

NOTE:
Please read all instructions
carefully before using this
product

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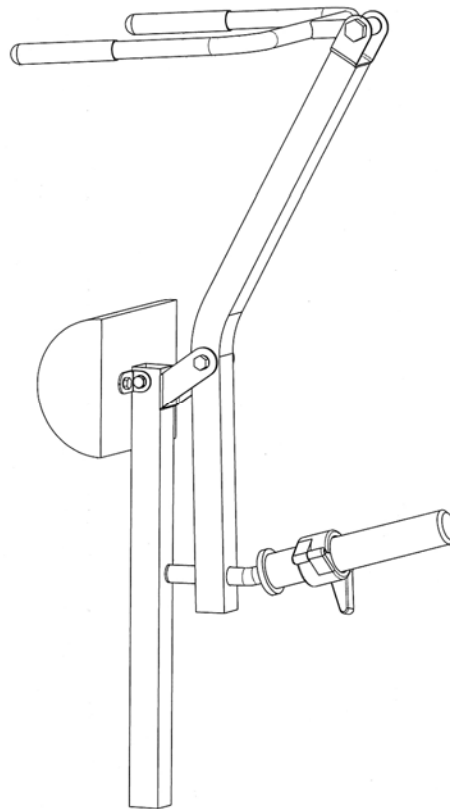
Retain This
Manual for
Reference

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**OWNER'S
MANUAL**

IMPEX
FITNESS PRODUCTS

**MARCY[®] PRO
PM-40
ABDOMINAL TRAINER**



**IMPORTANT: Please read this manual before commencing
assembly of this product.**

IMPEX[®] INC.

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info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PRO PM-40 Abdominal trainer by IMPEX[®] INC. For your safety and benefit, read this manual carefully before using the equipment. 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

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IMPORTANT SAFETY NOTICE

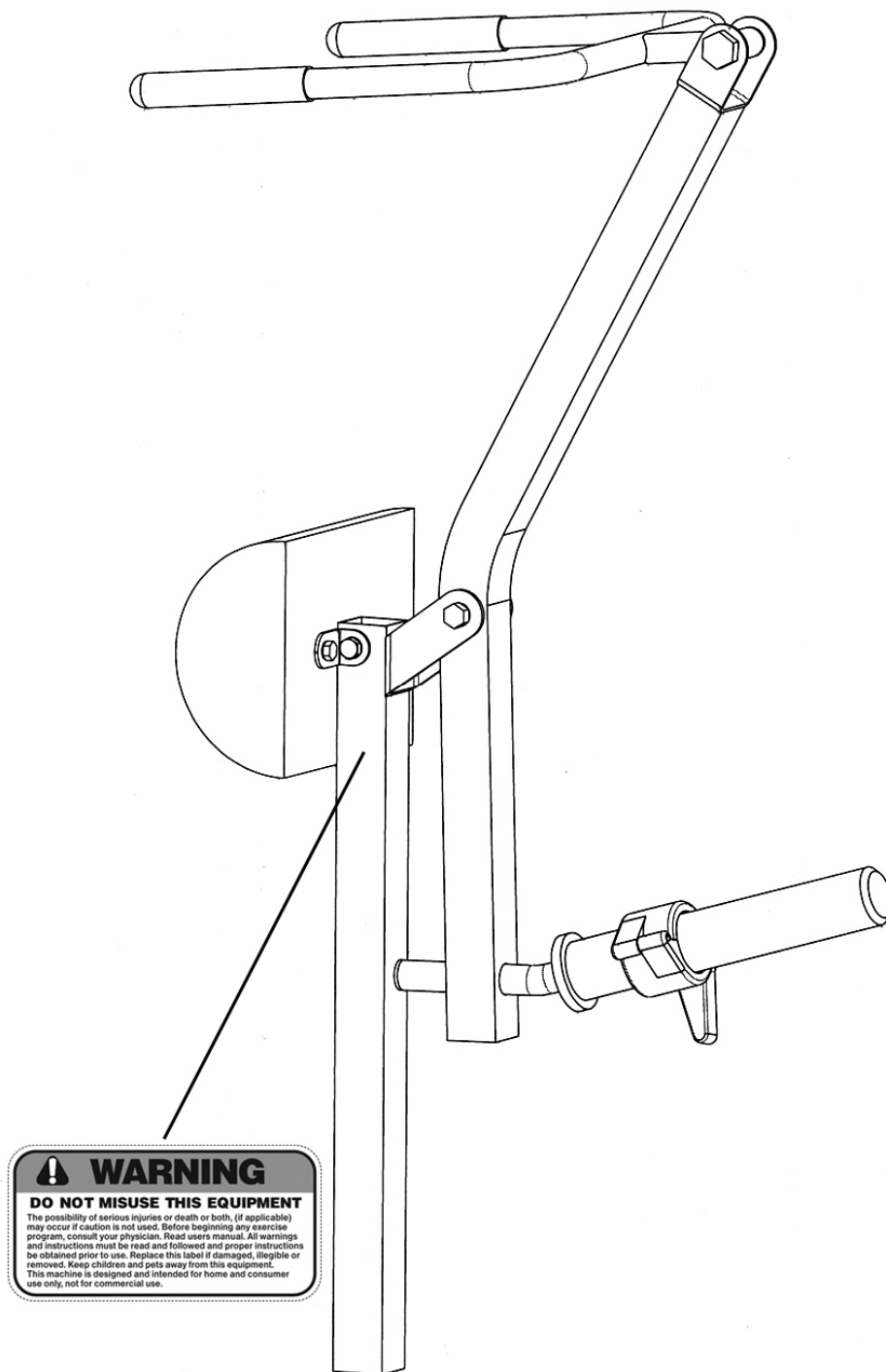
This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
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 equipment on a clear, leveled surface. DO NOT use the equipment 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 equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment 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 equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**
14. **This equipment is an accessory for Marcy Pro products.**
15. **This equipment can only be used on Marcy Pro Power Rack (PM-3800), Marcy Pro Olympic Bench (PM-4200), and Marcy Pro Compact Gym (PM-4400).**

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

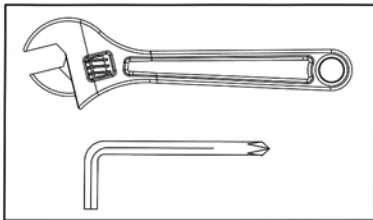


The warning labels shown here have been placed on the Backrest Support. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools required for assembling the equipment: two adjustable wrenches and allen wrenches.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Insert **Allen Bolts or Hex Bolts** through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the equipment before tightening the bolts. Do not fasten each bolt right after it is installed

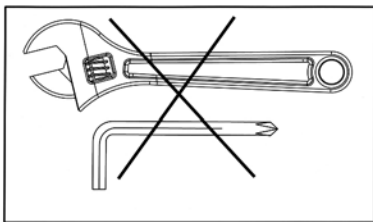
Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivotal function.

Make sure all pivotal components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.
4. Examine the equipment regularly for signs of damages or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. **Failure to examine regularly may affect the safety level of the equipment.**

WEIGHT CAPACITY AND DIMENSION

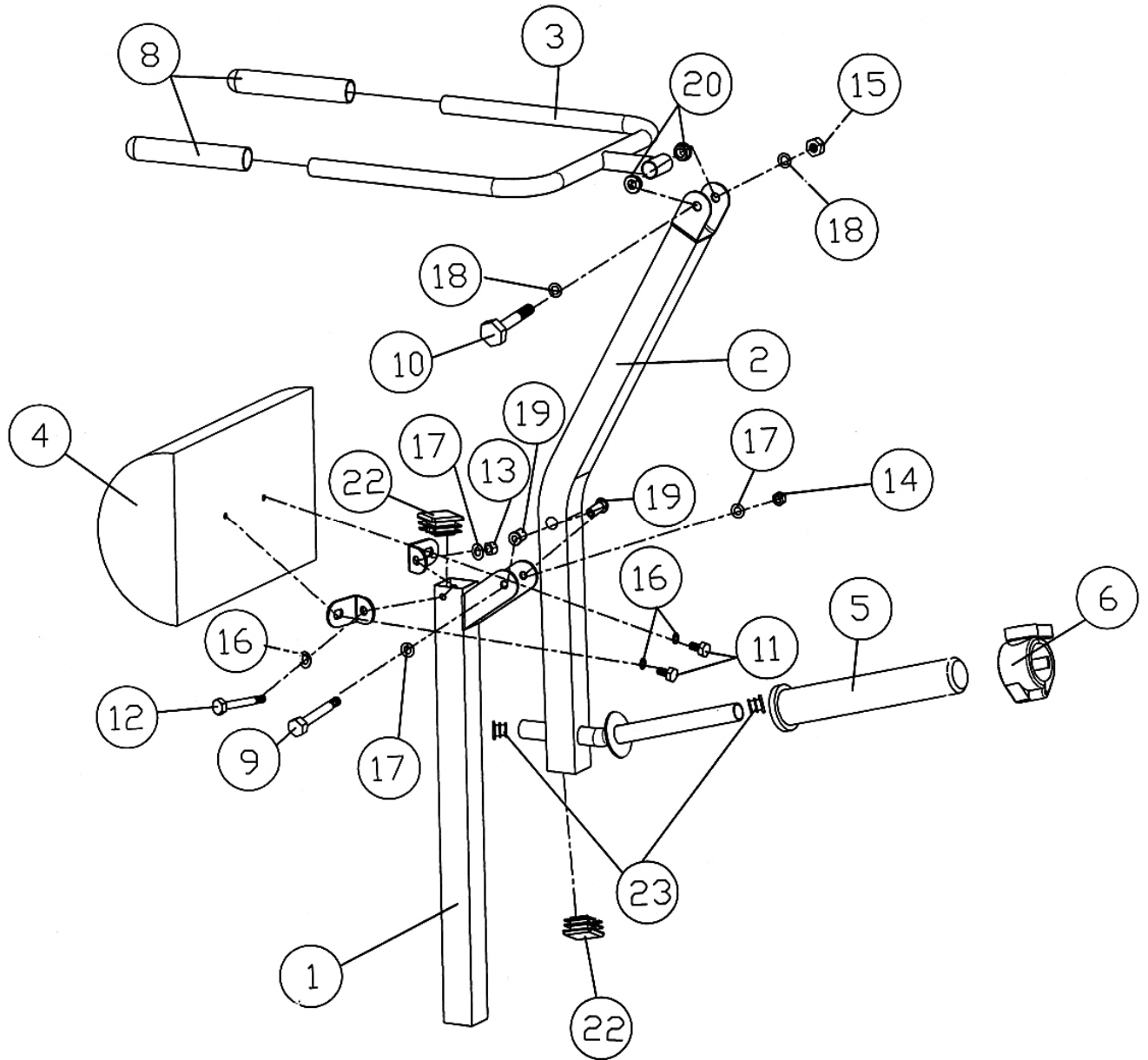
1. Maximum weight on weight post: 100 lbs.
2. Assembled Dimension: 24" x 16" x 45"

Do not over tighten the Swivel Bar (#2). Ensure the Swivel Bar can swivel smoothly.

PM-40 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Back Support		1
2	Swivel Bar		1
3	Handle		1
4	Backrest Board		1
5	Olympic Sleeve		1
6	Lock Clip		1
7	L Bracket		2
8	Handle Grip	5 3/4"	2
9	Hex Bolt	M10 x 2 3/4"	1
10	Hex Bolt	M12 x 2 3/4"	1
11	Hex Bolt	M8 x 3/4"	2
12	Hex Bolt	M8 x 2 1/2"	1
13	Aircraft Nut	M8	1
14	Aircraft Nut	M10	1
15	Aircraft Nut	M12	1
16	Washer	Ø 5/8"	4
17	Washer	Ø 3/4"	2
18	Washer	Ø 1"	2
19	Bushing	Ø 3/4" x 5/8"	2
20	Bushing	Ø 1" x 3/8"	2
21	Allen Wrench (Tool)	4#	1
22	End Cap	1 1/2" x 1 1/2"	2
23	End Cap	Ø 1"	2

EXPLODED DIAGRAM



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.
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

When ordering replacement parts, always give the following information.

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

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