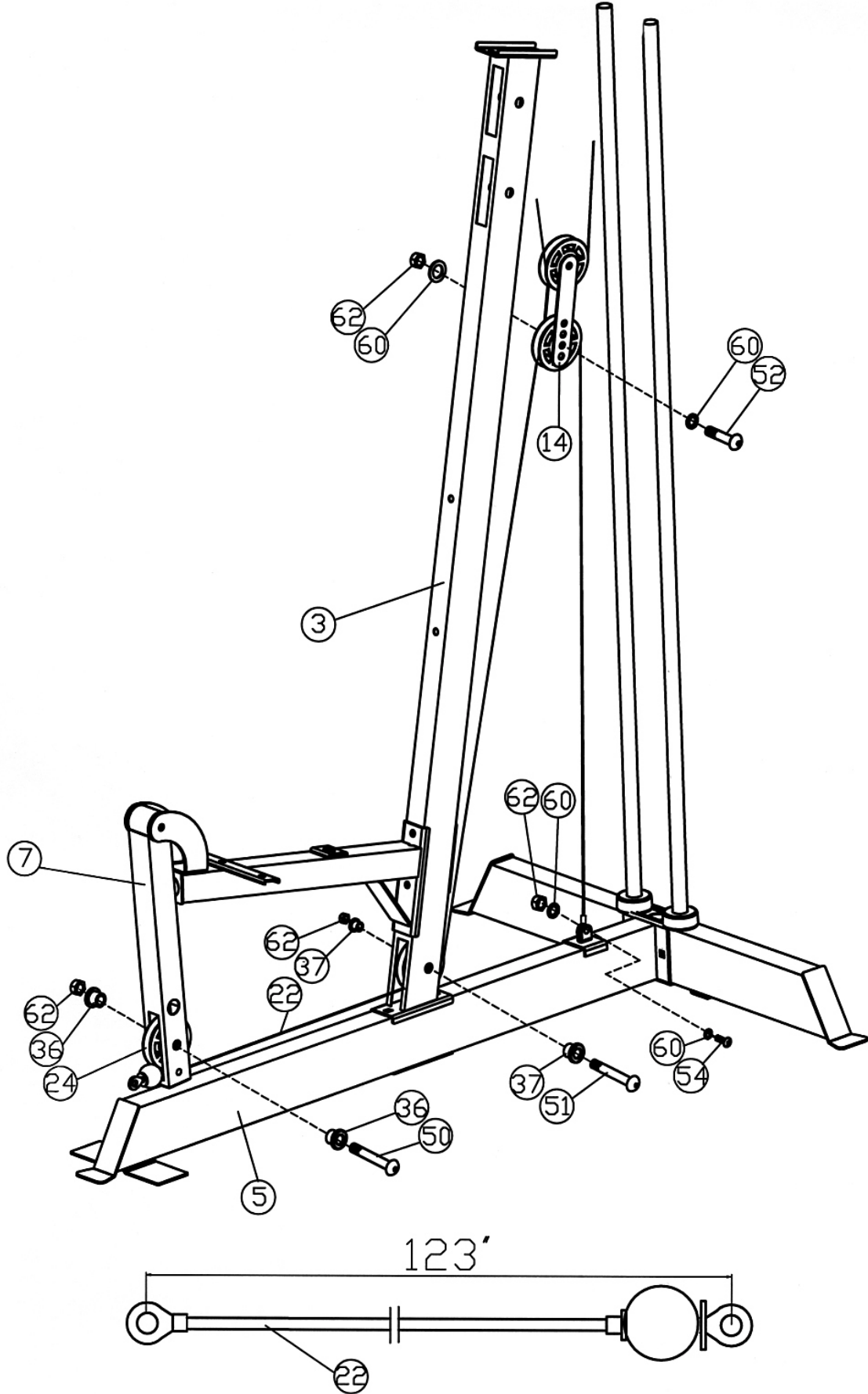
DIAGRAM 5



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the 123" Lower Cable (#22) to the opening on the bottom of the Leg Developer (#7).
- B.) Attach a Pulley (#24) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#50), two Ø 7/8" x 5/8" Bushings (#36), and one M10 Aircraft Nut (#62).
- C.) Draw the Cable underneath the Pulley towards the back of the machine to the opening on the Vertical Frame (#13). Install a Pulley with one M10 x 2 3/8" Allen Bolt (#51), two Ø 7/8" x ½" Bushings (#35), and one M10 Aircraft Nut (#62).
- D.) Draw the Cable underneath the Pulley then pull upward to the Double Floating Pulley Bracket (#14) previously installed in Step-5. Install a Pulley with one M10 x 1 ¾" Allen Bolt (#52), two Ø ¾" Washers (#60), and one M10 Aircraft Nut (#62).
- E.) Draw the Cable around the Pulley then pull downward to the bracket on the rear of Main Base Frame. Secure the end of the Cable to the bracket with a M10 x 1" Allen Bolt (#54), two Ø ¾" Washers (#60) and one M10 Aircraft Nut (#62).
- F.) Adjust the tension of the Cable by adjusting the Pulley position on the Double Floating Pulley Bracket. If the Cables are too loose, move up the Pulley. If the Cables are too tight, move down the Pulley.
- G.) For the best performance of the machine, adjust the Cables so the Selector Stem (Top Plate) on the weight stack is ¼" above the first plate. While pinning the weight stack, push down on the Selector Stem to close up the gap then pin the plates. This will remove the slag in the cable system so the range of motion is smooth and tight.**
- H.) Lubricate the two Guide Rods with WD-40 or light oil. This will minimize the friction on the Rods so the weight plates can slide up and down on the rods more freely.

DIAGRAM 6



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Seat Support	1	51	M10 x 2 3/8" Allen Bolt	3
2	Rear Base Frame	1	52	M10 x 1 3/4" Allen Bolt	2
3	Vertical Frame	1	53	M10 x 5/8" Allen Bolt	4
4	Upper Frame	1	54	M10 x 1" Allen Bolt	5
5	Main Base Frame	1	55	M8 x 3 1/2" Allen Bolt	2
6	Front Press	1	56	M8 x 3 3/8" Allen Bolt	2
7	Leg Developer	1	57	Ø 3/4" Lock Washer	2
8	Guide Rod	2	58	M8 x 5/8" Allen Bolt	2
9	Lat Bar	1	59	M6 x 5/8" Philips Screw	1
10	Selector Rod	1	60	Ø 3/4" Washer	22
11	4 3/8" x 4" Bracket	1	61	Ø 5/8" Washer	6
12	5 1/2" x 2" Bracket	2	62	M10 Aircraft Nut	20
13	4 3/8" x 1 3/4" Bracket	1	63	Foam Roll End Cap	2
14	Double Floating Pulley Bracket	2			
15	Foam Tube	1			
16	Rotating Ring	1			
17	Seat Pad	1			
18	Backrest Board	1			
19	Selector Stem	1			
20	Weight Plate	14			
21	149" Upper Cable	1			
22	123" Lower Cable	1			
23	Foam Roll	2			
24	Pulley	11			
25	Plastic Ring	2			
26	Ø 1" Cone-shaped End Cap	1			
27	Ø 2" End Cap	4			
28	2" x 4" End Cap	2			
29	Ø 2" x Spacer	2			
30	1 1/8" x 2 3/8" End Cap	2			
31	2" Square End Cap	1			
32	Rubber Bumper	2			
33	Ø 1" x 5/8" Bushing	6			
34	Leg Developer Axle	1			
35	Front Press Axle	1			
36	Ø 7/8" x 5/8" Bushing	8			
37	Ø 7/8" x 1/2" Bushing	6			
38	Grip	6			
39	Ø 1 3/8" End Cap	2			
40	Ø 1 1/2" Leg Developer Rubber Bumper	1			
41	Ø 3/4" Rubber Bumper	1			
42	Seat Bracket	1			
43	Weight Selector Pin	1			
44	Chain	1			
45	C-clip	2			
46	M10 x 2 3/4" Carriage Bolt	2			
47	M10 x 4 3/4" Carriage Bolt	4			
48	M10 x 3 3/4" Carriage Bolt	2			
49	M10 x 6 3/4" Allen Bolt	2			
50	M10 x 2 1/2" Allen Bolt	4			

WEIGHT RESISTANCE CHART

	WEIGHT PLATE								
Station	1	2	3	4	5	6	7	8	9
Lat Pull	30	40	50	60	70	80	90	100	110
Low Pulley	22	33	44	55	66	77	88	99	110
Front Press	20	34	48	62	76	90	104	118	132
Leg Developer	26	38	50	62	74	86	98	110	122
	WEIGHT PLATE								
Station	10	11	12	13	14				
Lat Pull	120	130	140	150	160				
Low Pulley	121	132	143	154	165				
Front Press	146	160	174	188	202				
Leg Developer	134	146	158	170	182				

**Note: Each plate weights 10 lbs.
Numbers are approximate.
Actual weights may vary.**

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.
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

When ordering replacement parts, always give the following information.

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