

NOTE:
Please read all
instructions carefully
before using this product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
MWM-0418

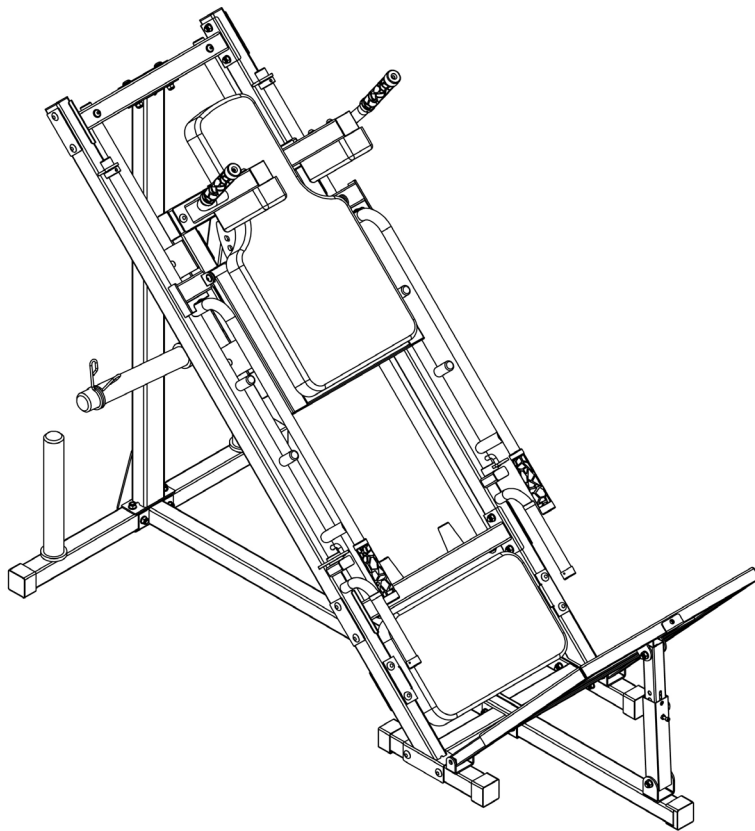
Retain This
Manual for
Reference

**ASSEMBLY &
OWNER'S
MANUAL**

241023

MARCY®

ELITE LEG TRAINER MWM-0418



IMPEX® INC.

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TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORANT SAFETY NOTICES	2
EXERCISE GUIDELINES	3
WARNING LABEL PLACEMENT	5
IMPORTANT ASSEMBLY INFORMATION	6
CARE AND MAINTENANCE AND STORAGE	7
EXPLODED DIAGRAM	8
PARTS LIST	9
ASSEMBLY STEPS	9
WARRANTY	13
ORDERING PARTS	13

BEFORE YOU BEGIN

Thank you for selecting the MARCY ELITE LEG TRAINER by IMPEX® INC. For your safety and benefit, read this manual carefully before using the Marcy Elite Leg Trainer. As a manufacturer, we are committed to providing you with 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.marcypro.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This Elite Leg Trainer 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 Elite Leg Trainer. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise Elite Leg Trainer at all times. DO NOT leave children unattended in the same room with the Elite Leg Trainer.**
2. Only one person at a time should use the Elite Leg Trainer.
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 Elite Leg Trainer on a clear, level surface. DO NOT use the Elite Leg Trainer 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 Elite Leg Trainer. Running or aerobic shoes are also required when using the Elite Leg Trainer.
7. Use the Elite Leg Trainer 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 Elite Leg Trainer.
9. Disabled person should not use the Elite Leg Trainer without a qualified person or physician in attendance.
10. Before using the Elite Leg Trainer to exercise, always do stretching exercises to properly warm up.
11. Never operate the Elite Leg Trainer if it is not functioning properly.
12. Read all warnings posted on the exercise Elite Leg Trainer.
13. Inspect the exercise Elite Leg Trainer for worn or loose components prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the exercise Elite Leg Trainer.
15. **This exercise equipment is for consumer and home use only.**

▲ 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.

EXERCISE GUIDELINES

Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally.

To increase muscles strength; follow this principle:

Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength.

To tone your body, follow the principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone.

Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 50 lbs and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up lifting 60 lbs for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

Training Intensity

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases.

Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

Beginning a Strength Building Program

Warming Up

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature and developing more oxygen to your muscles.

Workout

Each workout to keep in mind that muscle soreness that lasts for a long period is not desirable and may mean that injury has occurred.

Cool Down

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch only going as far as you can. This stage allows your muscles wind down after training.

To provide a total workout program it is also recommended that 2 to 3 days of aerobic exercise is performed in addition to the strength training.

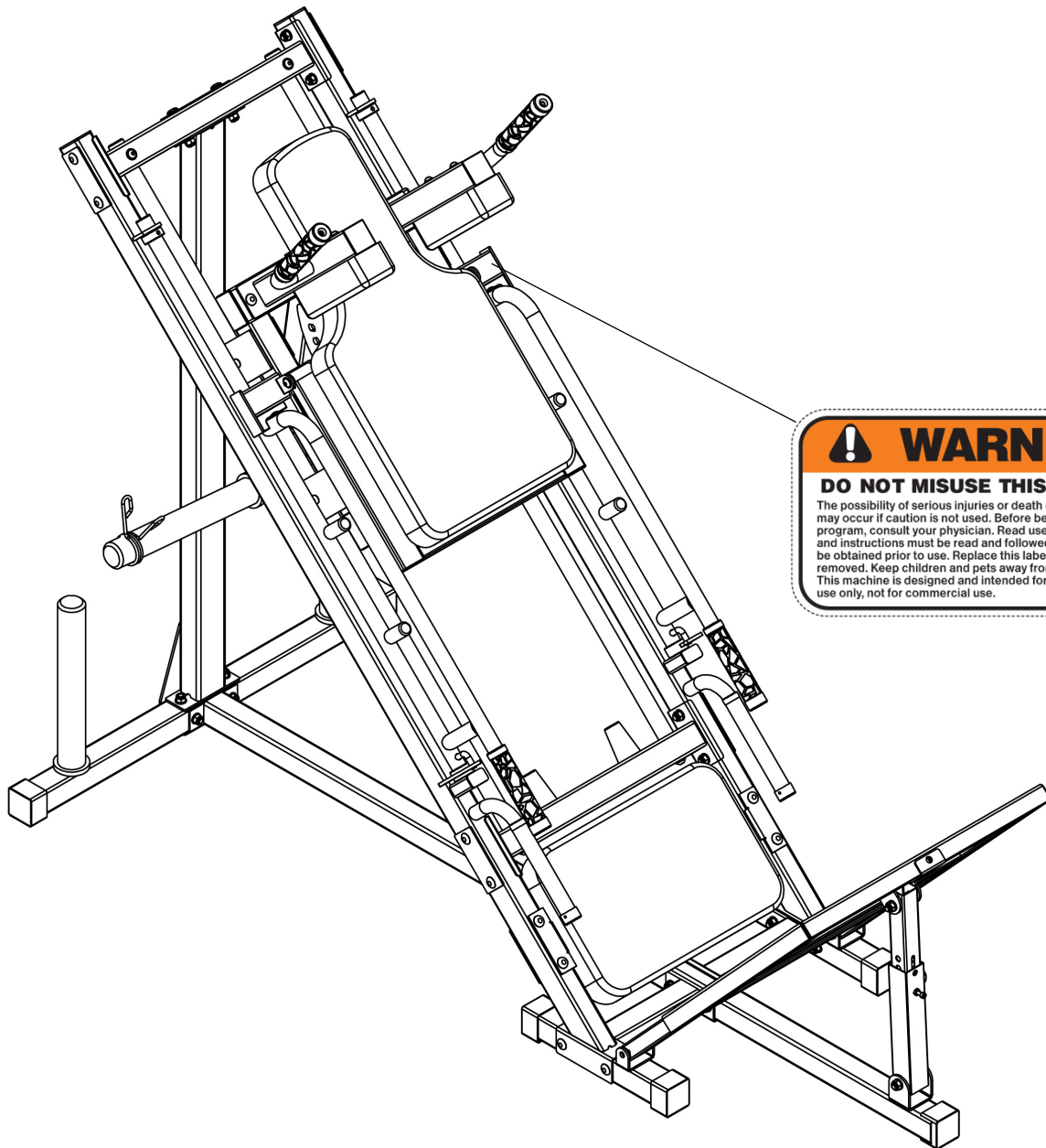
Drinking Water

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

Rest Day

Although you may not feel like doing it, taking a rest day at least once a week is important because it gives your body a chance to heal itself. Continuously working your muscle will result in over training which will not benefit in the long run.

⚠ WARNING LABEL PLACEMENT



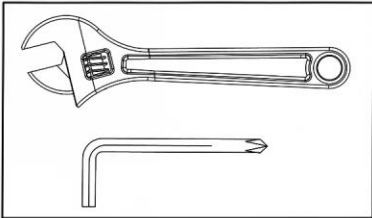
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer and Main Frame.

If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in the location shown.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: 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.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

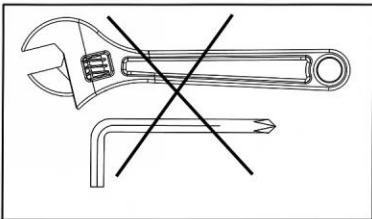
Fasten Nuts and Bolts



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 pivoting function.

Make sure all pivoting components are able to move freely.

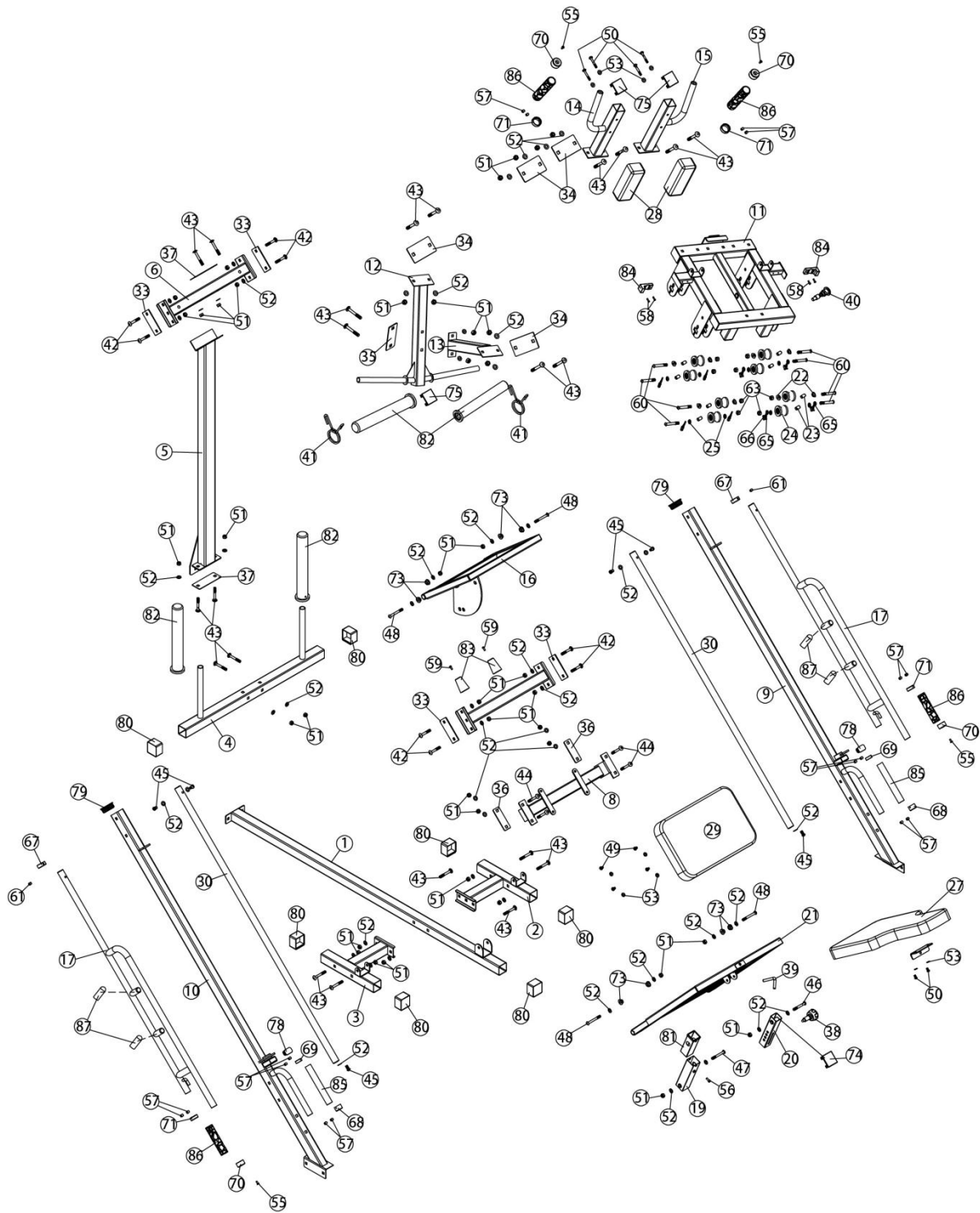


Do not tighten all Nuts and Bolts in this step.

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the Elite Leg Trainer. Replace any worn parts immediately.
2. The Elite Leg Trainer can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the Elite Leg Trainer IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Elite Leg Trainer shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the Elite Leg Trainer.
5. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
6. **The maximum user weight is 300 lbs.**
7. **Assembled Dimension: 72"x30"x58"**

EXPLODED DIAGRAM



MWM-0418 PARTS LIST

Part #	Description	Size	Qty
1	Main Frame		1
2	Right Support Frame		1
3	Left Support Frame		1
4	Rear Frame		1
5	Upright Support		1
6	Upper Cross Brace		1
7	Lower Cross Brace		1
8	Seat Support Brace		1
9	Right Frame		1
10	Left Frame		1
11	Sliding Frame		1
12	Weight Plate Frame Assembly		1
13	Weight Plate Frame Support		1
14	Right Shoulder Support		1
15	Left Shoulder Support		1
16	Upper Foot Plate		1
17	Safety Catch Bar		2
19	Angle Adjustment Brace		1
20	Angle Adjustment Frame		1
21	Lower Foot Plate		1
22	Washer		8
23	Bushing		8
24	Roller		8
25	Washer For Roller		8

26	Back Rest Pad Connector Bracket		1
27	Back Rest Board		1
28	Should Pad		2
29	Seat Pad		1
30	Guide Rod	56"	2
32	Protector		1
33	Bracket	2"x4 ³ / ₄ " (55X120)	4
34	Bracket	2 ¹ / ₂ " x4 ³ / ₄ " (65X120)	4
35	Bracket	1 ³ / ₄ "x4 ³ / ₄ " (45X120)	1
36	Bracket	1 ¹ / ₂ "x4 ¹ / ₂ " (38X110)	2
37	Bracket	2"x5 ¹ / ₂ " (50X140)	2
38	Locking Knob		1
39	L-Shape locking pin		1
40	Spring Locking Pin		1
41	Spring Collar		2
42	Carriage Bolt	M10x2 ³ / ₈ "	8
43	Carriage Bolt	M10x2 ³ / ₄ "	22
44	Carriage Bolt	M10x3 ¹ / ₈ "	4
45	Allen Bolt	M10x ³ / ₄ "	6
46	Allen Bolt	M10x2 ³ / ₄ "	1
47	Allen Bolt	M10x3"	1
48	Allen Bolt	M10x3 ¹ / ₈ "	4
49	Allen Bolt	M8x ⁵ / ₈ "	6
50	Allen Bolt	M8x2 ¹ / ₂ "	4
51	Aircraft Nut	M10	40
52	Washer	φ ³ / ₄ "	48

53	Washer	$\varphi^{5/8}$ "	10
54	Large Washer	φ	4
55	Allen Bolt	M6 \times 3/4"	4
56	Allen Bolt	M6 \times 3/4"	1
57	Set Screw	M5 \times 0 1/8"	16
58	Phillips Screw	M5 \times 1/2"	4
59	Phillips Screw	M6 \times 1/2"	2
60	Allen Bolt	M12 \times 3 1/8"	8
61	Allen Bolt	M8 \times 1/2"	2
62	Aircraft Nut	M6	8
63	Aircraft Nut	M12	8
65	Eye Bolt		8
66	Eye Bolt U-Bracket		8
67	Limiter		2
68	Aluminum End Cap		2
69	Aluminum Ring		2
70	Aluminum End Cap		4
71	Aluminum Ring		4
72	Bearing	6001ZZ	16
73	Bushing		8
74	End Cap		1
75	End Cap		3
77	Round End Cap		2
78	End Cap		2
79	End Cap		2
80	End Cap	\square 2"	7

81	Sleeve		1
82	Olympic Sleeve		4
83	Bumper		2
84	L-Shaped Bumper		2
85	Handle Grip		2
86	Grip		4
87	Rubber Cap		4
88	Wrench		1

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 for products return 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 www.marcypro.com

IMPEX[®] INC.
2801 South Towne Avenue,
Pomona, California 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.

www.marcypro.com
support@impex-fitness.com

When ordering replacement part, always give the following information.

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