

**NOTE:**  
Please read all instructions  
carefully before using this  
product

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Model  
**MCB-880MG**

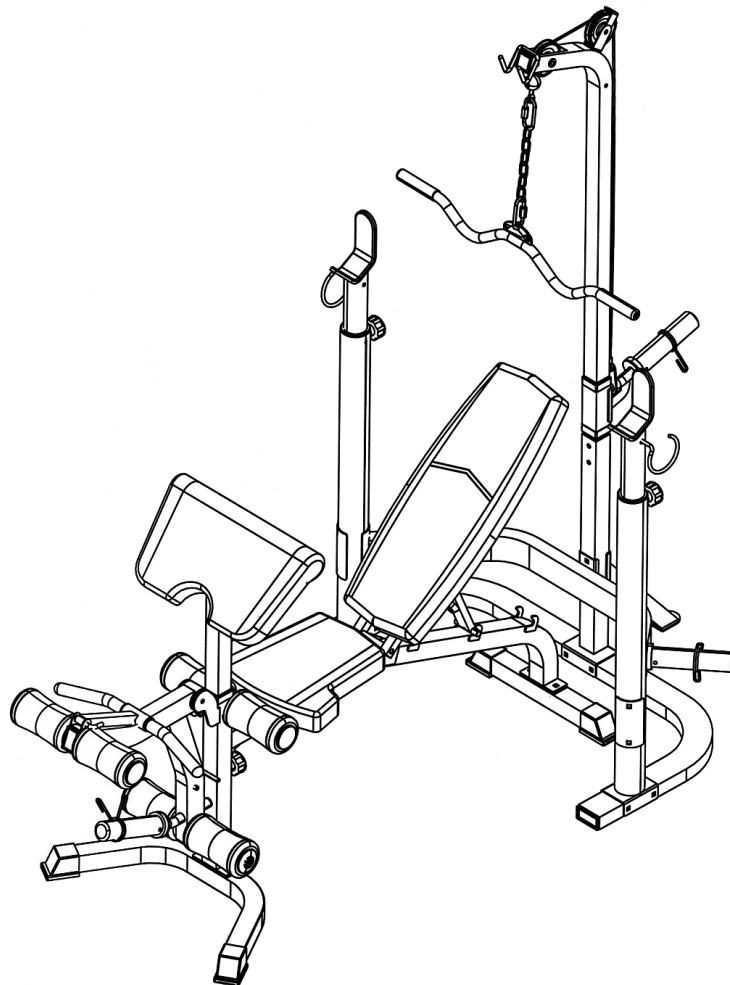
Retain This  
Manual for  
Reference

07-16-08

**OWNER'S  
MANUAL**

# IMPEX

## MARCY<sup>®</sup> CLASSIC MID-SIZE BENCH MCB 880-MG



**IMPEX<sup>®</sup> INC.**

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

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC MCB 880-MG MID-SIZE BENCH by IMPEX<sup>®</sup> 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](http://www.impex-fitness.com)**  
**[info@impex-fitness.com](mailto:info@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:

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 same station.
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.

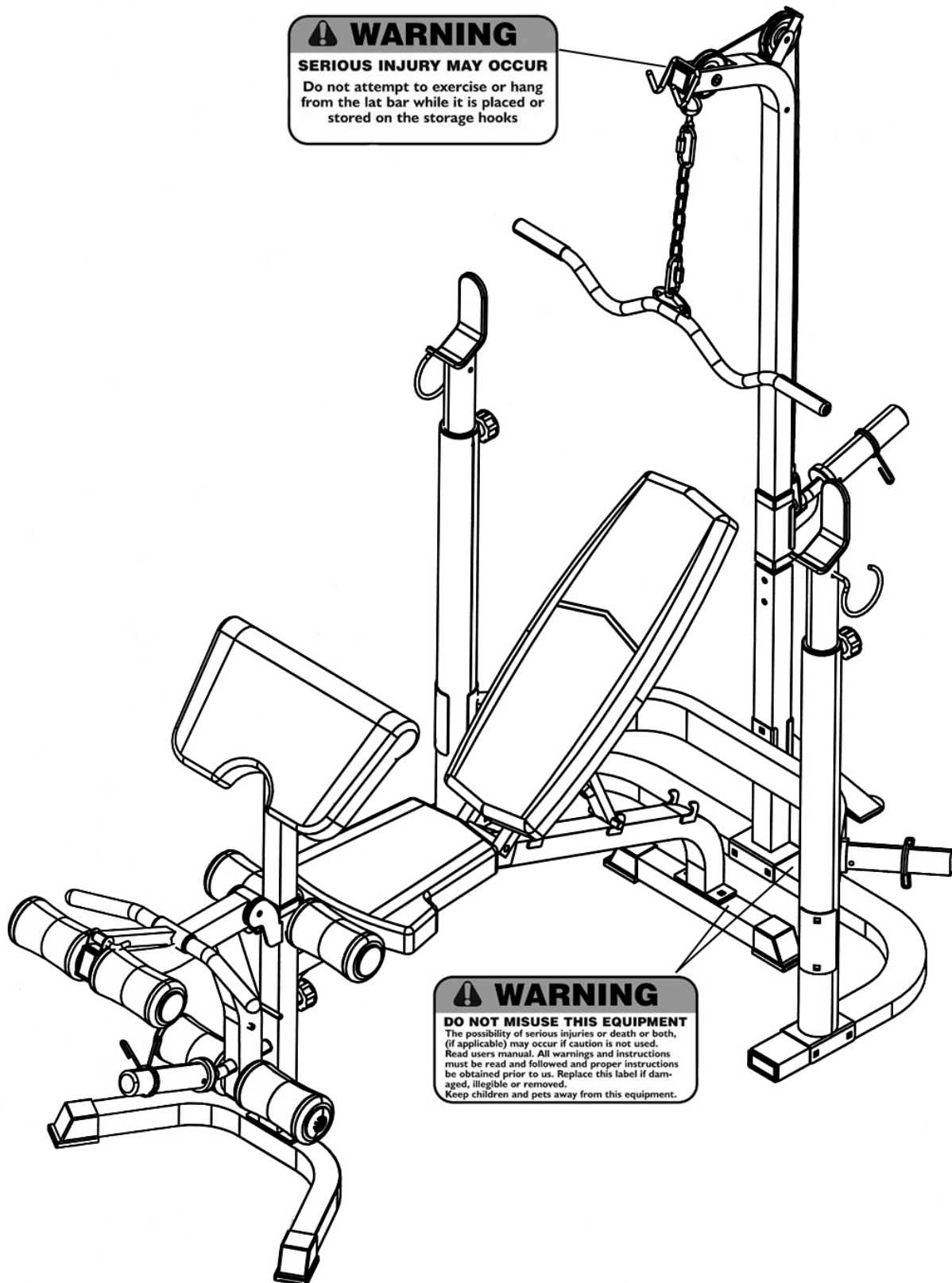
## **CARE AND MAINTENANCE**

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: 300 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.**

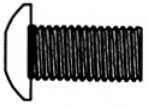
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL REPLACEMENT

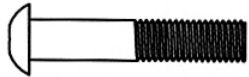


The warning labels shown here have been placed on the Rear Stabilizer, Base Frame, and Lat Bar Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in location shown.

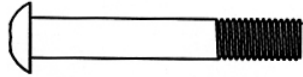
# HARDWARE PACK



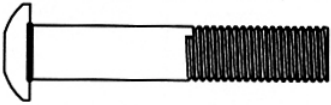
#32 M10 x 3/4" Allen Bolt (Qty 7)



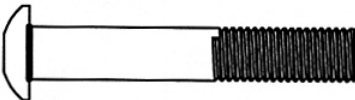
#34 M8 x 1 5/8" Allen Bolt (Qty 8)



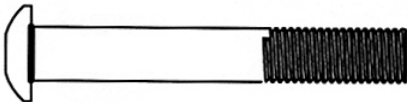
#50 M8 x 2 1/8" Allen Bolt (Qty 1)



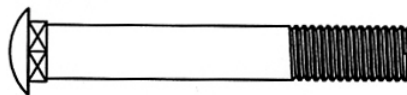
#49 M10 x 2" Allen Bolt (Qty 1)



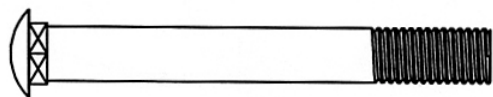
#48 M10 x 2 3/8" Allen Bolt (Qty 3)



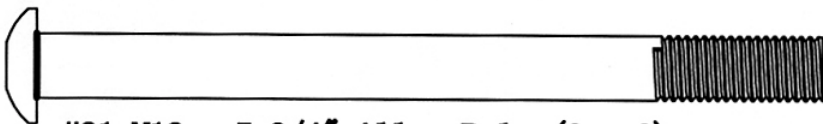
#20 M10 x 2 3/4" Allen Bolt (Qty 1)



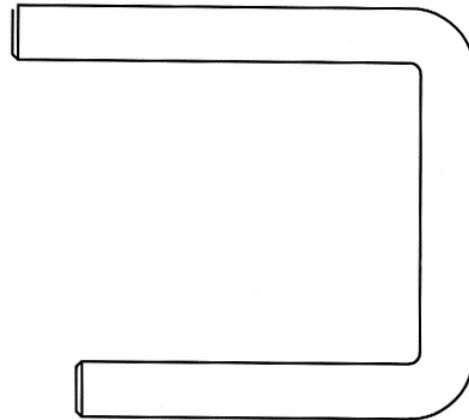
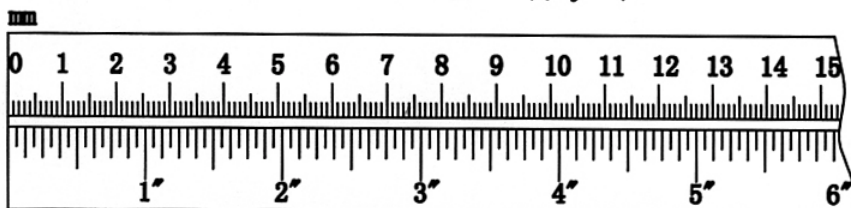
#47 M10 x 2 3/4" Carriage Bolt (Qty 1)



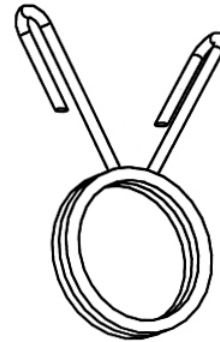
#46 M10 x 3 3/4" Carriage Bolt (Qty 10)



#31 M12 x 5 3/4" Allen Bolt (Qty 2)



#10 U-shaped Pin (Qty 1)

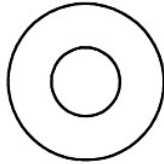


#15 Spring Clip  
(Qty 4)

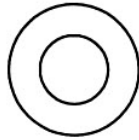


#61 Chain (Qty 1)

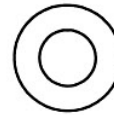
# HARDWARE PACK



#38 Ø1" Washer  
(Qty 4)



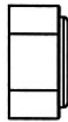
#39 Ø3/4" Washer  
(Qty 29)



#40 Ø 5/8" Washer  
(Qty 10)



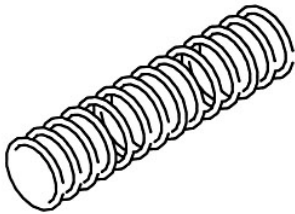
#28 Ø1/2" Washer  
(Qty 1)



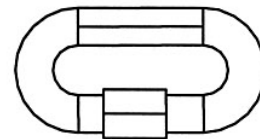
#51 M10 Aircraft Nut  
(Qty 17)



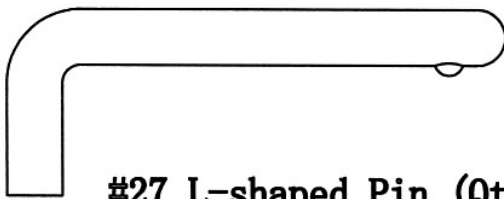
#36 M12 Aircraft Nut  
(Qty 2)



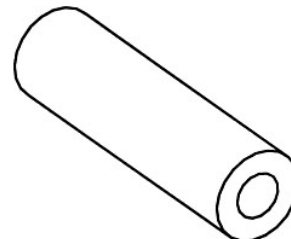
#29 Spring (Qty 1)



#62 C-clip (Qty 2)



#27 L-shaped Pin (Qty 1)



#42 Axle (Qty 1)



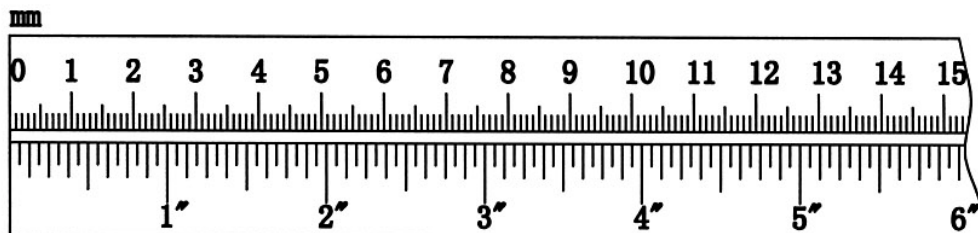
#33 M8 x 3/4" Allen Bolt (Qty 2)



#52 M8 Aircraft Nut (Qty 3)



#35 M6 x 1/2" Philips Screw (Qty 1)





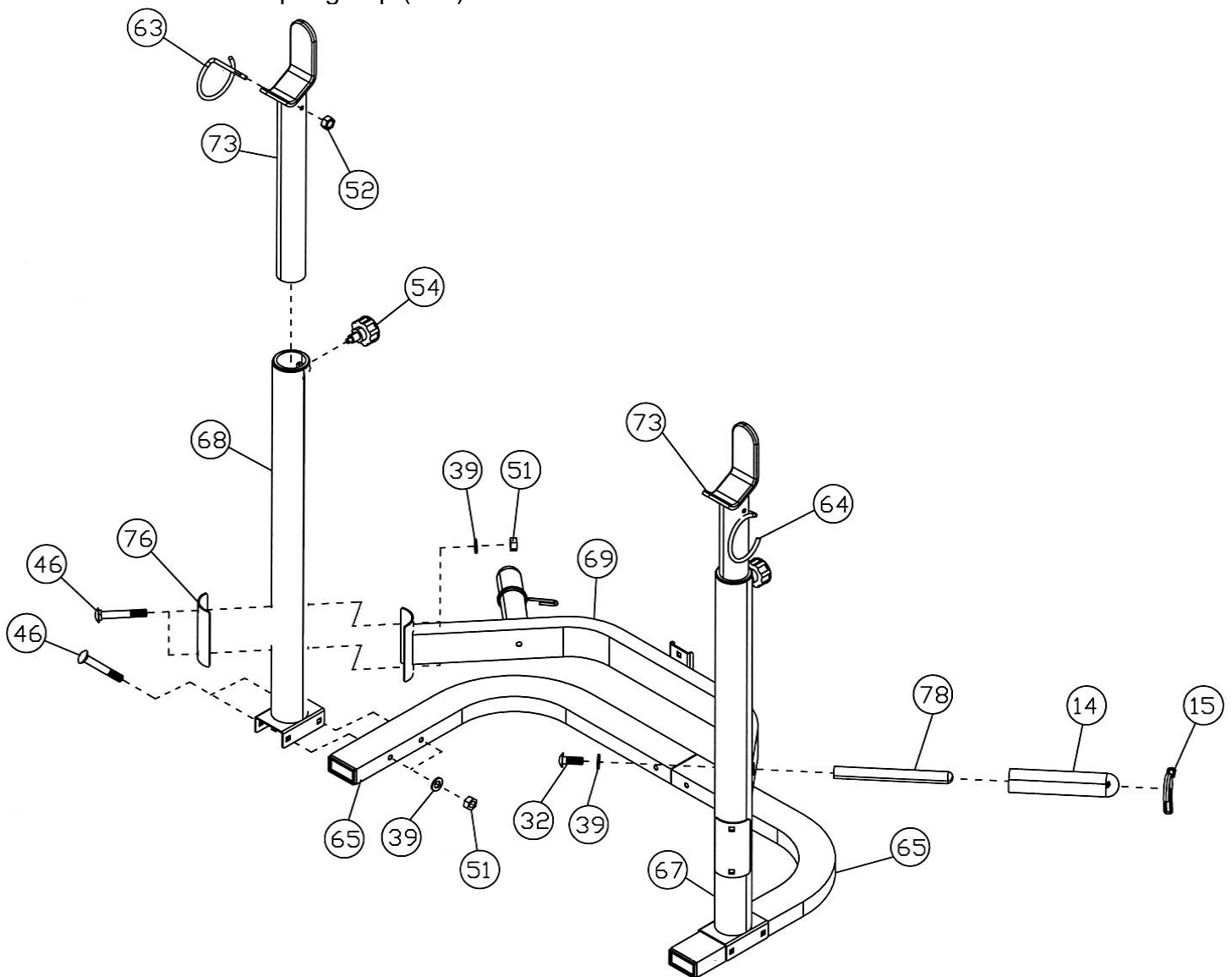
# ASSEMBLY INSTRUCTION

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

**NOTE: It is strongly recommended two or people assembling this machine to avoid possible injury.**

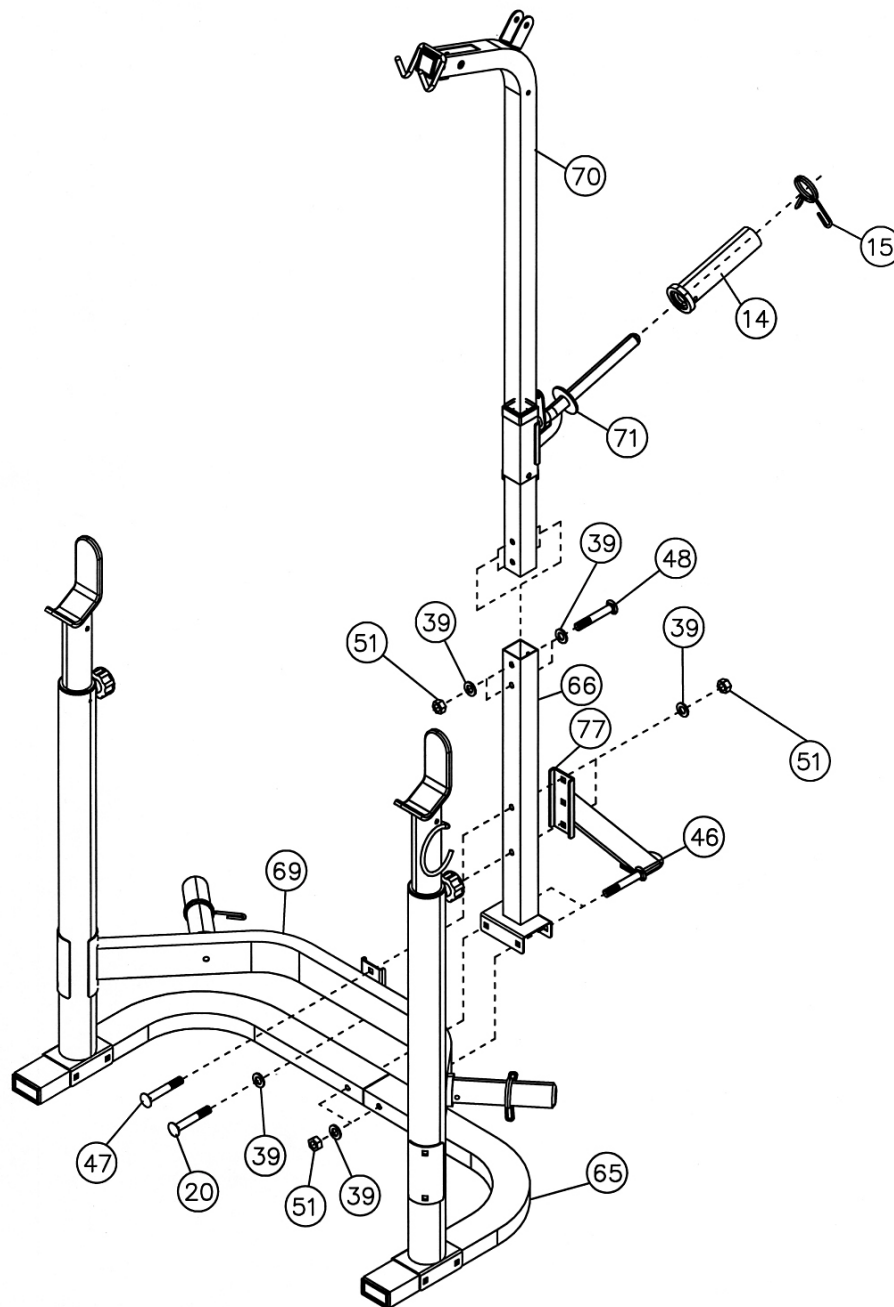
## STEP 1 (See Diagram 1)

- A.) Attach the two Base Frames (#65) together on a flat surface. Attach the Left & Right Upright Beams (#67 & #68) onto the two Base Frames. Secure each Upright with two M10 x 3 3/4" Carriage Bolts (#46), Ø 3/4" Washers (#39), and M10 Aircraft Nuts (#51). Do NOT tighten the nuts and bolts yet.
- B.) Connect the two Upright Beams with the Cross Brace (#69) in the mid-span. Secure each end with two M10 x 3 3/4" Carriage Bolts (#46), one Curve Bracket (#76), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#51).
- C.) Insert two Crutches (#73) into the openings on the Upright Beams. Use the M18 Lock Knobs (#54) to secure the Crutches in position.
- D.) Attach the Right & Left Safety Hooks (#63 & #64) to the two Crutches. Secure each Hook with a M8 Aircraft Nut (#52).
- E.) Attach two Weight Posts (#78) to the Cross Brace. Secure each Weight Post with one M10 x 3/4" Allen Bolt (#32) and Ø 3/4" Washer (#39). Attach an Olympic Sleeve (#14) to each Weight Post. Attach a Spring Clip (#15) to each Sleeve.



## STEP 2 (See Diagram 2)

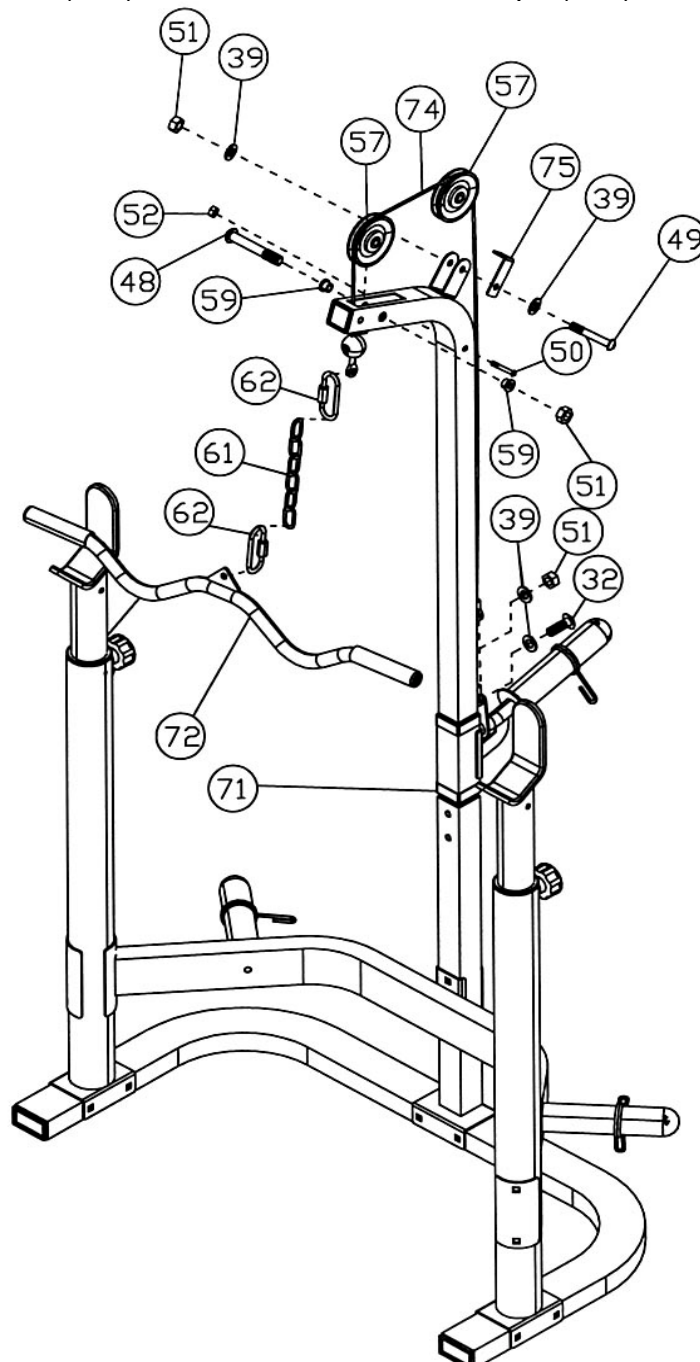
- A.) Attach the Lat Bar Frame Support (#66) onto the joint of the two Base Frames (#65). Align the holes and secure them together with two M10 x 3 3/4" Carriage Bolts (#46), Ø 3/4" Washers (#39) and M10 Aircraft Nuts (#51).
- B.) Attach the Lat Bar Frame Support (#66) to the bracket on the Cross Brace (#69). Attach the Rear Diagonal Support Frame (#77) to the back of Lat Bar Frame. Align the holes and secure them together with one M10 x 2 3/4" Carriage Bolt (#47), Ø 3/4" Washer (#39) and M10 Aircraft Nut (#51) to the top holes, one M10 x 2 3/4" Allen Bolt (#20), two Ø 3/4" Washers (#39) and one M10 Aircraft Nut (#51) to the bottom holes.
- C.) Slide the Sliding Weight Post (#71) onto the Lat Bar Frame (#70) from the bottom. Insert the Lat Bar Frame (#70) into the Lat Bar Frame Support (#66). Secure it with two M10 x 2 3/8" Allen Bolts (#48), four Ø 3/4" Washers (#39) and two M10 Aircraft Nuts (#51).
- D.) Attach an Olympic Sleeve (#14) onto the Sliding Weight Post. Attach a Spring Clip (#15) onto the Sleeve. Securely tighten all Nuts and Bolts previously installed.





### STEP 3 (See Diagram 3)

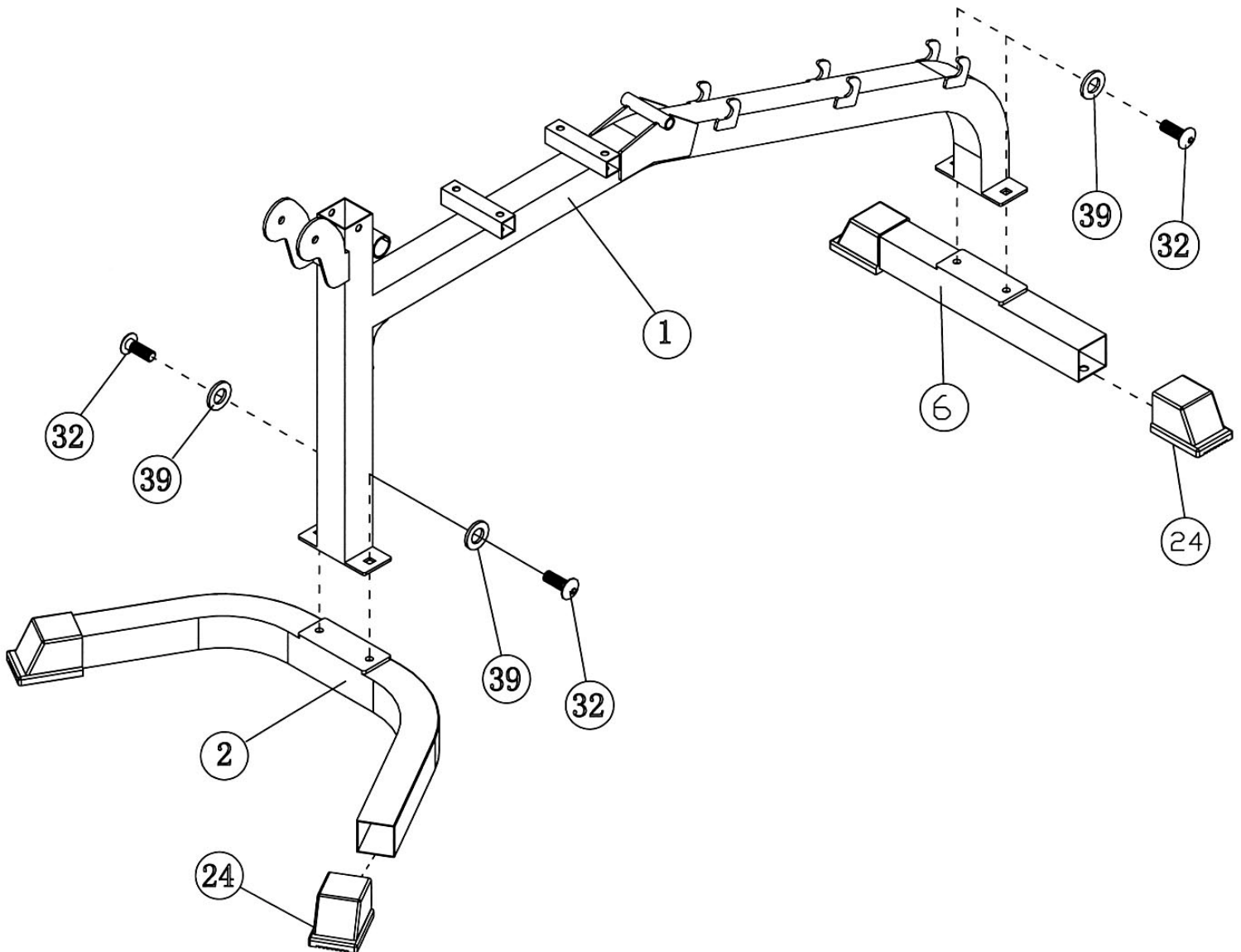
- A.) Attach the 57" Cable (#74) to a Pulley (#57). Attach the Pulley to the top opening on the Lat Bar Frame (#70). Secure it with a M10 x 2 3/8" Allen Bolt (#48), two Pulley Bushings (#59), and one M10 Aircraft Nut (#51). Make sure the ball stopper on the Cable is underneath the opening.
- B.) Draw the Cable over the Pulley to the open bracket on the rear of the Lat Bar Frame. Attach a Pulley and secure it with one M10 x 2" Allen Bolt (#49), one L-shaped Cable Retainer (#75), two Ø 3/4" Washers (#39), and one M10 Aircraft Nut (#51).
- C.) Draw the Cable around the Pulley then downward to the bracket on the Sliding Weight Post (#71). Secure it with one M10 x 3/4" Allen Bolt (#32), two Ø 3/4" Washers (#39), and one M10 Aircraft Nut (#51).
- D.) Insert a M8 x 2 1/8" Allen Bolt (#50) through the holes on the Lat Bar Frame and secure it with a M8 Aircraft Nut (#52).
- E.) Connect the Lat Bar (#72) to the Cable with two C-clips (#62) and one Chain (#61).



#### STEP 4 (See Diagram 4)

A.) Attach the Main Frame (#1) onto the Front & Rear Stabilizers (#2 & #6). Secure each end with two M10 x 3/4" Allen Bolts (#32) and Ø 3/4" Washers (#39).

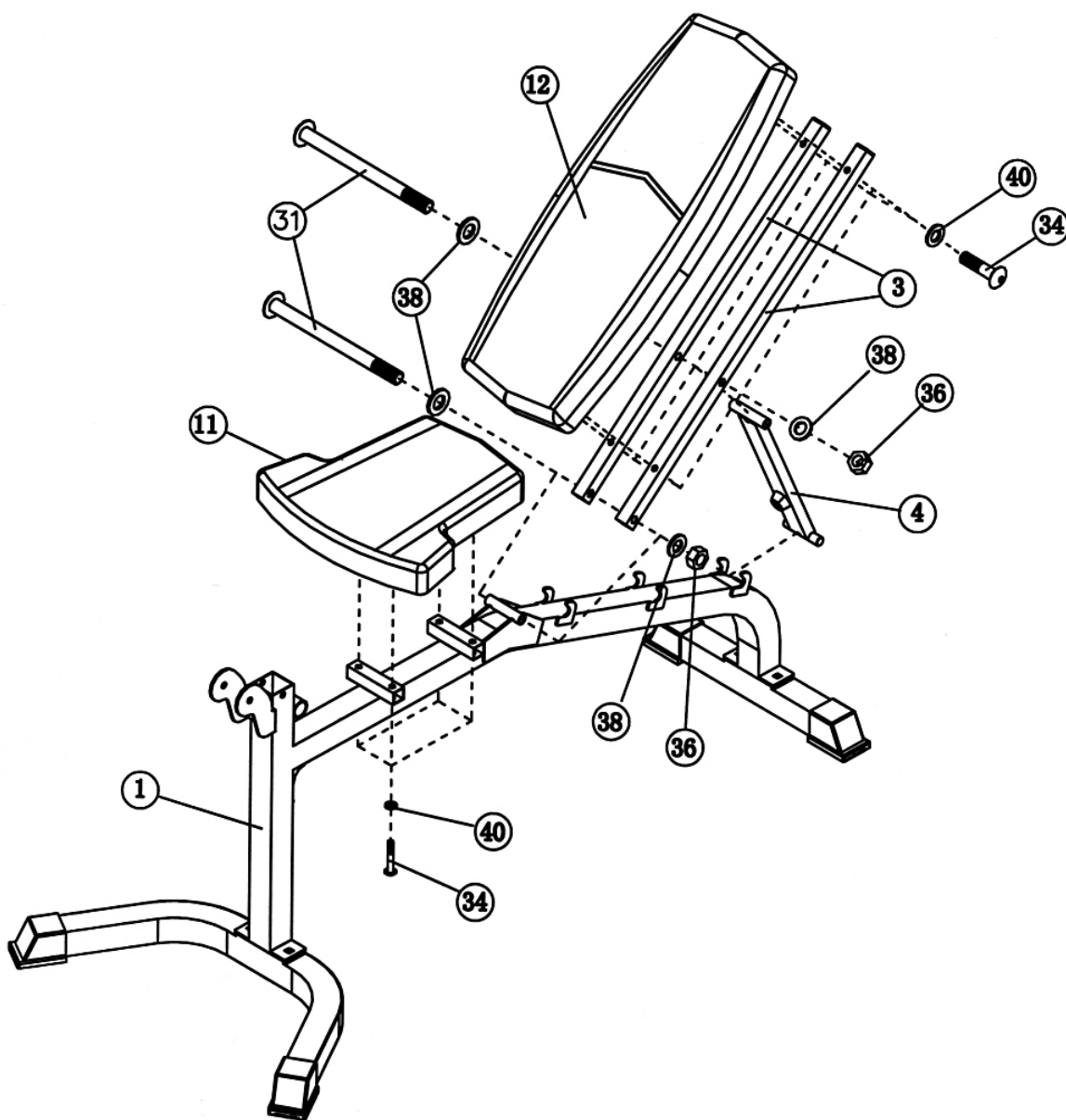
### DIAGRAM 4



### STEP 5 (See Diagram 5)

- A.) Attach the two Backrest Supports (#3) to the pivot on the Main Frame (#1). Secure it with one M12 x 5 3/4" Allen Bolt (#31), two Ø1" Washers (#38), and one M12 Aircraft Nut (#36). Do not over tighten the nut and bolt. Make sure the Backrest Supports are able to swivel.
- B.) Attach the Backrest Incline Support (#4) in between the two Backrest Supports. Secure it with one M12 x 5 3/4" Allen Bolt (#31), two Ø 1" Washers (#38), and one M12 Aircraft Nut (#36). Attach the other end of the Backrest Incline Support to a selected slot on the Main Frame to obtain the desired backrest incline position.
- C.) Place the Backrest Board (#12) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and Ø 5/8" Washers (#40).
- D.) Place the Seat (#11) onto the Main Frame. Secure it with four M8 x 1 5/8" Allen Bolts (#34) and Ø 5/8" Washers (#40).

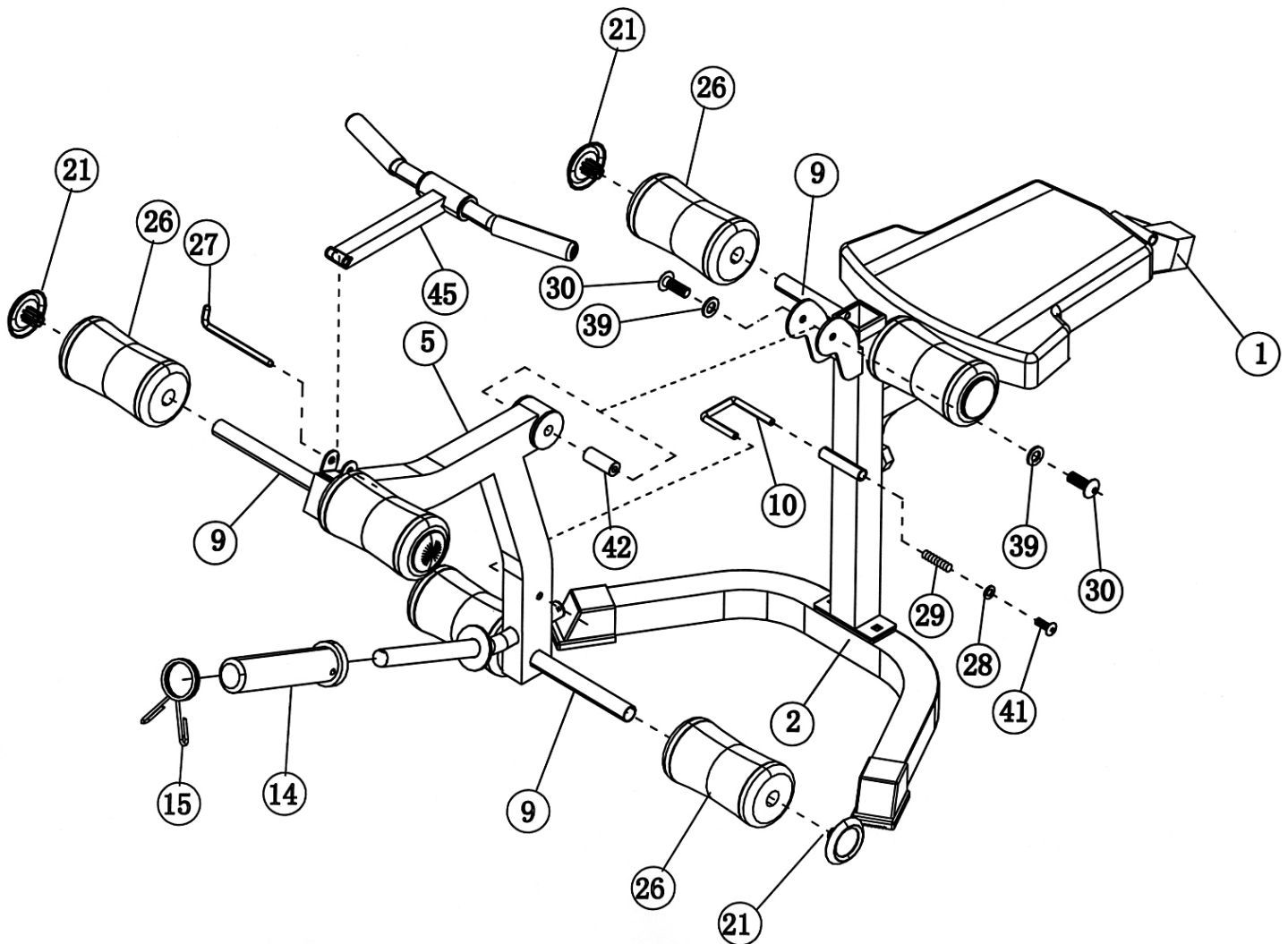
**DIAGRAM 5**



## STEP 6 (See Diagram 6)

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with one Axle (#42), two M10 x 5/8" Allen Bolts (#30), and two Ø 3/4" Washers (#39). Do not over tighten the bolts. Make sure the Leg Developer is able to swivel.
- B.) Insert the U-shaped Pin (#10) into the tube in front of the Main Frame. Secure it with one Spring (#29), Ø 1/2" Washer (#28), and M6 x 5/8" Philips Screw (#41).
- C.) Insert three Foam Tubes (#9) halfway through the holes on the Main Frame and Leg Developer. Push six Foam Rolls (#26) onto the Tubes from both ends. Plug six Foam Roll End Caps (#21) into the Tubes from both ends.
- D.) Attach the Curl Bar Handle Support (#45) to the bracket on the Leg Developer. Secure it with a L-shaped Pin (#27).
- E.) Attach an Olympic Sleeve (#14) onto the weight post on the Leg Developer. Attach a Spring Clip (#15) to the Sleeve.

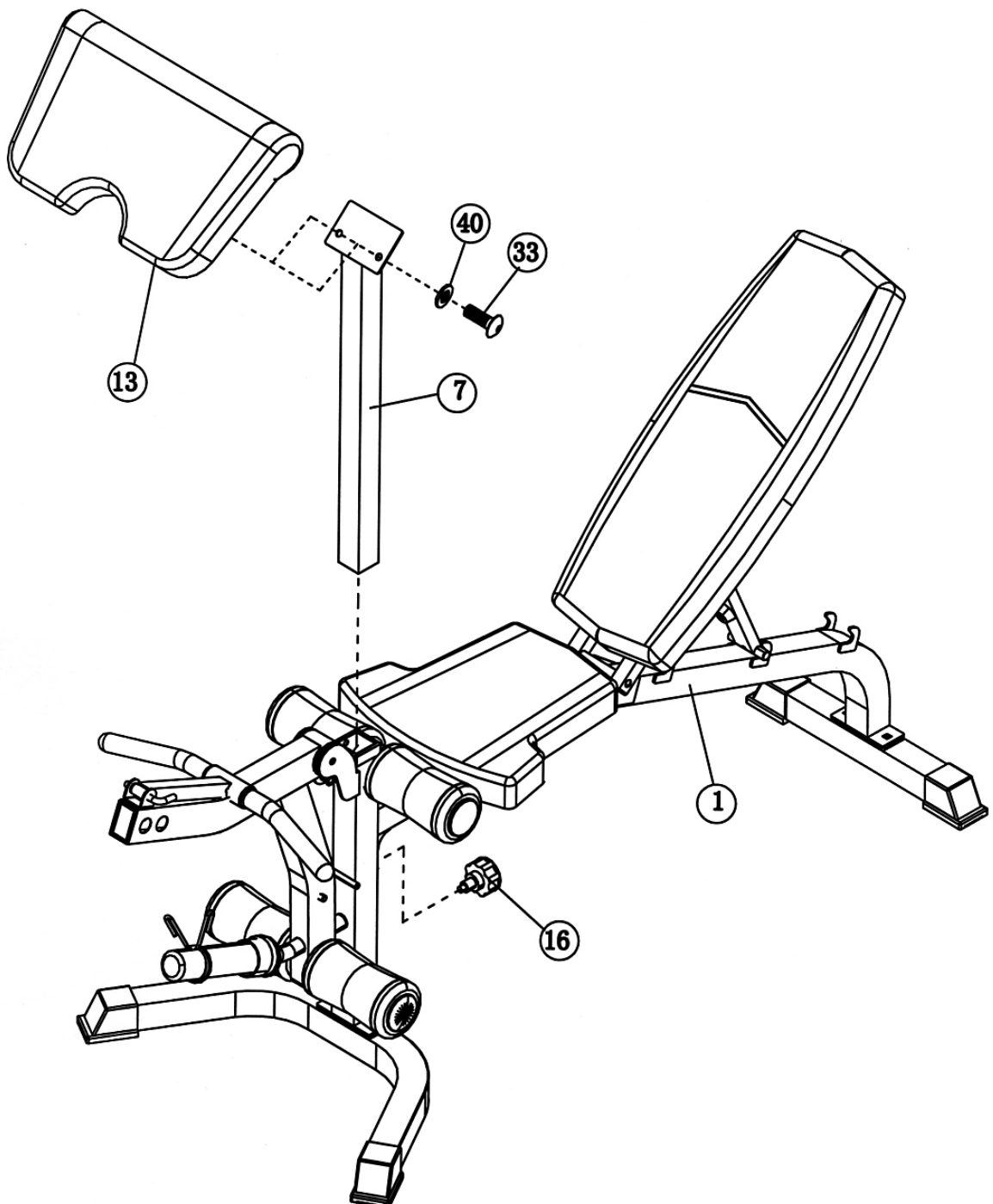
### DIAGRAM 6



## STEP 7 (See Diagram 7)

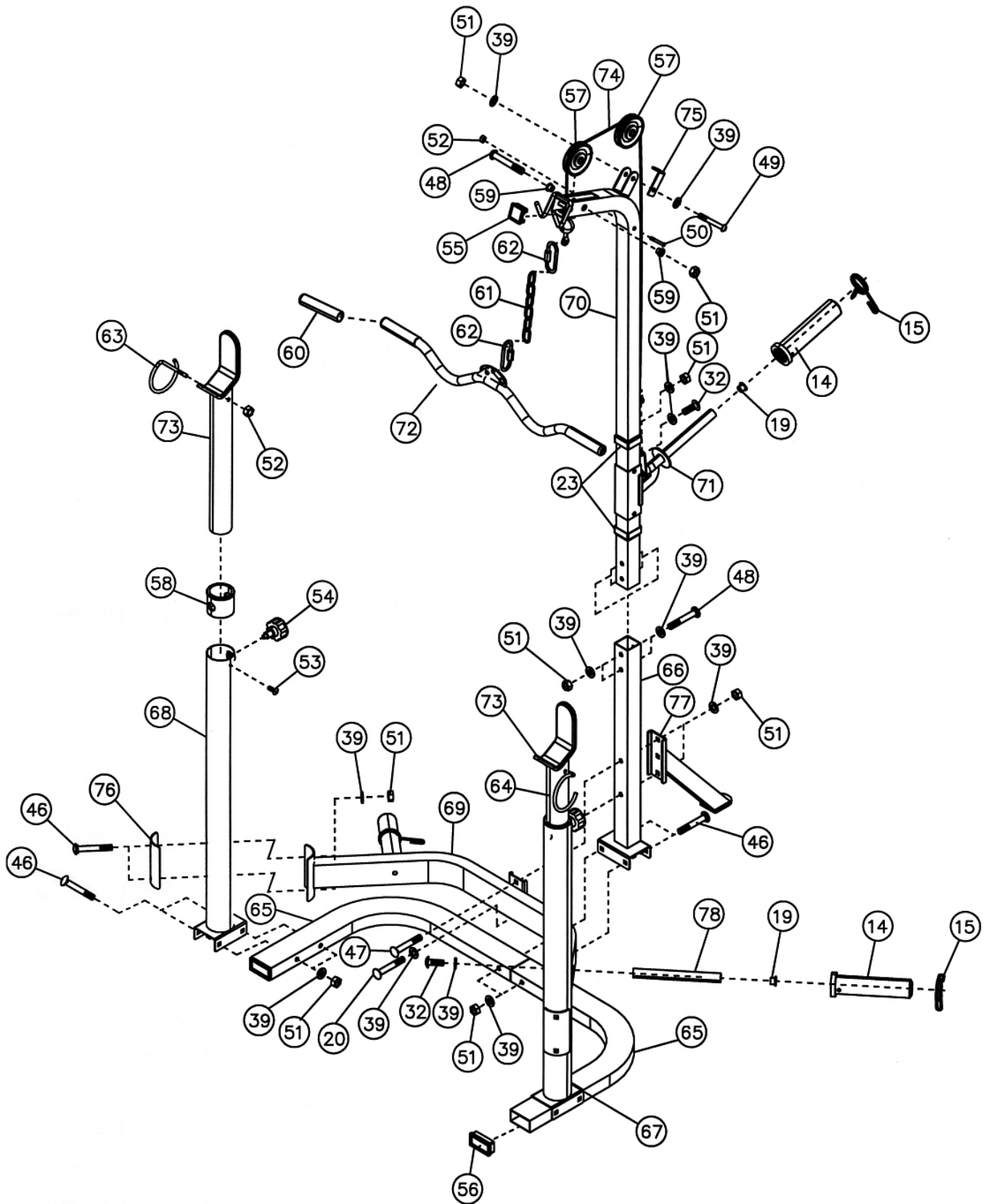
- A.) Attach the Arm Curl Pad (#13) to the Arm Curl Stand (#7). Secure it with two M8 x 3/4" Allen Bolts (#33) and Ø 5/8" Washers (#40).
- B.) Insert the Arm Curl Stand into the front opening on the Main Frame. Use a Lock Knob (#16) to secure the Stand at desired height.
- C.) The Leg Developer can be locked when doing sit up exercises. Simply pull the U-shaped Pin (#10) out and drop into the hole on the Leg Developer. Remove the Pin when doing Leg Developer exercises.
- D.) Remove the Arm Curl Stand and Curl Bar Handle when using Leg Developer.

**DIAGRAM 7**

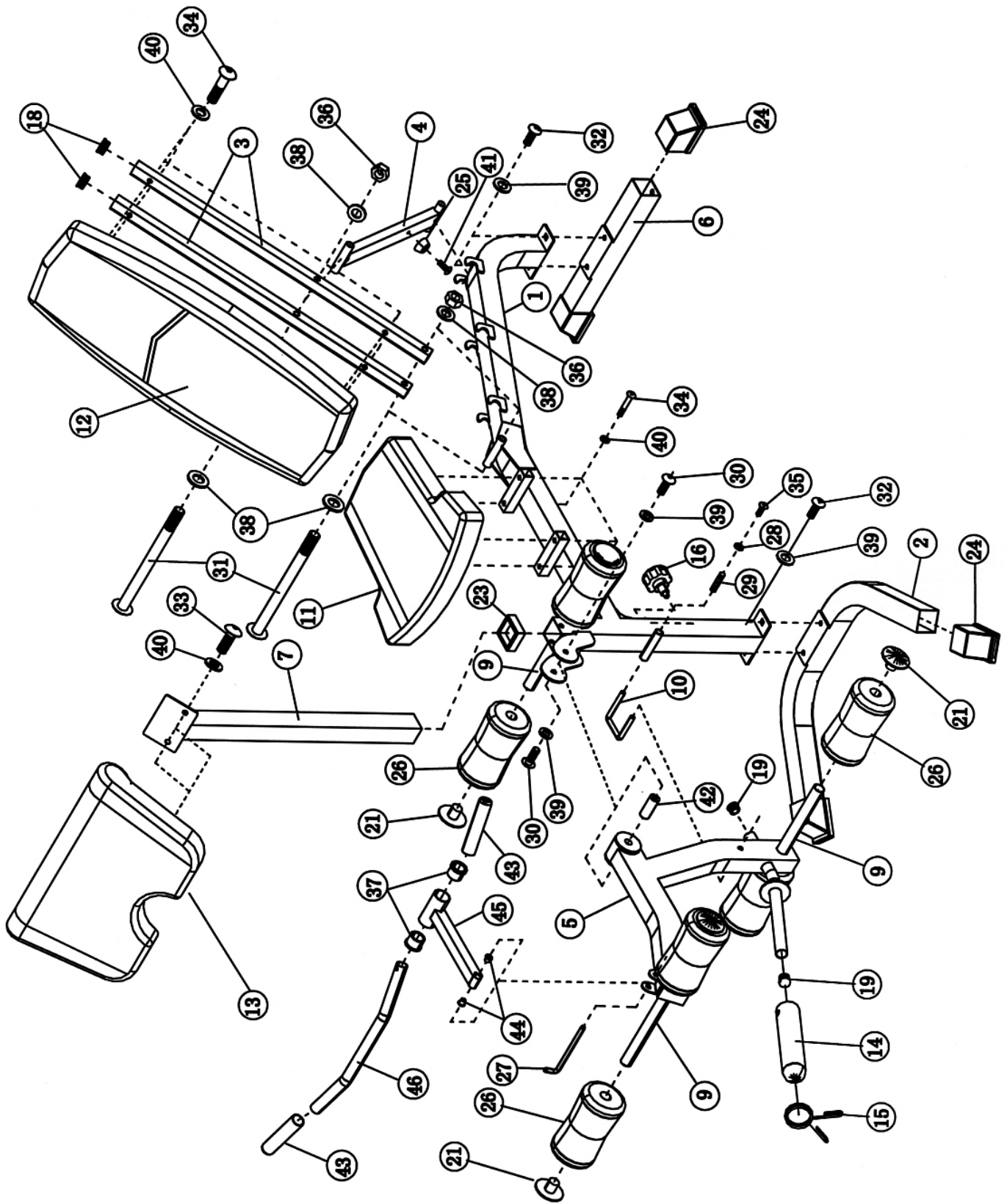




# EXPLODED DIAGRAM







## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Main Frame	1	46	M10 x 3 3/4" Carriage Bolt	10
2	Front Stabilizer	1	47	M10 x 2 3/4" Carriage Bolt	1
3	Backrest Support	2	48	M10 x 2 3/8" Allen Bolt	3
4	Backrest Incline Support	1	49	M10 x 2" Allen Bolt	1
5	Leg Developer	1	50	M8 x 2 1/8" Allen Bolt	1
6	Rear Stabilizer	1	51	M10 Aircraft Nut	17
7	Arm Curl Stand	1	52	M8 Aircraft Nut	3
8	Curl Bar	1	53	1/4" Philips Screw	2
9	Foam Tube	3	54	M18 Lock Knob	2
10	U-shaped Pin	1	55	1 3/4" Square End Cap	1
11	Seat Pad	1	56	1 1/2" x 3" End Cap	2
12	Backrest Board	1	57	Pulley	2
13	Arm Curl Pad	1	58	Ø 3" Sleeve	2
14	Olympic Sleeve	4	59	Pulley Bushing	2
15	Spring Clip	4	60	Lat Bar Handle Grip	2
16	Lock Knob (Impex Logo)	1	61	Chain	1
17	2 3/8" x 1 5/8" End Cap	2	62	C-clip	2
18	1" Square End Cap	2	63	Right Safety Hook	1
19	Ø 1" End Cap	5	64	Left Safety Hook	1
20	M10 x 2 3/4" Allen Bolt	1	65	Base Frame	2
21	Foam Roll End Cap	6	66	Lat Bar Frame Support	1
22	Ø 2 3/8" Bushing	2	67	Left Upright Beam	1
23	2" Sleeve	3	68	Right Upright Beam	1
24	Stabilizer End Cap	4	69	Cross Brace	1
25	Rubber Bumper	1	70	Lat Bar Frame	1
26	Foam Roll	6	71	Sliding Weight Post	1
27	L-shaped Pin	1	72	Lat Bar	1
28	Ø 1/2" Washer	1	73	Crutch	2
29	Spring	1	74	57" Cable	1
30	M10 x 5/8" Allen Bolt	2	75	L-shaped Cable Retainer	1
31	M12 x 5 3/4" Allen Bolt	2	76	Curve Bracket	2
32	M10 x 3/4" Allen Bolt	7	77	Rear Diagonal Support Frame	1
33	M8 x 3/4" Allen Bolt	2	78	Weight Post	2
34	M8 x 1 5/8" Allen Bolt	8			
35	M6 x 1/2" Philips Screw	1			
36	M12 Aircraft Nut	2			
37	Ø 1 1/2" Bushing	2			
38	Ø 1" Washer	4			
39	Ø 3/4" Washer	29			
40	Ø 5/8" Washer	10			
41	M6 x 5/8" Philips Screw	1			
42	Axle	1			
43	Curl Bar Handle Grip	2			
44	Ø 3/4" Bushing	2			
45	Curl Bar Handle Support	1			

# IMPEX<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") 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.

**IMPEX<sup>®</sup> 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](http://www.impex-fitness.com)**  
**[info@impex-fitness.com](mailto: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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