

NOTE:
Please read all
instructions carefully
before using this product



MARCY[®]
By IMPEX

CIRCUIT II HOME GYM

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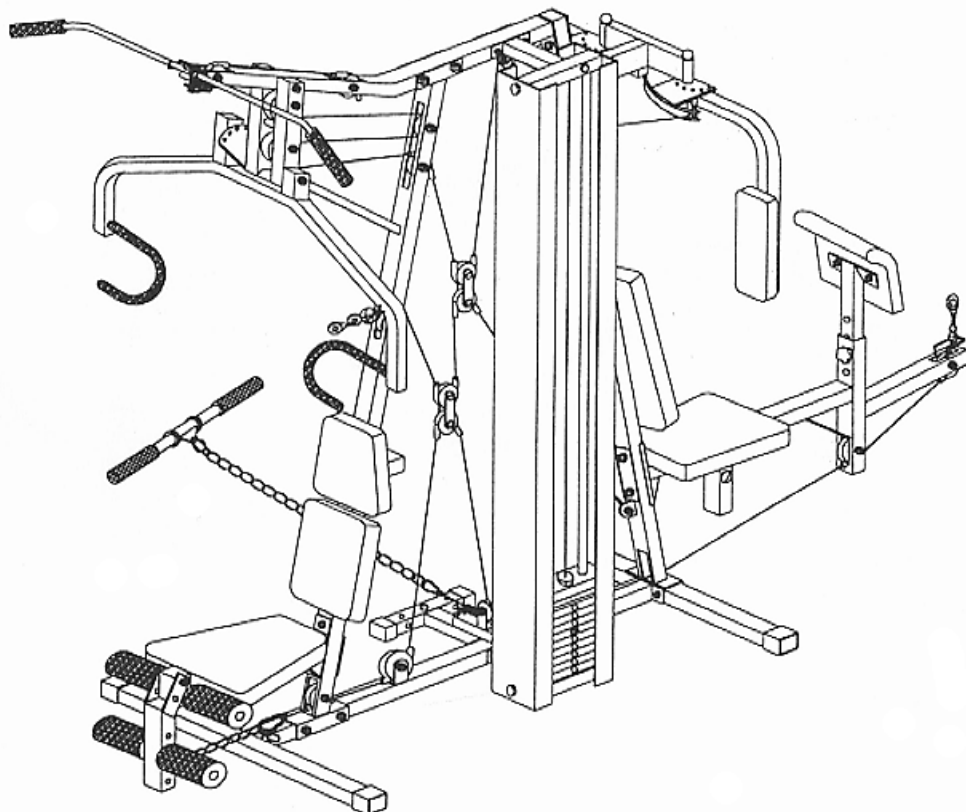
Ordering Parts

**Model
Circuit II**

**Retain This
Manual for
Reference**

Sep. 11, 1998

**OWNER'S
MANUAL**



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BEFORE YOU BEGIN

Thank you for selecting the **CIRCUIT II 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.

<p>Toll-Free Customer Service Number 1-800-999-8899 Mon. - Fri., 9 a.m. - 5 p.m. PST</p>
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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

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

M6



M8

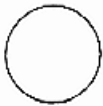


M10

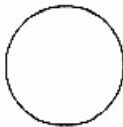


INCHES

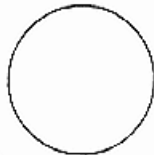
1/2"



5/8"



3/4"



REPLACEMENT PARTS

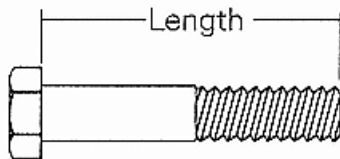
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

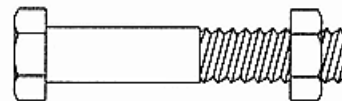


1-800-999-8899

NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



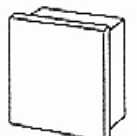
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

ASSEMBLY INSTRUCTION

Tools required to assembly the machine:

Two Adjustable Wrenches

Two Allen Wrenches

NOTE: It is strongly recommended that this machine be assembled by two or more people to avoid possible injury.

STEP 1 (SEE DIAGRAM 1)

- A.) Place the Base Frame (#1) firmly on the floor. Attach the Rear Stabilizer (#2) to the Base Frame. Attach the Rear Vertical Frame (#4) to the back of the Rear Stabilizer. Align the holes and secure it with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), and two M10 Aircraft Nuts (#72). Note: Do not tighten all the nuts and bolts yet. Only finger-tighten them for now.
- B.) Attach the Front Vertical Frame (#5) to the Base Frame (#1). Align the holes and secure it with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), and two M10 Aircraft Nuts (#72).
- C.) Attach the Upper Frame (#3) to the top of the Vertical Frames (#4 & 5). Secure the front with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), and two M10 Aircraft Nuts (#72). Secure the back with one M10 x 2 1/2" Bolt (#66), one M10 x 3" Bolt (#65), three $\varnothing 7/8$ " Washers (#74), one 4"x2" Bracket (#30), and one M10 Aircraft Nut (#72).

STEP 2 (SEE DIAGRAM 2)

- A.) Attach the Right Base Frame (#8) and the Bottom Socket Assembly (#7) to the Base Frame (#1). Align the holes and secure it with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), and two M10 Aircraft Nuts (#72).
- B.) Place a $\varnothing 1 \frac{1}{2}$ " Washer (#62) onto the axle on the Base Frame (#1). Attach the Lower Pulley Frame (#11) to the axle and secure it with a $\varnothing 7/8$ " Washer (#74), and M10 x 5/8" Bolt (#76).
- C.) Place two Rubber Bumpers (#43) onto the Bottom Socket Assembly (#7). Align the two holes and push two Weight Plate Guide Rods (#26) through the Bumpers into the base.
- D.) Slide nineteen Weights Plates (#79) from top of the Guide Rods (#26) down to the base. Note: The groove on the Plates should always face down and toward the left side of the machine. Insert the Selecting Rod (#31) into the center hole on the Plates. Slide the Selector Stem (#81) onto the Guide Rods. Align the hole and secure the Selector Stem (#81) to the Selecting Rod (#31) with a M10 x 1 1/2" Socket Bolt (#57).
- E.) Attach the Top Socket Assembly (#6) to the top of the Weight Plate Guide Rods (#26). Secure it to the Upper Frame (#3) with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), one 4 3/4" x2" Bracket (#50), and two M10 Aircraft Nuts (#72). Secure the Top Socket Assembly (#6) to the Weight Plate Guide Rods (#26) with two M6 x 5/8" Bolts (#70).
- F.) Securely tighten all the nuts and bolts previously installed.

DIAGRAM 1

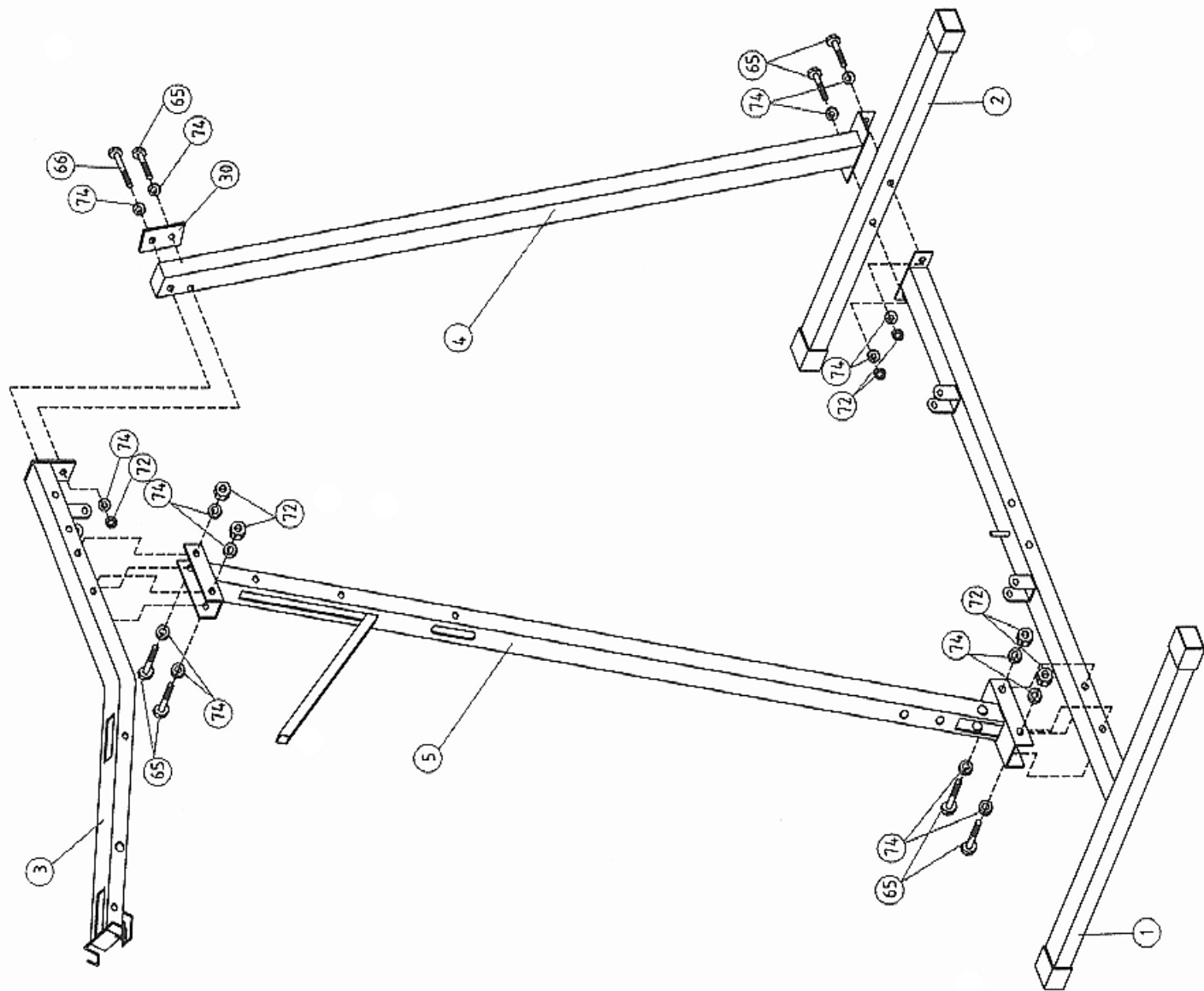
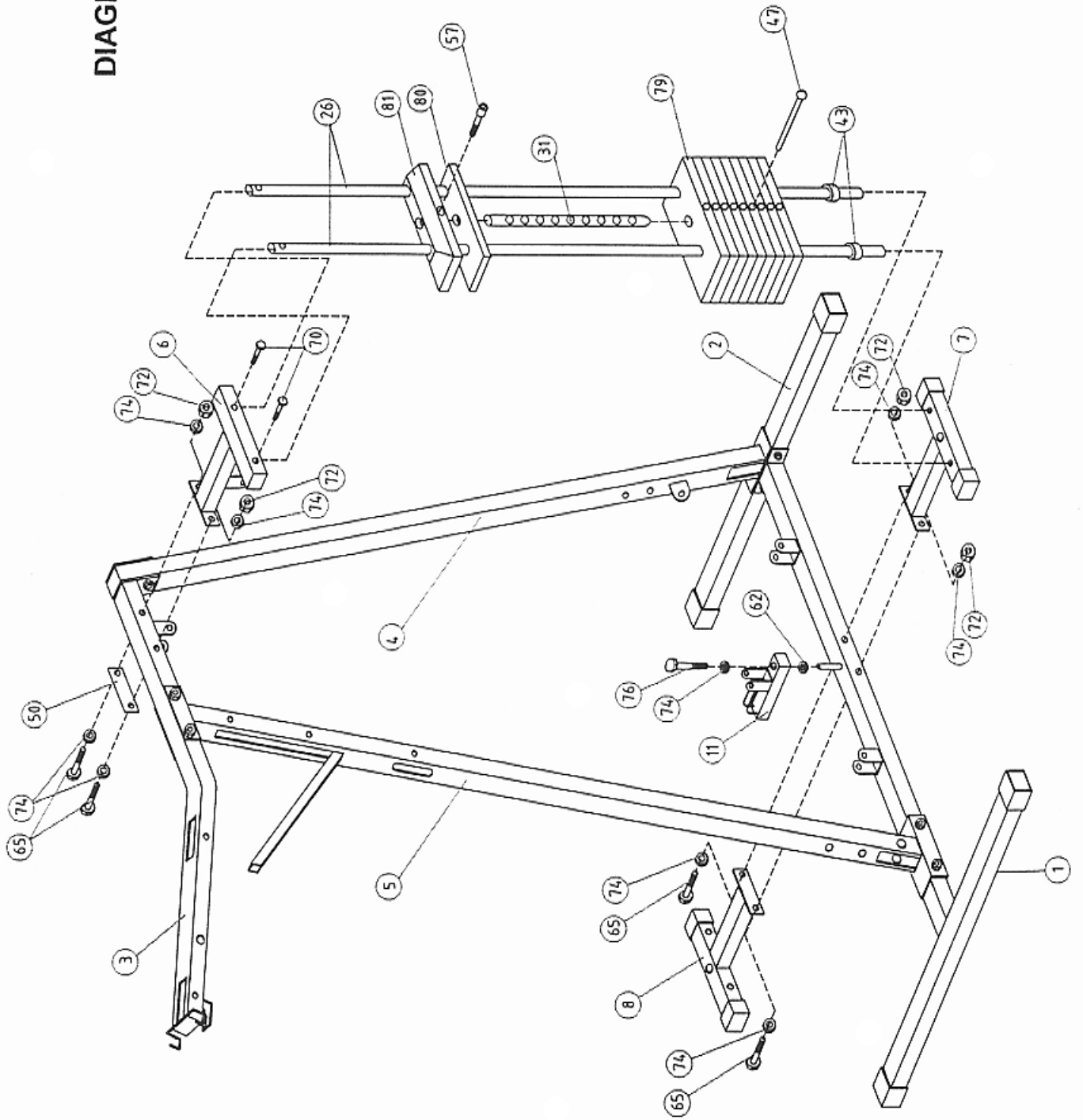


DIAGRAM 2

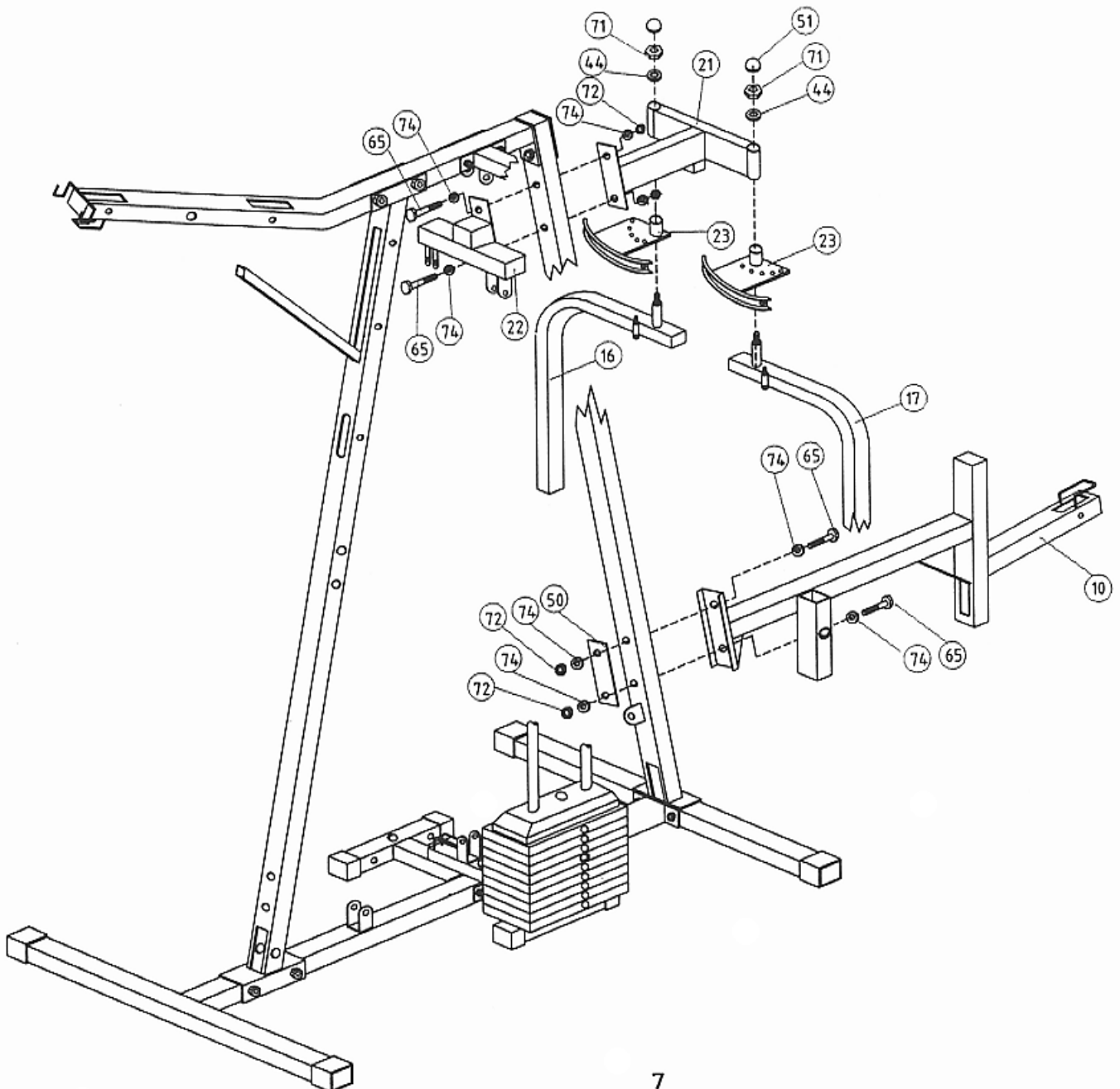


STEP 3

(SEE DIAGRAM 3)

- A.) Attach the Butterfly Support (#21) and the Butterfly Pulley Frame (#22) to the Rear Vertical Frame (#4). Secure them with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), and two M10 Aircraft Nuts (#72).
- B.) Place a Butterfly Cable Guide (#23) onto the axle on the Right Butterfly (#17). Insert the Right Butterfly through the hole on the Butterfly Support (#21). Secure it with a $\varnothing 1 \frac{1}{2}$ " Washer (#44), M12 Aircraft Nut (#71), and M12 Cone Shape Cap (#51).
- C.) Repeat the above step B to install the other Butterfly (#16).
- D.) Attach the Rear Main Seat Support (#10) to the Rear Vertical Frame (#4). Secure it with two M10 x 3" Bolts (#65), four $\varnothing 7/8$ " Washers (#74), one $4 \frac{3}{4}$ " x 2" Bracket (#50), and two M10 Aircraft Nuts (#72).

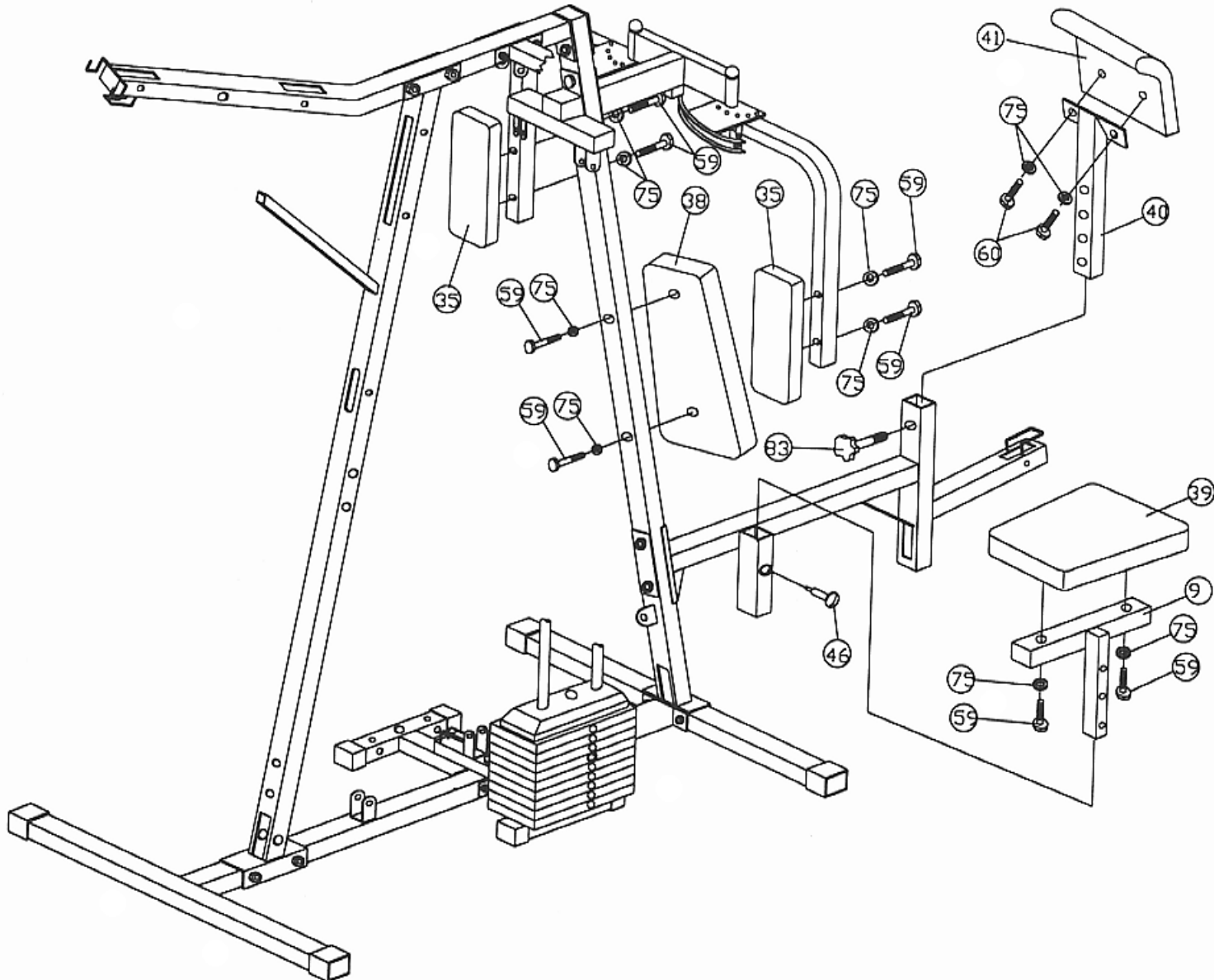
DIAGRAM 3



STEP 4 (SEE DIAGRAM 4)

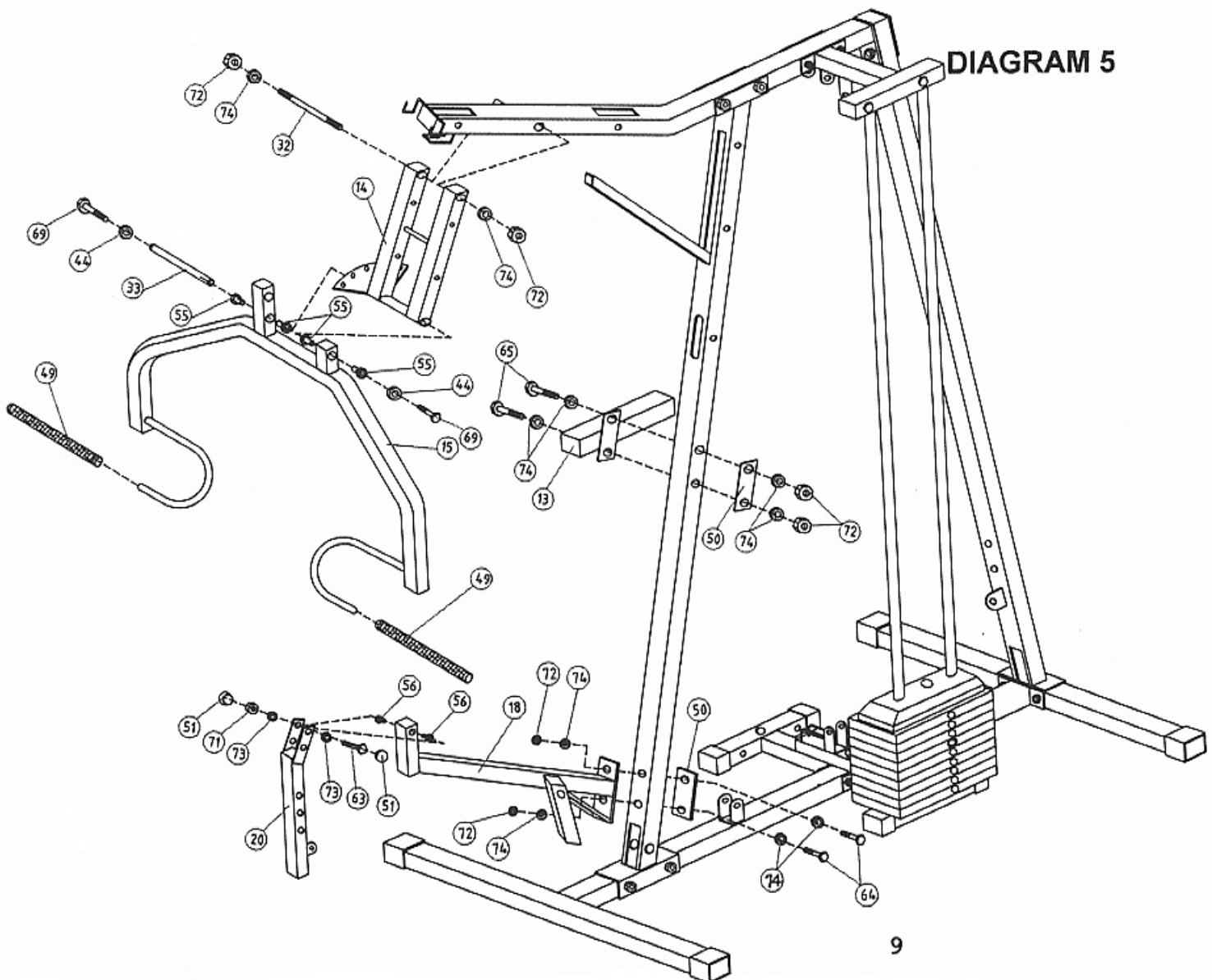
- A.) Attach a Butterfly Pad (#35) to the Right Butterfly (#17). Secure it with two $\text{\O}1/2$ " Washers (#75) and M8 x 2 1/2" Hex Bolts (#59). Repeat the same step for the other side.
- B.) Attach the Rear Backrest Pad (#38) to the Rear Vertical Frame (#4). Secure it with two $\text{\O}1/2$ " Washers (#75) and M8 x 2 1/2" Hex Bolts (#59).
- C.) Attach the Rear Seat (#39) to the Rear Seat Post (#9). Secure it with two $\text{\O}1/2$ " Washers (#75) and M8 x 2 1/2" Hex Bolts (#59). Insert the Seat Post through the opening on the Rear Main Seat Support (#10) and secure it with a Quick Release Pin (#46).
- D.) Attach the Arm Curl Pad (#41) to the Arm Curl Stand (#40). Secure it with two $\text{\O}1/2$ " Washers (#75) and M8 x 5/8" Hex Bolts (#60).
- E.) Attach the Arm Curl Stand to the opening on the Rear Main Seat Support (#10) and secure it with a Knob Bolt (#83).

DIAGRAM 4



STEP 5 (SEE DIAGRAM 5)

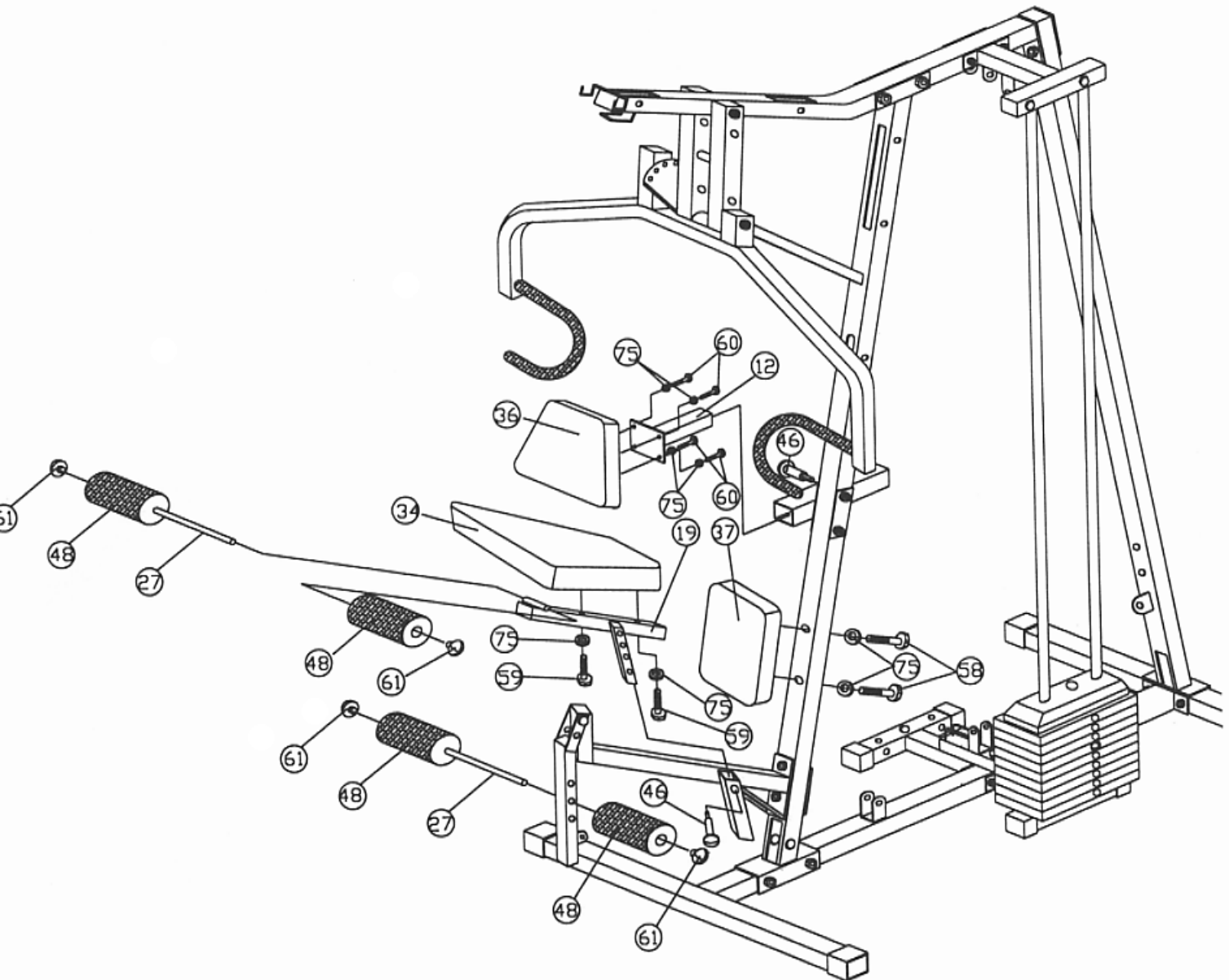
- A.) Attach the Front Press Base (#14) to the Upper Frame (#3). Insert a $\text{Ø}5/8"$ x $8\ 5/8"$ Axle (#32) through the holes and secure it with two $\text{Ø}7/8"$ Washers (#74) and M10 Aircraft Nuts (#72).
- B.) Attach the Front Press (#15) to the Front Press Base (#14). Attach six $\text{Ø}1"$ Bushings (#55) to the openings. Insert a $\text{Ø}1"$ x $12\ 3/8"$ Axle (#33) through the holes. Secure it with two $\text{Ø}1\ 1/2"$ Washers (#44) and M12 x 1" Bolts (#69).
- C.) Lubricate the inside of the Foam Grips (#49) with water. Slide them onto the Front Press (#15).
- D.) Attach the Backrest Frame (#13) to the Front Vertical Frame (#5). Secure it with two M10 x 3" Bolts (#65), four $\text{Ø}7/8"$ Washers (#74), one $4\ 3/4"$ x 2" Bracket (#50), and two M10 Aircraft Nuts (#72).
- E.) Attach the Front Main Seat Support (#18) to the Front Vertical Frame (#5). Secure it with two M10 x $3\ 3/4"$ Bolts (#64), four $\text{Ø}7/8"$ Washers (#74), one $4\ 3/4"$ x 2" Bracket (#50), and two M10 Aircraft Nuts (#72).
- F.) Attach two $\text{Ø}1/2"$ Bushings (#56) to the openings in the front of the Front Main Seat Support (#18). Attach the Leg Developer (#20) to the opening and secure it with a M12 x $3\ 1/4"$ Bolt (#63), two $\text{Ø}1"$ Washers (#73), and one M12 Aircraft Nut (#71). Attach two M12 Cone Shaped Caps (#51) to both sides of the nut and bolt.



STEP 6 (SEE DIAGRAM 6)

- A.) Attach the Front Backrest Pad (#36) to the Backrest Adjustment Post (#12). Secure it with four $\text{Ø}1/2"$ Washers (#75) and M8 x $5/8"$ Hex Bolts (#60). Attach the Post to the Backrest Frame (#13) and secure it with a Quick Release Pin (#46).
- B.) Attach the Lumbar Support Pad (#37) to the Front Vertical Frame (#5). Secure it with two $\text{Ø}1/2"$ Washers (#75) and M8 x $3\ 1/4"$ Hex Bolts (#58).
- C.) Attach the Front Seat (#34) to the Front Seat Post (#19). Secure it with two $\text{Ø}1/2"$ Washers (#75) and M8 x $2\ 1/2"$ Hex Bolts (#59). Attach the Post to the opening on the Front Main Seat Support (#18) and secure it with a Quick Release Pin (#46).
- D.) Insert a Foam Roll Tube (#27) halfway through the hole in front of the Seat. Push two Foam Rolls (#48) onto the Tube from both sides. Plug two Foam Roll End Caps (#61) to the ends of the Tube.
- E.) Repeat the above step D to install another set of Foam Rolls for the Leg Developer.

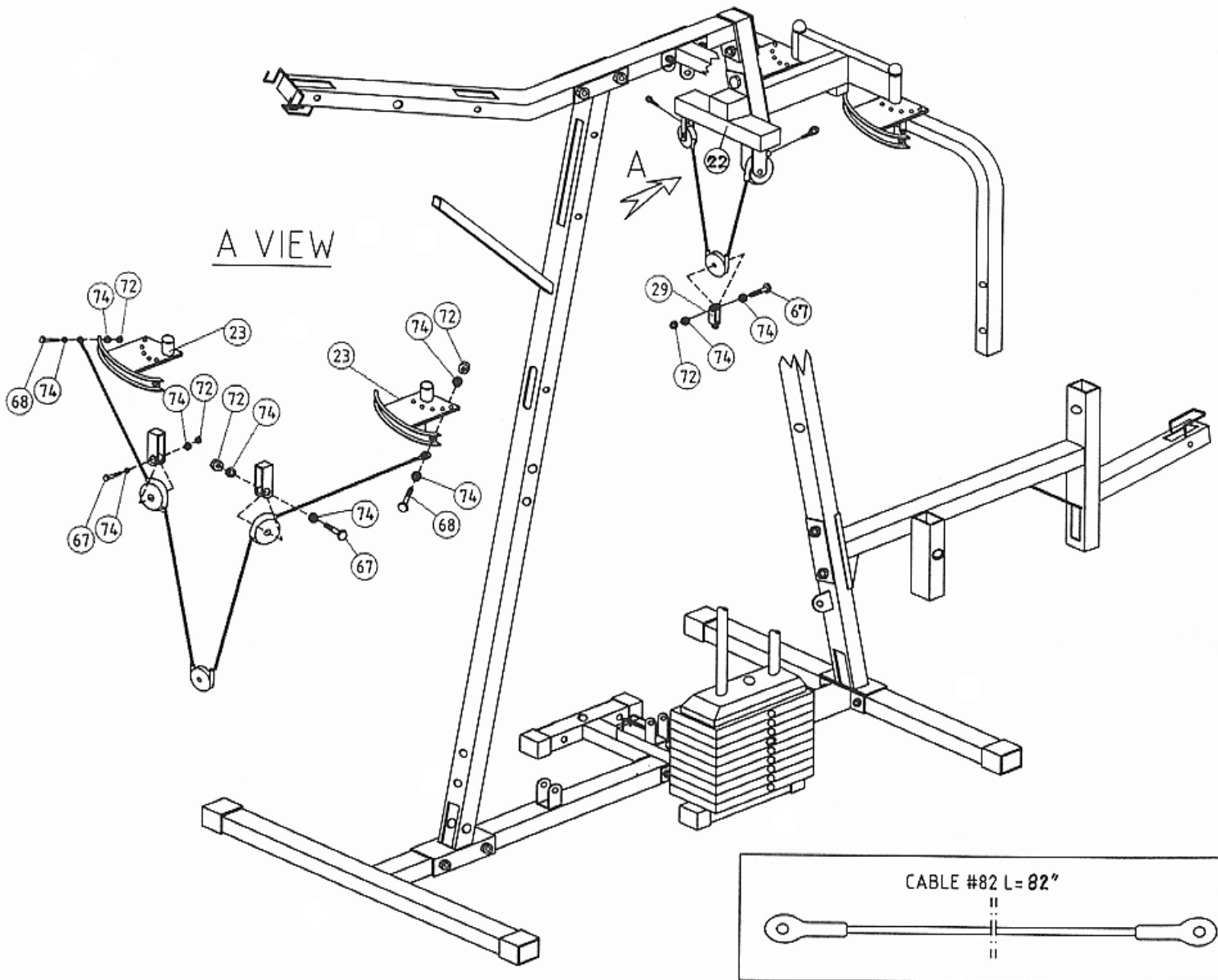
DIAGRAM 6



STEP 7 (SEE DIAGRAM 7)

- A.) Attach one end of the 82" Butterfly Cable (#82) to the Butterfly Cable Guide (#23). Secure it with one M10 x 1" Bolt (#68), two $\text{\O}7/8$ " Washers (#74), and one M10 Aircraft Nut (#72). Attach the other end of the Cable to the other Cable Guide.
- B.) Draw the Cable (#82) to the bracket underneath the Butterfly Pulley Frame (#22). Attach a Pulley (#52) and two Pulley Covers (#53) to the Cable. Align the hole on the Pulley to the bracket and secure it with one M10 x 1 $\frac{3}{4}$ " Bolt (#67), two $\text{\O}7/8$ " Washers (#74), and one M10 Aircraft Nut (#72). Repeat the same procedure to install the other side.
- C.) Pull the Cable downward and attach Pulley (#52) and two Pulley Covers (#53) in the mid-span. Attach a Single Floating Pulley Bracket (#29) to the Pulley and secure it with one M10 x 1 $\frac{3}{4}$ " Bolt (#67), two $\text{\O}7/8$ " Washers (#74), and one M10 Aircraft Nut (#72). Let the Floating Pulley Bracket hanging for now.

DIAGRAM 7



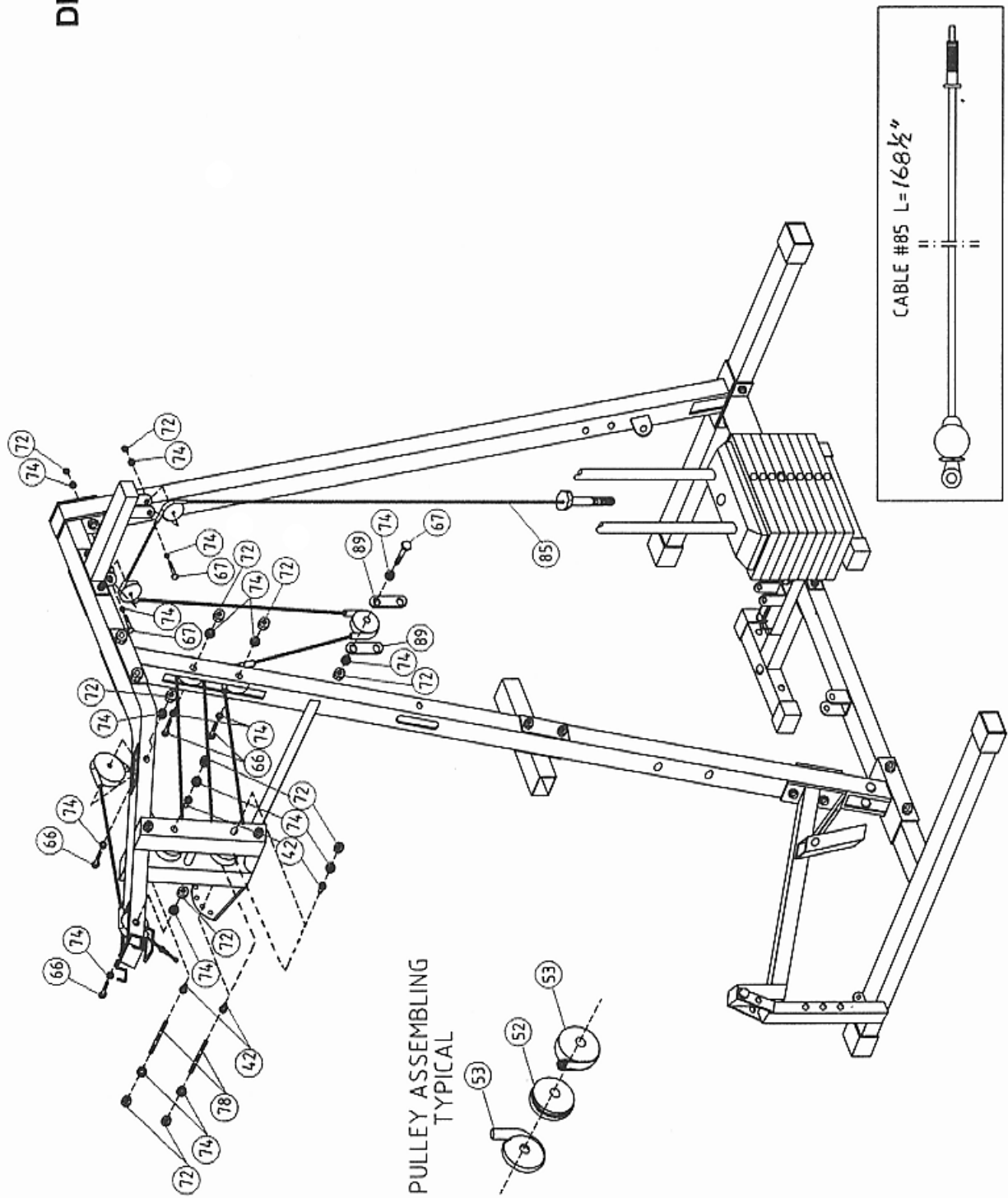
STEP 8 (SEE DIAGRAM 8)

- A.) Attach the 168 ½" Upper Cable (#85) to the top of the Upper Frame (#3). Attach a Pulley (#52) and two Pulley Covers (#53) to the beginning of the Cable. Secure it to the top of the Upper Frame with one M10 x 2 ½" Bolt (#66), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).
- B.) Draw the Cable over another Pulley set on top of the Upper Frame. Insert the Cable downward through the hole.
- C.) Draw the Cable to the Front Press Base (#14). Install another set of Pulley using one M10 x 7 7/8" Axle, two 1" Plastic Spacers, Ø7/8" Washers (#74), and M10 Aircraft Nuts (#72). Please note the Spacers should be installed on both sides of the Pulley, in between the Front Press Base.
- D.) Draw the Cable to the Front Vertical Frame (#5) and install another set of Pulley.
- E.) Draw the Cable back to the Front Press Base and install another set of Pulley following the above step C.
- F.) Draw the Cable back to and through the Front Vertical Frame (#5) and install another set of Pulley.
- G.) Attach another Pulley set and two Double Pulley Brackets (#89) to the Cable. Secure it with one M10 x 1 ¾" Bolt (#67), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).
- H.) Draw the Cable upward to the bracket underneath the Upper Frame. Install another set of Pulley.
- I.) Draw the Cable to the bracket underneath the Top Socket Assembly (#6). Install another set of Pulley. Pull the Cable downward towards the Selector Stem (#81). Screw the Bolt at the end of the Cable into the Stem by ½". Do not screw the Bolt all the way in the Stem. It may cause the cable to be too short.

STEP 9 (SEE DIAGRAM 9)

- A.) Insert the 86" AB Crunch Cable (#86) through the Front Vertical Frame (#5). Attach a Pulley (#52) to the Cable. (Note: There is no Pulley Cover needed.) Secure it with one M10 x 2 ½" Bolt (#66), two Ø7/8" Washers (#74), two Ø3/8" Bushings (#77), and one M10 Aircraft Nut (#72).
- B.) Draw the Cable downward and install another set of Pulley. Secure it with two Double Pulley Brackets (#89), one M10 x 1 ¾" Bolt (#67), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).
- C.) Draw the Cable upward to the Pulley Bracket set previously installed in Step 8. Install another Pulley set.
- D.) Draw the Cable downward to install another Pulley set with two Pulley Brackets (#89).
- E.) Draw the Cable upward to the Single Floating Pulley Bracket (#29) previously installed in Step 7. Secure it with one M10 x 1" Bolt (#68), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).

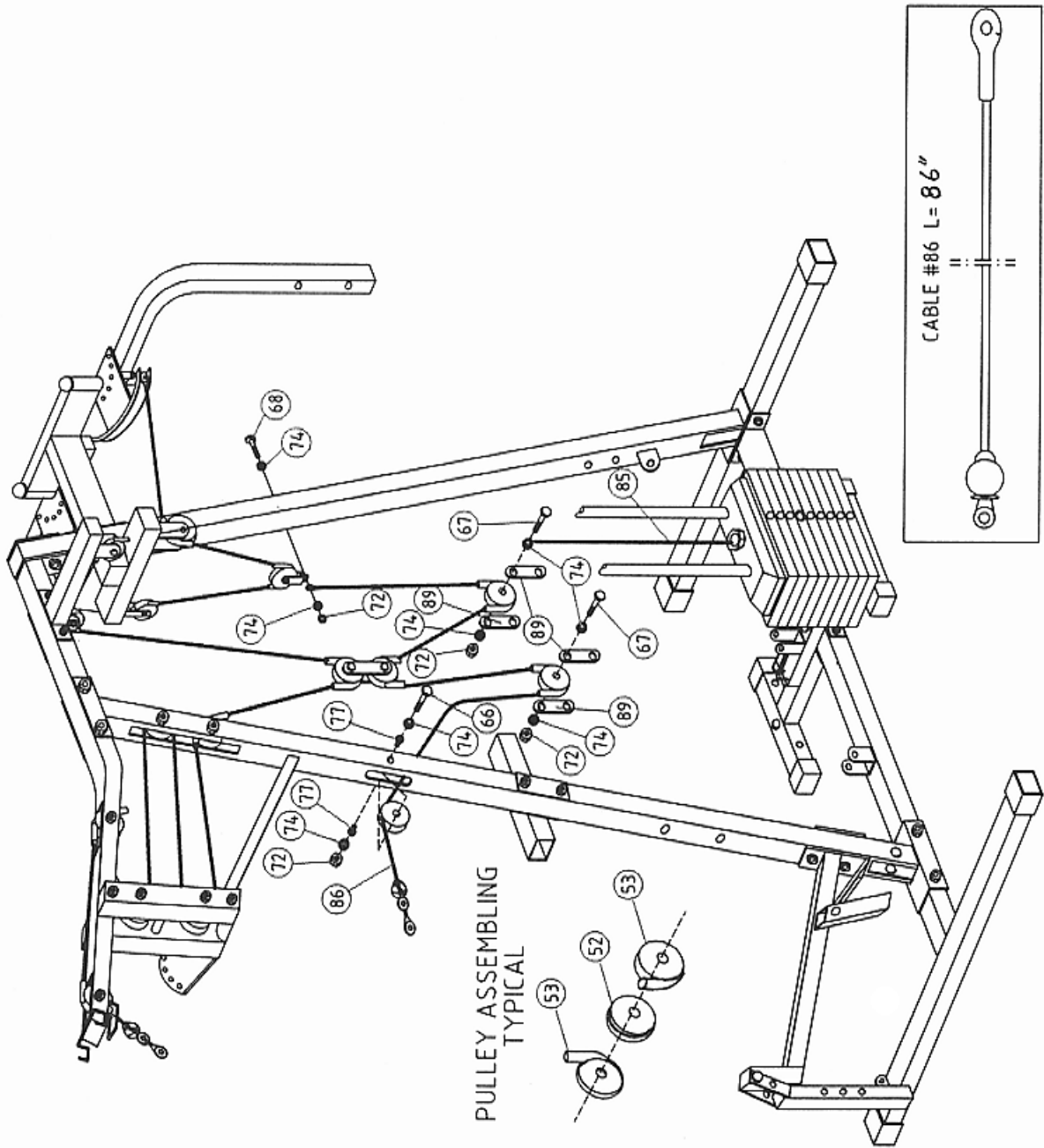
DIAGRAM 8



PULLEY ASSEMBLING
TYPICAL



DIAGRAM 9

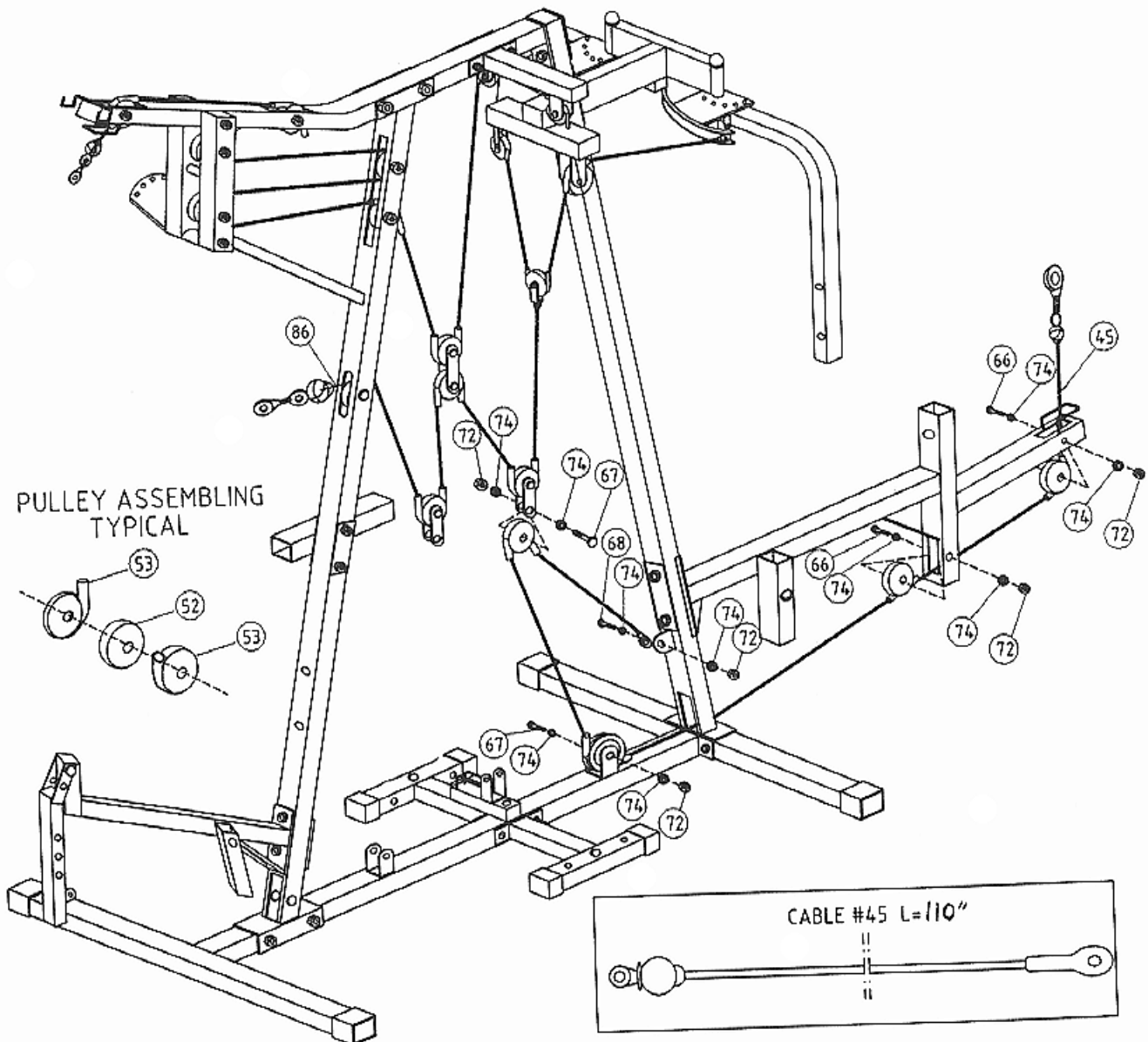


STEP 10

(SEE DIAGRAM 10)

- A.) Insert the 110" Arm Curl Cable (#45) through the bracket in front of the Rear Main Seat Support (#10). Install a set of Pulley to secure the Cable.
- B.) Draw the Cable through the opening underneath the Support. Install another set of Pulley.
- C.) Draw the Cable through the opening underneath the Rear Vertical Frame (#4) to the bracket on the Base Frame (#1). Install another set of Pulley with one M10 x 1 3/4" Bolt (#67), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).
- D.) Draw the Cable upward to the bracket previously installed in Step 9. Install another set of Pulley.
- E.) Draw the Cable to the bracket on the back of the Rear Vertical Frame (#4). Secure it with one M10 x 1" Bolt (#68), two Ø7/8" Washers (#74), and one M10 Aircraft Nut (#72).

DIAGRAM 10

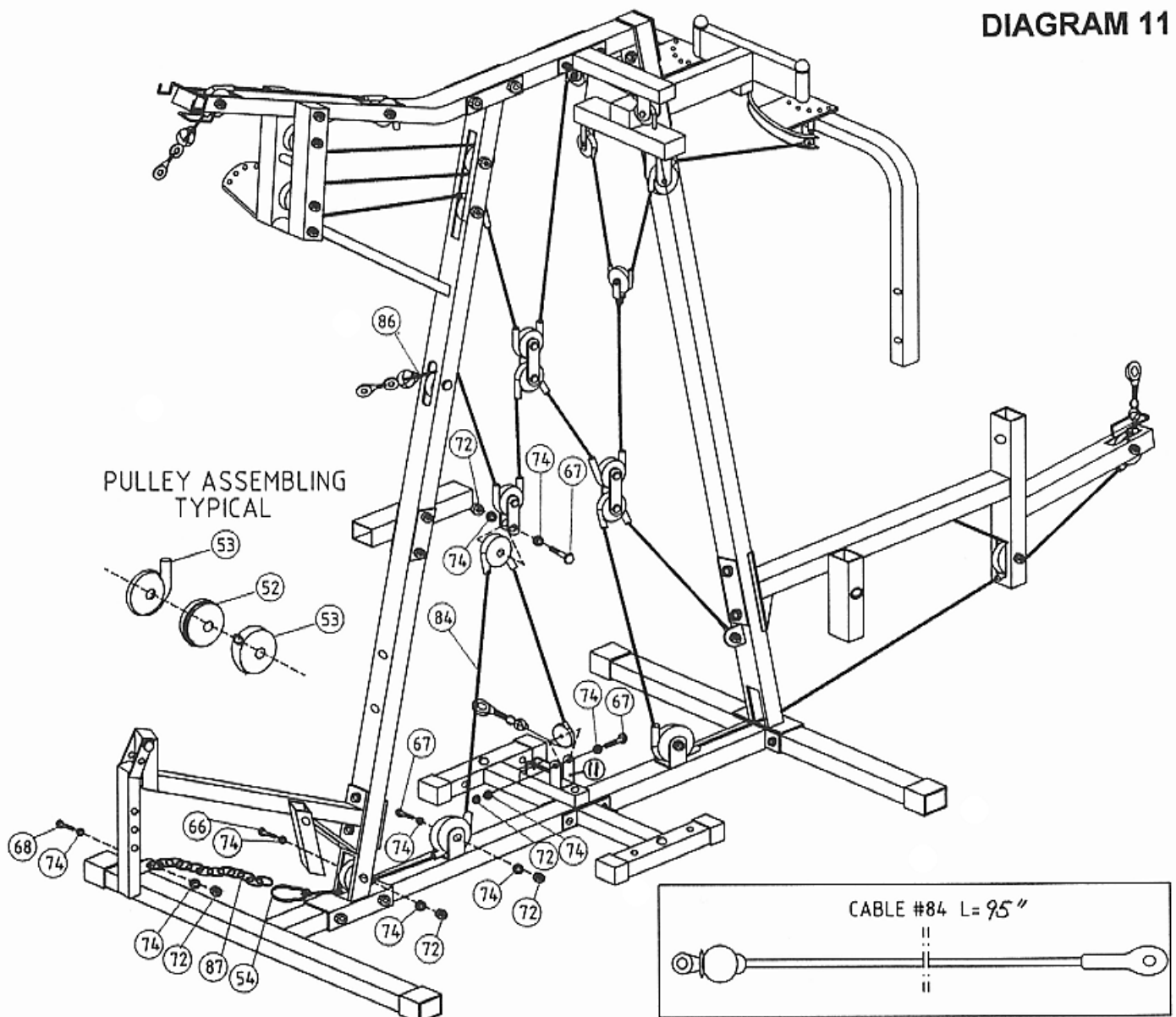


STEP 11

(SEE DIAGRAM 11)

- A.) Attach the 95" Leg Developer Cable (#84) to the Lower Pulley Frame (#11). Install a Pulley set.
- B.) Draw the Cable upward to the bracket previously installed in Step 9. Install another Pulley set.
- C.) Draw the Cable downward to the bracket on top of the Base Frame (#1). Install another Pulley set.
- D.) Draw the Cable through the opening on the bottom of the Front Vertical Frame (#5). Install another Pulley set.
- E.) Attach one end of the Short Chain (#87) to the back of the Leg Developer (#20). Secure it with one M10 x 1" Bolt (#68), two $\text{Ø}7/8$ " Washers (#74), and one M10 Aircraft Nut (#72).
- F.) Connect the other end of the Chain (#87) to the Cable with a Hook (#54).

DIAGRAM 11

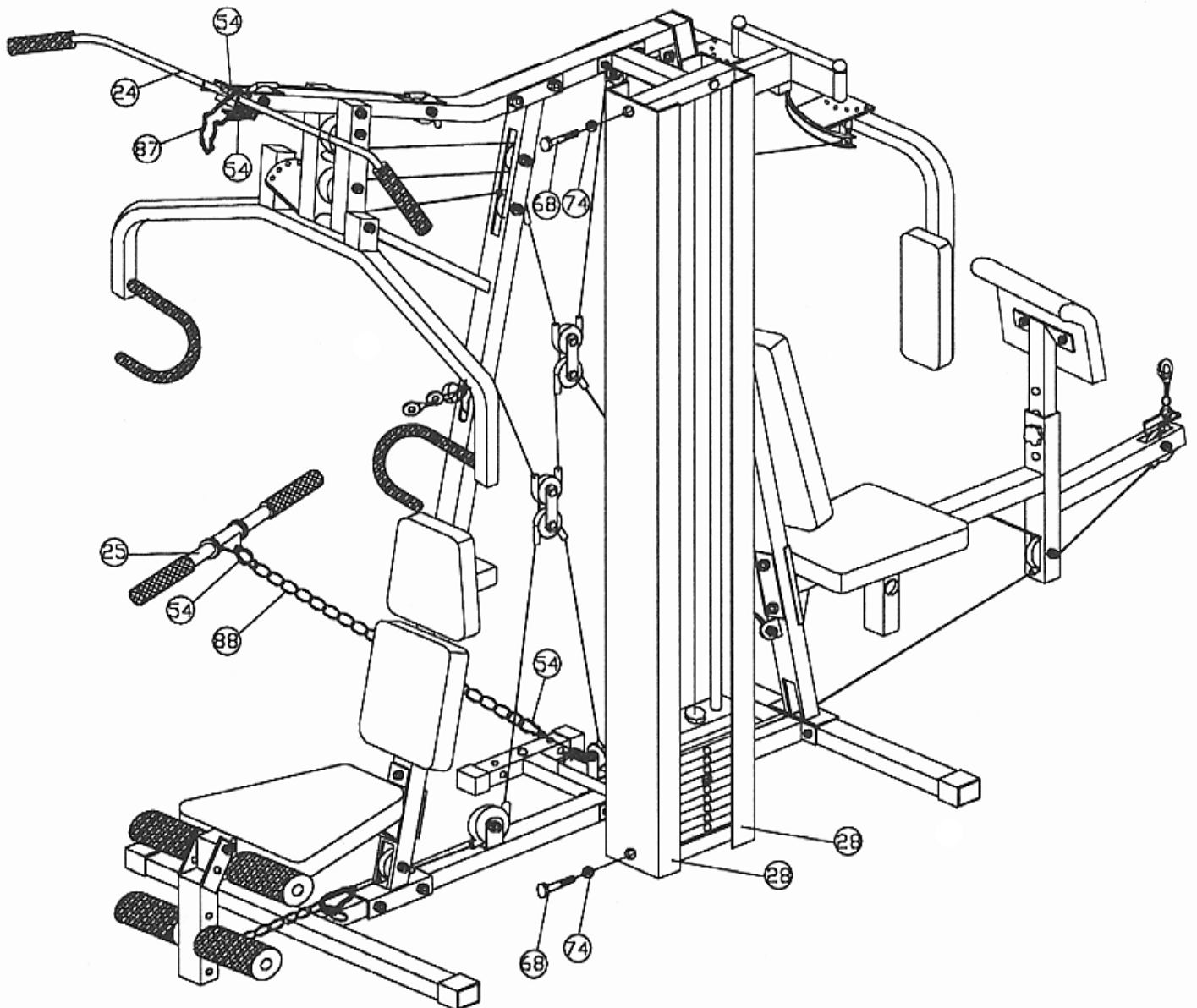


STEP 12

(SEE DIAGRAM 12)

- A.) Attach two Weight Plate Covers (#28) to the outside of the Selective Weight Plates. Secure them with four $\text{\O}7/8$ " Washers (#74) and M10 x 1" Bolts (#68).
- B.) Attach a Short Chain (#87) to the Upper Cable with a Hook. Attach the Lat Bar (#24) to the Chain with a Hook.
- C.) Attach a Long Chain (#88) to the Leg Developer Cable with a Hook (#54). Attach the Shiver Bar (#25) to the Chain.

DIAGRAM 12



WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. The "Top" refers to the 10 lb. selector stem. The other numbers refer to the number of plates below the stem.

WEIGHT PLATES	FRONT PRESS (lbs.)	LEG CURL (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	ARM CURL (lbs.)	BUTTER FLY (lbs.)
Top	10	10	10	10	10	2.5
1	20	20	20	20	20	5
2	30	30	30	30	30	7.5
3	40	40	40	40	40	10
4	50	50	50	50	50	12.5
5	60	60	60	60	60	15
6	70	70	70	70	70	17.5
7	80	80	80	80	80	20
8	90	90	90	90	90	22.5
9	100	100	100	100	100	25
10	110	110	110	110	110	27.5
11	120	120	120	120	120	30
12	130	130	130	130	130	32.5
13	140	140	140	140	140	35
14	150	150	150	150	150	37.5
15	160	160	160	160	160	40
16	170	170	170	170	170	42.5
17	180	180	180	180	180	45
18	190	190	190	190	190	47.5
19	200	200	200	200	200	50

- Weight resistance shown for the butterfly station is for each arm.
- Actual resistance may vary.

PARTS LIST

Part No.	Description	Q'ty		
1.	Base Frame	1		
2.	Rear Stabilizer	1	48. Foam Roll	4
3.	Upper Frame	1	49. Foam Grip	2
4.	Rear Vertical Frame	1	50. 4 3/4" x 2" Bracket	4
5.	Front Vertical Frame	1	51. M12 Cone Shaped Cap	4
6.	Top Socket Assembly	1	52. Pulley	24
7.	Bottom Socket Assembly	1	53. Pulley Cover	46
8.	Right Base Frame	1	54. Hook	8
9.	Rear Seat Post	1	55. Ø1" Bushing	14
10.	Rear Main Seat Support	1	56. Ø1/2" Bushing	2
11.	Lower Pulley Frame	1	57. M10 x 1 1/2" Socket Bolt	1
12.	Backrest Adjustment Post	1	58. M8 x 3 1/4" Hex Bolt	2
13.	Backrest Frame	1	59. M8 x 2 1/2" Hex Bolt	10
14.	Front Press Base	1	60. M8 x 5/8" Hex Bolt	6
15.	Front Press	1	61. Foam Roll End Cap	4
16.	Left Butterfly	1	62. Ø1 1/2" Washer	1
17.	Right Butterfly	1	63. M12 x 3 1/4" Bolt	1
18.	Front Main Seat Support	1	64. M10 x 3 3/4" Bolt	2
19.	Front Seat Post	1	65. M10 x 3" Bolt	17
20.	Leg Developer	1	66. M10 x 2 1/2" Bolt	9
21.	Butterfly Support	1	67. M10 x 1 3/4" Bolt	14
22.	Butterfly Pulley Frame	1	68. M10 x 1" Bolt	9
23.	Butterfly Cable Guide	2	69. M12 x 1" Bolt	2
24.	Lat Bar	1	70. M6 x 5/8" Bolt	2
25.	Shiver Bar	1	71. M12 Aircraft Nut	3
26.	Weight Plates Guide Rod	2	72. M10 Aircraft Nut	52
27.	Foam Roll Tube	2	73. Ø1" Washer	2
28.	Weight Plate Cover	2	74. Ø7/8" Washer	104
29.	Floating Pulley Bracket	1	75. Ø1/2" Washer	18
30.	4" x 2" Bracket	1	76. M10 x 5/8" Bolt	1
31.	Selecting Rod	1	77. Ø3/8" Bushing	2
32.	Ø5/8" x 8 5/8" Axle	1	78. M10 x 7 7/8" Axle	2
33.	Ø1" x 12 3/8" Axle	1	79. Weight Plates	19
34.	Front Seat	1	80. Top Plate	1
35.	Butterfly Pad	2	81. Selector Stem	1
36.	Front Backrest Pad	1	82. Butterfly Cable (82")	1
37.	Front Lumbar Support Pad	1	83. Knob Bolt	1
38.	Rear Backrest Pad	1	84. Leg Developer Cable (95")	1
39.	Rear Seat	1	85. Upper Cable (168 1/2")	1
40.	Arm Curl Stand	1	86. AB Crunch Cable (86")	1
41.	Arm Curl Pad	1	87. Short Chain	2
42.	1" Spacer	4	88. Long Chain	1
43.	Rubber Bumper	2	89. Double Pulley Bracket	6
44.	Ø1 1/2" Washer	4	90. AB Strap	1
45.	Arm Curl Cable (110")	1	91. Ankle Strap	1
46.	Quick Release Pin	3	92. Single Cross Pull Handle	1
47.	Selector Pin	1		

NOTE:
Please read all instructions
carefully before using this
product



MARCY[®]
By IMPEX

LEG PRESS LP 90

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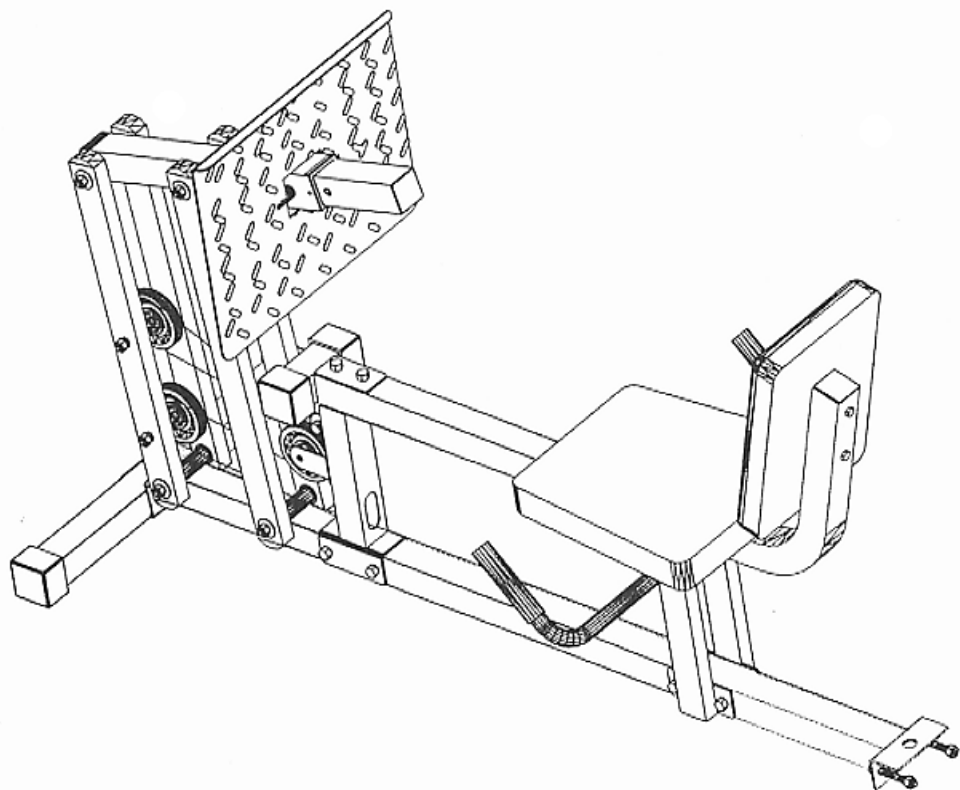
Ordering Parts

Model
LP 90

Retain This
Manual for
Reference

9-18-98

**OWNER'S
MANUAL**



IMPEX FITNESS PRODUCTS

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 IMPEX LEG PRESS 90. 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.

<p>Toll-Free Customer Service Number 1-800-999-8899 Mon. - Fri., 9 a.m. - 5 p.m. PST</p>

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

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS

M6



M8



M10

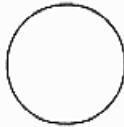


INCHES

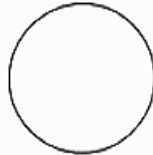
1/2"



5/8"



3/4"



REPLACEMENT PARTS

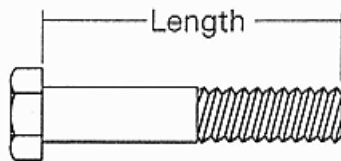
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

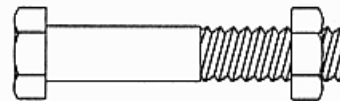


1-800-999-8899

NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



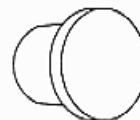
HEX HEAD BOLT



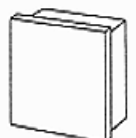
AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

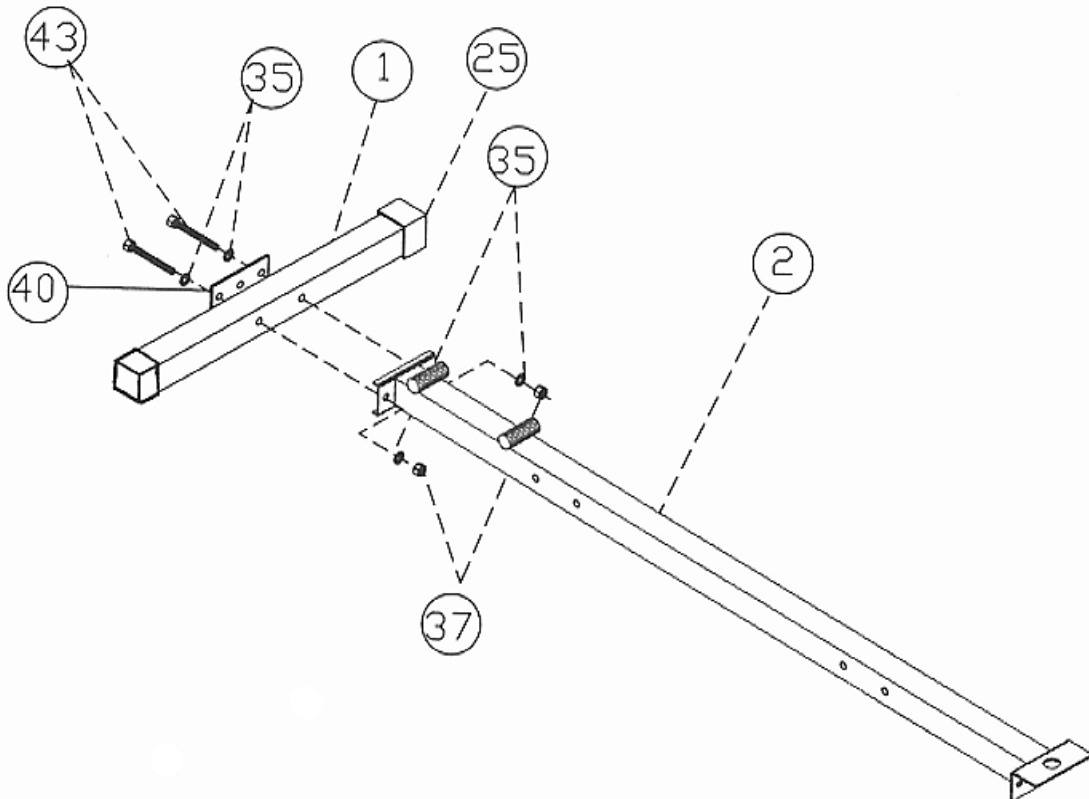
ASSEMBLY INSTRUCTION

Tools Required to Assemble The Machine:
Two Adjustable Wrenches

STEP 1 (See Diagram 1)

A.) Attach the Front Stabilizer (#1) to the Base Frame (#2). Secure it with two M10 x 2 3/4" Bolts (#43), four Ø7/8" Washers (#35), one 4 3/4" x 2" Bracket (#40), and two M10 Aircraft Nuts (#37). NOTE: Do not tighten all the nuts and bolts yet. Only finger tightens for now.

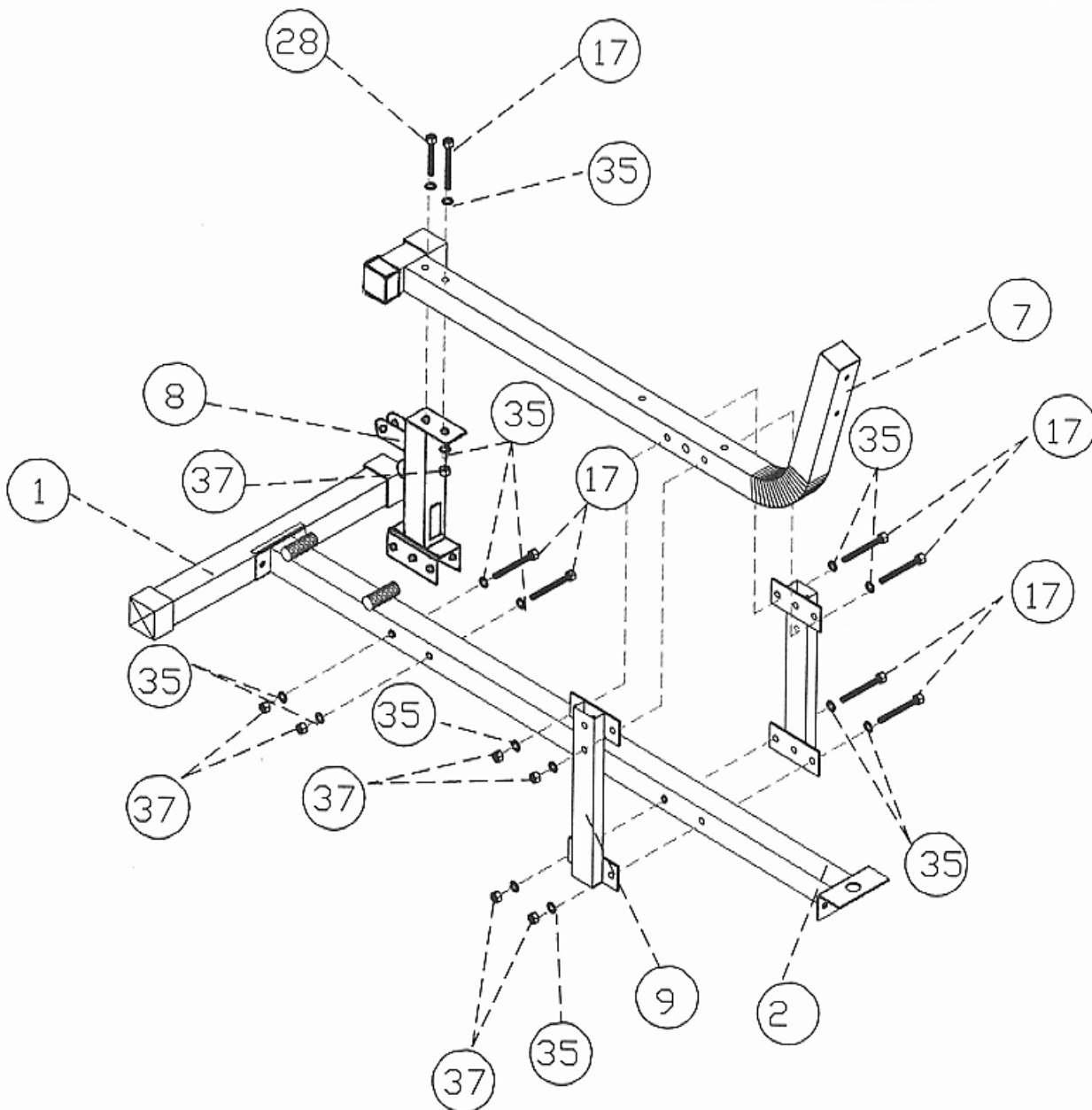
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Front Support (#8) to the Base Frame (#2). Secure it with two M10 x 3" Bolts (#17), four $\text{\O}7/8$ " Washers (#35), and two M10 Aircraft Nuts (#37).
- B.) Attach the Rear Supports (#9) to the Base Frame (#2). Align the holes and secure them with two M10 x 3" Bolts (#17), four $\text{\O}7/8$ " Washers (#35), and two M10 Aircraft Nuts (#37).
- C.) Attach the Main Seat Support (#7) to the top of the Front Support (#8). Secure it with one M10 x 3" Bolt (#17), one M10 x 2 1/2" Bolt (#28), three $\text{\O}7/8$ " Washers (#35), and one M10 Aircraft Nut (#37).
- D.) Align the holes on the Main Seat Support (#7) to the Rear Supports (#9). Secure it with two M10 x 3" Bolts (#17), four $\text{\O}7/8$ " Washers (#35), and two M10 Aircraft Nuts (#37).

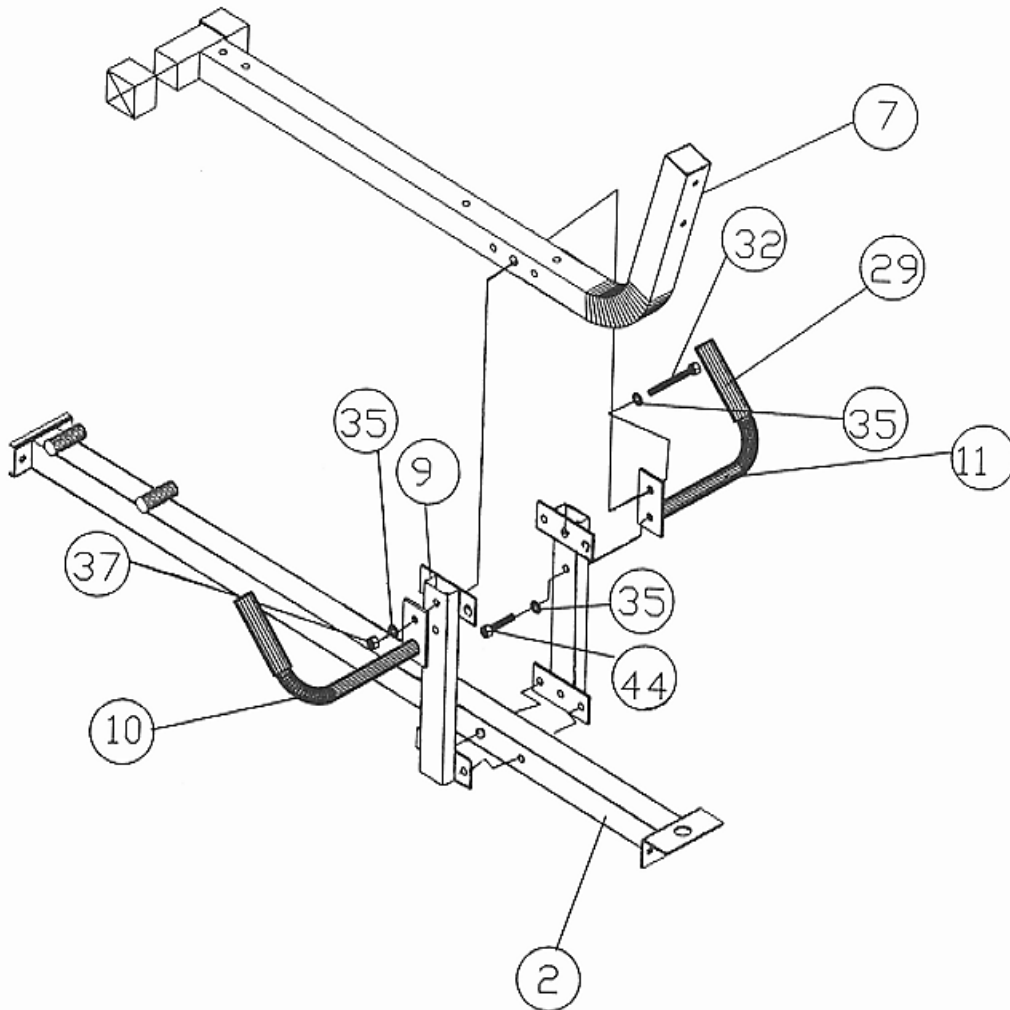
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach both Left and Right Handlebars (#10 & 11) to the Rear Supports (#9). Align the holes and secure the top hole with a M10 x 5 5/16" Bolt (#32), two Ø7/8" Washers (#35), and one M10 Aircraft Nut (#37).
- B.) Secure the bottom holes with two M10 x 1 3/8" Bolts (#44) and Ø7/8" Washers (#35). Please note that the bottom holes are covered by the Handlebars. The Bolts have to be inserted from between the two Supports (#9).

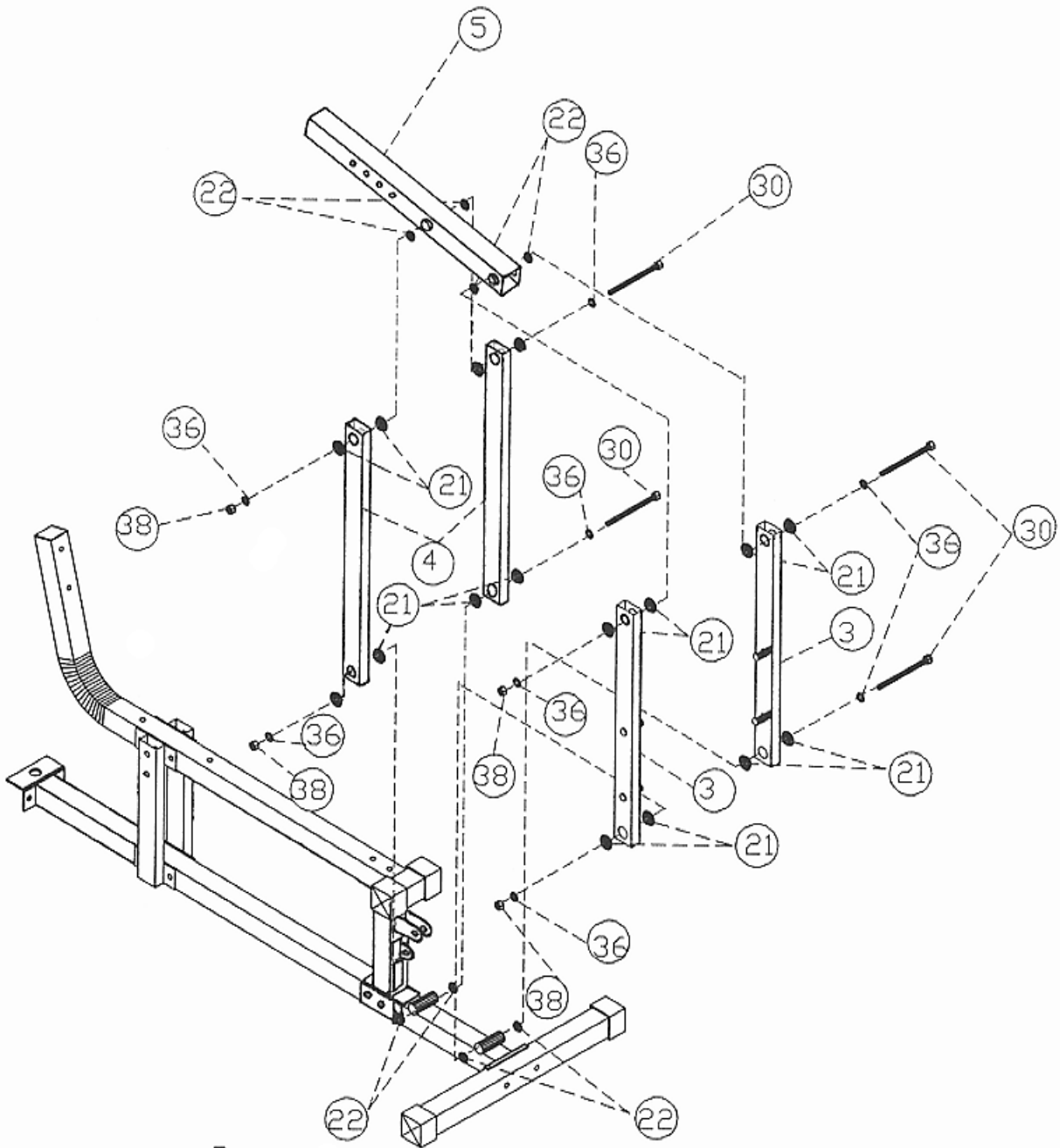
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach four small Bushings (#22) to the short tubes on the Base Frame (#2).
- B.) Attach eight D-Shaped Bushings (#21) to the two Front Leg Press Pivot Arms (#3). Attach the two Arms to the Base Frame (#2) and secure it with one M12 x 5 5/8" Bolt (#30), two Ø1" Washers (#36), and one M12 Aircraft Nut (#38).
- C.) Attach eight D-Shaped Bushings (#21) to the two Rear Leg Press Pivot Arms (#4). Attach the two Arms to the Base Frame (#2) and secure it with one M12 x 5 5/8" Bolt (#30), two Ø1" Washers (#36), and one M12 Aircraft Nut (#38).
- D.) Attach four small Bushings (#22) to the Leg Press Frame (#5). Attach the Frame to the Pivot Arms (#3 & 4). Secure it with two M12 x 5 5/8" Bolts (#30), four Ø1" Washers (#36), and two M12 Aircraft Nuts (#38).

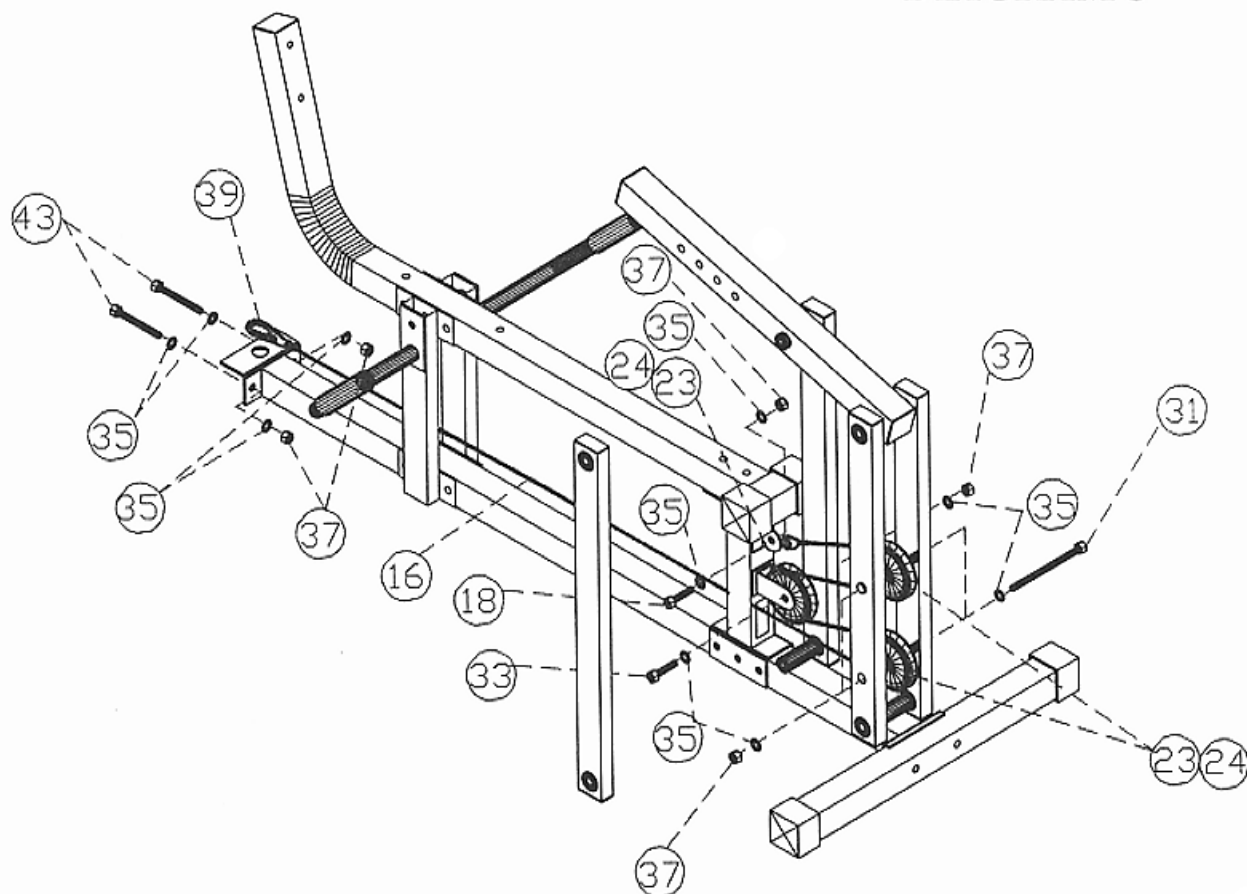
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach one end of the Cable (#16) to the small plate on the Front Support (#8). Secure it with one M10 x 1" Bolt (#18), two $\text{Ø}7/8$ " Washers (#35), and one M10 Aircraft Nut (#37).
- B.) Draw the Cable to the top hole on the Front Pivot Arms (#3). Install a Pulley (#23) and secure it with one M10 x 5 5/8" Bolt (#31), two $\text{Ø}7/8$ " Washers (#35), and one M10 Aircraft Nut (#37).
- C.) Draw the Cable back to the bracket on the Front Support (#8). Install Pulley (#23) and secure it with one M10 x 1 3/4" Bolt (#33), two $\text{Ø}7/8$ " Washers (#35), and one M10 Aircraft Nut (#37).
- D.) Draw the Cable to the bottom hole on the Front Pivot Arms (#3). Install Pulley (#23) and secure it with one M10 x 5 5/8" Bolt (#31), two $\text{Ø}7/8$ " Washers (#35), and one M10 Aircraft Nut (#37).
- E.) Draw the Cable through the hole on the bottom of the Front Support (#8) to the back of the machine. Attach a Hook (#39) to the end of the Cable.
- F.) Attach the Leg Press Station to the Circuit II home gym. (See Diagram 7) Secure it with two M10 x 2 3/4" Bolts (#43), four $\text{Ø}7/8$ " Washers (#35), and two M10 Aircraft Nuts (#37).
- G.) Connect end of the Cable to the Cable on your Circuit II machine with a Hook (#39).

DIAGRAM 5



STEP 6 (See Diagram 6)

- A.) Attach the Seat (#13) to the Main Seat Support (#7). Secure it with two M8 x 2 9/16" Bolts (#34) and $\text{\O}1/2"$ Washers (#42).
- B.) Attach the Backrest Pad (#14) to the Main Seat Support (#7). Secure it with two M8 x 2 9/16" Bolts (#34) and $\text{\O}1/2"$ Washers (#42).
- C.) Slide the Sliding Block (#6) onto the Leg Press Frame (#5). Secure it with an L-Shaped Pin (#15).
- D.) Attach the Foot Plate (#12) to the Sliding Block (#6). Secure it with two M12 x 1 1/2" Bolts (#27)

DIAGRAM 6

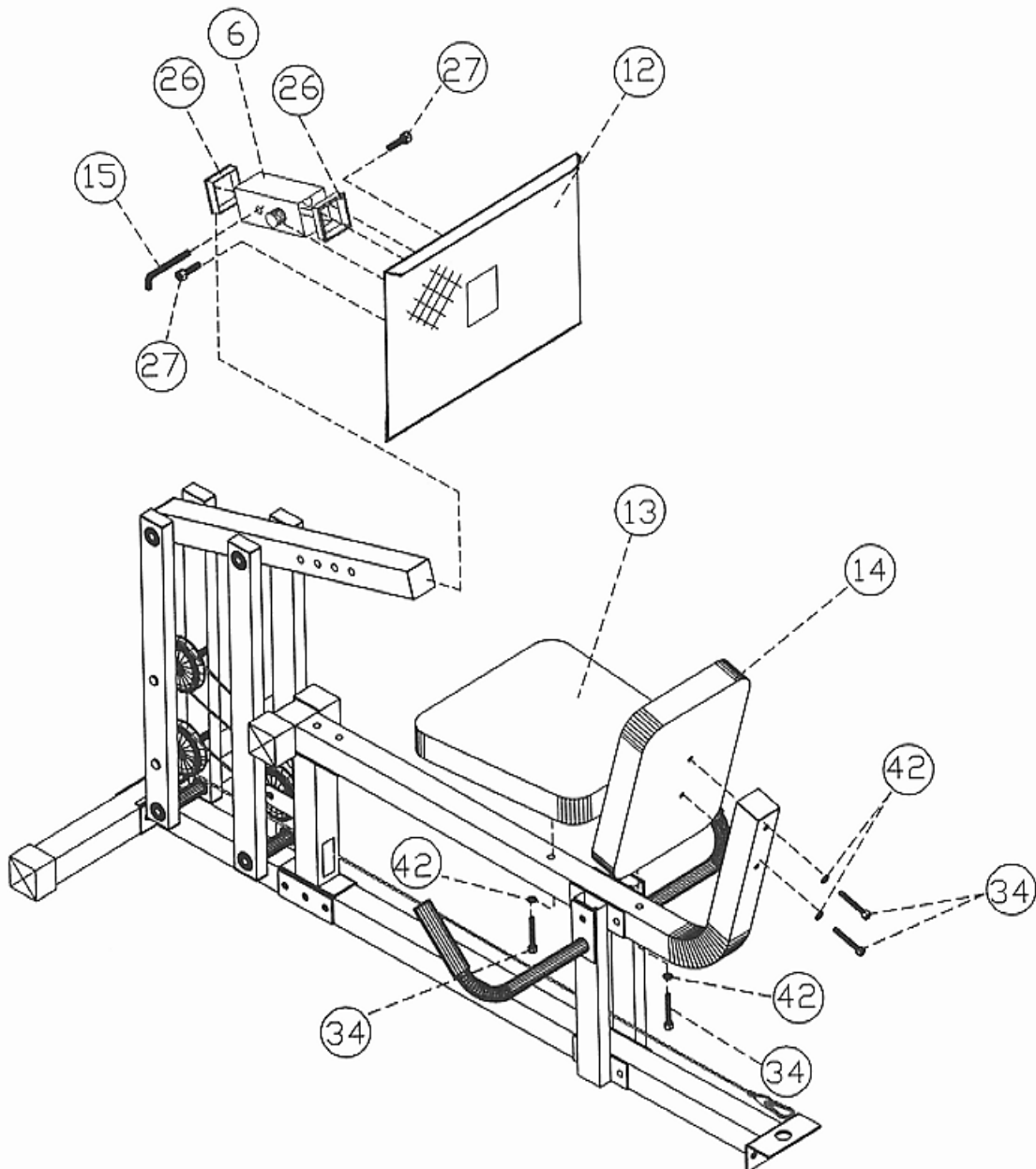
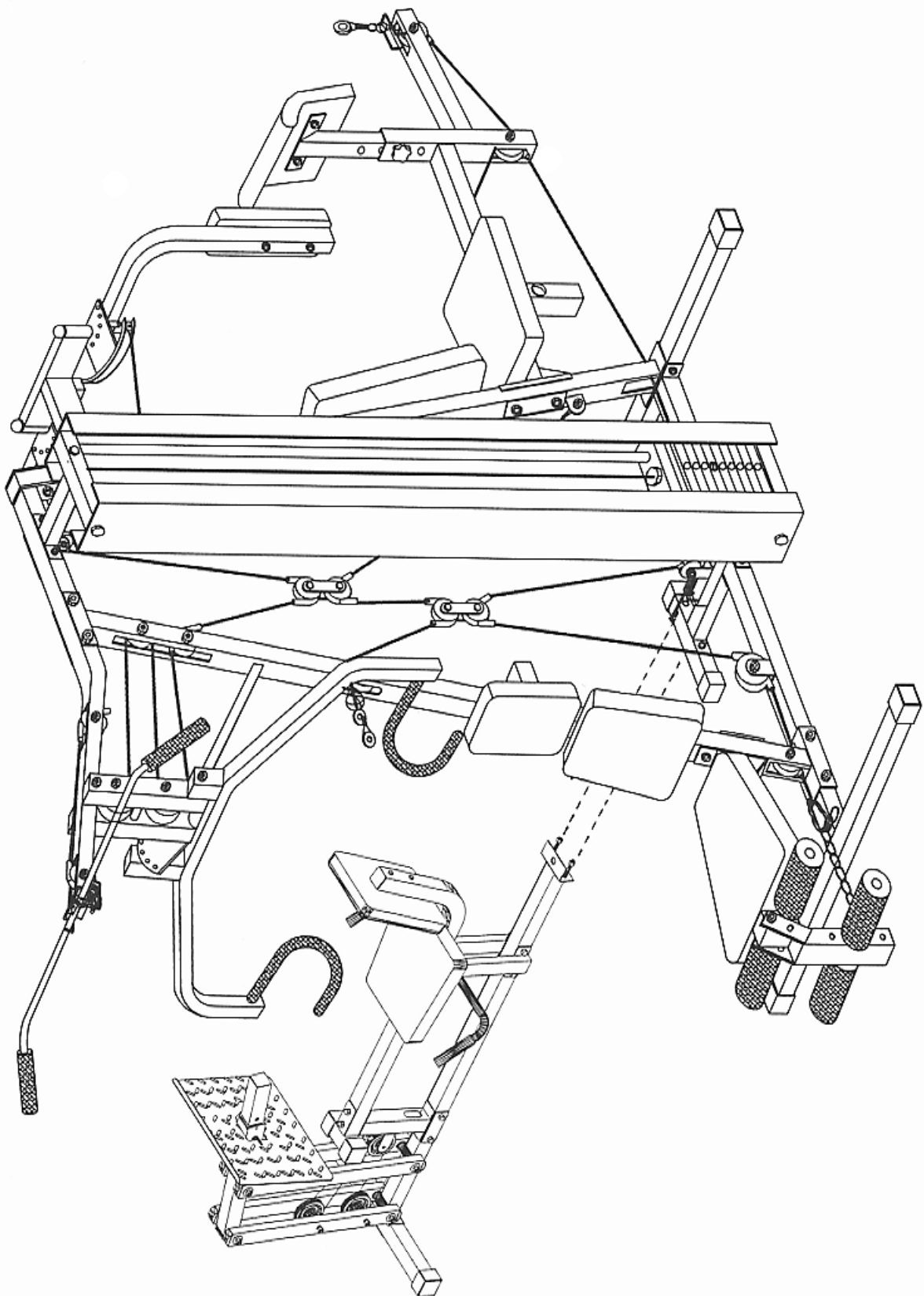


DIAGRAM 7



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1.	Front Stabilizer	1
2.	Base Frame	1
3.	Front Leg Press Pivot Arm	2
4.	Rear Leg Press Pivot Arm	2
5.	Leg Press Frame	1
6.	Sliding Block	1
7.	Main Seat Support	1
8.	Front Support	1
9.	Rear Support	2
10.	Left Handlebar	1
11.	Right Handlebar	1
12.	Foot Plate	1
13.	Seat	1
14.	Backrest Pad	1
15.	L-Shaped Pin	1
16.	Cable	1
17.	M10 x 3" Bolt	7
18.	M10 x 1" Bolt	1
19.	2" x 1" Cone-Shaped Cap	8
20.	2" Square End Cap	3
21.	D-Shaped Bushing	16
22.	Busing	8
23.	Pulley	3
24.	Manual	1
25.	Base End Cap	4
26.	Square Sleeve	2
27.	M12 x 1 1/2" Bolt	2
28.	M10 x 2 1/2" Bolt	1
29.	Grip	2
30.	M12 x 5 5/8" Bolt	4
31.	M10 x 5 5/8" Bolt	2
32.	M10 x 5 5/16" Bolt	1
33.	M10 x 1 3/4" Bolt	1
34.	M8 x 2 9/16" Bolt	4
35.	Ø7/8" Washer	35
36.	Ø1" Washer	8
37.	M10 Aircraft Nut	16
38.	M12 Aircraft Nut	4
39.	Hook	1
40.	4 3/4" x 2" Bracket	1
41.	4" x 2" Bracket	1
42.	Ø1/2" Washer	4
43.	M10 x 2 3/4" Bolt	4
44.	M10 x 1 3/8" Bolt	2

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.

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.

www.impex-fitness.com
impex@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