

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents
Safety Notice
Hardware Identifier
Assembly Instruction
Exploded Diagram
Parts List
Warranty
Ordering Parts

Model
MWB NEXUS

Retain This
Manual for
Reference

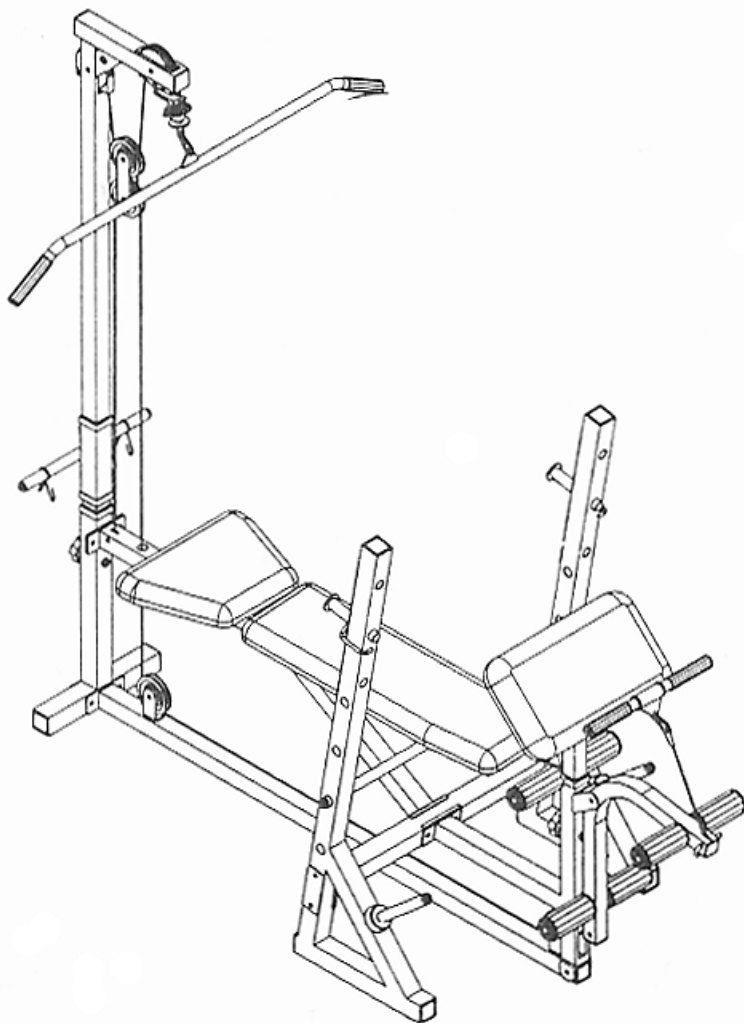
August 19, 1999

OWNER'S
MANUAL



MARCY[®]
By IMPEX

NEXUS BENCH



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TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT NOTICE.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM	10
PARTS LIST.....	11
WARRANTY.....	12
ORDERING PARTS.....	12

BEFORE YOU BEGIN

Thank you for selecting the MARCY NEXUS Bench 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

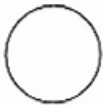


M10

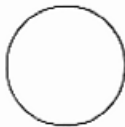


INCHES

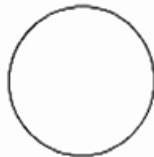
1/2"



5/8"



3/4"



REPLACEMENT PARTS

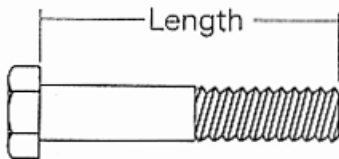
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

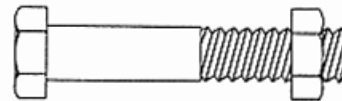


1-800-999-8899

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



HEX HEAD BOLT



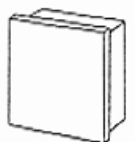
AIRCRAFT NUT



FLAT WASHER



ROUND PLUG



SQUARE PLUG

ASSEMBLY INSTRUCTION

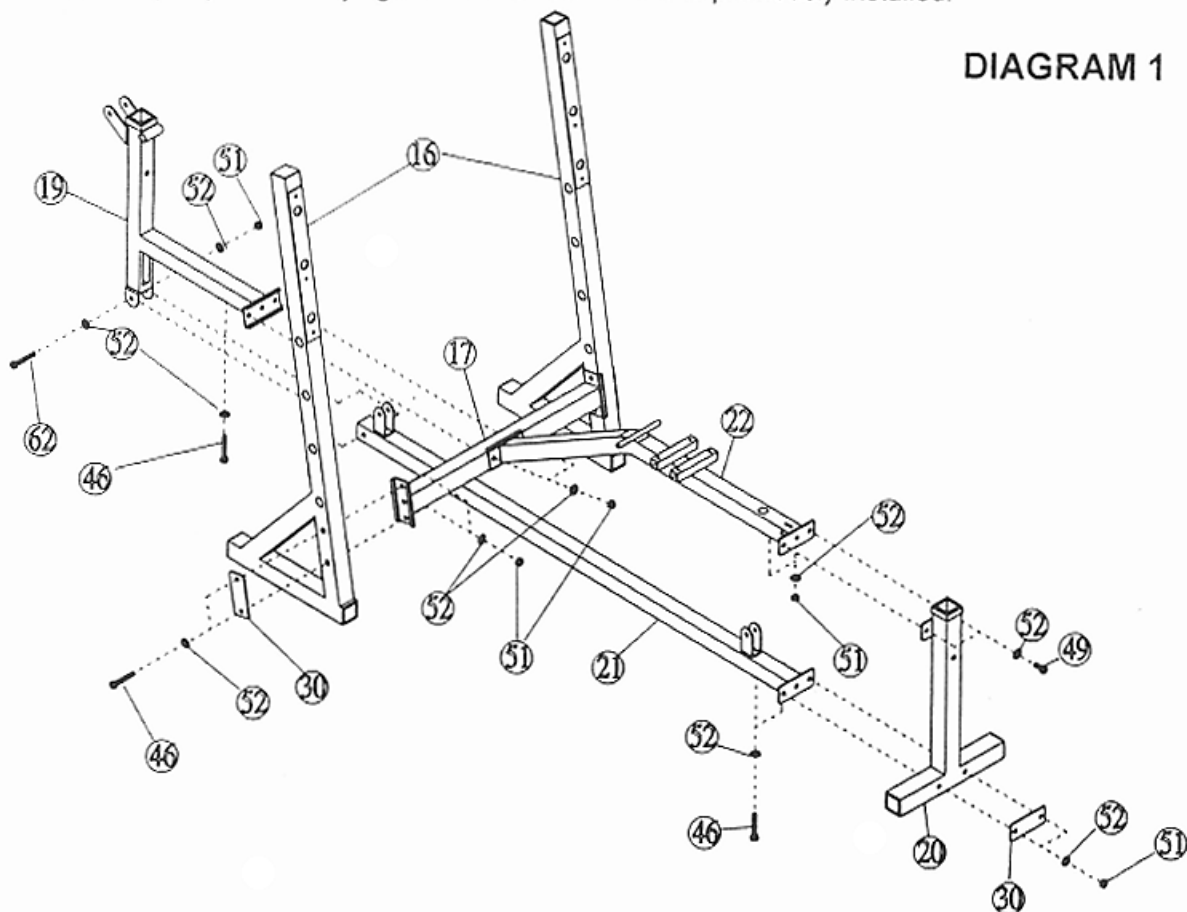
Tools required to assembly the machine: Two Adjustable Wrenches

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

STEP 1 (SEE DIAGRAM 1)

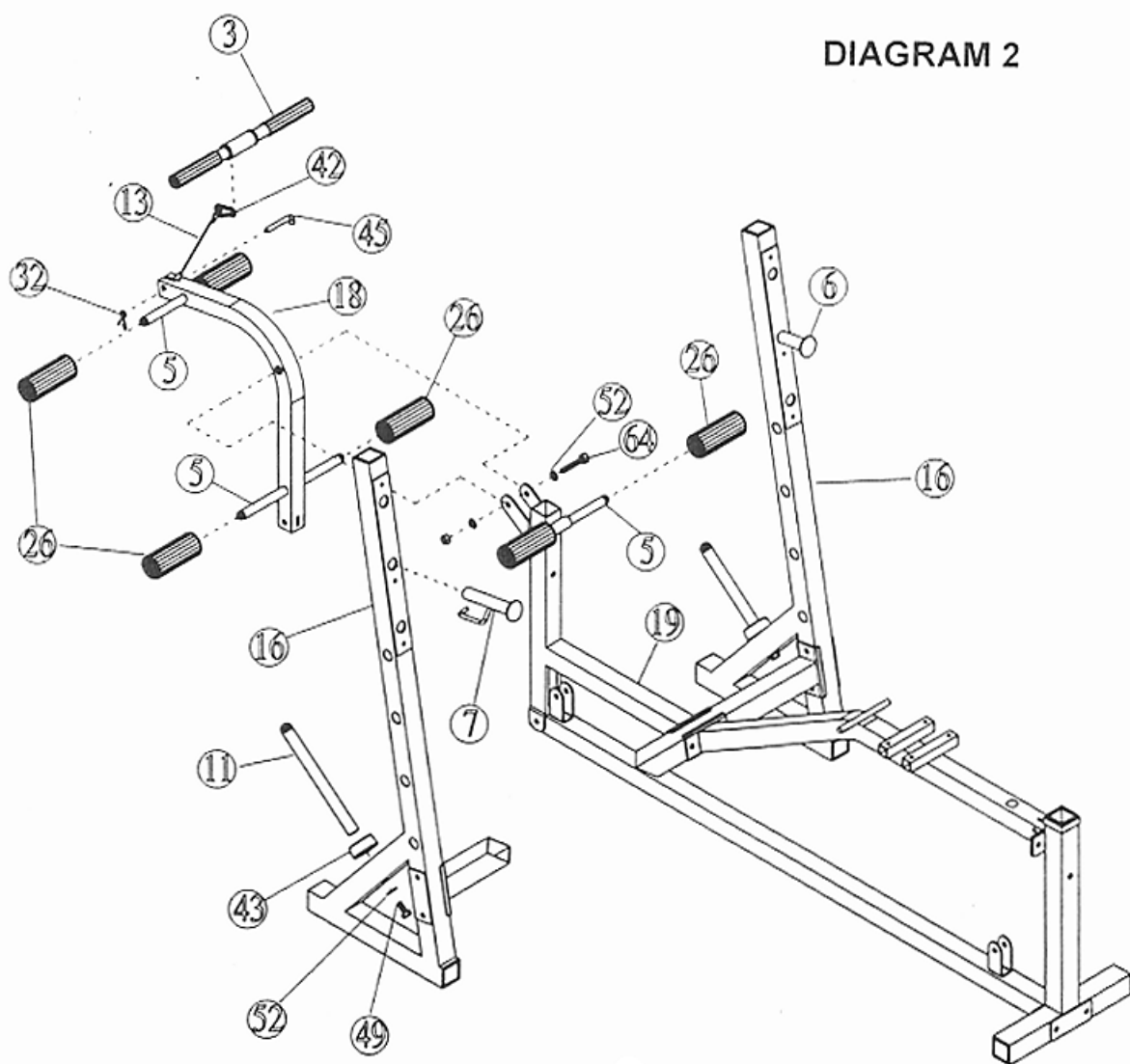
- A.) Connect the two Upright Beams (#16) by a Cross Brace (#17) in the mid-span. Secure them with two M10 x 3" Bolts (#46), one Bracket (#30), four \varnothing 7/8" Washers (#52) and two M10 Aircraft Nuts (#51) on each end of the Cross Brace (#17).
- B.) Attach the Front Stabilizer (#20) to the front end of the Main Frame (#22). Secure it with two M10 x 1" Bolts (#49), four \varnothing 7/8" Washers (#52) and two M10 Aircraft Nuts (#51). Note: Do not tighten all the nuts and bolts yet. Only finger tightens them for now.
- C.) Attach the Main Frame (#22) to the Cross Brace (#17). Attach the Leg Developer Holder (#19) to the back of the Cross Brace. Secure them with two M10 x 3" Bolts (#46), four \varnothing 7/8" Washers (#52), and two M10 Aircraft Nuts (#51).
- D.) Attach the Lower Frame (#21) to the back of the Front Stabilizer (#20). Secure it with two M10 x 3" Bolts (#46), four \varnothing 7/8" Washers (#52), one Bracket (#30), and two M10 Aircraft Nuts (#51).
- E.) Attach the Lower Frame (#21) to the bottom of the Leg Developer Holder (#19). Secure it with a M10 x 2 1/2" Bolt (#62), two \varnothing 7/8" Washers (#52), and one M10 Aircraft Nut (#51). Securely tighten all the nuts and bolts previously installed.

DIAGRAM 1



STEP 2 (SEE DIAGRAM 2)

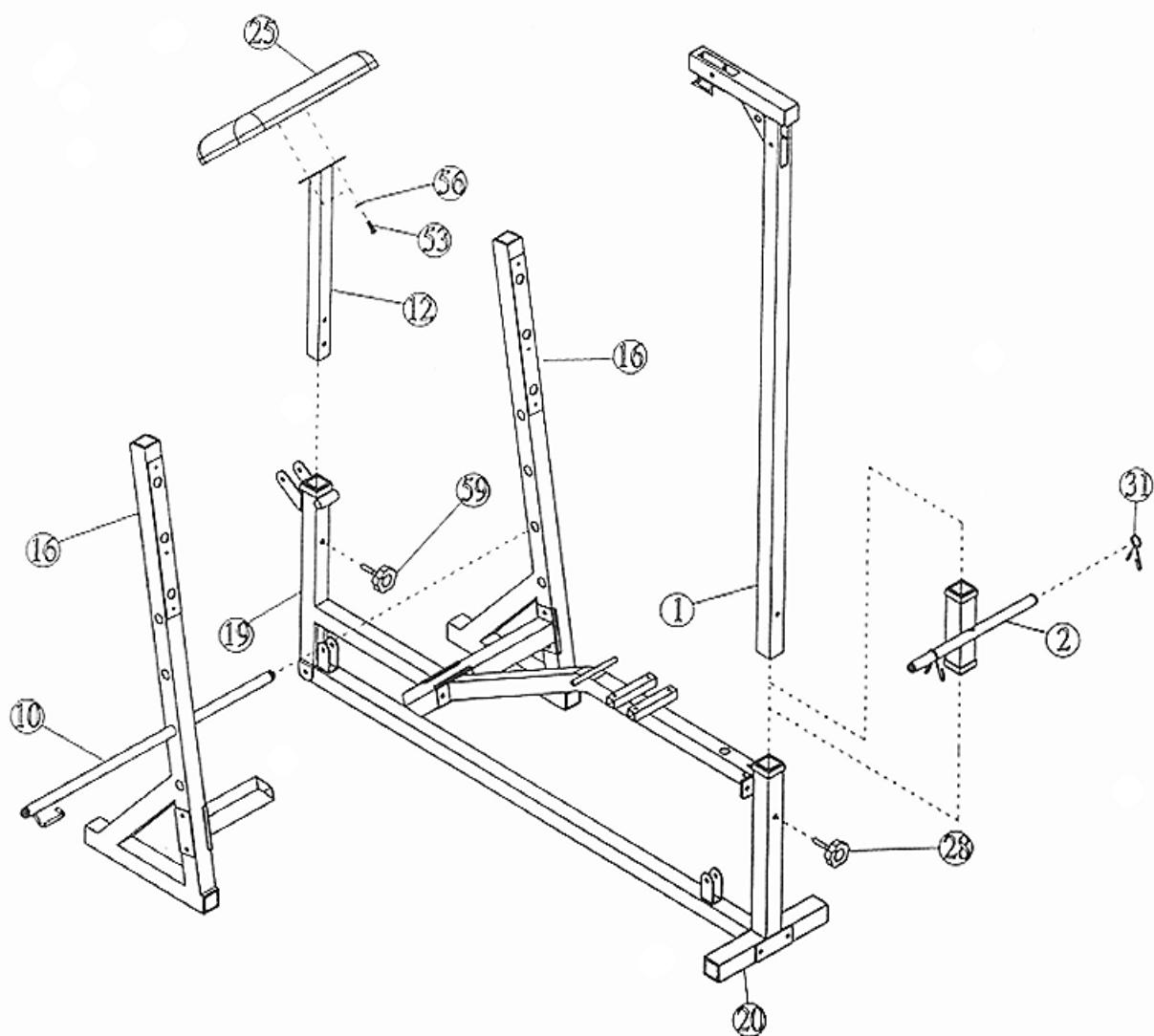
- A.) Insert the Left and Right Bar Catches (#6 & 7) into the holes on the Uprights (#16).
- B.) Attach the Leg Developer (#18) onto the bracket on the top of the Leg Developer Holder (#19). Secure it with one M10 x 2 7/8" Bolt (#64), two $\varnothing 7/8"$ Washers (#52) and one M10 Aircraft Nut (#51).
- C.) Insert three Foam Roll Tubes (#5) halfway through the holes on the Leg Developer (#18) and its holder (#19). Push six Foam Rolls (#26) onto the Tubes from both sides.
- D.) Attach the Curl Bar Cable (#13) to the opening on the Leg Developer (#18). Secure the Cable with a L-Shaped Pin (#45) and $\varnothing 3/8"$ Spring Clip (#32). Attach the Curl Bar (#3) to the other end of the Cable with a Quick Release Pin (#42). Note: Remove the Cable when using the Leg Developer.
- E.) Insert a Weight Post (#11) into the hole on the back of the Upright Beam (#16). Secure it with a $\varnothing 7/8"$ Washer (#52) and M10 x 1" Bolt (#49). Slide a $\varnothing 1"$ Rubber Bumper (#43) onto the Post. Repeat the same procedure to install the other side.



STEP 3 (SEE DIAGRAM 3)

- A.) Insert the Incline Adjustment Bar (#10) through desired hole on the Upright Beams (#16).
- B.) Attached the Arm Curl Pad (#25) to the Arm Curl Stand (#12). Secure it with two $\text{Ø}3/4"$ Washers (#56) and M8 x 5/8" Bolts (#53).
- C.) Insert the Arm Curl Stand (#12) into the top opening on the Leg Developer Holder (#19). Secure it with a 2" Knob Bolt (#59).
- D.) Slide the Weight Holder (#2) onto the Lat Bar Frame (#1).
- E.) Insert the Lat Bar Frame (#1) into the top opening on the Front Stabilizer (#20). Secure it with a 2 1/4" Knob Bolt (#28).

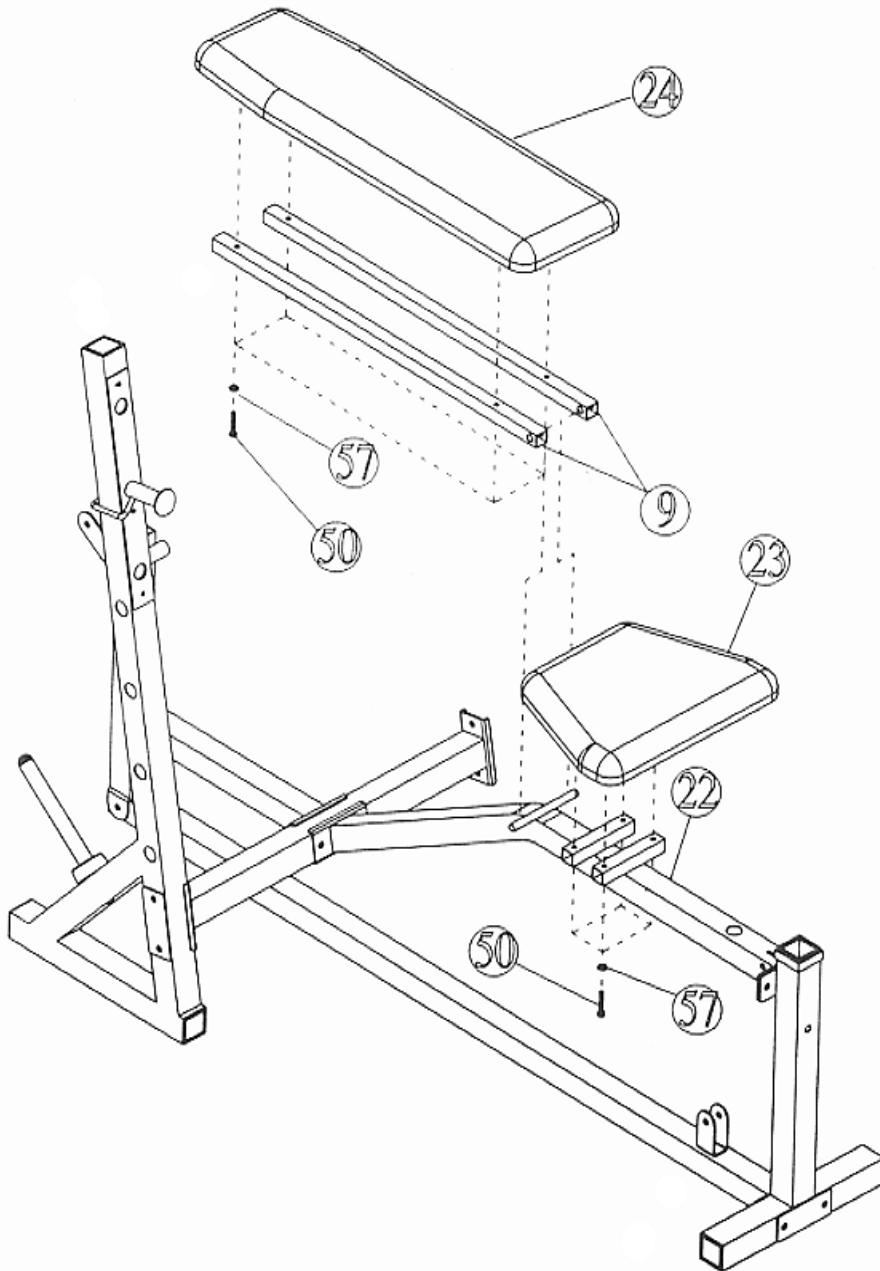
DIAGRAM 3



STEP 4 (See Diagram 4)

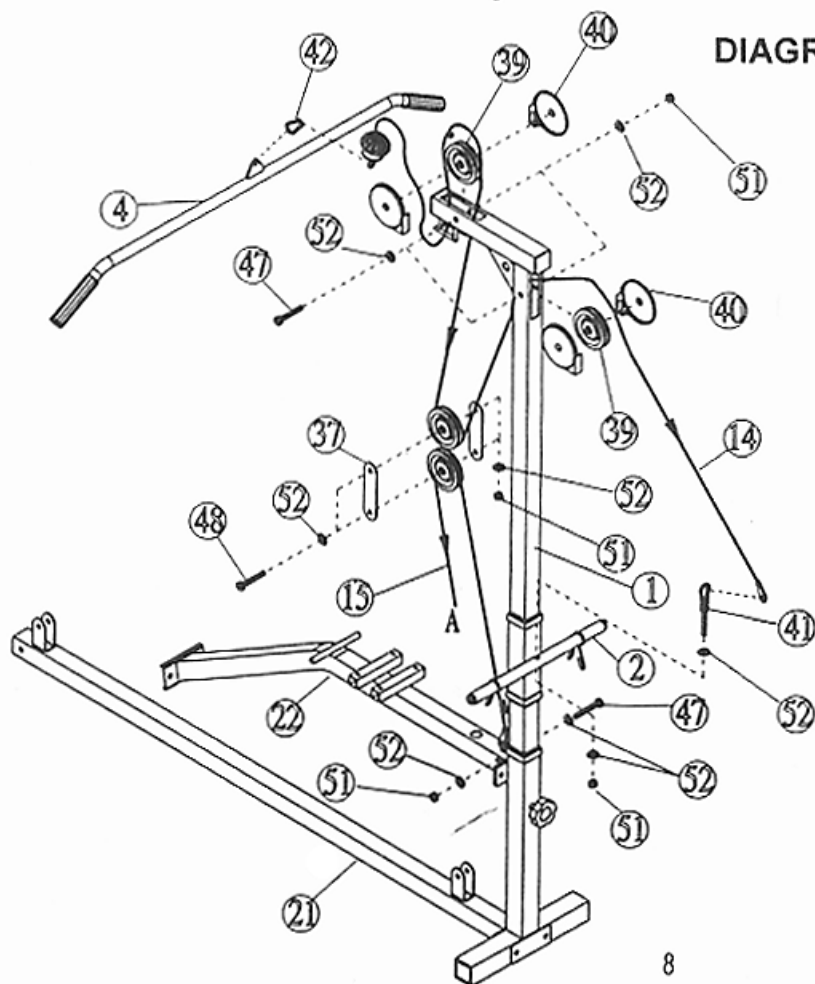
- A.) Attach the hole-side of the Backrest Support Bars (#9) onto both end of the Pivot on the Main Frame (#22). The other side rest against the Backrest Adjustment Bar (#10).
- B.) Place the upholstered Backrest Board (#24) onto the Backrest Support Bars (#9). Secure it with four M6 x 1 3/8" Bolts (#50) and $\varnothing\frac{1}{2}$ " Washers (#57).
- C.) Place the Seat (#23) onto the Main Frame (#22). Align the holes and fasten it with four M6 x 1 3/8" Bolts (#50) and $\varnothing\frac{1}{2}$ " Washers (#57).

DIAGRAM 4



STEP 5 (See Diagram 5)

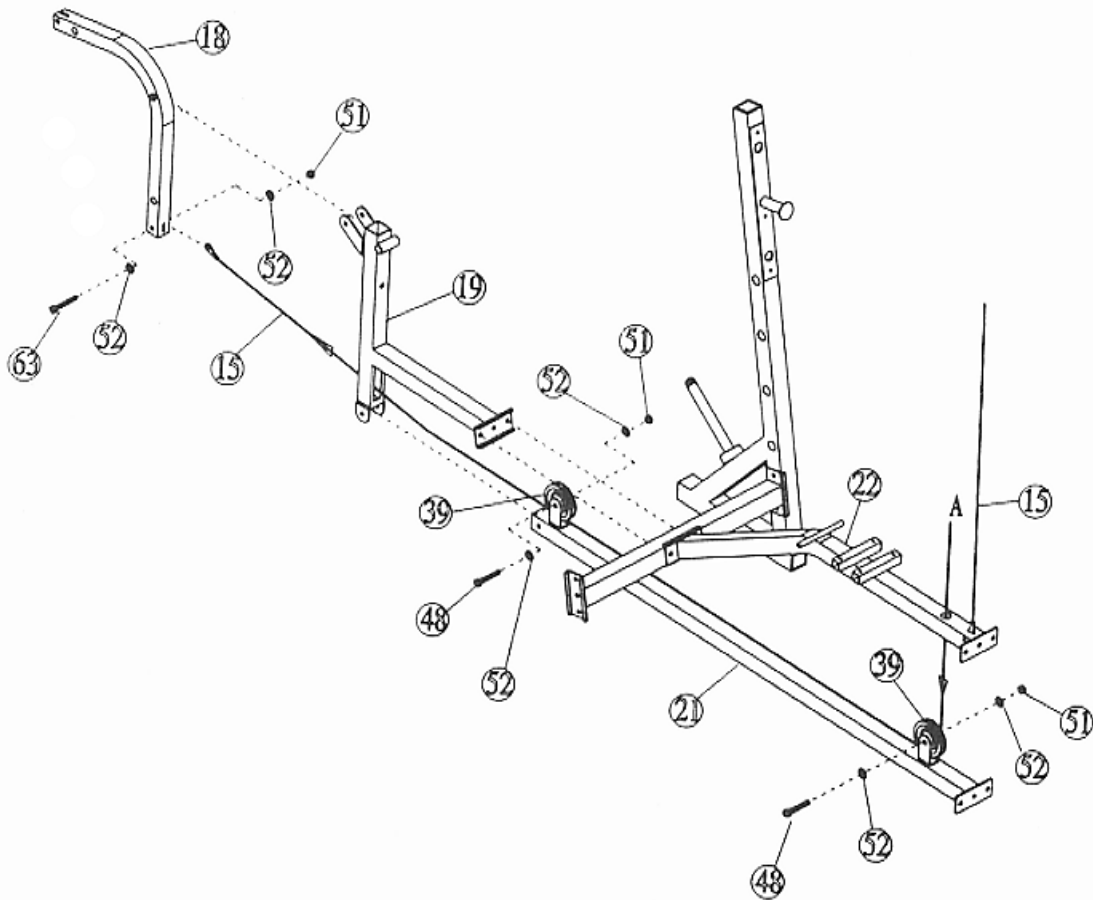
- A.) Locate the rubber ball on the Lat Bar Cable (#14). Pull the Cable upward and place it onto a Pulley (#39). Close it up with two Pulley Covers (#40). Attach the Pulley set to the top of the Lat Bar Frame (#1) and secure it with a M10 x 2 3/8" Bolt (#47), two $\varnothing 7/8$ " Washers (#52) and one M10 Aircraft Nut (#51). Make sure the rubber ball is underneath the bracket on the Lat Bar Frame.
- B.) Draw the Cable (#14) downward and attach a Pulley (#39) to the Cable. Install two Double Pulley Brackets (#37), one on each side, to the Pulley and secure it with a M10 x 1 3/4" Bolt (#48), two $\varnothing 7/8$ " Washers (#52), and one M10 Aircraft Nut (#51). Let the Pulley Bracket hanging for now.
- C.) Draw the Cable upward towards the top of the Lat Bar Frame (#1). Install another set of Pulley and Covers. Draw the Cable downward towards the Weight Holder (#2). Connect the end of the Cable to the Hook Bolt (#41).
- D.) Attach a $\varnothing 7/8$ " Washer (#52) onto the Hook Bolt and insert it through the hole on the Weight Holder (#2). Secure it with a $\varnothing 7/8$ " Washers (#52) and M10 Aircraft Nut (#51).
- E.) Attach one end of the Lower Cable (#15) to the hole located in the front of the Main Frame (#22). Align the hole on the side and insert a M10 x 2 3/8" Bolt (#47) and $\varnothing 7/8$ " Washer (#52) to secure the Cable. Secure the Bolt with a $\varnothing 7/8$ " Washer (#52) and M10 Aircraft Nut (#51).
- F.) Pull the Cable upward towards the Double Pulley Bracket (#37) previously installed. Attach the Cable to a Pulley (#39) and secure it with one M10 x 1 3/4" Bolt (#48), two $\varnothing 7/8$ " Washers (#52), and one M10 Aircraft Nut (#51).
- G.) Draw the Cable downward and insert it through the hole on the Main Frame (#22).



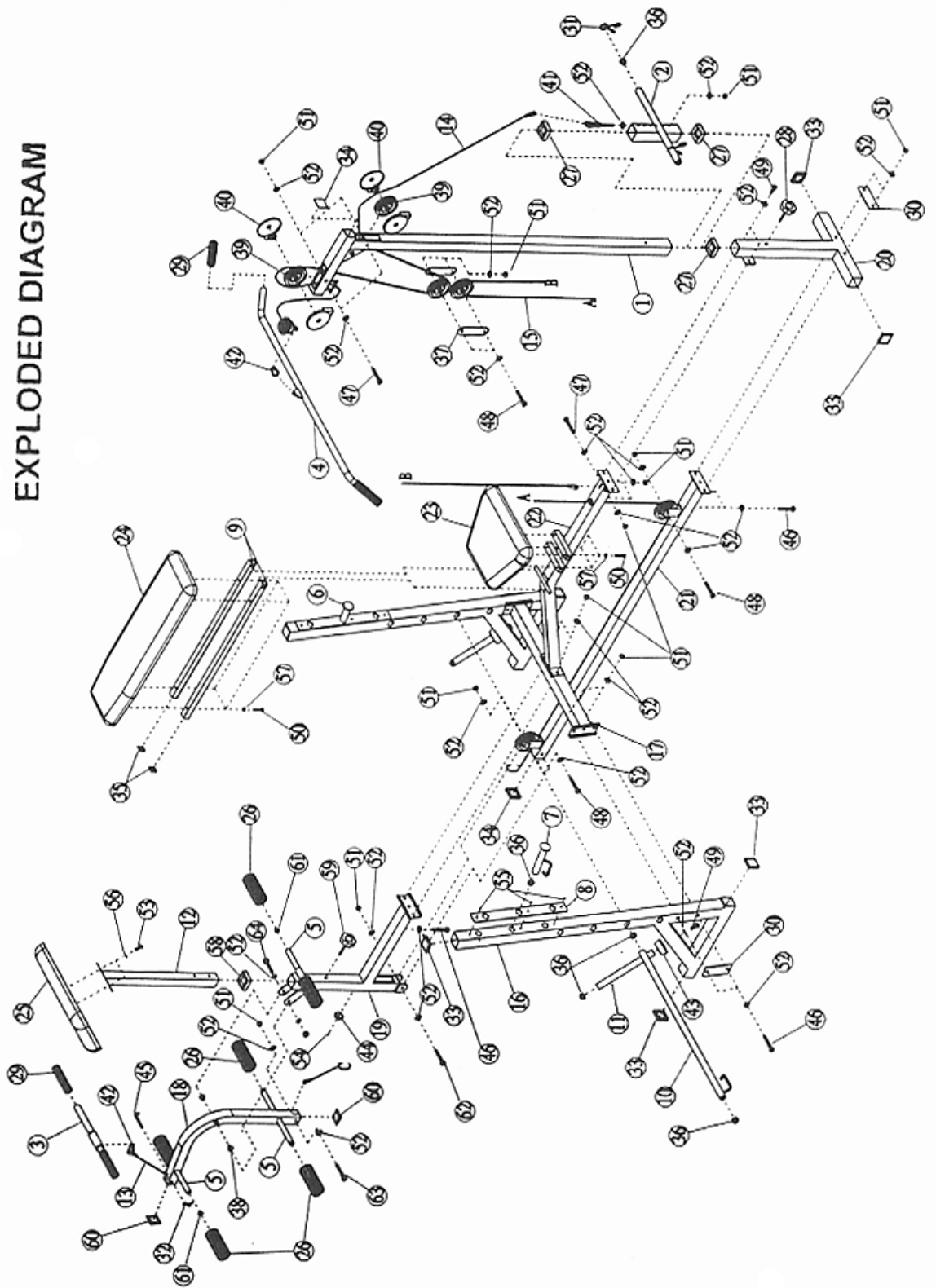
STEP 6 (See Diagram 6)

- A.) Draw the Lower Cable (#15) to the bracket on the Lower Frame (#21). Install a Pulley (#39). Secure it with one M10 x 1 3/4" Bolt (#48), two Ø7/8" Washers (#52), and one M10 Aircraft Nut (#51).
- B.) Draw the Cable towards the back of the bench. Attach the Cable to the bracket and install another Pulley.
- C.) Attach the end of the Cable to the bottom of the Leg Developer (#18). Secure it with one M10 x 2" Bolt (#63), two Ø7/8" Washers (#52), and one M10 Aircraft Nut (#51).

DIAGRAM 6



EXPLODED DIAGRAM



MWB NEXUS Parts List

<u>Part No.</u>	<u>Description</u>	<u>QTY</u>	<u>Part No.</u>	<u>Description</u>	<u>QTY</u>
1	Lat Bar Frame	1	43	Ø1" Rubber Bumper	2
2	Weight Holder	1	44	Rubber Bumper	1
3	Curl Bar	1	45	L Shape Pin	1
4	Lat Bar	1	46	M10 x 3" Bolt	8
5	Foam Roll Tube	3	47	M10 x 2 3/8" Bolt	3
6	Left Bar Catch	1	48	M10 x 1 3/4" Bolt	4
7	Right Bar Catch	1	49	M10 x 1" Bolt	4
8	Chrome Plate	2	50	M6 x 1 3/8" Bolt	8
9	Backrest Support Bar	2	51	M10 Aircraft Nut	21
10	Incline Adjustment Bar	1	52	Ø 7/8" Washer	44
11	Weight Post	2	53	M8 x 5/8" Bolt	2
12	Arm Curl Stand	1	54	M6 x 5/8" Screw	1
13	Curl Bar Cable	1	55	M5 x 3/8" Screw	6
14	Lat Bar Cable	1	56	Ø 3/4" Washer	2
15	Lower Cable	1	57	Ø 1/2" Washer	8
16	Upright Beam	2	58	1 3/4" Square Sleeve	1
17	Cross Brace	1	59	2" Knob Bolt	1
18	Leg Developer	1	60	1 1/2" Square End Cap	2
19	Leg Developer Holder	1	61	Ø3/4" Foam Roll End Cap	6
20	Front Stabilizer	1	62	M10 x 2 1/2" Bolt	1
21	Lower Frame	1	63	M10 x 2" Bolt	1
22	Main Frame	1	64	M10 x 2 7/8" Bolt	1
23	Seat	1			
24	Backrest Board	1			
25	Arm Curl Pad	1			
26	Foam Roll	6			
27	2" Square Sleeve	3			
28	M10 x 2 1/4" Knob Bolt	1			
29	Grip	4			
30	Bracket	3			
31	Ø1" Spring Clip	2			
32	Ø3/8" Spring Clip	1			
33	2" Square End Cap	8			
34	1 3/4" Square End Cap	3			
35	1" Square End Cap	2			
36	Ø 1" Round End Cap	8			
37	Double Pulley Bracket	2			
38	Bushing	2			
39	Pulley	6			
40	Pulley Cover	4			
41	Hook Bolt	1			
42	Quick Release Pin	2			

IMPEX INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state.

IMPEX INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at 1-800-999-8899 during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

www.impex-fitness.com

impex@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase