

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
PM-3205

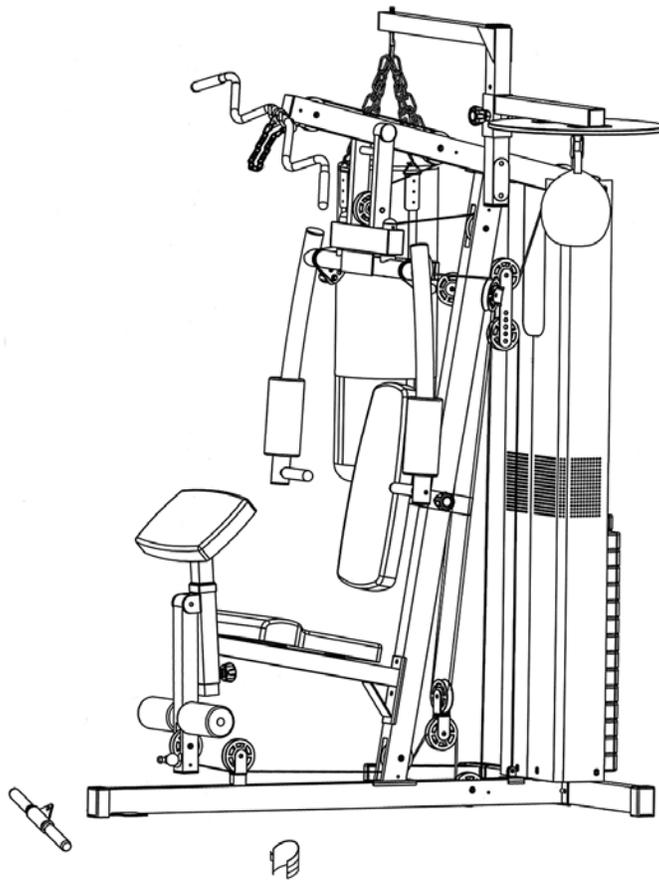
Retain This  
Manual for  
Reference

110601

OWNER'S  
MANUAL

# IMPEX

## MARCY HOME GYM W/BOXING BAG MP-3205



**IMPEX<sup>®</sup> INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the PLATINUM MARCY PM-3205 HOME GYM W/Boxing Bag by IMPEX<sup>®</sup> 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 TOOL-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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto: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.
13. Do not intend to insert weight selector pin while the weight stack or top plate is in elevated position.
14. Be certain the weight Selector Pin is completely inserted.
15. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
16. This machine is designed and intended for home and consumer use only, not for commercial use

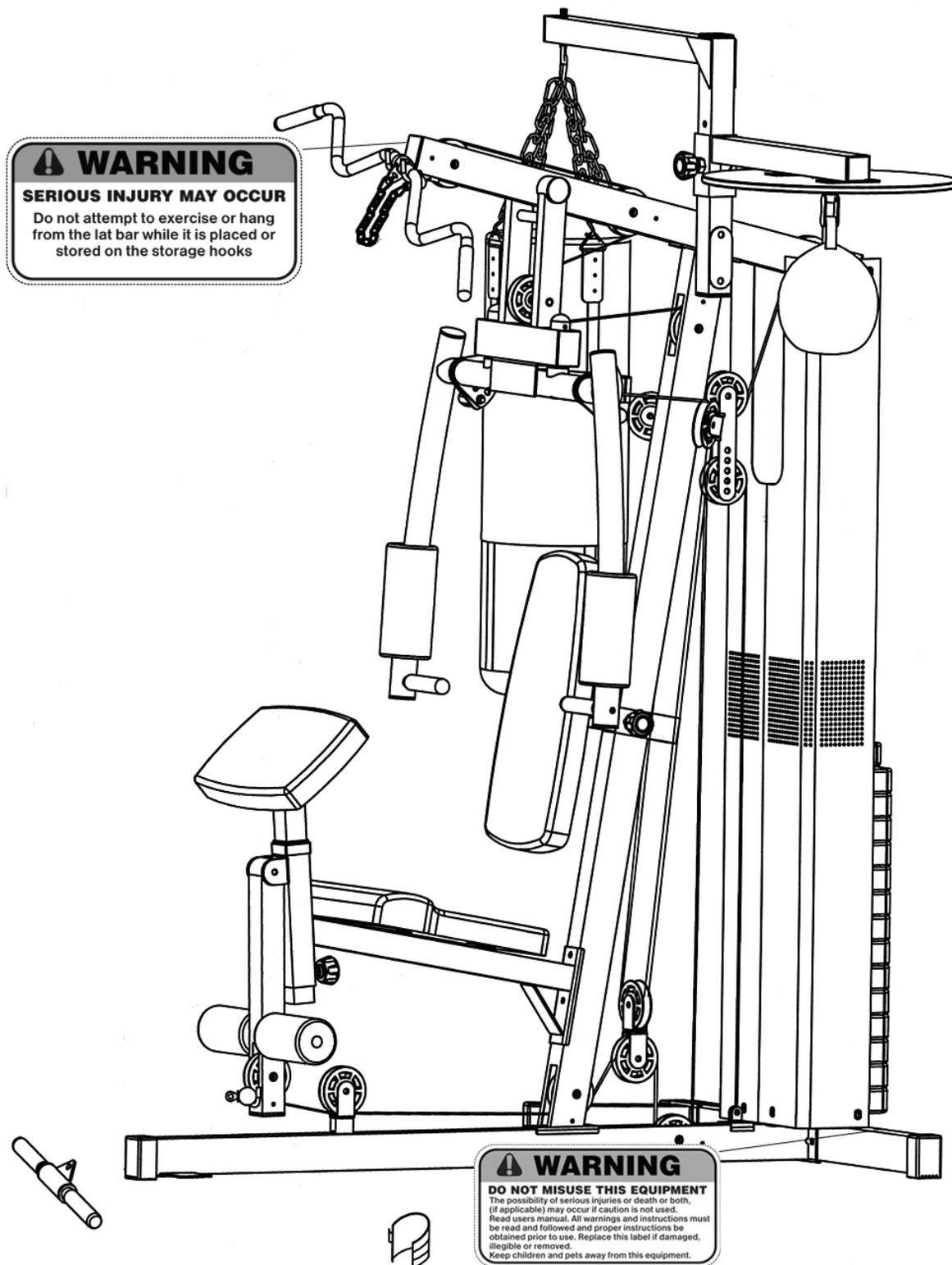
### **CARE AND MAINTENANCE**

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 on bench: 300 lbs.
5. Speed Bag: 1 lb., Heavy Bag: 55 lbs.
5. Assembled Dimension: 65" x 56" x 88"

**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.**

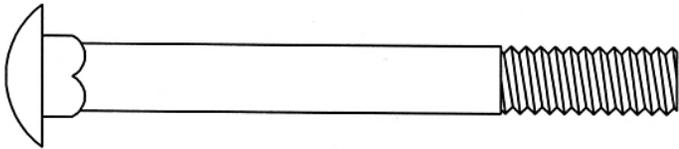
# WARNING LABEL PLACEMENT



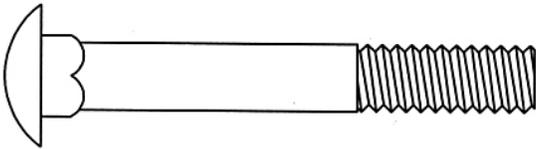
The warning labels shown here have been placed on the Rear Base Frame and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

# HARDWARE PACK

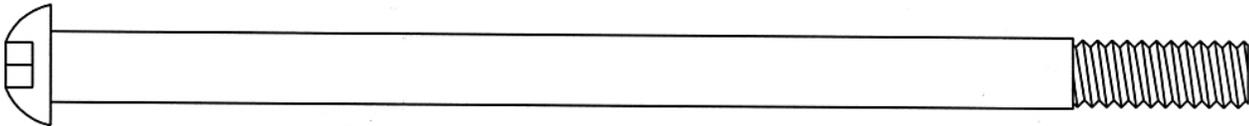
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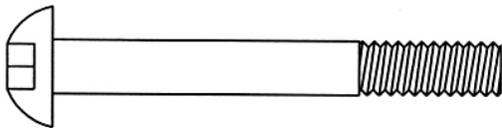
#78 M10 x 3  $\frac{1}{2}$ " Carriage Bolt (Qty 6)



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



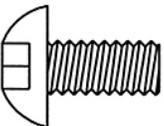
#97 M10 x 6  $\frac{3}{4}$ " Allen Bolt (Qty 1)



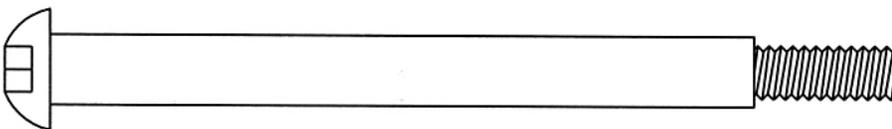
#69 M10 x 2  $\frac{1}{2}$ " Allen Bolt (Qty 9)



#70 M8 x 1  $\frac{1}{8}$ " Allen Bolt (Qty 4)

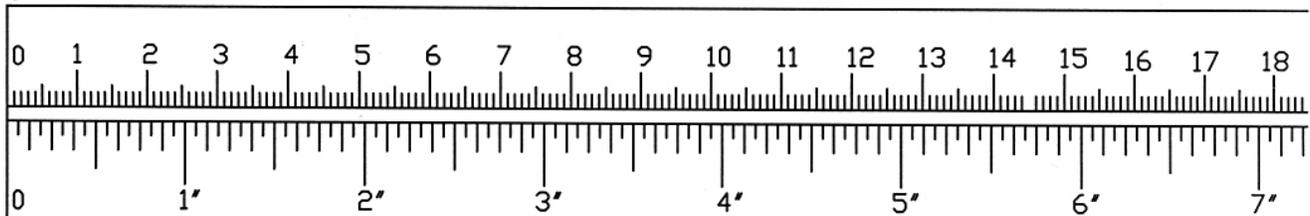


#72 M10 x  $\frac{5}{8}$ " Allen Bolt (Qty 6)



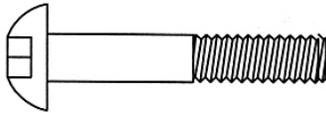
#81 M10 x 4  $\frac{3}{4}$ " Allen Bolt (Qty 1)

cm

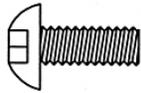


# HARDWARE PACK

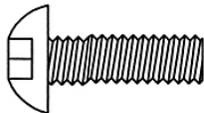
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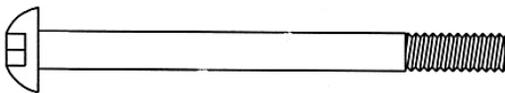
#71 M10 x 1 3/4" Allen Bolt (Qty 7)



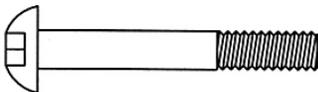
#76 M8 x 5/8" Allen Bolt (Qty 4)



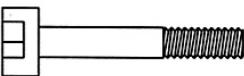
#73 M10 x 1" Allen Bolt (Qty 11)



#74 M8 x 3" Allen Bolt (Qty 2)



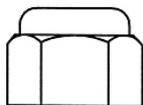
#75 M8 x 1 5/8" Allen Bolt (Qty 2)



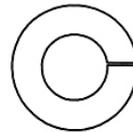
#77 M6 x 1 1/4" Allen Bolt (Qty 2)



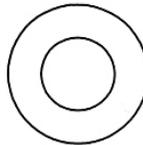
#82 M5 x 3/8" Philips Screw (Qty 3)



#91 M12 Aircraft Nut (Qty 1)



#88 Ø 3/4" LOCK Washer (Qty 2)



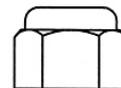
#85 Ø 1" Washer (Qty 1)



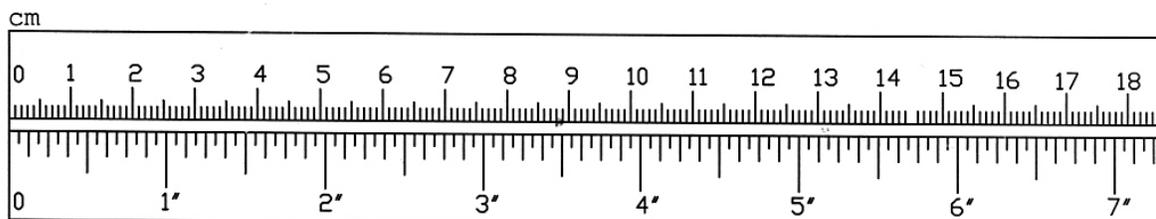
#89 M6 Aircraft Nut (Qty 4)



#90 M5 Aircraft Nut (Qty 7)



#83 M10 Aircraft Nut (Qty30)



# HARDWARE PACK

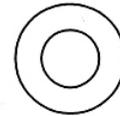
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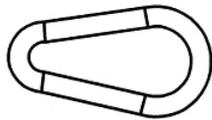
#65 L-shaped Weight Selector Pin (Qty 1)



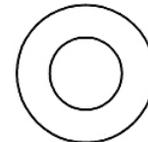
#66 Chain (Qty 1)



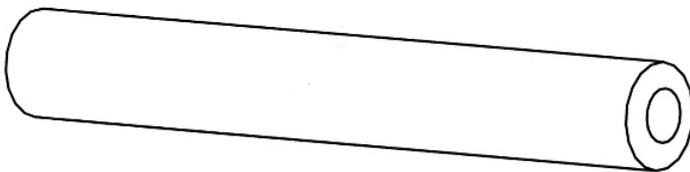
#86  $\text{\textcircled{O}}$  5/8" Washer (Qty 16)



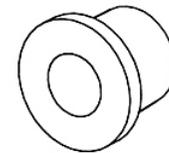
#67 Hook (Qty 3)



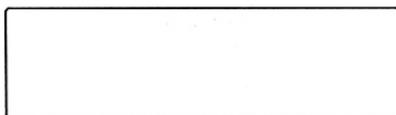
#84  $\text{\textcircled{O}}$  3/4" Washer (Qty 46)



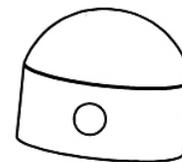
#37 6 1/8" Front Press Axle (Qty 1)



#44  $\text{\textcircled{O}}$  1" x 5/8" Pulley Bushing (Qty 14)



#113 Leg Developer Axle (Qty 1)



#52 LOCK Ring (Qty 2)

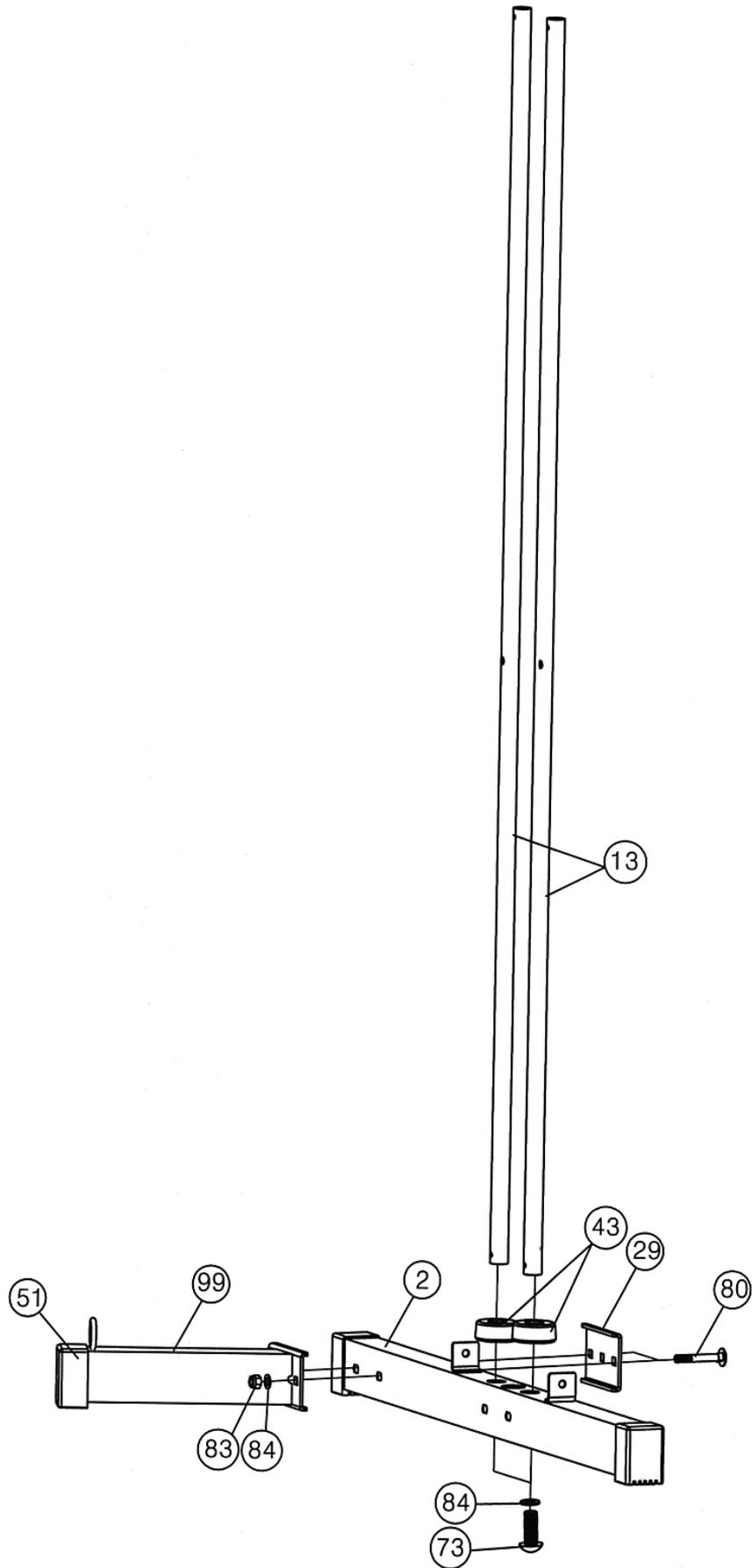
## ASSEMBLY INSTRUCTION

**Tools Required for Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.**

### STEP 1 (See Diagram 1)

- A.) Push two  $\varnothing 2 \frac{3}{8}$ " x 1" Rubber Bumpers (#43) onto the Guide Rods (#13) from the bottom. Insert the Guide Rods into the holes on the Rear Base Frame (#2). **The Guide Rods have holes on the rods about 2/3 way down the rods: for locking the weight stack when not in use. The shorter end of the Guide Rod with the lock holes need to be pointed downwards towards the Rear Base Frame.**
- B.) Secure them with two M10 x 1" Allen Bolts (#73) and two  $\varnothing \frac{3}{4}$ " Washers (#84) from the bottom of the Rear Base Frame.
- C.) **Do not tighten Nuts and Bolts starting from next step until instructed to do so.**
- D.) Attach the Heavy Bag Base Frame (#99) to the Rear Base Frame (#2). Secure it with two M10 x 2  $\frac{3}{4}$ " Carriage Bolts (#80), one 4  $\frac{3}{8}$ " x 3" Bracket (#29), two  $\varnothing \frac{3}{4}$ " Washers (#84), and two M10 Aircraft Nuts (#83).

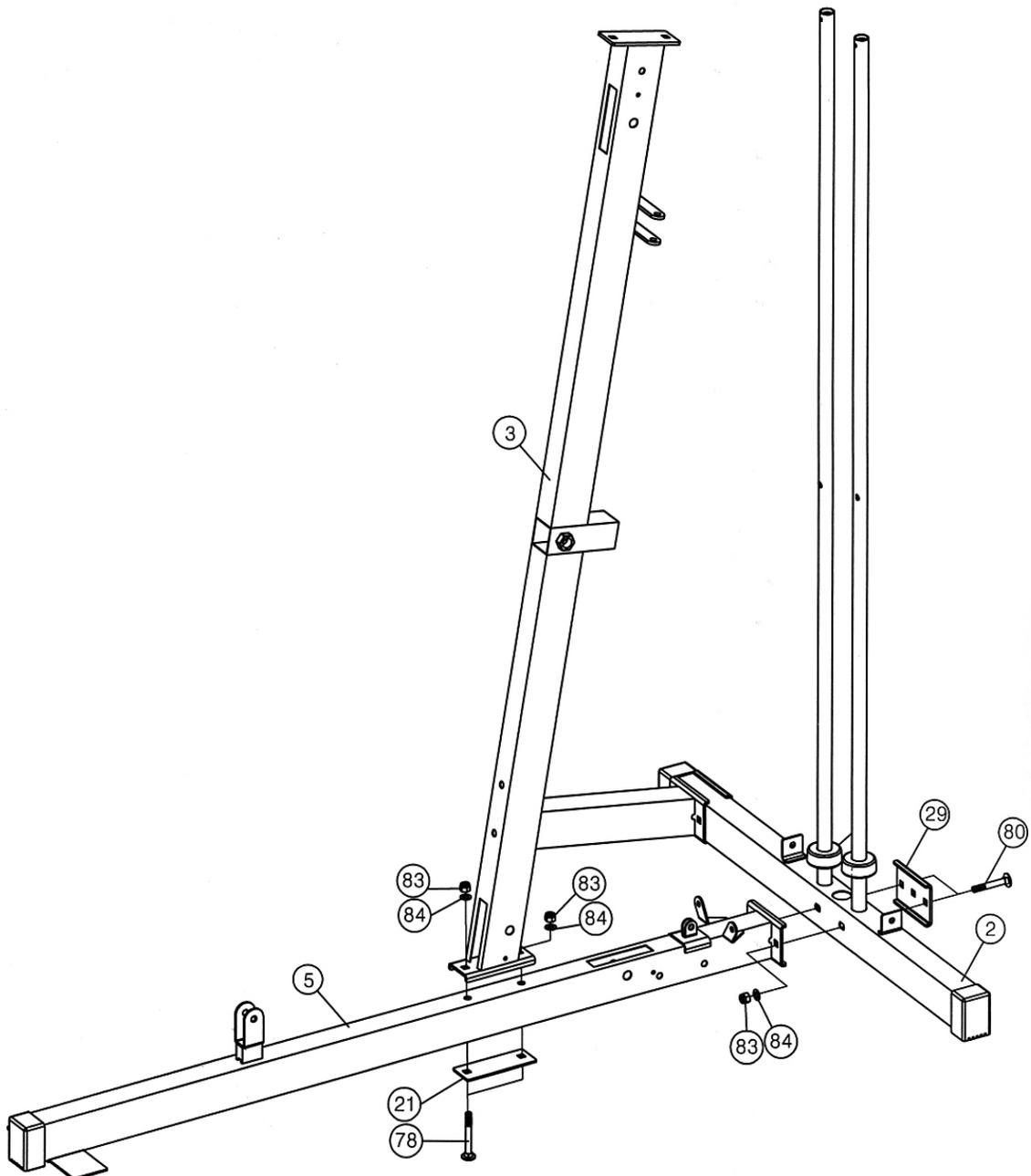
# DIAGRAM 1



## STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Front Vertical Frame (#3) onto the Base Frame (#5). Secure with two M10 x 3 1/2" Carriage Bolts (#78), one 5 1/2" x 2" Bracket (#21), two Ø 3/4" Washers (#84), and two M10 Aircraft Nuts (#83).
- C.) Connect the Base Frame to the Rear Base Frame (#2). Secure them together with two M10 x 2 3/4" Carriage Bolts (#80), one 4 3/8" x 3" Bracket (#29), two Ø 3/4" Washers (#84), and two M10 Aircraft Nuts (#83).

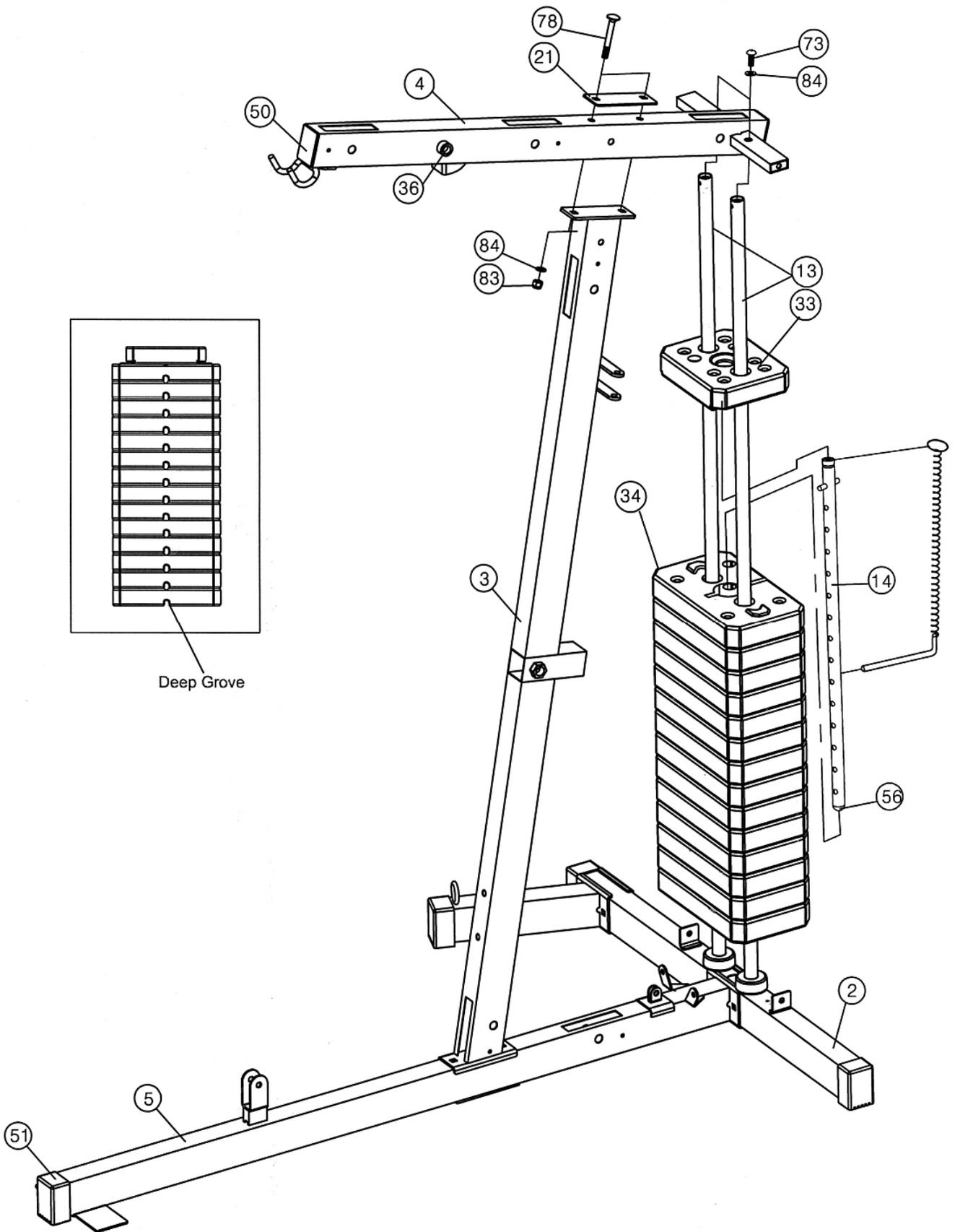
### DIAGRAM 2



### **STEP 3 (See Diagram 3)**

- A.) Slide the 14 Weight Plates (#34) onto the Guide Rods (#13). **Make sure the deep grooves on the Plates are all facing down and toward back of the machine. If the locking holes on the guide rods are more than 2-3 inches from the upper most, then you have installed the Guide Rods upside down.** Align the holes of the Weight Plates. Insert the Selector Rod (#14) through the center hole. Slide the ring on the L-shaped Weight Selector Pin (#65) onto the Selector Rod. Use the L-shaped Weight Selector Pin to select the number of Plates to exercise. **Please refer Weight Resistance Chart in page 30.**
- B.) Slide the Selector Stem (#33) onto the Guide Rods.
- C.) Attach the Upper Frame (#4) to the two Guide Rods. Place the Upper Frame onto the Front Vertical Frame (#3).
- D.) Secure the Upper Frame to the Guide Rods with two M10 x 1" Allen Bolts (#73) and two  $\emptyset$   $\frac{3}{4}$ " Washers (#84).
- E.) Secure the Upper Frame to the Front Vertical Frame with two M10 x 3  $\frac{1}{2}$ " Carriage Bolts (#78), one 5  $\frac{1}{2}$ " x 2" Bracket (#21), two  $\emptyset$   $\frac{3}{4}$ " Washers (#84), and two M10 Aircraft Nuts (#83).
- F.) **Securely tighten all Nuts and Bolts installed in Step-1, 2, and 3.**

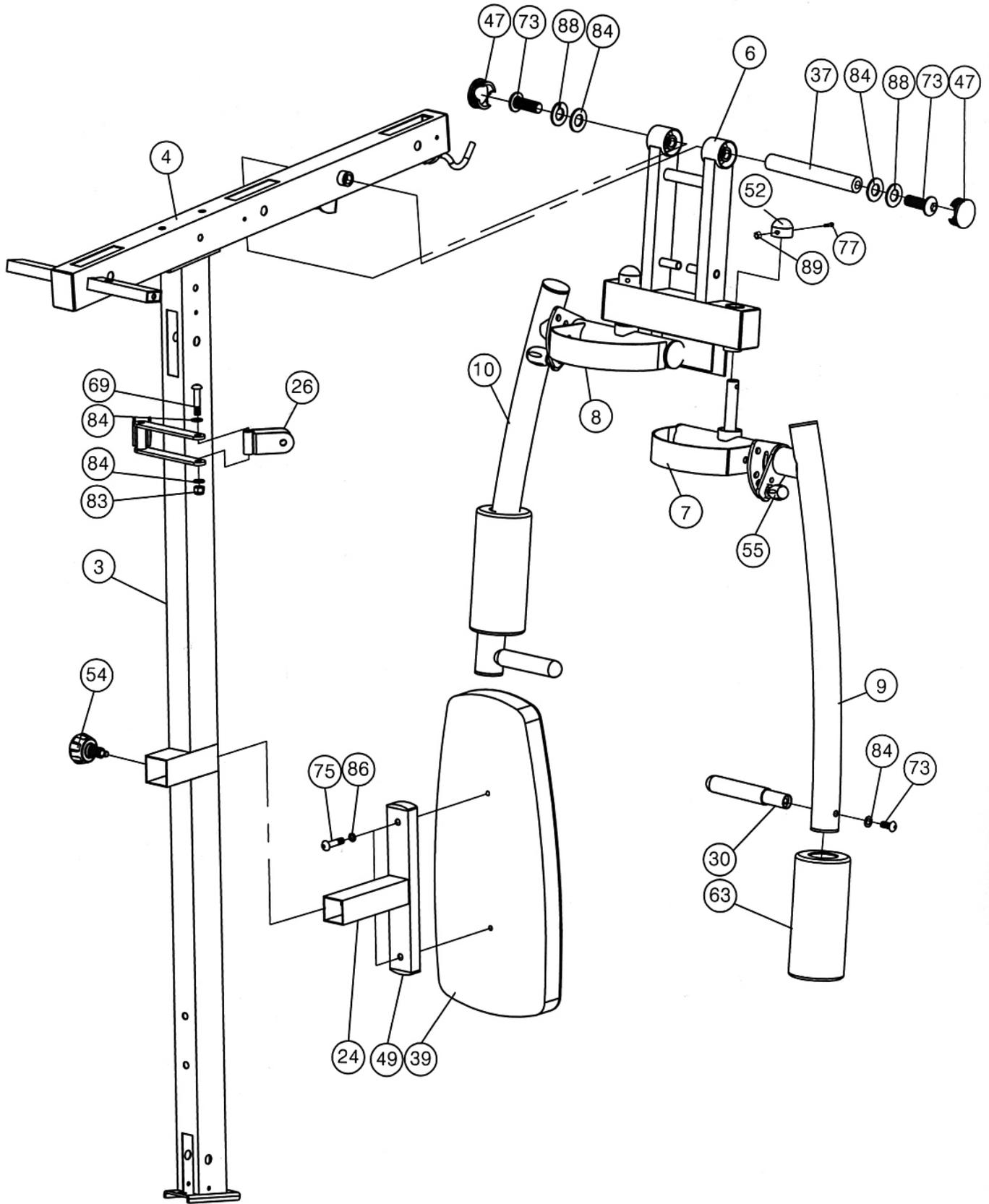
DIAGRAM 3



#### **STEP 4 (See Diagram 4)**

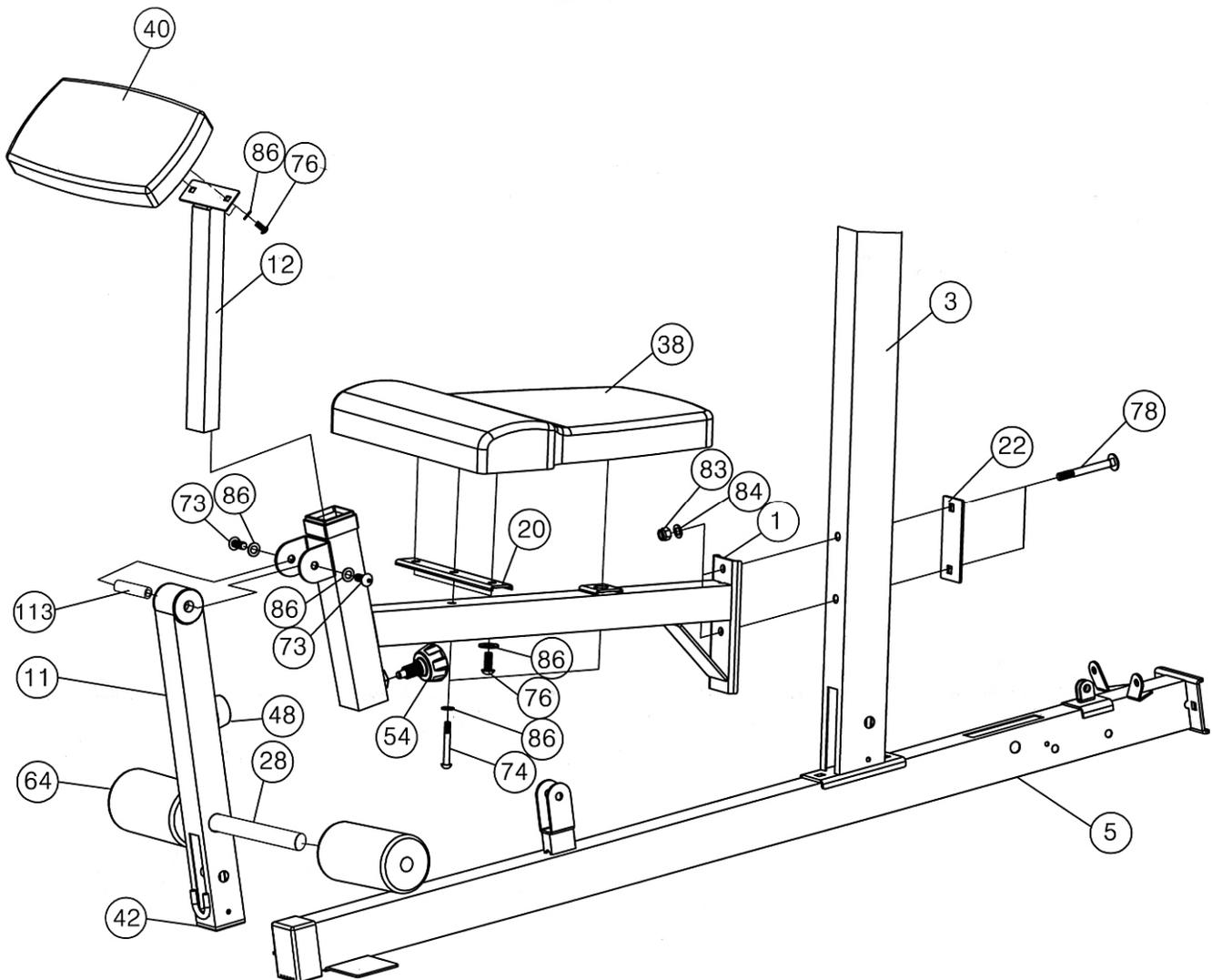
- A.) Attach the Front Press Base (#6) to the Upper Frame (#4). Secure it with one 6 1/8" Front Press Axle (#37), one Ø 3/4" Washer (#84), one Ø 3/4" Lock Washer (#88), one M10 x 1" Allen Bolt (#73), and one Ø 2" End Cap (#47) on each end of the Axle.
- B.) Insert the axle on the Right Butterfly Base (#7) into the Front Press Base from bottom. Slide a Lock Ring (#52) onto the Axle. Align the holes. Secure it with one M6 x 1 3/4" Allen Bolt (#77) and M6 Aircraft Nut (#89).
- C.) Use the M18 Quick Release Lock Pin (#55) to lock Right Butterfly (#9) at selected Front Press position.
- D.) Slide a Butterfly Large Foam Roll (#63) onto the Right Butterfly arm. Attach a Front Press Handle (#30) to the Right Butterfly. Secure it with a M10 x 1" Allen Bolt (#73) and Ø 3/4" Washer (#84).
- E.) Repeat B to D above to install the Left Butterfly Base (#8) and Left Butterfly (#10).
- F.) Attach a Swivel Pulley Brackets (#26) to an open pulley bracket on the back of Front Vertical Frame (#3). Secure it with one M10 x 2 1/2" Allen Bolt (#69), two Ø 3/4" Washers (#84), and one M10 Aircraft Nut (#83). Repeat the same step to install the other Swivel Pulley Bracket on the other side.
- G.) Attach the Backrest Board (#39) to the Backrest Board Support Frame (#24). Secure it with two M8 x 1 5/8" Allen Bolts (#75) and two Ø 5/8" Washers (#86). Insert the Support Frame into the open slot on Front Vertical Frame. Use a M18 Lock Knob (#54) lock the Support Frame at selected position.

# DIAGRAM 4

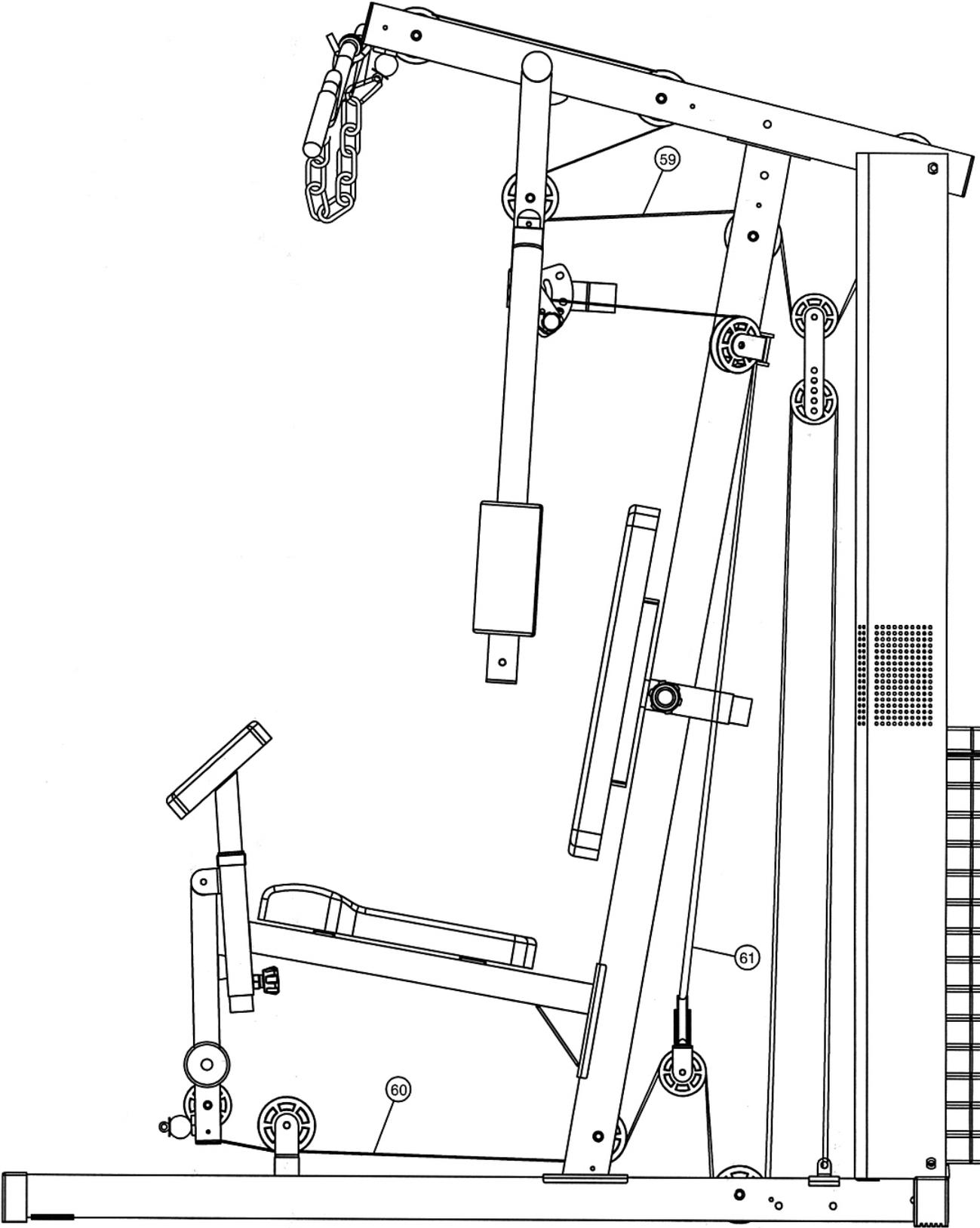


- A.) Attach the Main Seat Support (#1) to the Front Vertical Frame (#3). Secure it with two M10 x 3 1/2" Carriage Bolts (#78), one 4 3/4" x 1 3/4" Bracket (#22), two Ø 3/4" Washers (#84), and two M10 Aircraft Nuts (#83).
- B.) Attach the Seat Bracket (#20) onto the Main Seat Support. Place the Seat Pad (#38) onto Main Seat Support and Seat Bracket. Secure it with two M8 x 3" Allen Bolts (#74), two M8 x 5/8" Allen Bolts (#76), and four Ø 5/8" Washers (#86).
- C.) Insert the Leg Developer Axle (#113) into the pivot on Leg Developer (#11). Attach the Leg Developer to the open bracket on the Main Seat Support. Secure Axle to the bracket with one M10 x 1" Allen Bolt1 (#73) and one Ø 3/4" Washer (#84) on each end of Axle.
- D.) Insert the Foam Tube (#28) halfway through the holes on the Leg Developer. Push two Foam Rolls (#64) onto the Foam Tube from both ends.
- E.) Attach the Arm Curl Pad (#40) to the Arm Curl Stand (#12). Secure it with two M8 x 5/8" Allen bolts (#76) and two Ø 5/8" Washers (#86). Insert the Arm Curl Stand into the front opening on the Main Seat Support. Use a M18 Lock Knob (#54) to lock the Arm Curl Stand in position.

**DIAGRAM 5**



# CABLE LOOP DIAGRAM



## STEP 6 (See Diagram 6 & Cable Loop Diagram)

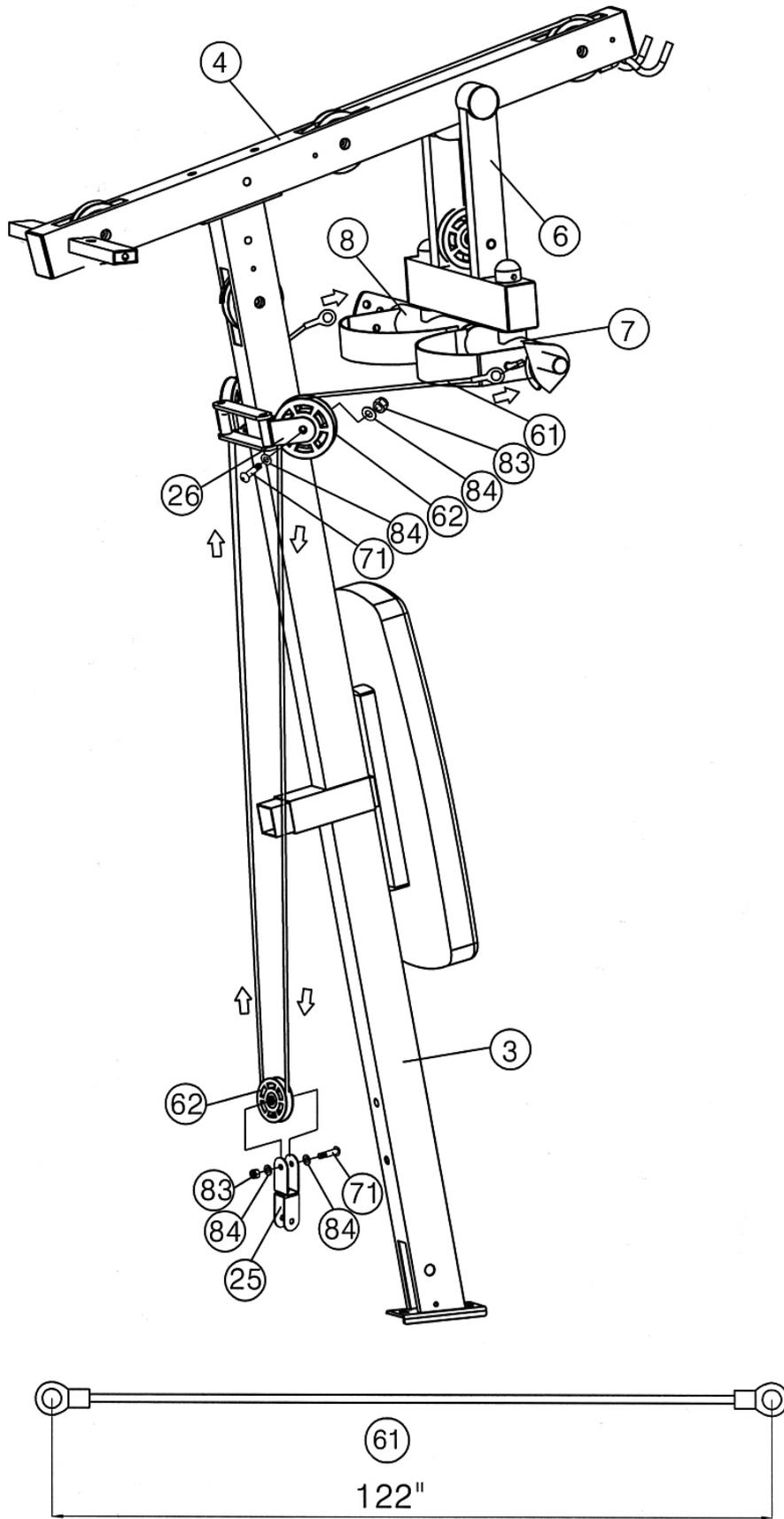
- A.) Attach the 118" Upper Cable (#59) to the opening on the front of the Upper Frame (#4). **Note:** The Ball Stopper on the cable should be underneath the Frame.
- B.) Attach a Pulley (#62) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#69), two Ø 1" x 5/8" Pulley Bushings (#44), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable over the Pulley towards the back of the machine to the second opening on the Upper Frame. Repeat step B above to install a Pulley.
- D.) Draw the Cable around the Pulley then pull back to the opening on the Front Press Base (#6).
- E.) Attach a Pulley to the opening on the Front Press Base. Secure the Pulley with one M10 x 6 ¾" Allen Bolt (#97), two Ø ¾" Washers (#84), and one M10 Aircraft Nut (#83).
- F.) Draw the Cable around the Pulley and then to the opening on the Front Vertical Frame (#3). Repeat Step B to install a Pulley.
- G.) Draw the Cable around the Pulley then pull the Cable downwards. Attach the Cable to two Double Floating Pulley Brackets (#23). Attach a Pulley and an L-shaped Cable Retainer (#27) to the top holes on the Brackets. Secure them with one M10 x 1 ¾" Allen Bolts (#71), two Ø ¾" Washers (#84), and one M10 Aircraft Nut (#83). Let the Brackets hanging just for now.
- H.) Pull the Cable upward to the opening on the rear of Upper Frame. Repeat B to install a Pulley.
- I.) Pull the Cable downward between the two Guide Rods (#13) to the Selector Rod (#14). Thread the bolt at the end of the Cable into the opening on top of the Selector Rod to secure the Cable.



## **STEP 7 (See Diagram 7 & Cable Loop Diagram)**

- A.) Attach one end of the 122" Butterfly Cable (#61) onto the hook on the Right Butterfly Base (#7).
- B.) Draw the Cable to the right Swivel Pulley Bracket (#26).
- C.) Attach a Pulley (#62) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#71), two Ø 3/4" Washers (#84), and one M10 Aircraft Nut (#83).
- D.) Draw the Cable around the Pulley then downward. Attach the Cable to an Angled Floating Pulley Bracket (#25). Repeat C to install another Pulley. Let the Bracket hang for now.
- E.) Pull the Cable around the Pulley then upward to the left Swivel Pulley Bracket. Repeat Step C above to install a Pulley.
- F.) Draw the Cable to the Left Butterfly Base (#8). Repeat A to secure the end of the Cable to the Left Butterfly Base.

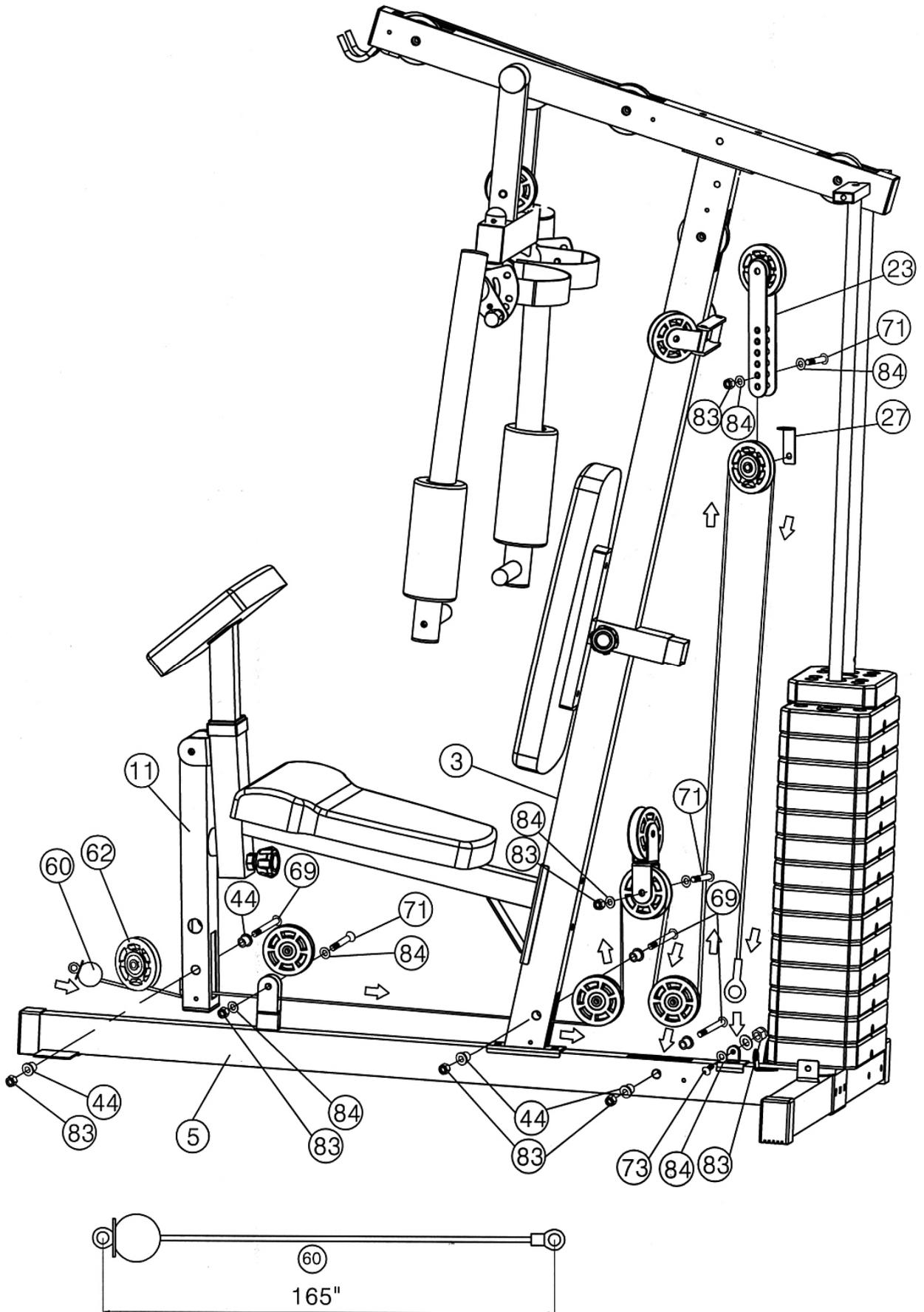
# DIAGRAM 7



## **STEP 8 (See Diagram 8 & Cable Loop Diagram)**

- A.) Attach the 165" Lower Cable (#60) to the opening on the bottom of the Leg Developer (#11).
- B.) Attach a Pulley (#62) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#69), two Ø 1" x Ø 5/8" Bushings (#44), and one M10 Aircraft Nut (#83).
- C.) Draw the Cable underneath the Pulley to the open bracket on Base Frame (#5).
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#71), two Ø ¾" Washers (#84), and one M10 Aircraft Nut (#83).
- E.) Draw the Cable underneath the Pulley to the opening on the bottom of Front Vertical Frame (#3). Repeat Step B above to install a Pulley.
- F.) Draw the Cable underneath the Pulley then pull the Cable upward to the Angled Floating Pulley Bracket (#25) previously installed in Step-7. Repeat D to install a Pulley.
- G.) Draw the Cable around the Pulley then downward to the opening on the Base Frame (#5). Repeat B to install another Pulley.
- H.) Pull the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#23) previously installed in Step-6. Repeat D to install a Pulley with an L-shaped Cable Retainer (#27). Adjust the Cable tension by adjusting this Pulley position on the Brackets. If the tension is too tight then move the Pulley down by one hole. If the tension is too loose then move up one hole.
- I.) Draw the Cable around the Pulley then pull downward. Attach end of the Cable to a bracket on the Base Frame. Secure it with one M10 x 1" Allen Bolt (#73), two Ø ¾" Washers (#84), and one M10 Aircraft Nut (#83).

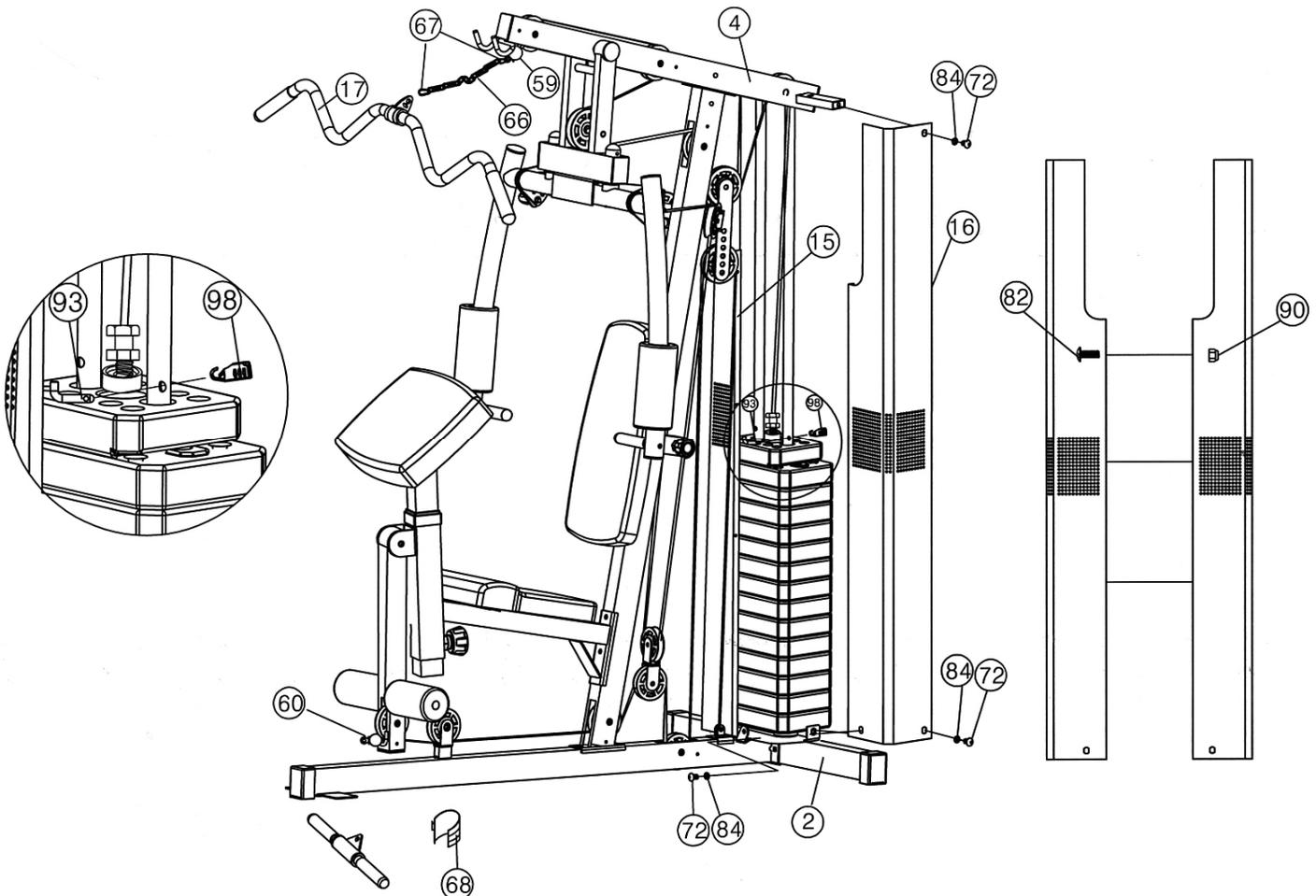
DIAGRAM 8



## STEP 9 (See Diagram 9)

- A.) Attach a Chain (#66) to the Upper Cable (#59) by using a Hook (#67). Attach the Lat Bar (#17) to the Chain by using another Hook.
- B.) Remove Lat Bar from the Chain. Remove and attach the Chain to the Lower Cable (#60) by using the Hook (#67). Attach the Shiver Bar Handle (#19) to the Chain by using another Hook.
- C.) Adjust the length of the Chain to obtain the desired Lat Bar or Arm Curl exercise. Replace Shiver Bar Handle with Ankle Strap (#68) for various exercises. Remove the Chain and Shiver Bar Handle when using the Leg Developer.
- D.) Attach Right & Left Weight Stack Covers (#15 & #16) to the Upper Frame (#4), Base Frame (#5), and Rear Base Frame (#2). Secure them with six M10 x 5/8" Allen Bolts (#72) and  $\varnothing$  3/4" Washers (#84).
- E.) From the back of the Covers, secure the two covers together with three M5 x 3/8" Philips Screws (#82) and three M5 Aircraft Nuts (#90).
- F.) Insert an L-shaped Lock Pin (#93) through the hole on Guide Rod and lock with a Combination Lock (#98) to prevent any un-authorized usage of the machine.
- G.) Unlock the Lock and attach it to Selector Rod before using the machine.
- H.) Please refer Lock Combination set up in page 26.

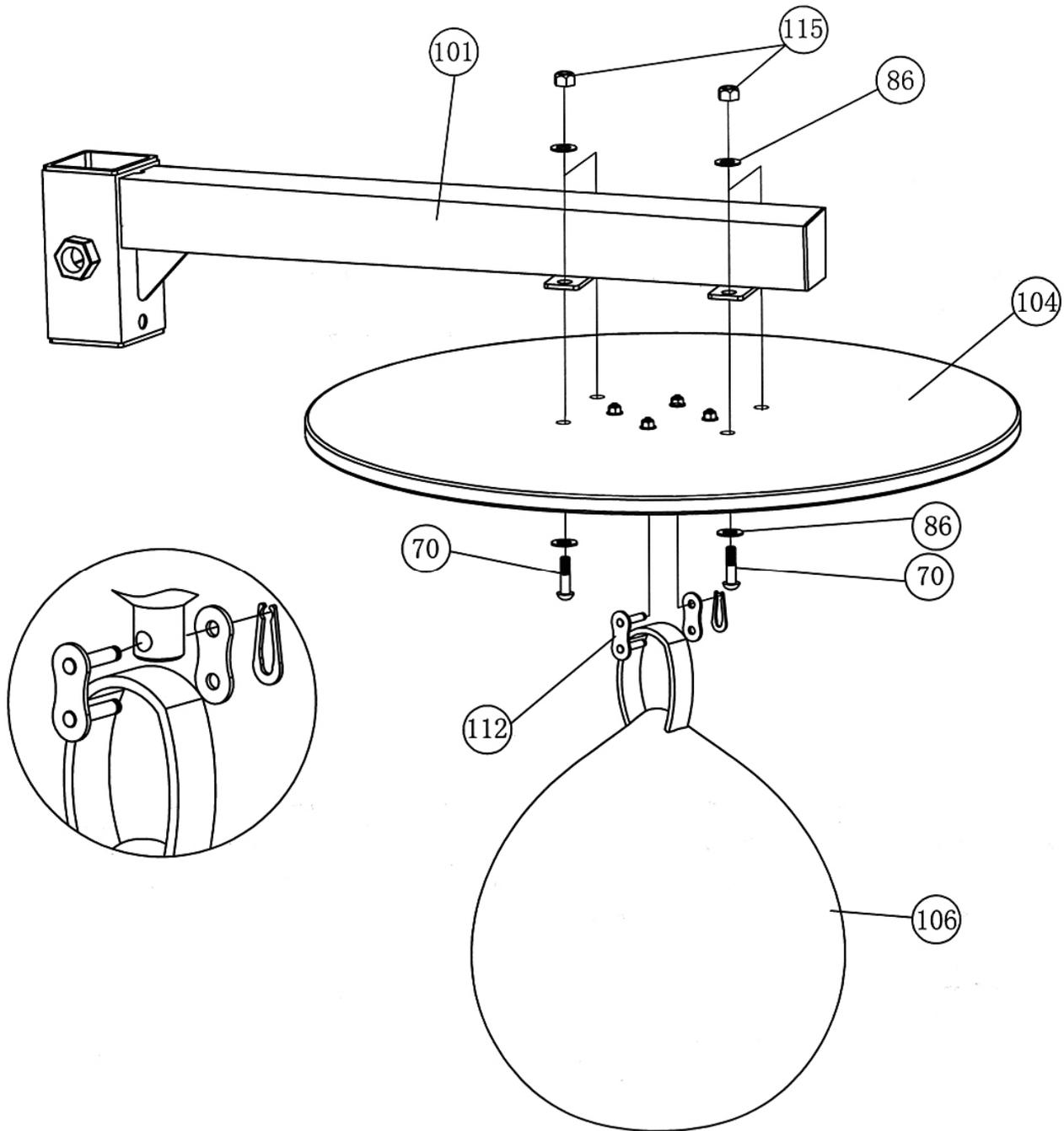
### DIAGRAM 9



**Step 10 (See Diagram 10)**

- A.) Attach the Speed Bag Board (#104) to Speed Bag Hanging Frame (#101). Secure it with four M8 x 1 1/8" Allen Bolts (#70), eight Ø 5/8" Washers (#86), and four M8 Aircraft Nuts (#115).
- B.) Use the Locking Clip (#112) to secure the Speed Bag (#106) to the Speed Bag Board.

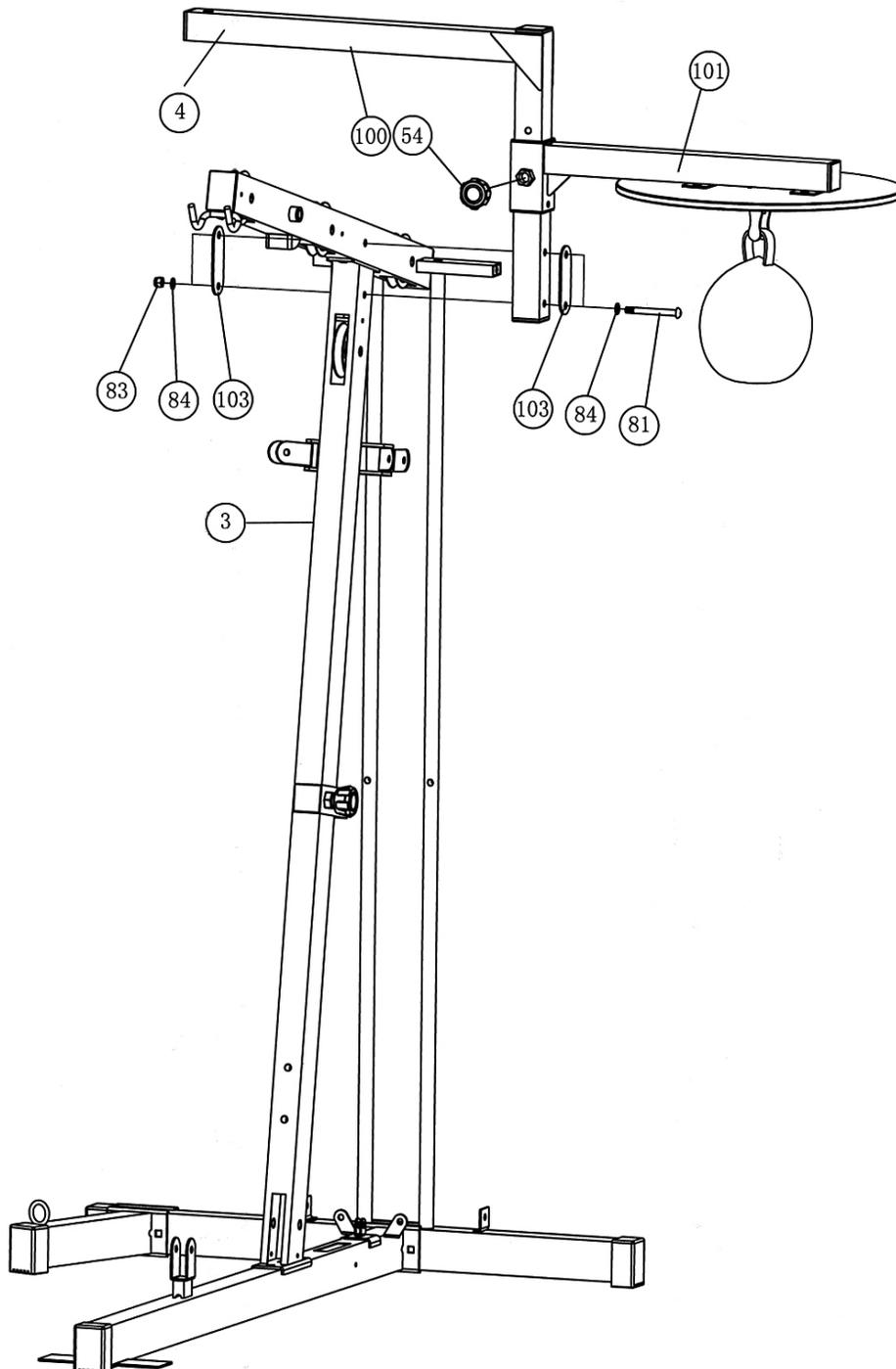
**DIAGRAM 10**



**Step 11 (See Diagram 11)**

- A.) Slide the Speed Bag Hanging Frame (#101) onto the Hanging Frame (#100) from bottom. Use the M18 Lock Knob (#54) to lock the Speed Bag Hanging Frame at desired height.
- B.) Attach the Hanging Frame to Front Vertical Frame (#3) and Upper Frame (#4). Secure them together with two M10 x 4 3/4" Allen Bolts (#81), two Hanging Frame Brackets (#103), four Ø 3/4" Washers (#84), and two M10 Aircraft Nuts (#83).

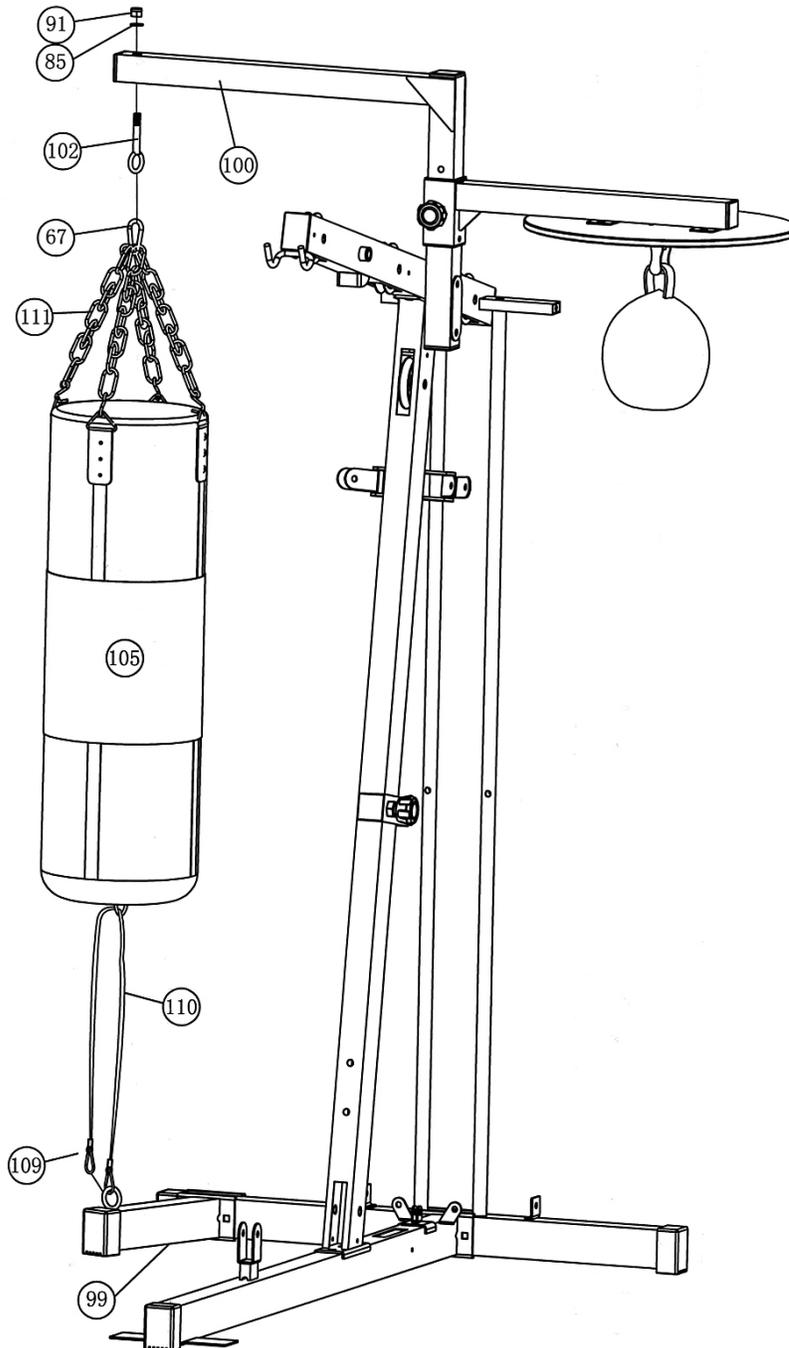
**DIAGRAM 11**



## Step 12 (See Diagram 12)

- A.) Thread the Heavy Bag Hanging Bolt (#102) through Hang Frame (#100) from bottom and secure with one Ø 1" Washer (#85) and M12 Aircraft Nut (#91).
- B.) Hook four 7-link Chains (#111) to the Heavy Punch Bag (#105). Attach the four Chains to the Hanging Bolt by using a Hook (#67).
- C.) Use the Elastic Band (#110) to stabilize the Heavy Bag from bottom.

### DIAGRAM 12

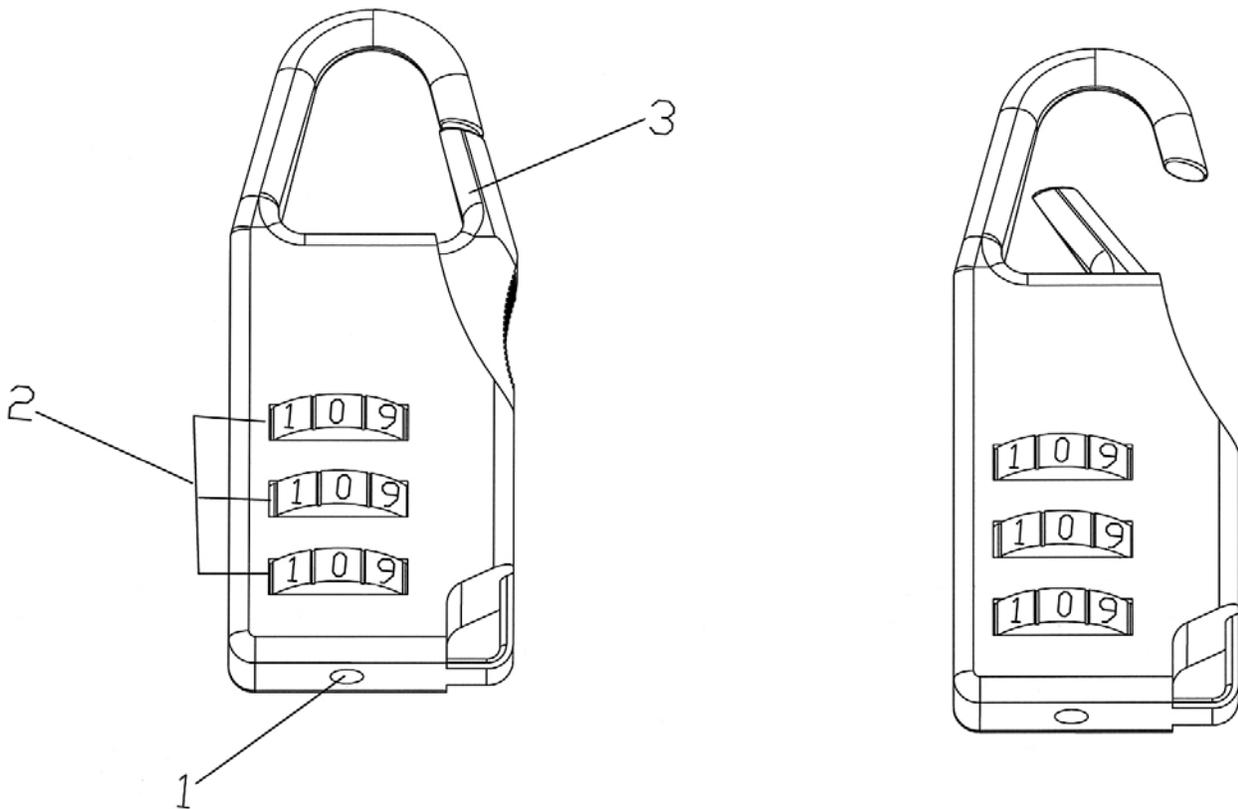


## Combination Lock Set Up Instruction

The Lock is set at the manufacturer to the open at 0-0-0 (all zeros are positioned in the middle). It is recommended to change the combination to ensure safety.

### **Please follow the below steps to change the combination:**

1. Push and hold the combination adjustment button (#1) as indicated below, while holding down the adjustment button, turn the numerical dial (#2) to set the desired combination in the middle. Release the button (#1). Set the two other numerical dials the same way. This only needs to be done once.
2. To lock, turn the dials so the Lock shows random numbers.
3. To unlock, turn the dials to the combination setup in step one, press the shackle (#3) to open.

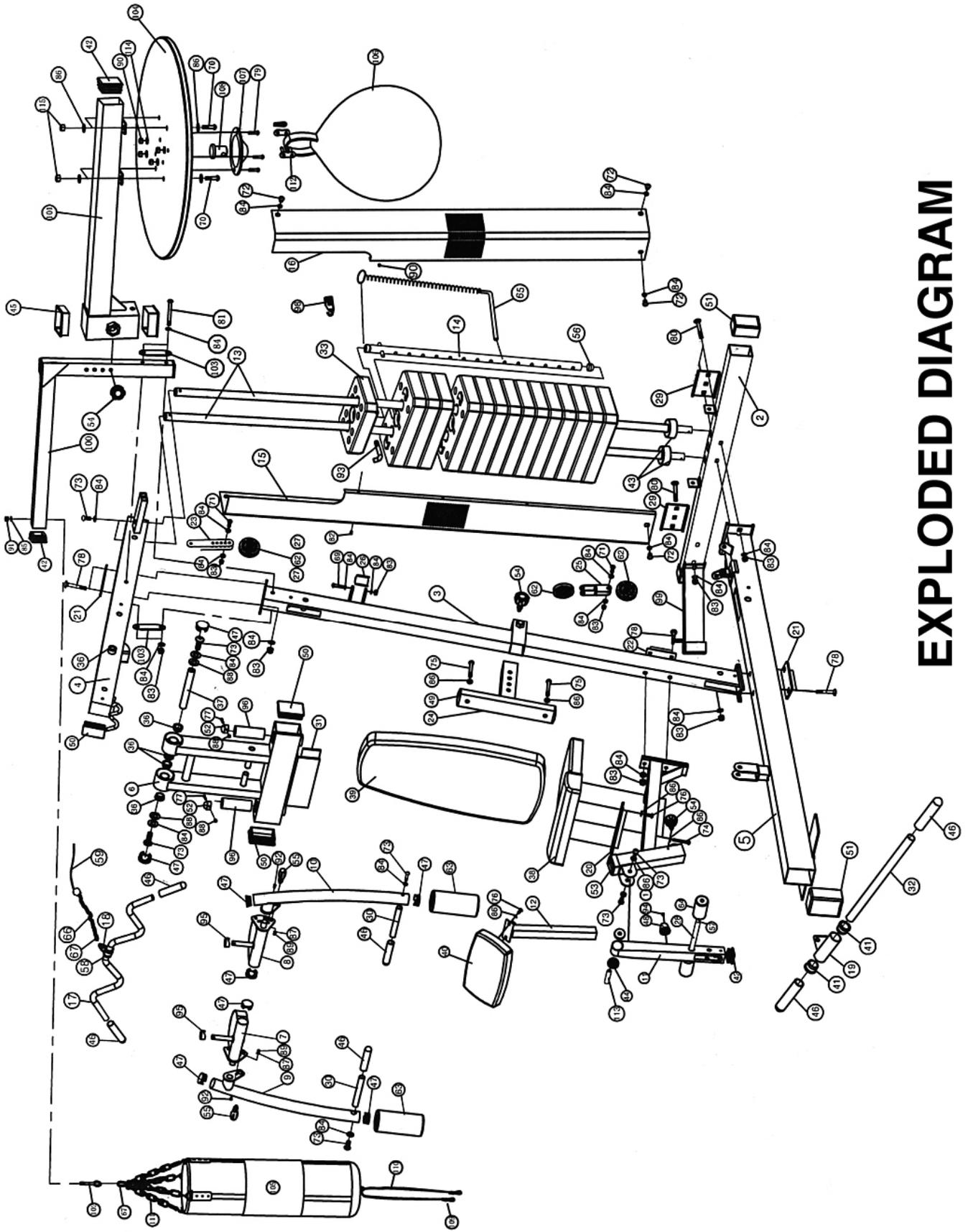


## PARTS LIST

| KEY NO. | DESCRIPTION                    | Q'ty |    |                                 |    |
|---------|--------------------------------|------|----|---------------------------------|----|
| 1       | Main Seat Support              | 1    | 45 | 2 3/8" x 2" Sleeve              | 2  |
| 2       | Rear Base Frame                | 1    | 46 | Handle Grip                     | 6  |
| 3       | Front Vertical Frame           | 1    | 47 | Ø 2" End Cap                    | 8  |
| 4       | Upper Frame                    | 1    | 48 | Ø 1 3/4" x 1 5/8" Rubber Bumper | 1  |
| 5       | Base Frame                     | 1    | 49 | 1" x 2" End Cap                 | 2  |
| 6       | Front Press Base               | 1    | 50 | 2" x 2 3/4" Flat End Cap        | 3  |
| 7       | Right Butterfly Base           | 1    | 51 | 2" x 2 3/4" End Cap             | 4  |
| 8       | Left Butterfly Base            | 1    | 52 | Lock Ring                       | 2  |
| 9       | Right Butterfly                | 1    | 53 | 2" Sleeve                       | 1  |
| 10      | Left Butterfly                 | 1    | 54 | M18 Lock Knob                   | 3  |
| 11      | Leg Developer                  | 1    | 55 | M18 Quick Release Lock Pin      | 2  |
| 12      | Arm Curl Stand                 | 1    | 56 | Ø 1" Cone-shaped End Cap        | 1  |
| 13      | Guide Rod                      | 2    | 57 | Ø 1" End Cap                    | 2  |
| 14      | Selector Rod                   | 1    | 58 | Plastic Ring                    | 2  |
| 15      | Right Weight Stack Cover       | 1    | 59 | 118" Upper Cable                | 1  |
| 16      | Left Weight Stack Cover        | 1    | 60 | 165" Lower Cable                | 1  |
| 17      | Lat Bar                        | 1    | 61 | 122" Butterfly Cable            | 1  |
| 18      | Rotate Ring                    | 1    | 62 | Pulley                          | 15 |
| 19      | Shiver Bar Handle              | 1    | 63 | Butterfly Large Foam Roll       | 2  |
| 20      | Seat Bracket                   | 1    | 64 | Foam Roll                       | 2  |
| 21      | 5 1/2" x 2" Bracket            | 2    | 65 | L-shaped Weight Selector Pin    | 1  |
| 22      | 4 3/4" x 1 3/4" Bracket        | 1    | 66 | Chain                           | 1  |
| 23      | Double Floating Pulley Bracket | 2    | 67 | Hook                            | 3  |
| 24      | Backrest Board Support Frame   | 1    | 68 | Ankle Strap                     | 1  |
| 25      | Angled Floating Pulley Bracket | 1    | 69 | M10 x 2 1/2" Allen Bolt         | 9  |
| 26      | Swivel Pulley Bracket          | 2    | 70 | M8 x 1 1/8" Allen Bolt          | 4  |
| 27      | L-shaped Cable Retainer        | 2    | 71 | M10 x 1 3/4" Allen Bolt         | 7  |
| 28      | Foam Tube                      | 1    | 72 | M10 x 5/8" Allen Bolt           | 6  |
| 29      | 4 3/8" x 3" Bracket            | 2    | 73 | M10 x 1" Allen Bolt             | 11 |
| 30      | Front Press Handle             | 2    | 74 | M8 x 3" Allen Bolt              | 2  |
| 31      | 2" x 4 3/4" Rubber Bumper      | 1    | 75 | M8 x 1 5/8" Allen Bolt          | 2  |
| 32      | Shiver Bar                     | 1    | 76 | M8 x 5/8" Allen Bolt            | 4  |
| 33      | Selector Stem                  | 1    | 77 | M6 1 1/4" Allen Bolt            | 2  |
| 34      | Weight Plate                   | 14   | 78 | M10 x 3 1/2" Carriage Bolt      | 6  |
| 35      | Leg Developer Bushing          | 2    | 79 | M5 x 1" Philips Screw           | 4  |
| 36      | Ø 1" x Ø 5/8" Bushing          | 6    | 80 | M10 x 2 3/4" Carriage Bolt      | 4  |
| 37      | 6 1/8" Front Press Axle        | 1    | 81 | M10 x 4 3/4" Allen Bolt         | 2  |
| 38      | Seat Pad                       | 1    | 82 | M5 x 3/8" Philips Screw         | 3  |
| 39      | Backrest Board                 | 1    | 83 | M10 Aircraft Nut                | 30 |
| 40      | Arm Curl Pad                   | 1    | 84 | Ø 3/4" Washer                   | 46 |
| 41      | Shiver Bar Plastic Ring        | 2    | 85 | Ø 1" Washer                     | 1  |
| 42      | 2" Square End Cap              | 4    | 86 | Ø 5/8" Washer                   | 16 |
| 43      | Ø 2 3/8" x 1" Rubber Bumper    | 2    | 87 | Ø 1/2" Washer                   | 2  |
| 44      | Ø 1" x 5/8" Pulley Bushing     | 14   | 88 | Ø 3/4" Lock Washer              | 2  |

## PARTS LIST

| KEY NO. | DESCRIPTION               | Q'ty |
|---------|---------------------------|------|
| 89      | M6 Aircraft Nut           | 4    |
| 90      | M5 Aircraft Nut           | 7    |
| 91      | M12 Aircraft Nut          | 1    |
| 92      | M8 x 3/4" Allen Bolt      | 2    |
| 93      | L-shaped Lock Pin         | 1    |
| 94      | M6 x 5/8" Philips Screw   | 1    |
| 95      | Rubber Spacer             | 2    |
| 96      | Ø 1 1/8" x 3 1/4" Bushing | 2    |
| 97      | M10 x 6 3/4" Allen Bolt   | 1    |
| 98      | Combination Lock          | 1    |
| 99      | Heavy Bag Base Frame      | 1    |
| 100     | Hanging Frame             | 1    |
| 101     | Speed Bag Hanging Frame   | 1    |
| 102     | Heavy Bag Hanging Bolt    | 1    |
| 103     | Hanging Frame Bracket     | 2    |
| 104     | Speed Bag Board           | 1    |
| 105     | Heavy Bag                 | 1    |
| 106     | Speed Bag                 | 1    |
| 107     | Speed Bag Hanging Bracket | 1    |
| 108     | Speed Bag Axle            | 1    |
| 109     | Heavy Bag Hook            | 2    |
| 110     | Elastic Band              | 1    |
| 111     | Heavy Bag 7-link Chain    | 4    |
| 112     | Locking Clip              | 1    |
| 113     | Leg Developer Axle        | 1    |
| 114     | Ø 3/8" Washer             | 4    |
| 115     | M8 Aircraft Nut           | 4    |



# EXPLODED DIAGRAM

## PM3205 WEIGHT RESISTANCE CHART

|               | WEIGHT PLATE |    |    |    |    |    |     |     |     |
|---------------|--------------|----|----|----|----|----|-----|-----|-----|
| Station       | 1            | 2  | 3  | 4  | 5  | 6  | 7   | 8   | 9   |
| Front Press   | 30           | 42 | 54 | 66 | 78 | 90 | 102 | 114 | 126 |
| Lat Pull      | 30           | 40 | 50 | 60 | 70 | 80 | 90  | 100 | 110 |
| Butterfly     | 15           | 20 | 25 | 30 | 35 | 40 | 45  | 50  | 55  |
| Low Pulley    | 30           | 40 | 50 | 60 | 70 | 80 | 90  | 100 | 110 |
| Leg Developer | 30           | 40 | 50 | 60 | 70 | 80 | 90  | 100 | 110 |
|               |              |    |    |    |    |    |     |     |     |

|               | WEIGHT PLATE |     |     |     |     |  |  |  |  |
|---------------|--------------|-----|-----|-----|-----|--|--|--|--|
| Station       | 10           | 11  | 12  | 13  | 14  |  |  |  |  |
| Front Press   | 138          | 150 | 162 | 174 | 186 |  |  |  |  |
| Lat Pull      | 120          | 130 | 140 | 150 | 160 |  |  |  |  |
| Butterfly     | 60           | 65  | 70  | 75  | 80  |  |  |  |  |
| Low Pulley    | 120          | 130 | 140 | 150 | 160 |  |  |  |  |
| Leg Developer | 120          | 130 | 140 | 150 | 160 |  |  |  |  |
|               |              |     |     |     |     |  |  |  |  |

**Note: Each plate weights 10 lbs.  
 Numbers are approximate. Actual weights may vary.  
 Values for Butterfly are for each arm.**

# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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](http://www.impex-fitness.com)

**IMPEX<sup>®</sup> INC.**  
**2801 S. Towne Ave.**  
**Pomona, CA 91766**

### **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](mailto: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