

NOTE:
Please read all instructions
carefully before using this
product

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Hardware Identifier

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Model
SM-6200

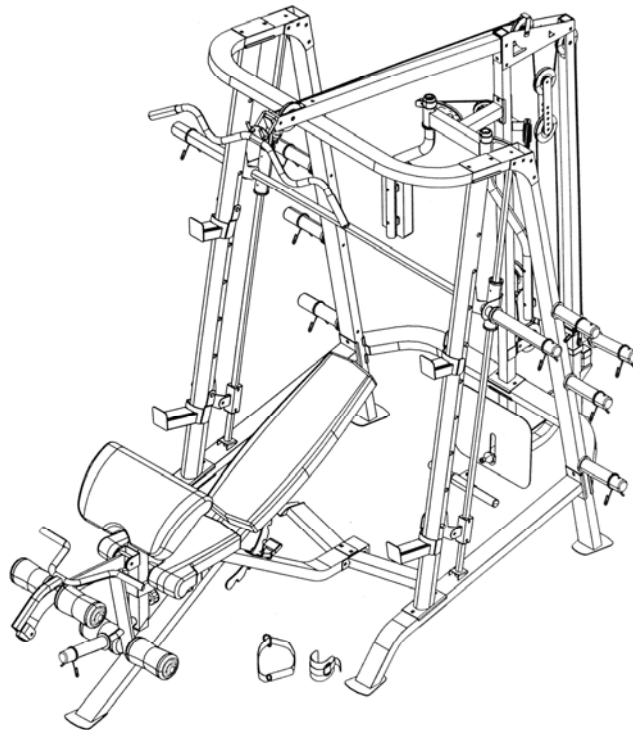
Retain This
Manual for
Reference

08-06-09

OWNER'S
MANUAL

IMPEX

MARCY DELUXE SMITH MACHINE SM-6200



IMPEX[®] INC.

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

Tel: (800) 999-8899 Fax: (626) 961-9966

www.impex-fitness.com

info@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY SM-6200 Smith Machine by IMPEX[®] INC. 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

info@impex-fitness.com

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.
12. A spotter is recommended during exercise.

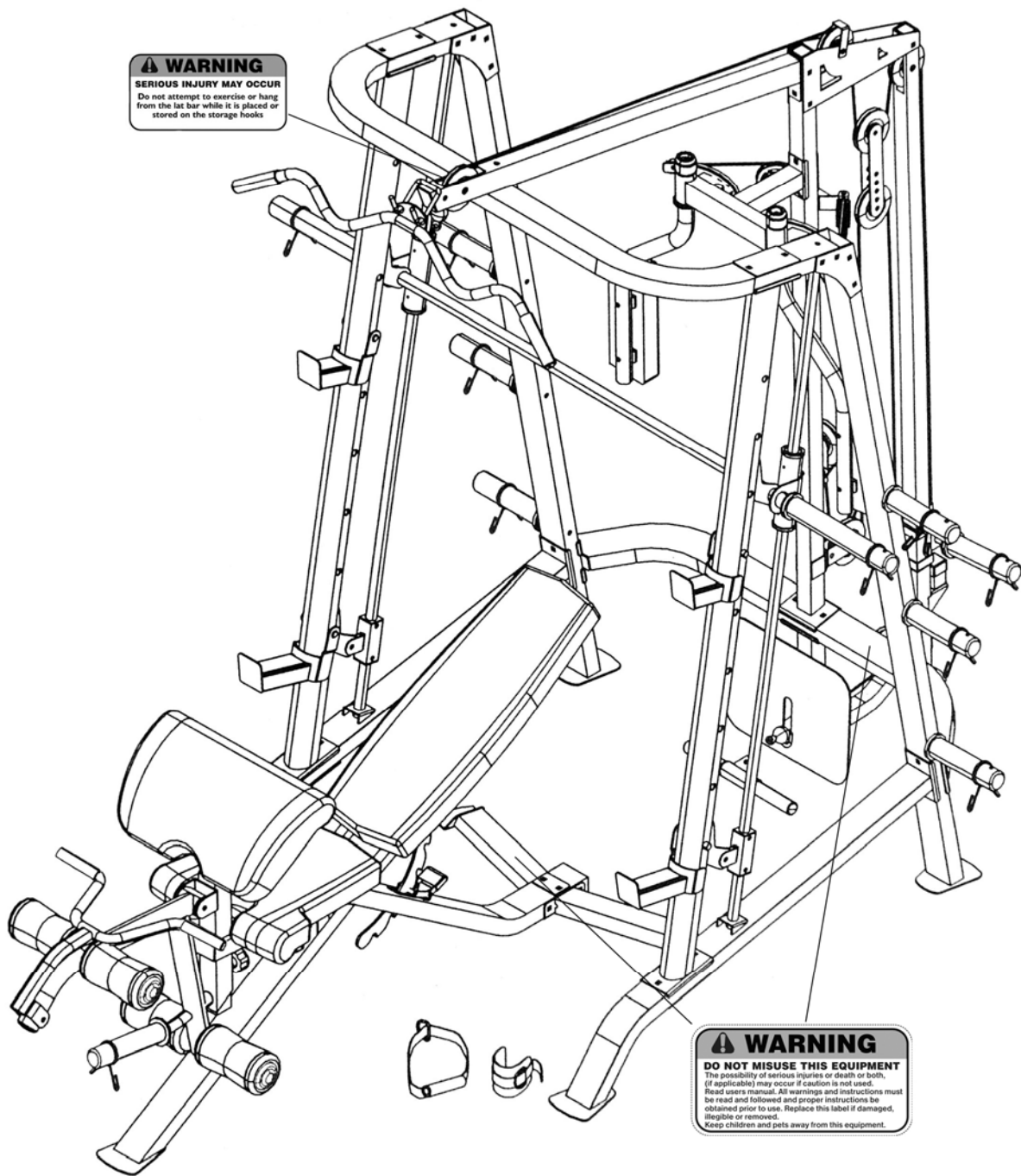
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum user's weight on Bench: 300 lbs.
5. Maximum weight on the Weight Bar: 300 lbs.
6. Maximum weight on the Bar Catch: 300 lbs
7. Maximum weight on Leg Developer: 100 lbs.
8. Maximum Weight Capacity including user weight: 600 lbs

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.

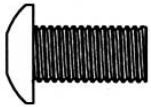
SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT

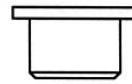


The warning labels shown here have been placed on the Cross Brace, Rear Stabilizer and Upper Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

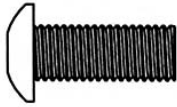
SMITH MACHINE HARDWARE PACK



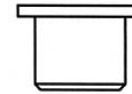
#76 M10 x $\frac{3}{4}$ " Allen Bolt
(Qty 8)



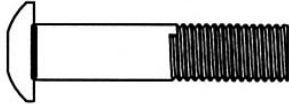
#50 $\text{Ø}1$ " x $\frac{1}{2}$ " Pulley Bushing
(Qty 2)



#77 M10 x 1" Allen Bolt
(Qty 8)



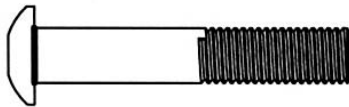
#51 $\text{Ø}1$ " x $\frac{5}{8}$ " Pulley Bushing
(Qty 2)



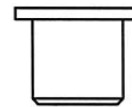
#78 M10 x 1 $\frac{3}{4}$ " Allen Bolt
(Qty 7)



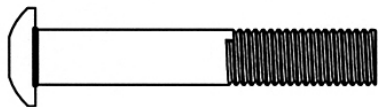
#52 $\text{Ø}1 \frac{1}{8}$ " x $\frac{3}{8}$ " Pulley Bushing
(Qty 2)



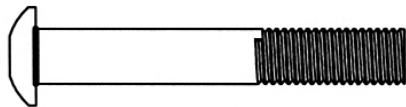
#79 M10 x 2 $\frac{1}{8}$ " Allen Bolt
(Qty 1)



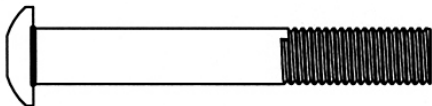
#53 $\text{Ø}1$ " x $\frac{3}{4}$ " Pulley Bushing
(Qty 2)



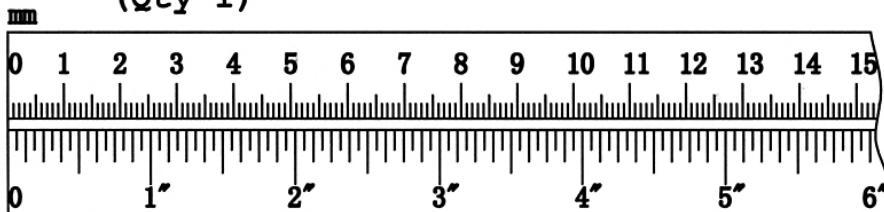
#80 M10 x 2 $\frac{3}{8}$ " Allen Bolt
(Qty 1)



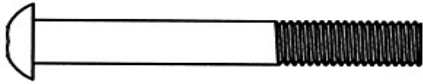
#81 M10 x 2 $\frac{1}{2}$ " Allen Bolt
(Qty 5)



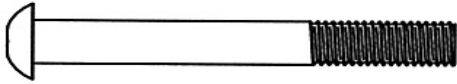
#93 M10 x 2 $\frac{3}{4}$ " Allen Bolt
(Qty 1)



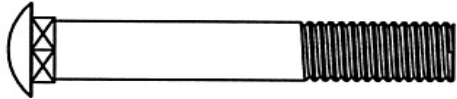
SMITH MACHINE HARDWARE PACK



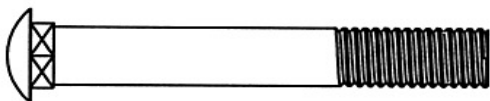
#74 M8 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 4)



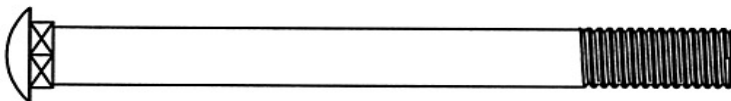
#75 M8 x 2 $\frac{3}{8}$ " Allen Bolt (Qty 2)



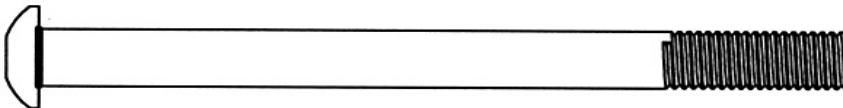
#83 M10 x 2 $\frac{3}{8}$ " Carriage Bolt (Qty 14)



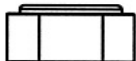
#84 M10 x 2 $\frac{1}{2}$ " Carriage Bolt (Qty 8)



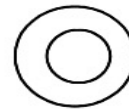
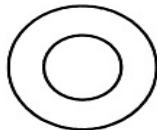
#85 M10 x 4" Carriage Bolt (Qty 8)



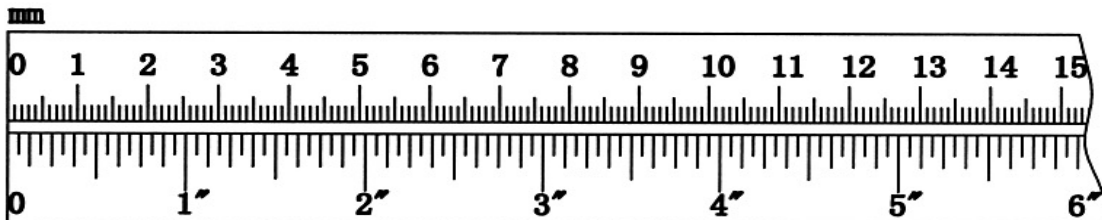
#82 M10 x 4 $\frac{1}{2}$ " Allen Bolt (Qty 1)



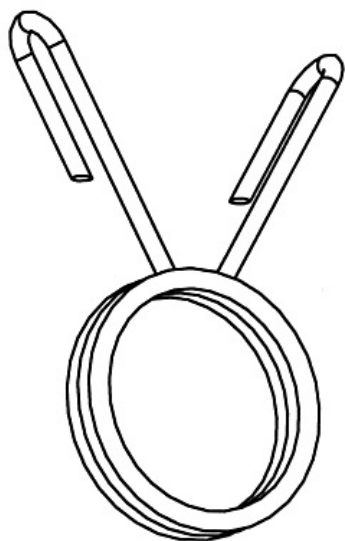
#90 M10 Aircraft Nut (Qty 48)



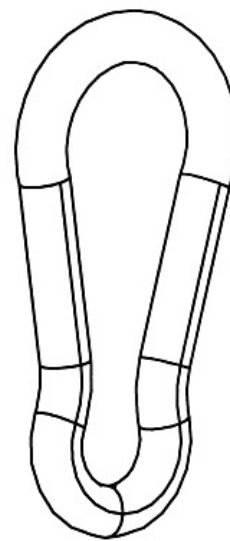
#89 \varnothing $\frac{3}{4}$ " Washer (Qty 72) #88 \varnothing $\frac{5}{8}$ " Washer (Qty 6)



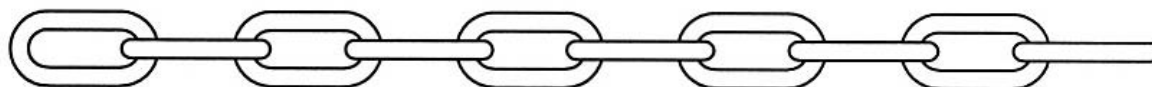
SMITH MACHINE HARDWARE PACK



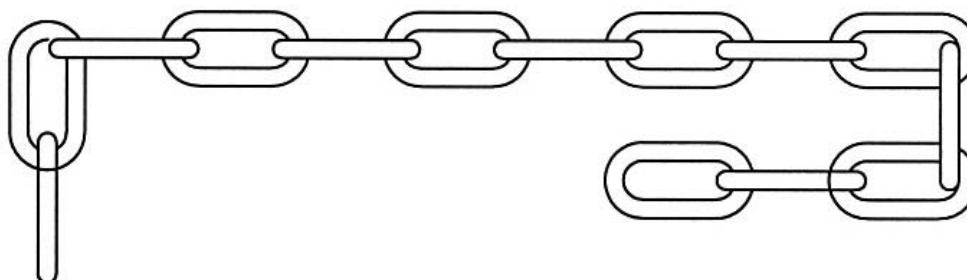
#73 Spring Clip (Qty 10)



#72 Hook (Qty 4)



#70 Short Chain (Qty 1)



#71 Long Chain (Qty 1)

SMITH MACHINE ASSEMBLY INSTRUCTION

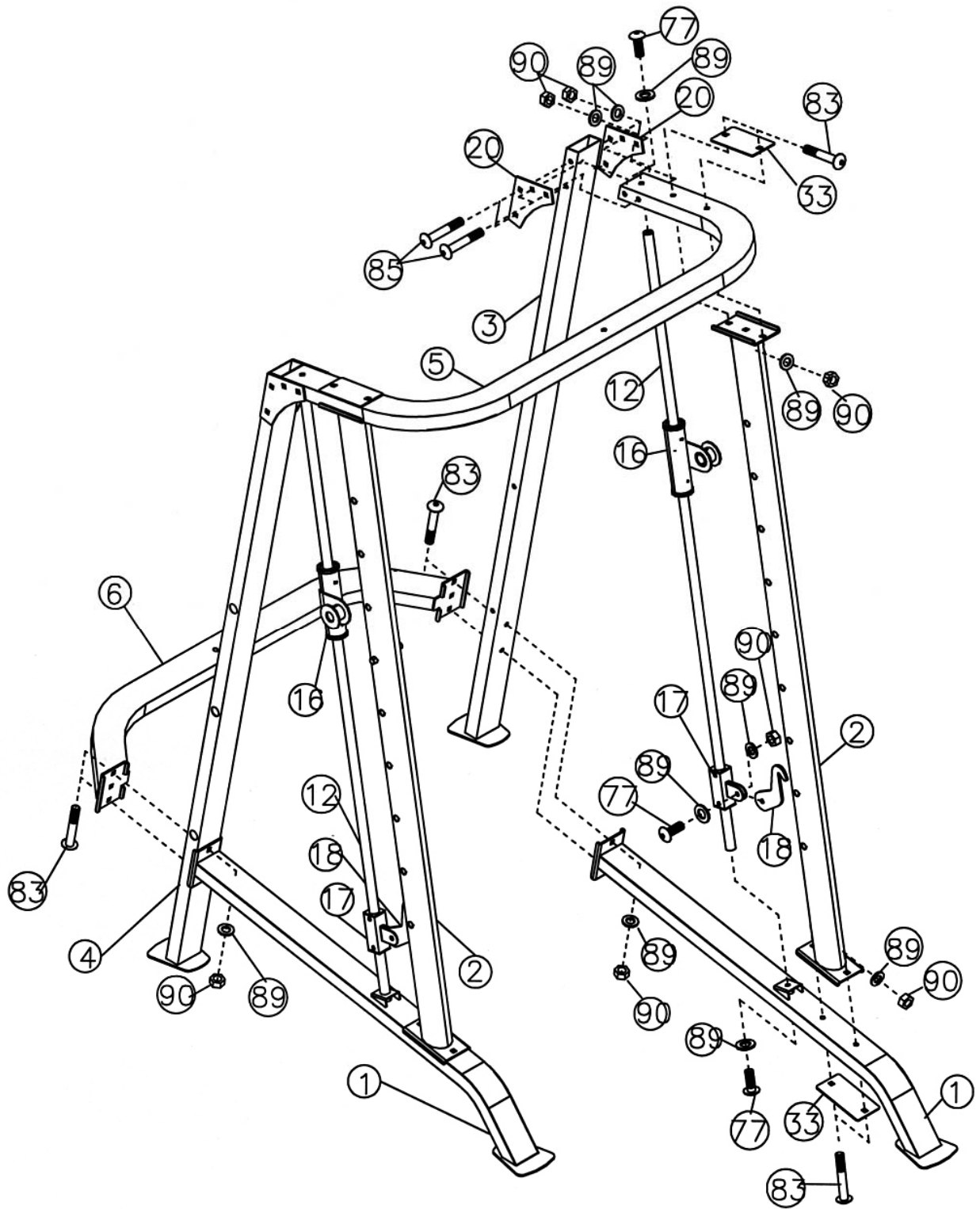
Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

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

STEP 1 (See Diagram 1)

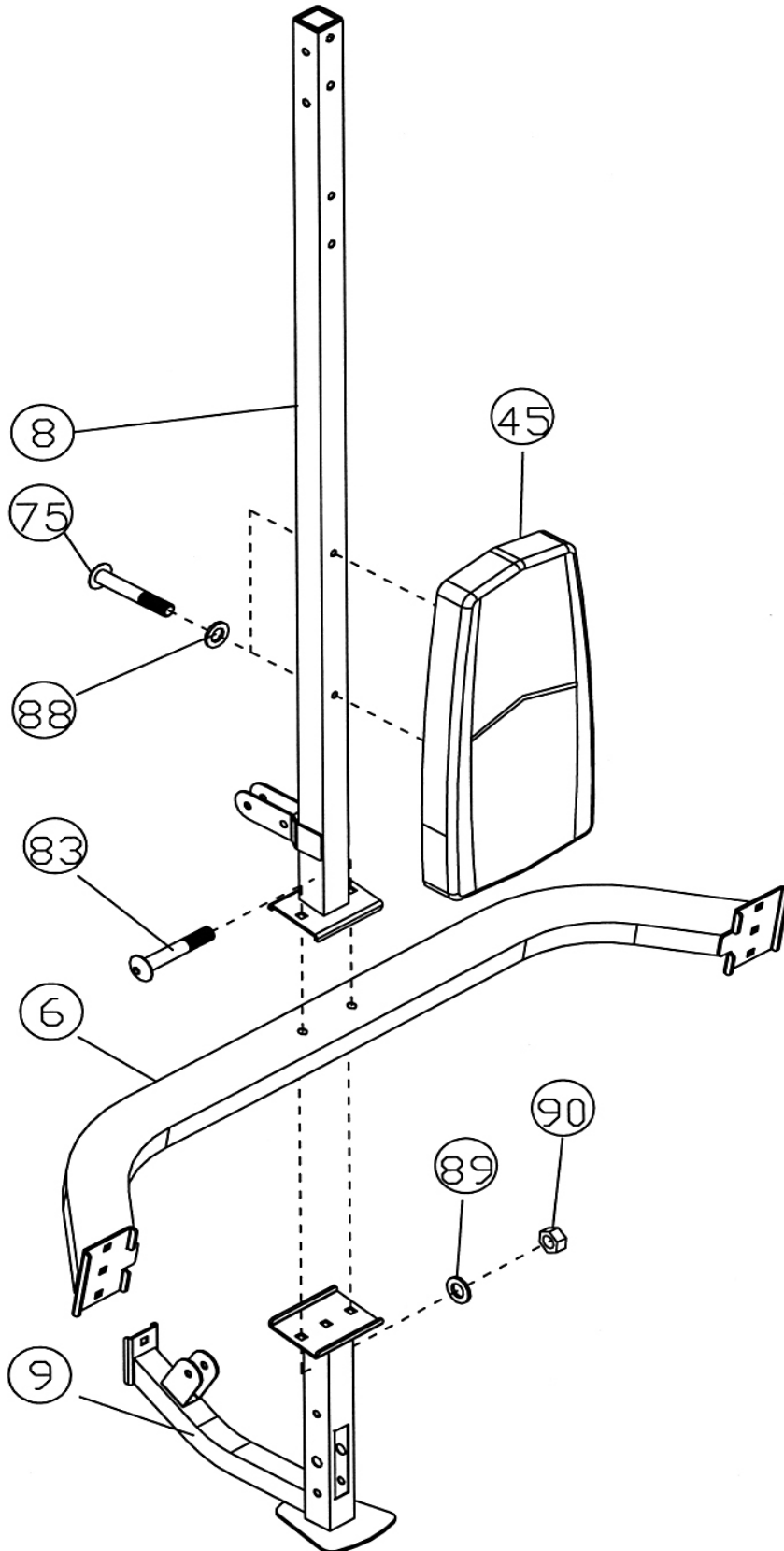
- A.) **Do not tighten all nuts and bolts until instructed to do so.**
- B.) Attach one Base Frame (#1) to the Left Vertical Frame (#3). Attach the Cross Brace (#6) to the back of the Left Vertical Frame. Align the holes and secure the Base Frame, Left Vertical Frame, and the Cross Brace together with two M10 x 2 3/8" Carriage Bolts (#83), Ø 3/4" Washers (#89), and M10 Aircraft Nuts (#90). Repeat the same procedure to install the other side.
- C.) Attach a Guide Rod (#12) onto the Base Frame (#1). Secure it to the Base Frame with one M10 x 1" Allen Bolt (#77) and Ø 3/4" Washer (#89) from the bottom.
- D.) Slide one Lower Safety Stop Frame (#17) onto the Guide Rod from the top then slide one Safety Stop Frame (#16) onto the Guide Rod.
- E.) Attach a Front Vertical Frame (#2) onto the Base Frame (#1). Secure it with two M10 x 2 3/8" Carriage Bolts (#83), one 6" x 2 3/4" Bracket (#33), two Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#90).
- F.) Attach a Safety Hook (#18) to the Lower Safety Stop Frame (#17). Securely it with one M10 x 1" Allen Bolt (#77), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90). Attach the Safety Hook onto the selected slot on the back of the Front Vertical Frame.
- G.) Repeat Procedure C through F above to install the other side.
- H.) Place the Front Top Beam (#5) onto the two Front Vertical Frames (#2).
- I.) Insert the top of the Guide Rods (#12) into the holes on the Front Top Beam. Secure each Guide Rod to the Front Top Beam with one M10 x 1" Allen Bolt (#77) and Ø 3/4" Washer (#89).
- J.) Secure each Front Vertical Frame (#2) to the Front Top Beam (#5) with two M10 x 2 3/8" Carriage Bolts (#83), one 6" x 2 3/4" Bracket (#33), two Ø 3/4" Washers (#89), and two M10 Aircraft Nuts (#90).
- K.) Secure the Front Top Beam to the Left Vertical Frame (#3) with four M10 x 4" Carriage Bolts (#85), two Triangle Brackets (#20), four Ø 3/4" Washers (#89), and four M10 Aircraft Nuts (#90). Repeat the same procedure to secure the other side.

DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Vertical Frame Base (#9) to the Cross Brace (#6) from the bottom. Attach the Rear Vertical Frame (#8) onto the Cross Brace on the top. Align the holes and secure them together with two M10 x 2 3/8" Carriage Bolts (#83), \varnothing 3/4" Washers (#89), and M10 Aircraft Nuts (#90).
- B.) Attach the Backrest Board (#45) to the Rear Vertical Frame (#8). Secure it with two M8 x 2 3/8" Allen Bolts (#75) and \varnothing 5/8" Washes (#88).



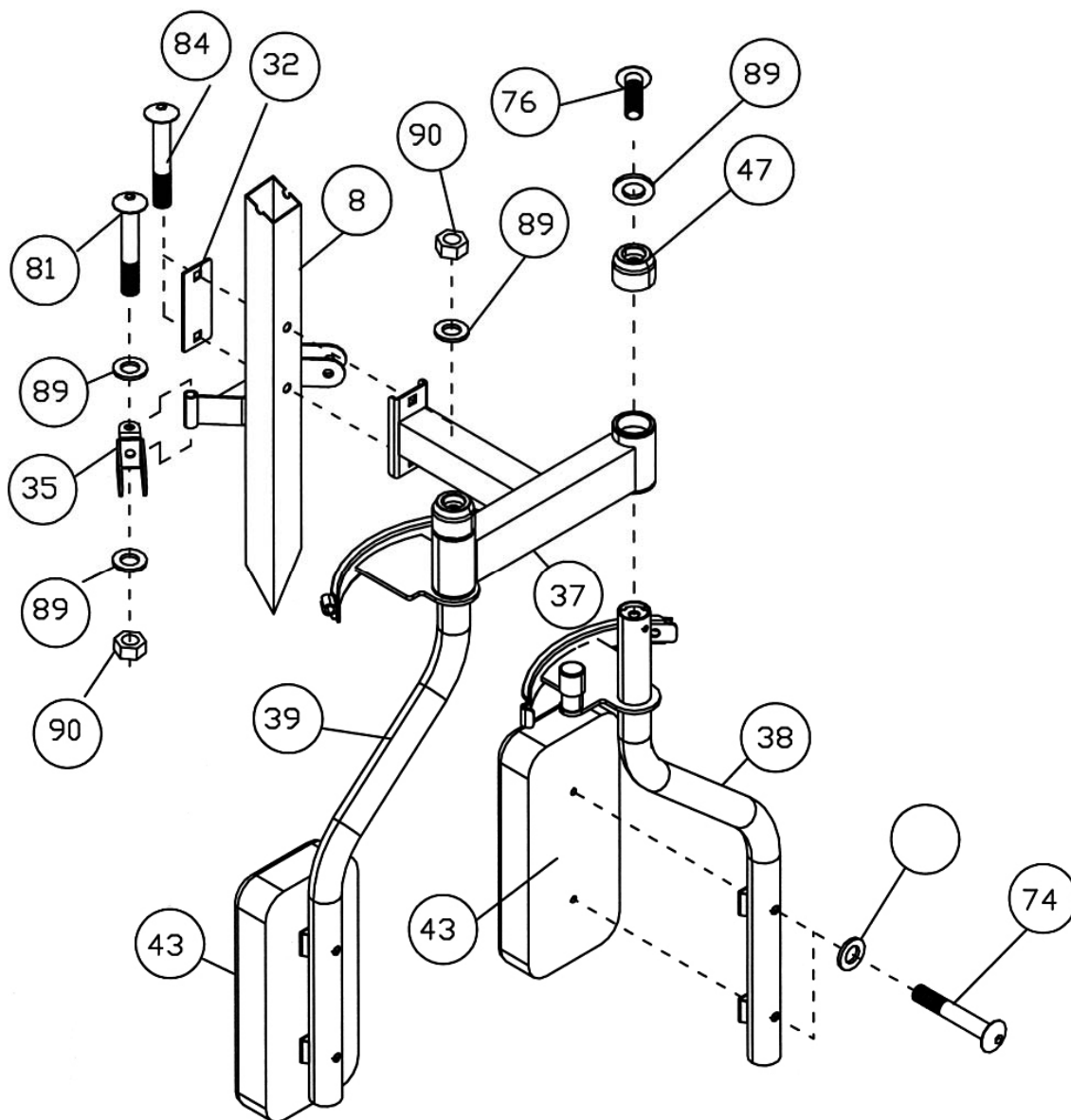
STEP 3 (See Diagram 3)

- A.) Attach the Weight Glide Post (#11) to the bracket on the Vertical Frame Base (#9). Secure it with one 3 1/8" x 1 3/4" Bracket (#31), M10 x 2 1/2" Carriage Bolt (#84), Ø 3/4" Washer (#89), and M10 Aircraft Nut (#90) to the upper hole, one M10 x 2 1/2" Allen Bolt (#81) and one Ø 3/4" Washer (#89) to the lower hole.
- B.) Slide the Sliding Weight Post (#19) onto the Weight Glide Post (#11) from the top. Make sure the triangular cable connecting bracket on the Sliding Weight Post faces up.
- C.) Attach the Upper Frame (#7) onto the Front Top Beam (#5). Secure it with one M10 x 4 1/2" Allen Bolt (#82), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90).
- D.) Attach the rear of the Upper Frame (#7) to the top of the Rear Vertical Frame (#8). Secure it with one 4 3/8" x 1 3/4" Bracket (#34), M10 x 2 1/2" Allen Bolt (#81), and Ø 3/4" Washer (#89) to the upper hole. Secure the bottom hole with one M10 x 2 1/2" Carriage Bolt (#84), Ø 3/4" Washer (#89), and M10 Aircraft Nut (#90).
- E.) Attach the two Cover Brackets (#10) to the Rear Vertical Frame (#8) and Weight Glide Post (#11) from both sides.
- F.) Secure the Cover Brackets to the Rear Vertical Frame and Weight Glide Post with four M10 x 2 1/2" Carriage Bolts (#84), Ø 3/4" Washers (#89), and M10 Aircraft Nuts (#90).
- G.) Securely tighten all Nuts and Bolts previously installed.

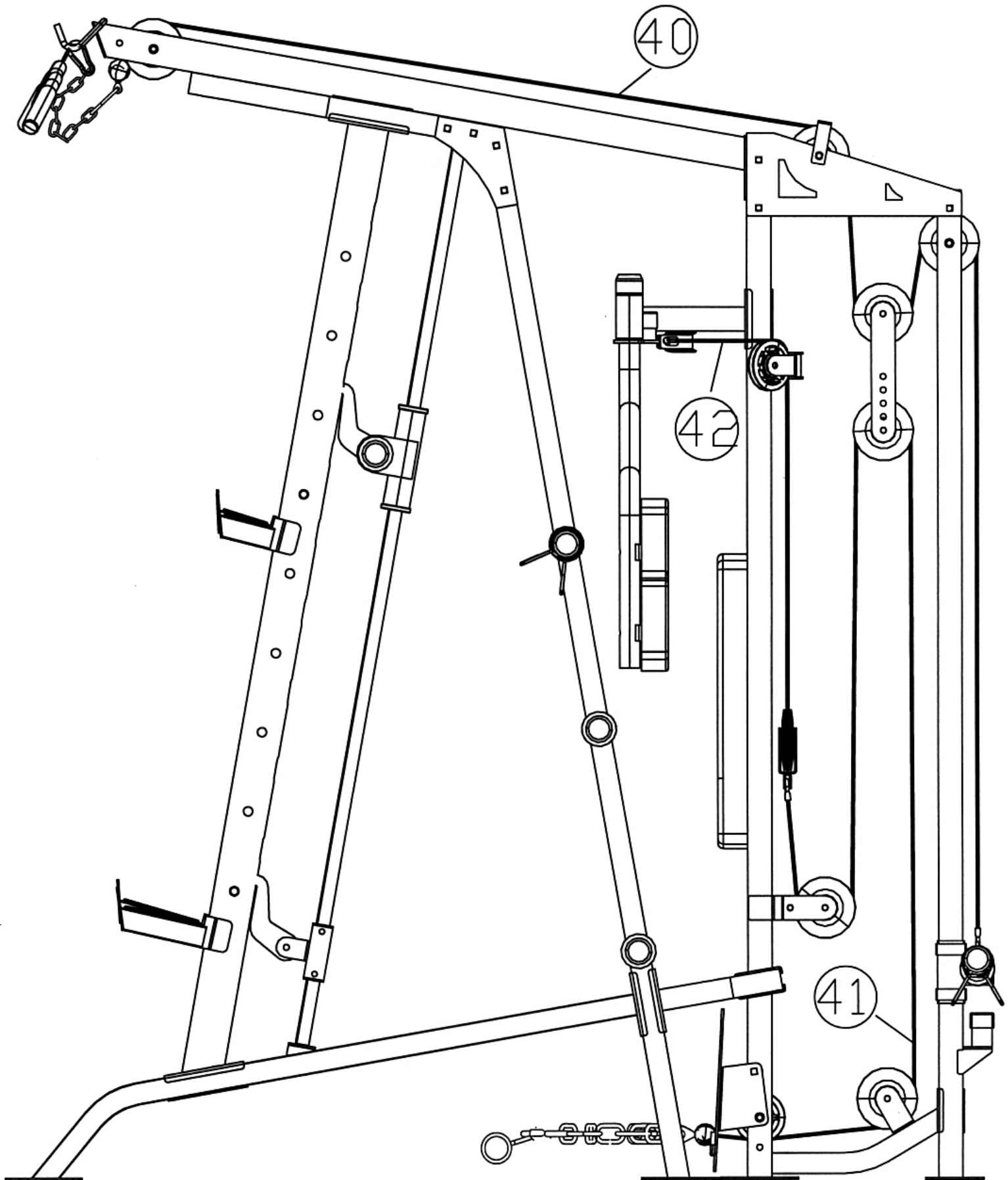
STEP 4 (See Diagram 4)

- A.) Attach the Butterfly Base (#37) to the Rear Vertical Frame (#8). Secure it with two M10 x 2 1/2" Carriage Bolts (#84), Ø 3/4" Washers (#89), and M10 Aircraft Nuts (#90).
- B.) Attach two Swivel Pulley Brackets (#35) to the open brackets on the Rear Vertical Frame (#8). Secure each Bracket with one M10 x 2 1/2" Allen Bolt (#81), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90). Do not over tighten the nuts and bolts. Make sure the brackets are able to swivel on the bolts.
- C.) Insert the axle on the Left Butterfly (#38) through the holes on the Butterfly Base from the bottom. Secure it with one Lock Ring (#47), Ø 3/4" Washer (#89), and M10 x 3/4" Allen Bolt (#76).
- D.) Attach one Butterfly Arm Pad (#43) to the Left Butterfly. Secure it with two M8 x 2 1/8" Allen Bolts (#74) and Ø 5/8" Washers (#88).
- E.) Repeat Procedures C & D above to install the other side.

DIAGRAM 4

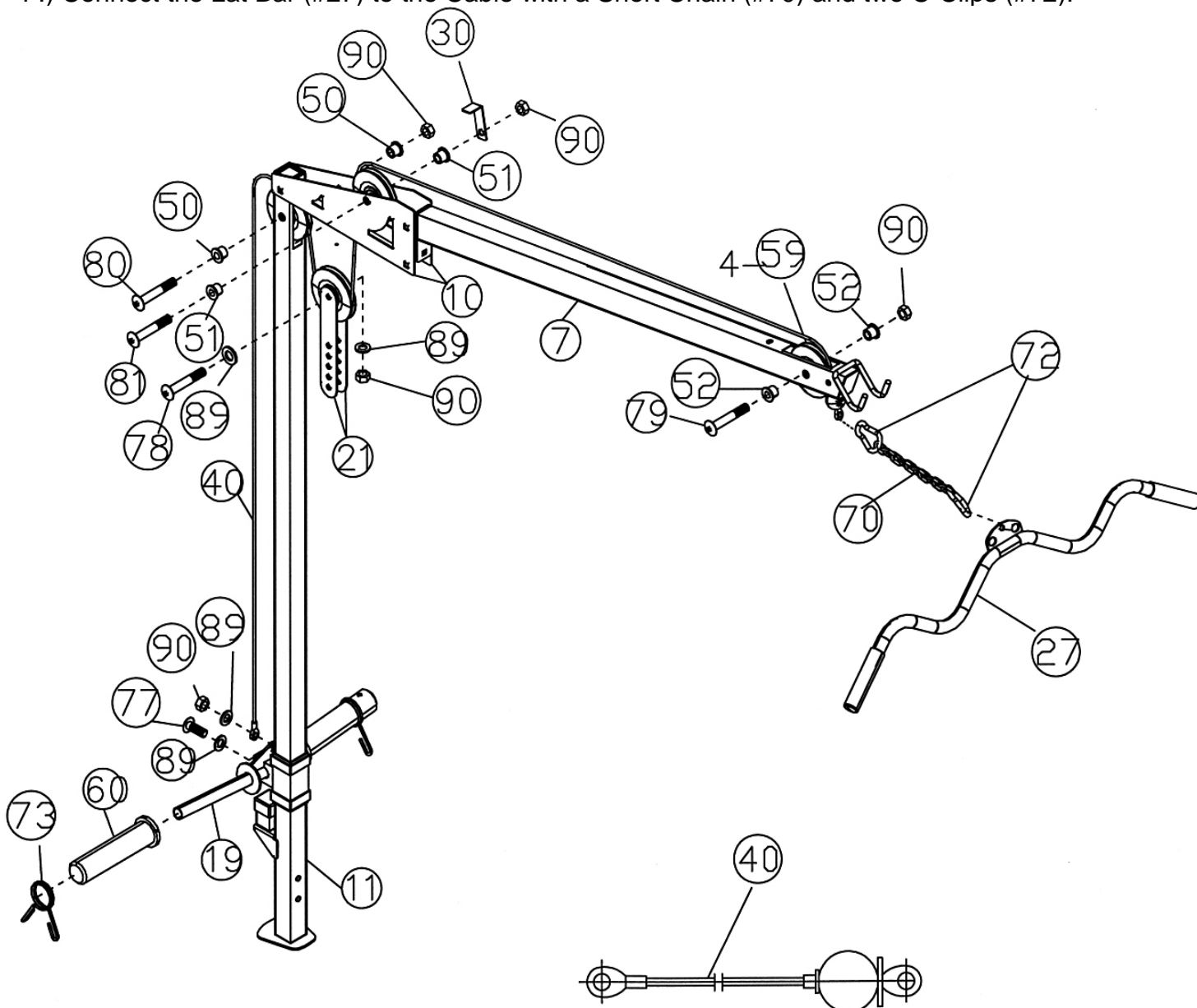


CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

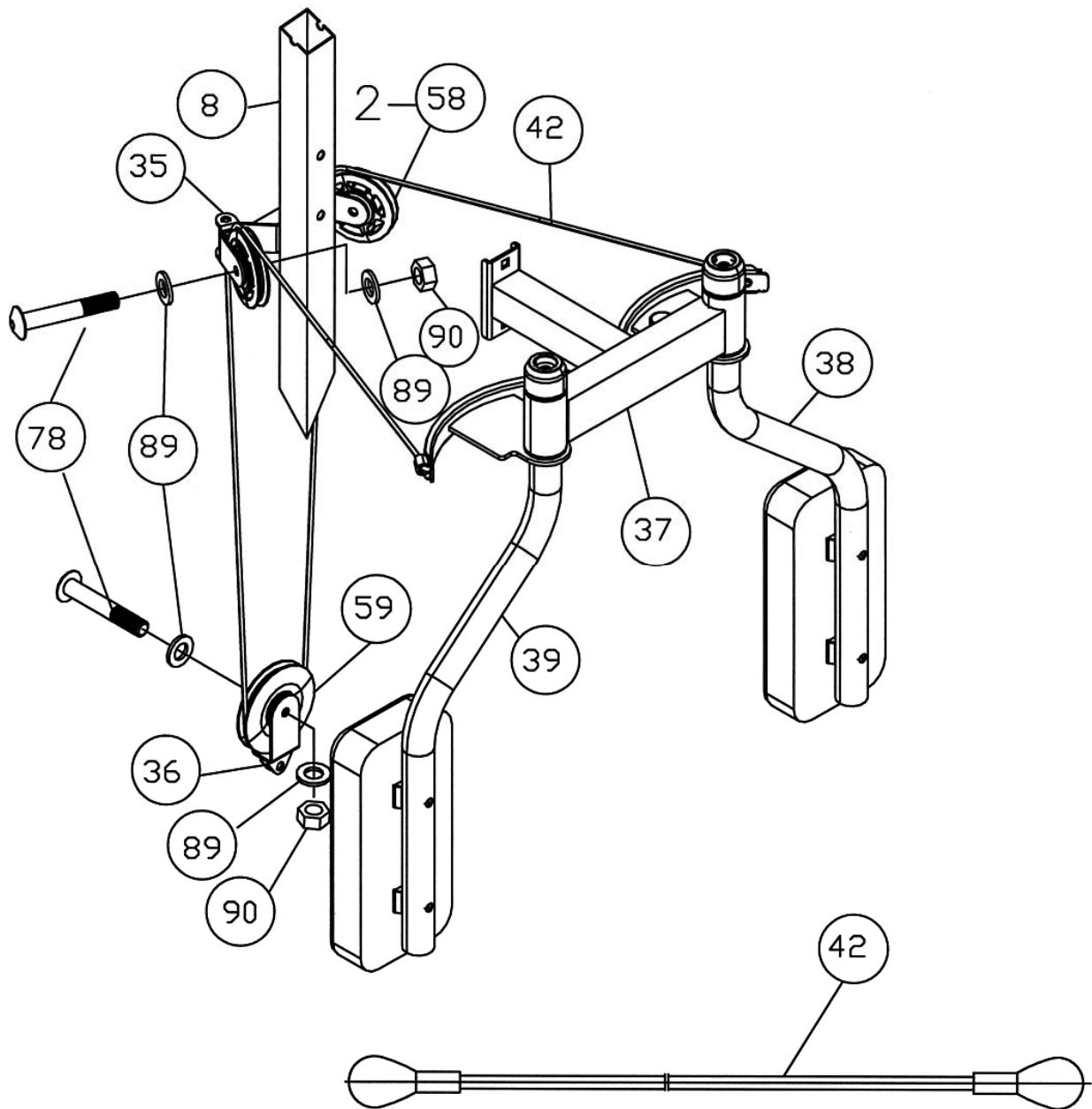
- A.) Attach the 142" Upper Cable (#40) to the front opening on the Upper Frame (#7). Attach a Pulley (#59) to the opening. Secure it with one M10 x 2 1/8" Allen Bolt (#79), two Ø 1 1/8" x 3/8" Pulley Bushings (#52), and one M10 Aircraft Nut (#90). Make sure the ball stopper on the Cable is underneath the Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame to the opening in between the two Cover Brackets (#10). Attach a Pulley to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#81), two Ø 1" x 5/8" Pulley Bushings (#51), one L-shaped Cable Retainer (#30) and M10 Aircraft Nut (#90).
- C.) Draw the Cable around the Pulley then downward. Attach a Pulley in between the two Double Floating Pulley Brackets (#21). Secure the Pulley with one M10 x 1 3/4" Allen Bolt (#78), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90). Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then up to the opening on top of the Weight Glide Post (#11). Attach a Pulley (#59) to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#80), two Ø 1" x 1/2" Pulley Bushings (#50), and one M10 Aircraft Nut (#90).
- E.) Draw the Cable around the Pulley then down to the Sliding Weight Post (#19). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#77), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90). Attach two Olympic Sleeves (#60) to the Sliding Weight Post. Attach two Spring Clips (#73) to the Sleeves.
- F.) Connect the Lat Bar (#27) to the Cable with a Short Chain (#70) and two C-Clips (#72).



STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 86" Butterfly Cable (#42) to the clip on the Right Butterfly (#39). Draw the Cable to the right open Swivel Pulley Bracket (#35).
- B.) Attach a Small Pulley (#58) to the Swivel Pulley Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#36). Install a Pulley (#59) to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#78), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90).
- D.) Let the Bracket hanging for now.
- E.) Draw the Cable upward to the left open Swivel Pulley Bracket. Repeat Procedure B above to install another Small Pulley.
- F.) Draw the Cable around the Pulley they clip the end to the Left Butterfly (#38).

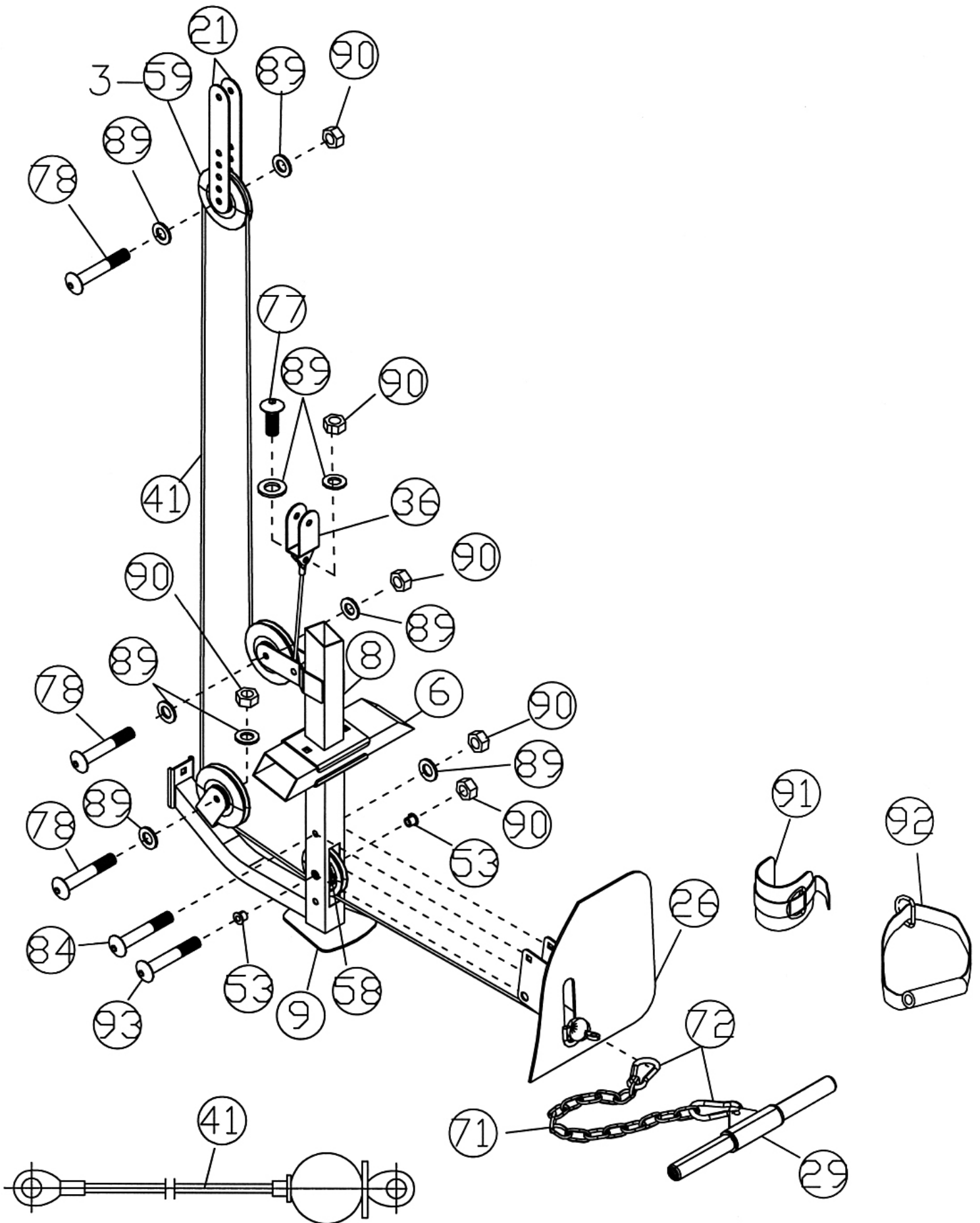
DIAGRAM 6



STEP 7 (See Diagram 7 & Cable Loop Diagram)

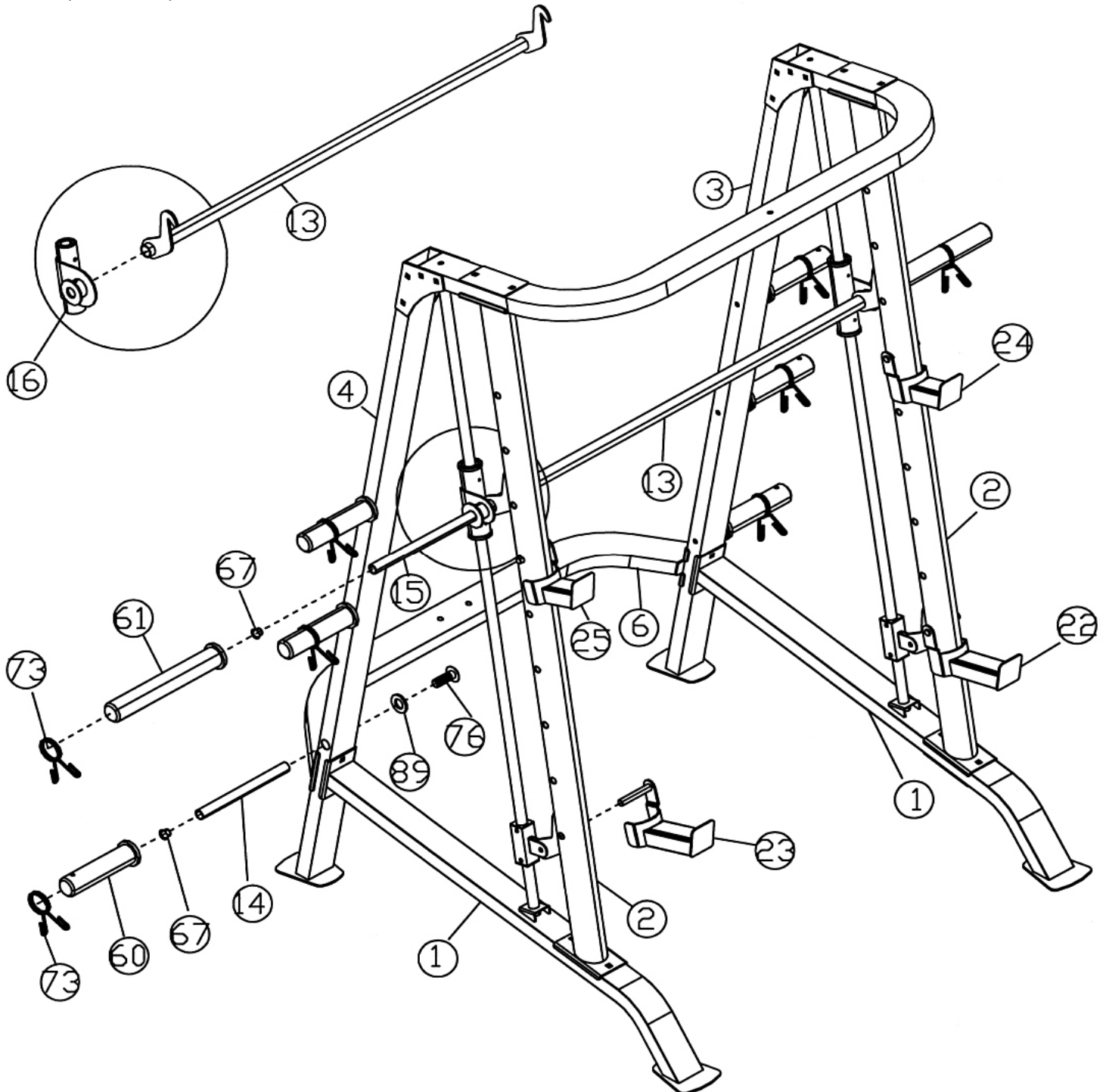
- A.) Insert the tip of the 127" Lower Cable (#41) through the opening on the Foot Plate (#26) to the opening on the Vertical Frame Base (#9).
- B.) Attach a Small Pulley (#58) to the opening. Attach the Foot Plate to the Frame. Align the holes and secure the Foot Plate, Vertical Frame Base, and the Small Pulley with one M10 x 2 3/4" Allen Bolt (#93), two Ø 1" x 3/4" Pulley Bushings (#53), and one M10 Aircraft Nut (#90). Secure the Foot Plate to the Vertical Frame Base with one M10 x 2 1/2" Carriage Bolt (#84), Ø 3/4" Washer (#89), and M10 Aircraft Nut (#90).
- C.) Draw the Cable underneath the Pulley to the open bracket on the Vertical Frame Base. Install a Pulley (#59) with a M10 x 1 3/4" Allen Bolt (#78), two Ø 3/4" Washers (#89) and one M10 Aircraft Nut (#90).
- D.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#21) previously installed in Step-5. Install another Pulley with one M10 x 1 3/4" Allen Bolt (#78), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90). Note: After finishing the entire cable assembly, come back to this step and adjust the tension of the cables. To increase the tension, move up the Pulley on the Double Floating Pulley Brackets. To decrease the tension, move the Pulley down.
- E.) Draw the Cable around the Pulley then downward to the open bracket on the back of the Rear Vertical Frame (#8). Install another Pulley.
- F.) Draw the Cable around the Pulley and upward to the Single Floating Pulley Bracket (#36) previously installed in Step-6. Secure the Cable to the Bracket with one M10 x 1" Allen Bolt (#77), two Ø 3/4" Washers (#89), and one M10 Aircraft Nut (#90).
- G.) Connect the Long Chain (#71) to the Cable with a C-clip (#72). Depends on the exercise, connect the Shiver Bar (#29), Ankle Strap (#91), or Single Handle (#92) to the Long Chain with another C-clip.

DIAGRAM 7

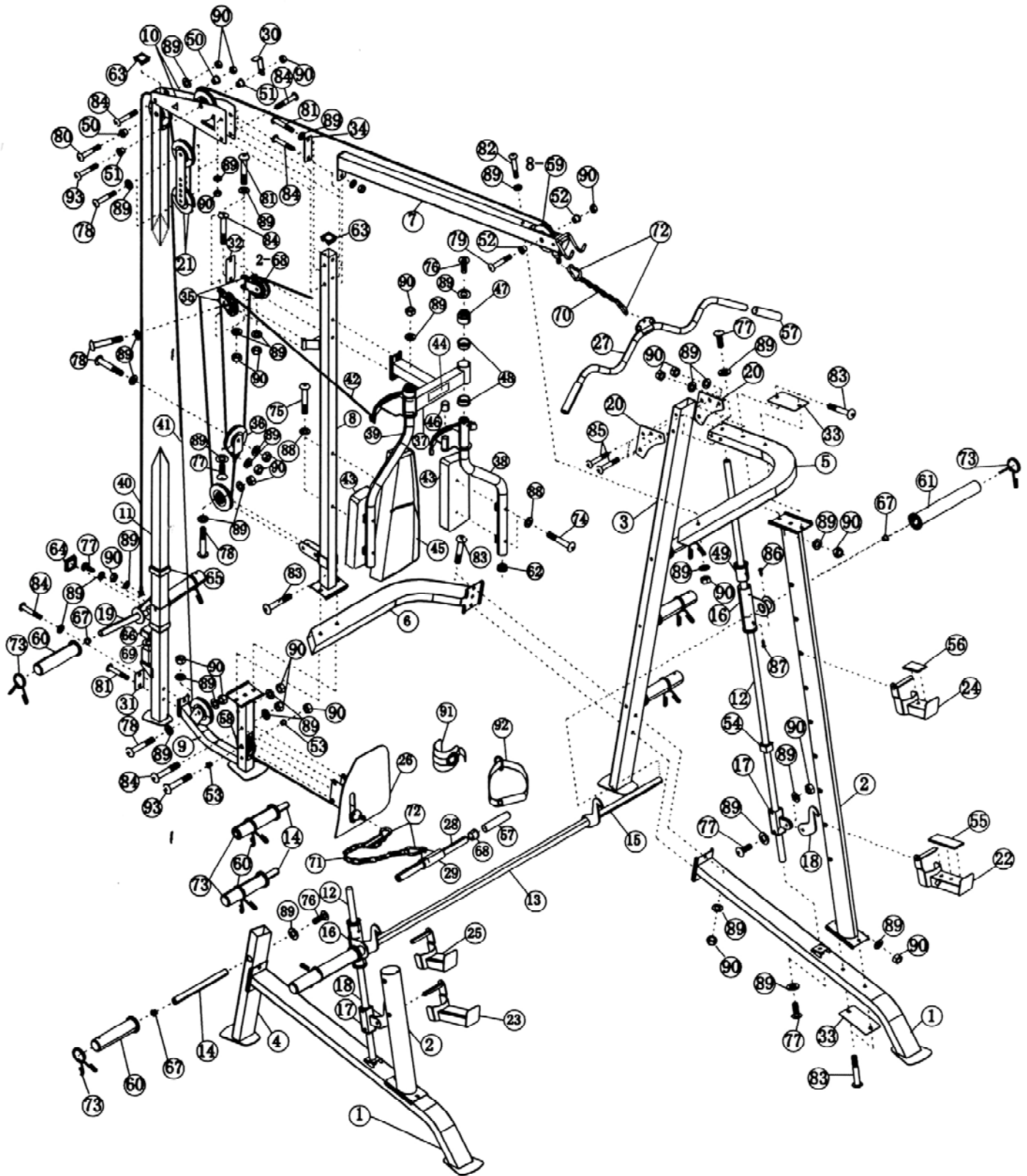


STEP 8 (See Diagram 8)

- A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#13) in between the two Safety Stop Frames (#16). Align the holes and insert the Weight Bar (#15) all the way through. Center the bar and use the two M8 x 3/8" Allen Bolts (#86) on the two Safety Stop Frame to secure the Weight Bar on each side.
- B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position on the selected holes on the Front Vertical Frames (#2). Attach a Long Olympic Sleeve (#61) to each end of the Weight Bar. Attach a Spring Clip (#73) to the Sleeve.
- C.) Attach six Weight Posts (#14) to the Left & Right Vertical Frames (#3 & 4). Secure each Weight Post with one M10 x 3/4" Allen Bolt (#76) and Ø 3/4" Washer (#89).
- D.) Attach six Olympic Sleeves (#60) to the Weight Posts. Attach six Spring Clips (#73) to the sleeves. Insert the Left & Right Bar Holders (#24 & 25), the Left & Right Safety Catches (#22 & 23) into the selected holes on the Front Vertical Frames.



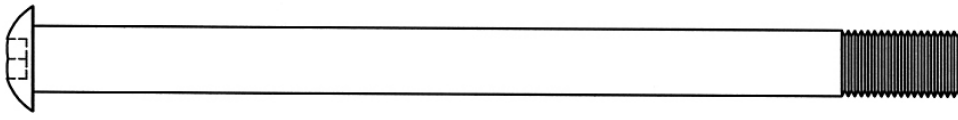
SMITH CAGE EXPLODED DIAGRAM



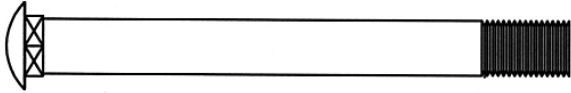
SMITH CAGE PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Base Frame	2	51	Ø 1" x 5/8" Pulley Bushing	2
2	Front Vertical Frame	2	52	Ø 1 1/8" x 3/8" Pulley Bushing	2
3	Left Vertical Frame	1	53	Ø 1" x 3/4" Pulley Bushing	2
4	Right Vertical Frame	1	54	1 1/2" Sleeve	4
5	Front Top Beam	1	55	5 3/4" x 2" Rubber Bumper	2
6	Cross Brace	1	56	3 3/8" 2" Rubber Bumper	2
7	Upper Frame	1	57	6" Handle Grip	4
8	Rear Vertical Frame	1	58	Small Pulley	3
9	Vertical Frame Base	1	59	Pulley	8
10	Cover Bracket	2	60	Olympic Sleeve	8
11	Weight Glide Post	1	61	Long Olympic Sleeve	2
12	Guide Rod	2	62	Ø 1 1/2" Con-shaped End Cap	2
13	Lifting Sleeve	1	63	1 3/4" End Cap	2
14	Weight Post	6	64	2" Square End Cap	1
15	Weight Bar	1	65	2" x 1 3/4" End Cap	2
16	Safety Stop Frame	2	66	1 1/2" Square End Cap	1
17	Lower Safety Stop Frame	2	67	Ø 1" End Cap	10
18	Safety Hook	2	68	Ø 1 1/2" x 1" Bushing	2
19	Sliding Weight Post	1	69	Ø 1 1/2" Washer	1
20	Triangle Bracket	4	70	Short Chain	1
21	Double Floating Pulley Bracket	2	71	Long Chain	1
22	Left Safety Catch	1	72	Hook	4
23	Right Safety Catch	1	73	Spring Clip	10
24	Left Bar Holder	1	74	M8 x 2 1/8" Allen Bolt	4
25	Right Bar Holder	1	75	M8 x 2 3/8" Allen Bolt	2
26	Foot Plate	1	76	M10 x 3/4" Allen Bolt	8
27	Lat Bar	1	77	M10 x 1" Allen Bolt	8
28	Shiver Bar Handle	1	78	M10 x 1 3/4" Allen Bolt	7
29	Shiver Bar	1	79	M10 x 2 1/8" Allen Bolt	1
30	L-shaped Cable Retainer	1	80	M10 x 2 3/8" Allen Bolt	1
31	3 1/8" x 1 3/4" Bracket	1	81	M10 x 2 1/2" Allen Bolt	5
32	4 3/8" x 1 3/4" Bracket	1	82	M10 x 4 1/2" Allen Bolt	1
33	6" x 2 3/4" Bracket	4	83	M10 x 2 3/8" Carriage Bolt	14
34	4 3/8" x 1 1/2" Bracket	1	84	M10 x 2 1/2" Carriage Bolt	8
35	Swivel Pulley Bracket	2	85	M10 x 4" Carriage Bolt	8
36	Single Floating Pulley Bracket	1	86	M8 x 3/8" Allen Bolt	2
37	Butterfly Base	1	87	ST2.9 Screw	8
38	Left Butterfly	1	88	Ø 5/8" Washer	6
39	Right Butterfly	1	89	Ø 3/4" Washer	72
40	142" Upper Cable	1	90	M10 Aircraft Nut	48
41	127" Lower Cable	1	91	Ankle Strap	1
42	86" Butterfly Cable	1	92	Single Handle	1
43	Butterfly Arm Pad	2	93	M10 x 2 3/4" Allen Bolt	1
44	Decal	1			
45	Backrest Board	1			
46	Ø 1 1/8" x 1 1/8" Rubber Bumper	2			
47	Lock Ring	2			
48	Ø 2" x Ø 1 1/2" Bushing	4			
49	Safety Stop Frame Sleeve	4			
50	Ø 1" x 1/2" Pulley Bushing	2			

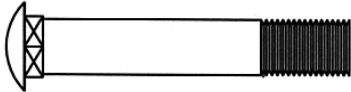
MULTI-PURPOSE BENCH HARDWARE PACK



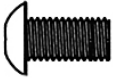
#38 M12 x 6 $\frac{3}{4}$ " Allen Bolt (Qty 1)



#36 M10 x 4" Carriage Bolt (Qty 2)



#37 M10 x 2 $\frac{3}{8}$ " Carriage Bolt (Qty 2)



#35 M10 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



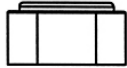
#40 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 4)



#41 M8 x 1 $\frac{3}{8}$ " Allen Bolt (Qty 8)



#42 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



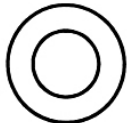
#46 M12 Aircraft Nut (Qty 1)



#46 M10 Aircraft Nut (Qty 4)



#48 M8 Aircraft Nut (Qty 4)



#43 \varnothing 1" Washer (Qty 2)

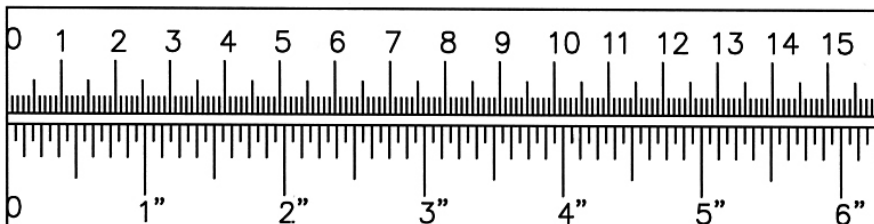


#44 \varnothing $\frac{3}{4}$ " Washer (Qty 6)



#45 \varnothing $\frac{5}{8}$ " Washer (Qty 18)

mm



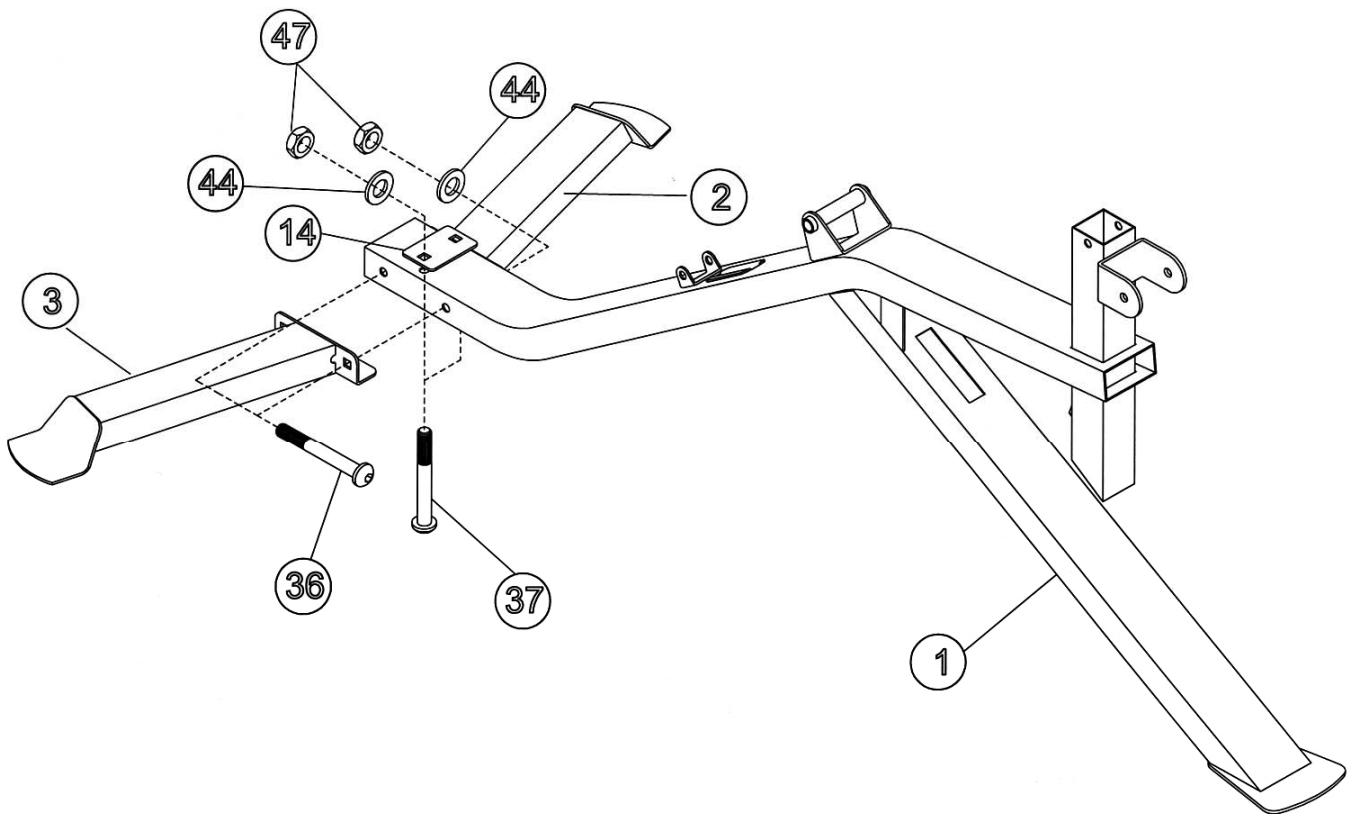
MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and 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.) Attach the Left & Right Rear Stabilizer (#2 & #3) to the Main Frame (#1) from each side.
- B.) Secure them together with two M10 x 2 3/8" Carriage Bolts (#37) from bottom, one 3" x 2" Bracket (#14), two Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#47).
- C.) Secure them together with two M10 x 4" Carriage Bolts (#36), two Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#47) from the side.

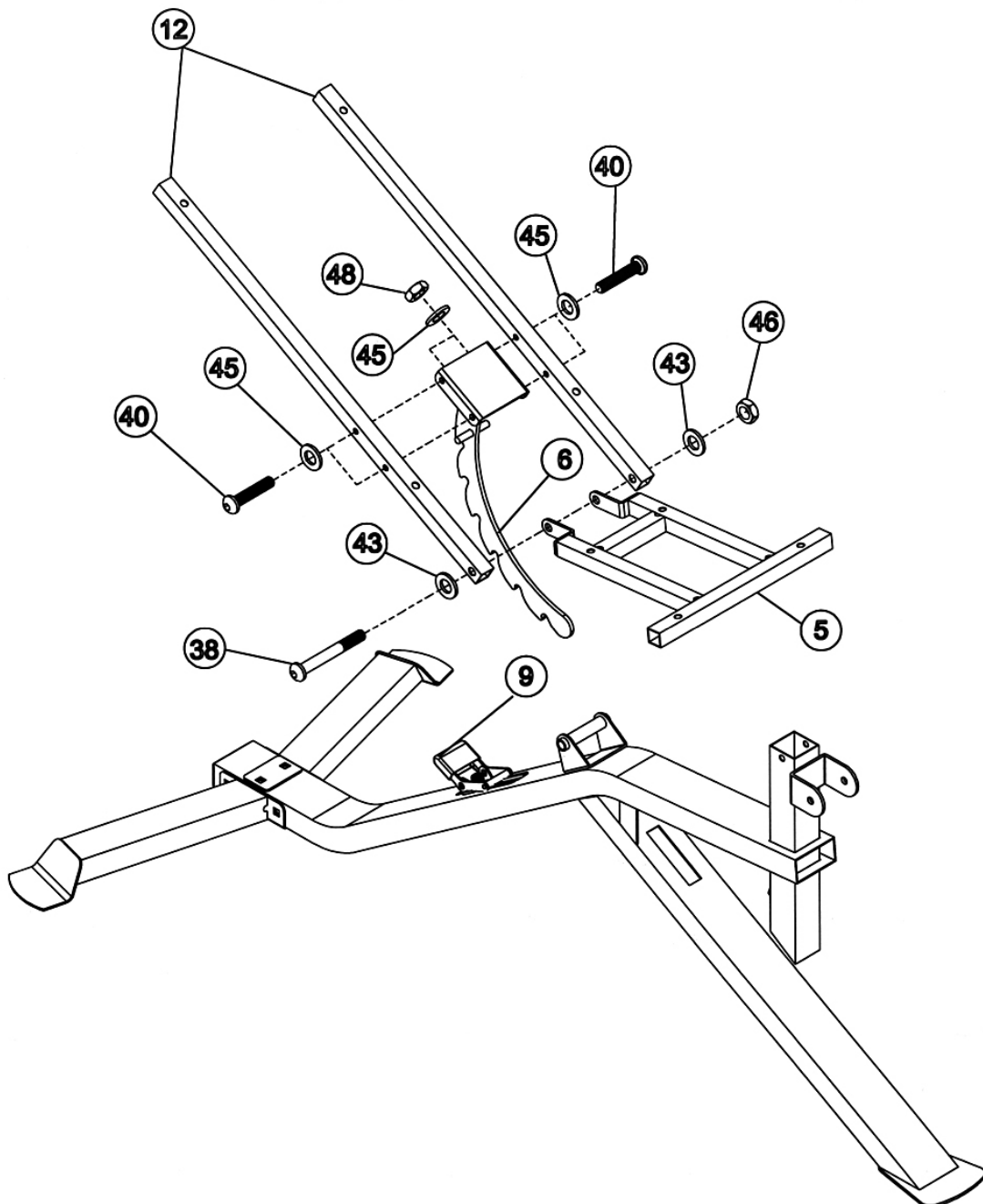
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Align the bracket on the Backrest Adjustment Support (#6) in between the two Backrest Supports (#12). Secure it with four M8 x 1 5/8" Allen Bolts (#40), eight Ø 5/8" Washers (#45), and four M8 Aircraft Nuts (#48). **Do not tighten the Nuts and Bolts yet.**
- B.) Insert the Backrest Adjustment Support (#6) into the opening on the Main Frame (#1). Press or step down on the Backrest Adjustment Lever (#9) to allow the Support to go through.
- C.) Attach the Seat Bracket (#5) to the pivot on the Main Frame. Attach the bottom side-holes on the Backrest Supports (#12) to the Seat Bracket. Align the holes. Secure them together with one M12 x 6 3/4" Allen Bolt (#38), two Ø 1" Washers (#43), and one M12 Aircraft Nut (#46).
- D.) **Securely tighten all Nuts and Bolts installed.**

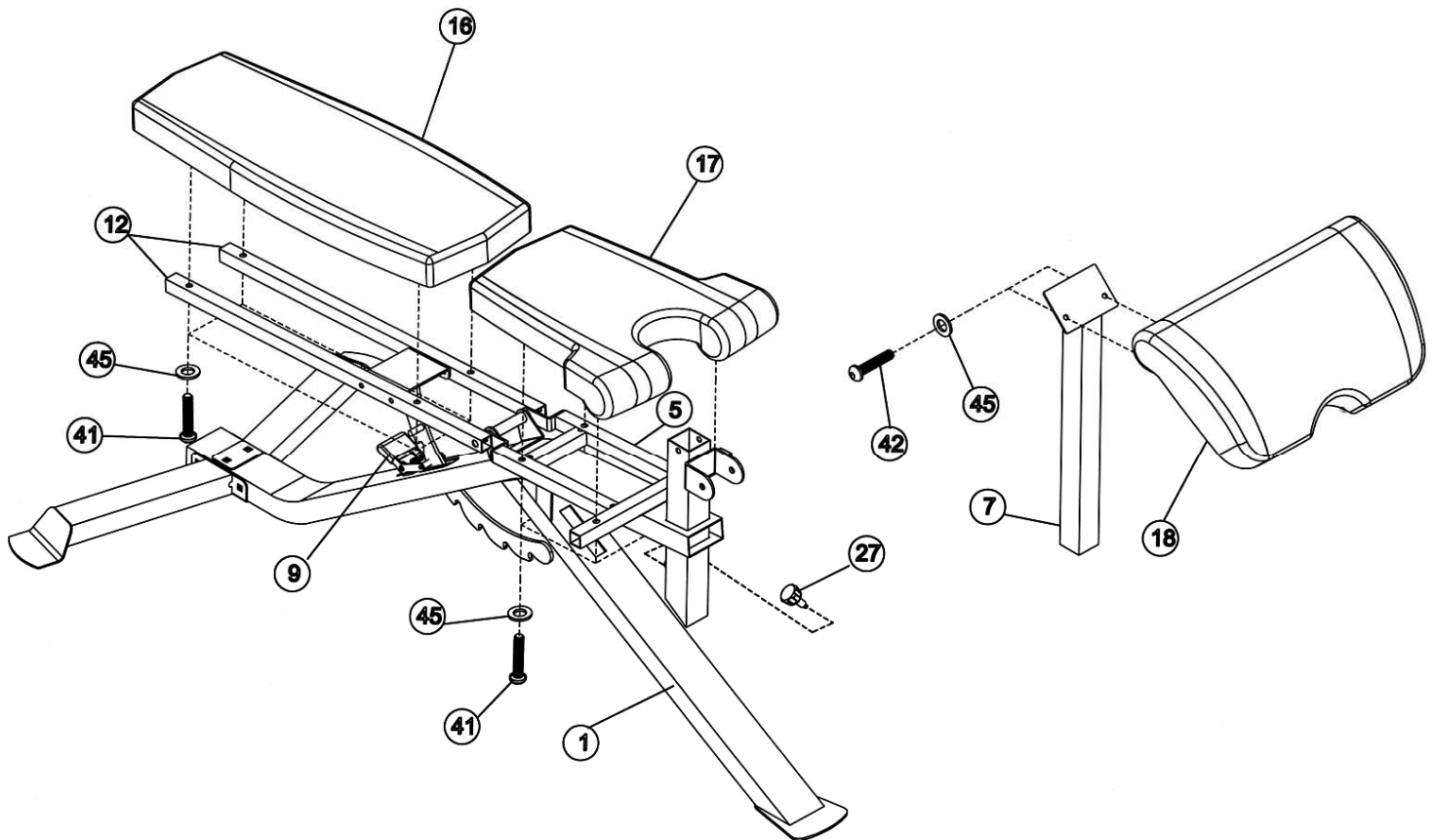
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Place the Seat Pad (#17) onto Seat Bracket (#5). Secure it with four M8 x 1 3/8" Allen Bolts (#41) and Ø 5/8" Washers (#45).
- B.) Attach the Backrest Board (#16) to the two Backrest Supports (#12). Secure it with four M8 x 1 3/8" Allen Bolts (#41) and Ø 5/8" Washers (#45).
- C.) When adjusting the Backrest Board to an incline position, simply pull up the Board. When adjusting the Board to a decline position, press or step down on the Backrest Adjustment Lever (#9) to disengage the Lever to allow the Board to go down.
- D.) Attach the Arm Curl Pad (#18) to the Arm Curl Stand (#7). Secure it with two M8 x 5/8" Allen Bolts (#42) and two Ø 5/8" Washers (#45).
- E.) Insert the Arm Curl Stand into the Leg Developer holder on the Main Frame (#1). Use the M18 Lock Knob (#27) to lock the Stand at desired position.

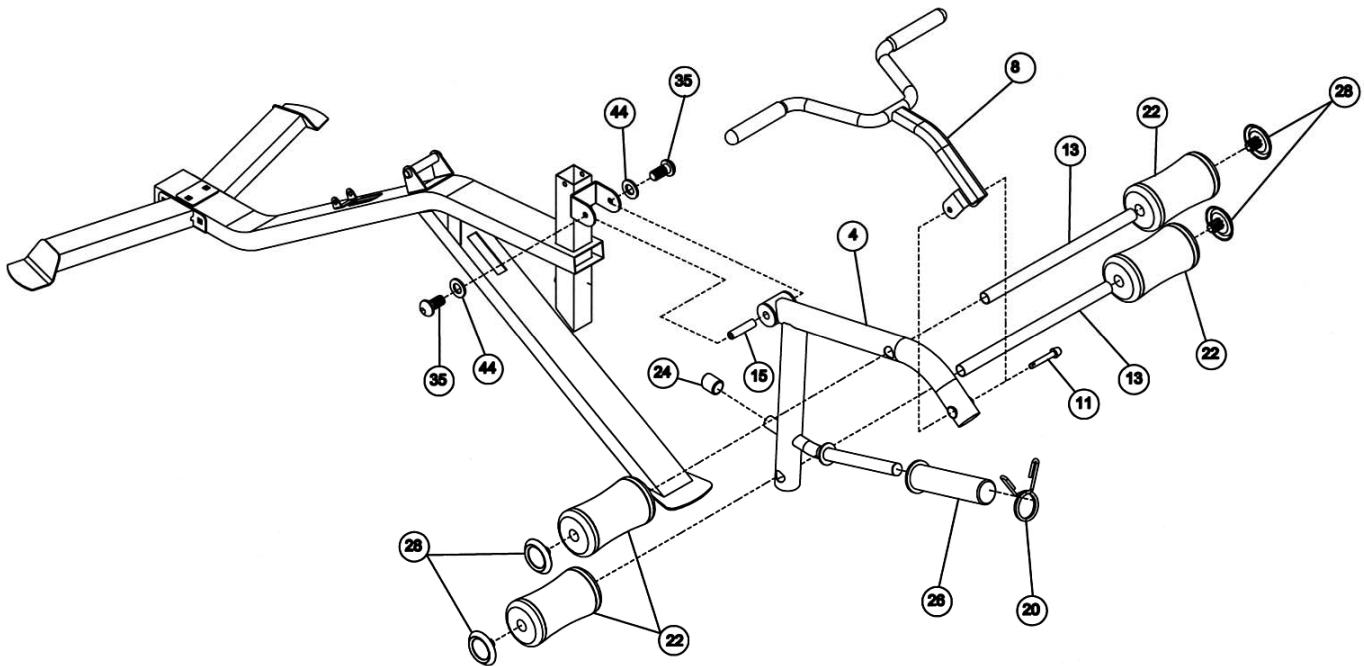
DIAGRAM 3



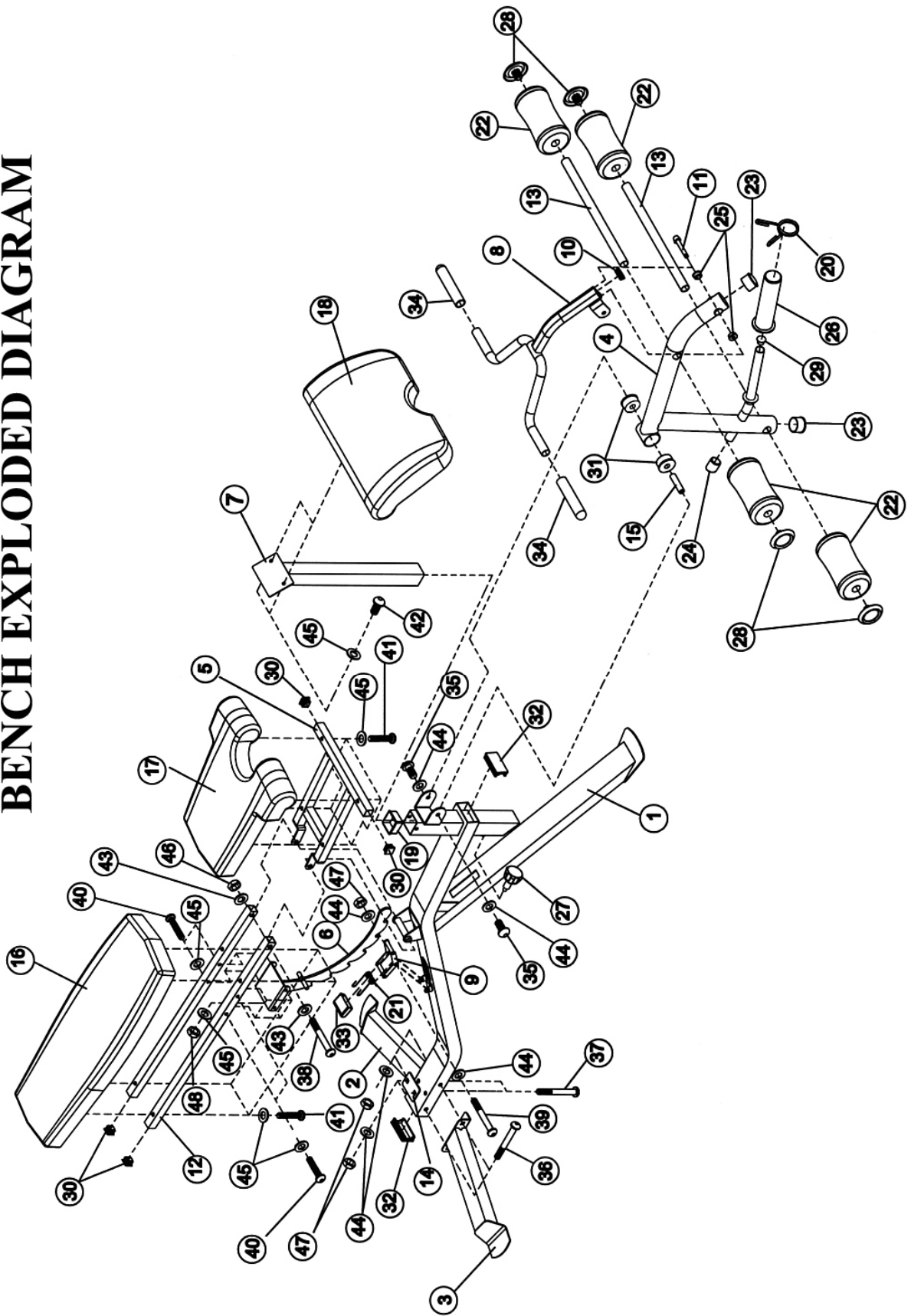
STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#4) to the open bracket on the Leg Developer holder on Main Frame (#1). Secure it with an Axle (#15), two M10 x 5/8" Allen Bolts (#35), and two Ø 3/4" Washers (#44).
- B.) Insert two Foam Tubes (#13) halfway through the holes on the Leg Developer. Push four Foam Rolls (#22) onto the Tubes from both sides. Plug four Foam Roll End Caps (#28) into the ends of the Tubes.
- C.) Attach an Olympic Sleeve (#26) onto the weight post on the Leg Developer. Attach a Spring Clip (#20) to the Olympic Sleeve.
- D.) Attach the Curl Bar Handle Support (#8) to the Leg Developer. Secure it with a Lock Pin (#11).
- E.) Remove the Curl Bar Handle Support when doing Leg Developer exercises.

DIAGRAM 4



BENCH EXPLODED DIAGRAM



MULTI-PURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Left Rear Stabilizer	1
3	Right Rear Stabilizer	1
4	Leg Developer	1
5	Seat Bracket	1
6	Backrest Adjustment Support	1
7	Arm Curl Stand	1
8	Curl Bar Handle Support	1
9	Backrest Adjustment Lever	1
10	¾" Curl Bar Support End Cap	1
11	Lock Pin	1
12	Backrest Support	2
13	Foam Tube	2
14	3" x 2" Bracket	1
15	Axle	1
16	Backrest Board	1
17	Seat Pad	1
18	Arm Curl Pad	1
19	2" x 1 ¾" Sleeve	1
20	Spring Clip	1
21	Spring	1
22	Foam Roll	4
23	Ø 2" End Cap	2
24	Ø 1 ¼" x 1 3/8" End Cap	1
25	Ø 1" x 3/8" Bushing	2
26	Olympic Sleeve	1
27	M18 Lock Knob	1
28	Foam Roll End Cap	4
29	Ø 1" End Cap	1
30	1" Square End Cap	4
31	Ø 2" Leg Developer Bushing	2
32	3 1/8" x 1 5/8" End Cap	2
33	Lever Cover	1
34	6" Grip	2
35	M10 x 5/8" Allen Bolt	2
36	M10 x 4" Carriage Bolt	2
37	M10 x 2 3/8" Carriage Bolt	2
38	M12 x 6 ¾" Allen Bolt	1
39	M10 x 2 ½" Allen Bolt	1
40	M8 x 1 5/8" Allen Bolt	4
41	M8 x 1 3/8" Allen Bolt	8
42	M8 x 5/8" Allen Bolt	2
43	Ø 1" Washer	2
44	Ø ¾" Washer	8
45	Ø 5/8" Washer	18
46	M12 Aircraft Nut	1
47	M10 Aircraft Nut	5
48	M8 Aircraft Nut	4
	#6 Allen Wrench (Tool)	1
	#5 Allen Wrench (Tool)	1
	#4 Allen Wrench (Tool)	1

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