

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWM-7150

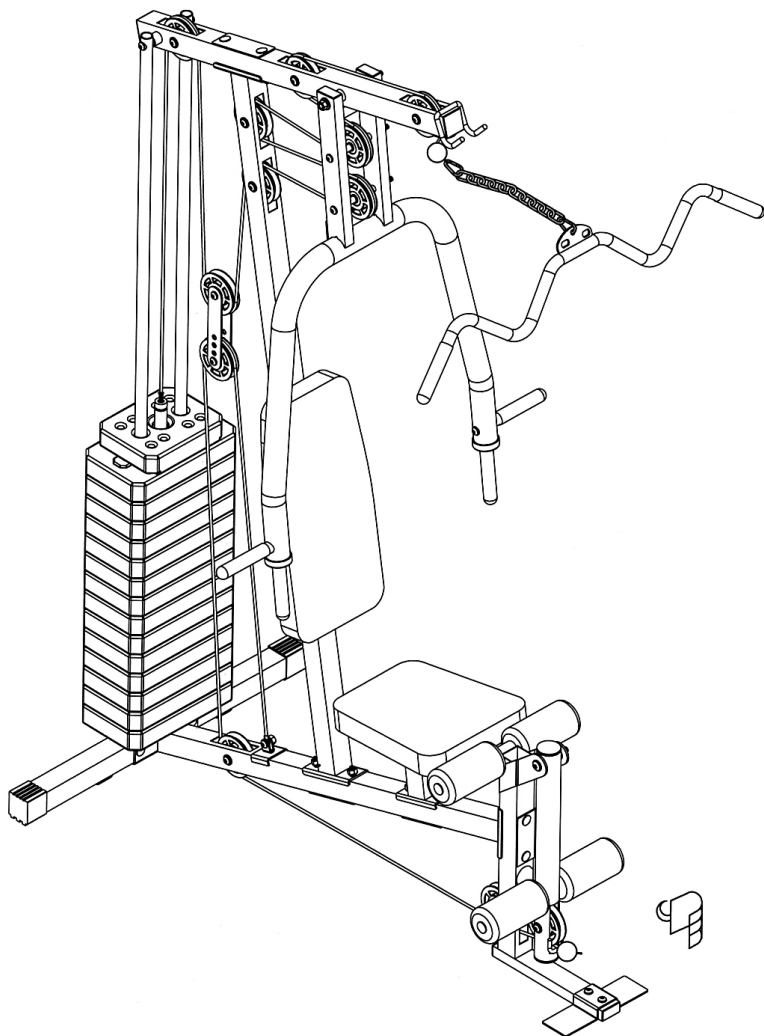
Retain This
Manual for
Reference

08-20-08

OWNER'S
MANUAL

IMPEX

MARCY HOME GYM MWM-7150



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM-7150 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

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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.

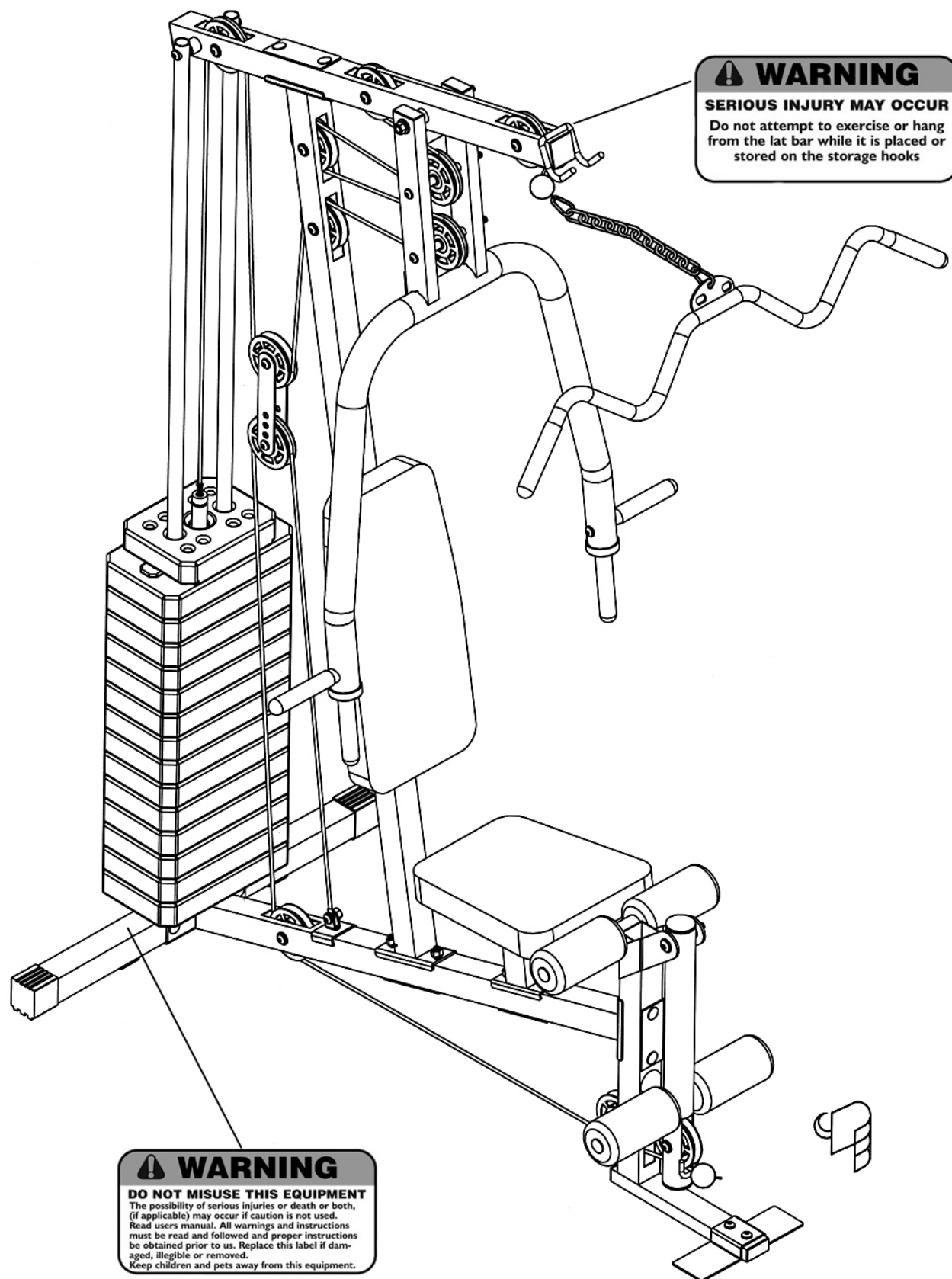
CARE AND MAINTENANCE

1. 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.

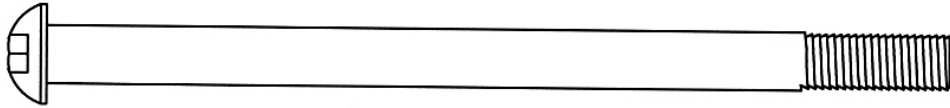
WARNING LABEL REPLACEMENT



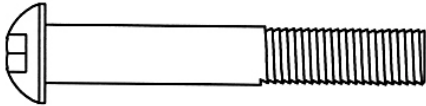
The warning labels shown here have been placed on the Rear Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

HARDWARE PACK

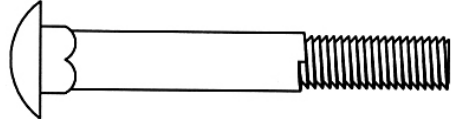
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



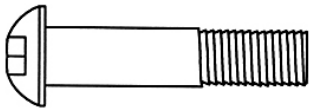
#50 M10 x 6 $\frac{1}{8}$ " Allen Bolt (Qty 2)



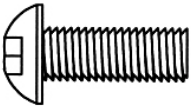
#53 M10 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 7)



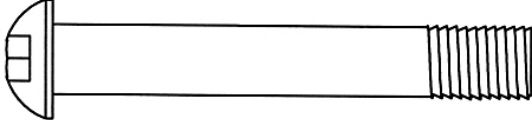
#46 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 10)



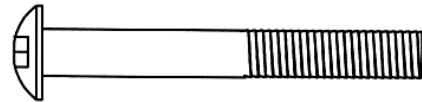
#54 M10 x 1 $\frac{3}{4}$ " Allen Bolt (Qty 5)



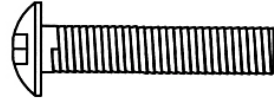
#47 M10 x 1" Allen Bolt (Qty 5)



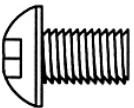
#49 M12 x 3 $\frac{1}{8}$ " Allen Bolt (Qty 1)



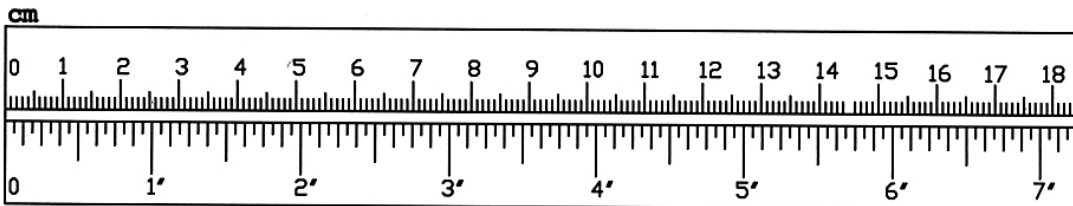
#51 M8 x 2 $\frac{1}{2}$ " Allen Bolt (Qty 2)



#52 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 2)

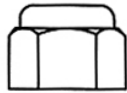


#48 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 2)

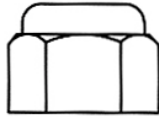


HARDWARE PACK

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



#56 M10 Aircraft Nut
(Qty 25)



#57 M12 Aircraft Nut
(Qty 1)



#61 $\varnothing \frac{3}{4}''$ x $\varnothing \frac{1}{2}''$ Curved
Washer (Qty 2)



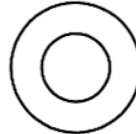
#62 $\varnothing \frac{3}{4}''$ x $\varnothing 1''$ Curved
Washer (Qty 2)



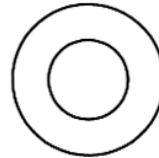
#22 $\varnothing 1''$ x $\varnothing \frac{5}{8}''$ Bushing
(Qty 6)



#58 $\varnothing \frac{5}{8}''$ Washer
(Qty 4)



#59 $\varnothing \frac{3}{4}''$ Washer
(Qty 28)



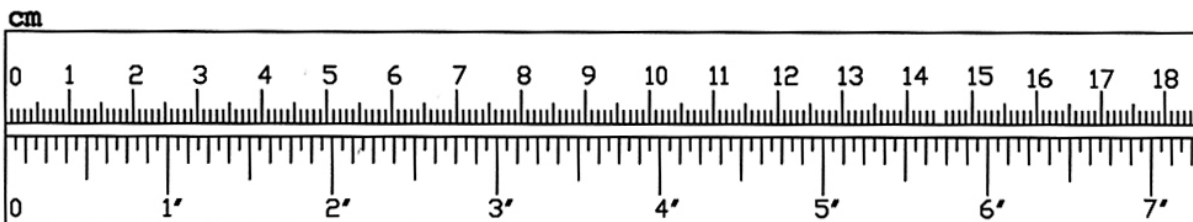
#60 $\varnothing 1''$ Washer
(Qty 2)



#21 $\varnothing 1''$ x $\varnothing \frac{1}{2}''$ Bushing
(Qty 2)

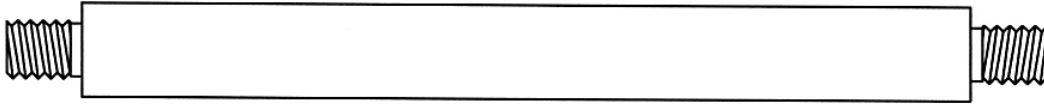


#23 $\varnothing \frac{7}{8}''$ Bushing
(Qty 14)

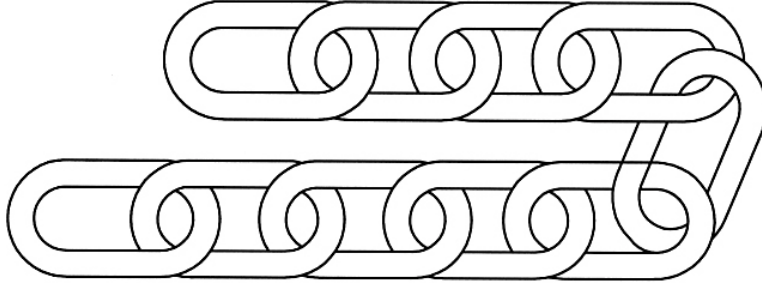


HARDWARE PACK

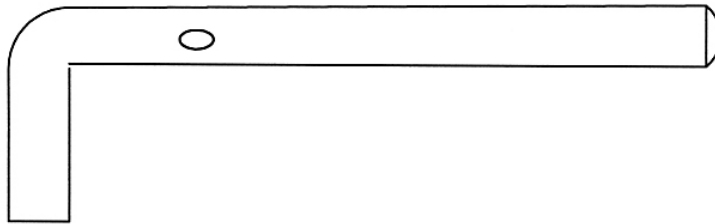
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



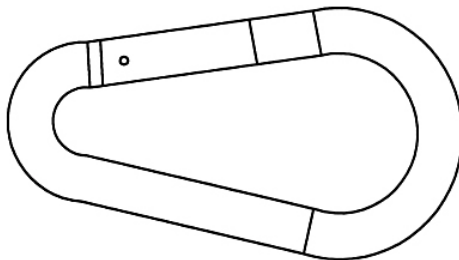
#27 Front Press Axle (Qty 1)



#45 Chain (Qty 1)



#38 Weight Selector Pin (Qty 1)



#43 Hook (Qty 2)

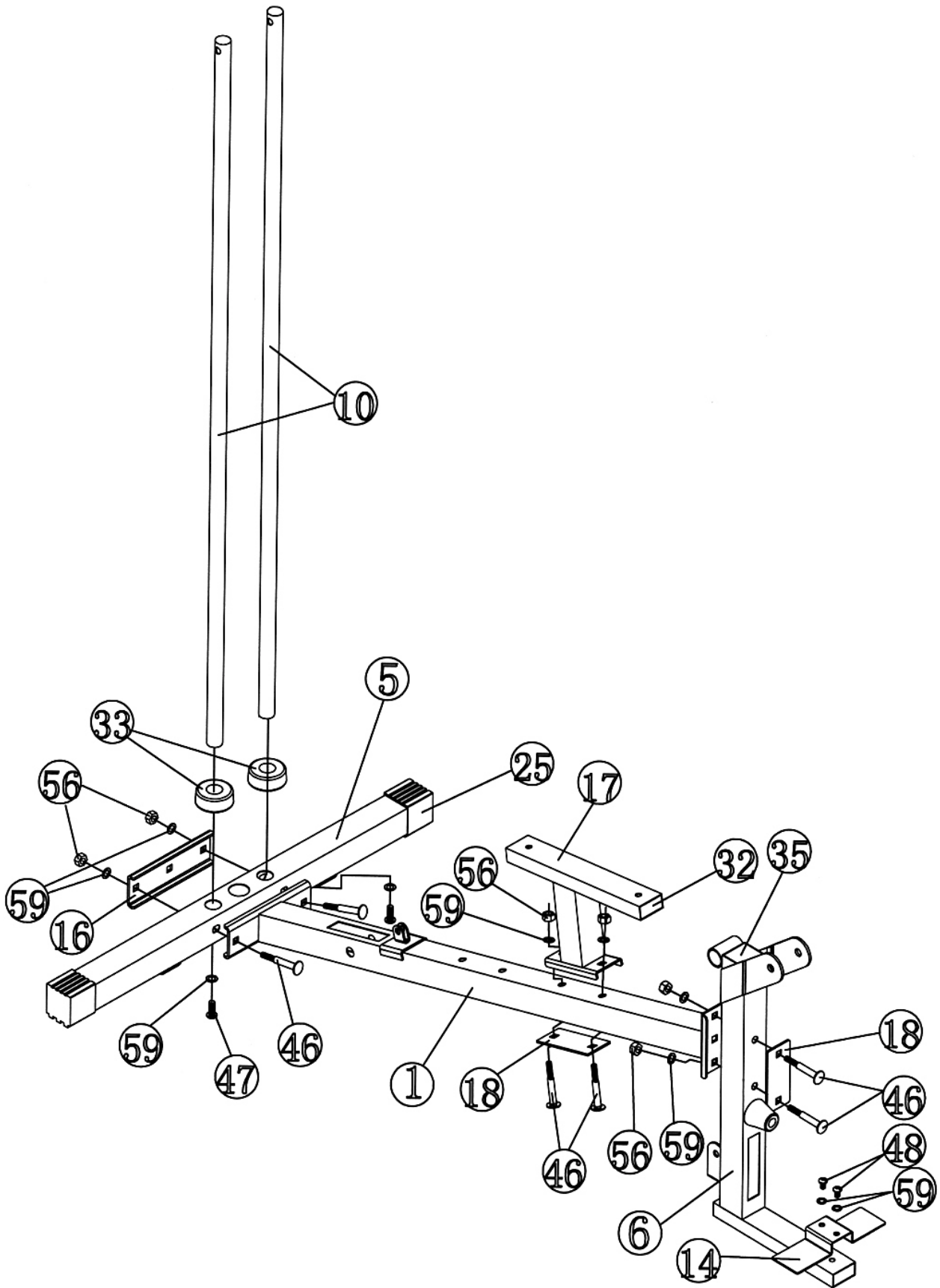
ASSEMBLY INSTRUCTION

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)

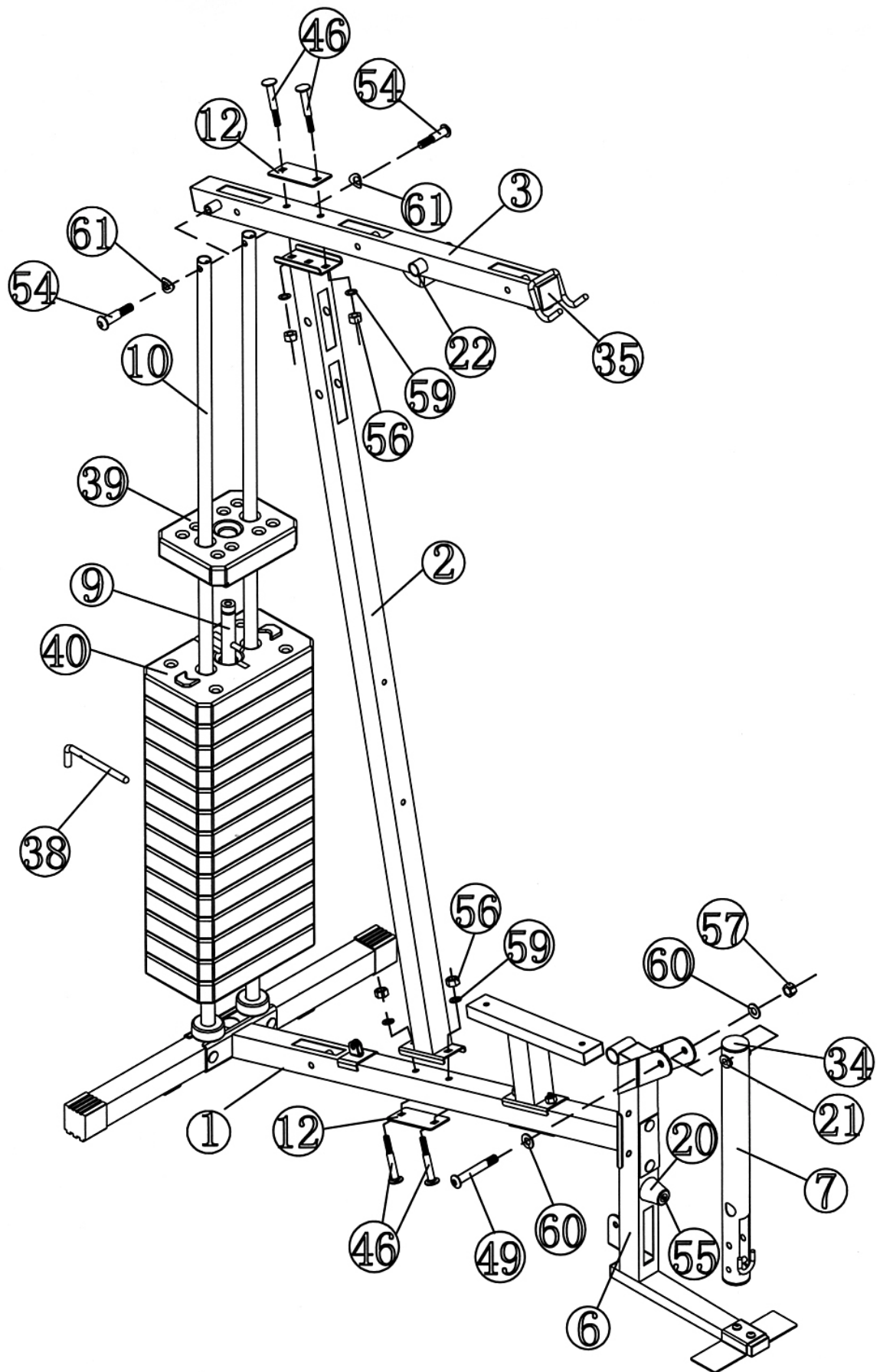
- A.) **Do not tighten the nuts and bolts until instructed to do so.**
- B.) Slide two $\text{Ø } 2 \frac{1}{2}$ " x 1" Rubber Bumpers (#33) onto the Guide Rods (#10). Insert the two Guide Rods into the holes on the Rear Base Frame (#5). Secure each Guide Rod with one M10 x 1" Allen Bolt (#47) and $\text{Ø } \frac{3}{4}$ " Washer (#59) from the bottom.
- C.) Attach the rear of Main Frame (#1) to the Rear Base Frame. Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#46), one U-shaped Bracket (#16), two $\text{Ø } \frac{3}{4}$ " Washers (#59), and two M10 Aircraft Nuts (#56).
- D.) Attach the Front Post (#6) to the Main Frame. Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#46), one 4 $\frac{3}{4}$ " x 2" Bracket (#18), two $\text{Ø } \frac{3}{4}$ " Washers (#59), and two M10 Aircraft Nuts (#56).
- E.) Attach the Seat Support (#17) onto the Main Frame. Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#46), one 4 $\frac{3}{4}$ " x 2" Bracket (#18), two $\text{Ø } \frac{3}{4}$ " Washers (#59), and two M10 Aircraft Nuts (#56).
- F.) Attach the Foot Plate (#14) onto the Front Post. Secure it with two M10 x 5/8" Allen Bolts (#48) and two $\text{Ø } \frac{3}{4}$ " Washers (#59).

DIAGRAM 1



STEP 2 (See Diagram 2)

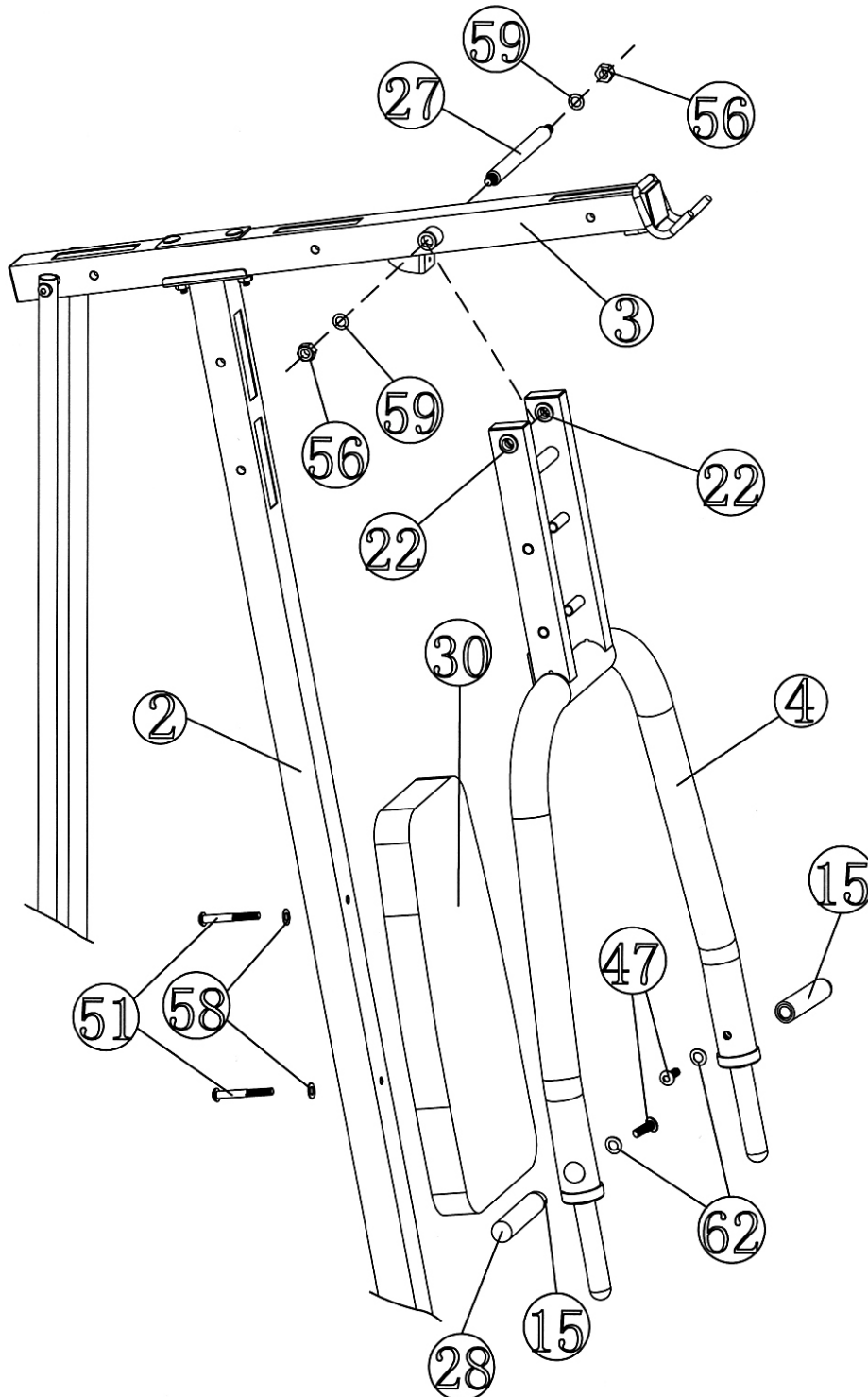
- A.) Attach the Vertical Frame (#2) onto the Main Frame (#1). Secure them with two M10 x 2 ¾" Carriage Bolts (#46), one 5 ½" x 2" Bracket (#12), two Ø ¾" Washers (#59), and two M10 Aircraft Nuts (#56).
- B.) Slide 14 Weight Plates (#40) onto the Guide Rods (#10). Make sure the deep grooves on the Plates all face down and toward to the back of the machine. Insert a Selector Rod (#9) into the center hole on the Plates. Slide the Selector Stem (#39) onto the Guide Rods. Use the Weight Selector Pin (#38) to select the number of Weight Plates to exercise. Please refer to the Weight Resistance Chart in page-19.
- C.) Attach the Upper Frame (#3) in between the two Guide Rods. Secure each Guide Rod to Upper Frame with one M10 x 1 ¾" Allen Bolt (#54) and Ø ¾" x Ø ½" Curved Washer (#61).
- D.) Place the Upper Frame onto the Vertical Frame. Secure it with two M10 x 2 ¾" Carriage Bolts (#46), one 5 ½" x 2" Bracket (#12), two Ø ¾" Washers (#59), and two M10 Aircraft Nuts (#56).
- E.) **Securely tighten all Nuts and Bolts installed in Step-1 and Step-2.**
- F.) Attach the Leg Developer (#7) to the Front Post (#6). Secure it with one M12 x 3 1/8" Allen Bolt (#49), two Ø 1" Washers (#60), and one M12 Aircraft Nut (#57).



STEP 3 (See Diagram 3)

- A.) Attach the Front Press (#4) to the Upper Frame (#3). Secure it with one Front Press Axle (#27), two $\text{\O} \frac{3}{4}$ " Washers (#59), and two M10 Aircraft Nuts (#56). **Do not over tighten the Nuts. Make sure the Front Press can move smoothly.**
- B.) Insert the two Front Press Handles (#15) into the arms of Front Press. Secure each Handle with one M10 x 1" Allen Bolt (#47) and one $\text{\O} \frac{3}{4}$ " x $\text{\O} 1$ " Curved Washer (#62).
- C.) Attach the Backrest Board (#30) to the Vertical Frame (#2). Secure it with two M8 x 2 $\frac{1}{2}$ " Allen Bolts (#51) and two $\text{\O} \frac{5}{8}$ " Washers (#58).

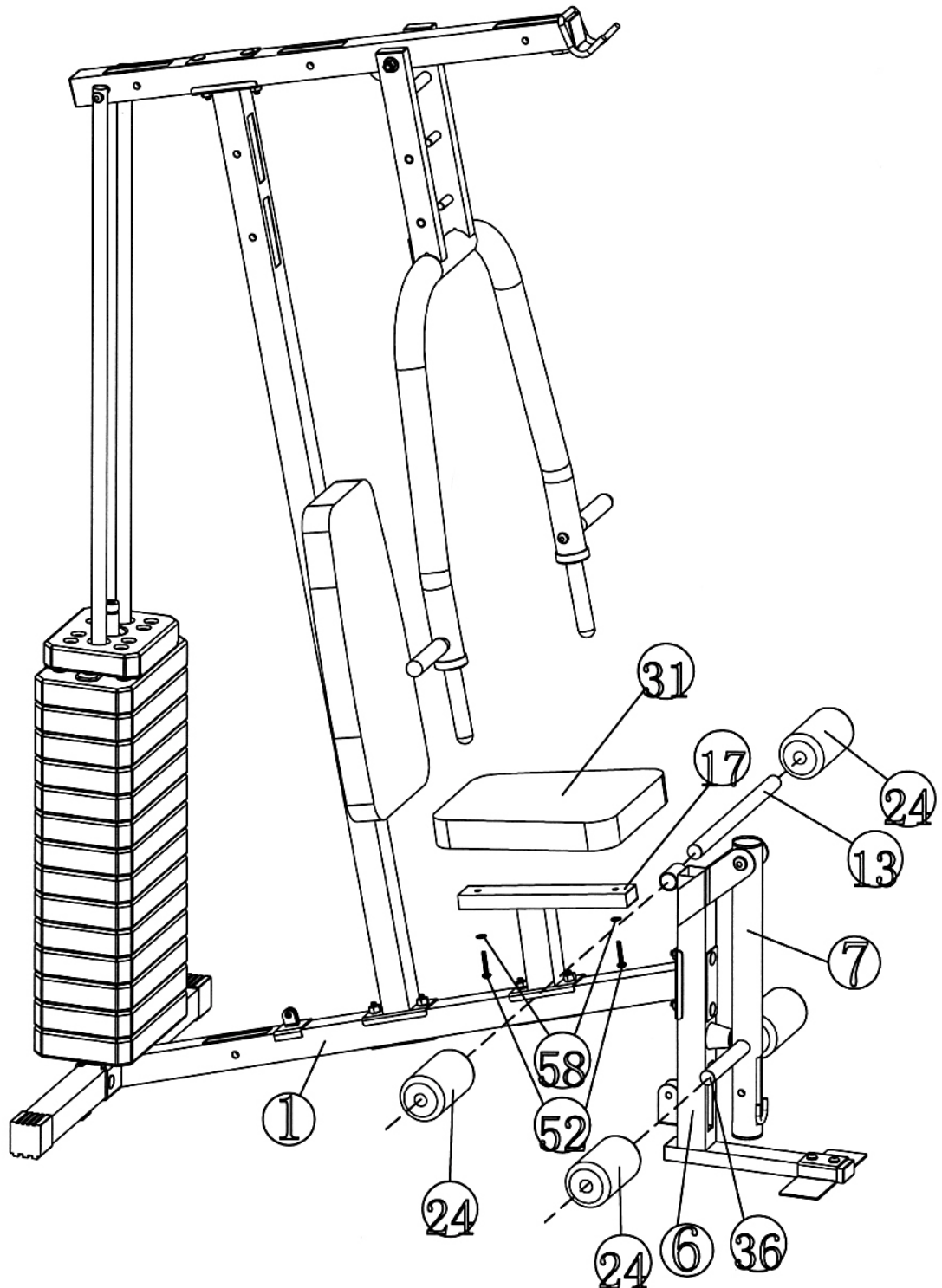
DIAGRAM 3



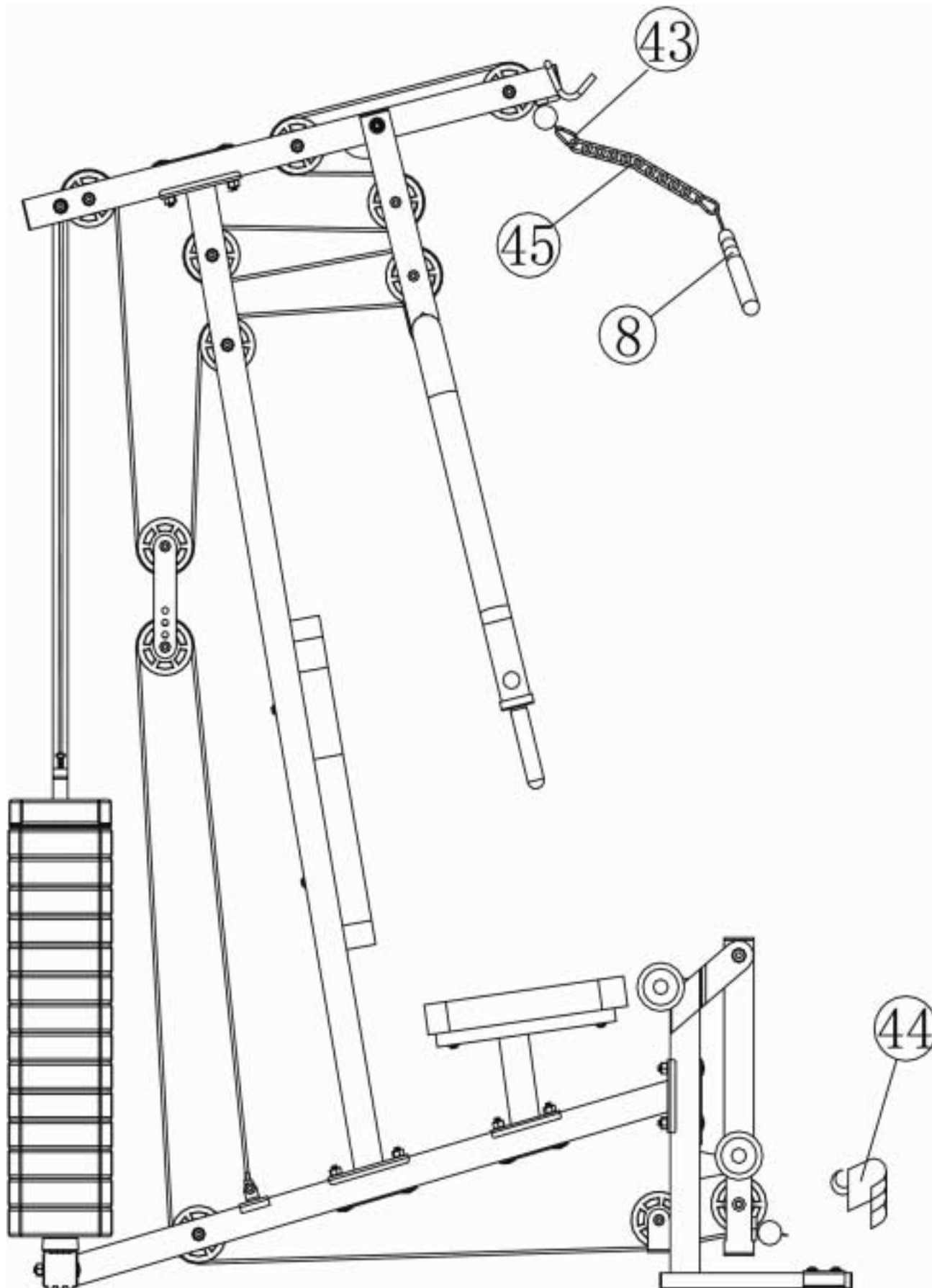
STEP-4 (See Diagram 4)

- A.) Attach the Seat Pad (#31) to the Seat Support (#17). Secure it with two M8 x 1 5/8" Allen Bolts (#52) and \varnothing 5/8" Washers (#58).
- B.) Insert two Foam Tubes (#13) halfway through the holes on Front Post (#6) and Leg Developer (#7).
- C.) Push four Foam Rolls (#24) onto the Tubes from both ends.

DIAGRAM 4



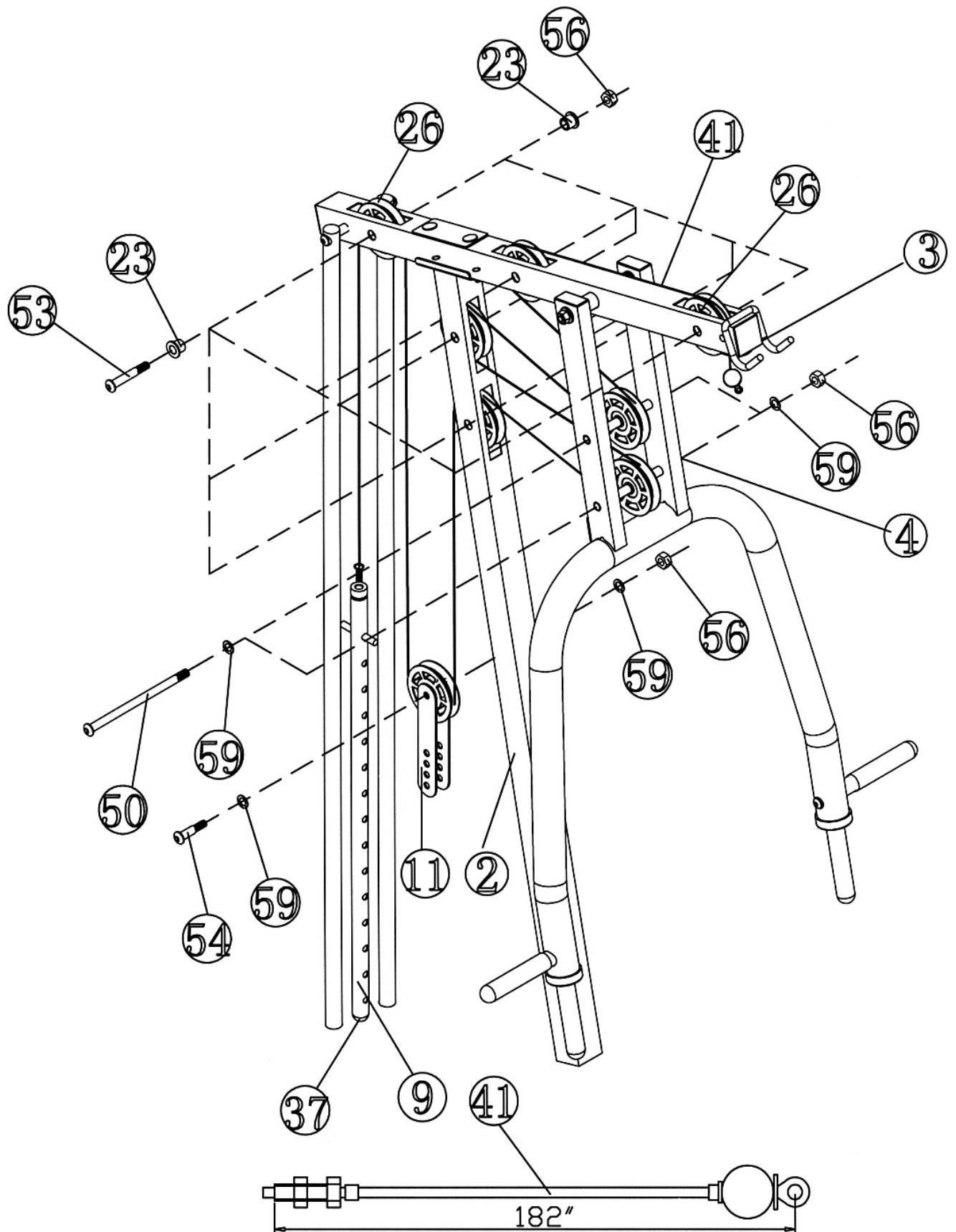
CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach the 182" Upper Cable (#41) to the front opening on the Upper Frame (#3).
NOTE: The Ball Stopper on the Cable needs to be underneath the Frame.
- B.) Attach a Pulley (#26) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#53), two Ø 7/8" Bushings (#23), and one M10 Aircraft Nut (#56).
- 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 opening on the Front Press (#4). Attach a Pulley to the opening. Secure it with one M10 x 6 1/8" Allen Bolt (#50), two Ø 3/4" Washers (#59), and one M10 Aircraft Nut (#56).
- E.) Draw the Cable around the Pulley then to the opening on the Vertical Frame (#2). Repeat Procedure B to install a Pulley.
- F.) Draw the Cable around the Pulley then back to the lower opening on the Front Press. Repeat Procedure D to install a Pulley.
- G.) Draw the Cable around the Pulley then back to the lower opening on the Vertical Frame. Repeat Procedure B to install a Pulley.
- H.) 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 (#11).
- I.) Attach a Pulley to the Brackets. Secure it with one M10 x 1 3/4" Allen Bolt (#54), two Ø 3/4" Washers (#59), and one M10 Aircraft Nut (#56). Let the Brackets hanging for now.
- J.) Draw the Cable around the Pulley then pull upwards to the opening on the rear Upper Frame. Repeat Procedure B to install a Pulley.
- K.) Pull the Cable downwards between the two Guide Rods to the Selector Rod (#9). Securely thread the bolt at the end of the Cable into the Selector Rod.
- L.) Connect Lat Bat (#8) to the Cable with one Chain (#45) and two Hooks (#43).

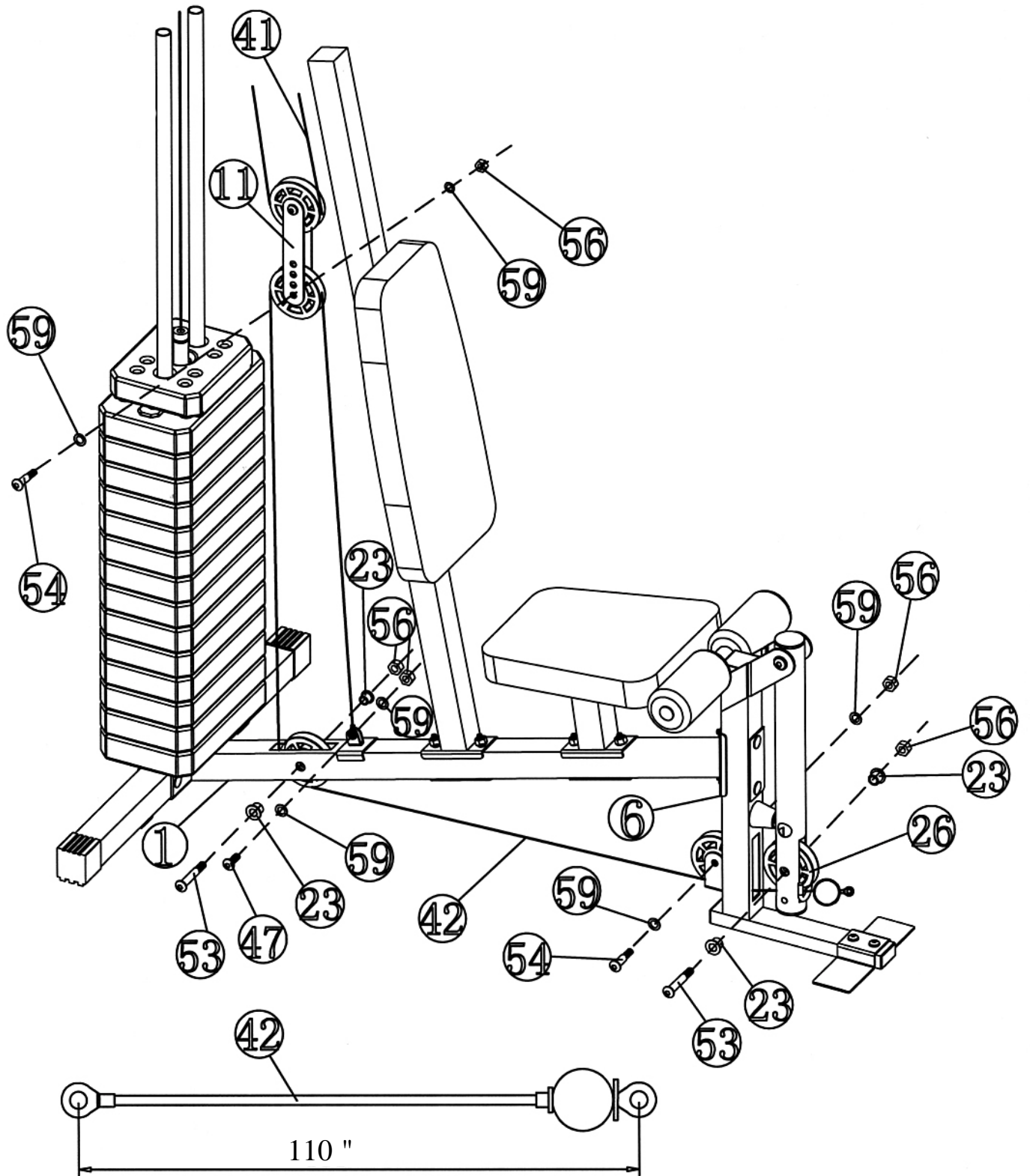
DIAGRAM 5



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach the 110" Lower Cable (#42) to the opening on the bottom of the Leg Developer (#7).
- B.) Attach a Pulley (#26) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#53), two Ø 7/8" Bushings (#23), and one M10 Aircraft Nut (#56).
- C.) Draw the Cable underneath the Pulley towards the back of the machine through the opening on the Front Post (#6) to the open bracket on rear of Front Post.
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#54), two Ø ¾" Washers (#59), and one M10 Aircraft Nut (#56).
- E.) Draw the Cable underneath the Pulley towards the back of the machine to the opening on the Main Base Frame (#1). Repeat Procedure B to install a Pulley.
- F.) Draw the Cable around the Pulley then pull upward to the Double Floating Pulley Bracket (#11) previously installed in Step-5. Repeat Procedure D to install a Pulley.
- G.) Draw the Cable around the Pulley then pull downward to the bracket on the rear of Main Frame. Secure the Cable to the bracket with one M10 x 1" Allen Bolt (#47), two Ø ¾" Washers (#59) and one M10 Aircraft Nut (#56).
- H.) Adjust the tension of the Cable system by adjusting the Pulley position on the Brackets. If the Cables are too loose, move the Pulley up one hole. If the Cables are too tight, move the Pulley down one hole.
- I.) For best performance of the machine, adjust the Cables so the Selector Stem (Top Plate) on the weight stack is ¼" above the first plate. To select the weight, push down on the Selector Stem to close the gap then insert the Weight Selector Pin. This will remove the slack in the cable system so the range of motion is smooth and tight.
- J.) Attach the Ankle Strap (#44) to the Cable for various Leg exercises. Remove the Ankle Strap when using the Leg Developer.
- K.) 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	Main Frame	1	51	M8 x 2 1/2" Allen Bolt	2
2	Vertical Frame	1	52	M8 x 1 5/8" Allen Bolt	2
3	Upper Frame	1	53	M10 x 2 1/2" Allen Bolt	7
4	Front Press	1	54	M10 x 1 3/4" Allen Bolt	5
5	Rear Base Frame	1	55	M6 x 5/8" Philips Screw	1
6	Front Post	1	56	M10 Aircraft Nut	25
7	Leg Developer	1	57	M12 Aircraft Nut	1
8	Lat Bar	1	58	Ø 5/8" Washer	4
9	Selector Rod	1	59	Ø 3/4" Washer	28
10	Guide Rod	2	60	Ø 1" Washer	2
11	Double Floating Pulley Bracket	2	61	Ø 3/4" x Ø 1/2" Curved Washer	2
12	5 1/2" x 2" Bracket	2	62	Ø 3/4" x Ø 1" Curved Washer	2
13	Foam Tube	2			
14	Foot Plate	1			
15	Front Press Handle	2			
16	U-shaped Bracket	1			
17	Seat Support	1			
18	4 3/4" x 2" Bracket	2			
19	Ø 2" End Cap	2			
20	Ø 1 3/4" x 1 5/8" Rubber Bumper	1			
21	Ø 1" x Ø 1/2" Bushing	2			
22	Ø 1" x Ø 5/8" Bushing	6			
23	Ø 7/8" Bushing	14			
24	Foam Roll	4			
25	2" Rear Base Frame End Cap	2			
26	Pulley	12			
27	Front Press Axle	1			
28	Handle Grip	6			
29	Ø 1" x 1/8" End Cap	2			
30	Backrest Board	1			
31	Seat Pad	1			
32	1" x 2" End Cap	6			
33	Ø 2 1/2" x 1" Rubber Bumper	2			
34	Ø 2" End Cap	2			
35	2" End Cap	3			
36	Ø 1" Flat End Cap	4			
37	Ø 1" Cone-shaped End Cap	1			
38	Weight Selector Pin	1			
39	Selector Stem	1			
40	Weight Plate	14			
41	182" Upper Cable	1			
42	110" Lower Cable	1			
43	Hook	2			
44	Ankle Strap	1			
45	Chain	1			
46	M10 x 2 3/4" Carriage Bolt	10			
47	M10 x 1" Allen Bolt	5			
48	M10 x 5/8" Allen Bolt	2			
49	M12 x 3 1/8" Allen Bolt	1			
50	M10 x 6 1/8" Allen Bolt	2			

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

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