

NOTE:
Please read all instructions
carefully before using this
product

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Model
PM-3800

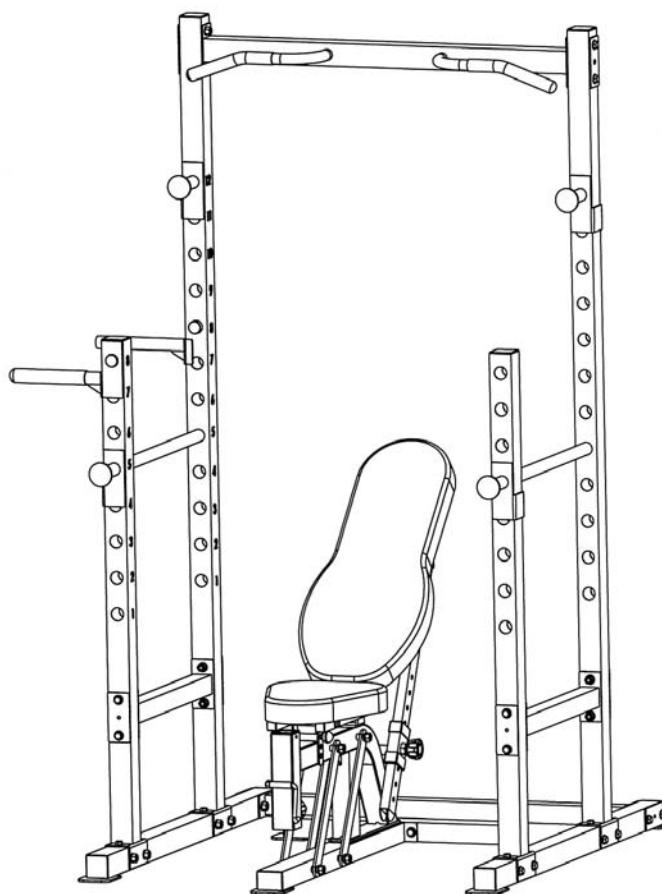
Retain This
Manual for
Reference

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OWNER'S
MANUAL



MARCY[®] PM-3800 POWER RACK



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PM-3800 POWER RACK 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

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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.
13. Do not intend to insert weight selector pin while the weight stack or top plate is in elevated position.
14. Be certain the weight Selector Pin is completely inserted.
15. Never use dumbbells or other means to increase the weight resistance. Use only weight plates provided by manufacturer.
16. This machine is designed and intended for home and consumer use only, not for commercial use.

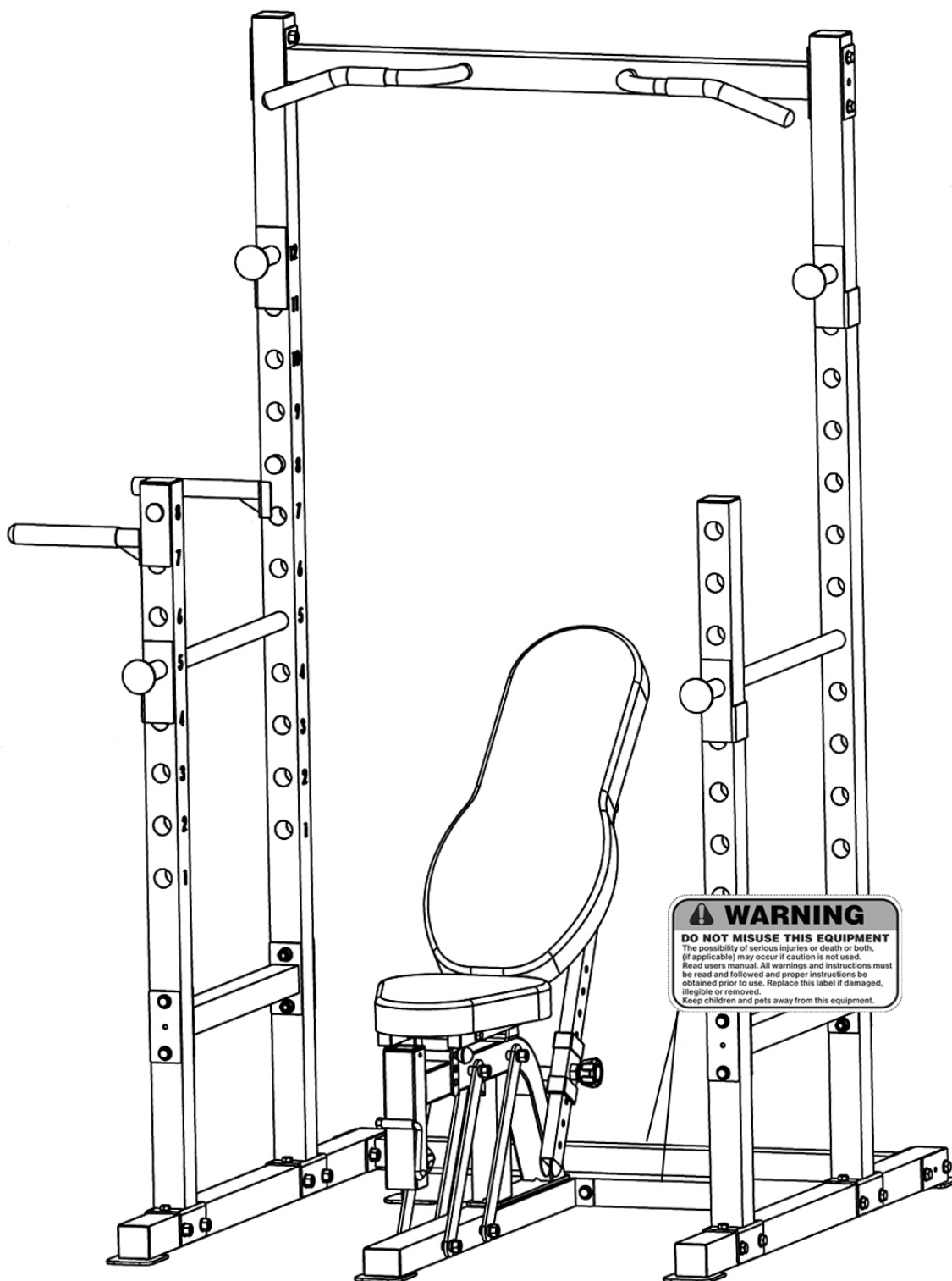
CARE AND MAINTENANCE

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 weight on Bar Catch: 300 lbs.
5. Maximum user's weight on Bench: 300 lbs.
6. Maximum weight capacity on Bench: 600 lbs.
7. Assembled Dimension: 78" x 51.5" x 85"

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.

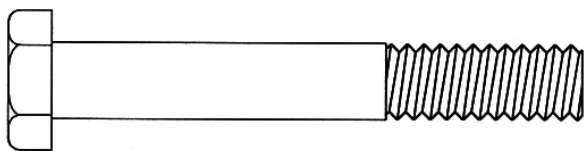
WARNING LABEL PLACEMENT



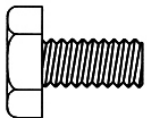
The warning labels shown here have been placed on the Bench Rear Stabilizer and Rear Base Frame. If the labels are missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the labels in the location shown.

HARDWARE PACK

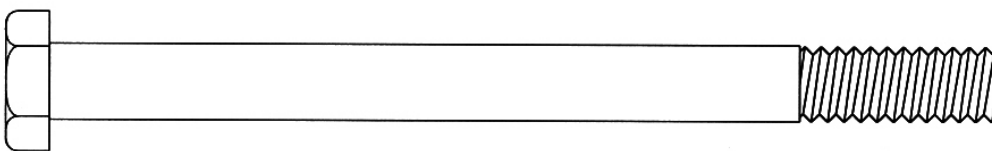
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



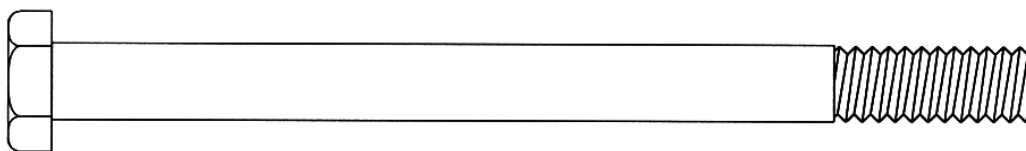
#44 M12 x 3 $\frac{3}{8}$ " Hex Bolt (Qty 24)



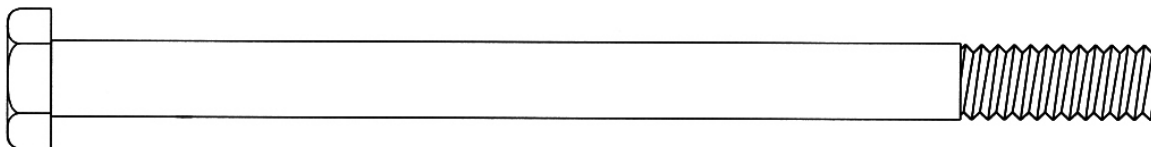
#45 M10 x $\frac{5}{8}$ " Hex Bolt (Qty 12)



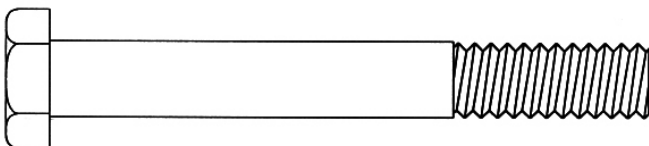
#46 M12 x 5 $\frac{7}{8}$ " Hex Bolt (Qty 1)



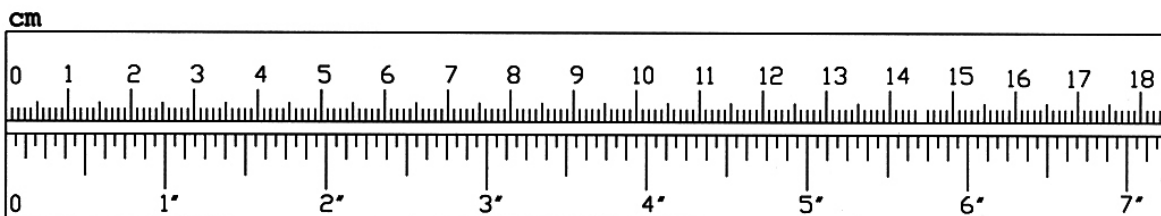
#47 M12 x 6 $\frac{1}{8}$ " Hex Bolt (Qty 1)



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

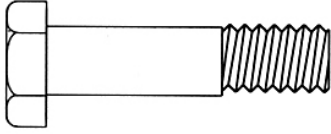


#49 M12 x 3 $\frac{3}{4}$ " Hex Bolt (Qty 2)

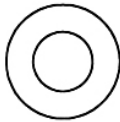


HARDWARE PACK

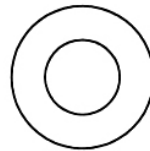
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



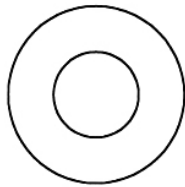
#50 M10 x 1 $\frac{5}{8}$ " Hex Bolt (Qty 4)



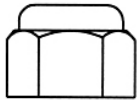
#56 $\varnothing \frac{5}{8}$ " Washer
(Qty 4)



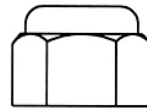
#55 $\varnothing \frac{3}{4}$ " Washer
(Qty 16)



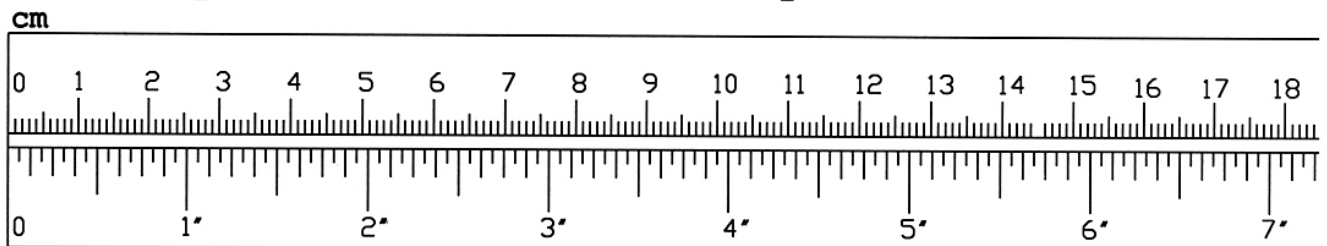
#54 $\varnothing 1$ " Washer
(Qty 68)



#53 M10 Aircraft Nut
(Qty 1)



#52 M12 Aircraft Nut
(Qty 39)



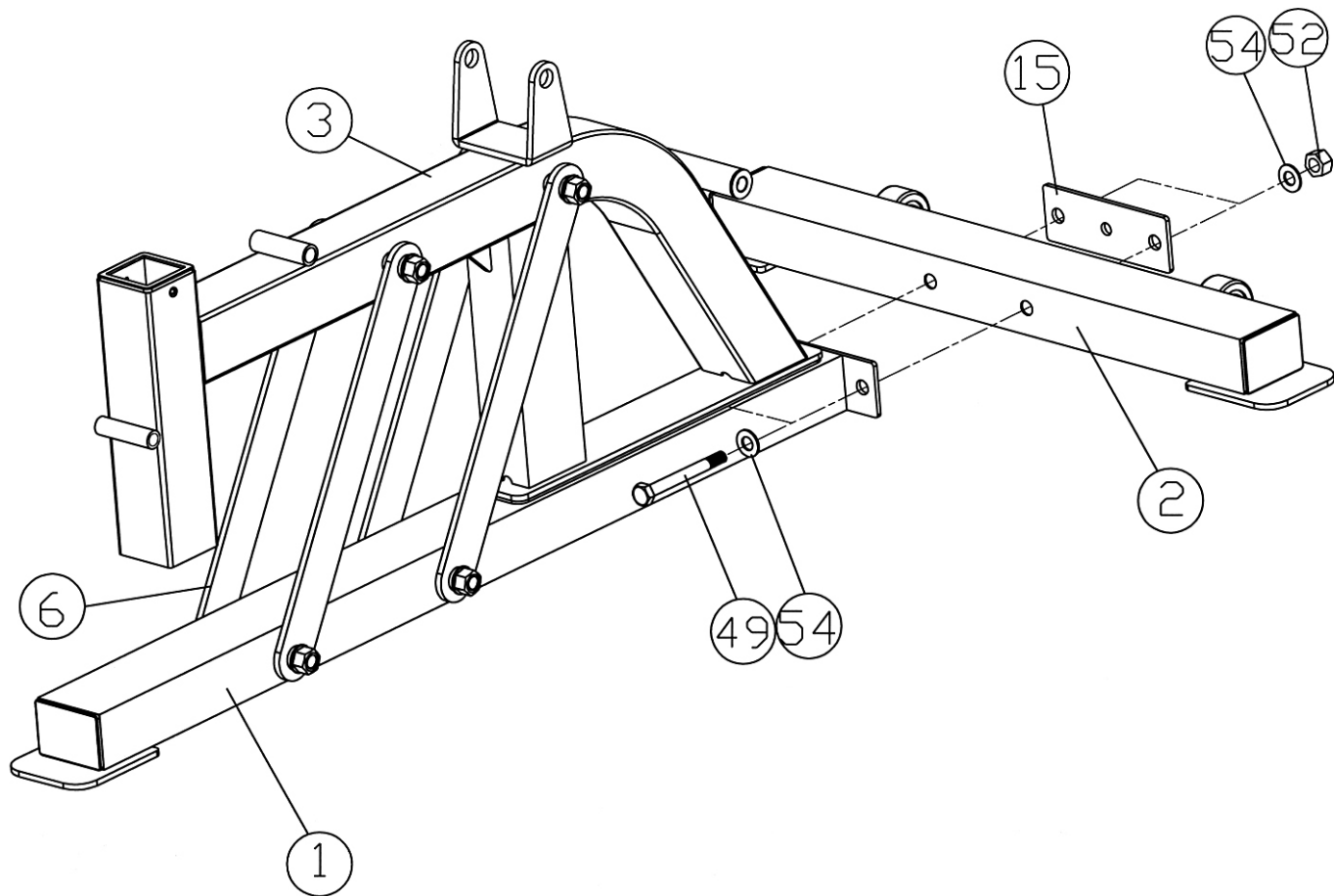
ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) Attach the Bench Rear Stabilizer (#2) to the Bench Base Frame (#3).
- B.) Secure them together with two M12 x 3 ¾" Hex Bolts (#49), one 2" x 5 ½" Bracket (#15), four Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).

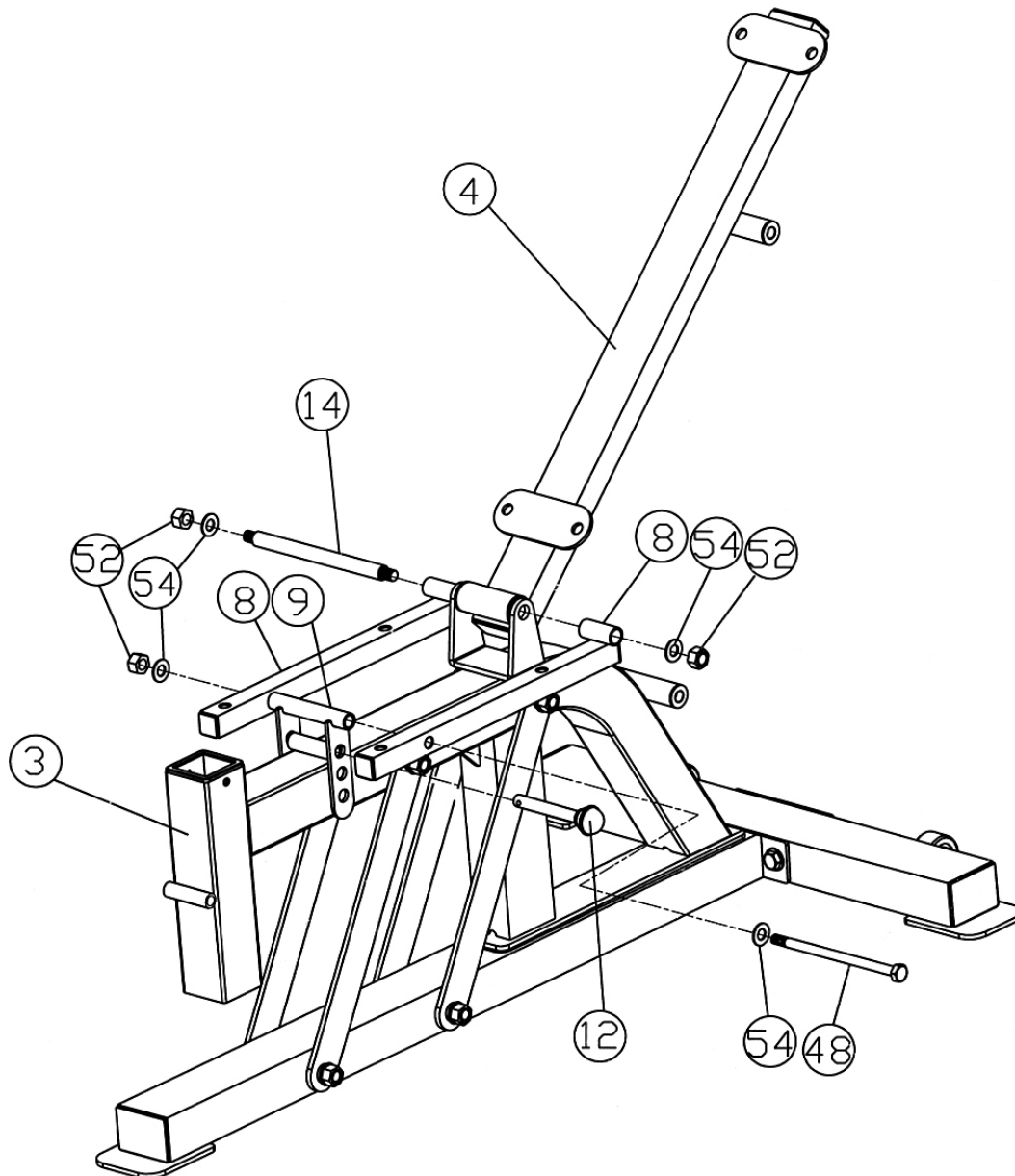
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten all Nuts and Bolts starting from this procedure until instructed to do so.**
- B.) Attach the pivot on the Backrest Support (#4) in the bracket opening on the Main Seat Support (#3). Attach the pivots on the two Seat Supports (#8) to the bracket from each side. **Note: The pivots on the Supports need to face upward.**
- C.) Align the holes. Secure them together with one 8 ¼" Axle (#14), two Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).
- D.) Attach the pivot on Seat Incline Adjustment Frame to the side holes on the two Seat Supports. Secure them together with one M12 x 6 ¾" Hex Bolt (#48), two Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).
- E.) **Securely tighten all Nuts and Bolts.**
- F.) Use the Seat Incline Lock Pin (#12) to hold the Seat Incline in position.
- G.) **Do not over tighten the Nuts and Bolts. Make sure the Backrest Support and Seat Support can move freely.**

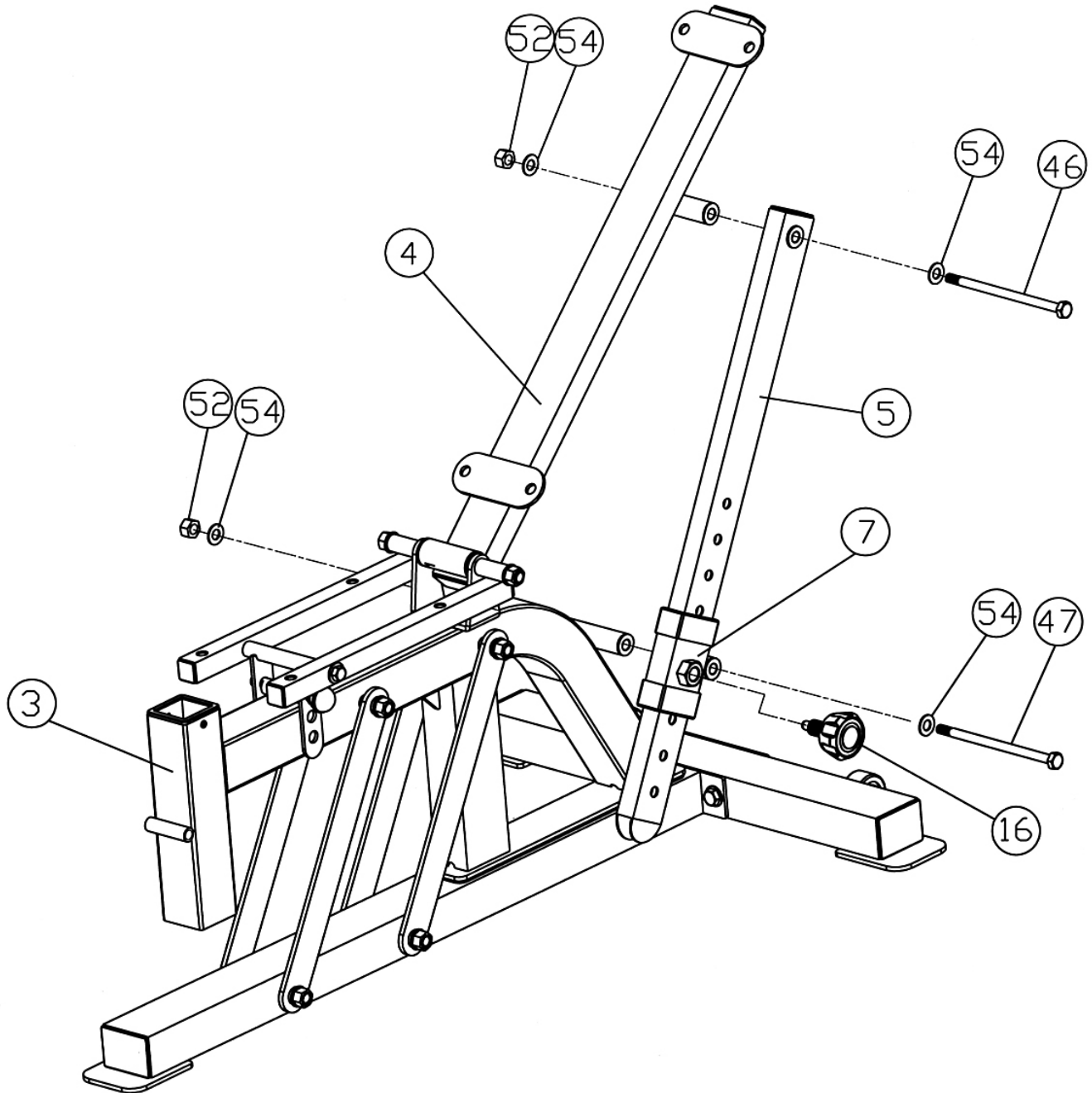
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Slide the Sliding Block (#7) onto the Backrest Incline Adjustment Frame (#5). Attach the pivot on the Sliding Block to the pivot on the Main Seat Support (#3). Secure it with one M12 x 6 1/8" Hex Bolt (#47), two Ø 1" Washers (#54), and one M12 Aircraft Nut (#52).
- B.) Use the M18 Lock Knob (#16) to hold selected Backrest Incline in position.
- C.) Secure the Backrest Incline Adjustment Frame to the pivot on Backrest Support (#4) with one M12 x 5 7/8" Hex Bolt (#46), two Ø 1" Washers (#54), and one M12 Aircraft Nut (#52).
- D.) **Do not over tighten Bolts and Nuts. Make sure the Backrest Incline Adjustment Frame can move freely.**

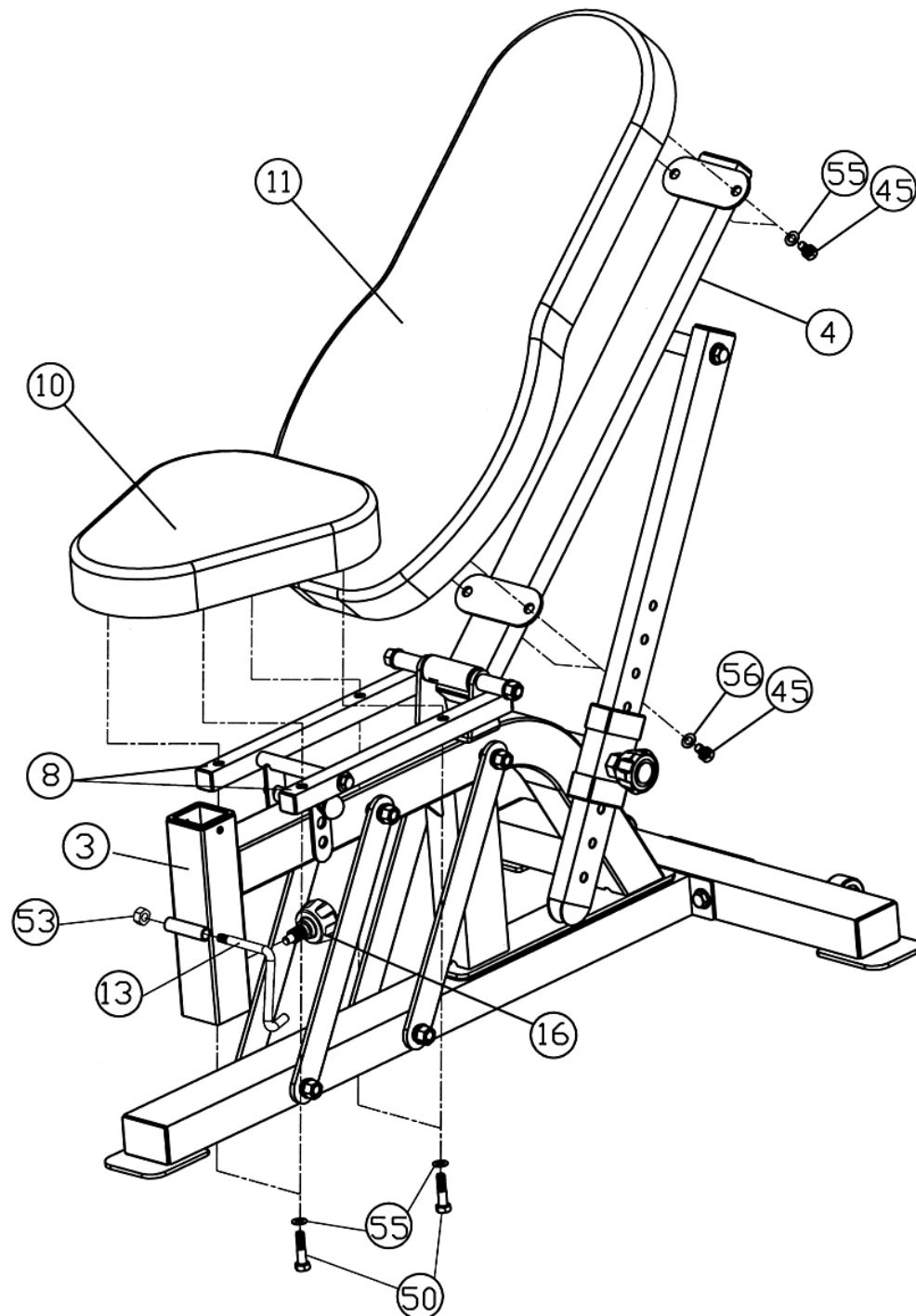
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Backrest Board (#11) to Backrest Support (#4). Secure it with four M10 x 5/8" Hex Bolts (#45) and four Ø 3/4" Washers (#55).
- B.) Attach the Seat Pad (#10) to the Seat Supports (#8). Secure it with four M10 x 1 5/8" Hex Bolts (#50), and four Ø 3/4" Washers (#55).
- C.) Insert the Front Lock Pin (#13) through the pivot on the Main Seat Support (#3). Secure it with a M10 Aircraft Nut (#53). Thread a M18 Lock Knob (#16) into hole on the Main Seat Support.

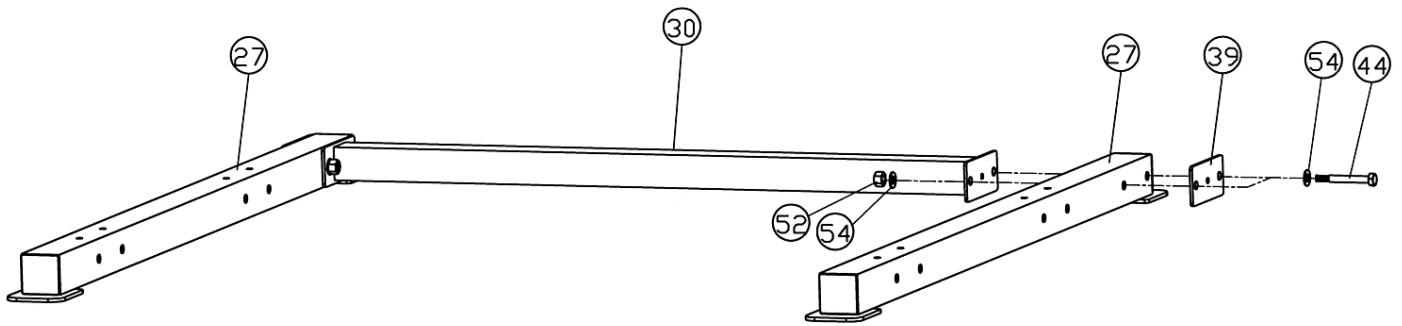
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Connect the two Rack Base Frames (#27) by the Rear Base Frame (#30).
- C.) Secure each end of Rear Base Frame to a Rack Base Frame with two M12 x 3 3/8" Hex Bolts (#44), one 2 3/8" x 5 1/8" Bracket (#39), four Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).

DIAGRAM 5

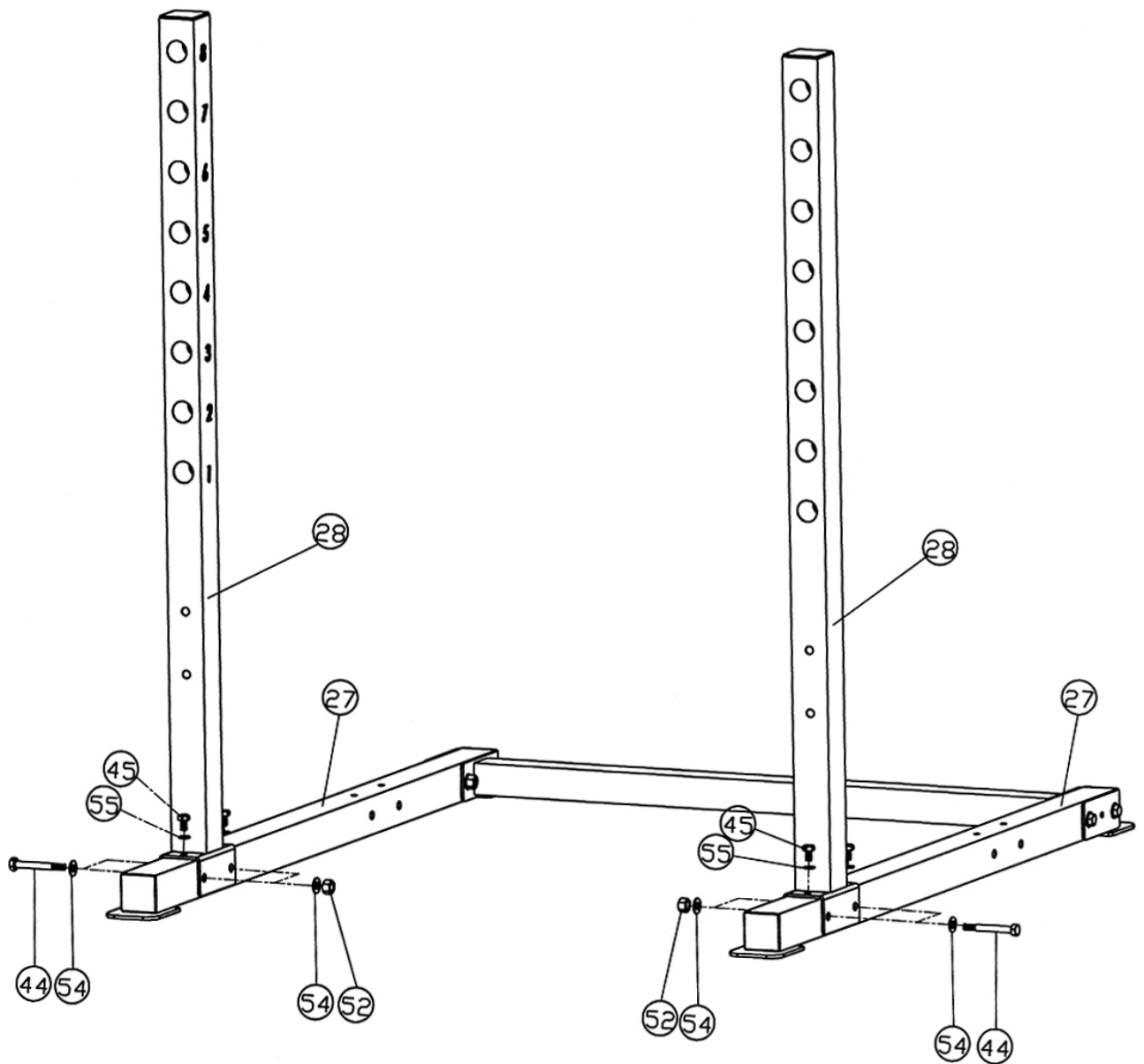


STEP 6 (See Diagram 6)

A.) **Do not tighten Nuts and Bolts until instructed to do so.**

B.) Attach one Front Vertical Frame (#28) to a Rack Base Frame (#27). Secure it from top with two M10 x 5/8" Allen Bolts (#45) and two Ø 3/4" Washers (#55). Secure it from side with two M12 x 3 3/8" Hex Bolts (#44), four Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).

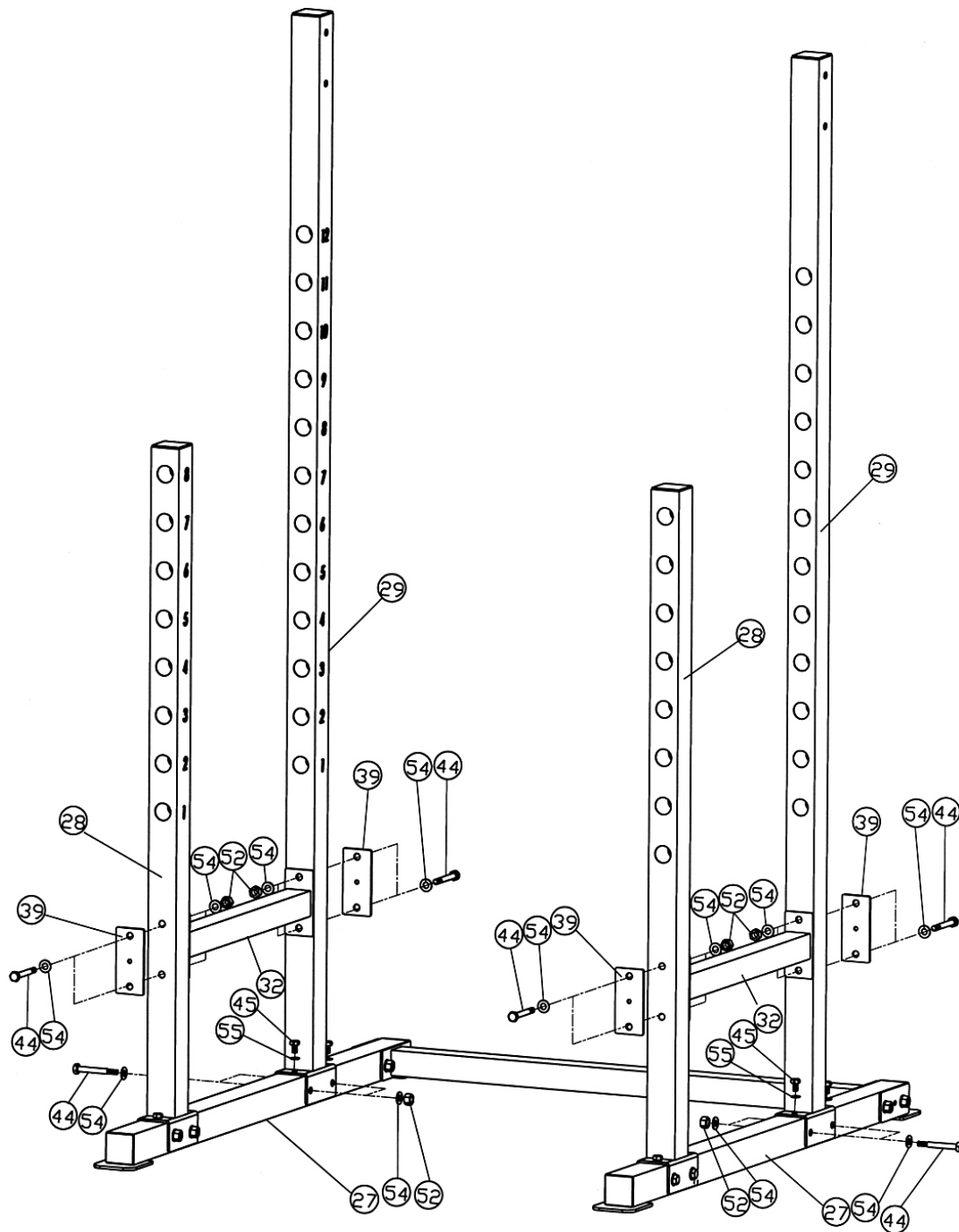
C.) Repeat B to install the other Front Vertical Frame on the other side.

DIAGRAM 6

STEP 7 (See Diagram 7)

- A.) **Do not tighten all Nuts and Bolts until instructed to do so.**
- B.) Attach one Rear Vertical Frame (#29) onto a Rack Base Frame (#27). Secure it from top with two M10 x 5/8" Allen Bolts (#45) and two Ø 3/4" Washers (#55). Secure it from side with two M12 x 3 3/8" Hex Bolts (#44), four Ø 1" Washers (#54), and two M112 Aircraft Nuts (#52).
- C.) Connect the Front and Rear Vertical Frame (#28 & #29) by a Cross Brace (#32). Secure each end of the Cross Brace with two M12 x 3 3/8" Hex Bolts (#44), one 2 3/8 x 5 1/8" Bracket (#39), four Ø 1" Washers (#54), and two M112 Aircraft Nuts (#52).
- D.) Repeat B and C to install the other side.

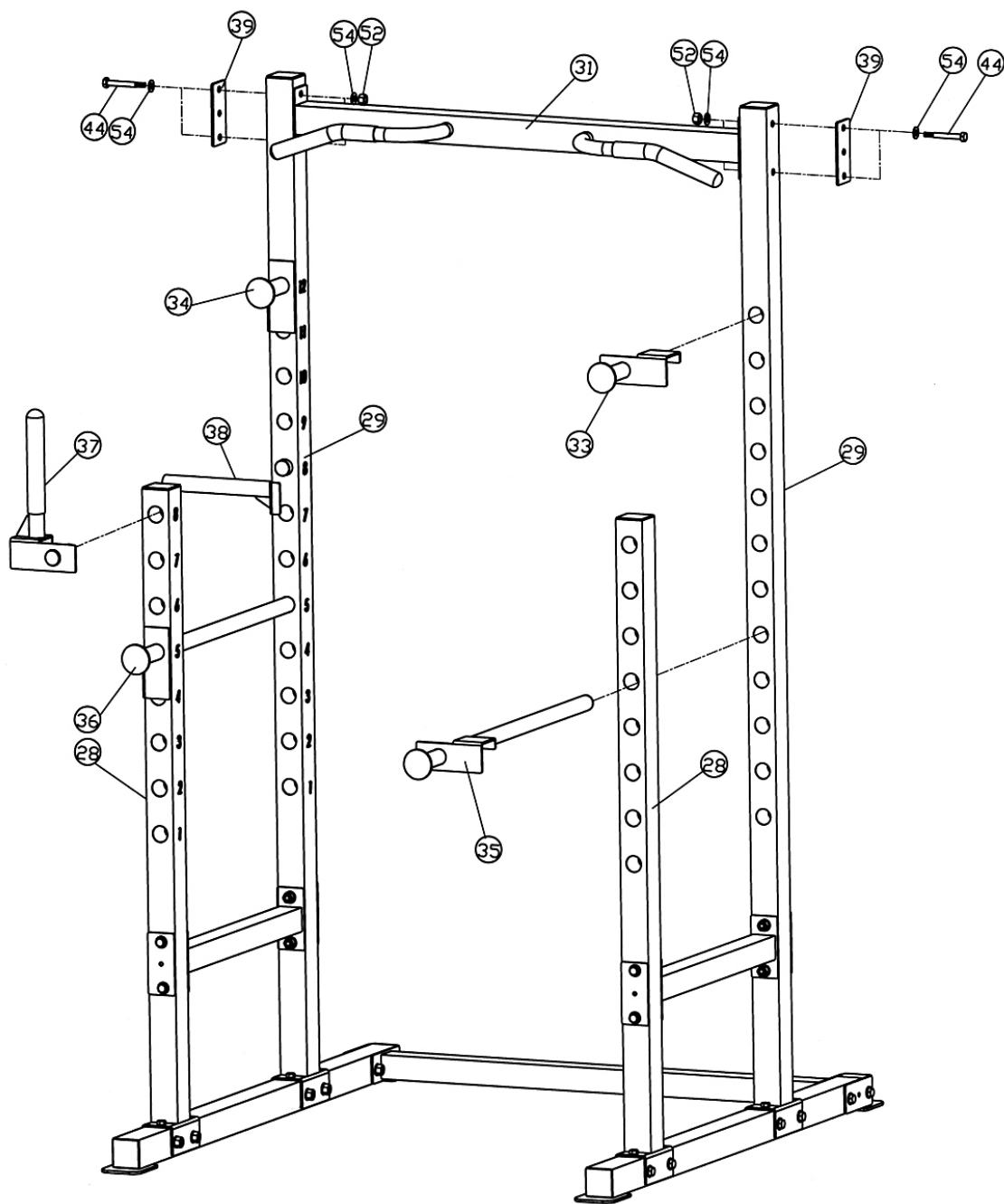
DIAGRAM 7



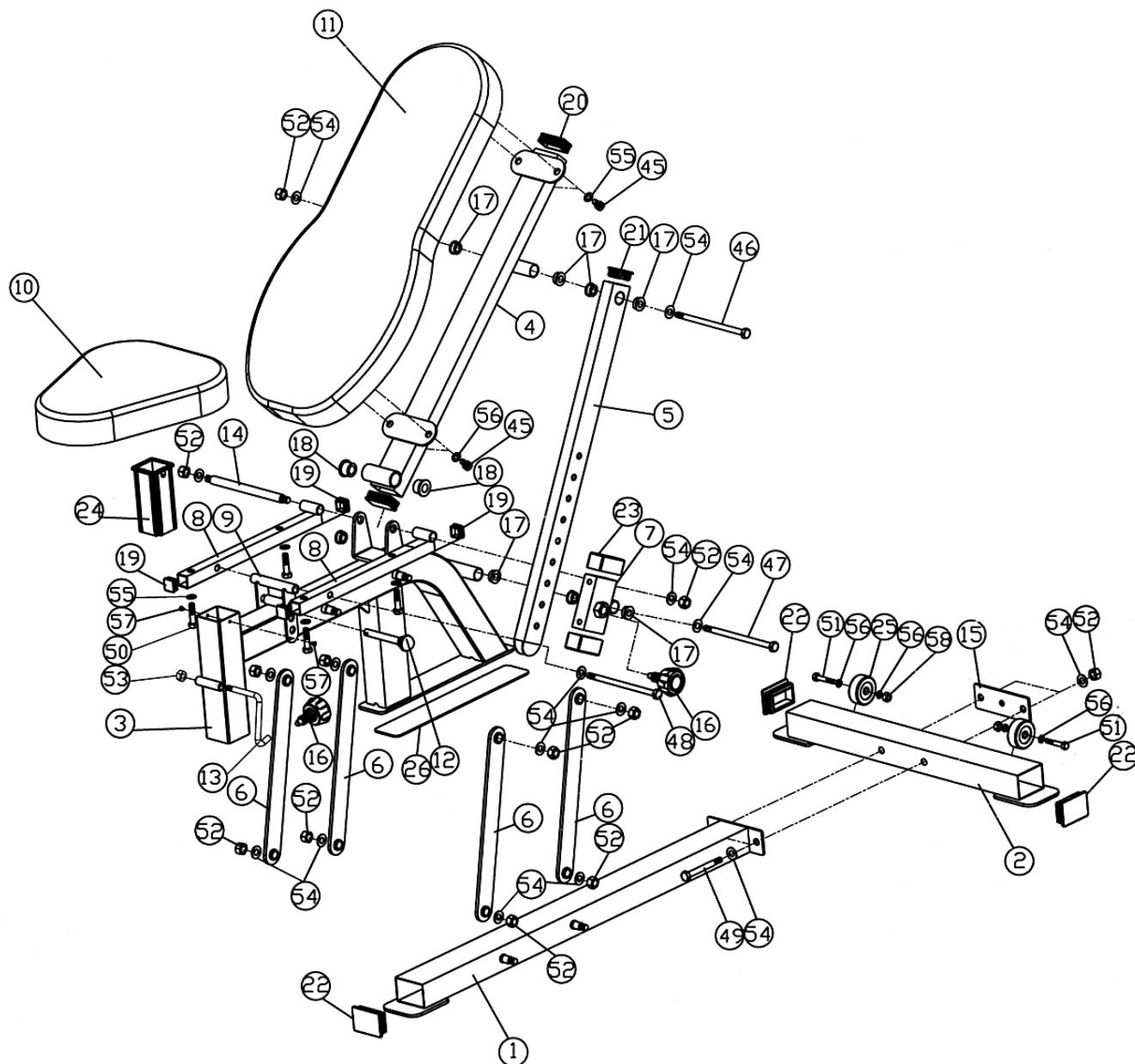
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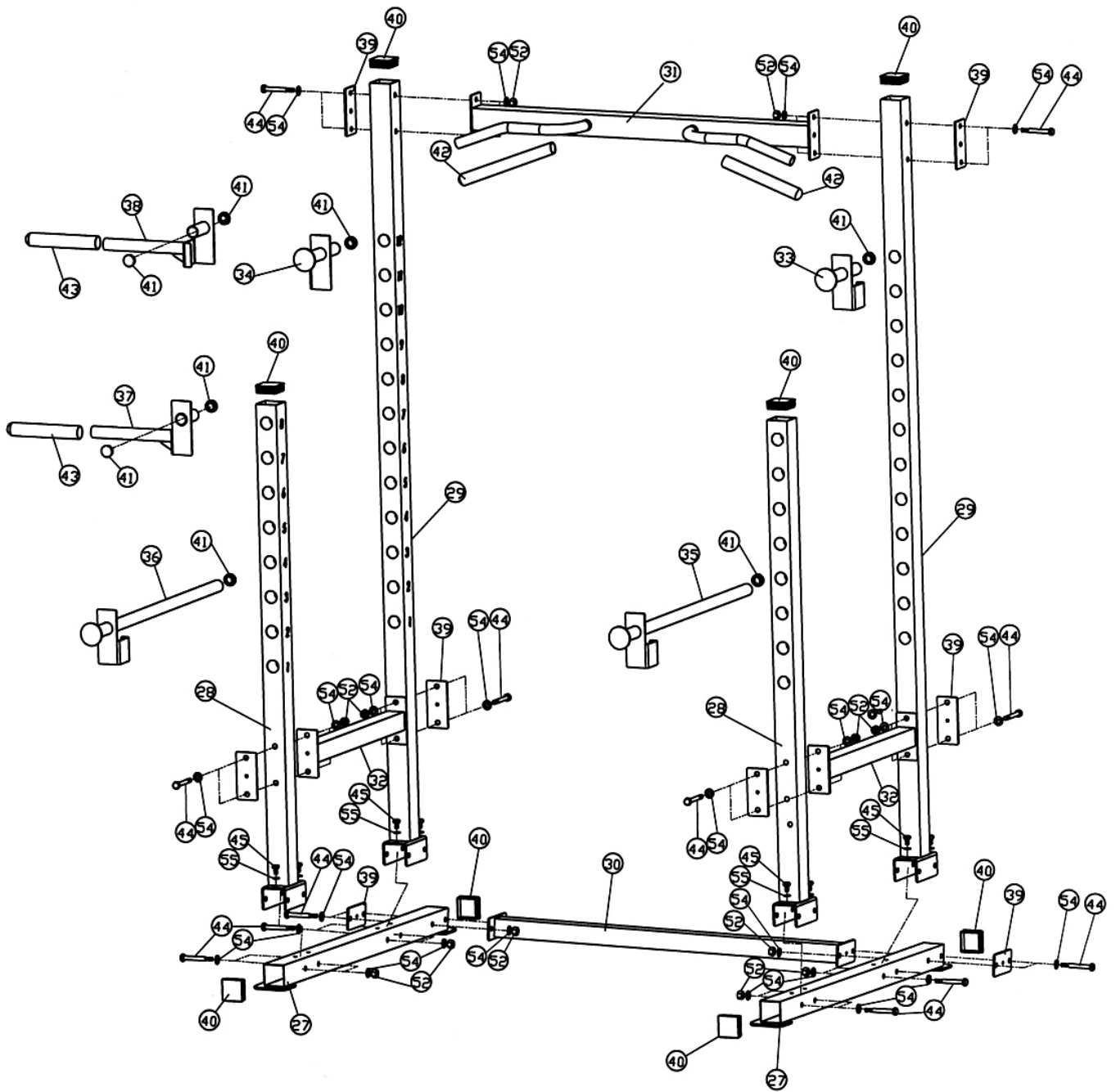
STEP 8 (See Diagram 8)

- A.) Attach the Chin-up Frame (#31) to the two Rear Vertical Frames (#29). Secure each end with two M12 x 3 3/8" Hex Bolts (#44), one 2 3/8" x 5 1/8" Bracket (#39), four Ø 1" Washers (#54), and two M12 Aircraft Nuts (#52).
- B.) **Securely tighten all Nuts and Bolts installed in Step-5, Step-6, Step-7, and Step-8.**
- C.) Attach the Left & Right Bar Catch (#34 & #33) onto the selected holes on the Rear Vertical Frames.
- D.) Attach the Left & Right Safety Catch (#36 & #35) into the selected holes on the Front & Rear Vertical Frames.
- E.) Attach the Left and Right Dip Support (#37 & #38) onto Front & Rear Vertical Frame when doing Dip exercise.



BENCH EXPLODED DIAGRAM





PARTS LIST

KEY NO. DESCRIPTION

Q'ty

1	Bench Base Frame	1	41	Ø 1 ¼" End Cap	8	
2	Bench Rear Stabilizer	1	42	13" Chin-up Handle Grip		2
3	Main Seat Support	1	43	8 5/8" Dip Handle Grip	2	
4	Backrest Support	1	44	M12 x 3 3/8" Hex Bolt	24	
5	Backrest Incline Adjustment Frame	2	45	M10 x 5/8" Hex Bolt	12	
6	Seat Vertical Support	4	46	M12 x 5 7/8" Hex Bolt	1	
7	Sliding Block	1	47	M12 x 6 1/8" Hex Bolt	1	
8	Seat Support	2	48	M12 x 6 ¾" Hex Bolt	1	
9	Seat Incline Adjustment Frame	1	49	M12 x 3 ¾" Hex Bolt	2	
10	Seat Pad	1	50	M10 x 1 5/8" Hex Bolt	4	
11	Backrest Board	1	51	M8 x 1 5/8" Hex Bolt	2	
12	Seat Incline Lock Pin	1	52	M12 Aircraft Nut	39	
13	Front Lock Pin	1	53	M10 Aircraft Nut	1	
14	8 ¼" Axle	1	54	Ø 1" Washer	68	
15	2" x 5 ½" Bracket	1	55	Ø ¾" Washer	16	
16	M18 Lock Knob	2	56	Ø 5/8" Washer	4	
17	Ø 1" x Ø ½" Bushing	8	57	M4 x ¼" Philips Screw	2	
18	Ø 1 ¼" x Ø 5/8" Bushing	2	58	M8 Aircraft Nut	2	
19	1" Square End Cap	4				
20	1 1/8" x 2 3/8" End Cap	2				
21	1" x 2" End Cap	1				
22	2" x 2 ¾" End Cap	3				
23	Sliding Block Sleeve	2				
24	2 3/8" Sleeve	1				
25	Roller Wheel	2				
26	Main Seat Support Rubber Base Pad	1				
27	Rack Base Frame	2				
28	Front Vertical Frame	2				
29	Rear Vertical Frame	2				
30	Rear Base Frame	1				
31	Chin-up Frame	1				
32	Cross Brace	2				
33	Right Bar Catch	1				
34	Left Bar Catch	1				
35	Right Safety Catch	1				
36	Left Safety Catch	1				
37	Left Dip Support	1				
38	Right Dip Support	1				
39	2 3/8" x 5 1/8" Bracket	8				
40	2 3/8" Square End Cap	8				

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