

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWM 800

Retain This
Manual for
Reference

08-20-02

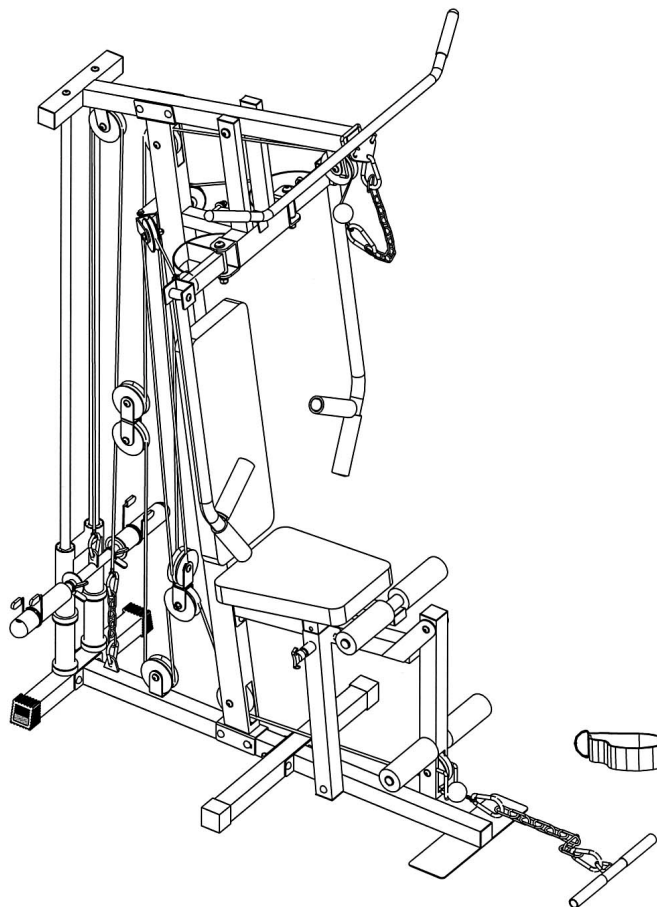
OWNER'S
MANUAL

IMPEx

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

MARCY HOME GYM

MWM 800



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM800 HOME GYM 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

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

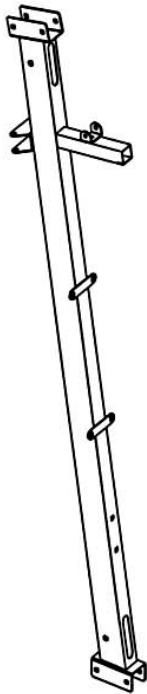
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

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.

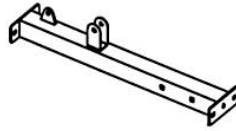
Hardware Identifier



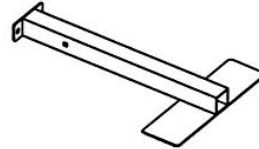
(4) VERTICAL BEAM



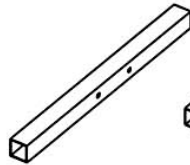
(1) REAR STABILIZER



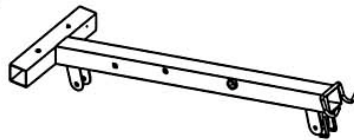
(2) MAIN BASEFRAME



(3) FRONT BASE



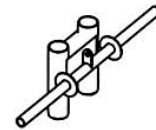
(5) FRONT STABILIZER



(6) UPPER FRAME



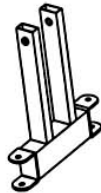
(7) GUIDE ROD SLEEVE



(8) WEIGHT HOLDER



(13) GUIDE ROD



(9) FRONT PRESS BASE



(10) BUTTERFLY BRACKET



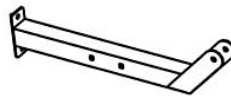
(11) RIGHT BUTTERFLY



(12) LEFT BUTTERFLY



(14) SEAT POST



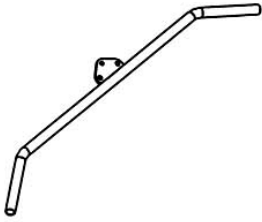
(15) SEAT SUPPORT



(16) SEAT INCLINE ADJUSTMENT



(17) LEG DEVELOPER



(18) LAT BAR



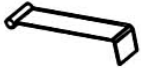
(19) ARM CURL HANDLE



(20) SEAT PAD



(21) BACKREST BOARD



(22) FRONT PRESS LOCK PIN



(23) FLAT DOUBLE FLOATNG PULLEY BRACKET



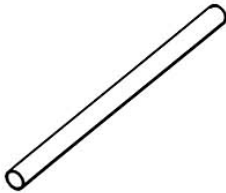
(24) ANGLED DOUBLE FLOATING BRACKET



(25) SWIVEL PULLEY BRACKET



(26) BRACKET



(27) FOAM ROLL TUBE



(28) PULLEY



(29) SQUARE RUBBER BUMPER



(30) Ø1" ROUND END CAP



(31) Ø 1 3/8" ROUND END CAP



(32) 2" SQUARE END CAP



(33) 1 3/4" SQUARE END CAP



(34) 1" x 2" SQUARE END CAP



(35) 1 1/2" SQUARE END CAP



(36) 2" FRONT STABILIZER SQUARE END CAP



(37) 2" OBLIQUE SQUARE END CAP



(38) Ø 2" NYLON SLEEVE



(39) HANDLE GRIP



(40) ROUND RUBBER BUMPER



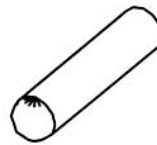
(41) MANUAL



(42) FOAM GRIP



(43) FOAM ROLL



(44) OLYMPIC SLEEVE



(45) QUICK RELEASE LOCK PIN



(46) HOOK



(47) Ø 1" SPRING CLIP



(48) Ø 2" SPRING CLIP



(49) 9-LINKED CHAIN



(50) 12-LINKED CHAIN



(51) 19-LINKED CHAIN



(52) 137" UPPER CABLE



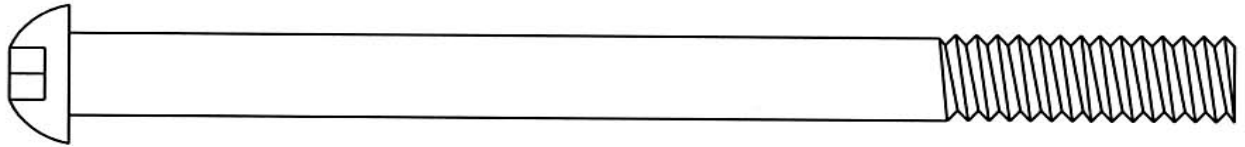
(53) 133" LOWER CABLE



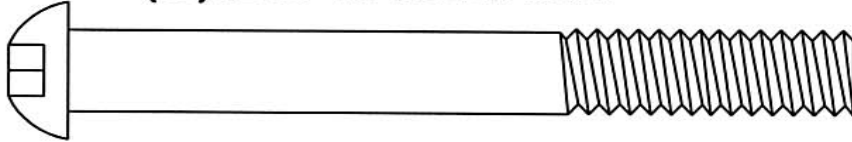
(54) 47" BUTTERFLY CABLE



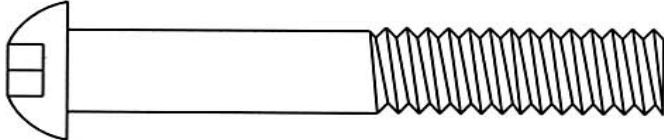
(55) ANKLE STRAP



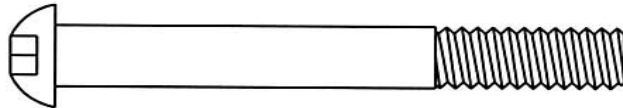
(56) 1/2" x 6-1/8" ALLEN BOLT



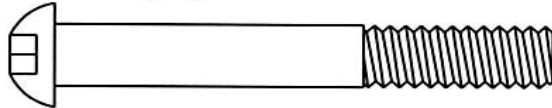
(57) 1/2" x 4-1/8" ALLEN BOLT



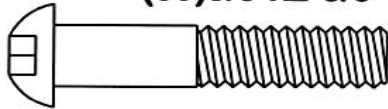
(58) 1/2" x 3-1/8" ALLEN BOLT



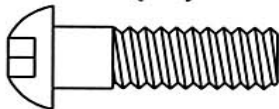
(59) 3/8" x 3" ALLEN BOLT



(60) 3/8" x 2-5/8" ALLEN BOLT



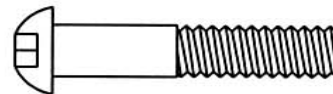
(61) 3/8" x 1-3/4" ALLEN BOLT



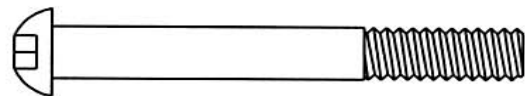
(62) 3/8" x 1-3/16" ALLEN BOLT



(63) 3/8" x 1" ALLEN BOLT



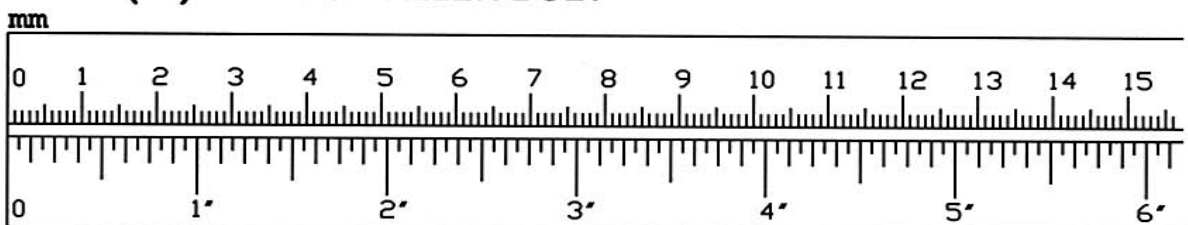
(65) M8 x 1 1/2" ALLEN BOLT

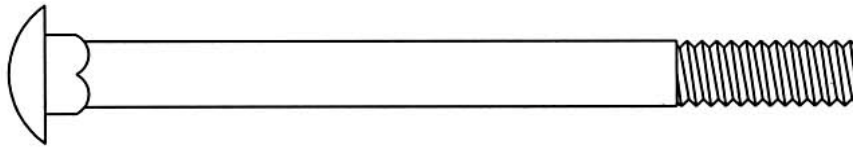


(64) M8 x 2 1/2" ALLEN BOLT

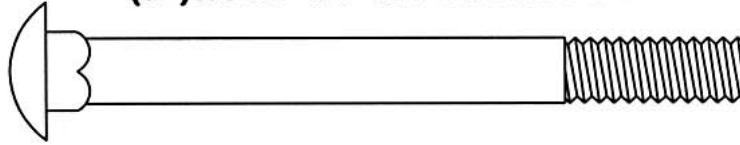


(66) M8 x 5/8" ALLEN BOLT

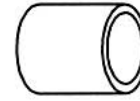




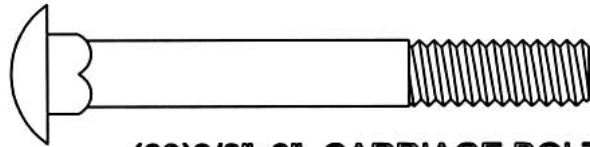
(67) 3/8"x4-1/2" CARRIAGE BOLT



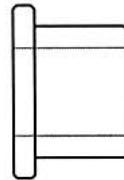
(68) 3/8"x3-7/8" CARRIAGE BOLT



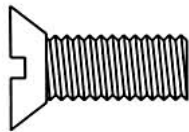
(71) Ø 1/2" BUSHING



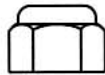
(69) 3/8"x3" CARRIAGE BOLT



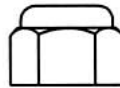
(72) 1/2" METAL BUSHING



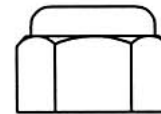
(70) M10 x 1" PHILIPS SCREW



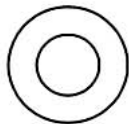
(73) M8 AIRCRAFT NUT



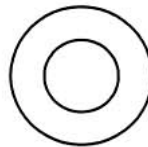
(74) 3/8" AIRCRAFT NUT



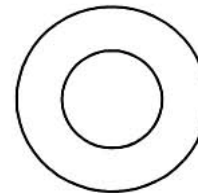
(75) 1/2" AIRCRAFT NUT



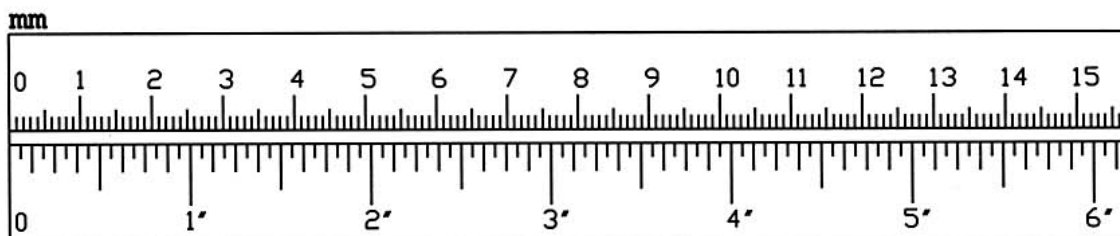
(76) Ø 1/4" WASHER



(77) Ø 3/8" WASHER



(78) Ø 1/2" WASHER



ASSEMBLY INSTRUCTION

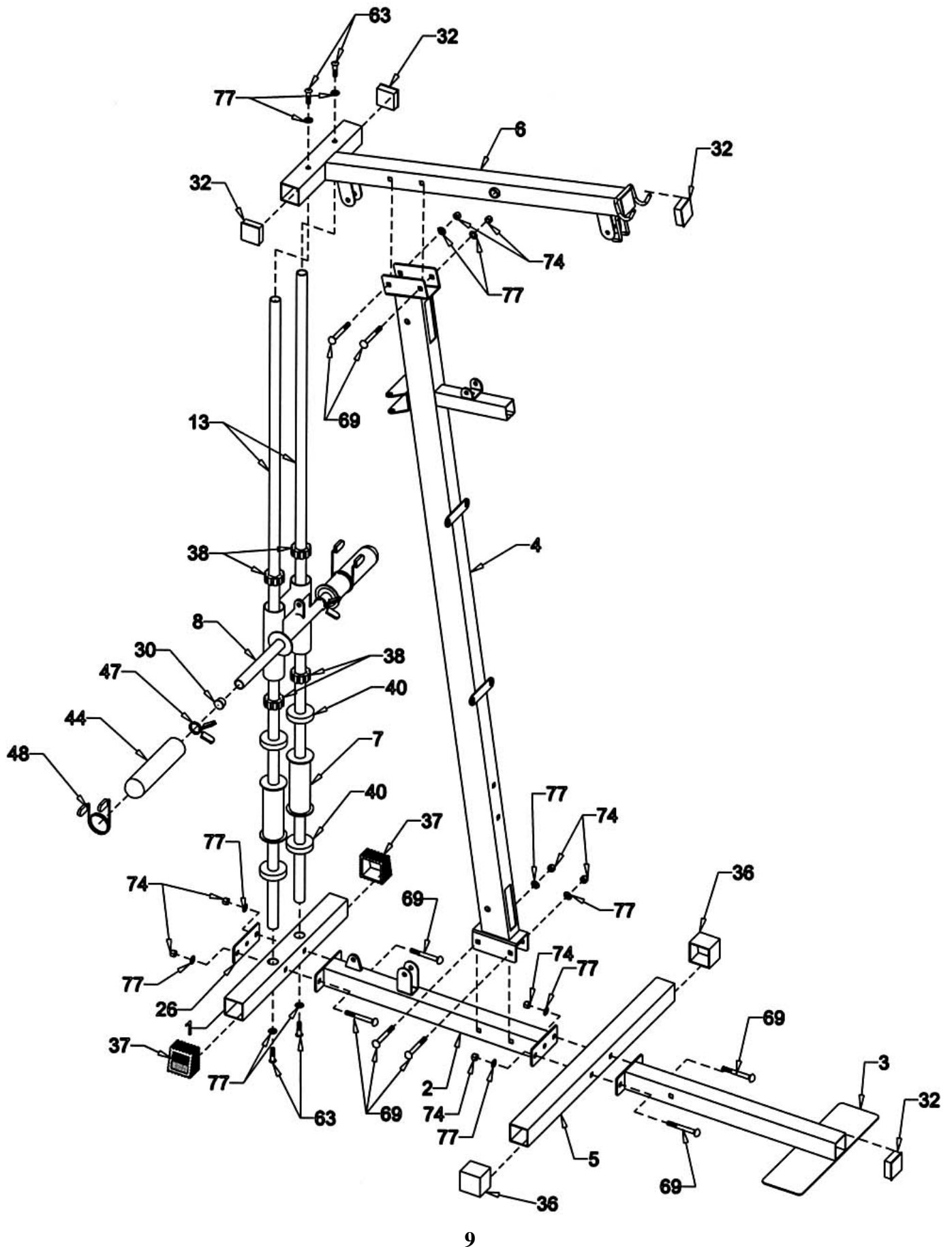
Tools Required to Assemble the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Flat Head Screwdriver

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

STEP 1 (See Diagram 1)

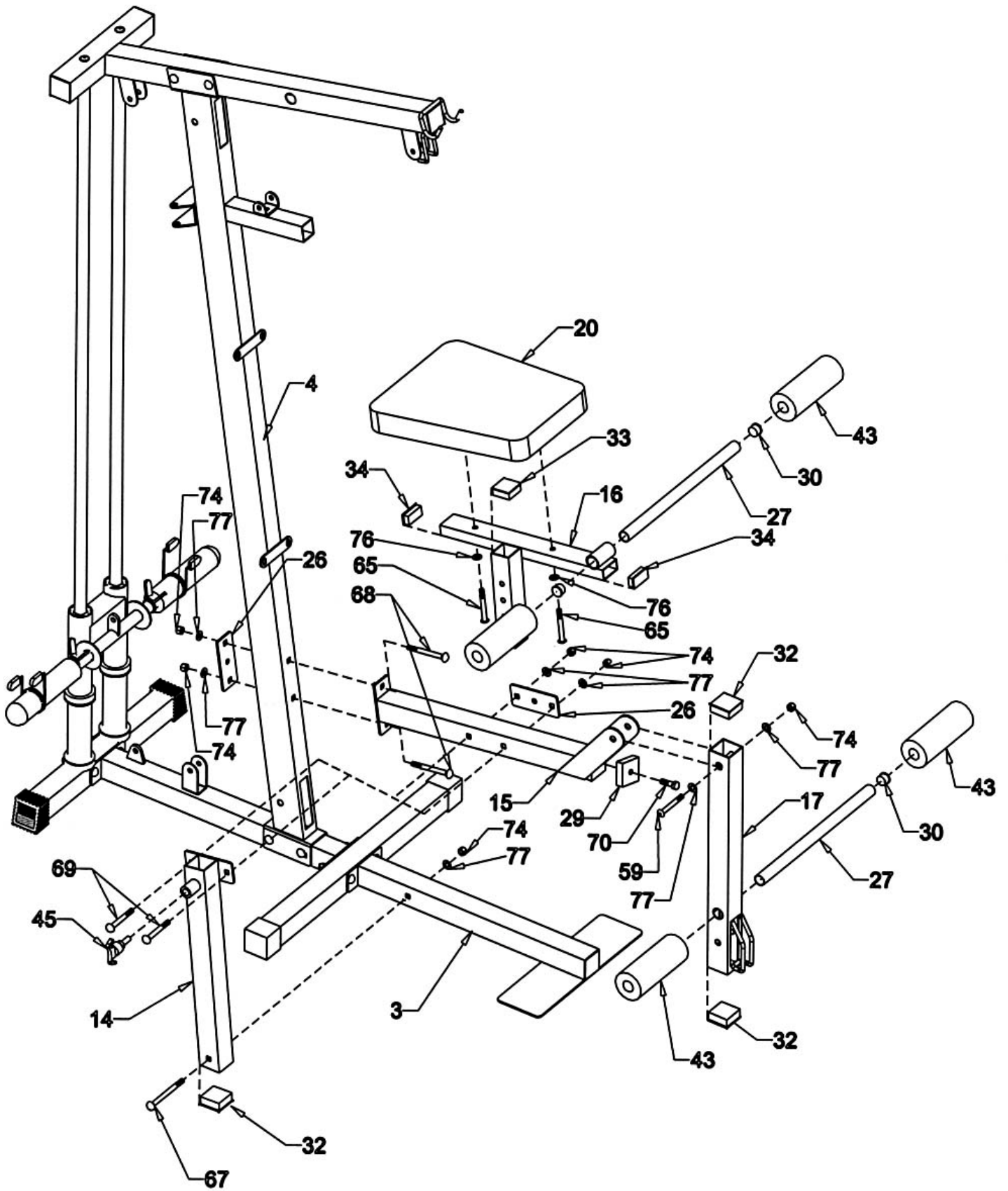
- A.) Connect the Main Base Frame (#2) and Front Base (#3) to the Front Stabilizer (#5).
Align the holes then secure them with two 3/8" x 3" Carriage Bolts (#69), \varnothing 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- B.) Attach the Rear Stabilizer (#1) to the Main Base Frame. Secure it with one Bracket (#26), two 3/8" x 3" Carriage Bolts (#69), \varnothing 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- C.) Attach the Vertical Beam (#4) to the Main Base Frame (#2). Secure it with two 3/8" x 3" Carriage Bolts (#69), \varnothing 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- D.) Over the two holes on the Rear Stabilizer (#1), stack up two Round Rubber Bumpers (#40), two Guide Rod Sleeves (#7), then two Round Rubber Bumpers (#40) in sequence. Align the holes then insert two Guide Rods (#13) all the way down into the Rear Stabilizer (#1).
- E.) Slide the Weight Holder (#8) from the top onto the two Guide Rods.
- F.) Place the Upper Frame (#6) onto the Vertical Beam (#4) and the two Guide Rods (#13). Secure the Upper Frame to the Guide Rods with two 3/8" x 1" Allen Bolts (#63) and \varnothing 3/8" Washers (#77). Secure the Upper Frame to the Vertical Beam (#4) with two 3/8" x 3" Carriage Bolts (#69), \varnothing 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- G.) Attach the Olympic Sleeves (#44) to the Weight Holder (#8). Attach the \varnothing 2" Spring Clips (#48) onto the Olympic Sleeves. Please note that we also provided two \varnothing 1" Spring Clips in case the \varnothing 1" standard plates were used.
- H.) Carefully tip over the machine to its side. Secure the bottom of the two Guide Rods to the Rear Stabilizer (#1) with two 3/8" x 1" Allen Bolts (#63) and \varnothing 3/8" Washers (#77).

DIAGRAM 1



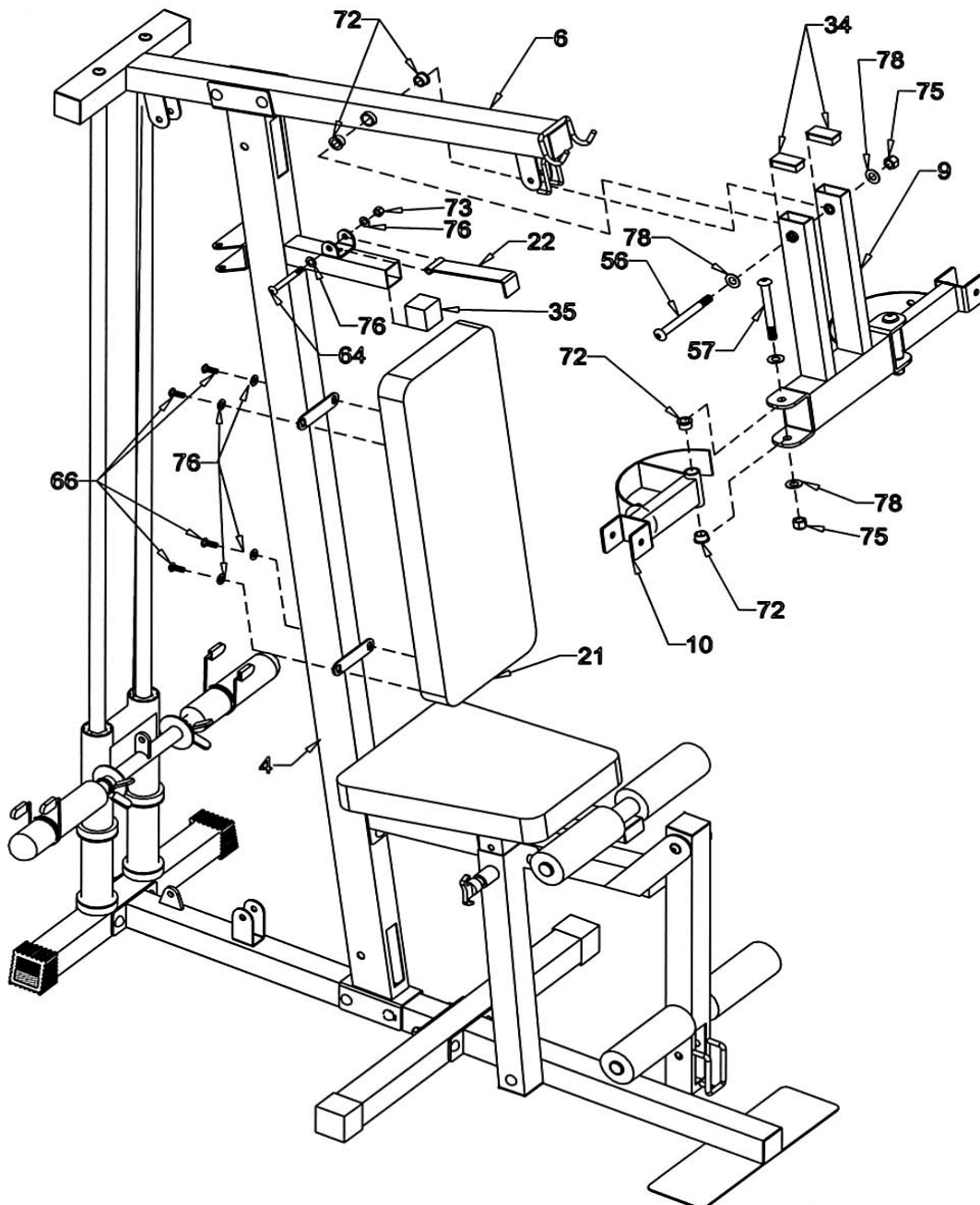
STEP 2 (See Diagram 2)

- A.) Attach the Seat Support (#15) to the Vertical Beam (#4). Secure it with one Bracket (#26), two 3/8" x 3 7/8" Carriage Bolts (#68), Ø 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- B.) Attach the Seat post (#14) to the Seat Support (#15). Secure it with one Bracket (#26), two 3/8" x 3" Carriage Bolts (#69), Ø 3/8" Washers (#77), and 3/8" Aircraft Nuts (#74).
- C.) Secure the bottom of the Seat Post (#14) to the Front Base (#3) with one 3/8" x 4 1/2" Carriage Bolt (#67), Ø3/8" Washer (#77) and 3/8" Aircraft Nut (#74).
- D.) Insert the Seat Incline Adjustment (#16) into the hole on top of the Seat Post (#14). Secure it with a quick Release Lock Pin (#45).
- E.) Place the Seat Pad (#20) onto the Seat Incline Adjustment (#16). Secure it with two M8 x 1 1/2" Allen Bolts (#65) and Ø 1/4" Washers (#76).
- F.) Attach a Square Rubber Bumper (#29) onto the front opening on the Seat Support (#15). Secure it with one M10 x 1" Philips Screw (#70).
- G.) Attach the Leg Developer (#17) to the Seat Support (#15). Secure it with one 3/8" x 3" Allen Bolt (#59), two Ø 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- H.) Insert the Foam Roll Tubes (#27) halfway through the hole on the Seat Incline Adjustment (#16) and Leg Developer (#17). Push four Foam Rolls (#43) onto the Tubes.



STEP 3 (See Diagram 3)

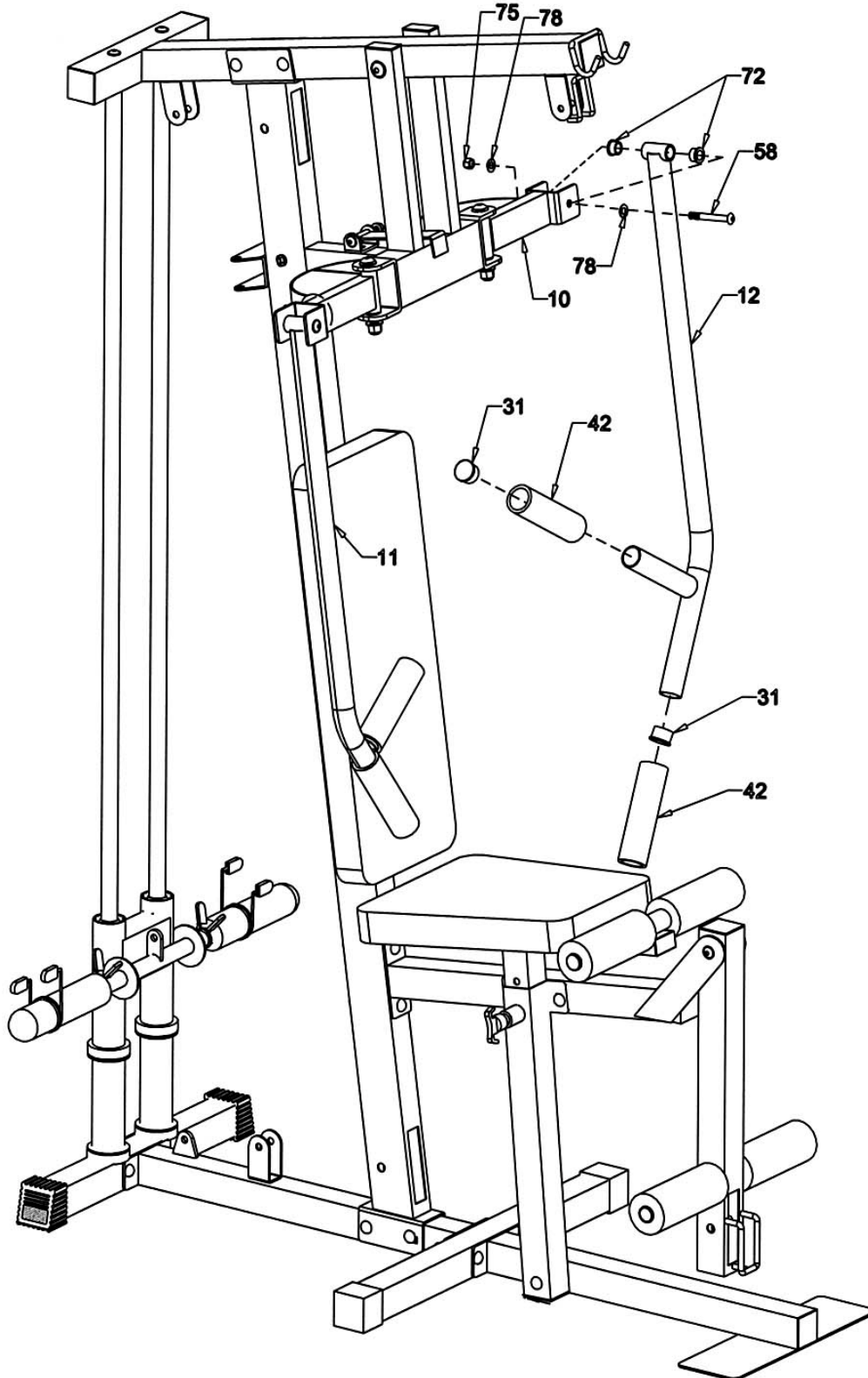
- A.) Attach the Front Press Lock Pin (#22) to the Vertical Beam (#4). Secure it with one M8 x 2 1/2" Allen Bolt (#64), two \varnothing 1/4" Washers (#76), and one M8 Aircraft Nut (#73). Plug a 1 1/2" Square End Cap (#35) to the front opening on the Vertical Beam.
- B.) Plug two 1/2" Metal Bushings (#72) onto the side-holes on the Upper Frame (#6). Attach the Front Press Base (#9) to the Bushings. Secure it with one 1/2" x 6 1/8" Allen Bolt (#56), two \varnothing 1/2" Washers (#78), and one 1/2" Aircraft Nut (#75). Flip down the Lock Pin (#22) to lock the Front Press Base for Butterfly exercise only. Flip up the Lock Pin for Front Press exercises.
- C.) Plug two 1/2" Metal Bushings (#72) to the pivot on the Butterfly Bracket (#10). Attach the Butterfly Bracket to the Front Press Base. Secure it with one 1/2" x 4 1/8" (#57) Allen Bolt (#57), two \varnothing 1/2" Washers (#78), and one 1/2" Aircraft Nut (#75). Repeat the same procedure to install the other side.
- D.) Secure the Backrest Board (#21) to the Vertical Beam (#4) with four M8 x 2 1/2" Allen Bolts (#66) and \varnothing 1/4" Washers (#76).



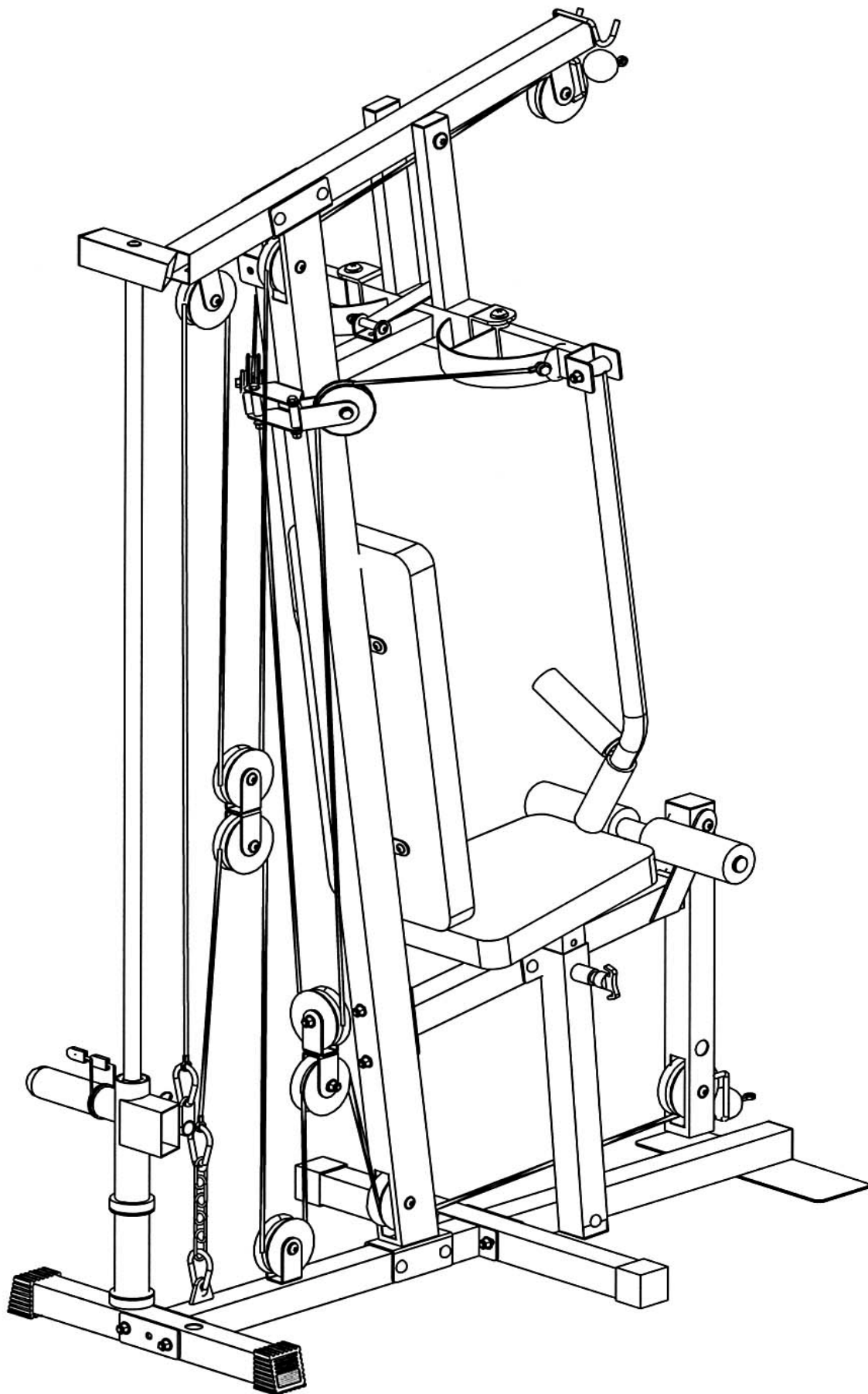
STEP 4 (See Diagram 4)

- A.) Plug two 1/2" Metal Bushings (#72) to the pivot on the Left Butterfly (#12). Attach the Left Butterfly to the Front Press Base (#9). Secure it with one 1/2" x 3 1/8" Allen Bolt (#58), two Ø 1/2" Washers (#78), and one 1/2" Aircraft Nut (#75).
- B.) Slide two Foam Grips (#42) onto the Left Butterfly handle.
- C.) Repeat Procedures A & B above to install the Right Butterfly (#11).

DIAGRAM 4

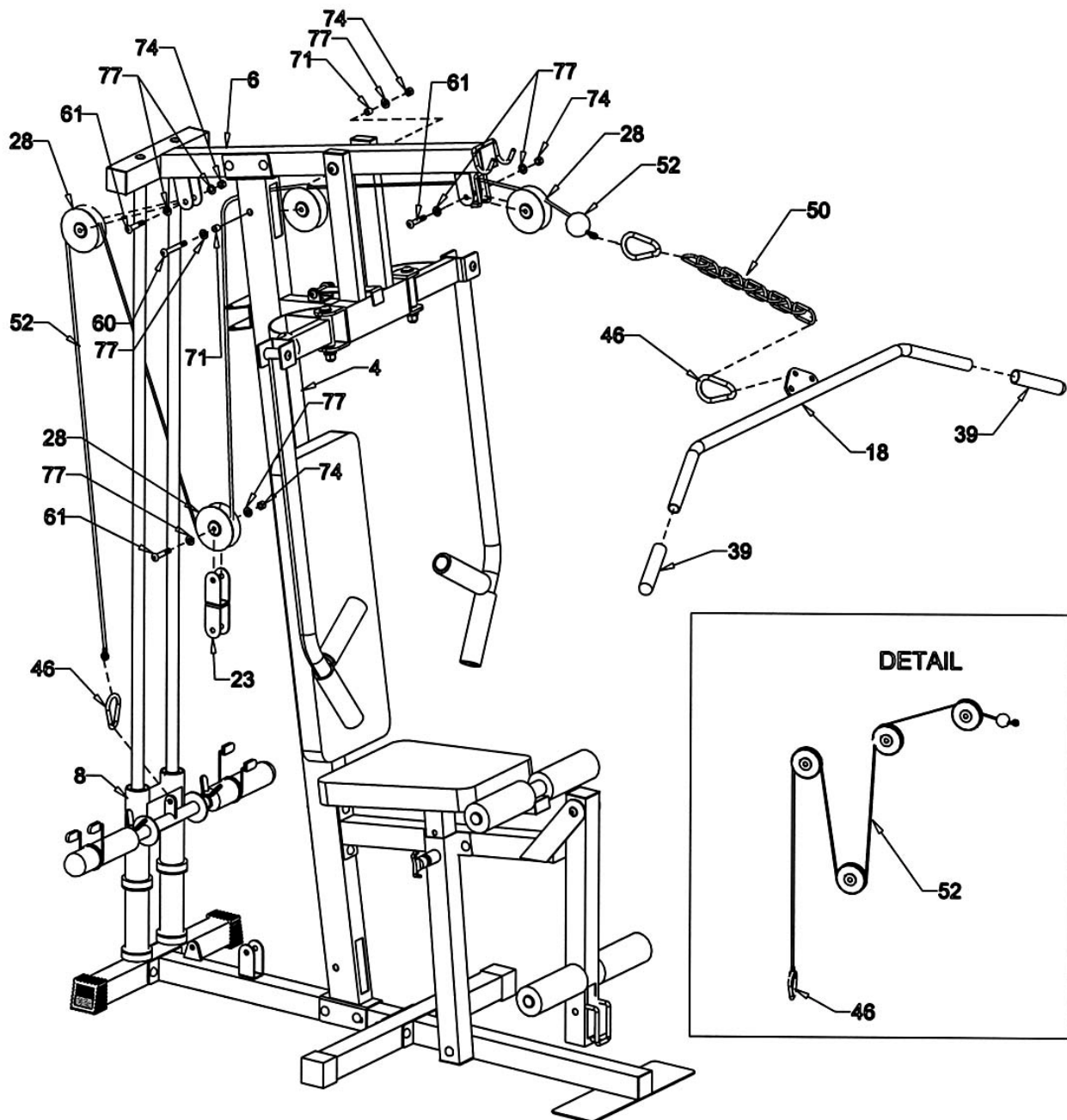


CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

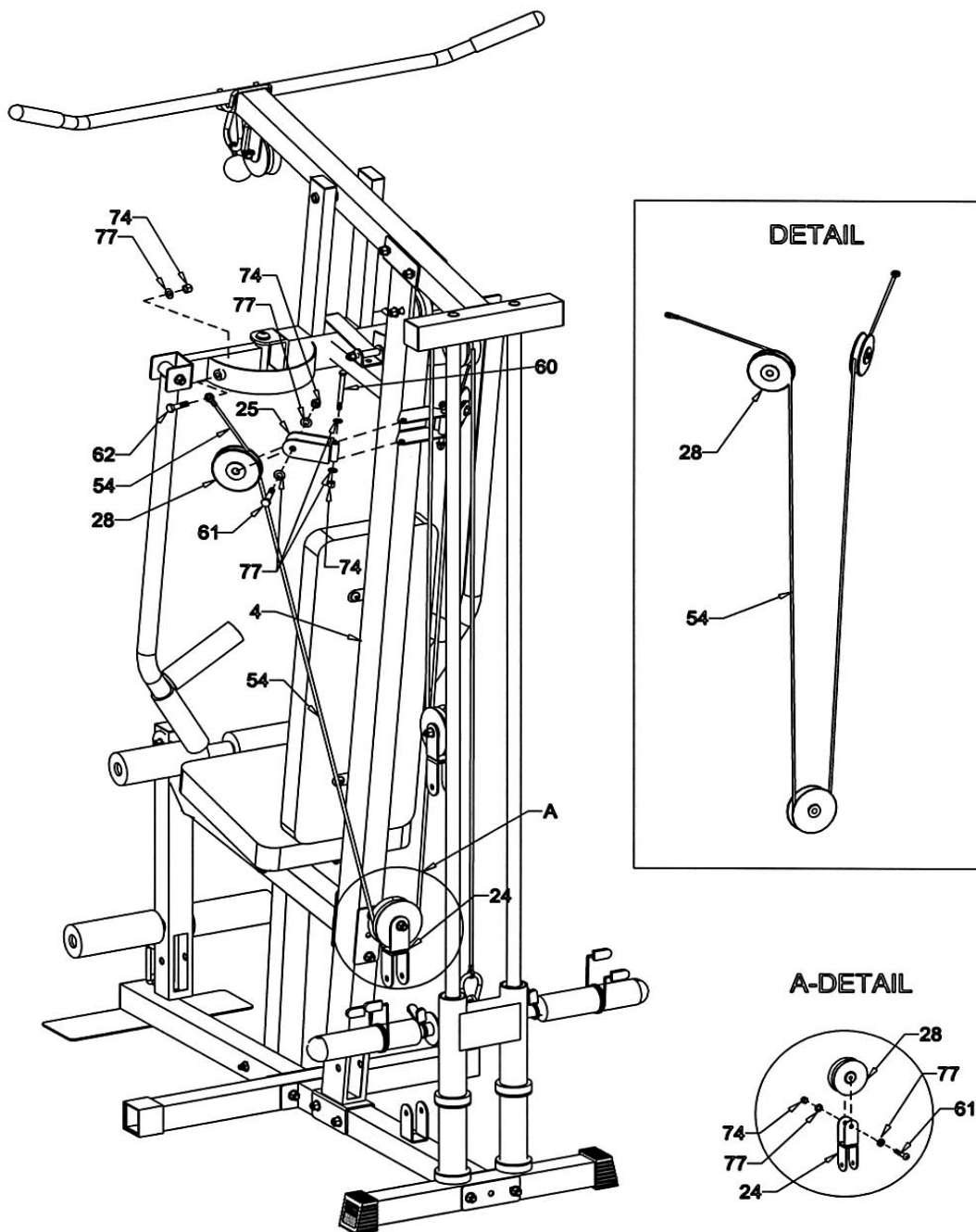
- A.) Attach the 137" Upper Cable (#52) to the open bracket on the front of the Upper Frame (#6). Note: The Ball Stopper on the cable should be underneath the Frame.
- B.) Attach a Pulley (#28) to the bracket and secure it with one 3/8" x 1 3/4" Allen Bolt (#61), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- C.) Draw the Cable to the open slot on the Vertical Beam (#4). Install a Pulley to the opening. Align the holes and secure it with one 3/8" x 2 5/8" Allen Bolt (#60), two \varnothing 1/2" Bushings (#71), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- D.) Draw the Cable over the Pulley then downward. Install a Pulley to the Flat Double Floating Pulley Bracket (#23). Let the Bracket hanging for now. Draw the Cable around the Pulley then upward to the open bracket on the rear of Upper Frame.
- E.) Install another Pulley then pull the Cable downward to the Weight Holder (#8). Connect the Cable to the Weight Holder with a Hook (#46).
- F.) Slide two Handle Grips (#39) onto the Lat Bar (#18). Connect the Lat Bar to the Upper Cable with two Hooks (#46) and one 12-linked Chain (#50).



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 47" Butterfly Cable (#54) to the left Butterfly Bracket (#10). Secure the Cable to the Bracket with one 3/8" x 1 3/16" Allen Bolt (#62), \varnothing 3/8" Washer (#77), and 3/8" Aircraft Nut (#74).
- B.) Attach a Swivel Pulley Bracket to the Pivot on the Vertical Beam (#4). Secure it with one 3/8" x 2 5/8" Allen Bolt (#60), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74). Draw the Cable to the Swivel Pulley Bracket.
- C.) Attach a Pulley to the Bracket. Secure it with one 3/8" x 1 3/4" Allen Bolt (#61), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- D.) Draw the Cable over the Pulley then downward. Attach an Angled Double Floating Bracket (#24). Installed a Pulley as described in Step C. Let the Bracket hanging for now.
- E.) Draw the Cable around the Pulley then pull upward. Repeat the steps above to install the other side.

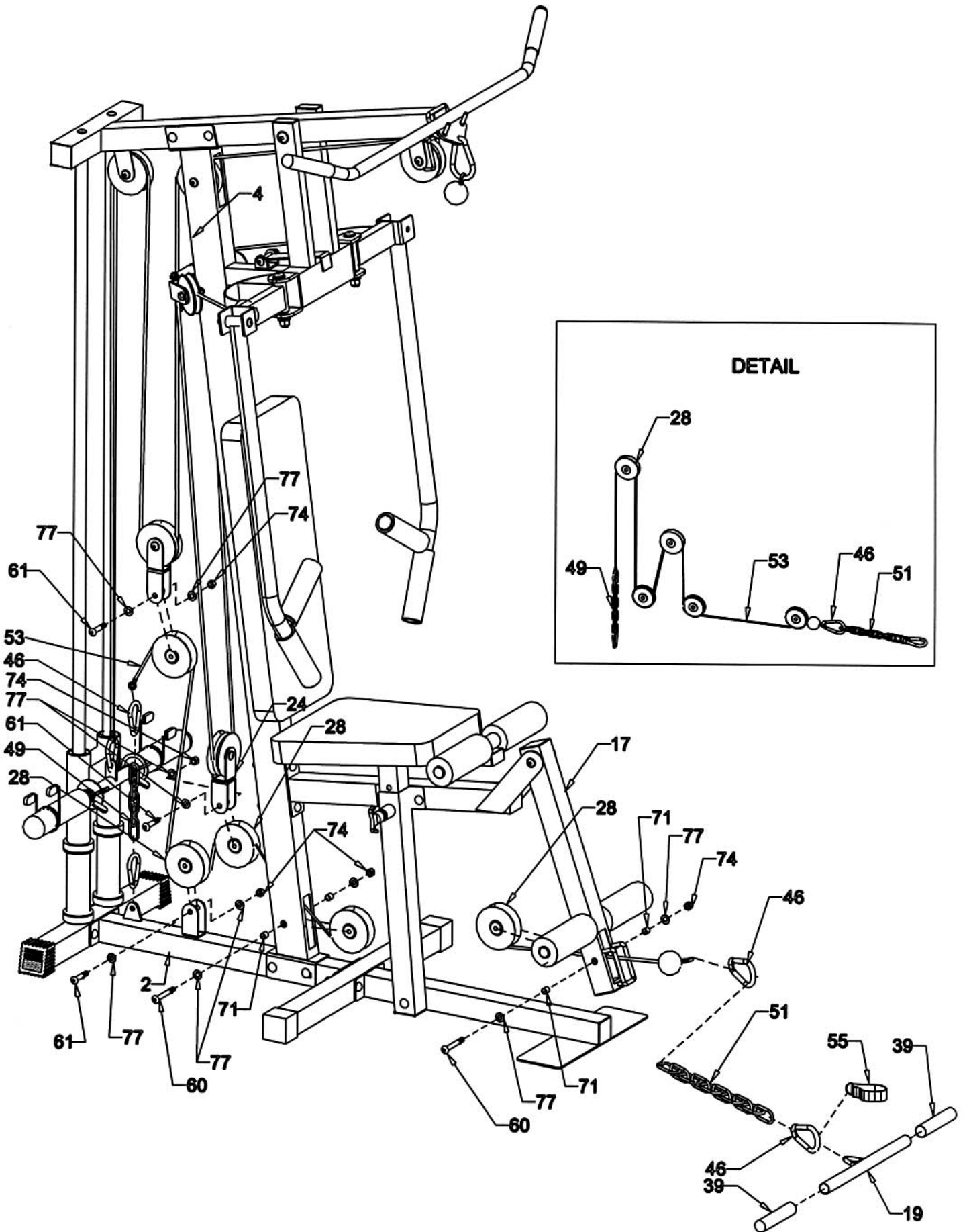
DIAGRAM 6



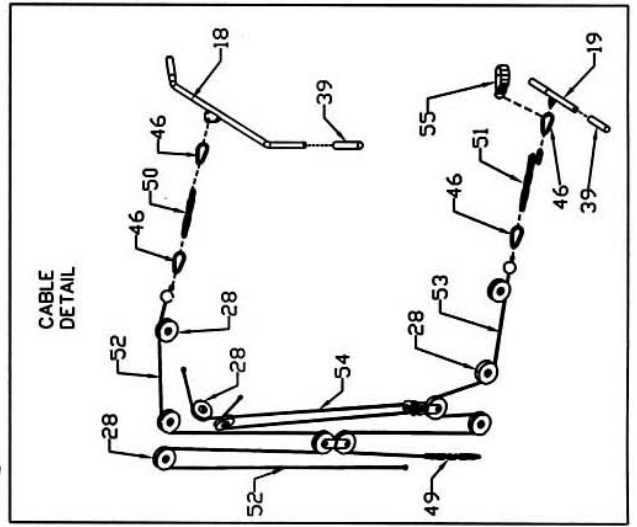
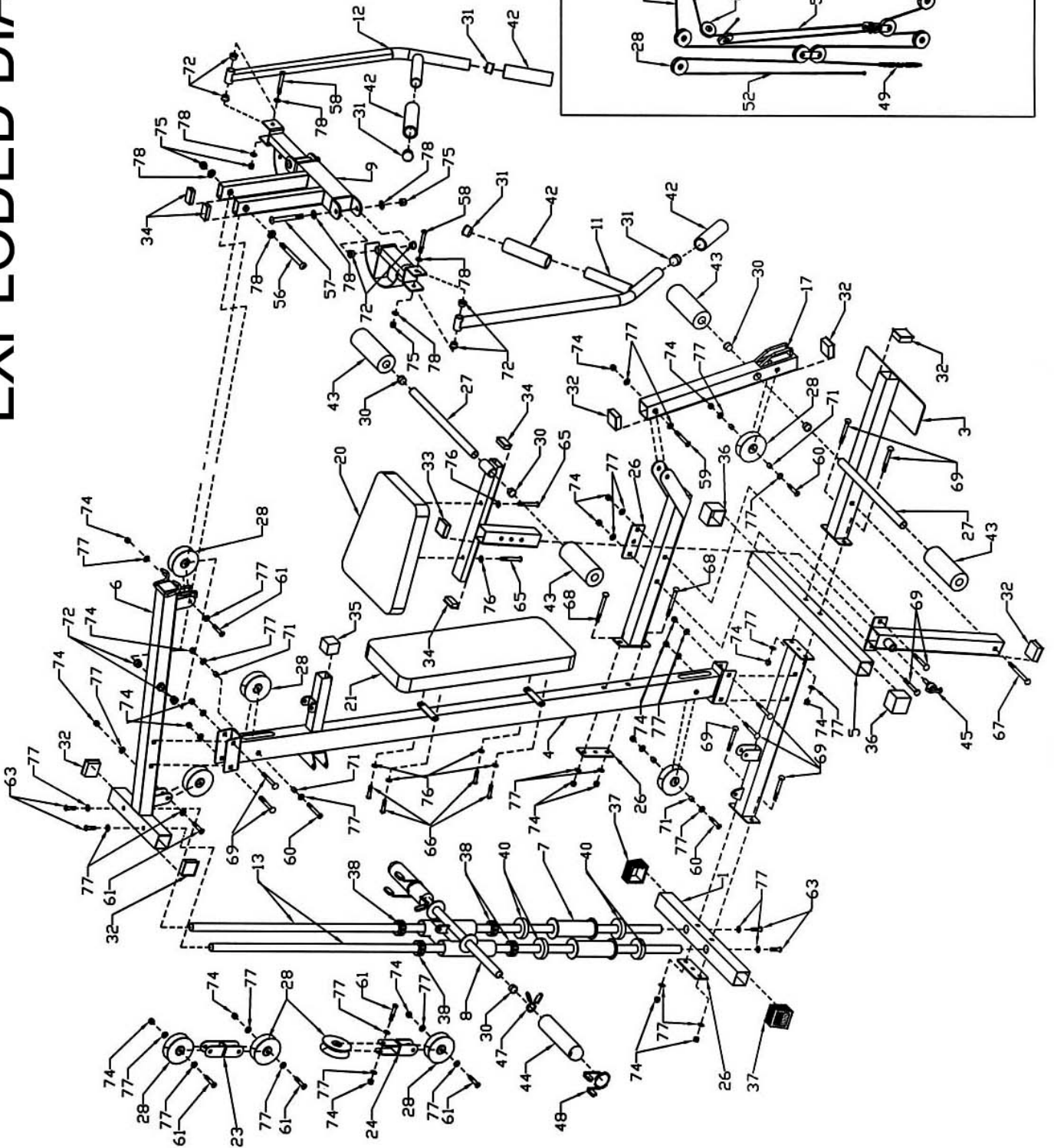
STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach the 133" Lower Cable (#53) to the opening on the Leg Developer (#17). Attach a Pulley (#28) to the opening. Secure it with one 3/8" x 2 5/8" Allen Bolt (#60), two \varnothing 1/2" Bushings (#71), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- B.) Draw the Cable underneath the Pulley to the open slot on the Vertical Beam (#4). Install another Pulley as described in Step A.
- C.) Draw the Cable underneath the Pulley then upward to the Angled Double Floating Bracket (#24) previously installed. Attach a Pulley to the open bracket. Secure it with one 3/8" x 1 3/4" Allen Bolt (#61), two \varnothing 3/8" Washers (#77), and one 3/8" Aircraft Nut (#74).
- D.) Draw the Cable around the Pulley the downward to the open bracket on the Main Base Frame (#2). Install another Pulley.
- E.) Draw the Cable around the Pulley then upward to the Flat Double Floating Pulley Bracket (#23) previously installed. Install another Pulley.
- F.) Draw the Cable around the Pulley then connect the Cable to the Main Base Frame with two Hooks (#46) and a 9-linked Chain (#49).
- G.) Adjust the tension of the Cable Loop System by adjusting the length of the Chain.

DIAGRAM 7



EXPLODED DIAGRAM



PARTS LIST

KEY NO. DESCRIPTION

KEY NO.	DESCRIPTION	Q'ty			
			51	19-linked Chain	1
			52	137" Upper Cable	1
			53	133" Lower Cable	1
			54	47" Butterfly Cable	1
			55	Ankle Strap	1
1	Rear Stabilizer	1	56	½" x 6 1/8" Allen Bolt	1
2	Main Base Frame	1	57	½" x 4 1/8" Allen Bolt	2
3	Front Base	1	58	½" x 3 1/8" Allen Bolt	2
4	Vertical Beam	1	59	3/8" x 3" Allen Bolt	1
5	Front Stabilizer	1	60	3/8" x 2 5/8" Allen Bolt	5
6	Upper Frame	1	61	3/8" x 1 ¾" Allen Bolt	9
7	Guide Rod Sleeve	2	62	3/8" x 1 3/16" Allen Bolt	2
8	Weight Holder	1	63	3/8" x 1" Allen Bolt	4
9	Front Press Base	1	64	M8 x 2 ½" Allen Bolt	1
10	Butterfly Bracket	2	65	M8 x 1 ½" Allen Bolt	2
11	Right Butterfly	1	66	M8 x 5/8" Allen Bolt	4
12	Left Butterfly	1	67	3/8" x 4 ½" Carriage Bolt	1
13	Guide Rod	2	68	3/8" x 3 7/8" Carriage Bolt	2
14	Seat Post	1	69	3/8" x 3" Carriage Bolt	10
15	Seat Support	1	70	M10 x 1" Philips Screw	1
16	Seat Incline Adjustment	1	71	Ø ½" Bushing	6
17	Leg Developer	1	72	½" Metal Bushing	10
18	Lat Bar	1	73	M8 Aircraft Nut	1
19	Arm Curl Handle	1	74	3/8" Aircraft Nut	30
20	Seat Pad	1	75	½" Aircraft Nut	5
21	Backrest Board	1	76	Ø ¼" Washer	8
22	Front Press Lock Pin	1	77	Ø 3/8" Washer	51
23	Flat Double Floating Pulley Bracket	1	78	Ø ½" Washer	10
24	Angled Double Floating Bracket	1			
25	Swivel Pulley Bracket	2			
26	Bracket	3			
27	Foam Roll Tube	2			
28	Pulley	12			
29	Square Rubber Bumper	1			
30	Ø 1" Round End Cap	6			
31	Ø 1 3/8" Round End Cap	4			
32	2" Square End Cap	7			
33	1 ¾" Square End Cap	1			
34	1" x 2" End Cap	4			
35	1 ½" Square End Cap	1			
36	2" Front Stabilizer End Cap	2			
37	2" Oblique End Cap	2			
38	Ø 2" Nylon Sleeve	4			
39	Handle Grip	5			
40	Round Rubber Bumper	4			
41	Manual	1			
42	Foam Grip	4			
43	Foam Roll	4			
44	Olympic Sleeve	2			
45	Quick Release Lock Pin	1			
46	Hook	7			
47	Ø 1" Spring Clip	2			
48	Ø 2" Spring Clip	2			
49	9-linked Chain	1			
50	12-linked Chain	1			

	Weight Resistance (lbs)									
	10	20	30	40	50	60	70	80	90	
Weight Plates (lbs)										
Lat bar	23	33	45	55	66	77	89	99	110	
Arm Curl	24	33	46	57	70	81	91	101	112	
Leg Developer	33	44	55	66	77	88	99	111	120	
Front Press	28	35	42	50	57	64	72	79	86	
Butterfly (each arm)	6±3	9±3	12±4	15±4	19±4	22±4	25±4	29±4	32±4	
	*Numbers are approxir Actual number may vary.									

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LIMITED WARRANTY

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