

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWB-6901

Retain This
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Reference

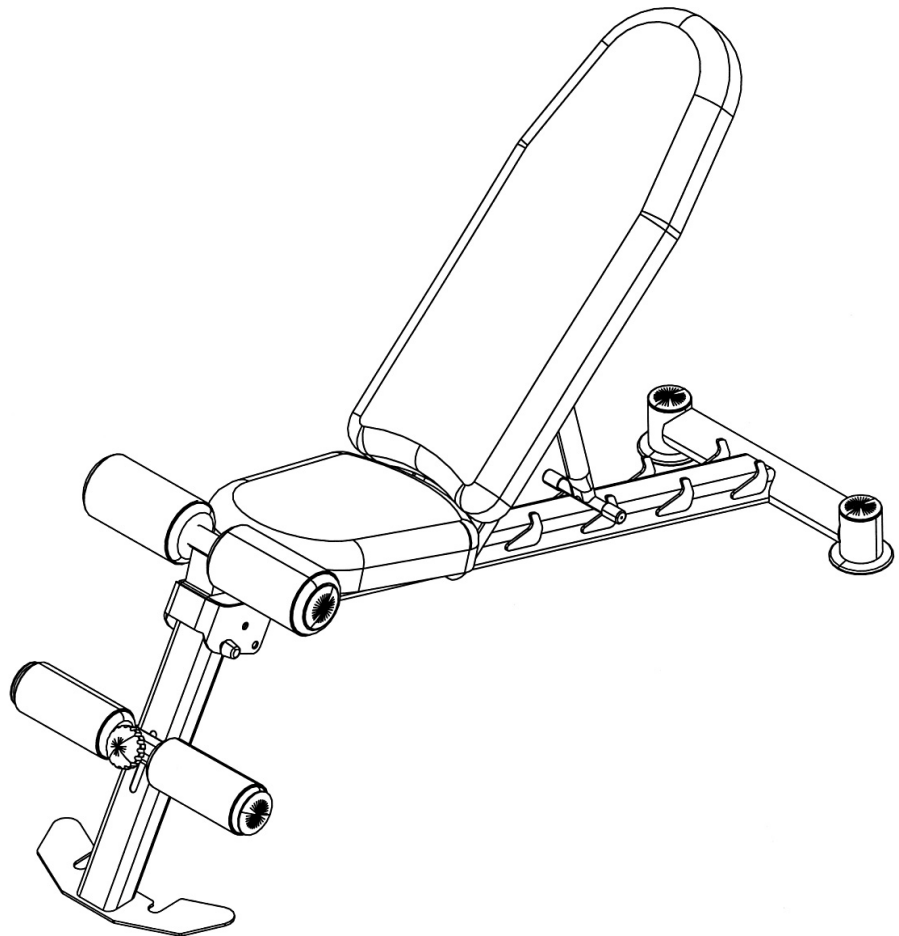
05-30-06

OWNER'S
MANUAL

IMPEX

MARCY[®] DELUXE UTILITY BENCH

MWB-6901



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[®] Deluxe Utility Bench MWB-6901 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

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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.

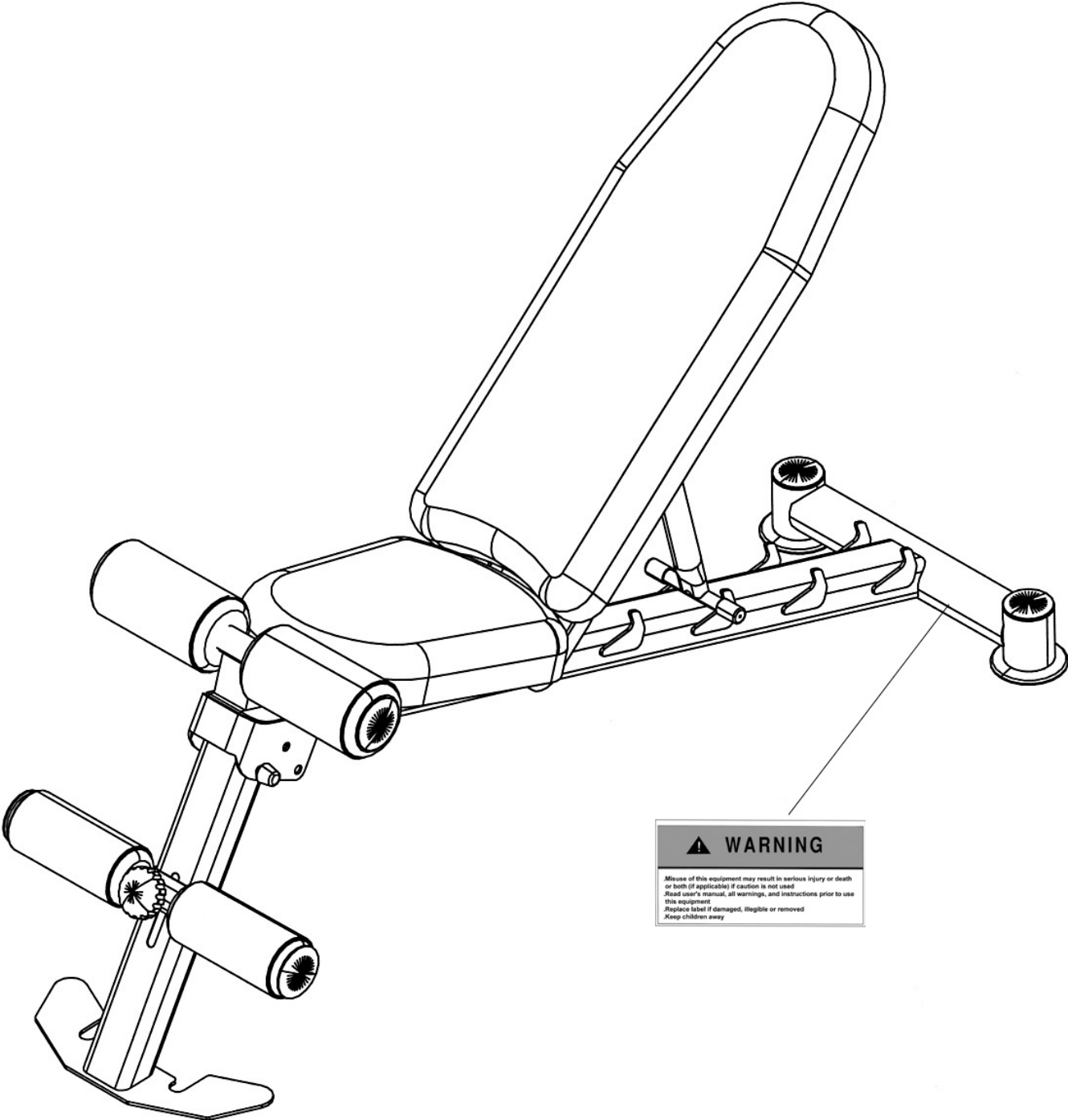
CARE AND MAINTENANCE

1. 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.
3. Maximum Weight Capacity: 400 lbs (user's weight plus dumbbells).
4. Keep fingers away from all Pinch points when folding and un-folding the bench.

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.

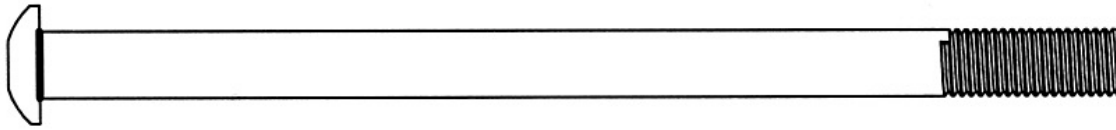
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

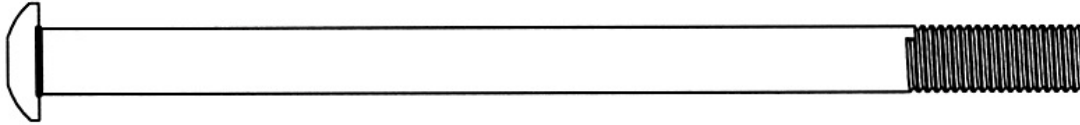


The Warning Label shown here has been placed on the Main Frame. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in the location shown.

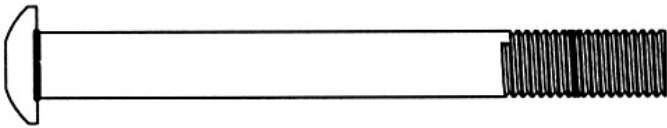
HARDWARE IDENTIFIER



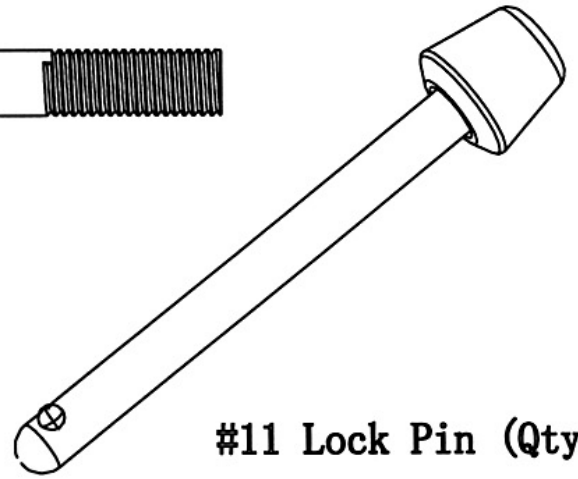
#21 M10 x 6 1/4" Allen Bolt (Qty 1)



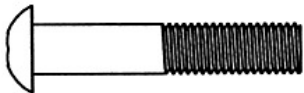
#20 M10 x 6 1/8" Allen Bolt (Qty 1)



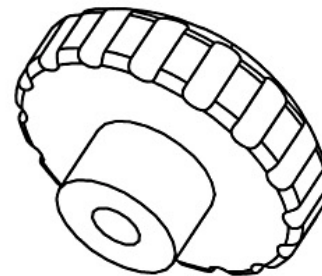
#22 M10 x 3 3/4" Allen Bolt (Qty 1)



#11 Lock Pin (Qty 1)



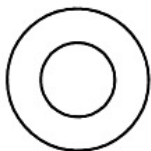
#23 M8 x 1 5/8" Allen Bolt (Qty 8)



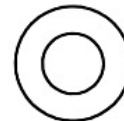
#19 Lock Knob (Qty 1)



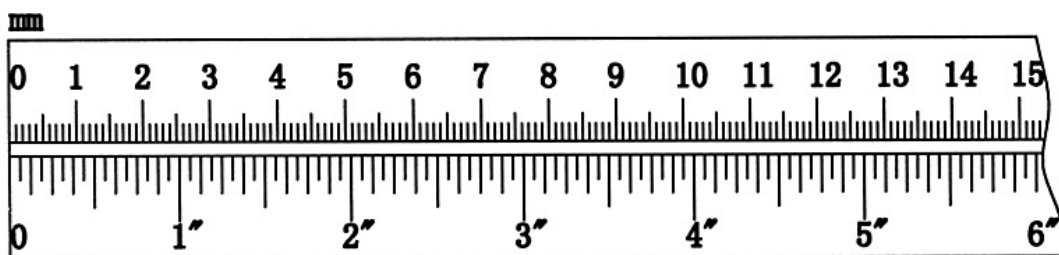
#26 M10 Aircraft Nut (Qty 3)



#24 Ø3/4" Washer (Qty 6)



#25 Ø5/8" Washer (Qty 8)



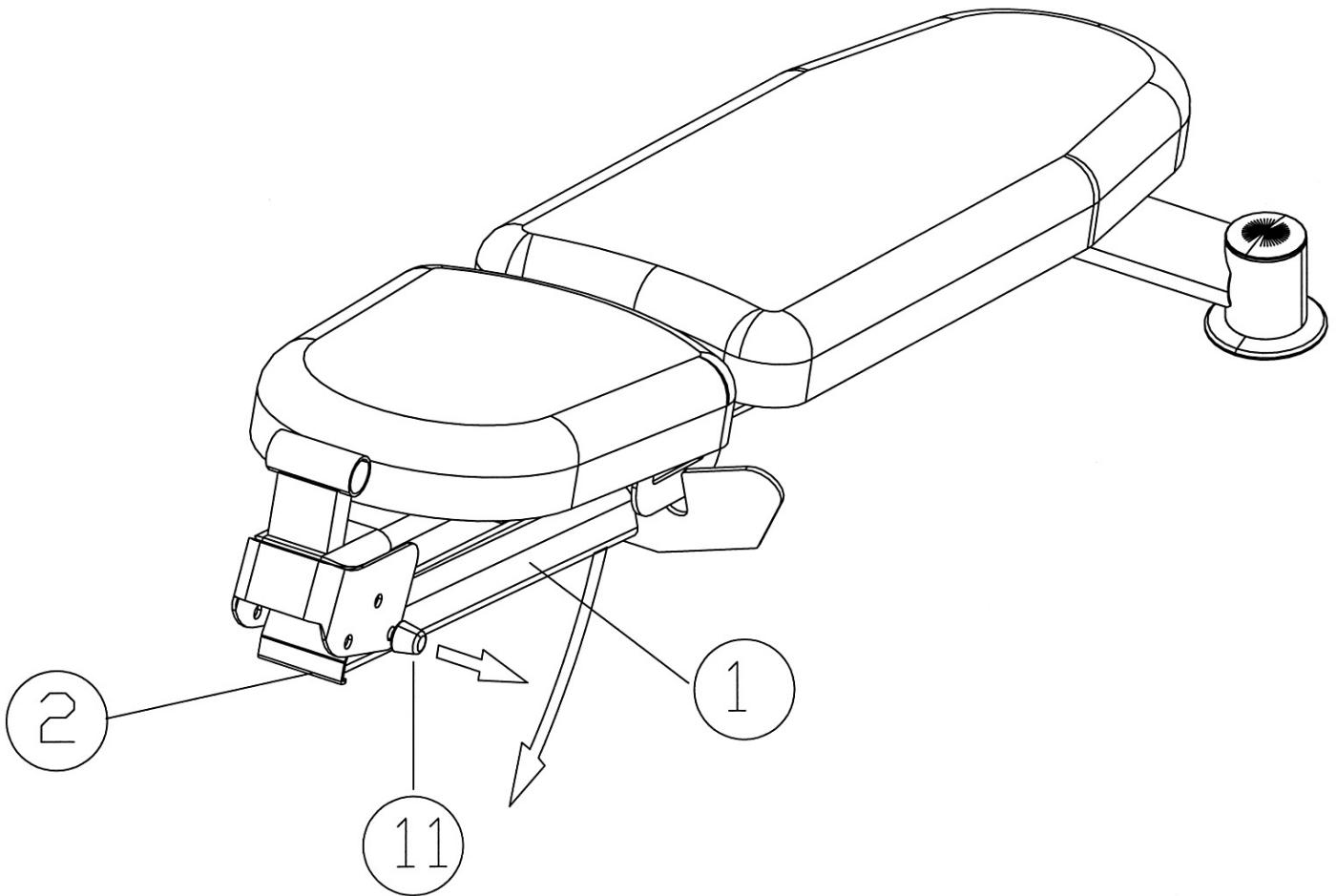
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) Pull the Lock Pin (#11) out and un-fold the Front Stabilizer (#1). Note: Keep fingers away from all pinch points.
- B.) Set the bench firmly on the floor and re-insert the Pin to lock the Front Stabilizer.
- C.) To store the Bench, pull the Lock Pin out and fold in the Front Stabilizer.

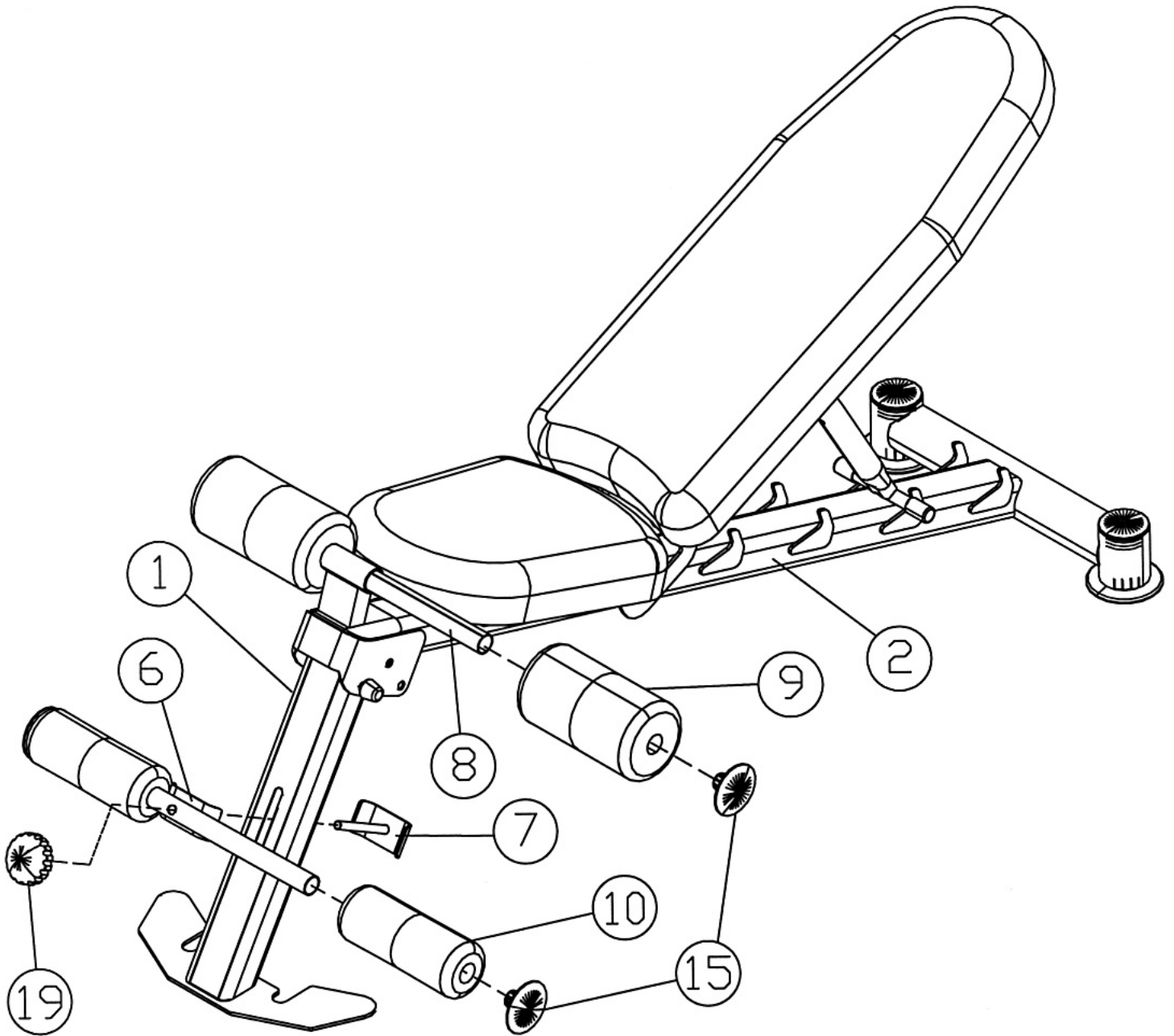
DIAGRAM 1



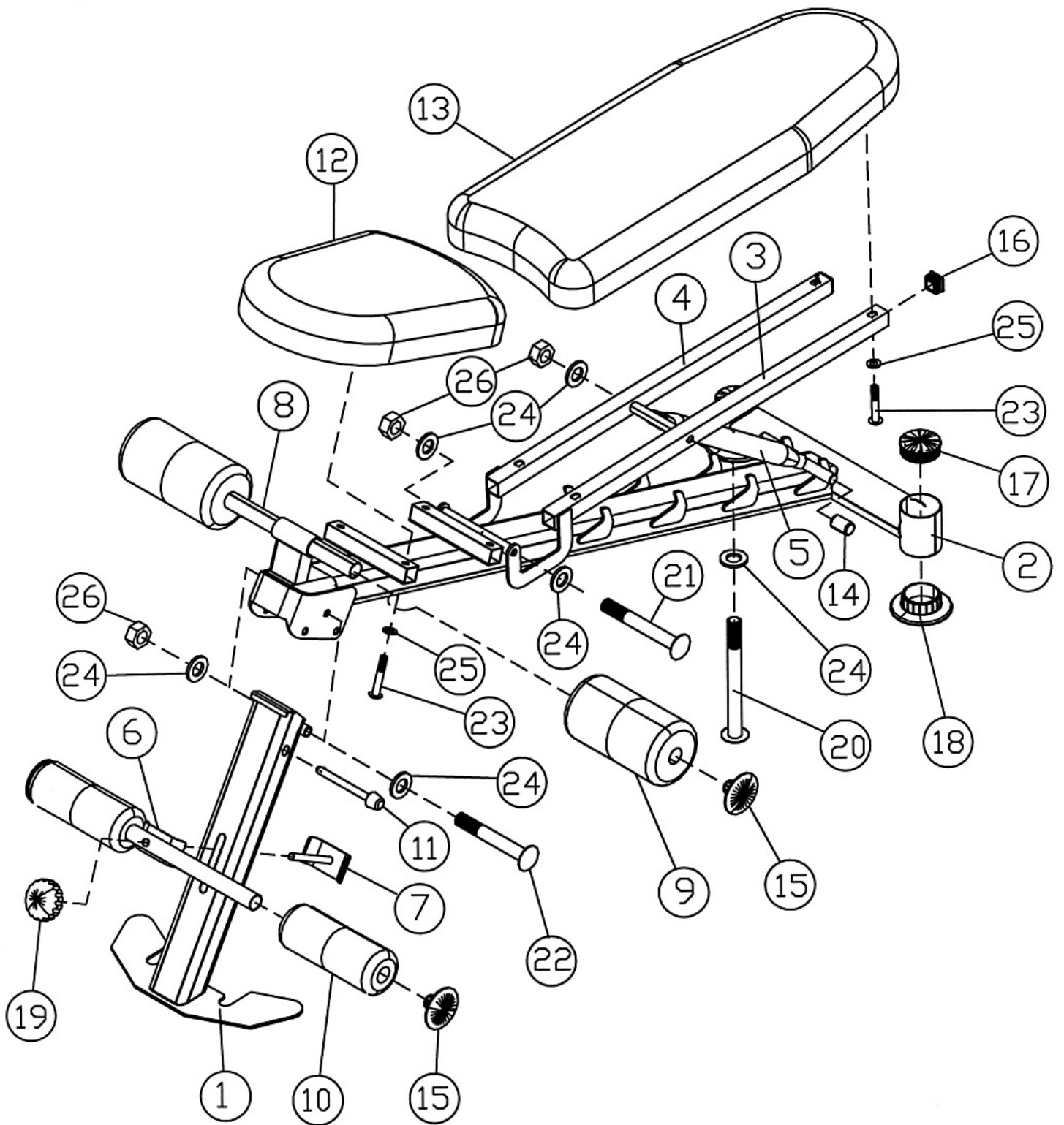
STEP 2 (See Diagram 2)

- A.) Attach the Adjustable Foam Tube (#6) and Bracket (#7) to the open slot on the Front Stabilizer (#1). Secure them together with a Lock Knob (#19) at desired height.
- B.) Slide the Foam Tube (#8) halfway through the tube on the Main Frame (#2).
- C.) Push two Large Foam Rolls (#9) onto the Foam Tube from both ends.
- D.) Push two Small Foam Rolls (#10) onto the Adjustable Foam Tube from both ends.
- E.) Plug four Foam Roll End Caps (#15) into the ends of the Tubes.

DIAGRAM 2



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Front Stabilizer	1
2	Main Frame	1
3	Left Backrest Support	1
4	Right Backrest Support	1
5	Backrest Incline Support	1
6	Adjustable Foam Tube	1
7	Bracket	1
8	Foam Tube	1
9	Large Foam Roll	2
10	Small Foam Roll	2
11	Lock Pin	1
12	Seat Pad	1
13	Backrest Board	1
14	Plastic Cap	2
15	Foam Roll End Cap	4
16	1" Square End Cap	2
17	Ø 2 3/8" End Cap	2
18	Rear Stabilizer End Cap	2
19	Lock Knob	1
20	M10 x 6 1/8" Allen Bolt	1
21	M10 x 6 1/4" Allen Bolt	1
22	M10 x 3 3/4" Allen Bolt	1
23	M8 x 1 5/8" Allen Bolt	8
24	Ø 3/4" Washer	6
25	Ø 5/8" Washer	8
26	M10 Aircraft Nut	3

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