

NOTE:

Please read all instructions
carefully before using this
product



MARCY®
By IMPEX

APEX HOME GYM

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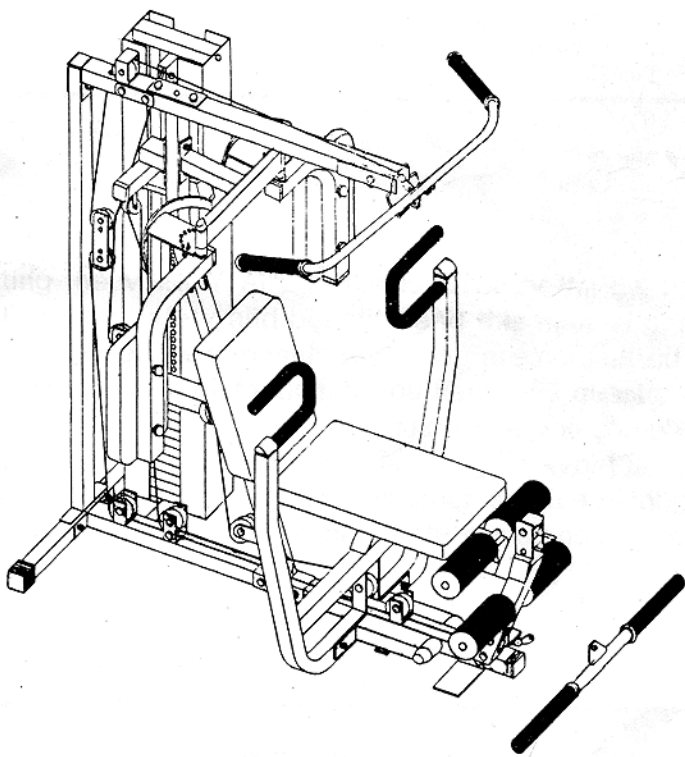
Ordering Parts

Model
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Retain This
Manual for
Reference

Oct. 04, 1997

**OWNER'S
MANUAL**



IMPEX INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY APEX 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

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

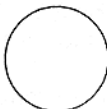
1/2"



5/8"



3/4"



REPLACEMENT PARTS

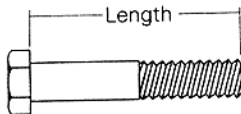
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

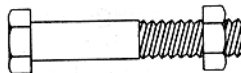


1-800-999-8899

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.



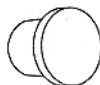
HEX HEAD BOLT



AIRCRAFT
NUT



FLAT
WASHER



ROUND
PLUG



SQUARE
PLUG

ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine:

Two Adjustable Wrenches

Two Allen Wrenches

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

STEP 1 (See Diagram 1)

- A.) Place the Base Frame (#1) firmly on the floor. Attach two Foot Plates (#30) to the front of the Base Frame (#1). Align the holes and secure it with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78).

Not: Do not tighten all the nuts and bolts yet. Only finger-tighten them for now.

- B.) Attach the Rear Base Frame (#6) and the Rear Vertical Frame (#5) to the back of the Base Frame (#1). Align the holes and secure it with two M10×3" Hex Bolts, four Ø13/16" Flat Washers (#75), and two Aircraft Nuts (#78).
- C.) Attach the Front Vertical Frame (#3) to the Base Frame (#1) and secure it with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78).
- D.) Attach the Upper Frame (#2) to the top of the Front Vertical Frame (#3). Secure it with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), one 2"×6 5/16" Bracket (#4), and two M10 Aircraft Nuts (#78).
- E.) Attach the Upper Frame (#2) to the top of the Rear Vertical Frame (#5). Secure it with one M10×2 9/16" Hex Bolt (#67), one M10×3" Hex Bolt (#66), four Ø13/16" Flat Washers (#75), one 2"×4" Bracket (#28), and one M10 Aircraft Nuts (#78).

STEP 2 (See Diagram 2)

- A.) Place two Rubber Bumpers (#37) onto the Base Frame (#1). Align the two holes and push two Weight Plate Guide Rods (#23) through the Bumpers into the Base Frame.
- B.) Slide fourteen Selective Weight Plates (#84) from top of the Guide Rods (#23) down to the Base Frame (#1). NOTE: The grove on the Plates should always face down and towards the left side of the machine. Insert the Selecting Rod (#22) into the center hole on the Plates. Slide the Selector Stem (#46) onto the Guide Rods. Align the hole and secure the Selector Stem (#46) to the Selecting Rod (#22) with a M10×1 9/16" Socket Bolt (#82).
- C.) Attach the Top Socket Assembly (#7) to the top of the Weight plates Guide Rods (#23). Secure it to the Upper Frame (#2) With two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), one 2"×4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- D.) Secure the Top socket Assembly (#7) to the Weight Plates Guide Rods (#23) with two M6×5/8" Allen Bolts (#73).

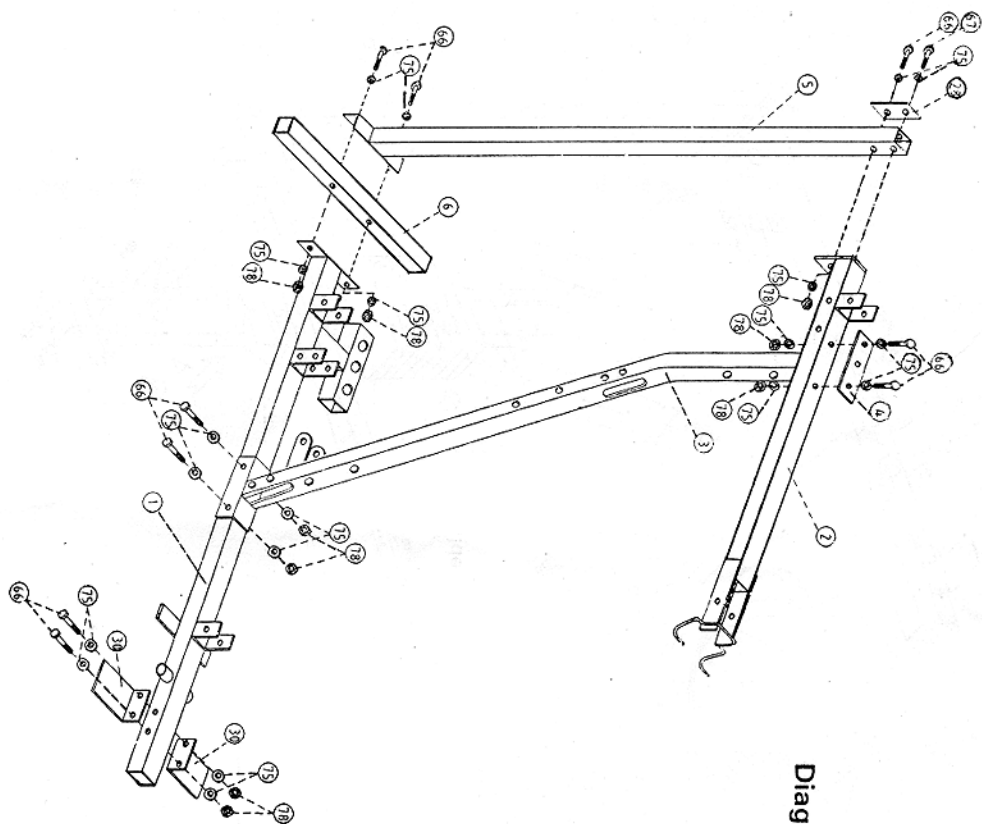
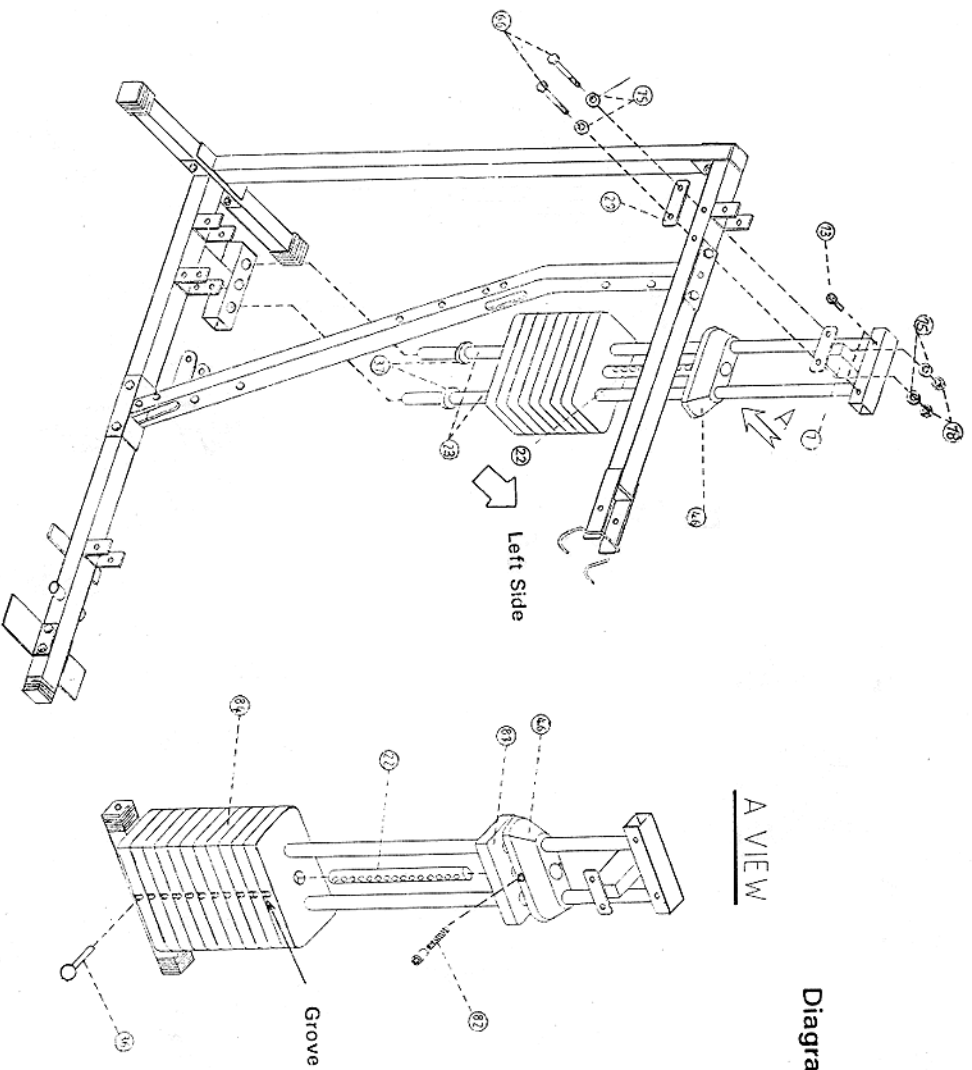


Diagram 1

Diagram 2

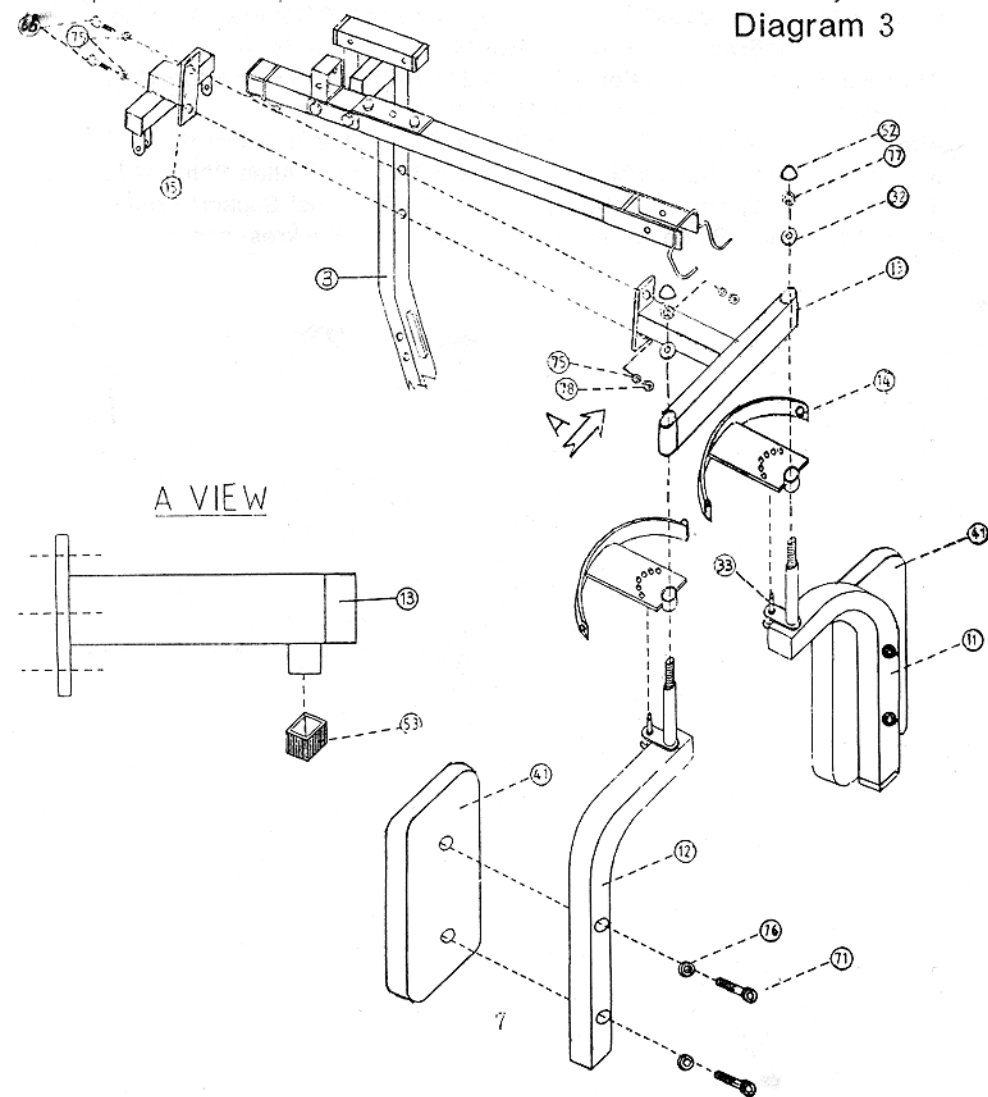
A VIEW



STEP 3 (See Diagram 3)

- A.) Attach the Butterfly Support (#13) and the Butterfly Pulley Frame (#15) to the Front Vertical Frame (#3). Secure them with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), and two M10 Aircraft Nuts (#78).
- B.) Attach a 2" Square Rubber Cap (#53) to the opening underneath the Butterfly Support (#13). See A View.
- C.) Place a Butterfly Cable Guide (#14) onto the axle on the Right Butterfly (#12). Insert the Right Butterfly through the hole on the Butterfly Support (#13), Secure it with a Ø1 1/2" Washer (#32), M12 Aircraft Nut (#77), and M12 Cone Shape Cap (#52).
- D.) Attach a Butterfly Pad (#41) to the Right Butterfly (#12) and secure it with two M8×2 9/16" Allen Bolts (#71) and Ø11/16" Flat Washers (#76).
- E.) Repeat the above procedures C and D to install the other Butterfly set

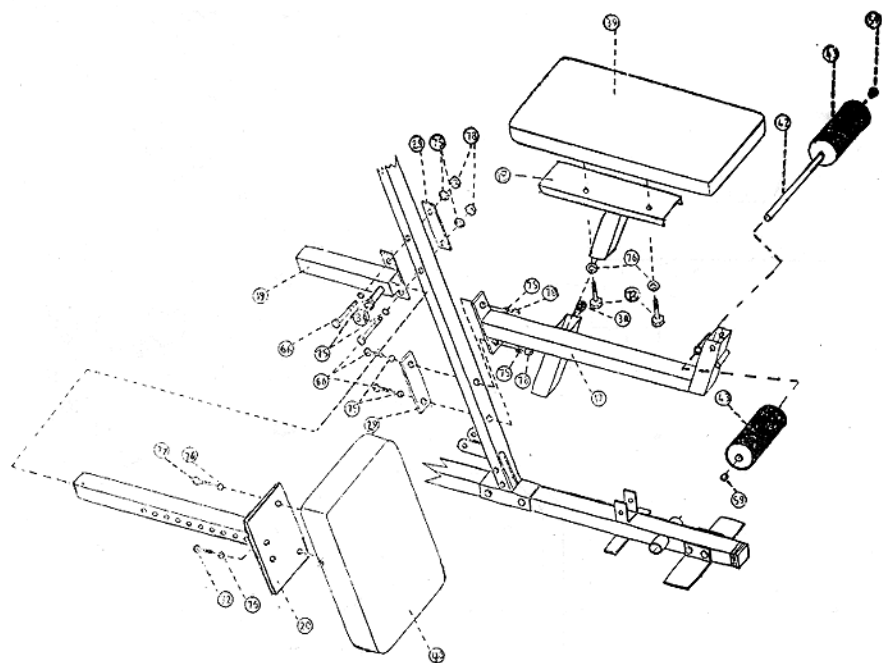
Diagram 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer Holder (#17) to the Front Vertical Frame (#3). Secure it with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), one 2"×4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- B.) Attach the Short Quick Release Pin (#34) to the Leg Developer Holder (#17).
- C.) Attach the Seat (#39) to the seat Support (#18). Secure it with two Ø11/16" Flat Washers (#76), and M8×5/8" Allen Bolts (#72).
- D.) Attach the Seat Support (#18) to the Leg Developer Holder (#17). Pull the Quick Release Pin (#34) to adjust the height of the Seat.
- E.) Insert a Foam Roll Tube (#42) halfway through the tube on top of the Seat Support (#18). Push two Foam Rolls (#43) onto the tube from both sides. Push two Ø3" Round Plugs (#59) onto both ends of the Tube.
- F.) Attach the Backrest Support Frame (#19) to the Front Vertical Frame (#3). Secure it with two M10×3" Hex Bolts (#66), four Ø13/16" Flat Washers (#75), one 2"×4 3/4" Bracket (#29), and two M10 Aircraft Nuts (#78).
- G.) Attach the Short Quick Release Pin (#34) to the Backrest Support Frame (#19).
- H.) Attach the Backrest (#40) to the Backrest Adjustment Tube (#20). Secure it with two Ø11/16" Flat Washers (#76) and M8×5/8" Allen Bolts (#72). Insert the Backrest Adjustment Tube (#20) into the Backrest Support Frame (#19). Pull out the Quick Release Pin (#34) to adjust the Backrest position.

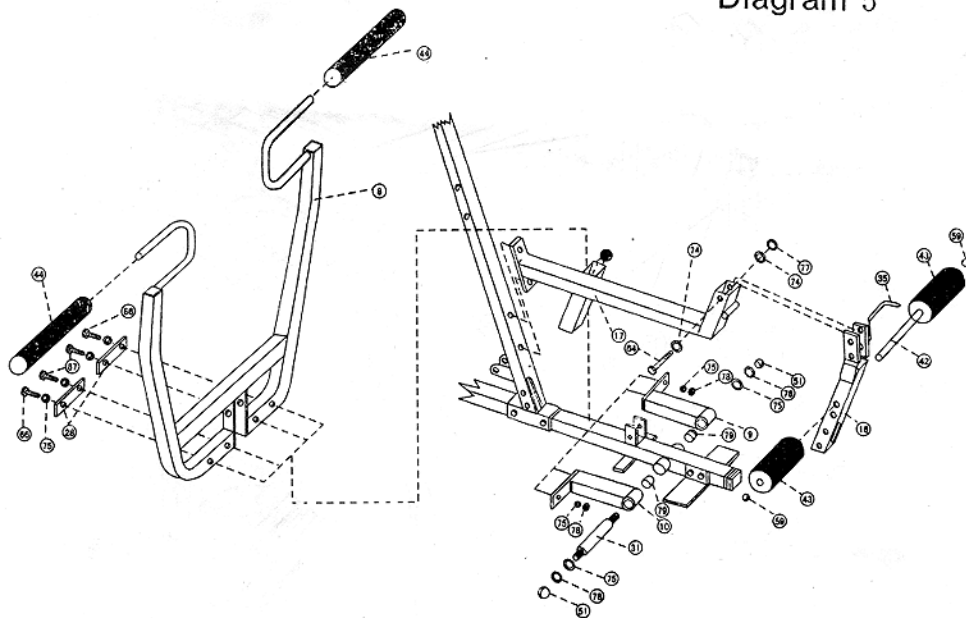
Diagram 4



STEP 5 (See Diagram 5)

- A.) Attach two $\varnothing 1" \times \varnothing 5/8"$ Bushings (#79) to the openings on the front of the Base Frame (#1). Insert a $\varnothing 5/8" \times 9\ 3/8"$ Axle (#31) Halfway through the hole.
- B.) Attach the Front Press Left Base (#9) and the Front Press Right Base (#10) onto the Axle (#31) from both sides. Secure the Axle with two $\varnothing 13/16"$ Flat Washers (#75), M10 Aircraft Nuts (#78), and M10 Cone Shape Caps (#51).
- C.) Attach the Front Press (#8) to the Front Press Bases (#8&9). Secure it with one M10 $\times 3"$ Hex Bolt (#66), one M10 $\times 2\ 9/16"$ Hex Bolt (#67), three $\varnothing 13/16"$ Washers (#75), one 2" $\times 4"$ Bracket (#28), and one M10 Aircraft Nut (#78) on each side of the Front Press.
- D.) Lubricate the inside of the Foam Grips (#44) with water and slide them onto the handlebars on the Front Press.
- E.) Attach the Leg Developer (#16) to the Leg Developer Holder (#17), Secure it with one M12 $\times 3\ 1/2"$ Hex Bolt (#64), two $\varnothing 13/16"$ Flat Washers (#74), and one M12 Aircraft Nut (#77).
- F.) Insert a Foam Roll Tube (#42) halfway through the hole on the Leg Developer (#16). Push two Foam Rolls (#43) onto the Tube from both sides. Push two $\varnothing 3"$ Round Caps (#59) onto both ends of the Tube.

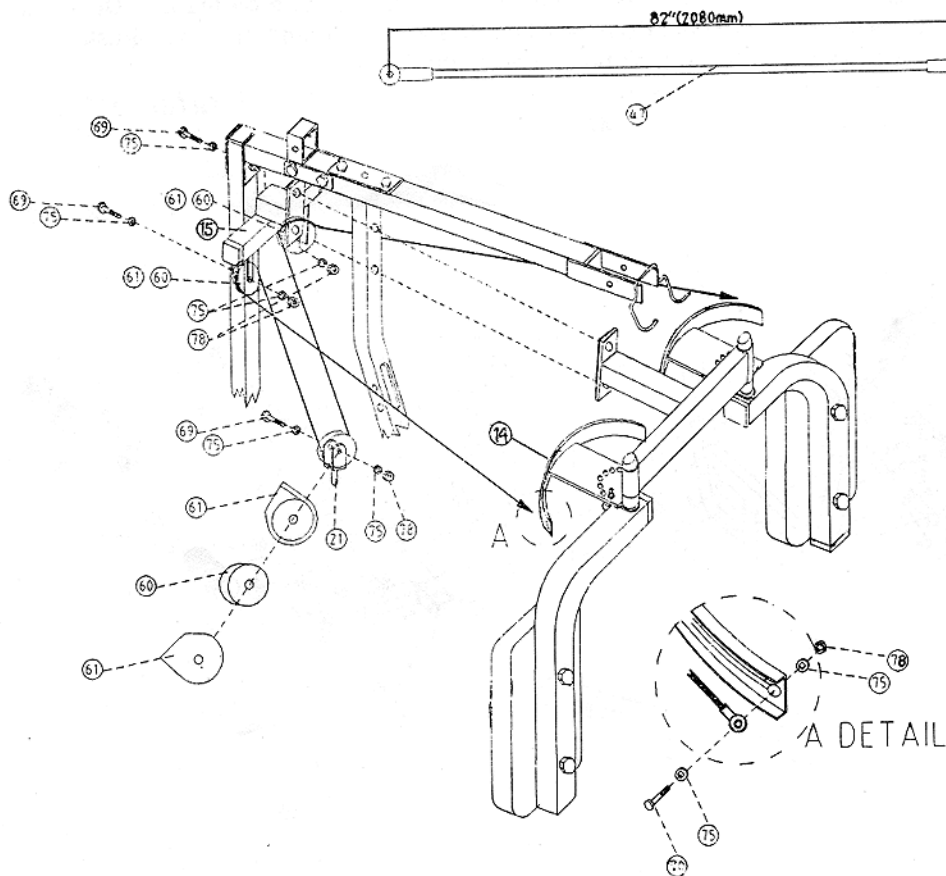
Diagram 5



STEP 6 (See Diagram 6)

- A.) Attach one end of the 82" Butterfly Cable (#47) to the Butterfly Cable Guide (#14). Secure it with one M10×1" Hex bolt (#70), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). (See A Detail) Attach the other end of the Cable to the other Cable Guide.
- B.) Draw the Cable (#47) to the bracket underneath the Butterfly Pulley Frame (#15). Attach Pulley (#60) and two Pulley Covers (#61) to the Cable. Align the hole on the Pulley to the bracket and secure it with one M10×1 3/4" Hex Bolt (#69), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). Repeat the same procedure to install the other side.
- C.) Pull the Cable downward and attach Pulley (#60) and two Pulley Covers (#61) in the mid-span. Attach a Single Floating Pulley Bracket (#21) to the Pulley and secure it with one M10×1 3/4" Hex Bolt (#69), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). Let the Single Floating Pulley Bracket (#21) hanging for now.

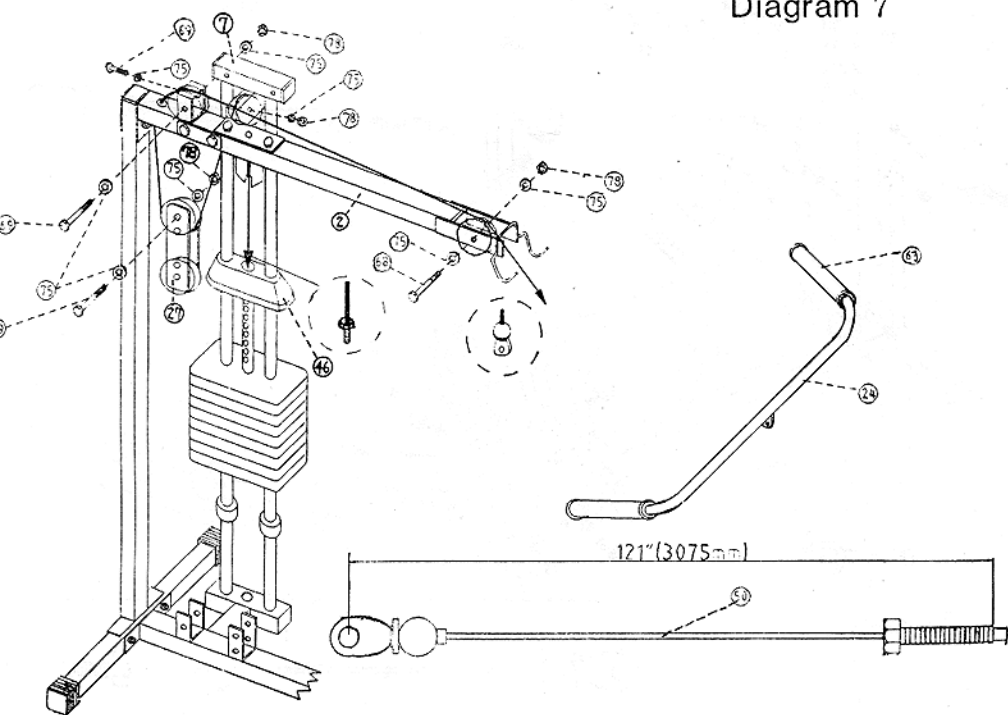
Diagram 6



STEP 7 (See Diagram 7)

- A.) Attach the 121" Cable (#50) to the top of the Upper Frame (#2). Attach a Pulley (#60) and two Pulley Covers (#61) to the beginning of the Cable. Secure it to the front of the Upper Frame with one M10×2 3/8" Hex Bolt (#68), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- B.) Draw the Cable over another Pulley set on top of the Upper Frame (#2). Insert the Cable downward through the hole behind the bracket on the top of the Upper Frame.
- C.) Attach Pulley (#60) and two Pulley Covers (#61) to the Cable. Attach the Double Floating Pulley Bracket (#27) to the Pulley set and secure it with one M10×1 3/4" Hex Bolt (#69), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- D.) Draw the Cable upward towards the bracket underneath the Top Socket Assembly (#7). Attach one Pulley (#60) to the Cable and secure it to the bracket with one M10×1 3/4" Hex Bolt (#69), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78). (Please note there is no Pulley Cover needed for this step.)
- E.) Pull the Cable downward towards the Selector Stem (#46). Screw the Bolt on the end of the Cable into the Selector Stem (#46) by 1/2". Do not screw the Bolt all the way in the Selector Stem. It may cause the Cable to be too short.

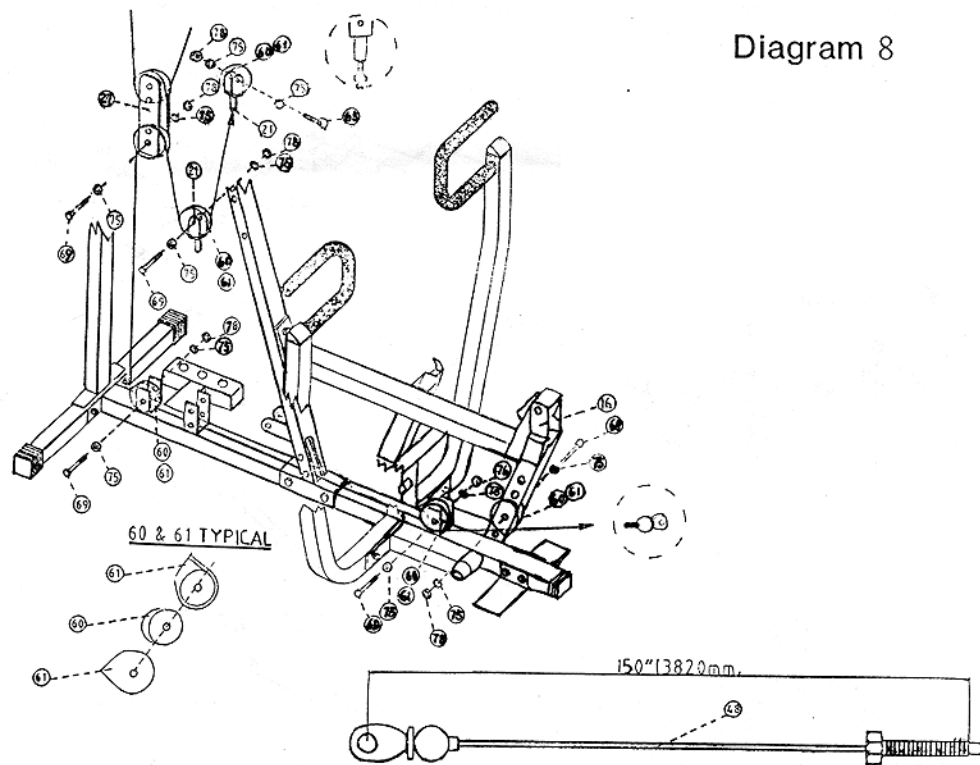
Diagram 7



STEP 8 (See Diagram 8)

- A.) Attach the 150" Cable (#48) to the Leg Developer (#16). Attach a Pulley (#60) and two Pulley Cover (#61) to the Cable. Secure it with one M10×2 3/8" Hex Bolt (#68), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- B.) Draw the Cable underneath another Pulley set.
- C.) Draw the Cable through the hole on the bottom of the Front Vertical Frame (#3).
- D.) Draw the Cable through the first bracket behind the Front Vertical Frame Install another Pulley set on the second bracket.
- E.) Pull the Cable upward towards the Double Floating Pulley Bracket (#27). Install another Pulley set. Draw the Cable over the Pulley Set towards down.
- F.) Attach another Pulley set and Single Floating Pulley Bracket (#21). Secure it with one M10×1 3/4" Hex Bolt (#69), two Ø13/16" Flat Washers (#75), and one M10 Aircraft Nut (#78).
- G.) Pull the Cable upward and screw it 1/4" into the Single Floating Pulley Bracket (#21) that was installed in STEP 6C. Note: Do not screw the bolt all the way into the Bracket. It may cause the Cable to be too short.

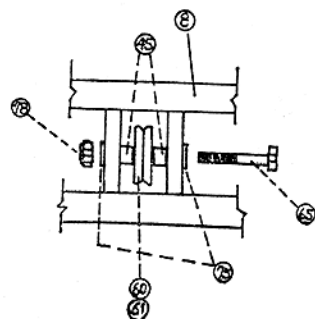
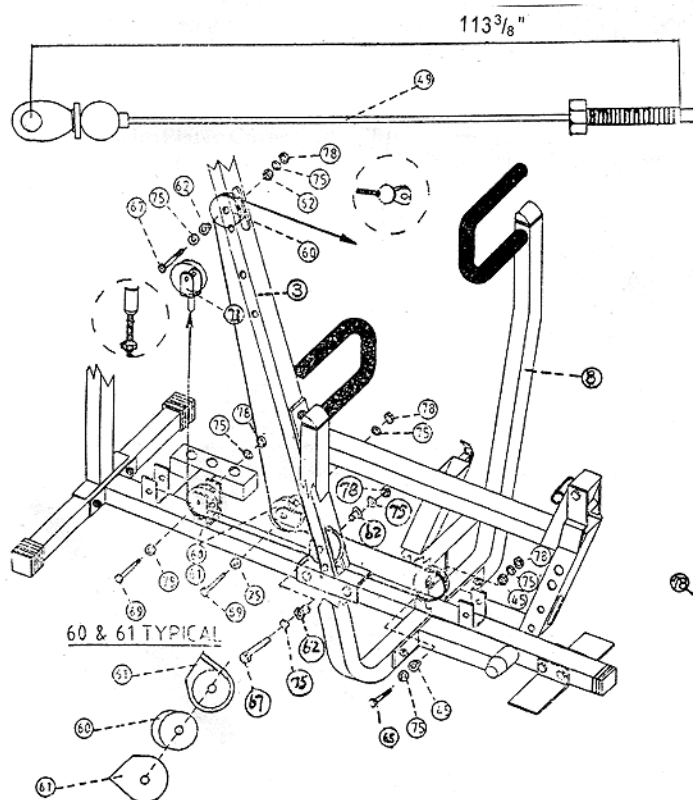
Diagram 8



STEP 9 (See Diagram 9)

- A.) Insert the 3 3/8" Cable (#49) through the Front Vertical Frame (#3). Attach a Pulley (#60) to the Cable. (Note: There is no Cable Cover needed.) Secure it with one M10×2 9/16" Hex Bolt (#67), two Ø13/16" Flat Washers (#75), two Bushings (#62), and one M10 Aircraft Nut (#78).
- B.) Pull the Cable downwards and install another Pulley Set at the bottom of the Front Vertical Frame.
- C.) Draw the Cable through the hole at the bottom of the Front Vertical Frame (#3) to the Front Press (#8). Attach another Pulley Set to the Cable and secure it with one M10×5 11/16" Hex Bolt (#65), two Ø13/16" Flat Washers (#75), two Plastic Spacers (#45).
- D.) Insert the Cable through the hole at the bottom of the Front Vertical Frame (#3). Install another Pulley (Note: There is no cable cover needed) at the bottom of the Front Vertical Frame (#3) with one M10×2 9/16" Hex Bolt (#67), two Ø13/16" Flat Washers (#75), two Bushings (#62), and one M10 Aircraft Nut (#78).
- E.) Draw the Cable back to the first bracket behind the Front Vertical Frame (#3). Install another Pulley Set.
- F.) Pull the Cable upward towards the Single Floating Pulley Bracket (#21) which was installed in STEP 8F. Screw the Bolt into the Bracket by 1/2".

Diagram 9

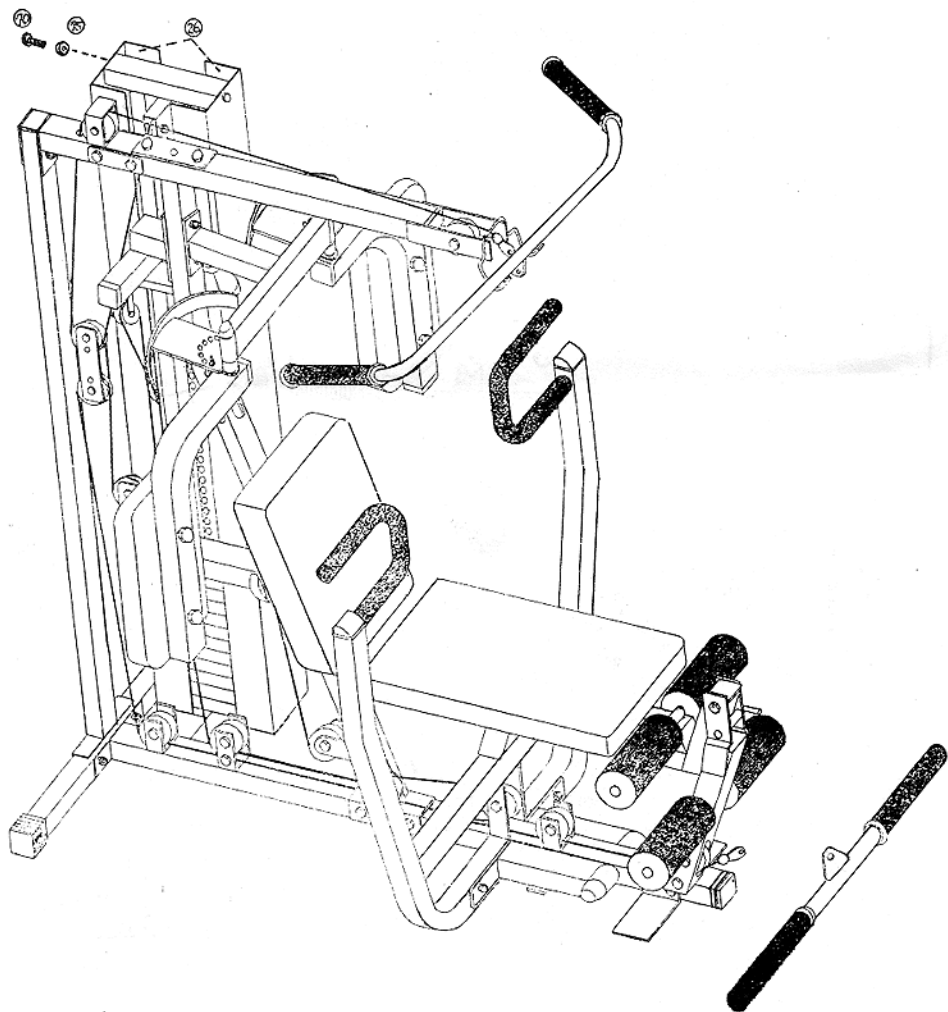


STEP 10 (See Diagram 10)

- A.) Attach two Weight Plate Covers (#26) to the outside of the selective weight plates. Secure it with four M10×1" Hex Bolts (#70) and Ø13/16" Flat Washers (#75).

STEP 11

- A.) Securely tighten all nuts and bolts previously installed from STEP 1 through 10.



PARTS LIST

Part No.	Description	Q'ty	Part No.	Description	Q'ty
1	Base Frame	1	45	Plastic Spacer	2
2	Upper Frame	1	46	Selector Stem	1
3	Front Vertical Frame	1	47	82" Cable	1
4	2" X 6 5/16" Bracket	1	48	150" Cable	1
5	Rear Vertical Frame	1	49	113 3/8" Cable	1
6	Rear Base Frame	1	50	121" Cable	1
7	Top Socket Assembly	1	51	M10 Cone Shape Cap	2
8	Front Press	1	52	M12 Cone Shape Cap	2
9	Front Press Left Base	1	53	2" Square Rubber Cap	4
10	Front Press Right Base	1	54	2" Square Cap (w/hole)	2
11	Left Butterfly	1	55	2" Square Curved End Cap	3
12	Right Butterfly	1	56	2" Square Flat End Cap	14
13	Butterfly Support	1	57	1 3/4" Square End Cap	1
14	Butterfly Cable Guide	2	58	Ø1 1/4" Round Plug	2
15	Butterfly Pulley Frame	1	59	Ø3" Round Plug	4
16	Leg Developer	1	60	Pulley	17
17	Leg Developer Holder	1	61	Pulley Cover	28
18	Seat Support	1	62	Bushing	4
19	Backrest Support Frame	1	63	Grip	4
20	Backrest Adjustment Tube	1	64	M12 X 3 3/8" Hex Bolt	1
21	Single Floating Pulley Bracket	2	65	M10 X 5 11/16" Hex Bolt	1
22	Selecting Rod	1	66	M10 X 3" Hex Bolt	19
23	Weight Plates Guide Rod	2	67	M10 X 2 9/16" Hex Bolt	5
24	Lat Bar	1	68	M10 X 2 3/8" Hex Bolt	2
25	Curl Bar	1	69	M10 X 1 3/4" Hex Bolt	12
26	Weight Plates Cover	2	70	M10 X 1" Hex Bolt	6
27	Double Floating Pulley Bracket	2	71	M8 X 2 9/16" Allen Bolt	4
28	2" X 4" Bracket	3	72	M8 X 5/8" Allen Bolt	4
29	2" X 4 3/4" Bracket	3	73	M6 X 5/8" Allen Bolt	2
30	Foot Plate	2	74	Ø15/16" Flat Washer	2
31	Ø5/8" X 9 3/8" Axle	1	75	Ø13/16" Flat Washer	85
32	Ø1 1/2" Washer	2	76	Ø11/16" Flat Washer	8
33	Long Quick Release Pin	2	77	M12 Aircraft Nut	3
34	Short Quick Release Pin	2	78	M10 Aircraft Nut	40
35	L Shape Pin	1	79	Ø1" X Ø5/8" Bushing	6
36	Selector Pin	1	80	Ø1" X Ø1/2" Bushing	2
37	Rubber Bumper	2	81	Ø1 1/2" X Ø1" Bushing	8
38	Leg Developer Bumper	1	82	M10 X 1 9/16" Socket Bolt	1
39	Seat	1	83	Top Weight Plate	1
40	Backrest	1	84	Selective Weight Plates	14
41	Butterfly Pad	2	85	Single Cross Pull Handle	1
42	Foam Roll Tube	2	86	Ankle Strap	1
43	Foam Roll	4	87	AB Strap	1
44	Foam Grip	2			