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

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Model PM-5108

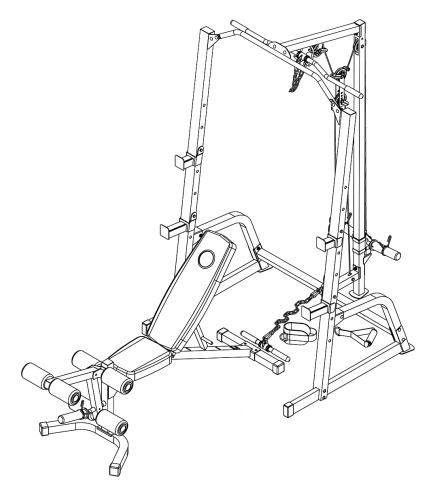
Retain This Manual for Reference

200417

OWNER'S MANUAL

# MARCY

## MARCY PRO DELUXE CAGE PM-5108



### IMPEX® INC.

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### **BEFORE YOU BEGIN**

Thank you for selecting the MARCY PRO PM-5108 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.marcypro.com support@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 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.

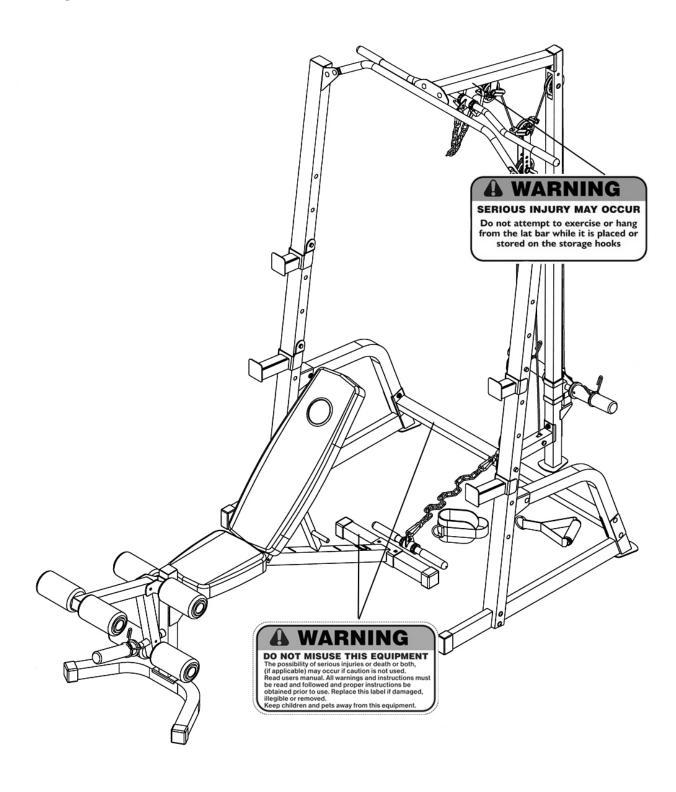
#### **CARE AND MAINTENANCE**

- 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: 300 lbs.
- 5. Maximum weights on the Bar Catch: 300 lbs.
- 6. Maximum weights on Leg Developer: 100 lbs.
- 7. Maximum weights on Sliding Weight Post: 100 lbs.
- 8. Cage assembled dimension: 50.75" x 42.25" x 83.75"
- 9. Bench assembled dimension: 68,25" x 25,75"x 45,5"

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

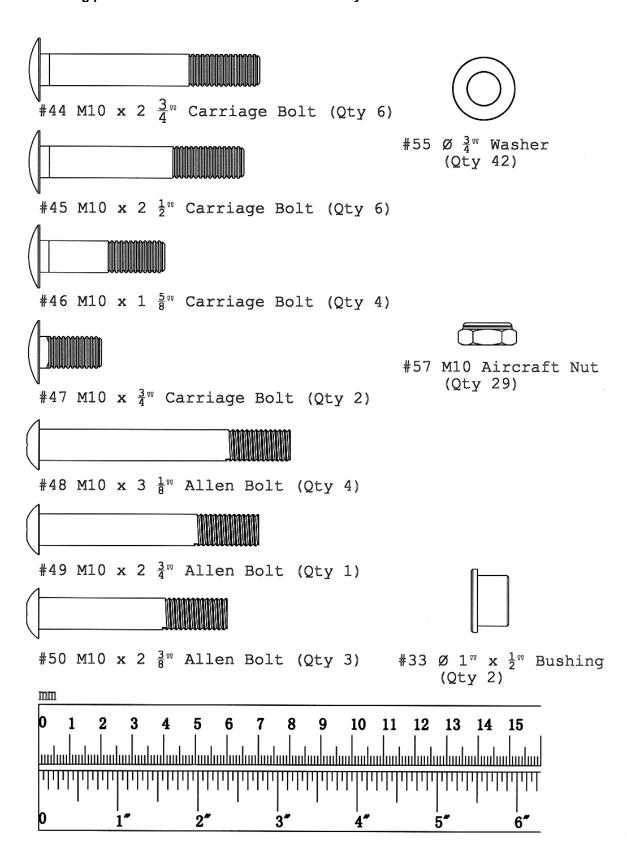


The warning labels shown here have been placed on the Cross Brace, Upper Frame, and Bench Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

3

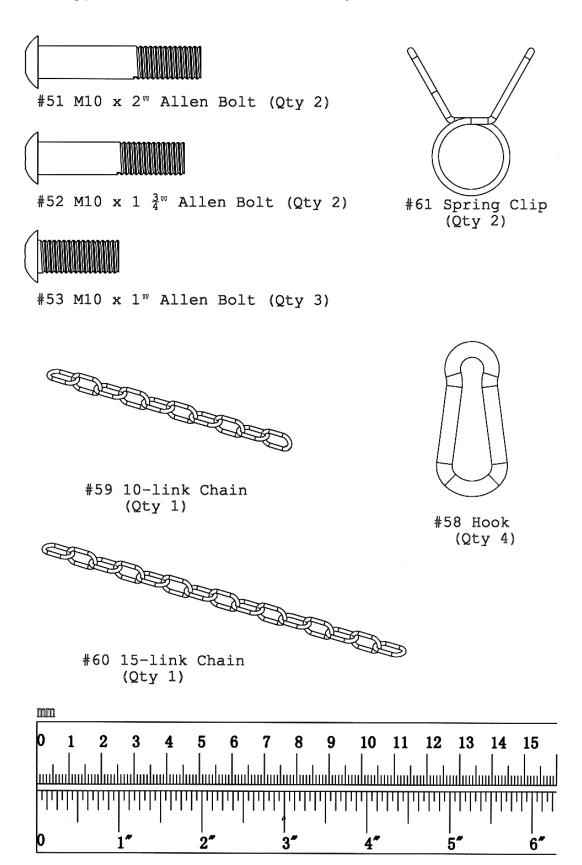
### **CAGE HARDWARE PACK**

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



### **CAGE HARDWARE PACK**

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



### CAGE ASSEMBLY INSTRUCTION

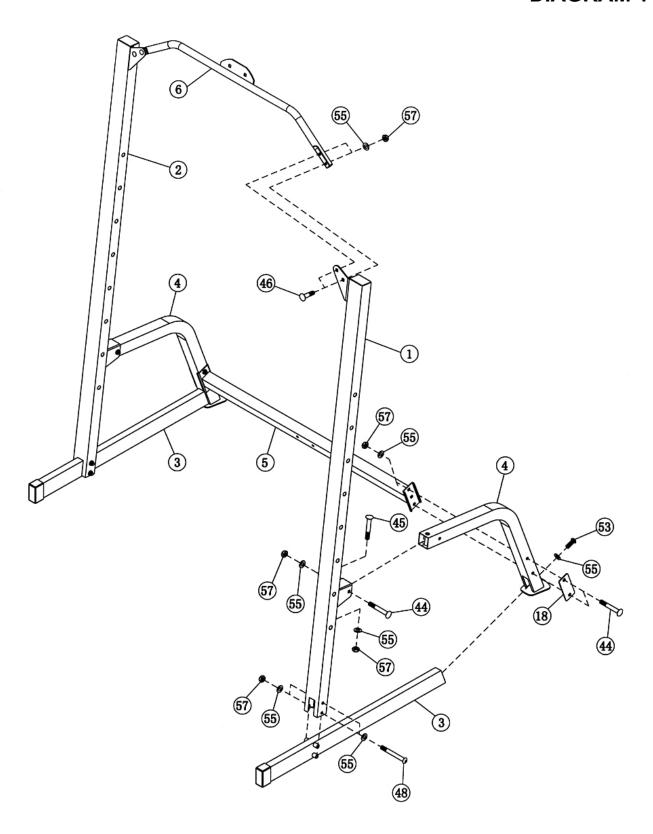
Tools Required for Assembling the Machine: One Adjustable Wrench and Allen Wrenches.

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 Nuts and Bolts until instructed to do so.
- B.) Attach the Left Vertical Frame (#1) onto a Base Frame (#3). Secure it with two M10 x 3 1/8" Allen Bolts (#48), four Ø 3/4" Washers (#55), and two M10 Aircraft Nuts (#57).
- C.) Attach a Diagonal Support (#4) to the Left Vertical Frame and the Base Frame.
- D.) Secure the Diagonal Support to Left Vertical Frame from top with one M10 x 2  $\frac{1}{2}$ " Carriage Bolt (#45), one Ø  $\frac{3}{4}$ " Washer (#55), and one M10 Aircraft Nut (#57). Secure it from side with one M10 x 2  $\frac{3}{4}$ " Carriage Bolt (#44), one Ø  $\frac{3}{4}$ " Washer (#55), and one M10 Aircraft Nut (#57).
- E.) Secure the Diagonal Support to the Base Frame with one M10 x 1" Allen Bolt (#53) and one Ø 3/4" Washer (#55).
- F.) Repeat B, C, D, and E to install the Right Vertical Frame (#2), one Base Frame, and one Diagonal Support together.
- G.) Connect the two Diagonal Support together with a Cross Brace (#5) in the mid-span. Secure each end of Cross Brace with two M10 x 2 3/4" Carriage Bolts (#44), one 4 3/4" x 2" Bracket (#18), two Ø 3/4" Washers (#55), and two M10 Aircraft Nuts (#57).
- H.) Attach the Chin-up Bar (#6) to the Left and Right Vertical Frame. Secure each end with two M10 x 1 5/8" Carriage Bolts (#46), two Ø ¾" Washers (#55), and two M10 Aircraft Nuts (#57).

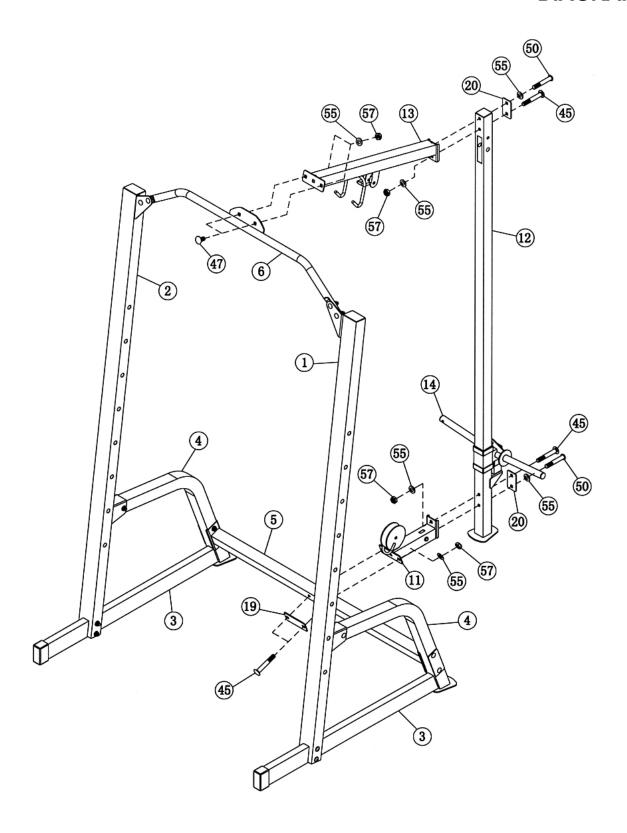
### **DIAGRAM 1**



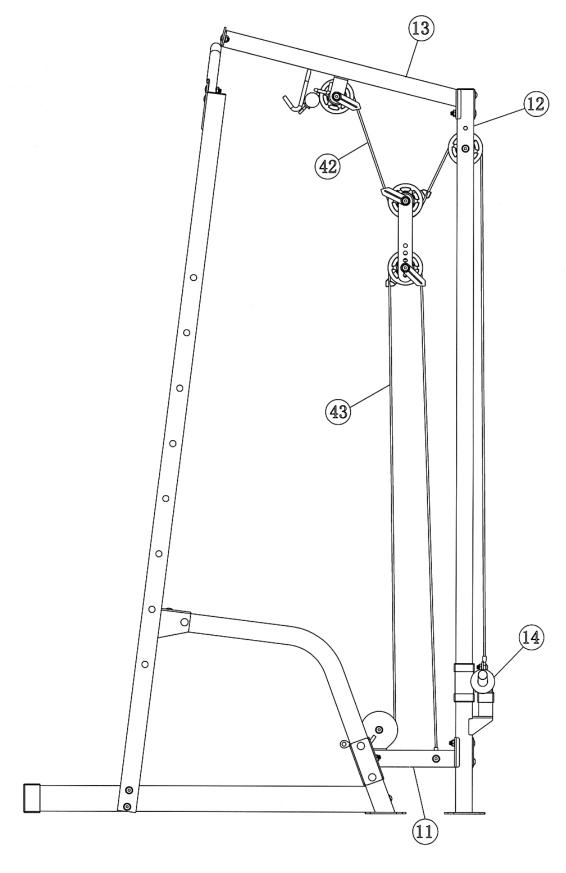
#### STEP 2 (See Diagram 2)

- A.) Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Attach the Lower Pulley Frame (#11) to the Cross Brace (#5). Secure it with two M10 x 2 ½" Carriage Bolts (#45), one 4 3/8" x 1 ¾" Bracket (#19), two Ø ¾" Washers (#55), and two M10 Aircraft Nuts (#57).
- C.) Slide the Sliding Weight Post (#14) onto the Weight Glide Post (#12). Make sure the triangular shape bracket on the Sliding Weight Post needs to face upward.
- D.) Attach the 3 1/8" x 1 3/4" Bracket (#20) to lower Weight Glide Post, and attach Weight Glide Post to the Lower Pulley Frame. Secure the upper hole with one 10 x 2 1/2" Carriage Bolt (#45), one Ø 3/4" Washer (#55), and one M10 Aircraft Nut (#57). Secure the lower hole with one M10 x 2 3/8" Allen Bolt (#50), and one Ø 3/4" Washers (#55).
- E.) Attach the Upper Frame (#13) to the Chin-up Bar (#6). Secure them together with two M10 x 3/4" Carriage Boles (#47), two Ø 3/4" Washers (#55), and two M10 Aircraft Nuts (#57).
- F.) Attach the 3 1/8" x 1 ¾" Bracket to upper Weight Glide Post, Secure the upper hole with one M10 x 2 3/8" Allen Bolt (#50) and one Ø ¾" Washer (#55). Secure the lower hole with one M10 x 2 ½" carriage Bolt (#45), one Ø ¾" Washer (#55), and one M10 Aircraft Nut (#57).
- G.) Securely tighten all Nuts and Bolts in Step-1 and Step-2.

### **DIAGRAM 2**



### **CABLE LOOP DIAGRAM**

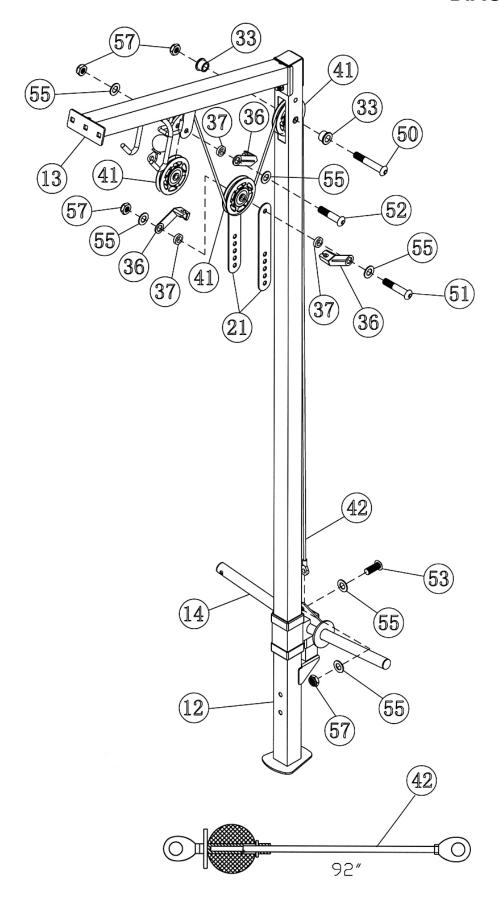


STEP 3 (See Diagram 3)

A.) Attach the 92" Upper Cable (#42) to the open bracket under the Upper Frame (#13).

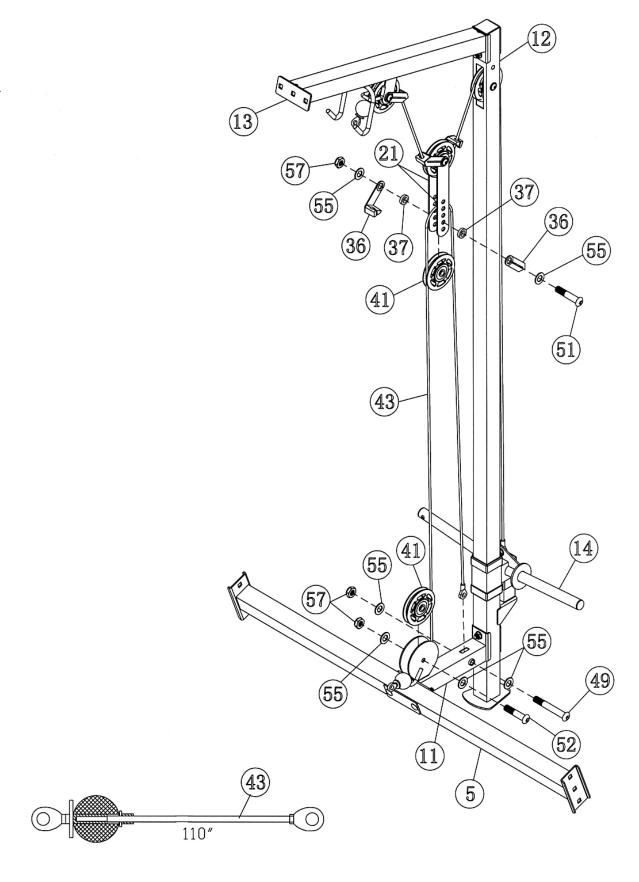
- B.) Attach a Pulley (#41) to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#52), one Cable Retainer (#36),one cable Retainer Bushing(#37), two Ø ¾" Washers (#55), and one M10 Aircraft Nut (#57). Make sure the ball stopper on the Cable is situated under the bracket.
- C.) Draw the Cable over the Pulley then downward. Attach a Pulley to the Cable. Attach the Pulley to the top holes on the two Double Floating Pulley Brackets (#21). Secure the Pulley to the Brackets with one M10 x 2" Allen Bolt (#51), two  $\emptyset$  3/4" Washers (#55), two Cable Retainers (#36), two cable Retainer Bushings(#37), and one M10 Aircraft Nut (#57).
- D.) Draw the Cable around the Pulley then upward to the opening on the Weight Glide Post (#12). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#50), two Ø 1" x ½" Pulley Bushings (#33), and one M10 Aircraft Nut (#57). Let the Brackets hanging for now.
- E.) Draw the Cable around the Pulley then downward to the triangular bracket on the Sliding Weight Post (#14). Secure the end of Cable to the bracket with one M10 x 1" Allen Bolt (#53), two Ø ¾" Washers (#55), and one M10 Aircraft Nut (#57).

### **DIAGRAM 3**



### STEP 4 (See Diagram 4)

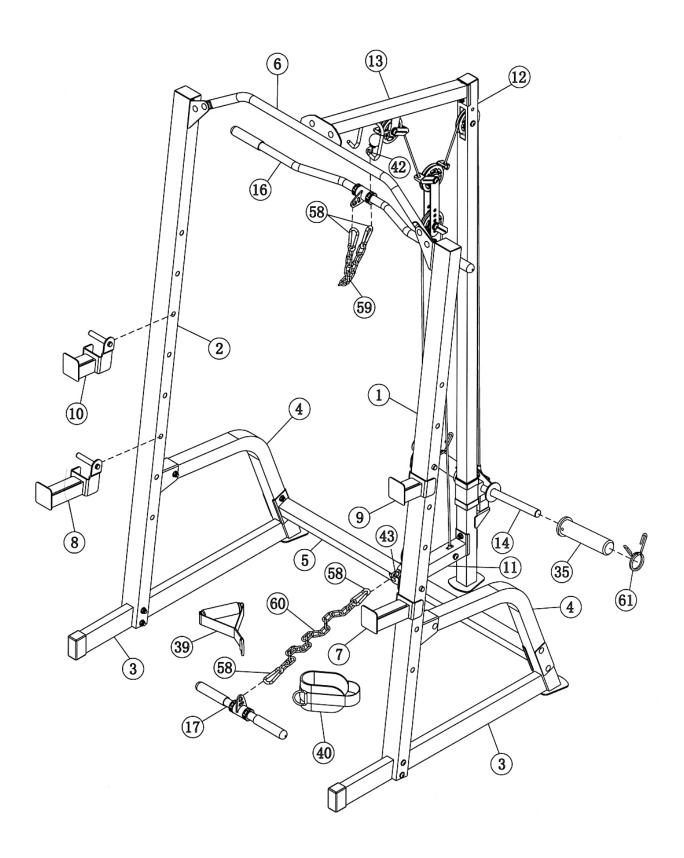
- A.) Attach the 110" Lower Cable (#43) to the open Pulley bracket on Lower Pulley Frame (#11). Secure it with one M10 x 1 ¾" Allen Bolt (#52), two Ø ¾" Washers (#55), and one M10 Aircraft Nut (#57).
- B.) Draw the Cable around the Pulley and then upward to the Double Floating Pulley Bracket (#21) installed in Step-3. Attach a Pulley to the selected lower holes on the Brackets. Secure it with one M10 x 2" Allen Bolt (#51), two Ø ¾" Washers (#55), two Cable Retainers (#36), two cable Retainer Bushings (#37),and one M10 Aircraft Nut (#57).
- C.) Draw the Cable around the Pulley then downward to the open slot on Lower Pulley Frame. Secure the end of Cable to the slot with one M10 x 2 3/4" Allen Bolt (#49), two Ø 3/4" Washers (#55), and one M10 Aircraft Nut (#57).
- D.) To adjust the tension of the Cable system by moving the lower Pulley position on Double Floating Pulley Brackets. Move up the Pulley to increase the tension, move down the Pulley to loosen the tension.



STEP 5 (See Diagram 5)

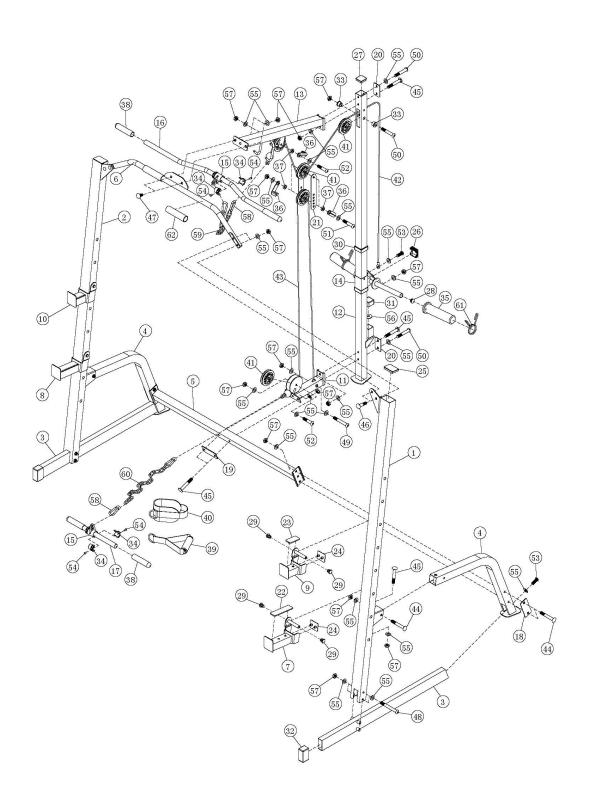
- A.) Attach the Left & Right Safety Catch (#7 & #8), the Left & Right Bar Catch (#9 & #10) onto the Left & Right Vertical Frame (#1 & #2).
- B.) Attach two Olympic Sleeves (#35) onto the Sliding Weight Post (#14). Attach a Spring Clip (#61) onto each Olympic Sleeve.
- C.) Connect the Lat Bar (#16) to the Upper Cable (#42) with two Hooks (#58) and the 10-link Chain (#59).
- D.) Connect the Shiver Bar (#17) to the Lower Cable (#43) with two Hooks(#58) and the 15-link Chain (#60). Replace the Shiver Bar with Single Handle (#39) or Ankle Strap (#40) for various exercises.

### **DIAGRAM 5**



PM-5108 WEIGHT RESISTANCE CHART				
Weight Plate	Lat Pull	Low Pulley		
10	10	10		
20	20	20		
30	30	30		
40	40	40		
50	50	50		
60	60	60		
70	70	70		
80	80	80		
90	90	90		
100	100	100		
110	110	110		
120	120	120		
130	130	130		
140	140	140		
150	150	150		

Load even weights on each side of Sliding Weight Post Numbers are approximate. Actual weights may vary.



C	AGE PARTS LIST	
KE	Y NO. DESCRIPTION	Q'ty
1	Left Vertical Frame	1
2	Right Vertical Frame	1
3	Base Frame	2 2 1
4	Diagonal Support	2
5	Cross Brace	1
6	Chin-up Bar	1
7	Left Safety Catch	1
8	Right Safety Catch	1
9	Left Bar Catch	1
	Right Bar Catch	1
	Lower Pulley Frame	1
12	Weight Glide Post	1
13	Upper Frame	1
	Sliding Weight Post	1
	Rotate Ring	2
16	Lat Bar	1
17	Shiver Bar	1
	4 ¾" x 2" Bracket	2 1
	4 3/8" x 1 ¾" Bracket	1
	3 1/8" x 1 ¾" Bracket	2
	Double Floating Pulley Bracket	2
22	1 ½" x 5 ¾" Rubber Bumper	2
23	1 ½" x 3" Rubber Bumper	2
	2 3/8" x 2" Rubber Bumper	4
	2 ¾" x 2" End Cap	2 2 2 2 4 2 1
	2" Square End Cap	1
	1 ¾" Square End Cap	1
	Ø 1" End Cap	2 8 2 1 2 2
	Ø 5/8" End Cap	8
	2" x 1 3/4" Sleeve	2
	1 ½" End Cover	1
32	2 3/4" x 1 1/8" End Cover	2
	Ø 1" x ½" Pulley Bushing	
	Plastic Ring	8
	Olympic Sleeve	2
	Cable Retainer	5
	Cable Retainer Bushing	5
	6" Grip	4
	Single Handle	1
	Ankle Strap	1
	Pulley	5
	92" Upper Cable	1
	110" Lower Cable	1
	M10 x 2 <sup>3</sup> / <sub>4</sub> " Carriage Bolt	6
	M10 x 2 ½" Carriage Bolt	6
	M10 x 1 5/8" Carriage Bolt	4
	M10 x 3/4" Carriage Bolt	2
	M10 x 3 1/8" Allen Bolt	4
	M10 x 2 3/4" Allen Bolt	1
50	M10 x 2 3/8" Allen Bolt	3

CAGE PARTS LIST M10 x 2" Allen Bolt M10 x 1 3/4" Allen Bolt M10 x 1" Allen Bolt Rivet Ø ¾" Washer Ø 1 ½" x Ø ½" Spacer M10 Aircraft Nut Hook 10-link Chain 15-link Chain Spring Clip Grip Ø 1 x6" 4# Allen Wrench (Tool) 6# Allen Wrench (Tool) 

### MULTI-PURPOSE BENCH HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



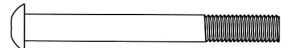
#31 M8 x 1  $\frac{1}{8}$  M8 Allen Bolt (Qty 4)



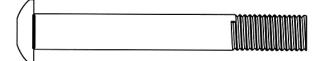
#32 M8 x 1  $\frac{5}{8}$  Allen Bolt (Qty 4)



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



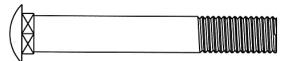
#27 M8 x 2  $\frac{3}{4}$  Allen Bolt (Qty 2)



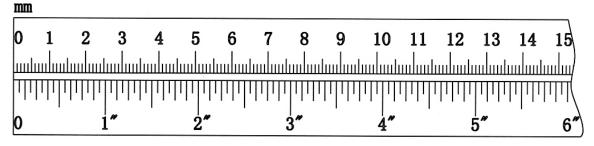
#29 M10 x 3<sup>™</sup> Allen Bolt (Qty 1)



#28 M10 x 2  $\frac{1}{2}$  Carriage Bolt (Qty 5)



#25 M10 x 2  $\frac{3}{4}$  Carriage Bolt (Qty 2)



### MULTI-PURPOSE BENCH HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#37 M10 Aircraft Nut #33 M8 Aircraft Nut (Qty 11)



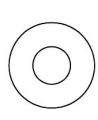
#35 Ø ¾ Washer (Qty 15)



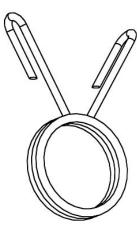
(Qty 2)



#36 Ø 🖥 Washer (Qty 12)



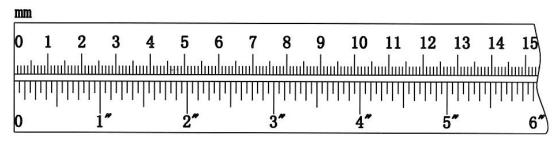
#38 Ø 1°° x Ø  $\frac{3}{8}$ ° Washer (Qty 1)



#21 Spring Clip (Qty 1)



#26 M10 x 6  $\frac{7}{8}$  Allen Bolt (Qty 2)



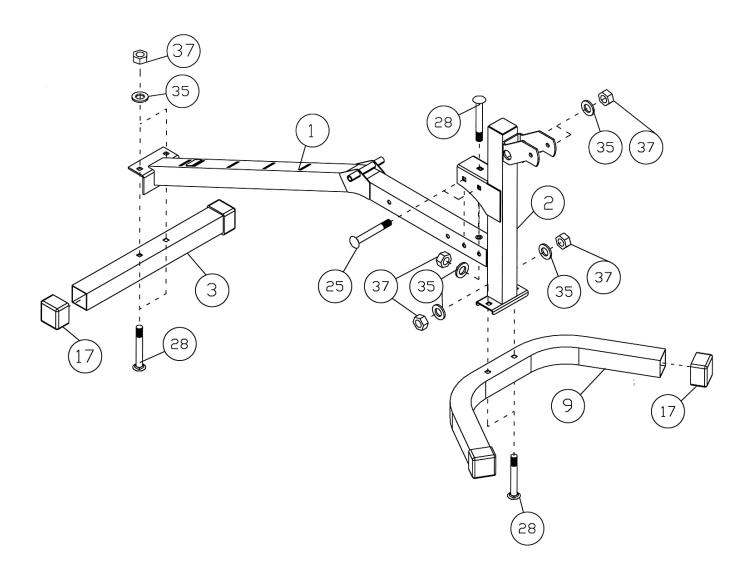
### **MULTI-PURPOSE BENCH ASSEMBLY INSTRUCTION**

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.) Do not tighten Nuts and Bolts until instructed to do so.
- B.) Attach the Front Post (#2) to the Front Stabilizer (#9). Secure it with two M10 x 2 ½" Carriage Bolts (#28), two Ø ¾" Washers (#35), and two M10 Aircraft Nuts (#37).
- C.) Attach the Main Frame (#1) to Front Post. Secure it with two M10 x 2 3/4" Carriage Bolts (#25), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#37) from side. Secure it with one M10 x 2 1/2" Carriage Bolt (#28), one Ø 3/4" Washer (#35), and one M10 Aircraft Nut (#37) from top.
- D.) Attach the other end of Main Frame to the Rear Stabilizer (#3). Secure it with two M10 x 2 ½" Carriage Bolts (#28), two Ø ¾" Washers (#35), and two M10 Aircraft Nuts (#37).
- E.) Securely tighten all Nuts and Bolts.

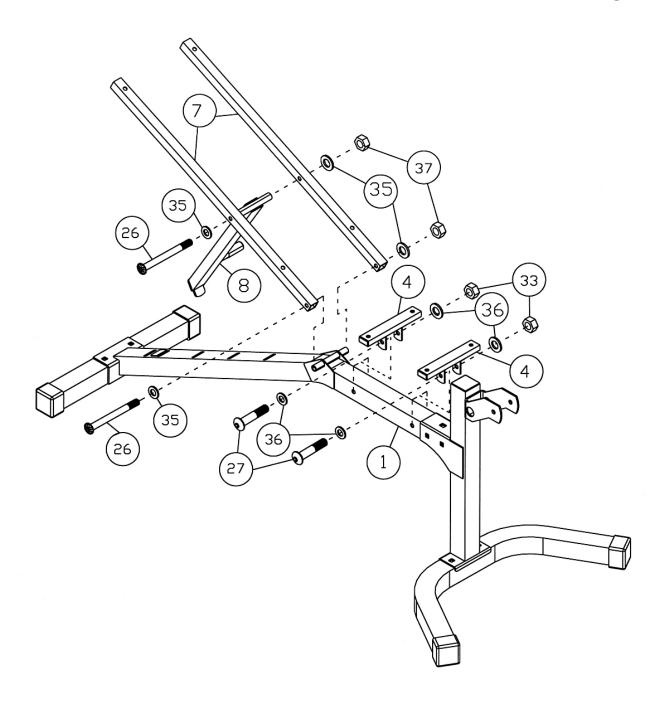
### **DIAGRAM 1**



### STEP 2 (See Diagram 2)

- A.) Attach the Incline Support (#8) to the middle side holes on the two Backrest Supports (#7). Secure it with one M10 x 6 7/8" Allen Bolt (#26), two Ø ¾" Washers (#35), and one M10 Aircraft Nut (#37). **Do not tighten the Nut and Bolt yet.**
- B.) Attach the bottom side holes on Backrest Supports to the pivot on Main Frame (#1). Secure it with one M10 x 6 7/8" Allen Bolt (#26), two Ø 3/4" Washers (#35), and one M10 Aircraft Nut (#37). Securely tighten Nut and Bolt in A & B.
- C.) Attach two Seat Brackets (#4) to the Main Frame. Secure each Seat Bracket with one M8 x 2 3/4" Allen Bolt (#27), two Ø 5/8" Washers (#36), and one M8 Aircraft Nut (#33).

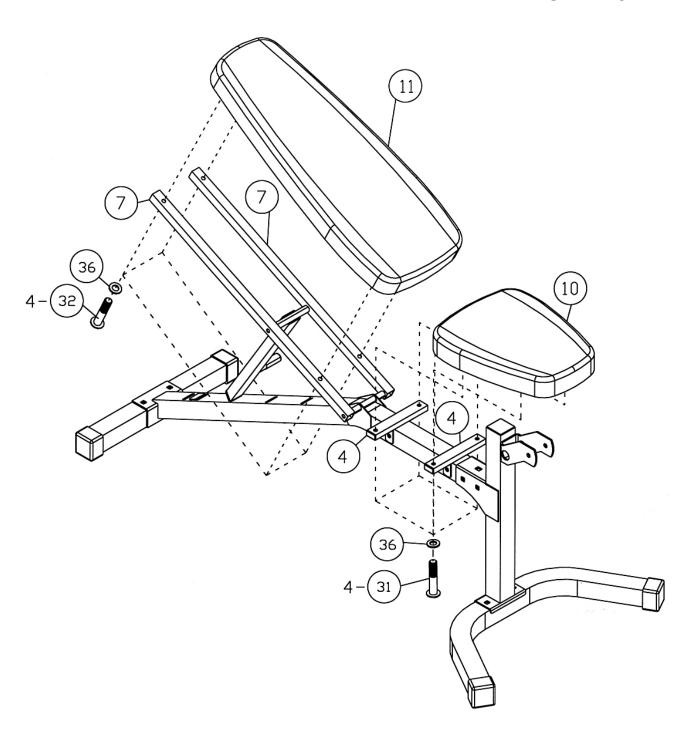
### **DIAGRAM 2**



### STEP 3 (See Diagram 3)

- A.) Place the Backrest Board (#11) onto the Backrest Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#32) and  $\varnothing$  5/8" Washers (#36).
- B.) Place the Seat Pad (#10) onto the two Seat Brackets (#4). Secure it with four M8 x 1 1/8" Allen Bolts (#31) and  $\emptyset$  5/8" Washers (#36).

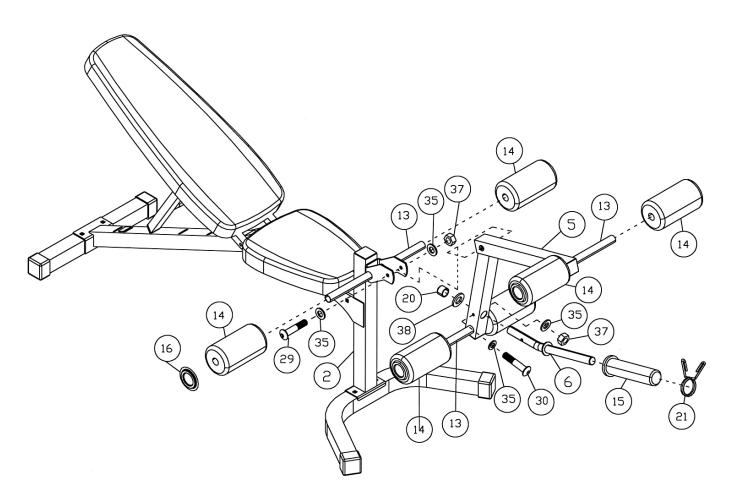
### **DIAGRAM 3**



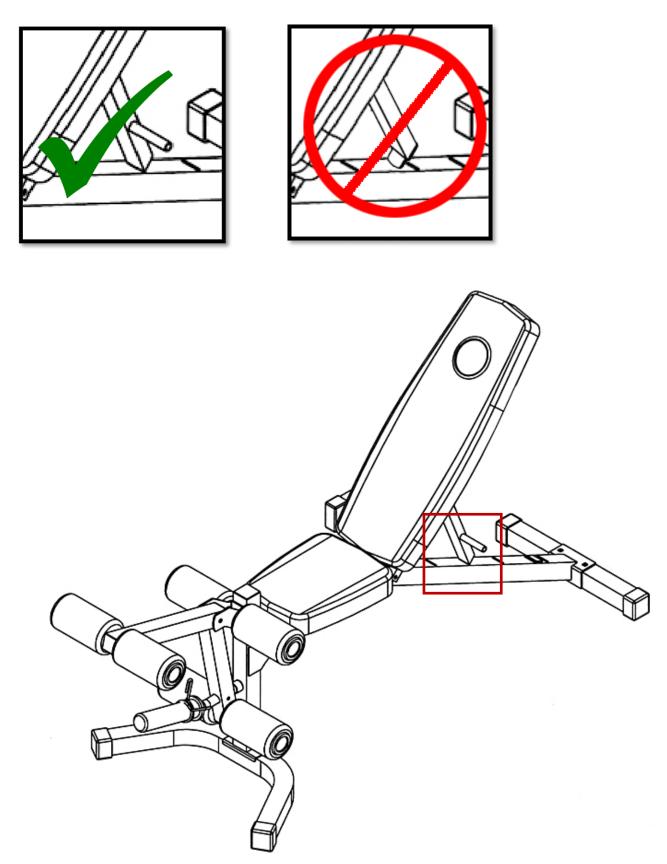
### STEP 4 (See Diagram 4)

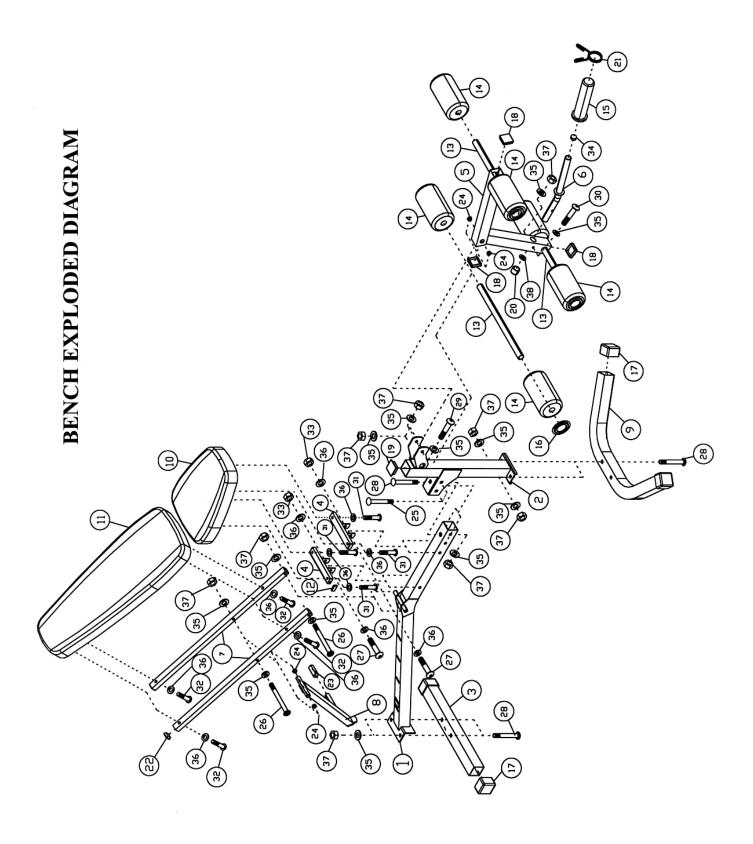
- A.) Attach the Leg Developer (#5) to the open bracket on the Front Post (#2). Secure it with one M10 x 3" Allen Bolt (#29), two  $\emptyset$  3/4" Washers (#35), and one M10 Aircraft Nut (#37).
- B.) Insert the Leg Developer Weight Post (#6) into the hole on Leg Developer. Secure it with one M10 x 2 3/8" Allen Bolt (#30), two Ø ¾" Washers (#35), and one M10 Aircraft Nut (#37). Cover the end of the Post with one Ø 1" x Ø 3/8" Washer (#38) and one Ø 1 1/8" x 1 1/8" Rubber Bumper (#20).
- C.) Insert three Foam Tubes (#13) halfway through the holes on Front Post and Leg Developer. Push six Foam rolls (#14) onto the Tubes from both ends. Plug six Foam Roll End Caps (#16) into the Ends.
- D.) Attach an Olympic Sleeve (#15) onto the Leg Developer Weight Post. Attach a Spring Clip (#21) to the Olympic Sleeve.

### **DIAGRAM 4**



Please ensure that the incline support arm is properly and fully seated and engaged with the frame slot before engaging in any exercise.





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### **MULTI-PURPOSE BENCH PARTS LIST**

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Post	1
3	Rear Stabilizer	1
4	Seat Bracket	2
5	Leg Developer	1
6	Leg Developer Weight Post	1
7	Backrest Support	2
8	Incline Support	1
9	Front Stabilizer	1
10	Seat Pad	1
11	Backrest Board	1
12	5/8" x 1 1/8" End Cap	4
13	Foam Tube	3
14	Foam Roll	6
15	Olympic Sleeve	1
16	Foam Roll End Cap	6
17	2" Square End Cap	4
18	1 ¾" Square End Cap	3
19	2" Flat End Cap	1
20	Ø 1 1/8" x 1 1/8" Rubber Bumper	1
21	Spring Clip	1
22	1" Square End Cap	2
23	Incline Support Grip	1
24	Ø ¾" Bushing	4
25	M10 x 2 ¾" Carriage Bolt	2
26	M10 x 6 7/8" Allen Bolt	2
27	M8 x 2 ¾" Allen Bolt	2 5
28	M10 x 2 ½" Carriage Bolt	5
29	M10 x 3" Allen Bolt	1
30	M10 x 2 3/8" Allen Bolt	1
31	M8 x 1 1/8" Allen Bolt	4
32	M8 x 1 5/8" Allen Bolt	4
33	M8 Aircraft Nut	2
34	Ø 1" End Cap	1
35	Ø ¾" Washer	15
36	Ø 5/8" Washer	12
37	M10 Aircraft Nut	11
38	Ø 1" x Ø 3/8" Washer	1
	6# Allen Wrench (Tool)	1
	5# Allen Wrench (Tool)	1



### 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. Register on-line at www.marcypro.com

IMPEX<sup>®</sup> 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.

#### support@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