

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Resistance Chart

Warranty

Ordering Parts

Model
MWM1600

Retain This
Manual for
Reference

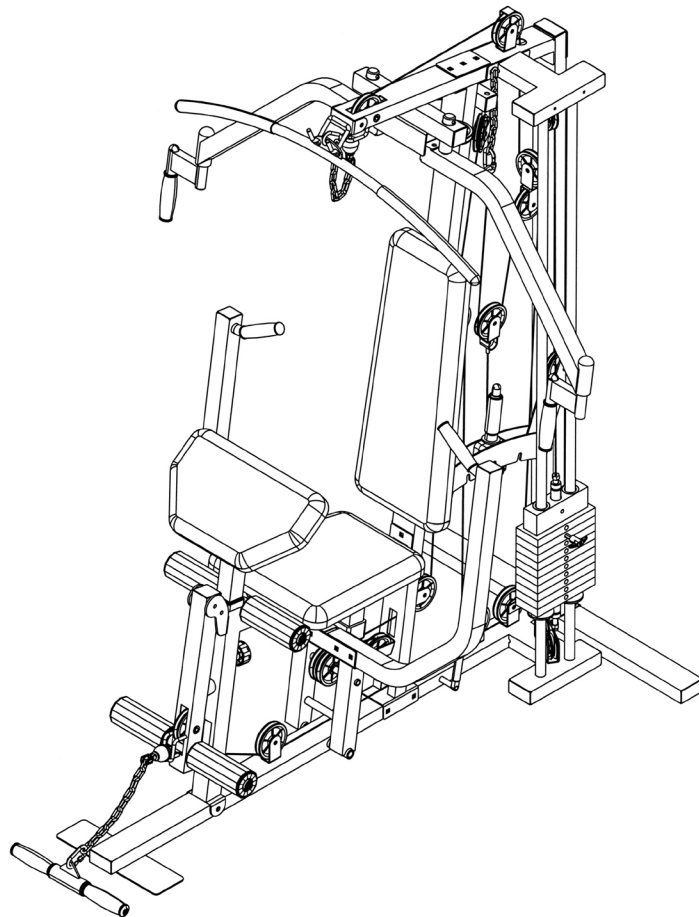
07-17-03

OWNER'S
MANUAL

IMPEx
FITNESS PRODUCTS

MARCY HOME GYM

MWM 1600



IMPEx FITNESS PRODUCTS

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BEFORE YOU BEGIN

Thank you for selecting the MARCY MWM 1600 HOME GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

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

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

HARDWARE IDENTIFIER

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

MILLIMETERS



M6



M8

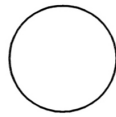


M10

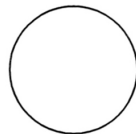
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

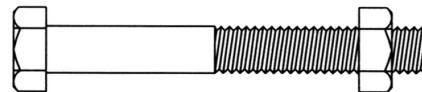
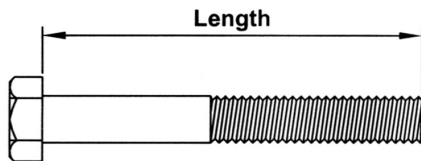
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

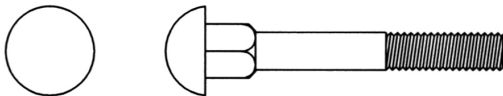


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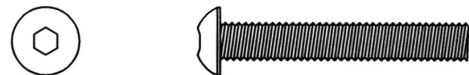
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

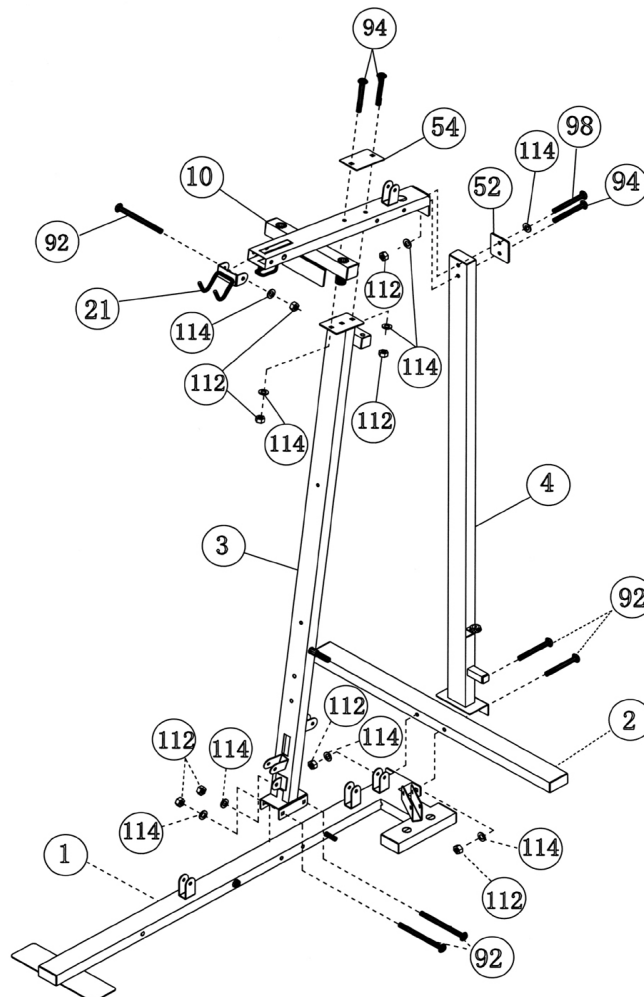
Tools Required to Assemble the Machine: Two Adjustable Wrenches and Allen Wrenches

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 Rear Stabilizer (#2) to the back of the Base Frame (#1). Then attach the Rear Vertical Beam (#4) to the back of the Rear Stabilizer (#2). Align the holes and secure it with two M10 x 3 3/4" Carriage Bolts (#92), \varnothing 3/4" Washers (#114), and M10 Aircraft Nuts (#112). DO NOT tighten all the nuts and bolts yet.
- B.) Attach the Front Vertical Beam (#3) to the Base Frame (#1). Secure it with two M10 x 3 3/4" Carriage Bolts (#92), \varnothing 3/4" Washers (#114), and M10 Aircraft Nuts (#112).
- C.) Attach the Upper Frame (#10) to the top of the Vertical Beam (#3) & (#4). Secure the front with two M10 x 2 3/8" Carriage Bolts (#94), one 4 5/8" x 3" Bracket (#54), two \varnothing 3/4" Washers (#114), and two M10 Aircraft Nuts (#112). Secure the back with a M10 x 2" Allen Bolt (#98), \varnothing 3/4" Washer (#114) and 3 1/8" x 3" Bracket (#52) to the top hole. Use one M10x2 3/8" Carriage Bolt (#94), \varnothing 3/4" Washer (#114) and M10 Aircraft Nut (#112) to secure the bottom hole.
- D.) Attach the Lat Bar Holder (#21) to Upper Frame (#10). Secure it with a M10 x 3 3/4" Carriage Bolt (#92), \varnothing 3/4" Washer (#114) and M10 Aircraft Nut (#112).

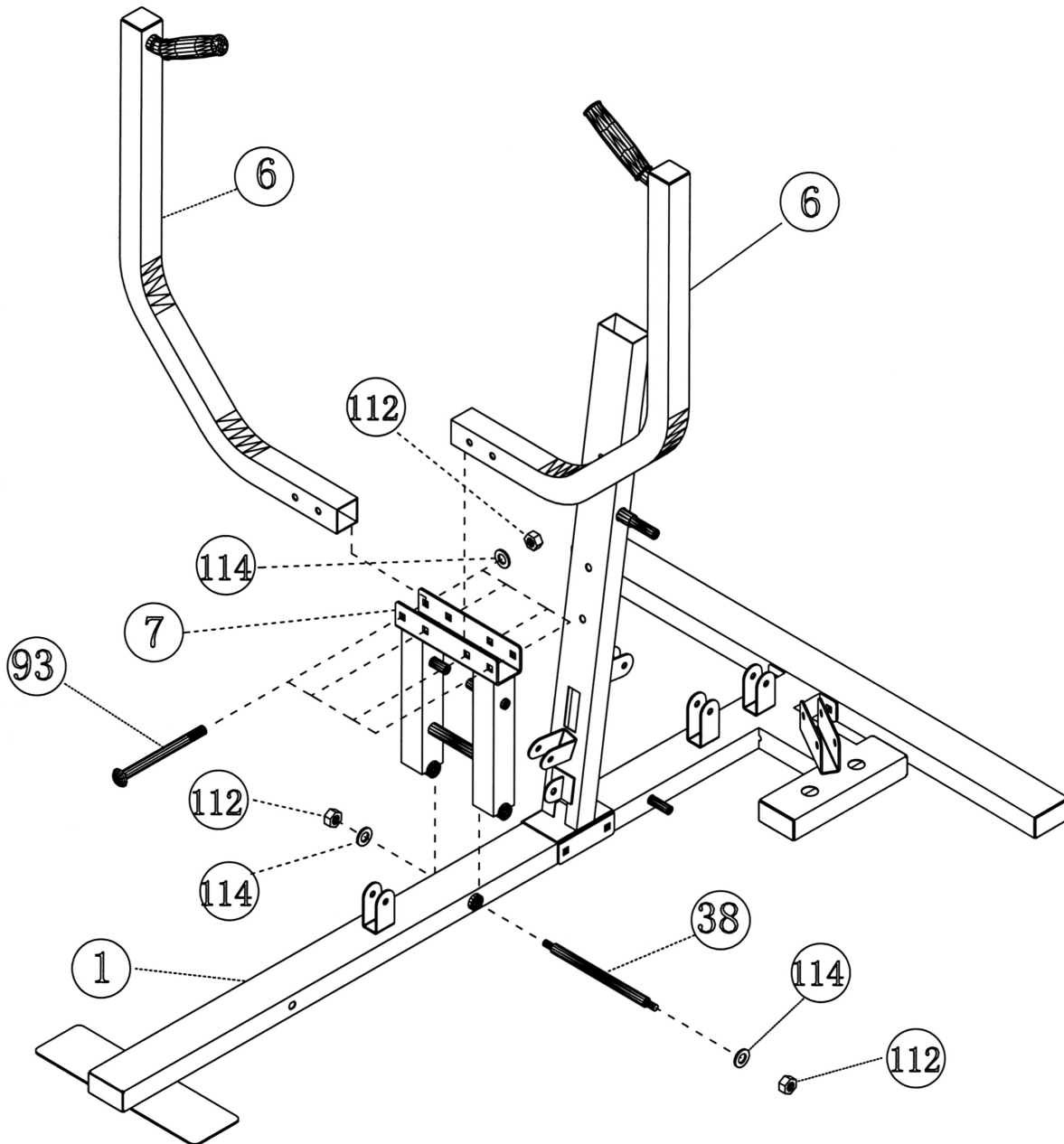
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Front Press Base (#7) to the Base Frame (#1). Align the holes and insert through a M10 x 9 5/8" Axle (#38). Secure the Axle with two $\varnothing \frac{3}{4}$ " Washers (#114) and M10 Aircraft Nuts (#112).
- B.) Attach the Front Presses (#6) to the Front Press Base (#7). Secure it with four M10 x 2 1/2" Carriage Bolts (#93), $\varnothing \frac{3}{4}$ " Washers (#114), and M10 Aircraft Nuts (#112).

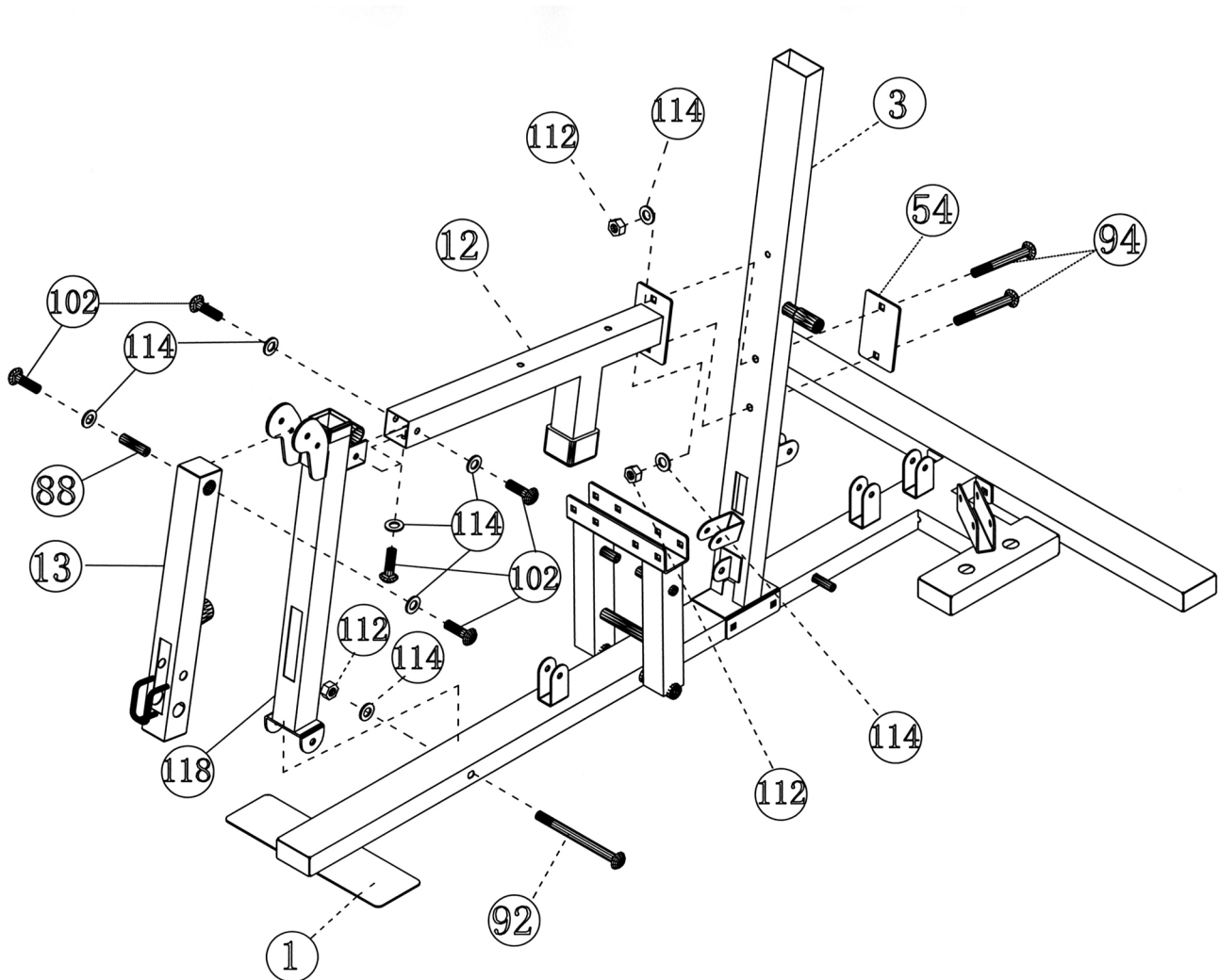
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Seat Support (#12) to the Leg Developer Holder (#118). Secure it with three M10 x 5/8" Allen Bolts (#102) and \varnothing 3/4" Washers (#114).
- B.) Attach the Leg Developer Holder (#118) to the Base Frame (#1). Secure it with a M10 x 3 3/4" Carriage Bolt (#92), \varnothing 3/4" Washer (#114) and M10 Aircraft Nut (#112). Attach the other end of Seat Support (#12) with bracket to the Front Vertical Beam (#3). Attach the 4 5/8" x 3" Bracket (#54) to the back of Front Vertical Beam (#3). Then Secure the Vertical Beam with two M10 x 2 3/8" Carriage Bolts (#94), \varnothing 3/4" Washers (#114), and M10 Aircraft Nuts (#112). NOTE: Make sure the Bench Press is in front of the stopper underneath the Seat Support.
- C.) Attach the Leg Developer (#13) to the bracket on top of the Leg Developer Holder (#118). Insert a M10 x 2 1/8" Leg Developer Axle (#88). Secure it with two M10 x 5/8" Allen Bolts (#102) and \varnothing 3/4" Washers (#114). Securely tighten all the nuts and bolts previously installed.

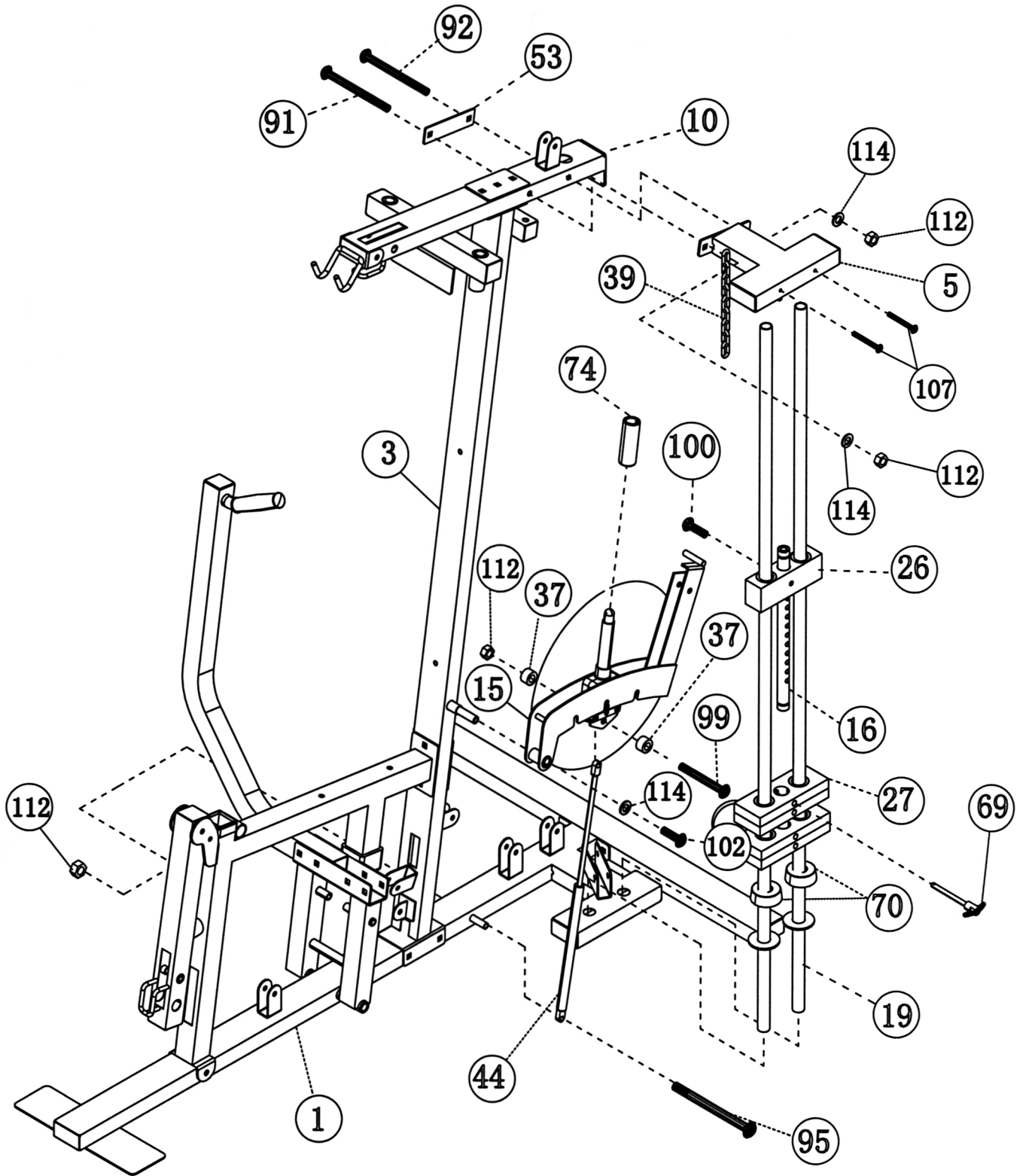
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Slide two Rubber Bumpers (#70) onto the two Weight Plate Guide Rods (#19). Insert the two Rods into the holes on the Base Frame (#1).
- B.) Slide ten Weight Plates (#27) from the top of the Guide Rods (#19) down to the Bumper. Insert the Selector Rod (#16) into the center hole on the Plates. Slide the Selector Stem (#26) onto the Guide Rods (#19). Align the hole and secure the Selector Stem (#26) to the Selector Rod (#16) with a M10 x 1 1/2" Allen Bolt (#100).
- C.) Attach the Top Socket Assembly (#5) to the top of the Guide Rods (#19). Secure it to the Guide Rods with two M6 x 1 1/8" Philips Head Screws (#107).
- D.) Attach a 5 5/8" x 1 1/2" Bracket (#53) to the other side of Upper Frame. Secure the Top Socket Assembly (#5) to Upper Frame (#10) with a M10 x 3 3/4" Carriage Bolt (#92), to the back hole. Tighten with a \varnothing 3/4" Washer (#114) and M10 Aircraft Nut (#112). Insert a M10 x 4 1/8" Carriage Bolt (#91) through the front hole. Slide a Long Chain (#39) onto the Bolt from the Top Socket Assembly side. Secure them with a \varnothing 3/4" Washer (#114) and M10 Aircraft Nut (#112).
- E.) Attach the Power Booster Frame (#15) onto the axle on the Front Vertical Beam (#3). Secure it with a M10 x 5/8" Allen Bolt (#102) and \varnothing 3/4" Washer (#114).
- F.) Attach the top of the Air Shock (#44) to the bottom of the Booster Frame (#15). Align the holes and secure it with one M10 x 1 3/4" Allen Bolt (#99), two \varnothing 1/2" Spacers (#37), one M10 Aircraft Nut (#112).
- G.) Attach the bottom of the Air Shock (#44) to the axle on the Base Frame (#1). Secure it with a M10 x 5 5/8" Allen Bolt (#95) and M10 Aircraft Nut (#112).
- H.) Lubricate the inside of the Power Booster Handle Foam Grip (#74) with water. Slide it onto the handle.

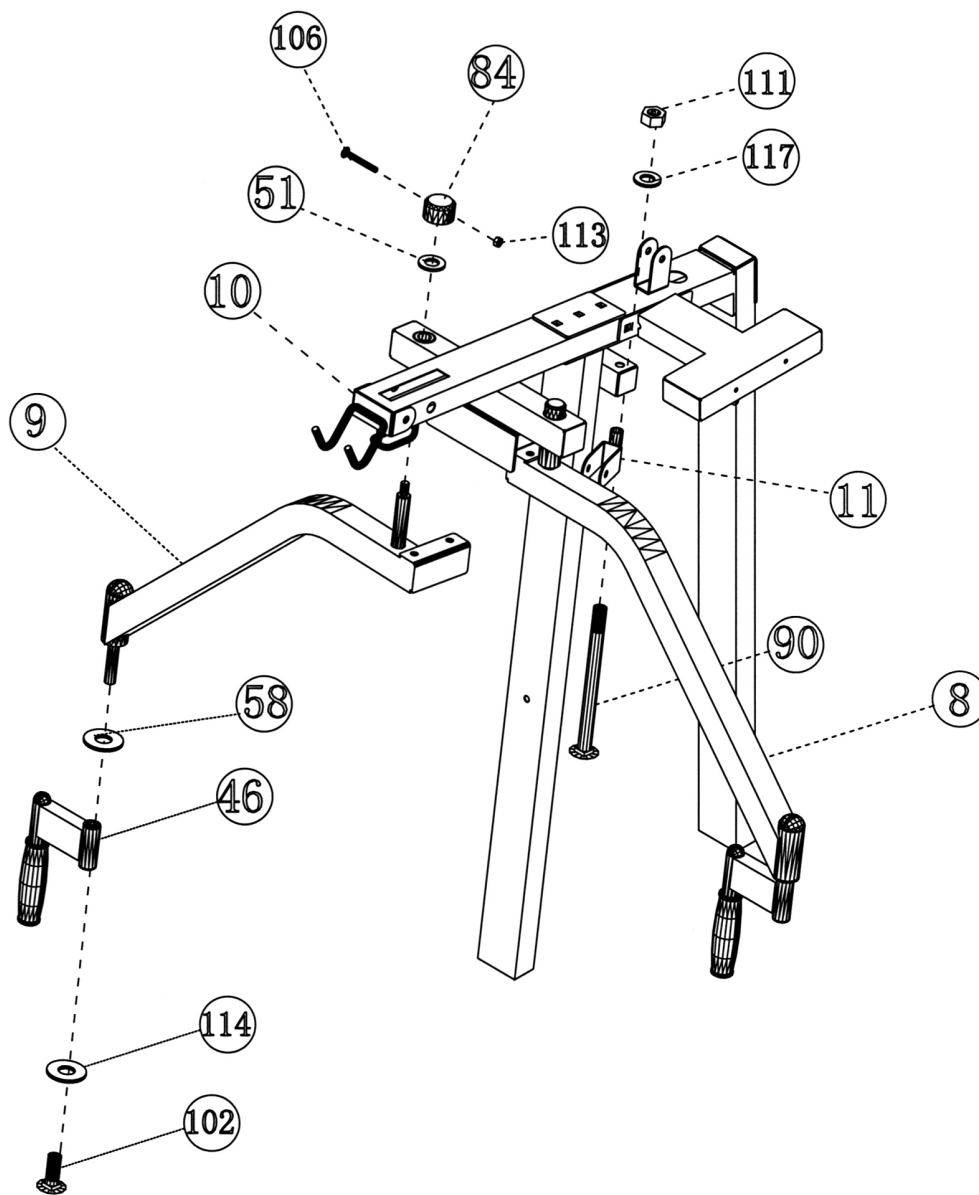
DIAGRAM 4



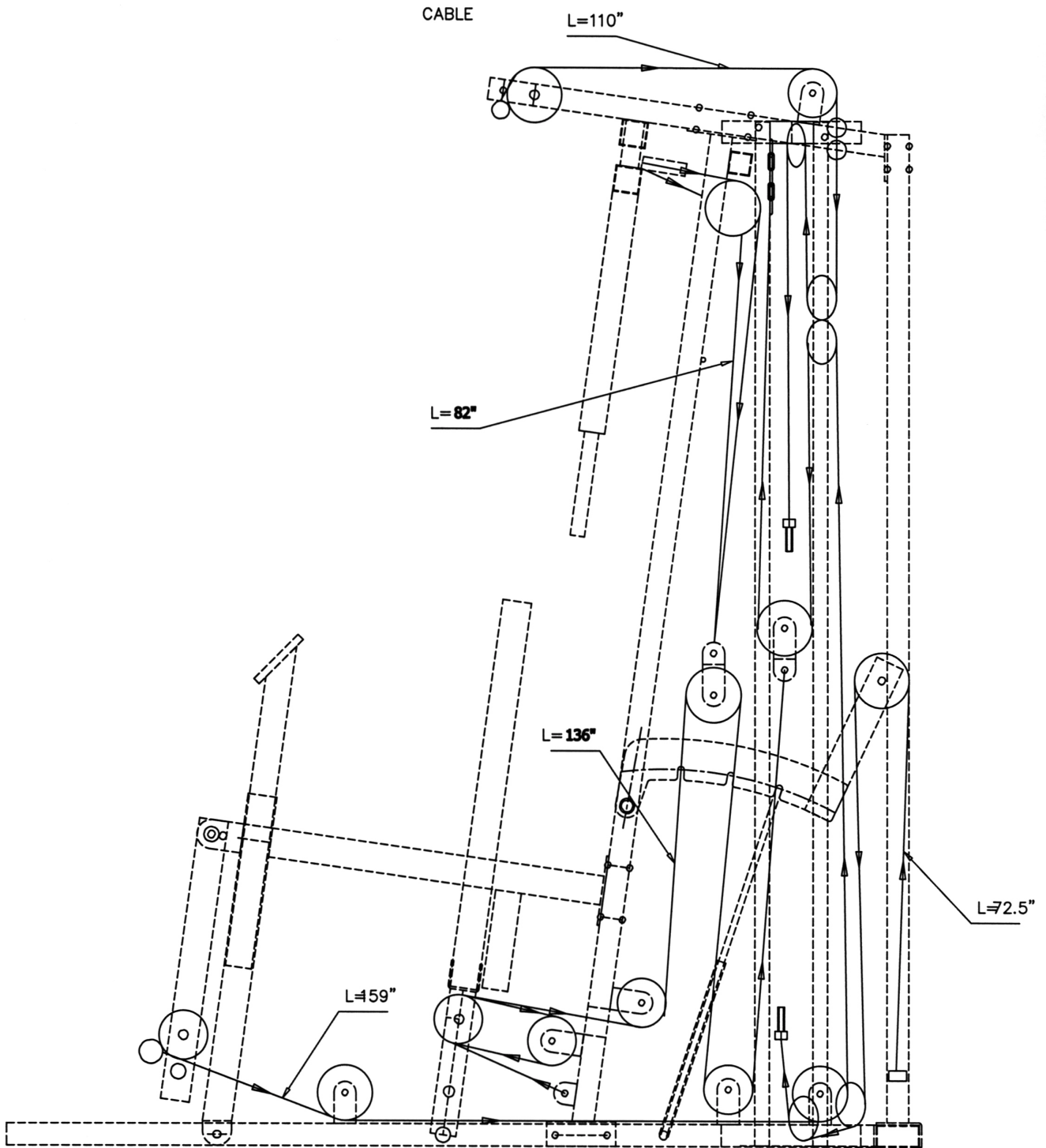
STEP 5 (See Diagram 5)

- A.) Attach the Right Butterfly (#9) to the Upper Frame (#10). Slide a $\text{Ø}1\frac{1}{2}$ " Washer (#51) and $\text{Ø}1\frac{3}{8}$ " Steel Cap (#84) onto the axle. Secure the Cap with a M6 x $1\frac{1}{2}$ " Hex Bolt (#106) and M6 Aircraft Nut (#113). Attach a $\text{Ø}1\frac{1}{2}$ " Washer (#58) and Butterfly Handle (#46) to the Right Butterfly (#9). Secure it with a M10 x $\frac{5}{8}$ " Allen Bolt (#102) and $\text{Ø}\frac{3}{4}$ " Washer (#114).
- B.) Repeat the step (A) above to install the Left Butterfly (#8).
- C.) Attach a Butterfly Pulley Bracket (#11) to the hole on top of the Front Vertical Beam (#3). Secure it with a M12 x $4\frac{1}{4}$ " Hex Bolt (#90), $\text{Ø}1$ " Washer (#117) and M12 Aircraft Nut (#111). DO NOT over tighten the nut and bolt. Make sure the Bracket is able to swivel.
- D.) Repeat the step (C) above to install the other Butterfly Pulley Bracket on the other side.

DIAGRAM 5



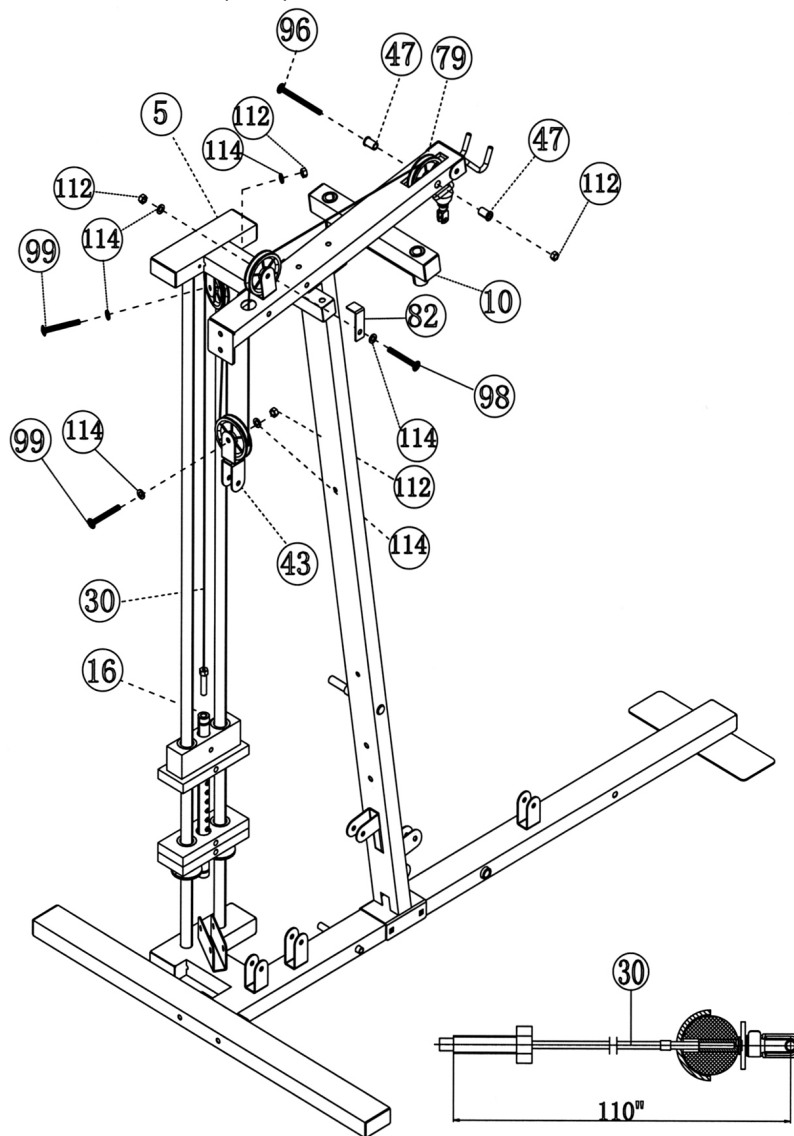
CABLE LOOP DIAGRAM



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Insert the 110" Upper Cable (#30) through the opening at the front of the Upper Frame (#10). NOTE: The Ball Stopper on the Cable should be underneath the Frame. Attach a Big Pulley (#79) to the opening and secure it with one M10 x 3 1/2" Allen Bolt (#96), two $\text{\O}7/8"$ x 1" Bushings (#47), and a M10 Aircraft Nut (#112).
- B.) Draw the Cable (#30) towards back of the machine and insert through the opening on the back of the Upper Frame (#10). Attach a Pulley (#79) to the bracket next to the opening. Secure it with one M10 x 2" Allen Bolt (#98), two $\text{\O}3/4"$ Washers (#114), one 2 1/8" L-Shaped Bracket (#82), and one M10 Aircraft Nut (#112). The purpose of the Bracket is to prevent the Cable from coming off the Pulley. Turn the Bracket so the "Bent" is over but not touching the Pulley.
- C.) Attach a Pulley (#79) and a Double Floating Pulley Bracket (#43) to the Cable (#30). Secure it with one M10 x 1 3/4" Allen Bolt (#99), two $\text{\O}3/4"$ Washers (#114), and one M10 Aircraft Nut (#112). Let the Bracket hanging for now.
- D.) Pull the Cable (#30) upward towards the bracket on the bottom of the Top Socket Assembly (#5). Attach a Pulley (#79) to the bracket and secure it with one M10 x 1 3/4" Allen Bolt (#99), two $\text{\O}3/4"$ Washers (#114) and one M10 Aircraft Nut (#112).
- E.) Pull the Cable (#30) downward towards the weight stack. Screw the cable into the top opening on the Selector Rod (#16).

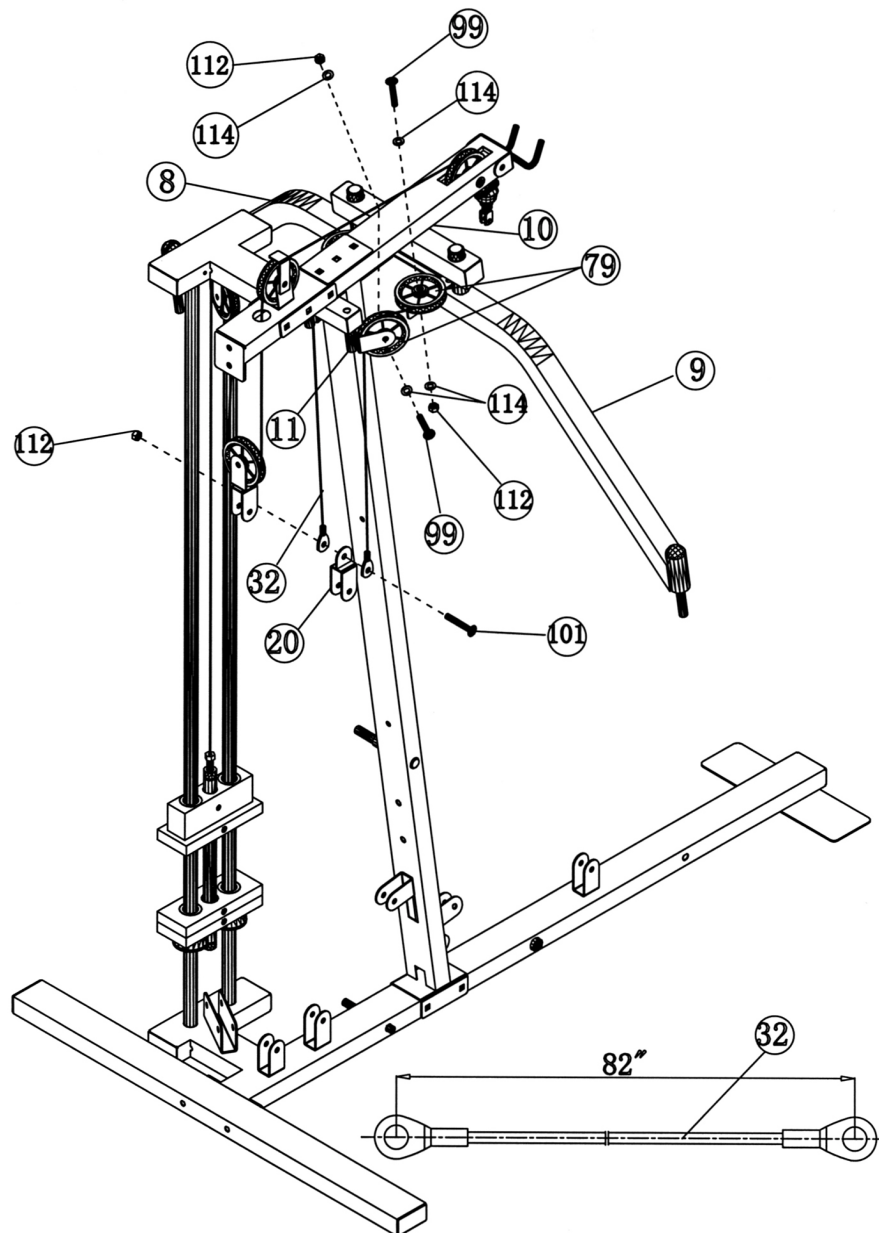
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach a Pulley (#79) to the bracket on the Right Butterfly (#9). Secure it with a M10 x 1 3/4" (#99), two Ø 3/4" Washers (#114), and one M10 Aircraft Nut (#112).
- B.) Repeat the step (A) above to install another Pulley to the Left Butterfly.
- C.) Attach the 82" Butterfly Cable (#32) to the Butterfly Pulley Bracket (#11). Install a Pulley (#79) and secure it with a M10 x 1 3/4" Allen Bolt (#99), two Ø 3/4" Washers (#114), and one M10 Aircraft Nut (#112).
- D.) Draw the Cable over the Pulley on the Right Butterfly (#9) towards the Left Butterfly. Then repeat Step C to install another Pulley on the Butterfly Pulley Bracket (#11) on the left side.
- E.) Draw the Cable downward until both ends come together. Install a Single Floating Pulley Bracket (#20) in between the cable ends. Secure it with a M10 x 1" Allen Bolt (#101) and a M10 Aircraft Nut (#112). Let the Bracket hanging for now.

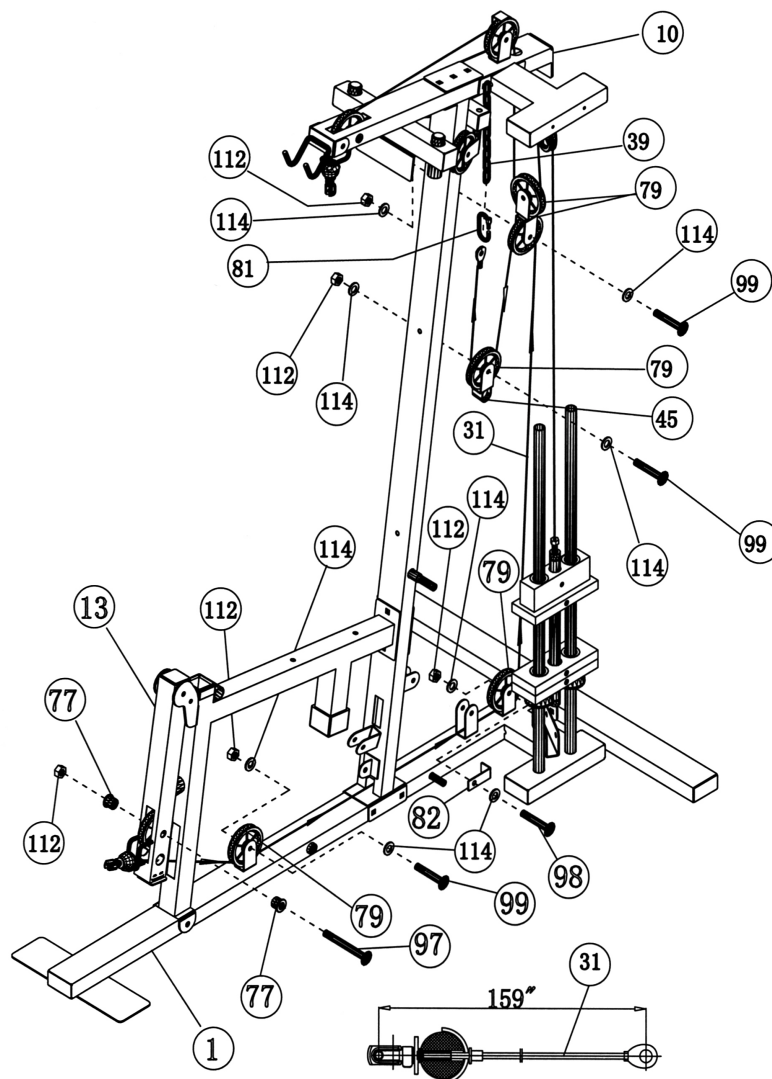
DIAGRAM 7



STEP 8 (See Diagram 8 & Cable Loop Diagram)

- A.) Insert the 159" Lower Cable (#31) through the opening on the bottom of the Leg Developer (#13). NOTE: The Ball Stopper on the Cable should be in front of the Leg Developer. Attach a Pulley (#79) to the opening and secure it with one M10 x 2 1/2" Allen Bolt (#97), two Ø7/8" x 5/8" Bushings (#77), and one M10 Aircraft Nut (#112).
- B.) Draw the Cable to the bracket on the top of the Base Frame (#1). Attach a Pulley (#79) to the bracket and secure it with one M10 x 1 3/4" Allen Bolt (#99), two Ø 3/4" Washers (#114), and one M10 Aircraft Nut (#112).
- C.) Draw the Cable through the opening on the bottom of the Front Vertical Beam (#3) towards the back of the machine. Then draw the Cable along the top surface of the Base Frame (#1) to the second bracket on the back. Repeat Step B to install another Pulley.
- D.) Pull the Cable upward to the Double Floating Pulley Bracket (#43) installed previously in Step 7. Install another Pulley.
- E.) Draw the Cable downward and install another Pulley with a Pulley Cable Hanger (#45), one M10 x 1 3/4" Allen Bolt (#99), two Ø 3/4" Washers (#114), and one M10 Aircraft Nut (#112). Let the Bracket and Pulley hanging for now.
- F.) Pull the Cable upward to the Long Chain (#39) hanging on Upper Frame (#10). Connect the end of the Cable with a Clip (#81) to the Chain. NOTE: The Chain can be used to adjust the tightness of the Cable loop. After completing the set up, if the Cables were too loose, shorten the Chain to tighten up the loop.

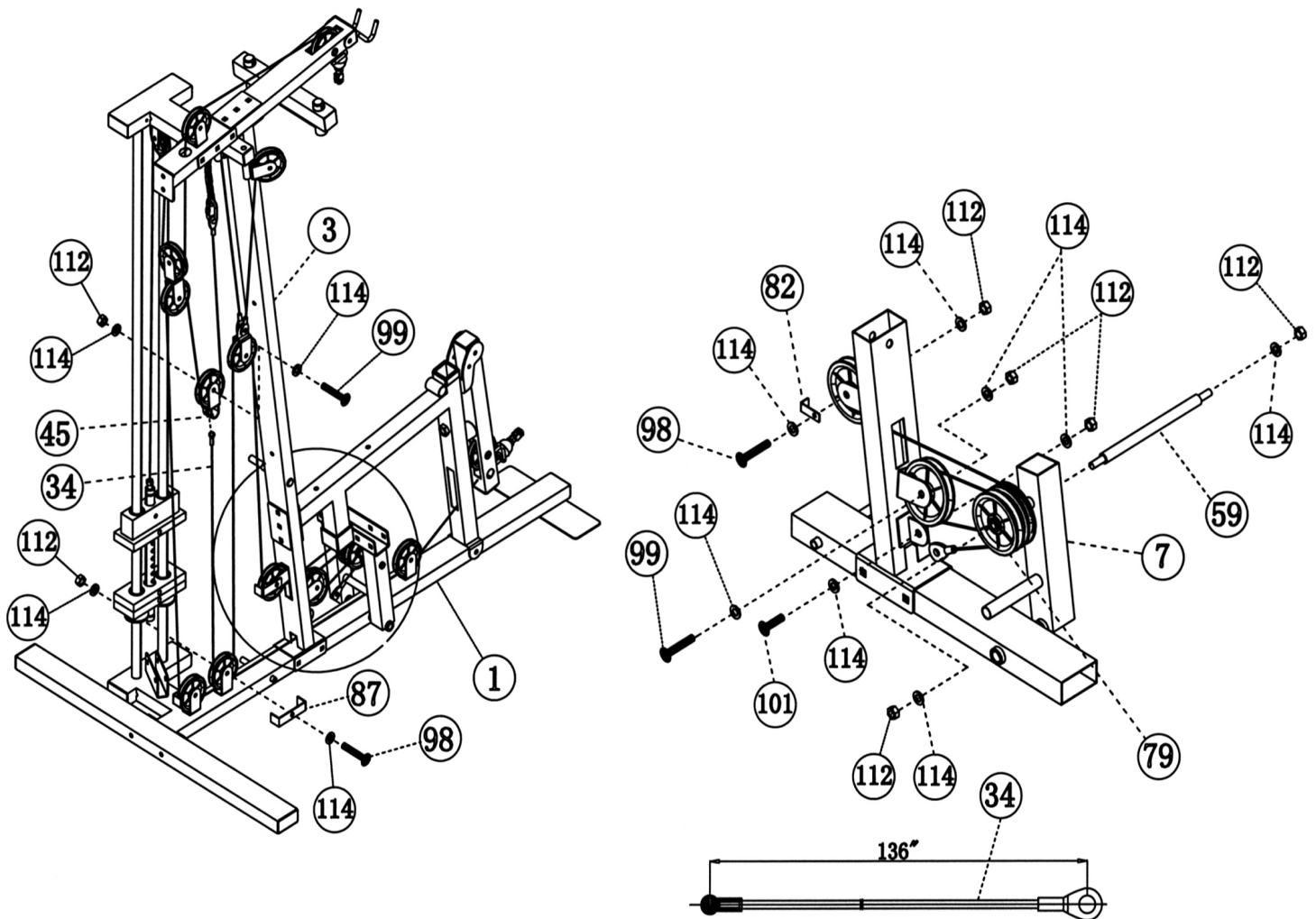
DIAGRAM 8



STEP 9 (See Diagram 9 & Cable Loop Diagram)

- A.) Attach the 136" Bench Press Cable (#34) to the open slot on Pulley Cable Hanger (#45) previously installed in Step 8.
- B.) Pull the Cable downward to the open bracket on top of the Base Frame (#1). Install a Pulley (#79). Secure it with one M10 x 2" Allen Bolt (#98), two $\text{\O} \frac{3}{4}$ " Washers (#114), one U-Shaped Bracket (#87), and one M10 Aircraft Nut (#112).
- C.) Pull the Cable upward to the Single Floating Bracket (#20) previously installed in Step 7E. Install another Pulley.
- D.) Draw the Cable downward to the bracket on the back of the Front Vertical Beam (#3). Install a Pulley. Then pull the Cable through the opening to the Front Press Base (#7). Install Two Pulleys side by side to each other. Insert a M10 x 9 $\frac{1}{4}$ " Axle (#59) through the holes. Secure the Axle with two $\text{\O} \frac{3}{4}$ " Washers (#114) and M10 Aircraft Nuts (#112).
- E.) Draw the Cable around the first Pulley then back to the bracket on the Front Vertical Beam. Install another Pulley. Draw the Cable back to the Base (#7) to the second Pulley.
- F.) Pull the Cable around the second Pulley then back to the bottom bracket on the Front Vertical Beam. Secure the Cable end to the bracket with one M10 x 1" Allen Bolt (#101), two $\text{\O} \frac{3}{4}$ " Washers (#114) and one M10 Aircraft Nut (#112).

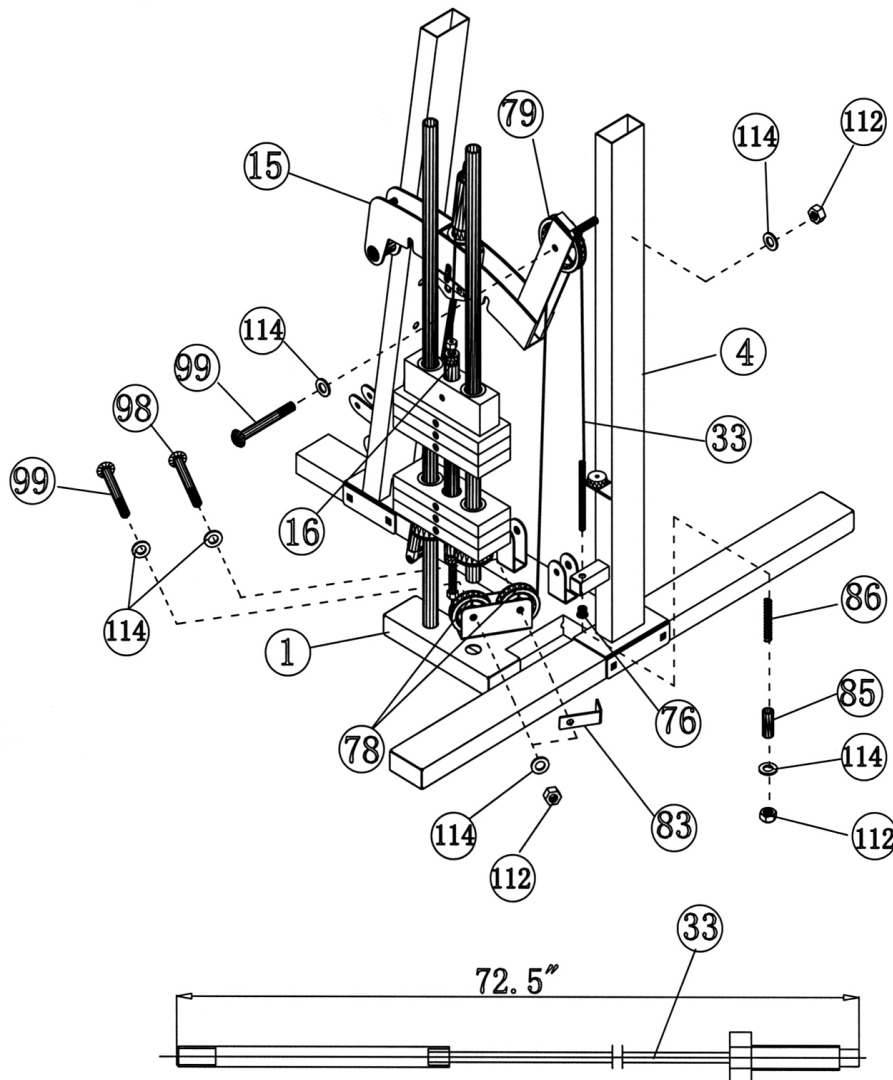
DIAGRAM 9



STEP 10 (See Diagram 10 & Cable Loop Diagram)

- A.) Plug one $\text{Ø}1/2$ " Plastic Bushing (#76) into the hole on the side of the Rear Vertical Beam (#4) from the bottom up. Insert the "long bolt end" of the 72 1/2" Power Booster Cable (#33) into the hole. Slide a Spring (#86) and Spring Sleeve (#85) onto the Bolt. Secure it with a $\text{Ø} 3/4$ " Washer (#114) and M10 Aircraft Nut (#112).
- B.) Pull the Cable upward to the Power Booster Frame (#15). Install a Pulley (#79). Secure it with a M10 x 1 3/4" Allen Bolt (#99), two $\text{Ø} 3/4$ " Washers (#114) and one M10 Aircraft Nut.
- C.) Draw the Cable over the Pulley downward towards the bracket on the Base Frame (#1). Install a Small Pulley (#78). Secure it with one M10 x 2" Allen Bolt (#98), two $\text{Ø} 3/4$ " Washers (#114), one 2 3/8" L-shaped Bracket (#83), and one M10 Aircraft Nut (#112).
- D.) Continue pulling the Cable to the left towards the bottom of the Weight Stack. Install another Pulley (#78). Secure it with one M10 x 1 3/4" Allen Bolt (#99), two $\text{Ø} 3/4$ " Washers (#114), and one M10 Aircraft Nut (#112).
- E.) Pull the Cable upward and screw it into the bottom of the Selector Rod (#16). NOTE: The Screw only needs to go into the Rod by 1/2". After a period of time using the machine, the cable will get loose. When the Cable gets loose, screw the bolt further into the Rod.

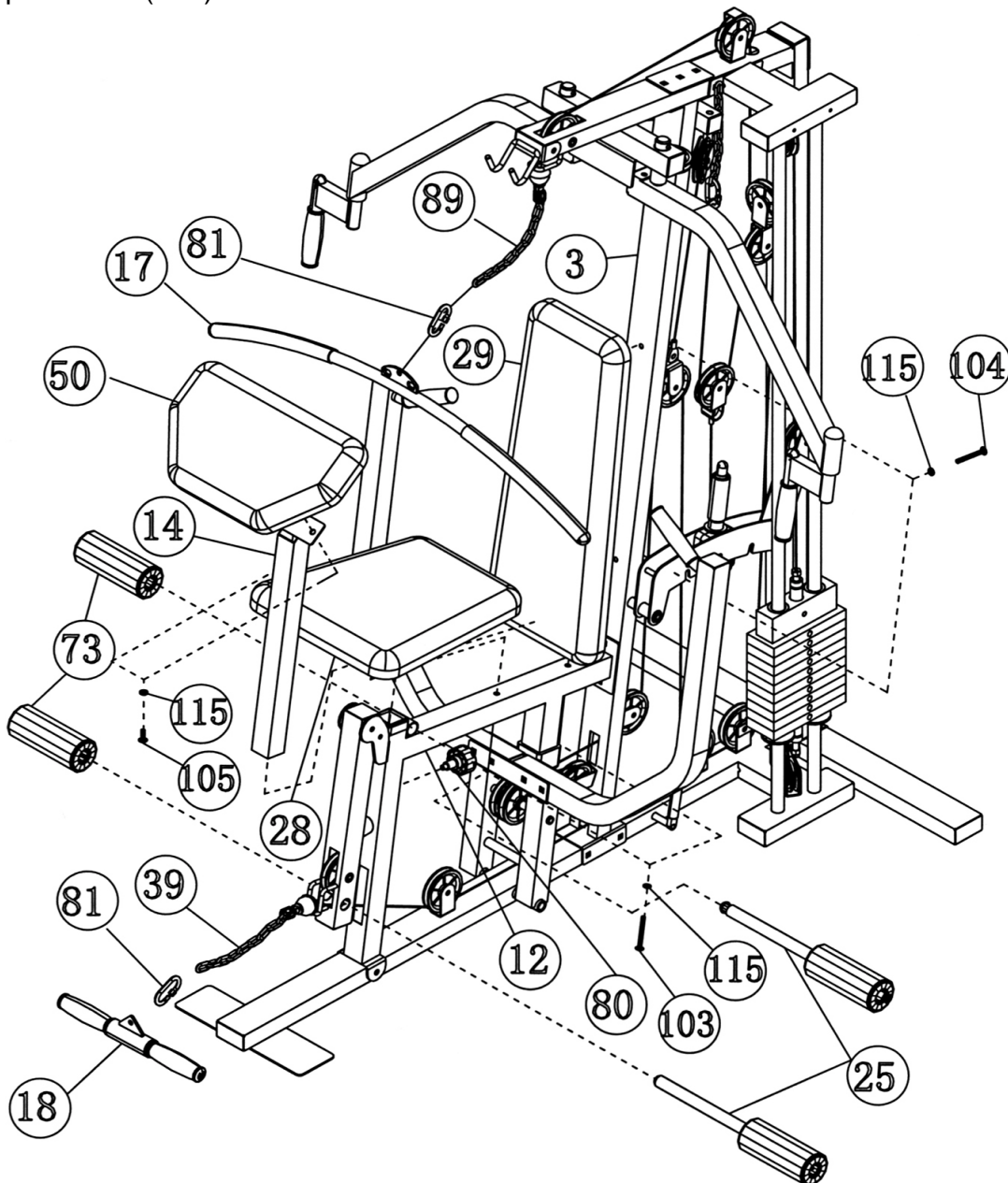
DIAGRAM 10



STEP 11 (See Diagram 11)

- A.) Attach the Seat (#28) to the Seat Support (#12). Secure it with two M8 x 2 1/2" Allen Bolts (#103) and \varnothing 5/8" Washers (#115).
- B.) Attach the Backrest Pad (#29) to the Front vertical Beam (#3). Secure it with two M8 x 2" Allen Bolts (#104) and \varnothing 5/8" Washers (#115).
- C.) Attach the Arm Curl Pad (#50) to the Arm Curl Stand (#14). Secure it with two M8 x 5/8" Allen Bolts (#105) and \varnothing 5/8" Washers (#115). Insert the Arm Curl Stand into the opening in front of the Seat. Secure it with a Lock Knob (#80) underneath the Seat.
- D.) Insert two Foam Roll Tubes (#25) halfway through the holes on the Leg Developer (#13) and Leg Developer Holder (#118). Push four Foam Rolls (#73) onto the Tubes from both sides.
- E.) Attach the Arm Curl Handle (#18) to the Long Chain (#39) with a Clip (#81). Then attach the Chain to the Lower Cable (#31). Remove the Chain when using the Leg Developer.
- F.) Attach the Lat Bar (#17) to the Short Chain (#89) with a Clip (#81). Then attach the Chain to the Upper Cable (#30).

DIAGRAM 11

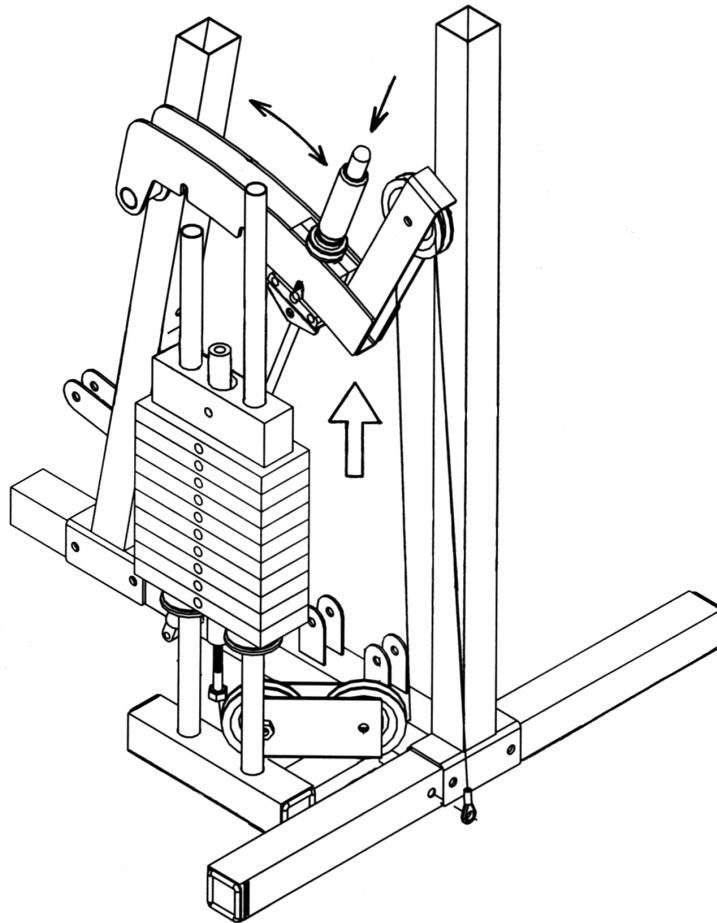


HOW TO USE THE POWER BOOSTER SYSTEM

There are three settings on the Power Booster System, Light, Medium, and Heavy.

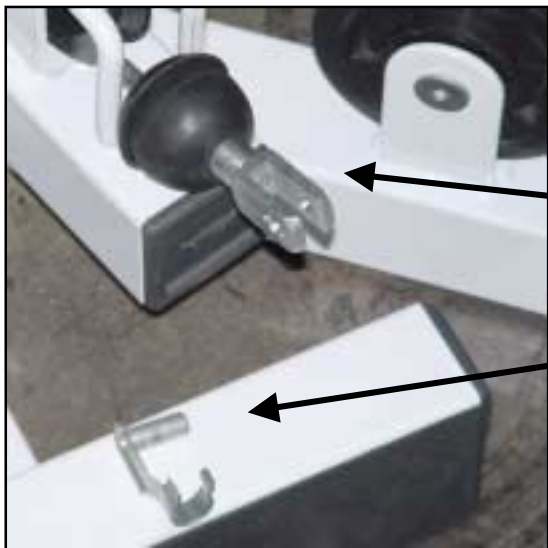
To change the setting, simply grip the handle on the Booster Frame. Push down the Button on the top with your thumb until the pin disengages. Slide the handle to the next opening then release the Button until the pin engages. See Diagram Below.

NOTE: If you found the handle difficult to slide, lubricate the frame with WD40. Also, lift up the Booster Frame while sliding the handle. (See the big arrow below.)



HOW TO USE

How to use the quick release connector.



The Clip is removed from the Connector.

Connector

Clip



Place the chain in between the connector and insert the Clip through the holes.

Chain

Insert



Push down the Clip to secure.

Parts List

KEY NO.	DESCRIPTION	Q'ty			
			60	2" Square End Cap	1
			61	Ø 1 3/8" Bumper	1
			62	2" Impex Logo End Cap	2
1	Base Frame	1	63	1 3/4" Impex Logo End Cap	4
2	Rear Stabilizer	1	64	1 1/2" Impex Logo End Cap	2
3	Front Vertical Beam	1	65	1 1/2" Cone-shaped End Cap	2
4	Rear Vertical Beam	1	66	1" Cone-shaped End Cap	6
5	Top Socket Assembly	1	67	1" Square End Cap	1
6	Front Press	2	68	Sleeve	1
7	Front Press Base	1	69	Weight Plate Pin	1
8	Left Butterfly	1	70	Rubber Bumper	2
9	Right Butterfly	1	71	1 3/4" Bumper	1
10	Upper Frame	1	72	Ø1" Bushing	12
11	Butterfly Pulley Bracket	2	73	Foam Roll	4
12	Seat Support	1	74	Power Selector Handle Foam Grip	1
13	Leg Developer	1	75	Ø 3/4" Bushing	2
14	Arm Curl Stand	1	76	Ø 1/2" Plastic Bushing	1
15	Power Booster Frame	1	77	Ø 7/8" x 5/8" Bushing	2
16	Selector Rod	1	78	Small Pulley	2
17	Lat Bar	1	79	Big Pulley	20
18	Arm Curl Handle	1	80	Lock Knob	1
19	Weight Plate Guide Rod	2	81	Clip	3
20	Single Floating Pulley Bracket	1	82	2 7/8" L-shaped Bracket	3
21	Lat Bar Holder	1	83	2 3/8" L-shaped Bracket	1
22	Power Booster Selector Handle	1	84	Ø 1 3/8" Steel Cap	2
23	Pop Pin	1	85	Spring Sleeve	1
24	Arm Curl Handle Tube	1	86	Spring	1
25	Foam Roll Tube	2	87	U-shaped Bracket	1
26	Selector Stem	1	88	M10 x 2 1/8" Leg Developer Axle	1
27	Weight Plate	10	89	Short Chain	1
28	Seat	1	90	M12 x 4 1/4" Hex Bolt	2
29	Backrest Pad	1	91	M10 x 4 1/8" Carriage Bolt	1
30	Upper Cable (110")	1	92	M10 x 3 3/4" Carriage Bolt	7
31	Lower Cable (159")	1	93	M10 x 2 1/2" Carriage Bolt	4
32	Butterfly Cable (82")	1	94	M10 x 2 3/8" Carriage Bolt	5
33	Power Booster Cable (72.5")	1	95	M10 x 5 5/8" Allen Bolt	1
34	Bench Press Cable (136")	1	96	M10 x 3 1/2" Allen Bolt	1
35	Ø 1 1/2" Bushing	2	97	M10 x 2 1/2" Allen Bolt	1
36	Ø 1 5/8" Bushing	24	98	M10 x 2" Allen Bolt	6
37	Ø 1/2" Spacer	2	99	M10 x 1 3/4" Allen Bolt	14
38	M10 x 9 5/8" Axle	1	100	M10 x 1 1/2" Allen Bolt	1
39	Long Chain	2	101	M10 x 1" Allen Bolt	2
40	M30 Nut	1	102	M10 x 5/8" Allen Bolt	8
41	Ø 1 3/4" Washer	1	103	M8 x 2 1/2" Allen Bolt	2
42	M10 Cap	1	104	M8 x 2" Allen Bolt	2
43	Double Floating Pulley Bracket	1	105	M8 x 5/8" Allen Bolt	2
44	Air Shock	1	106	M6 x 1 1/2" Hex Bolt	2
45	Pulley Cable Hanger	1	107	M6 x 1 1/8" Philips Head Screw	2
46	Butterfly Handle	2	108	M6 x 3/8" Philips Head Screw	2
47	Ø 7/8" x 1" Bushing	2	109	M6 x 1 1/2" Allen Bolt	2
48	Sliding Block	2	110	M6 x 1" Allen Bolt	2
49	Spring	1	111	M12 Aircraft Nut	2
50	Arm Curl Pad	1	112	M10 Aircraft Nut	46
51	Ø 1 1/2" Washer	2	113	M6 Aircraft Nut	6
52	3 1/8" x 3" Bracket	1	114	Ø 3/4" Washer	69
53	5 5/8" x 1 1/2" Bracket	1	115	Ø 5/8" Washer	6
54	4 5/8" x 3" Bracket	2	116	M10 x 7 7/8" Rod	1
55	1 1/2" x 3" Impex Logo End Cap	8	117	Ø 1" Washer	2
56	Lat Bar Grip	2	118	Leg Developer Holder	1
57	Grip	6			
58	Ø 1 1/2" Washer	2			
59	M10 x 9 1/4" Axle	1			

MWM 1600 WEIGHT RESISTANCE CHART

		Number of Plates										
		0	1	2	3	4	5	6	7	8	9	10
Bench Press	Booster	15	18	20	22	26	30	33	38	40	42	45
	Light	32	40	52	65	78	90	100	108	115	123	130
	Medium	85	95	105	115	130	140	148	155	162	170	178
	Heavy	130	138	145	152	160	170	178	185	192	205	210
Butterfly	Light	15	18	20	22	26	30	33	38	40	42	45
	Medium	22	26	30	35	42	50	53	56	59	62	65
	Heavy	48	51	54	56	58	60	62	64	66	69	72
Lat Pull	Light	15	17	20	25	30	35	40	45	50	55	60
	Medium	36	40	48	53	58	62	64	68	72	76	80
	Heavy	50	55	60	65	70	75	80	85	90	95	100
Leg Developer	Light	15	20	25	30	35	40	45	50	54	58	60
	Medium	40	44	48	53	56	60	64	68	72	75	78
	Heavy	54	60	65	70	75	80	85	90	94	97	100

* Numbers are approximate. Actual weight may vary.

* Value for butterfly is for each arm.

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