NOTE:

Please read all instructions carefully before using this product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Weight Resistance Chart

Warranty

Ordering Parts

Model VORTEX

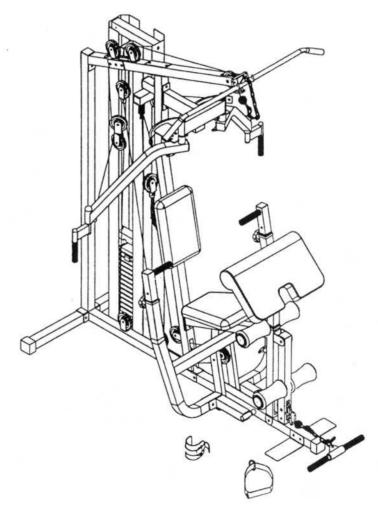
Retain This Manual for Reference

7-20-00

OWNER'S MANUAL



MARCY VORTEX PERSONAL TRAINER



IMPEX FITNESS PRODUCTS

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746 Tel: (800) 999-8899 Fax: (626) 961-9966

> www.impex-fitness.com impex@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICES	2
HARDWARE IDENTIFIER	3
ASSEMBLY INSTRUCTIONS	4
PARTS LIST	18
WEIGHT RESISTANCE CHART	19
WARRANTY	20
ORDERING PARTS	20

BEFORE YOU BEGIN

Thank you for selecting the MARCY VORTEX PERSONAL TRAINER 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
www.impex-fitness.com
impex@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:

- 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.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 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.
- 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.
- 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'

AIRCRAFT NUT

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.

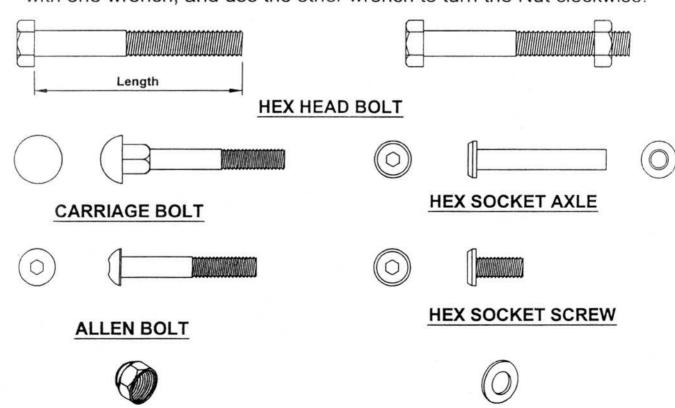
FLAT WASHER

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.



ASSEMBLY INSTRUCTION

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

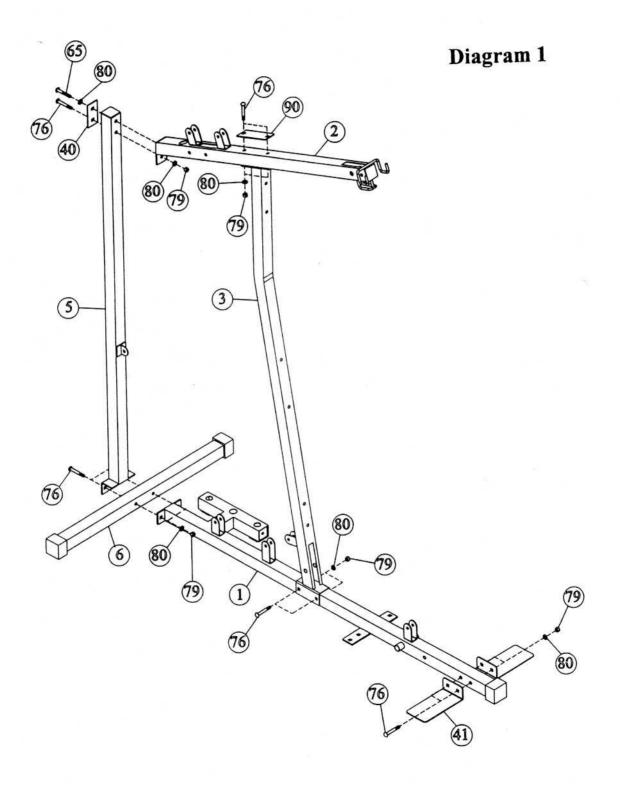
NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

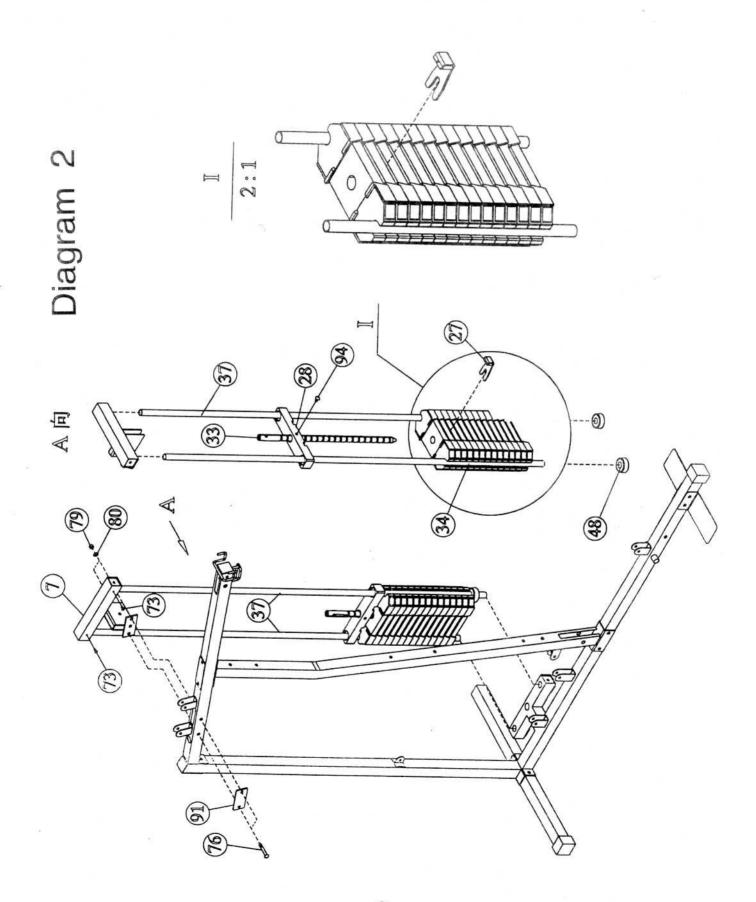
STEP 1 (See Diagram 1)

- A.) Place the Base Frame (#1) firmly on the floor. Attach two Foot Plates (#41) to the front of the Base Frame (#1). Align the holes and secure it with two M10 x 2 3/4" Carriage Bolts (#76), Ø7/8" Washers (#80), and M10 Aircraft Nuts (#79). 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 Beam (#5) to the back of the Base Frame (#1). Align the holes and secure them with two M10 x 2 3/4" Carriage Bolts (#76), Ø7/8" Washers (#80), and M10 Aircraft Nuts (#79).
- C.) Attach the Front Vertical Beam (#3) to the Base Frame (#1). Secure it with two M10 x 2 3/4" Carriage Bolts (#76), Ø7/8" Washers (#80), and M10 Aircraft Nuts (#79).
- D.) Attach the Upper Frame (#2) to the top of the Vertical Beams (#3) & (#5). Secure the front with two M10 x 2 3/4" Carriage Bolts (#76), one 6 5/16" x 2" Bracket (#90), two Ø7/8" Washers (#80), and two M10 Aircraft Nuts (#79).
- E.) Secure the back with a M10 x 2 ½" Allen Bolt (#65), Ø7/8" Washer (#80) and 4" x 2" Bracket (#40) to the top hole. Use one M10 x 2 ¾" Carriage Bolt (#76), Ø7/8" Washer (#80), and M10 Aircraft Nut (#79) to secure the bottom hole.

STEP 2 (See Diagram 2)

- A.) Place two Rubber Bumpers (#48) onto the Base Frame (#1). Align the two holes and push two Weight Plate Guide Rods (#37) through the Bumpers into the Base Frame (#1).
- B.) Install fourteen Weight Plates (#34) in between the two Guide Rods. (Hold the Plate in an angle and slide it in between the two Rods. Then turn the Plate flat and set it all the way down. Make sure the grove on the plastic housing faces up and all the plates interlock with each other.)
- C.) Insert the Selector Rod (#33) into the center hole on the Plates. Slide the Selector Stem (#28) onto the Guide Rods from the top. Align the holes and secure it with a M10 x1¾ "Allen Bolt (#94) and Ø7/8" Washer (#80) from each side. NOTE: Your Vortex machine is capable of adding 50 lbs. more of weights. To purchase the extra weights, please contact us directly at 1-800-999-8899.
- D.) Attach the Top Socket Assembly (#7) to the top of the Weight Plates Guide Rods (#37). Secure it to the Upper Frame (#2) with two M10 x 2 3/4" Carriage Bolts (#76), one 4 3/4" x 2" Bracket (#91), two Ø7/8" Washers (#80) and two M10 Aircraft Nuts (#79).
- E.) Insert the Weight Plate Selector Pin (#27) in between the Plates to secure the rod. Make sure the magnet on the Pin faces upward.
- F.) Securely tighten all nuts and bolts previously installed.

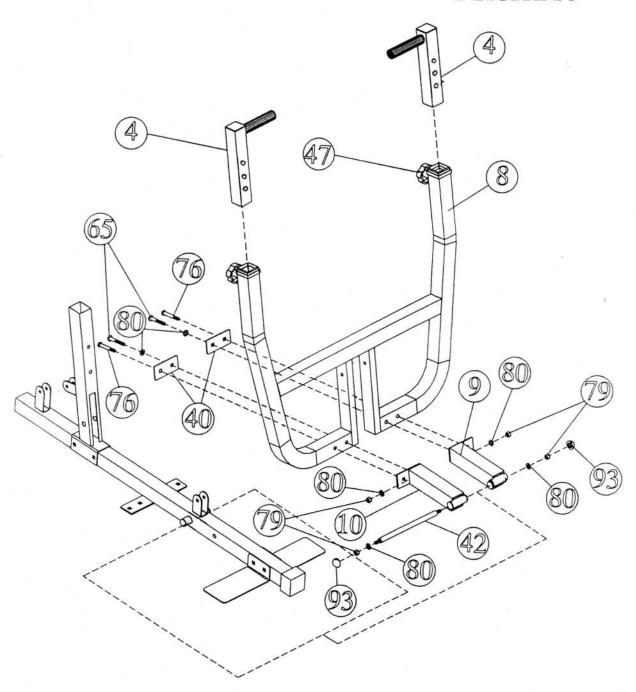




STEP 3 (See Diagram 3)

- A.) Attach the Front Press Left Base (#9) and the Front Press Right Base (#10) onto the pivot hole on the Base Frame (#1). Align the holes and insert through a Ø5/8" x 9 3/8" Axle (#42). Secure it with two Ø7/8" Washers (#80), and M10 Aircraft Nuts (#79). Attach two plastic Cone Shape Caps (#93) to the Nuts.
- B.) Attach the Front Press (#8) to the Front Press Bases (#9 & 10). Secure it with one M10 x 2 ½" Allen Bolt (#65), one M10 x 2 ¾" Carriage Bolt (#76), two Ø7/8" Washers (#80), one 4" x 2" Bracket (#40), and one M10 Aircraft Nut (#79) on each side of the Front Press.
- C.) Insert a Front Press Handle (#4) into the top opening on the Front Press (#8) and secure it with a Quick Release Knob (#47). Repeat to install another one on the other side.

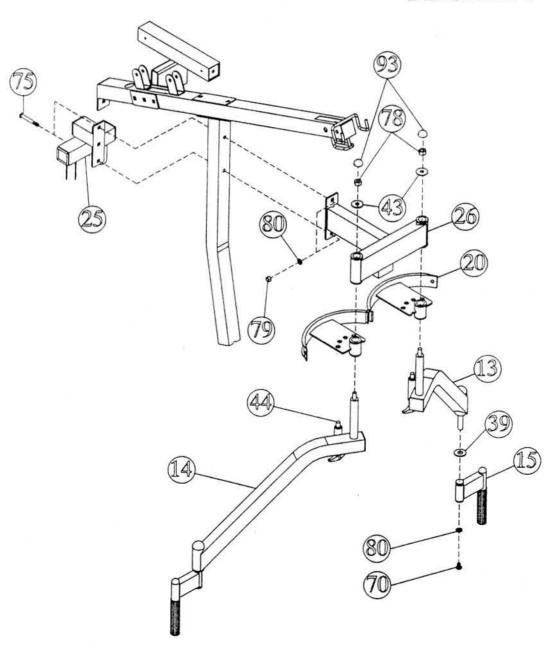
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Butterfly Support (#26) and Butterfly Pulley Frame (#25) to the Front Vertical Beam (#3). Secure them with two M10 x 3" Carriage Bolts (#75), Ø7/8" Washers (#80), and M10 Aircraft Nuts (#79).
- B.) Place a Butterfly Cable Guide (#20) onto the axle on the Left Butterfly (#13). Insert the Axle through the hole on the Butterfly Support (#26). Secure the top with a Ø1 ½" x Ø1/2" Washer (#43), M12 Aircraft Nut (#78), and Cone Shape Cap (#93).
- C.) Slide a Ø1 ½" x 5/8" Washer (#39) and Butterfly Handle (#15) onto the shaft on the Left Butterfly (#13). Secure it with a Ø7/8" Washer (#80) and M10 x ½" Allen Bolt (#70).
- D.) Repeat the above steps B & C to install the Right Butterfly (#14).

DIAGRAM 4

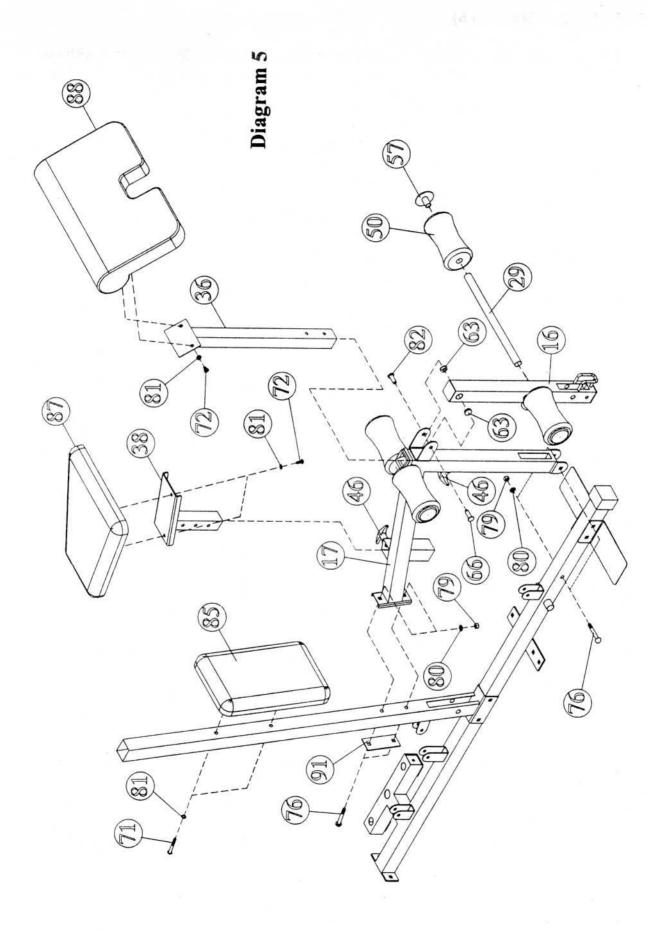


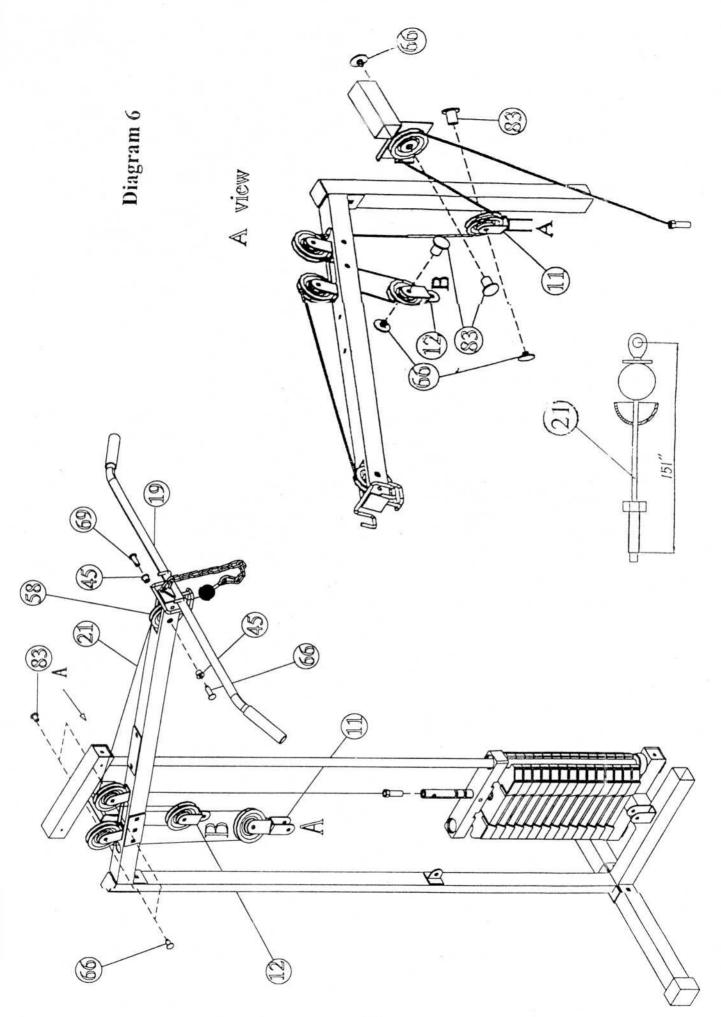
STEP 5 (See Diagram 5)

- A.) Attach the Seat Support (#17) to the Front Vertical Beam (#3). Secure it with two M10 x 2 3/4" Carriage Bolts (#76), one 4 3/4" x 2" Bracket (#91), two Ø7/8" Washers (#80), and two M10 Aircraft Nuts (#79).
- B.) Secure the Seat Support (#17) to the Base Frame (#1) with a M10 x 2 3/4" Carriage Bolt (#76), Ø7/8" Washer (#80), and M10 Aircraft Nut (#79).
- C.) Attach the Backrest Pad (#85) to the Front Vertical Beam (#3). Secure it with two M8 x 2 5/8" Allen Bolts (#71) and Ø3/4" Washers (#81).
- D.) Attach the Seat (#87) to the Seat Post (#38). Secure it with two ØM8 x 5/8" Allen Bolts (#72) and Ø3/4" Washers (#81). Insert the Seat Post into the opening on the Seat Support (#17) and secure it with a Pop Pin (#46).
- E.) Attach two Ø1/2" Bushings (#63) to the Leg Developer (#16). Then attach the Leg Developer (#16) to the bracket on the Seat Support (#17). Secure it with a Ø1/2" x 2 ½" Hex Socket Axle (#82) and Hex Socket Screw (#66).
- F.) Insert two Foam Roll Tubes (#29) halfway through the opening on the Leg Developer (#16) and Seat Support (#17). Push four Foam Rolls (#50) onto the tubes. Plug the ends with four Foam Roll End Caps (#57).
- G.) Attach the Arm Curl Pad (#88) to the Arm Curl Stand (#36). Secure it with two Ø3/4" Washers (#81), and M8 x 5/8" Allen Bolts (#72). Insert the Stand into the opening on the Seat Support and secure it with a Pop Pin (#46).

STEP 6 (See Diagram 6)

- A.) Attach the 151" Upper Cable (#21) to the front of the Upper Frame (#2). Note: The Ball Stopper on the Cable should be underneath the Frame. Attach a Pulley (#58) to the slotted opening and insert two Bushings (#45) from each side. Align the holes and secure it with a Ø3/8" x 2 ½" Hex Socket Axle (#69) and Hex Socket Screw (#66). (See Cable Loop Over View on Diagram 11)
- B.) Draw the Cable (#21) towards the back of the machine to the first bracket on the top. Install a Pulley (#58) there and secure it with a Ø3/8 x 1 ½" Hex Socket Axle (#83) and Hex Socket Screw (#66).
- C.) Pull the Cable (#21) downward through the opening on the Upper Frame (#2). (SEE A VIEW) Install another Pulley and Single Floating Pulley Bracket (#12). Let the Pulley hanging for now and called it Position B.
- D.) Pull the Cable upward through the opening on the Upper Frame to the second bracket on the top. Install another Pulley.
- E.) Pull the Cable downward through the opening and install another Pulley using a Double floating Pulley Bracket (#11). Let the Pulley handing for now and call it Position A.
- F.) Pull the Cable upward towards the bracket underneath the Top Socket Assembly (#7). Install another Pulley.
- G.) Pull the Cable downward towards the Weight Plates and screw it into the Selector Rod (#33).



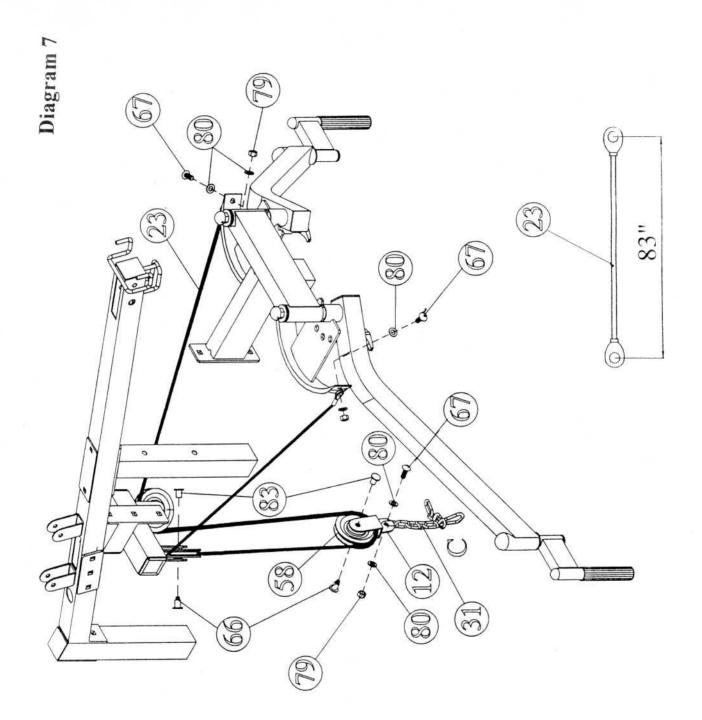


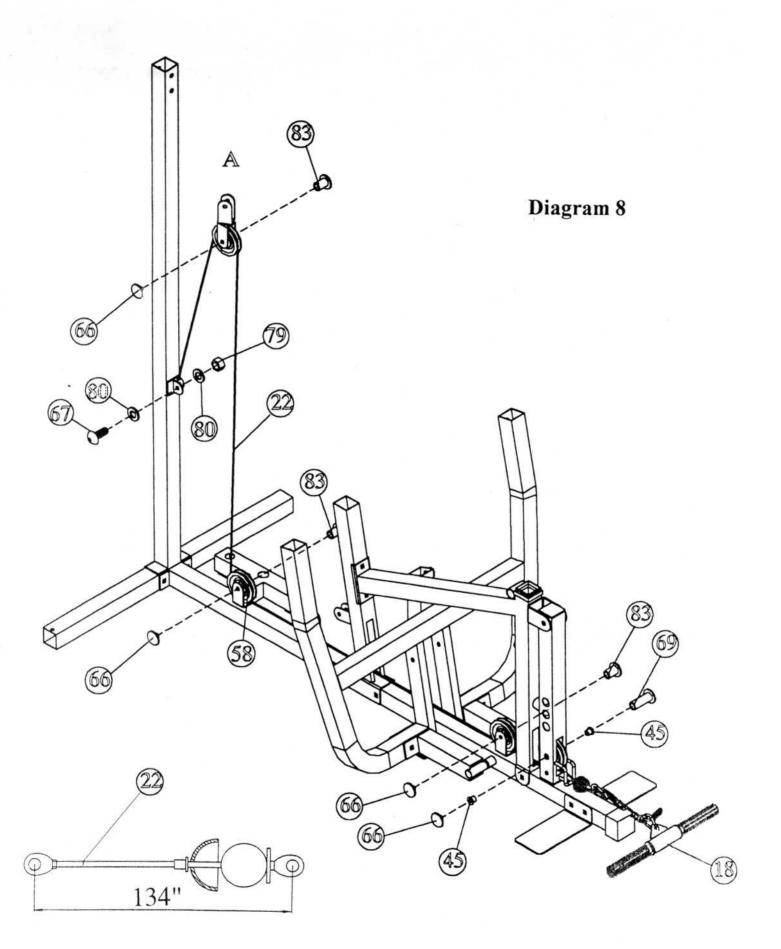
STEP 7 (See Diagram 7)

- A.) Attach one end of the 83" Butterfly Cable (#23) to the Butterfly Cable Guide (#20). Secure it with a M10 x 1" Allen Bolt (#67), two Ø7/8" Washers (#80), and one M10 Aircraft Nut (#79). Attach the other end to the other Cable Guide.
- B.) Draw the Cable to the bracket underneath the Butterfly Pulley Frame (#25). Install a Pulley and secure it with a Ø3/8" x 1 ½" Hex Socket Axle (#83) and Hex Socket Screw (#66). Repeat the same procedure to install the other side.
- C.) Pull the Cable downward and attach a Pulley in the mid-span. Attach a Single Floating Pulley Bracket (#12) and secure it with a Ø3/8" x 1 ½" Hex Socket Axle (#83) and Hex Socket Screw (#66).
- D.) Attach a Chain (#31) to the Bracket (#12). Secure it with a M10 x 1" Allen Bolt (#67), two ⊘7/8" Washers (#80), and one M10 Aircraft Nut (#79). Let the Chain hanging for now and call it Position C.

STEP 8 (See Diagram 8)

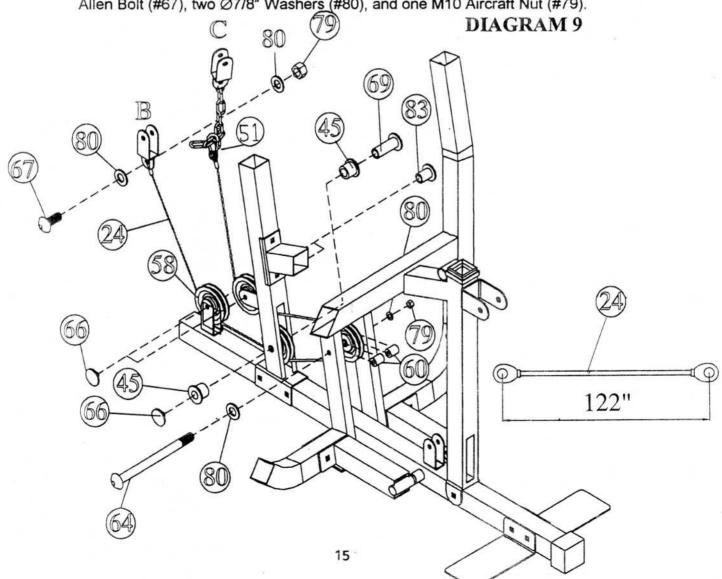
- A.) Attach the 134" Lower Cable (#22) to the slotted opening on the Leg Developer (#16). Install a Pulley inside the opening. Secure it with a Ø3/8" x 2 ½" Hex Socket Axle (#69), two Bushings (#45), and one Hex Socket Screw (#66).
- B.) Pull the Cable towards the back of the machine through the opening on the Seat Support (#17). Install a Pulley to the bracket on the top of the Base Frame.
- C.) Continue drawing the Cable along the top surface on the Base Frame towards the back of the machine. Install a Pulley to the last bracket on the Base Frame.
- D.) Pull the Cable upward to the Double Floating Bracket (#11) (POSITION A) previously installed in STEP 6. Install a Pulley.
- E.) Pull the Cable downward to the plate welded on the Rear Vertical Beam. Secure the end of the Cable to the plate using one M10 x 1" Allen Bolt (#67), two Ø7/8" Washers (#80), and one M10 Aircraft Nut (#79).





STEP 9 (See Diagram 9)

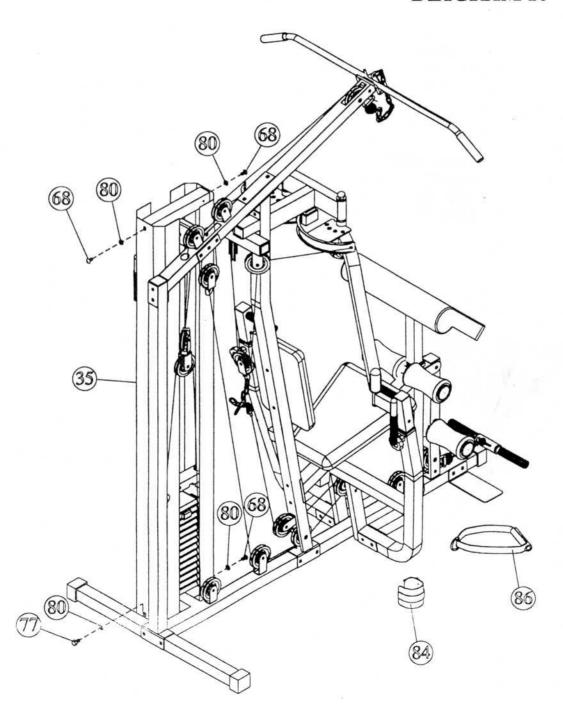
- A.) Attach the 122" Bench Press Cable (#24) to the Chain (POSITION C) previously installed in STEP 7 using a Clip (#51). NOTE: The purpose of this Chain is to adjust the tightness of the Cable loop. Check the Cable loop after completing the assembly. If the Cable loop is too loose, shorten the Chain to tighten up.
- B.) Pull the Cable downward to the bracket on the back of the Front Vertical Beam. Install a Pulley.
- C.) Draw the Cable through the opening on the bottom of the Front Vertical Beam towards the front of the machine. Attach a Pulley to the Cable and align the Pulley to the holes in between the Bench Press. Make sure to place two Plastic Spacers (#60), one on each side of the Pulley. Align the holes and secure it with a M10 x 5 ½" Allen Bolt (#64), two Ø7/8" Washers (#80), and one M10 Aircraft Nut (#79).
- D.) Draw the Cable around the Pulley towards the back of the machine. Install another Pulley to the opening on the bottom of the Front Vertical Beam. Secure it with a Ø3/4" x 2 ½" Hex Socket Axle (#69), two Bushings (#45), and one Hex Socket Screw (#66).
- E.) Continue drawing the Cable to the last bracket and install another Pulley.
- F.) Pull the Cable upward to the Single Pulley Bracket (POSITION B) previously installed in STEP 6. Secure the end of the Cable to the Bracket with one M10 x 1" Allen Bolt (#67), two Ø7/8" Washers (#80), and one M10 Aircraft Nut (#79).

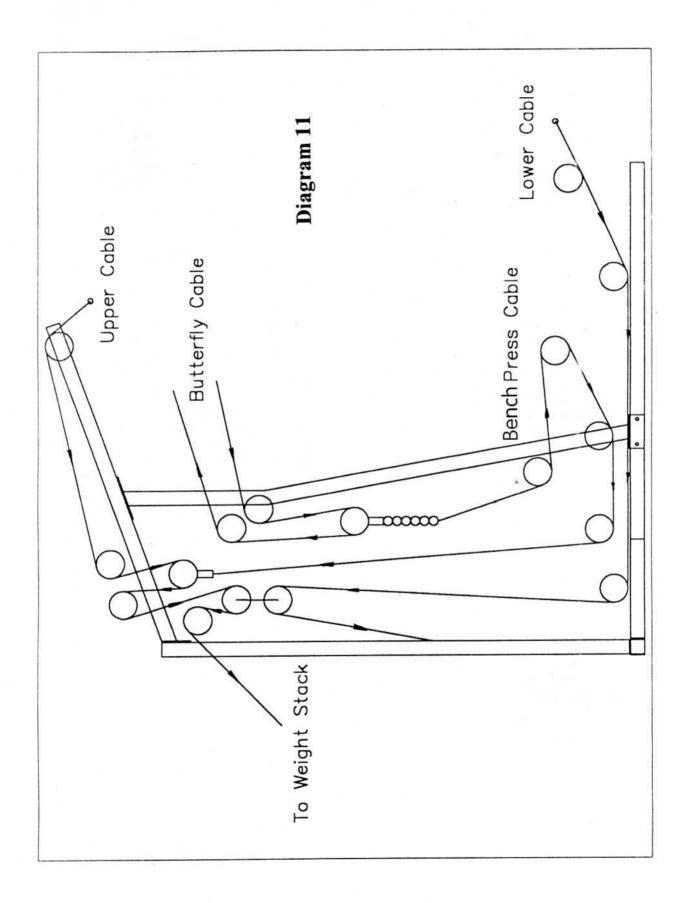


STEP 10 (See Diagram 10)

- A.) Attach the Weight Plate Covers (#35) to the left side of the machine around the weight stack. Secure the top with two Ø7/8" Washers (#80) and M10 x 3/4" Allen Bolts (#68).
- B.) Secure the bottom front with a Ø7/8" Washer (#80) and M10 x 3/4" Allen Bolt (#68).
- C.) Secure the bottom back with a Ø7/8" Washer (#80) and M10 x 3/4" Regular Hex Bolt (#77).

DIAGRAM 10





PARTS L KEY NO.		Q'ty			
1	Base Frame	1	48	Rubber Bumper	2
2	Upper Frame	1	49	Leg Developer Bumper	1
3	Front Vertical Beam	1	50	Foam Roll	4
4	Front Press Handle	2	51	Clip	5
5	Rear Vertical Beam	1	52	2" Square Sleeve	4
6	Rear Base Frame	1	53	Ø1 1/2" Round End Cap	2
7	Top Socket Assembly	1	54	Ø1" Round End Cap	2
8	Front Press	1	55	1 1/2" Square End Cap	4
9	Front Press Left Base	1	56	2" Square End Cap	7
10	Front Press Right Base	1	57	Foam Roll End Cap	4
11	Double Floating Pulley Bracket	1	58	Pulley	17
12	Single Floating Pulley Bracket	2	59	Grip	8
13	Left Butterfly	1	60	Plastic Spacer	2
14	Right Butterfly	1	61	Ø1" Bushing	8
15	Butterfly Handle	2	62	Ø5/8" Bushing	10
16	Leg Developer	1	63	Ø1/2" Bushing	2
17	Seat Support	1	64	M10 x 5 1/2" Allen Bolt	1
18	Shiver Bar	1	65	M10 x 2 1/2" Allen Bolt	3
19	Lat Bar	1	66	Hex Socket Screw	17
20	Butterfly Cable Guide	2	67	M10 x 1" Allen Bolt	5
21	151" Upper Cable	1	68	M10 x 3/4" Allen Bolt	3
22	134" Lower Cable	1	69	Ø3/8" x 2 1/2" Hex Socket Axle	3
23	83* Butterfly Cable	1	70	M10 x 1/2" Allen Bolt	2
24	122" Bench Press Cable	1	71	M8 x 2 5/8" Allen Bolt	2
25	Butterfly Pulley Frame	1	72	M8 x 5/8" Allen Bolt	4
26	Butterfly Support	1	73	M6 x 5/8" Allen Bolt	2
27	Weight Plate Selector Pin	1	74	M6 x 5/8" Philip Screw	1
28	Selector Stem	1	75	M10 x 3" Carriage Bolt	2
29	Foam Roll Tube	2	76	M10 x 2 3/4" Carriage Bolt	16
30	Shiver Bar Handle Tube	1	77	M10 x 3/4" Hex Bolt	1
31	Chain	3	78	M12 Aircraft Nut	2
32	Bushing	6	70	M10 Aircraft Nut	26

M10 Aircraft Nut

Ø1/2" x 2 1/2" Hex Socket Axle

Ø3/8" x 1 1/2" Hex Socket Axle

Single Cross Pull Handle

M10 x 13/4 Allen Bolt

4 3/4" x 2" Bracket

Cone Shape Cap

Ø7/8" Washer

Ø3/4" Washer

Ankle Strap

Seat

Sleeve

Backrest Pad

Arm Curl Pad

Name Plate

Selector Rod

Weight Plate

Seat Post

Foot Plate

Pop Pin

Arm Curl Stand

4" x 2" Bracket

Ø5/8" x 9 3/8" Axle

Bushing for Pulley

Quick Release Knob

Ø1 1/2" x Ø1/2" Washer

Long Quick Release Pin

Weight Plate Cover

Weight Plate Guide Rod

Ø1 1/2" x Ø5/8" Washer

VORTEX WEIGHT RESISTANCE CHART

							We	Weight Plate	ate						
	0	-	7	3	4	2	9	7	∞	6	10	11	12	13	14
Bench Press	10	20	40	09	80	100	120	140	160	180	200	220	240	260	280
Butterfly	v	10	15	20	25	30	35	40	45	50	55	09	99	70	75
Lat Pull	10	20	30	40	50	09	70	08	06	100	110	120	130	140	150
Leg Developer	\$	10	20	40	09	80	100	120	140	160	180	200	220	240	260
Arm Curl	2	20	35	50	65	80	95	110	125	140	155	170	185	200	215
Low Pulley	2	10	20	35	50	99	08	98	110	125	140	155	170	185	200

*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 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.

- Model
- Description of Parts
- Part Number
- Date of Purchase