

NOTE:
Please read all instructions
carefully before using this
product

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Hardware Identifier

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Model
MP-12.0

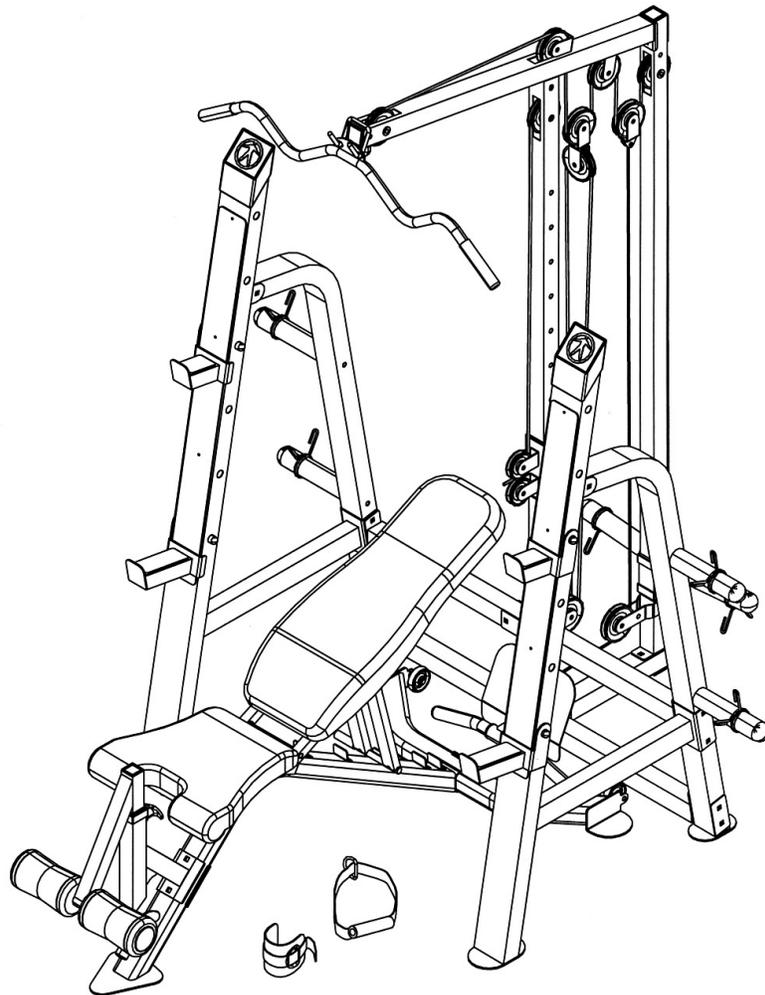
Retain This
Manual for
Reference

07-19-06

OWNER'S
MANUAL

IMPEX

MARCY PLATINUM Olympic Cage MP-12.0



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM Olympic Cage MP-12.0 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

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

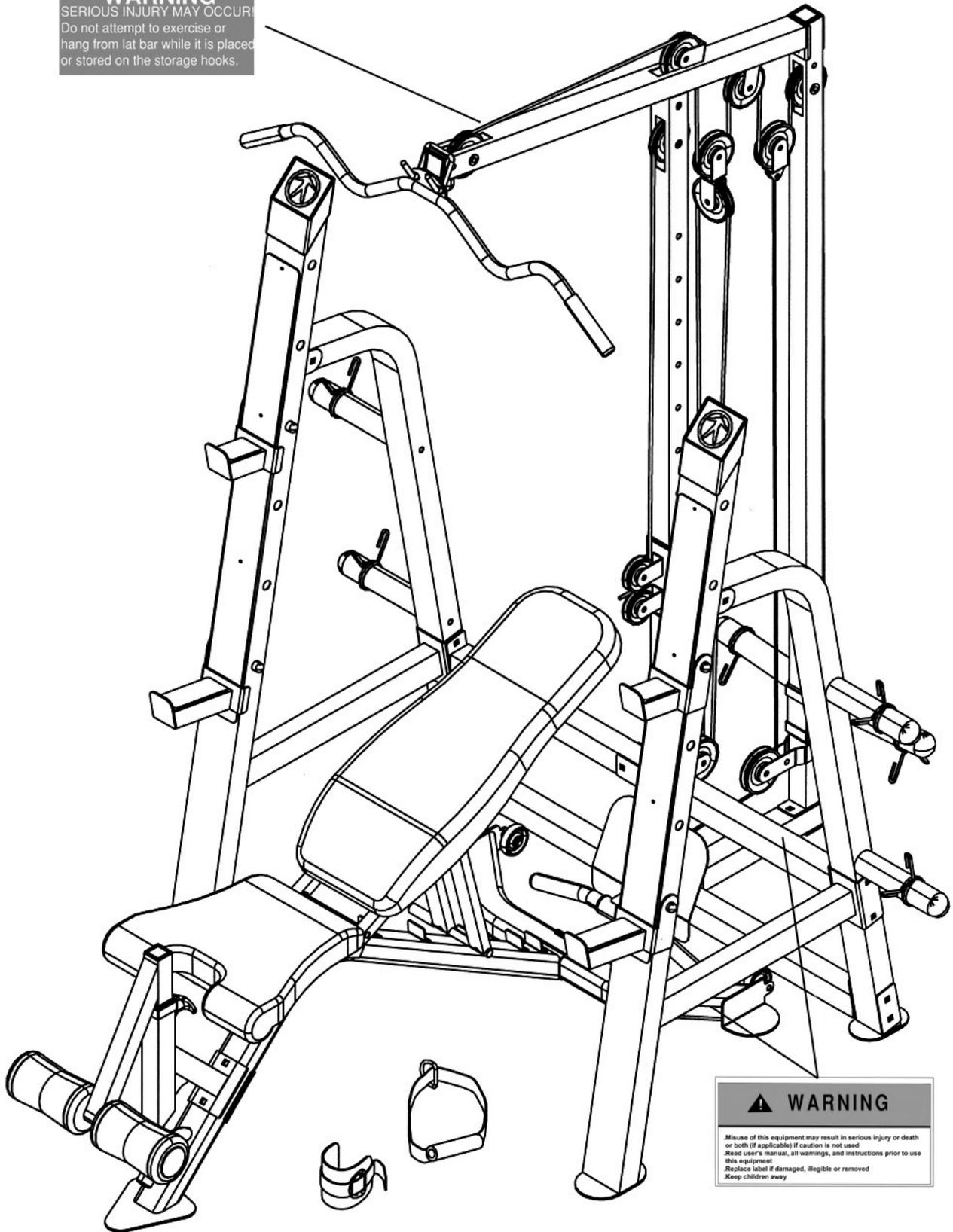
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight: 300 lbs.
5. Maximum weights on the rack: 600 lbs.
6. Maximum weights on the lat bar: 200 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.

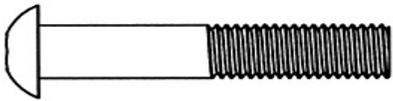
WARNING LABEL REPLACEMENT

WARNING
SERIOUS INJURY MAY OCCUR!
Do not attempt to exercise or hang from lat bar while it is placed or stored on the storage hooks.

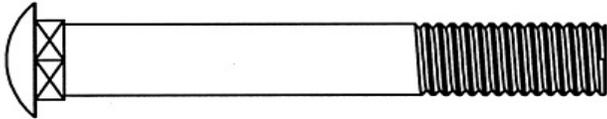


The warning labels shown here have been placed on the Rear Floor Stabilizer, Rear Stabilizer, and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

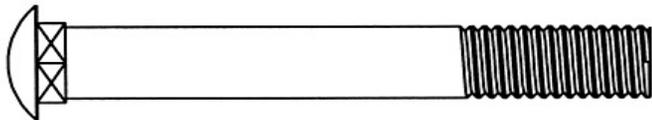
HARDWARE PACK



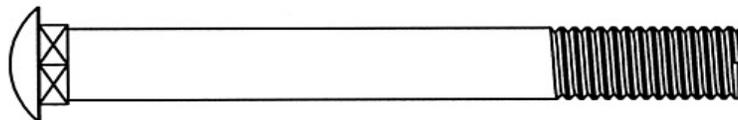
#99 M8 x 1 5/8" Allen Bolt (Qty 8)



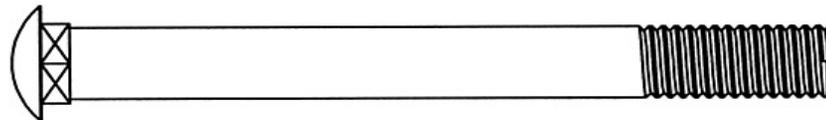
#84 M10 x 2 1/2" Carriage Bolt (Qty 1)



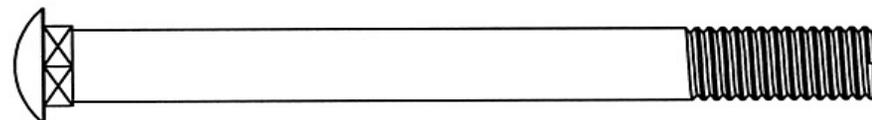
#85 M10 x 2 3/4" Carriage Bolt (Qty 6)



#88 M10 x 3 1/8" Carriage Bolt (Qty 2)

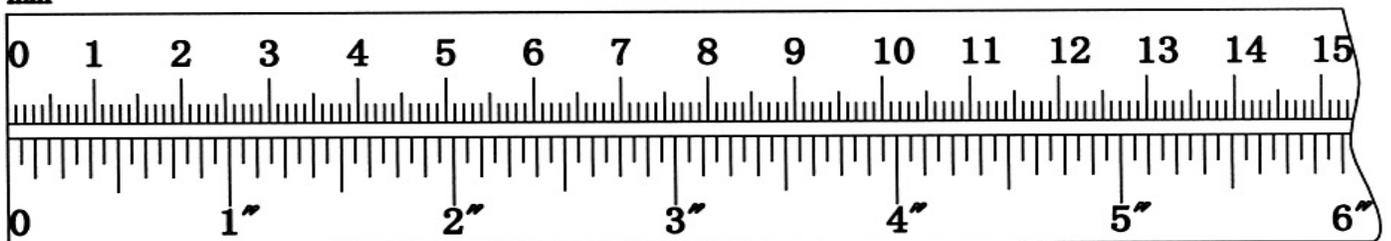


#86 M10 x 3 1/2" Carriage Bolt (Qty 4)

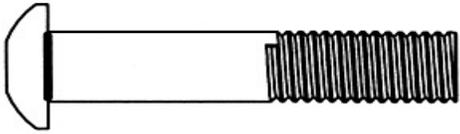


#87 M10 x 3 3/4" Carriage Bolt (Qty 4)

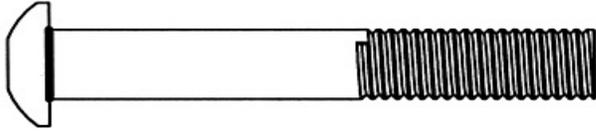
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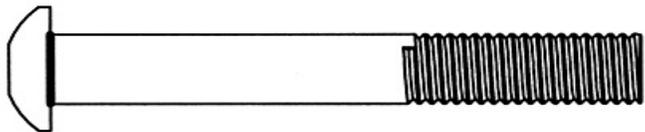
HARDWARE PACK



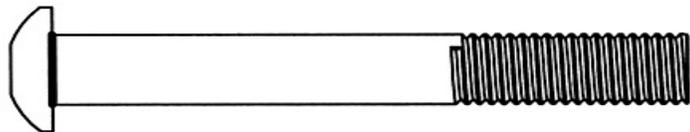
#94 M10 x 1 3/4" Allen Bolt (Qty 8)



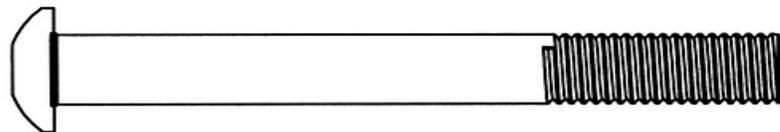
#95 M10 x 2 3/8" Allen Bolt (Qty 2)



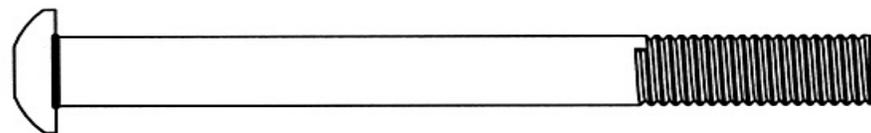
#93 M10 x 2 1/2" Allen Bolt (Qty 2)



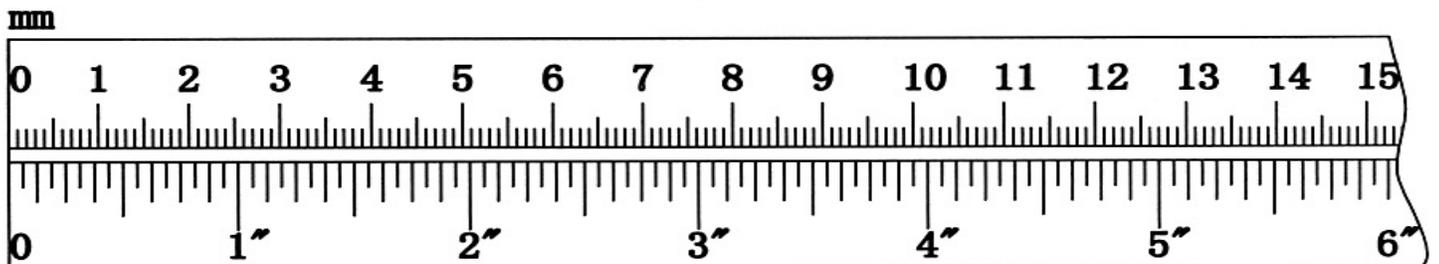
#92 M10 x 2 3/4" Allen Bolt (Qty 1)



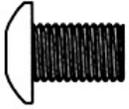
#91 M10 x 3 1/8" Allen Bolt (Qty 1)



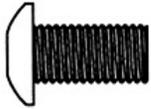
#90 M10 x 3 1/2" Allen Bolt (Qty 4)



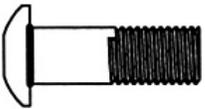
HARDWARE PACK



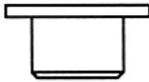
#98 M10 x 5/8" Allen Bolt (Qty 8)



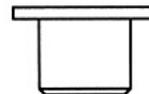
#97 M10 x 3/4" Allen Bolt (Qty 5)



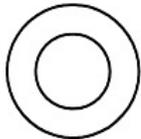
#96 M10 x 1 1/8" Allen Bolt (Qty 1)



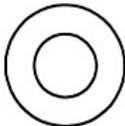
#76 Ø1" x 1/2" Pulley Bushing
(Qty 2)



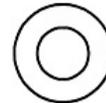
#77 Ø1" x 5/8" Pulley Bushing
(Qty 6)



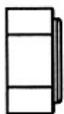
#81 Ø1" Washer
(Qty 4)



#80 Ø3/4" Washer
(Qty 58)



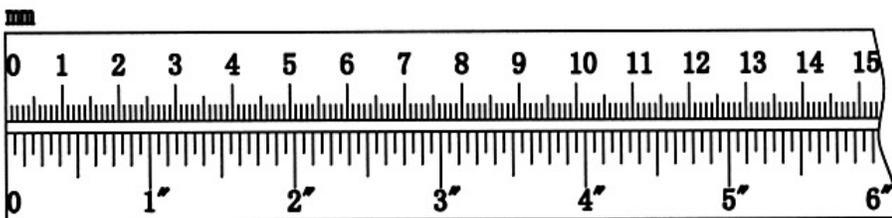
#79 Ø5/8" Washer
(Qty 8)



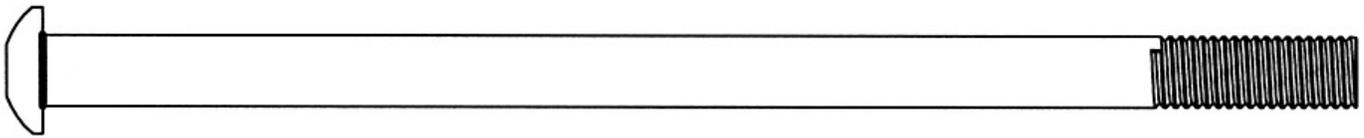
#82 M10 Aircraft Nut
(Qty 32)



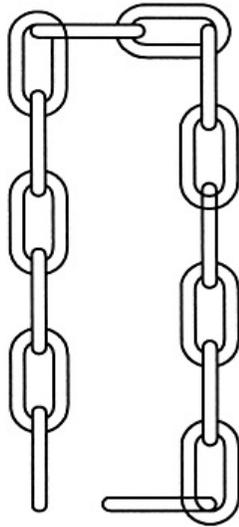
#83 M12 Aircraft Nut
(Qty 2)



HARDWARE PACK



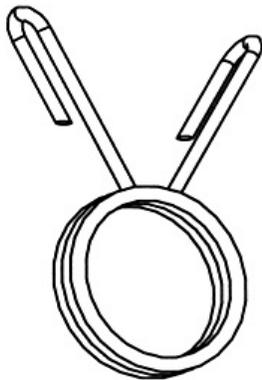
#89 M12 x 8 1/2" Allen Bolt (Qty 2)



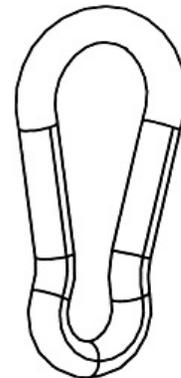
#55 Long Chain (Qty 2)



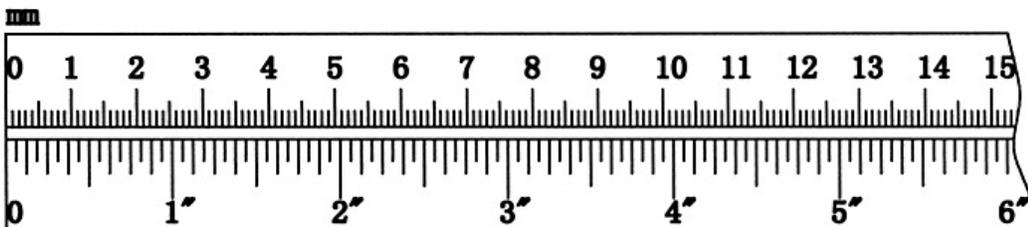
#56 Short Chain (Qty 1)



#53 Spring Clip (Qty 6)



#54 Hook (Qty 5)



ASSEMBLY INSTRUCTION

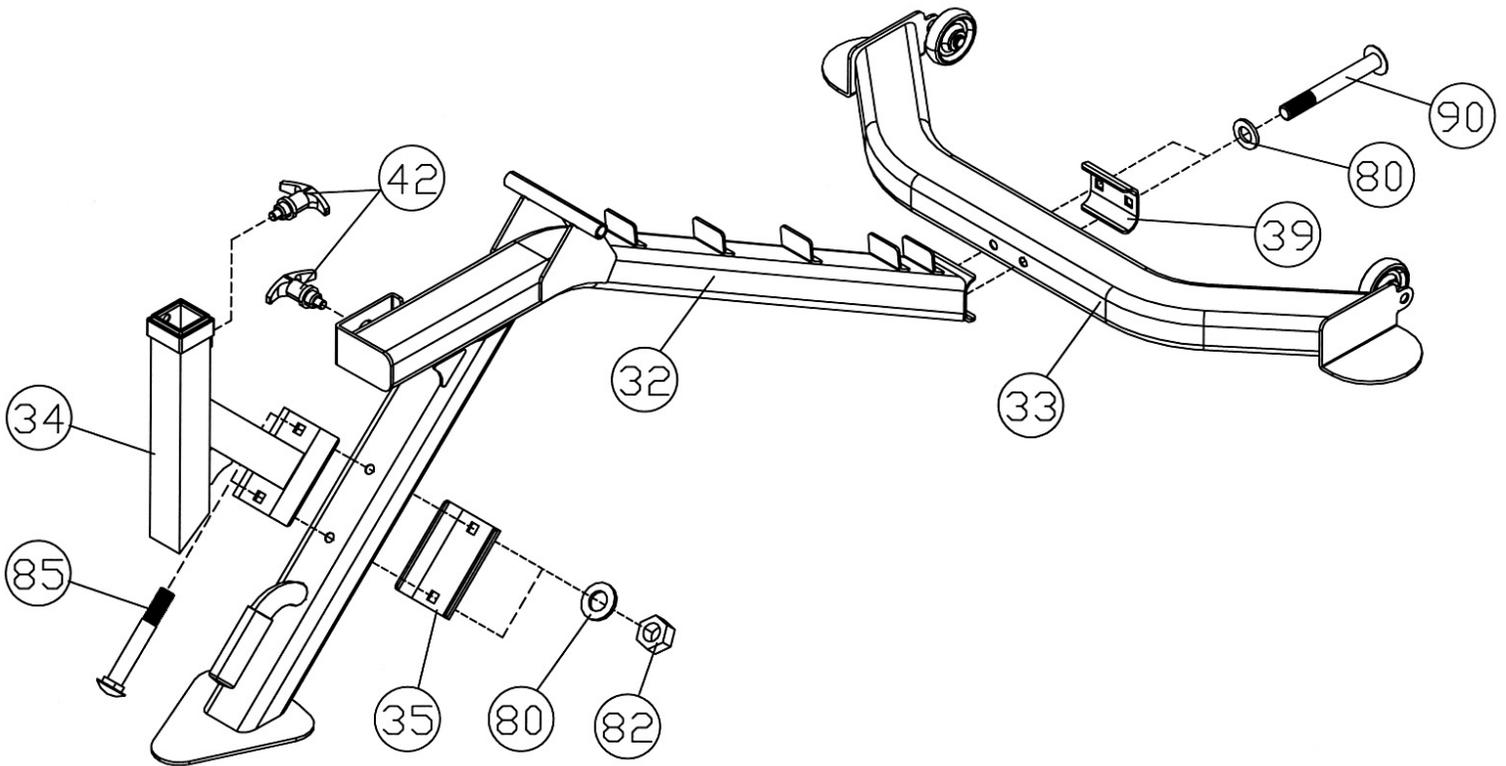
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

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

STEP 1 (See Diagram 1)

- A.) Attach the Main Frame (#32) to the Rear Floor Stabilizer (#33). Secure it with two M10 x 3 1/2" Allen Bolts (#90), one 2 3/4" x 2" Bracket (#39), and two Ø 3/4" Washers (#80).
- B.) Thread a T-shaped Lock Pin (#42) into the bracket on the Main Frame.
- C.) Attach the Front Support (#34) to the Main Frame. Secure it with two M10 x 2 3/4" Carriage Bolts (#85), one 4 3/8" x 2 3/4" Bracket (#35), two Ø 3/4" Washers (#80), and two M10 Aircraft Nuts (#82).
- D.) Thread a T-shaped Lock Pin (#42) into the nut on the Front Support.

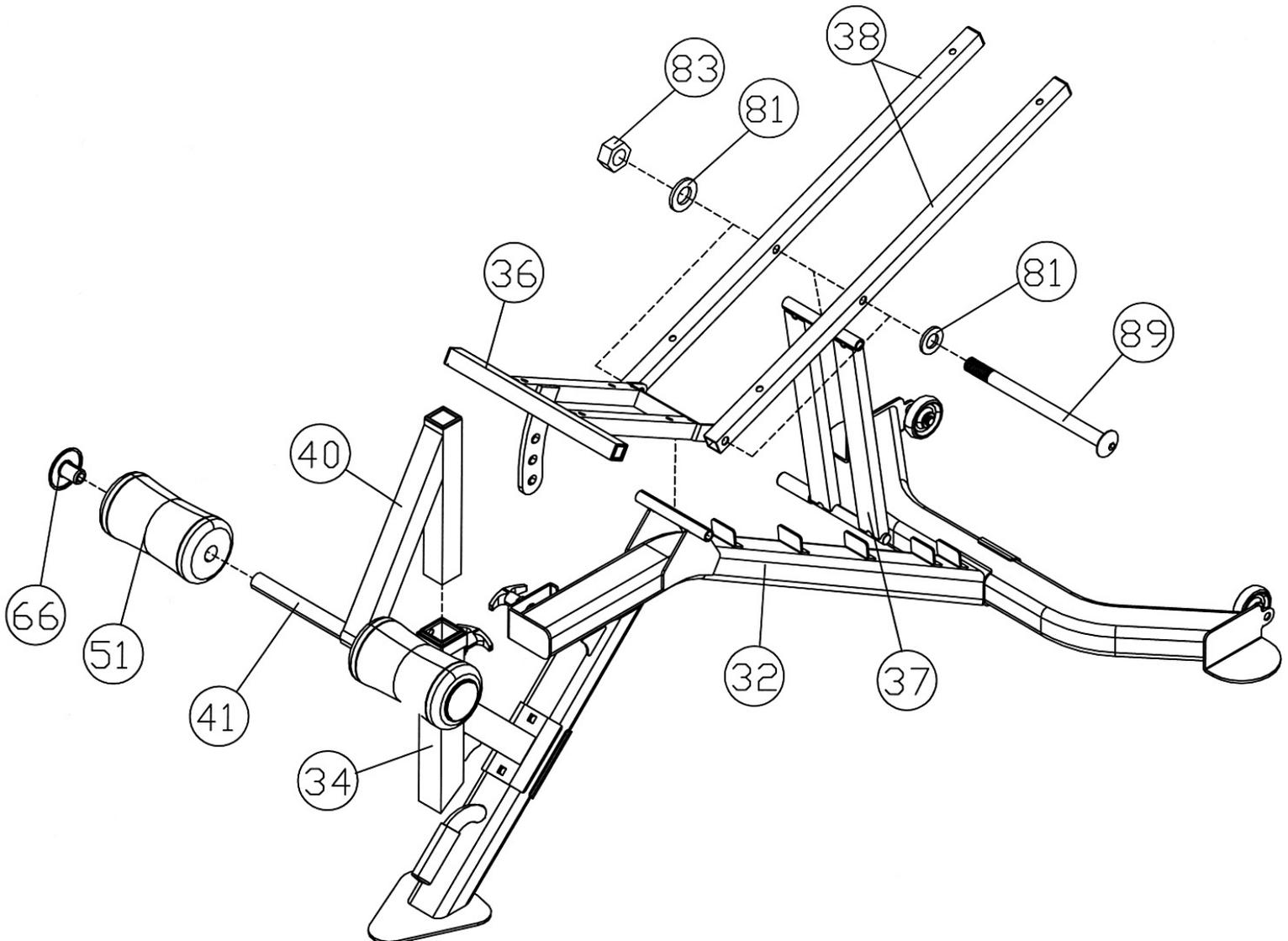
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Seat Bracket (#36) to the pivot on the Main Frame (#32). Attach the two Backrest Supports (#38) to the Seat Bracket. Align the holes and secure them together with one M12 x 8 1/2" Allen Bolt (#89), two Ø 1" Washers (#81), and one M12 Aircraft Nut (#83). Insert the Seat Bracket into the open slot on the Main Frame and use the T-shaped Lock Pin to secure at desired height.
- B.) Attach the Incline Support (#37) to the middle side-holes on the Backrest Supports (#38). Secure it with one M12 x 8 1/2" Allen Bolt (#89), two Ø 1" Washers (#81), and one M12 Aircraft Nut (#83). Place the other end of Incline Support to selected slot on the Main Frame to obtain desired incline. Do not over tighten the Nut and Bolt. Make sure the Backrest Board and Incline Support are able to swivel.
- C.) Insert the Foam Tube Assembly (#40) into the top opening on the Front Support (#34). Secure it with the T-shaped Lock Pin (#42) at desired height.
- D.) Insert the Foam Tube (#41) halfway through the hole on the Foam Tube Assembly. Push two Foam Rolls (#51) onto the Foam Tube from both ends. Plug two Foam Roll End Caps (#66) into the ends.

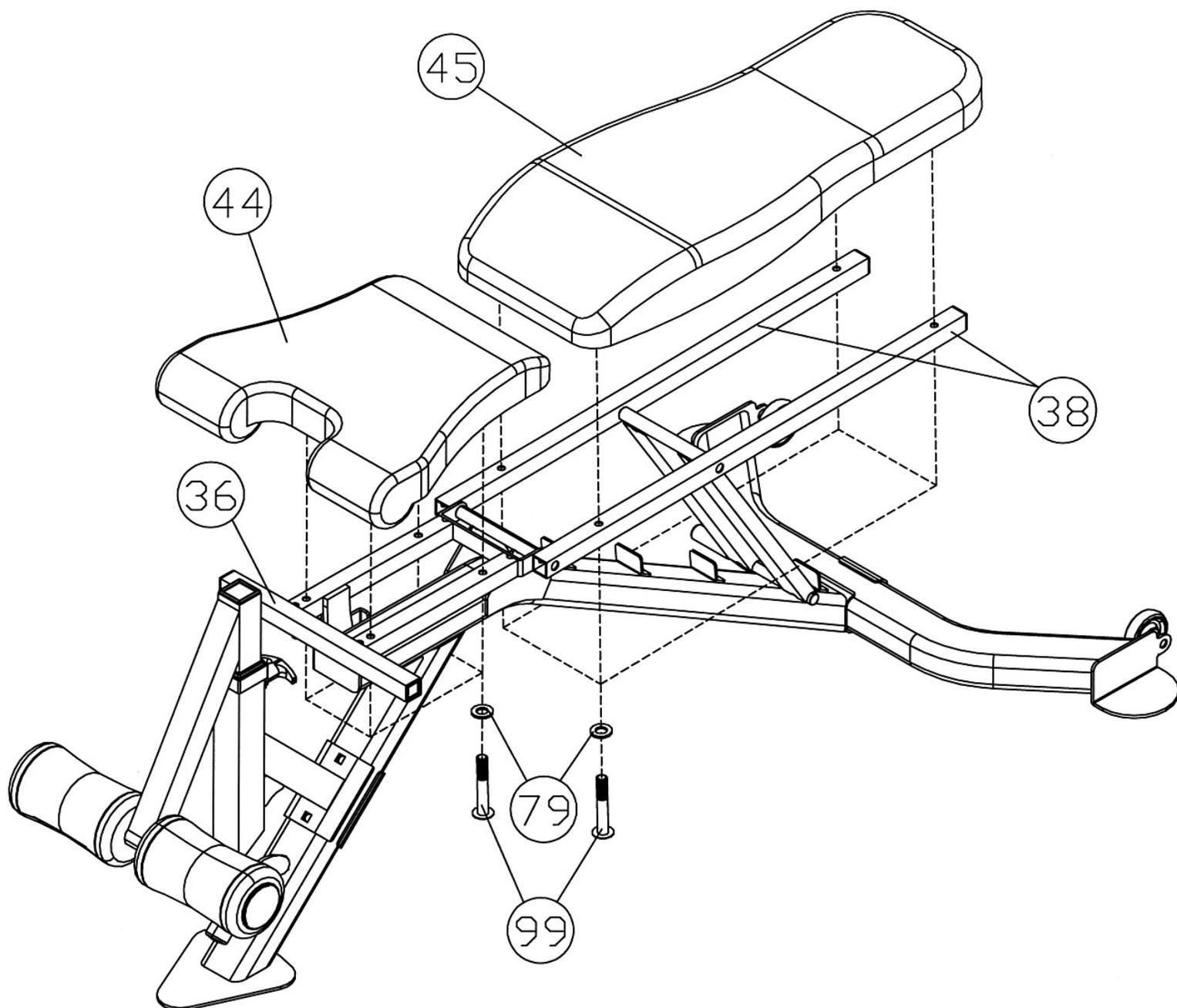
DIAGRAM 2



STEP 3 (See Diagram 3)

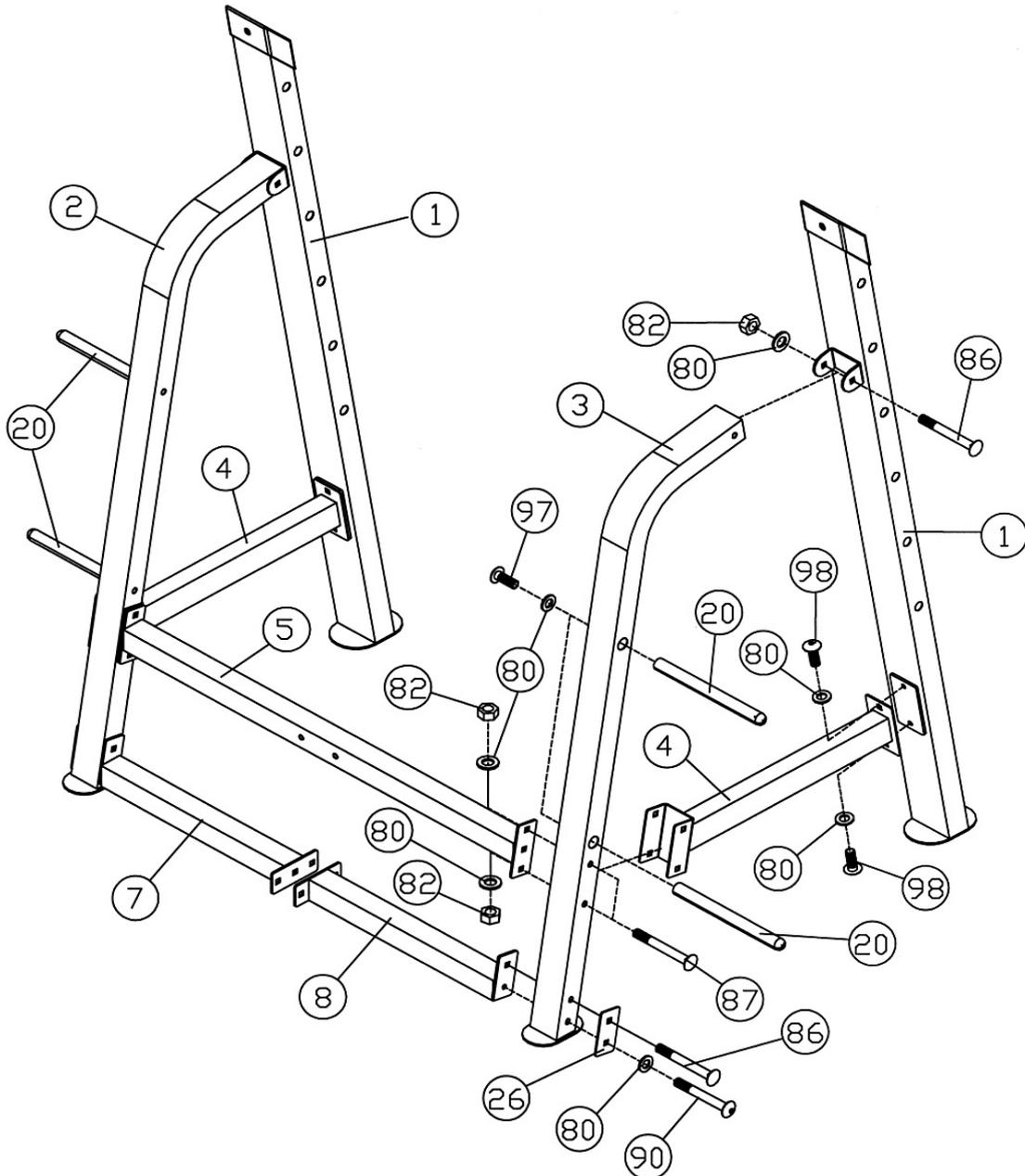
- A.) Place the Backrest Board (#45) onto the two Backrest Supports (#38). Secure it with four M8 x 1 5/8" Allen Bolts (#99) and \varnothing 5/8" Washers (#79).
- B.) Place the Seat (#44) onto the Seat Bracket (#36). Secure it with four M8 x 1 5/8" Allen Bolts (#99) and \varnothing 5/8" Washers (#79).

DIAGRAM 3



STEP 4 (See Diagram 4)

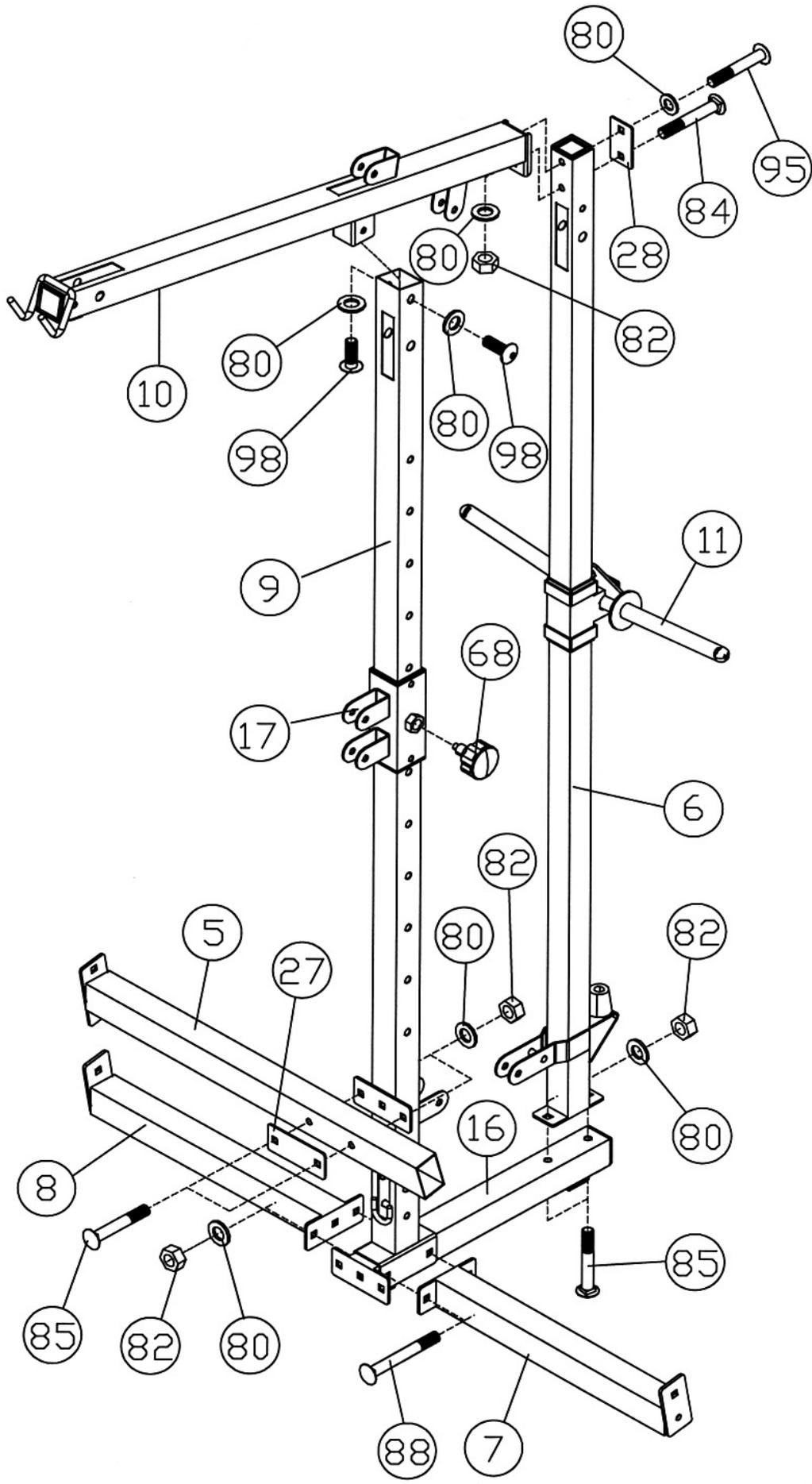
- A.) Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Attach the Right Support (#3) to an Upright Beam (#1). Secure it with one M10 x 3 1/2" Carriage Bolt (#86), Ø 3/4" Washer (#80) and M10 Aircraft Nut (#82). Attach the Side Support (#4) to the Upright Beam. Secure it with two M10 x 5/8" Allen Bolts (#98) and Ø 3/4" Washers (#80). Attach the other end to the Right Support. Repeat the same step to install the Left Support (#2) and Side Support to another Upright Beam.
- C.) Connect the Left & Right Supports (#2 & #3) in the mid-span with a Cross Brace (#5). Secure each end with two M10 x 3 3/4" Carriage Bolts (#87), Ø 3/4" Washers (#80) and M10 Aircraft Nuts (#82).
- D.) Attach the Rear Right Stabilizer (#8) to the Right Support (#3). Secure the upper hole with one M10 x 3 1/2" Carriage Bolt (#86), Ø 3/4" Washer (#80), 4" Bracket (#26) and M10 Aircraft Nut (#82).
- E.) Secure the lower hole with a M10 x 3 1/2" Allen Bolt (#90) and Ø 3/4" Washer (#80). Repeat the same steps E & D to install the Left Rear Stabilizer (#7) to the Left Support (#2).
- F.) Insert four Weight Posts (#20) into the holes on the Left & Right Supports. Secure each Post with one M10 x 3/4" Allen Bolt (#97) and Ø 3/4" Washer (#80).



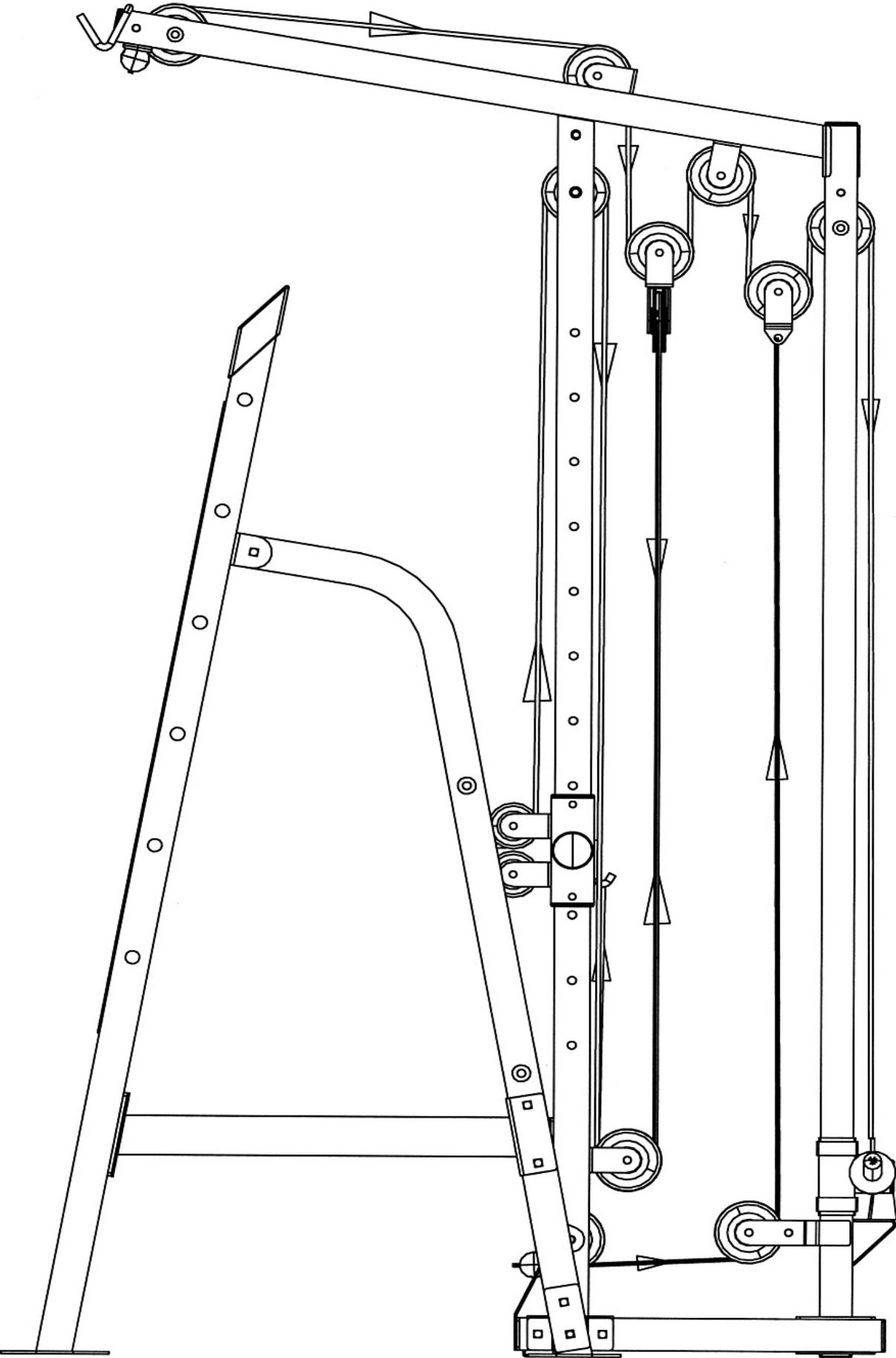
STEP 5 (See Diagram 5)

- A.) Attach the Rear Vertical Frame (#6) onto the Rear Base (#16). Secure it with two M10 x 2 3/4" Carriage Bolts (#85) from the bottom, two \varnothing 3/4" Washers (#80) and two M10 Aircraft Nuts (#82) on the top. Slide the Sliding Weight Post (#11) onto the Rear Vertical Frame from the top.
- B.) Place the Rear Base (#16) in between the two Rear Left & Right Stabilizers (#7 & #8). Attach the Front Vertical Frame (#9) onto the Rear Base (#16). Align the holes and secure them all together with two M10 x 3 1/8" Carriage Bolts (#88), \varnothing 3/4" Washers (#80), and M10 Aircraft Nuts (#82).
- C.) Slide the Sliding Pulley Bracket (#17) onto the Front Vertical Frame (#9). Use a Lock Knob (#68) to lock the Sliding Pulley Bracket at selected position.
- D.) Secure the Front Vertical Frame (#9) to the Rear Cross Brace (#5) with two M10 x 2 3/4" Carriage Bolts (#85), one 4 3/4" Bracket (#27), two \varnothing 3/4" Washers (#80), and two M10 Aircraft Nuts (#82).
- E.) Attach the Upper Frame (#10) to the top of Front Vertical Frame (#9). Secure it with two M10 x 5/8" Allen Bolts (#98) and \varnothing 3/4" Washers (#80).
- F.) Attach the rear of Upper Frame to the top of Rear Vertical Frame (#6). Secure it with one M10 x 2 3/8" Allen Bolt (#95), \varnothing 3/4" Washer (#80) and 3 1/8" Bracket (#28) to the top hole. Secure the bottom hole with one M10 x 2 1/2" Carriage Bolt (#84), \varnothing 3/4" Washer (#80), and M10 Aircraft Nut (#82).
- G.) Securely tighten all Nuts and Bolts previously installed.

DIAGRAM 5



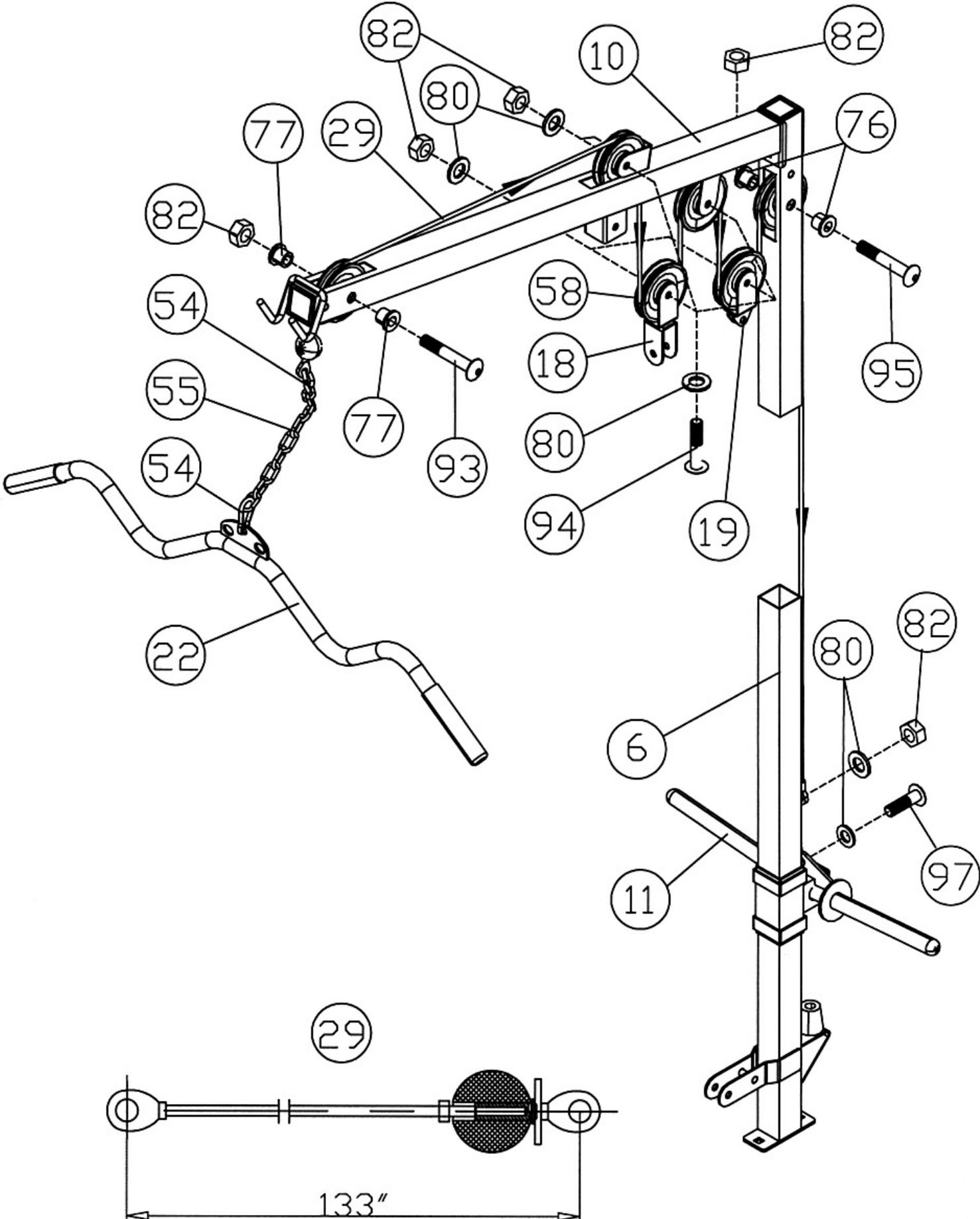
CABLE LOOP DIAGRAM



STEP 6 (See Diagram 6)

- A.) Attach a Pulley (#58) to the front opening on the Upper Frame (#10). Attach the 133" Upper Cable (#29) to the Pulley. Secure the Pulley with one M10 x 2 1/2" Allen Bolt (#93), two Ø 1" x 5/8" Pulley Bushings (#77), and one M10 Aircraft Nut (#82). Make sure the ball stopper on the Cable is underneath the Upper Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame towards the back of the machine to the open bracket on the Upper Frame.
- C.) Attach a Pulley to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#94), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- D.) Draw the Cable around the Pulley then downward. Attach the Cable to the Double Floating Pulley Bracket (#18). Repeat C above to install a Pulley to the Bracket.
- E.) Draw the Cable around the Pulley then upward to the open bracket underneath the Upper Frame. Install a Pulley to the bracket. Let the Double Floating Pulley Bracket hanging for now.
- F.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#19). Install a Pulley to the Bracket. Draw the Cable around the Pulley then upward to the opening on top of the Rear Vertical Frame (#6). Let the Single Floating Pulley Bracket hanging for now.
- G.) Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#95), two Ø 1" x 1/2" Pulley Bushings (#76), and one M10 Aircraft Nut (#82).
- H.) Draw the Cable around the Pulley and downward to the bracket on the Sliding Weight Post (#11). Secure the Cable to the bracket with one M10 x 3/4" Allen Bolt (#97), two Ø 3/4" Washer (#80) and one Aircraft Nut (#82).
- I.) Connect the Lat Bar (#22) to the ball stopper on the Upper Cable with one Long Chain (#55) and two Hooks (#54).

DIAGRAM 6



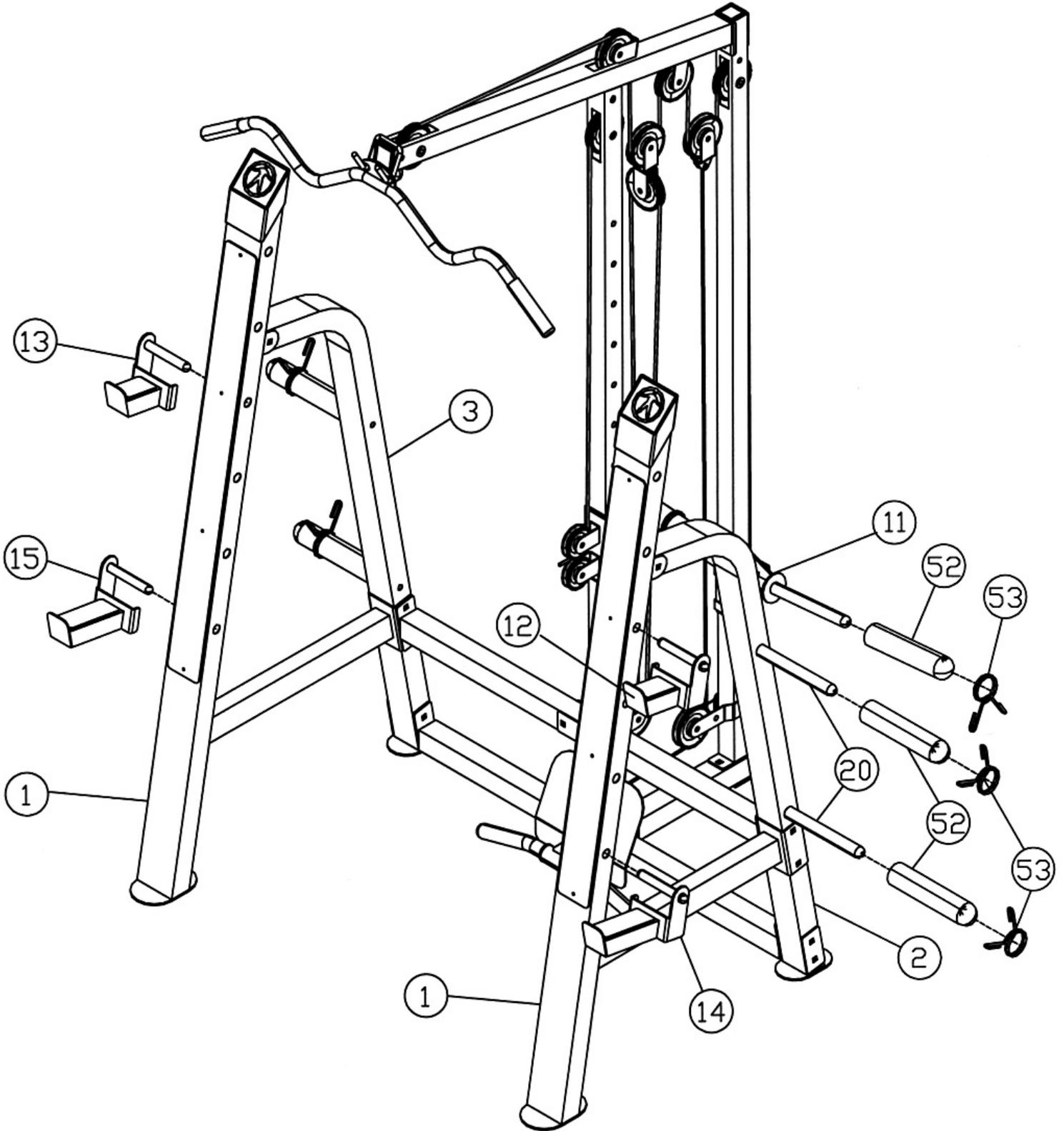
STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach the 241" High/Low Cable (#31) to the Sliding Pulley Bracket (#17). Attach two Small Pulleys (#59) to the Sliding Pulley Bracket. Secure each Small Pulley with one M10 X 1 3/4" Allen Bolt (#94), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- B.) Draw the Cable in between the two Pulleys then upward to the opening on top of the Front Vertical Frame (#9).
- C.) Attach a Pulley to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#93), two Ø 1" x 5/8" Pulley Bushings (#77), and one M10 Aircraft Nut (#82).
- D.) Draw the Cable around the Pulley then downward to the open bracket on the back of the Front Vertical Frame. Attach a Pulley to the opening on the bracket. Secure it with one M10 x 2 3/4" Allen Bolt (#92), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82). Do not tighten the Nut and Bolt yet. Push the Pulley to the left.
- E.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#18) previously installed in Step-6. Install a Pulley to the Bracket.
- F.) Draw the Cable around the Pulley then downward back to the bracket on the back of Front Vertical Frame. Remove the bolt, washers, and nut on the Pulley installed in Procedure D. Attach a Pulley to the right open space on the bracket. Secure the two Pulleys together with the same bolt, washers, and nut.
- G.) Draw the Cable around the Pulley upward and clip the end of the Cable onto the hook on the back of the Sliding Pulley Bracket (#17).
- H.) Attach the 61" Lower Cable (#30) to the lower opening on the Front Vertical Frame (#9). Attach a Pulley and two Ø 1" x 5/8" Pulley Bushings (#77) to the opening. Align the Foot Plate (#21) to the opening and secure them all together with one M10 x 3 1/8" Allen Bolt (#91) and M10 Aircraft Nut (#82).
- I.) Draw the Cable underneath the Pulley to the open bracket on the Rear Vertical Frame (#6). Install a Pulley to the bracket.
- J.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#19) previously installed in Step-6.
- K.) Connect the Cable to a Short Chain with a Hook (#54). Attach the Short Chain to the Single Floating Pulley Bracket with one M10 x 1 1/8" Allen Bolt (#96), two Ø 3/4" Washers (#80), and one M10 Aircraft Nut (#82).
- L.) Adjust the length of the Short Chain to adjust the tension of the Cable system.
- M.) Secure the Foot Plate (#21) to the Rear Base (#16) with two M10 x 5/8" Allen Bolts (#98), four Ø 3/4" Washers (#80), and two M10 Aircraft Nuts (#82).
- N.) Connect the Shiver Bar (#23) to the ball stopper on the Lower Cable with one Long Chain (#55) and two Hooks (#54).

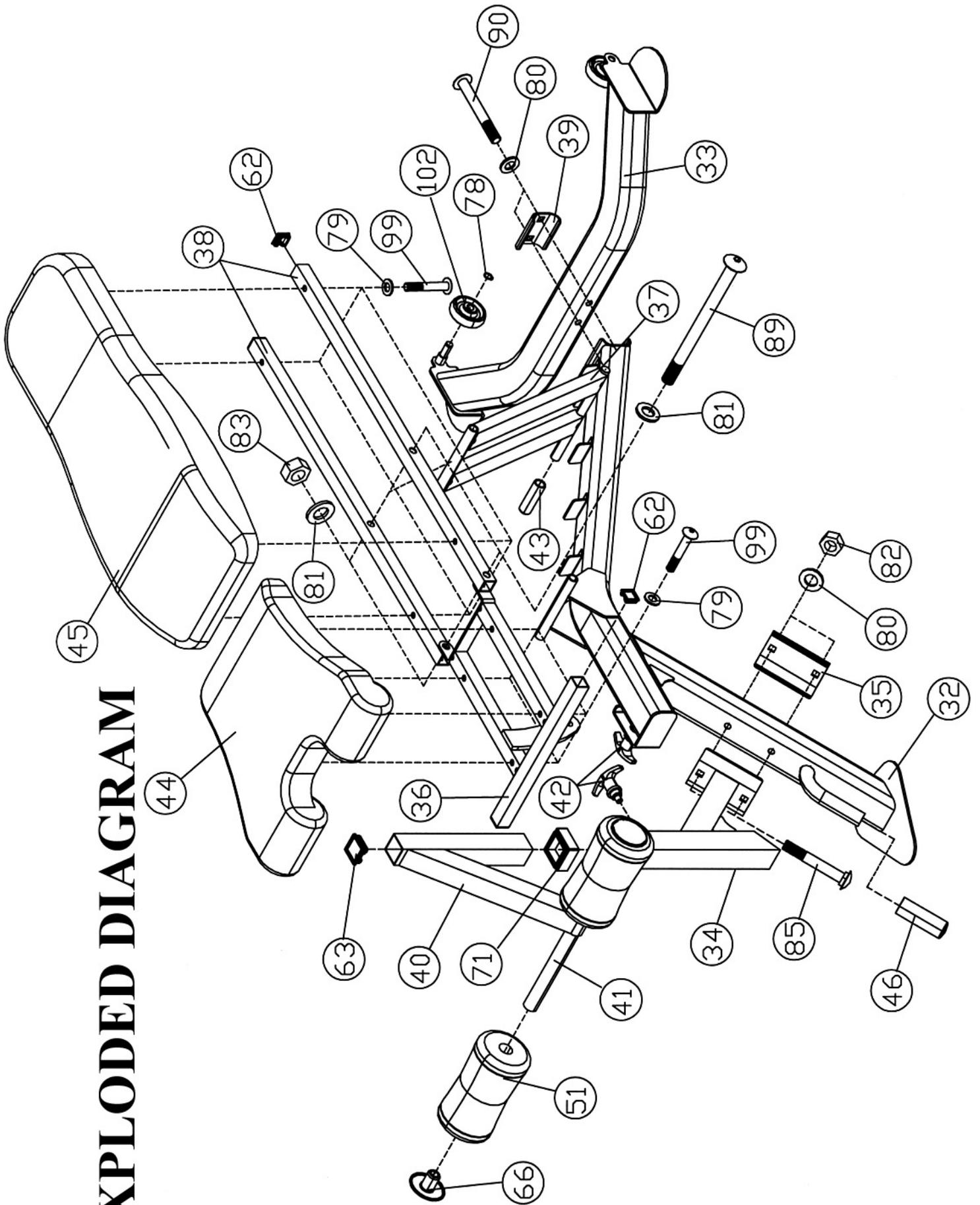
STEP 8 (See Diagram 8)

- A.) Insert the Left & Right Bar Catches (#12 & #13), Left & Right Safety Catches (#14 & #15) to the selected holes on the Upright Beams.
- B.) Attach two Olympic Sleeves (#52) to the Sliding Weight Post (#11).
- C.) Attach four Olympic Sleeves (#52) to the Weight Posts (#20). Attach a Spring Clip (#53) to each Olympic Sleeve.

DIAGRAM 8



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty		DESCRIPTION	Q'ty
1	Upright Beam	2	51	Foam Roll	2
2	Left Support	1	52	Olympic Sleeve	6
3	Right Support	1	53	Spring Clip	6
4	Side Support	2	54	Hook	5
5	Rear Cross Brace	1	55	Long Chain	2
6	Rear Vertical Frame	1	56	Short Chain	1
7	Rear Left Stabilizer	1	57	Panel Screw	8
8	Rear Right Stabilizer	1	58	Pulley	12
9	Front Vertical Frame	1	59	Small Pulley	2
10	Upper Frame	1	60	Ø 1" Cone-shaped End Cap	6
11	Sliding Weight Post	1	61	Ø ¾" Cone-shaped End Cap	8
12	Left Bar Catch	1	62	1" Square End Cap	4
13	Right Bar Catch	1	63	1 ½" Square End Cap	1
14	Left Safety Catch	1	64	1 ¾" Square End Cap	1
15	Right Safety Catch	1	65	2" Square End Cap	3
16	Rear base	1	66	Foam Roll End Cap	2
17	Sliding Pulley Bracket	1	67	Single Handle	1
18	Double Floating Pulley Bracket	1	68	Lock Knob	1
19	Single Floating Pulley Bracket	1	69	2" x 1 ¾" Sleeve	2
20	Weight Post	4	70	2 3/8" x 2" Sleeve	2
21	Foot Plate	1	71	1 ¾" x 1 ½" Sleeve	1
22	Lat Bar	1	72	Ø 1 ½" Bushing	2
23	Shiver Bar	1	73	Ø 1 ¾" Rubber Bumper	1
24	Shiver Bar Handle	1	74	Shiver Bar Handle Grip	2
25	Panel	2	75	Lat Bar Grip	2
26	4" Bracket	2	76	Ø 1" x ½" Pulley Bushing	2
27	4 ¾" Bracket	1	77	Ø 1" x 5/8" Pulley Bushing	6
28	3 1/8" Bracket	1	78	Wheel Lock	2
29	133" Upper Cable	1	79	Ø 5/8" Washer	8
30	61" Lower Cable	1	80	Ø ¾" Washer	58
31	241" High/Low Cable	1	81	Ø 1" Washer	4
32	Main Frame	1	82	M10 Aircraft Nut	32
33	Rear Floor Stabilizer	1	83	M12 Aircraft Nut	2
34	Front Support	1	84	M10 x 2 ½" Carriage Bolt	1
35	4 3/8" x 2 ¾" Bracket	1	85	M10 x 2 ¾" Carriage Bolt	6
36	Seat Support	1	86	M10 x 3 ½" Carriage Bolt	4
37	Incline Support	1	87	M10 x 3 ¾" Carriage Bolt	4
38	Backrest Support	2	88	M10 x 3 1/8" Carriage Bolt	2
39	2 ¾" x 2" Bracket	1	89	M12 x 8 ½" Allen Bolt	2
40	Foam Tube Assembly	1	90	M10 x 3 ½" Allen Bolt	4
41	Foam Tube	1	91	M10 x 3 1/8" Allen Bolt	1
42	T-shaped Lock Pin	2	92	M10 x 2 ¾" Allen Bolt	1
43	Plastic Cover	1	93	M10 x 2 ½" Allen Bolt	2
44	Seat	1	94	M10 x 1 ¾" Allen Bolt	8
45	Backrest Board	1	95	M10 x 2 3/8" Allen Bolt	2
46	Ø 1" x 4" Grip	1	96	M10 x 1 1/8" Allen Bolt	1
47	Upright Beam End Cap	2	97	M10 x ¾" Allen Bolt	5
48	5 ¾" Rubber Bumper	2	98	M10 x 5/8" Allen Bolt	8
49	3 3/8" Rubber Bumper	2	99	M8 x 1 5/8" Allen Bolt	8
50	Ankle Strap	1	100	M6 x 5/8" Philips Screw	1
			101	M5 x ½" Screw	2
			102	Wheel	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 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