

## Инструкция Машина Смита Marcy MP3100

#### Полезные ссылки:

Машина Смита Marcy MP3100 - смотреть на сайте
Машина Смита Marcy MP3100 - читать отзывы

NOTE:

Please read all instructions carefully before using this product

Table of Contents

Safety Notice

Hardware Identifier

**Assembly Instruction** 

Parts List

Warranty

**Ordering Parts** 

Model MP 3100

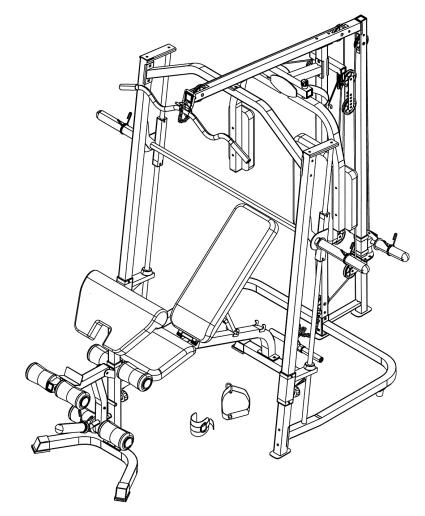
Retain This Manual for Reference

01-27-05

OWNER'S MANUAL



# MARCY PLATINUM MP 3100



## 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

#### **TABLE OF CONTENTS**

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICES	
HARDWARE PACK	3
ASSEMBLY INSTRUCTIONS	7
EXPLODED DIAGRAM	
PARTS LIST	22
WARRANTY	23
ORDERING PARTS	23

#### **BEFORE YOU BEGIN**

Thank you for selecting the MARCY PLATINUM MP3100 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

#### **IMPORTANT SAFETY NOTICE**

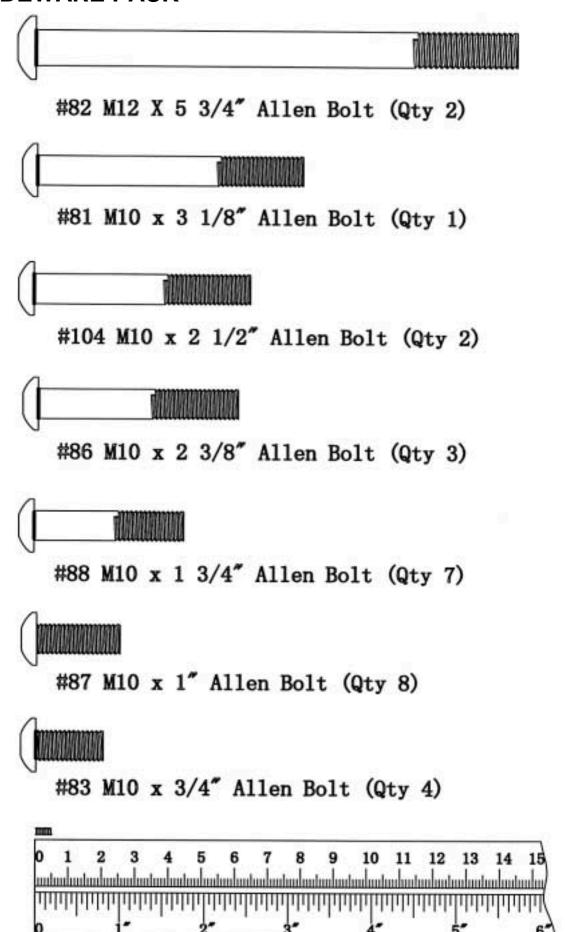
#### **PRECAUTIONS**

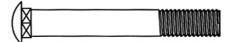
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 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.

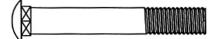
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.





#90 M10 x 2 3/4" Carriage Bolt (Qty 12)



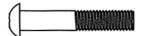
#91 M10 x 2 1/2" Carriage Bolt (Qty 7)



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



#89 M8 x 2 3/8" Allen Bolt (Qty 6)



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



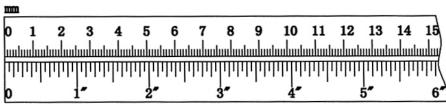
#93 M6 x 1 1/4" Allen Bolt (Qty 2)

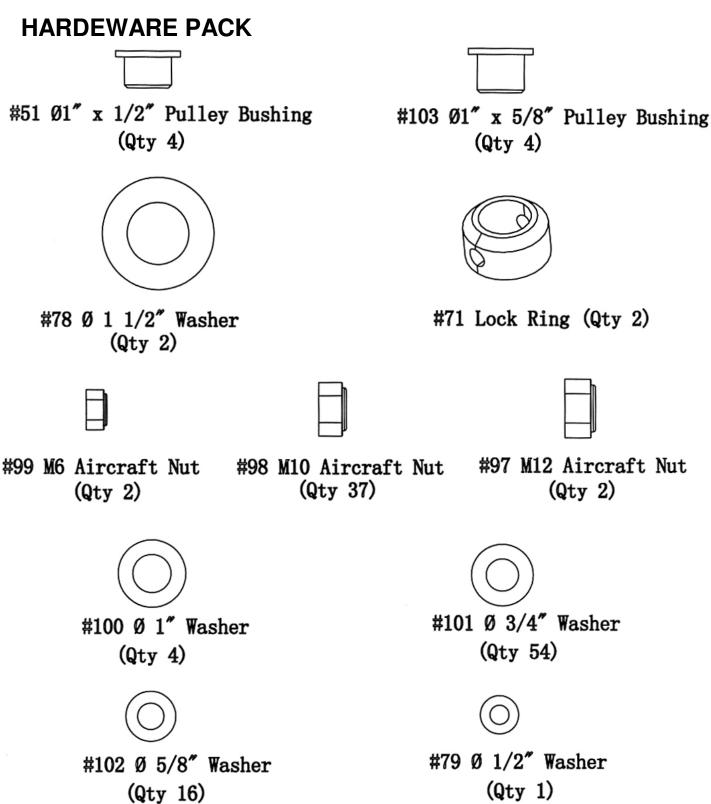


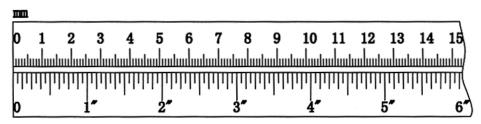
#84 M8 x 3/4" Allen Bolt (Qty 2)

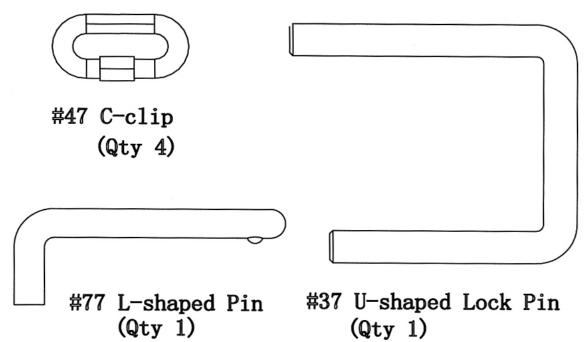


#95 M6 x 1/2" Philips Screw (Qty 1)



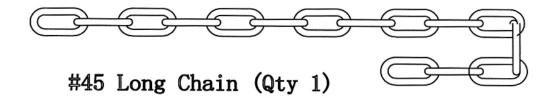


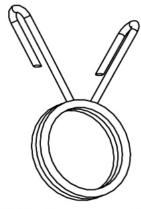






#46 Short Chain (Qty 1)



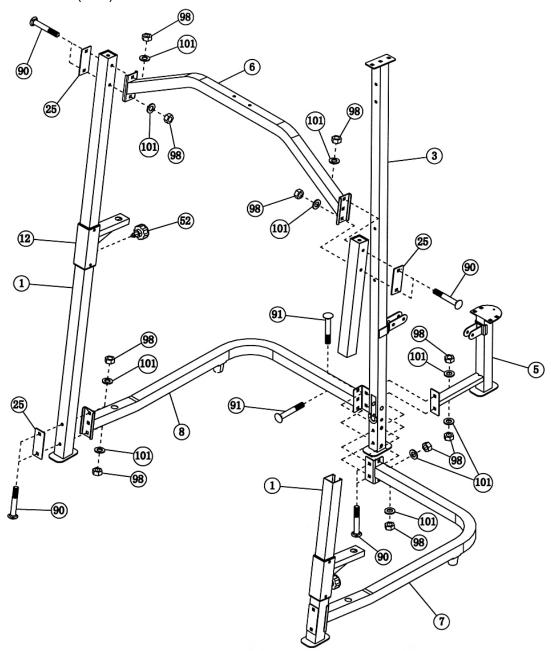


#50 Spring Clip (Qty 5)

#### **ASSEMBLY INSTRUCTION**

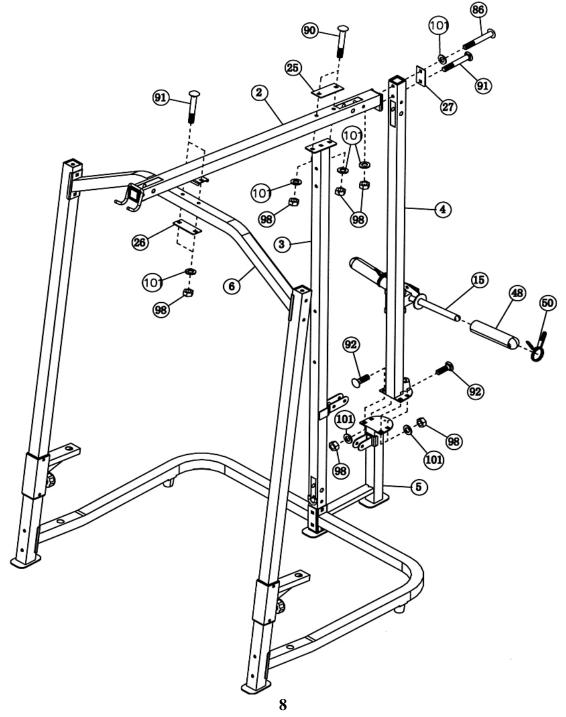
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. It is recommended two or more people assembling this machine to avoid possible injury. STEP 1 (See Diagram 1)

- A.) Attach the Left & Right Base Frames (#7 & 8) to the Rear Vertical Frame (#3). Align the holes and secure with two M10 x 2 ½" Carriage Bolts (#91), Ø ¾" Washers (#101), and M10 Aircraft Nuts (#98). DO NOT tighten all the Nuts and Bolts yet.
- B.) Attach the Weight Glide Base (#5) to the Rear Vertical Frame. Align the holes and secure with two M10 x 2 ¾" Carriage Bolts (#90), ؾ" Washers (#101), and M10 Aircraft Nuts (#98).
- C.) Slide two Lower Safety Frames (#12) onto the Front Vertical Beams (#1). Use a M18 Lock Knob (#52) to lock each Safety Frame at selected slot.
- D.) Attach one Front Vertical Beam (#1) to the Right Base Frame (#8). Secure it with two M10 x 2 3/4" Carriage Bolts (#90), one 4 3/4" x 2" Bracket (#25), two Ø 3/4" Washers (#101), and two M10 Aircraft Nuts (#98). Repeat the same step to install the other Front Vertical Beam.
- E.) Attach the Front Top Beam (#6) to the Front Vertical Beams. Secure each end with two M10 x 2 ¾" Carriage Bolts (#90), one 4 ¾" x 2" Bracket (#25), two Ø ¾" Washers (#101), and two M10 Aircraft Nuts (#98).



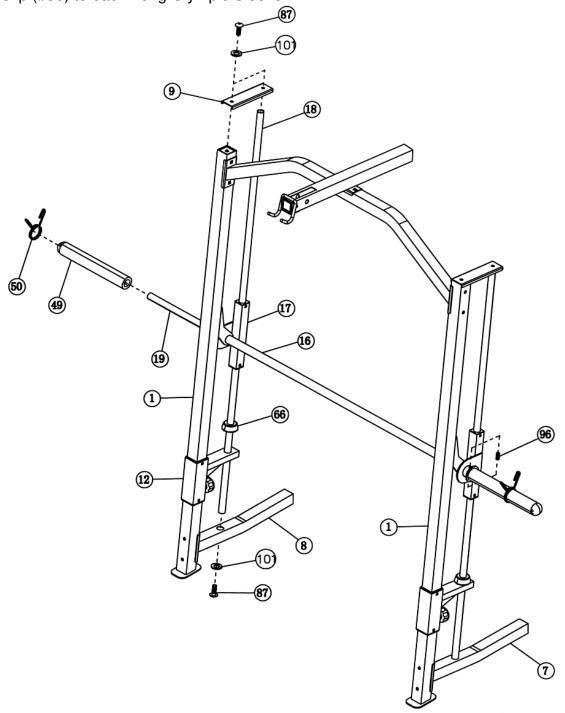
#### STEP 2 (See Diagram 2)

- A.) Attach the Weight Glide Post (#4) onto the Weight Glide Base (#5). Secure it with four M10 x 3/4" Carriage Bolts (#92), Ø3/4" Washers (#101), and M10 Aircraft Nuts (#98). DO NOT tighten all the Nuts and Bolts yet.
- B.) Slide the Sliding Weight Post (#15) onto the Weight Glide Post (#4). Attach two Olympic Sleeves (#48) to the Posts. Attach a Spring Clip (#50) to each Sleeve.
- C.) Attach the rear of Upper Frame (#2) to the Weight Glide Post (#4). Secure it with one 3 1/8" x 1 ¾" Bracket (#27), M10 x 2 3/8" Allen Bolt (#86), Ø ¾" Washer (#101) to the upper hole. Secure the lower hole with one M10 x 2 ½" Carriage Bolt (#91), Ø ¾" Washer (#101), and M10 Aircraft Nut (#98).
- D.) Secure the Upper Frame (#2) to the Rear Vertical Frame (#3) with two M10 x 2 ¾" Carriage Bolts (#90), one 4¾"x2" Bracket (#25), two ؾ" Washers (#101) and M10 Aircraft Nuts (#98).
- E.) Secure the Upper Frame to the Front Top Beam with two M10 x 2 ½" Carriage Bolts (#91), one 4 3/8" x 1 ¾" Bracket (#26), two Ø ¾" Washers (#101), and two M10 Aircraft Nuts (#98).
- F.) Securely tighten all Nuts and Bolts previously installed.



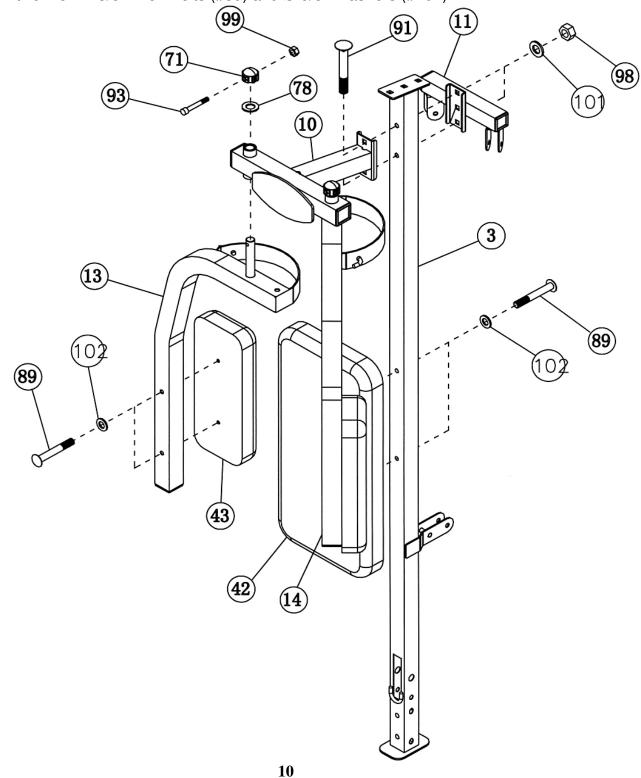
#### STEP 3 (See Diagram 3)

- A.) Insert a Guide Rod (#18) through the hole on the right Lower Safety Frame (#12) into the hole on the Right Base Frame (#8). Secure the Guide Rod from the bottom with one M10 x 1" Allen Bolt (#87) and Ø ¾" Washer (#101). Slide a Ø 2 ½" x 1" Rubber Bumper (#66) and Glider (#17) from the top onto the Guide Rod (#18). Attach the Top Connecting Bracket (#9) onto the right Front Vertical Beam (#1) and Guide Rod. Secure it with two M10 x 1" Allen Bolts (#87) and Ø ¾" Washers (#101). Repeat the same step to install the other Guide Rod.
- B.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#16) in between the two Gliders (#17). Insert the Weight Bar (#19) into the Glider from one end and through the Lifting Sleeve (#16) to the other Glider on the opposite end. Secure each Glider with one M8 x 3/8" Allen Bolt (#96).
- C.) Attach a Long Olympic Sleeve (#49) to each end of the Weight Bar. Attach a Spring Clip (#50) to each Long Olympic Sleeve.

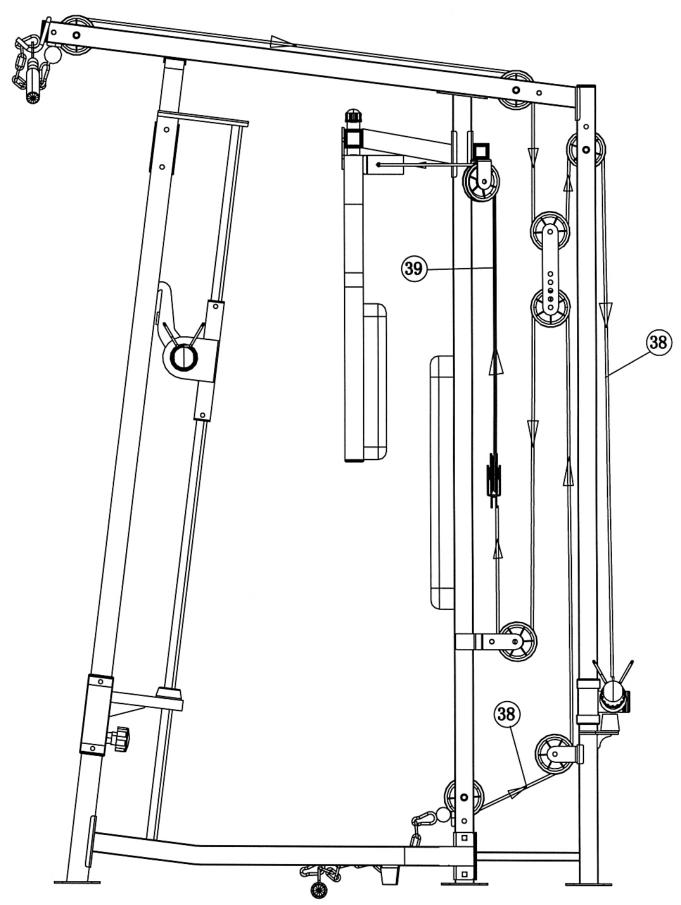


#### STEP 4 (See Diagram 4)

- A.) Attach the Butterfly Base (#10) to the front of Rear Vertical Frame (#3). Attach the Butterfly Pulley Support (#11) to the back. Align the holes and secure them together with two M10 x 2 ½" Carriage Bolts (#91), Ø ¾" Washers (#101), and M10 Aircraft Nuts (#98).
- B.) Attach the Right Butterfly (#13) to the right hole on the Butterfly Base. Secure it with one Lock Ring (#71), Ø1½" Washer (#78), M6x1¼" Allen Bolt (#93), and M6 Aircraft Nut (#99).
- C.) Attach a Butterfly Arm Pad (#43) to the Right Butterfly. Secure it with two M8 x 2 3/8" Allen Bolts (#89) and Ø 5/8" Washers (#102).
- D.) Repeat the Procedures B & C above to install the Left Butterfly (#14).
- E.) Attach the Butterfly Backrest Board (#42) to the Rear Vertical Frame (#3). Secure it with two M8 x 2 3/8" Allen Bolts (#89) and Ø 5/8" Washers (#102).

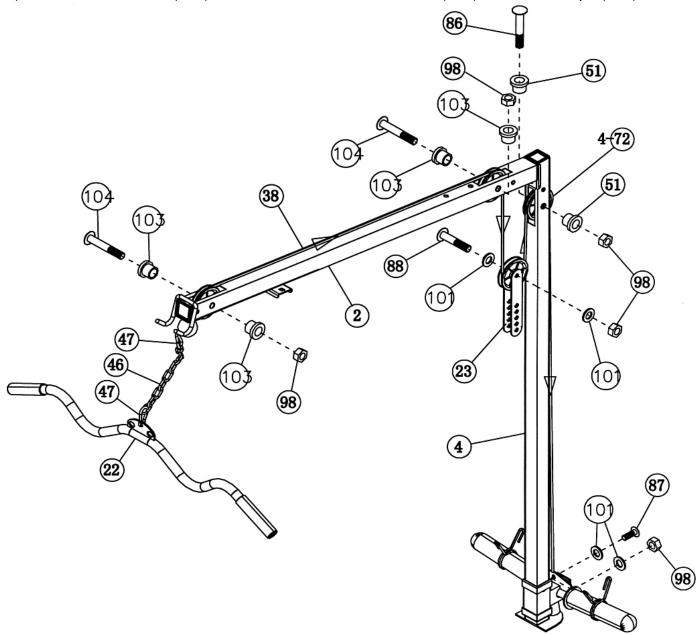


## **CABLE LOOP DIAGRAM**



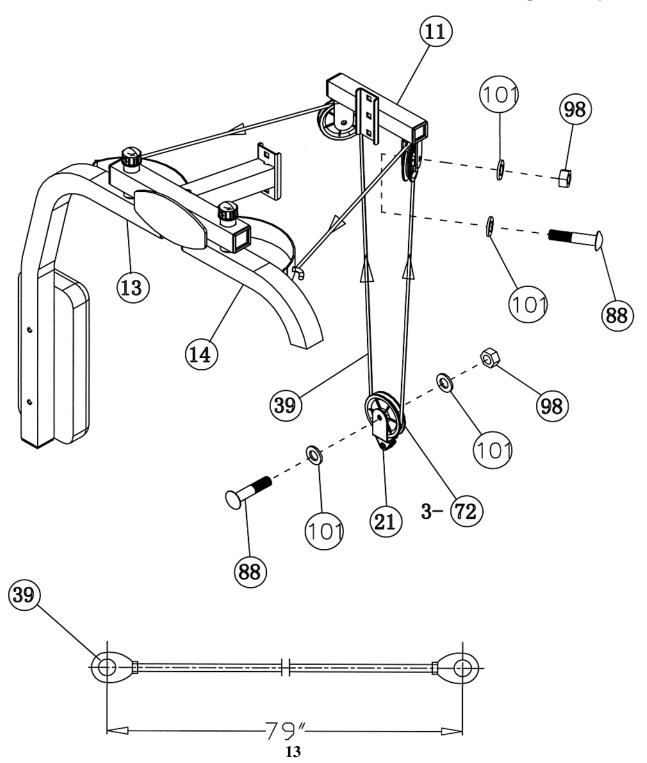
#### STEP 5 (See Diagram 5 & Cable Loop Diagram)

- A.) Attach a 124" Cable (#38) to the front opening on the Upper Frame (#2). Attach a Pulley (#72) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#104), two Ø 1" x 5/8" Pulley Bushings (#103), and one M10 Aircraft Nut (#98). 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 on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#104), two Ø 1" x 5/8" Pulley Bushings (#103), and one M10 Aircraft Nut (#98).
- C.) Draw the Cable around the Pulley then downward. Install a Pulley in between the two Double Floating Pulley Brackets (#23). Secure the Pulley with one M10 x 1 ¾" Allen Bolt (#88), two Ø ¾" Washers (#101), and one M10 Aircraft Nut (#98). Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then up to the opening on the upper Weight Glide Post (#4). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#86), two Ø 1" x ½" Pulley Bushings (#51), and one M10 Aircraft Nut (#98).
- E.) Draw the Cable around the Pulley then down to the Sliding Weight Post (#15). Secure the Cable to the Post with one M10 x 1" Allen Bolt (#87), two Ø ¾" Washers (#101), and one M10 Aircraft Nut (#98).
- F.) Connect the Lat Bar (#22) to the Cable with a Short Chain (#46) and two C-Clips (#47).



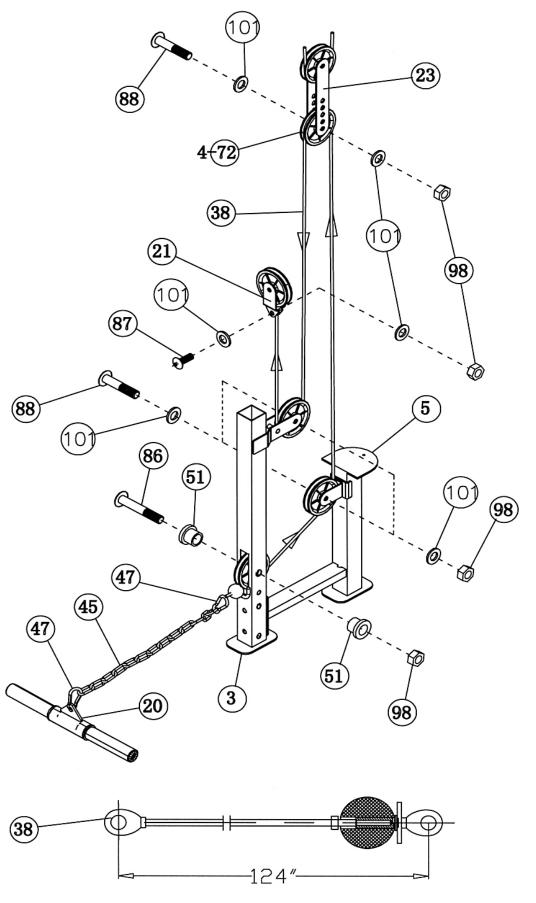
#### STEP 6 (See Diagram 6 & Cable Loop Diagram)

- A.) Attach one end of the 79" Butterfly Cable (#39) to the hook on the Left Butterfly (#14). Draw the Cable to the left open bracket on the Butterfly Pulley Support (#11).
- B.) Attach a Pulley to the bracket and secure it with one M10 x 1 ¾" Allen Bolt (#88), two Ø ¾" Washers (#101), and one M10 Aircraft Nut (#98).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#21). Repeat the procedure B above to install a Pulley.
- D.) Draw the Cable upward to the right open bracket on the Butterfly Pulley Support. Repeat procedure B above to install a Pulley.
- E.) Draw the Cable over the Pulley then clip to the Right Butterfly (#13).



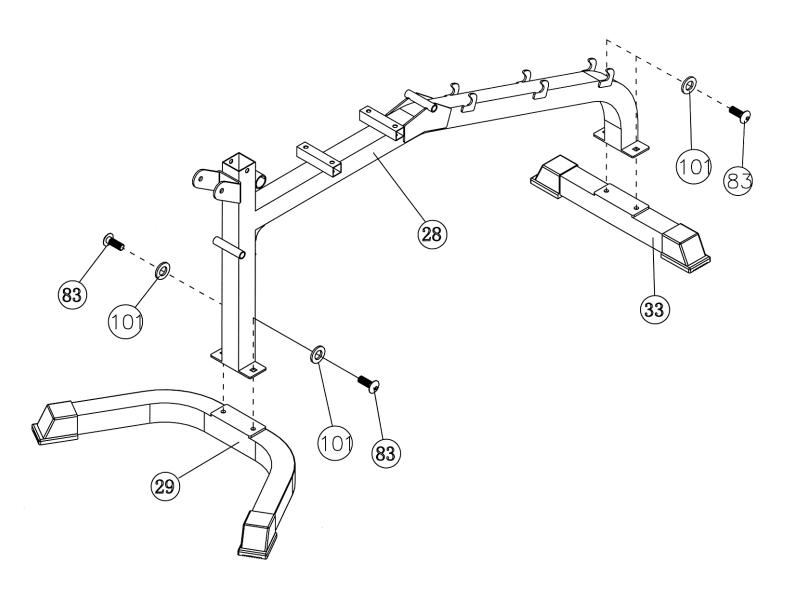
#### STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach a 124" Cable to the lower opening on the Rear Vertical Frame (#3). Attach a Pulley to the opening. Secure them with one M10 x 2 3/8" Allen Bolt (#86), two Ø 1" x  $\frac{1}{2}$ " Pulley Bushings (#51), and one M10 Aircraft Nut (#98).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Base (#5). Install a Pulley with one M10 x 1 3/4" Allen Bolt (#88), two Ø 3/4" Washers (#101), and one M10 Aircraft Nut (#98).
- C.) Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket (#23) previously installed in Step-5. Install another Pulley.
- D.) Draw the Cable around the Pulley then downward to the open bracket on the back of Rear Vertical Frame. Install a Pulley.
- E.) Draw the Cable around the Pulley then upward to the Single Floating Pulley Bracket (#21) previously installed. Secure the Cable to the Bracket with one M10 x 1" Allen Bolt (#87), two Ø ¾" Washers (#101), and one M10 Aircraft Nut (#98).
- F.) Adjust the tension of the Cables by adjusting the Pulley position on the Double Floating Pulley Bracket (#23). If the Cables are too loose, move up the Pulley. If the Cables are too tight, move down the Pulley.
- G.) Connect a Shiver Bar (#20) to the Cable with a Long Chain (#45) and two C-clips (#47).



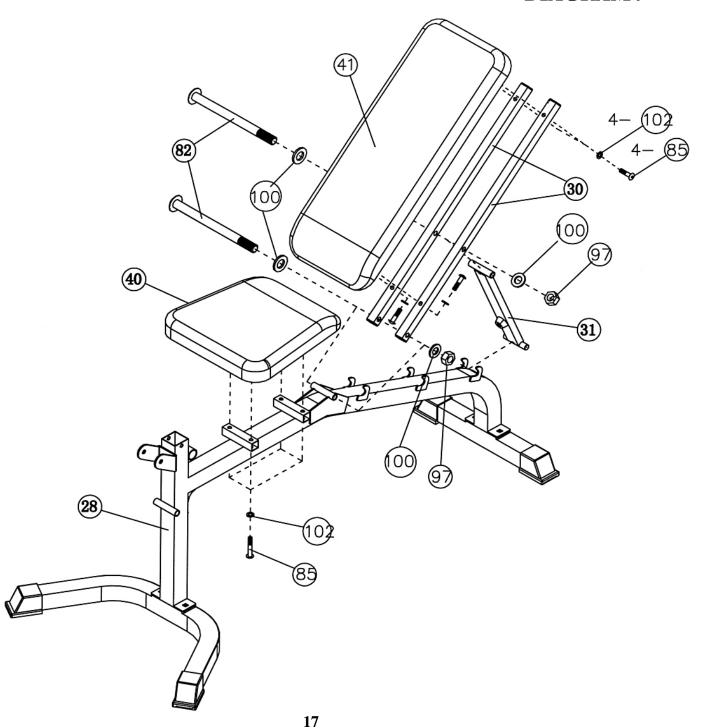
## STEP 8 (See Diagram 8)

A.) Attach the Main Seat Support (#28) to the Front & Rear Stabilizers (#29 & 33). Secure each end with two M10 x  $^{3}4$ " Allen Bolts (#83) and Ø  $^{3}4$ " Washers (#101).



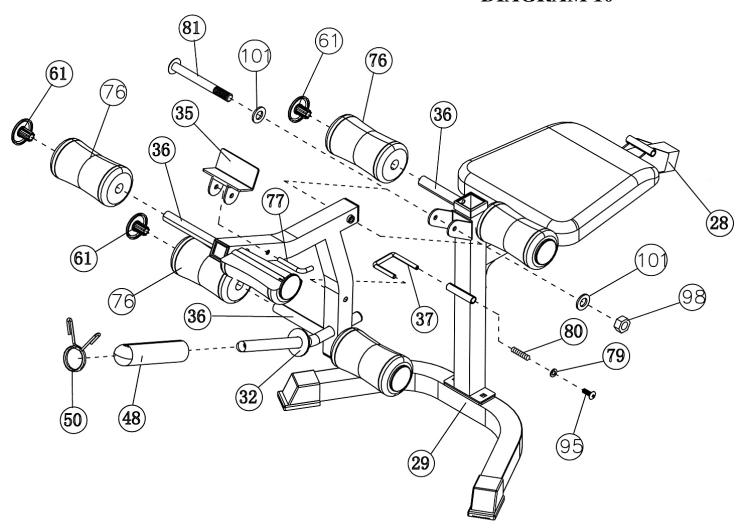
#### STEP 9 (See Diagram 9)

- A.) Attach the Backrest Supports (#30) to the pivot on the Main Seat Support (#28). Secure it with one M12 x 5 ¾" Allen Bolt (#82), two Ø 1" Washers (#100), and one M12 Aircraft Nut (#97). Do not over tighten the Nut and Bolt, make sure the Backrest Support is able to swivel.
- B.) Attach the Backrest Incline Support (#31) to the Backrest Supports (#30). Secure it with one M12 x 5 ¾" Allen Bolt (#82), two Ø 1" Washers (#100), and one M12 Aircraft Nut (#97). Attach the Backrest Incline Support (#31) to the selected slot on the Main Seat Support (#28) to obtain the desired Backrest incline position.
- C.) Place the Backrest Board (#41) onto the Backrest Supports (#30). Secure it with four M8 x 1 5/8" Allen Bolts (#85) and Ø 5/8" Washers (#102).
- D.) Place the Seat Pad (#40) onto the Main Seat Support. Secure it with four M8 x 1 5/8" Allen Bolts (#85) and Ø 5/8" Washers (#102).



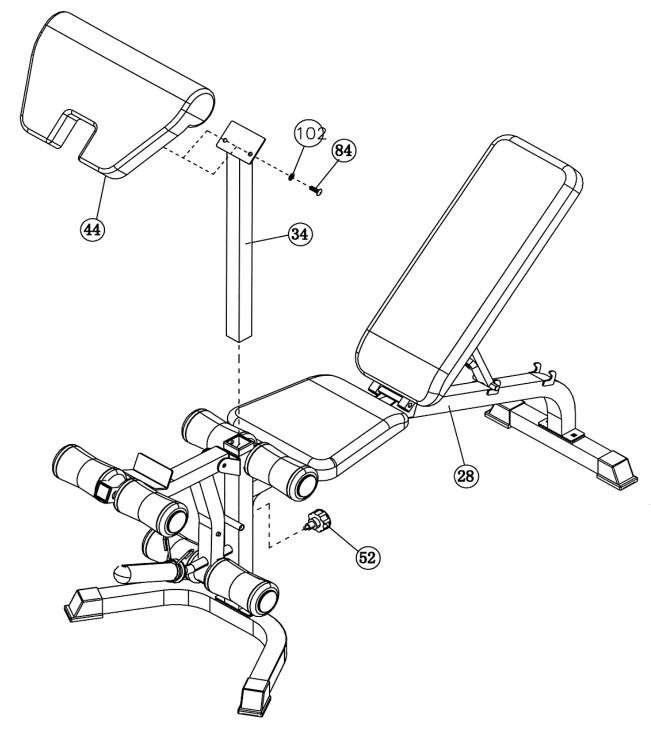
#### STEP 10 (See Diagram 10)

- A.) Attach the Leg Developer (#32) to the open bracket on the front of Main Seat Support (#28). Secure it with one M10 x 3 1/8" Allen Bolt (#81), two Ø ¾" Washers (#101), and one M10 Aircraft Nut (#98). Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.
- B.) Insert the U-shaped Lock Pin (#37) into the tube in the front of Main Seat Support. Secure it with one Spring (#80), Ø ½" Washer (#79), and M6 x ½" Philips Screw (#95).
- C.) Insert three Foam Tubes (#36) halfway through the holes on the Main Seat Support and Leg Developer. Push six Foam Rolls (#76) onto the Tubes from both ends. Plug six Foam Roll End Caps (#61) into the Tubes from both ends.
- D.) Attach an Olympic Sleeve (#48) onto the weight post on the Leg Developer. Attach a Spring Clip (#50) to the Olympic Sleeve.
- E.) Attach a Curl Bar Holder (#35) to the Leg Developer. Secure it with a L-shaped Pin (#77).

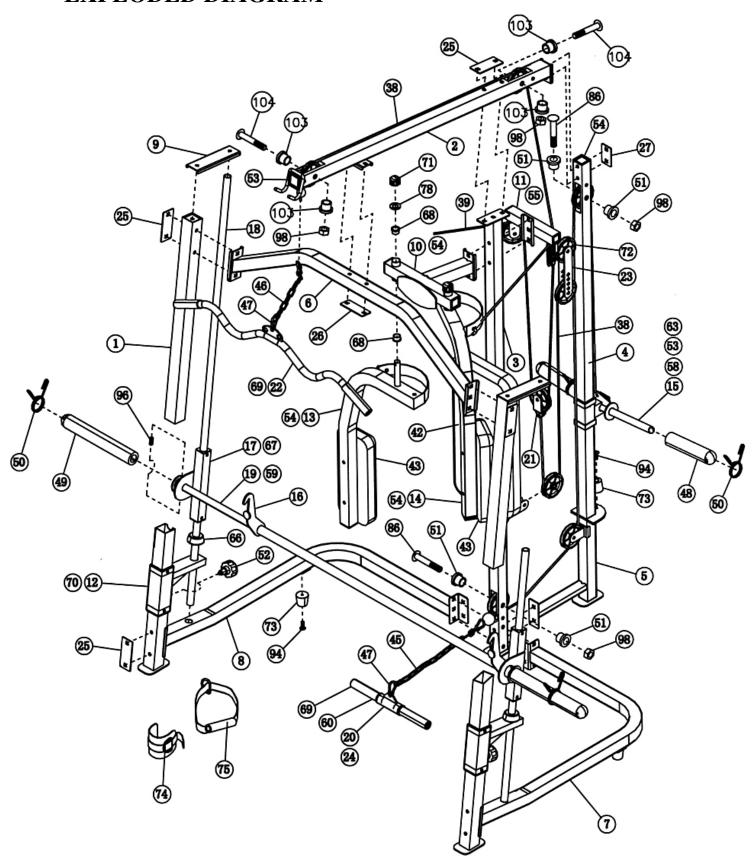


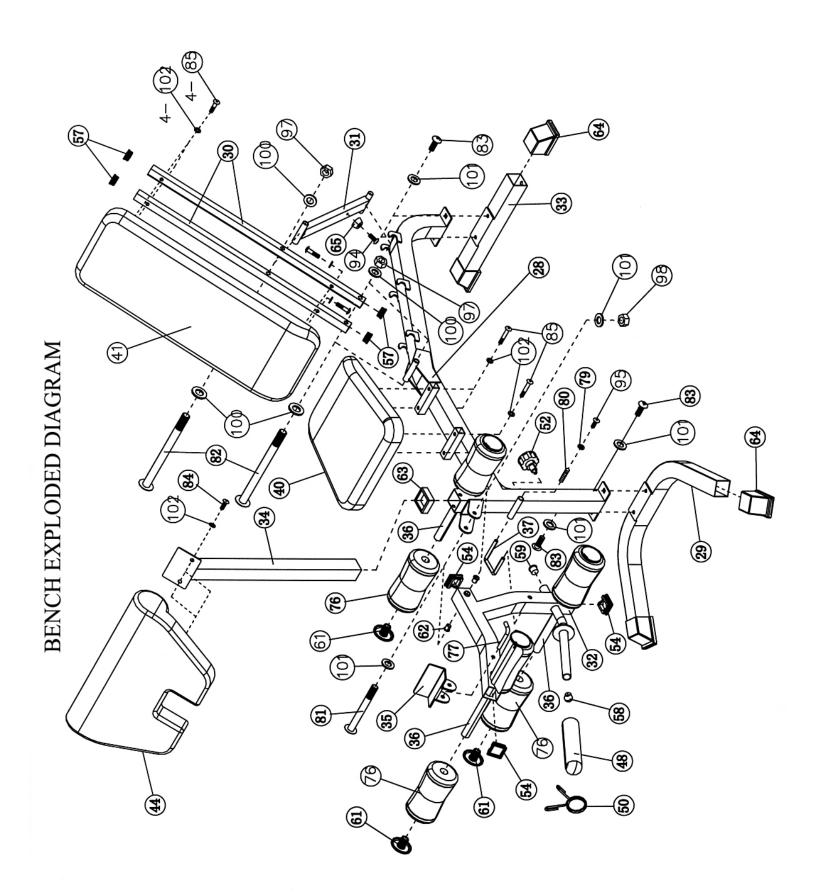
#### STEP 11 (See Diagram 11)

- A.) Attach the Arm Curl Pad (#44) to the Arm Curl Stand (#34). Secure it with two M8 x  $\frac{3}{4}$ " Allen Bolts (#84) and Ø 5/8" Washers (#102).
- B.) Insert the Arm Curl Stand into the front opening on the Main Seat Support. Use a M18 Lock Knob (#52) to secure the Stand at desired height.
- C.) The Leg Developer can be locked when doing sit up exercise. Simply pull the U-shaped Lock Pin out and drop into the hole on the Leg Developer. Remove the Pin when doing Leg Developer exercise.
- D.) Remove the Arm Curl Stand and the Curl Bar Holder when using the Leg Developer.



## **EXPLODED DIAGRAM**





# PARTS LIST KEY NO. DESCRIPTION Q'ty

1	Front Vertical Beam	2	53	2" Square End Cap	2
2	Upper Frame	1	54	1 ¾" Square End Cap	8
3	• •		55	1 ½" End Cap	2
	Rear Vertical Frame	1			
4	Weight Glide Post	1	56	2" x 1" End Cap	2
5	Weight Glide Base	1	57	1" Square End Cap	4
6	Front Top Beam	1	58	Ø 1" Cone-shaped End Cap	3
7	Left Base Frame	1	59	Ø 1" End Cap	3
8	Right Base Frame	i	60	Ø 1 ½" Spacer	2
9	Top Connecting Bracket	2	61	Foam Roll End Cap	6
	Butterfly Base	1	62	Ø 1/2" Bushing	2
11	Butterfly Pulley Support	1	63	2" x 1 3/4" Sleeve	3
12	Lower Safety Frame	2	64	Stabilizer End Cap	4
	Right Butterfly	1	65	Ø 1 ½" x 5/8" Rubber Bumper	1
	Left Butterfly	1	66	Ø 2 ½" x 1" Rubber Bumper	2
		1			
	Sliding Weight Post	1	67	1 ½" x 1" Sleeve	4
	Lifting Sleeve	1	68	Ø 1 1/8" x 5/8" Bushing	4
17	Glider	2	69	Handle Grip	4
18	Guide Rod	2	70	2 3/8" x 2" Sleeve	4
19	Weight Bar	1	71	Lock Ring	2
	Shiver Bar	1	72	Pulley	11
		1			
	Single Floating Pulley Bracket	1	73	Ø 1 ¾" x 5/8" Rubber Bumper	3
	Lat Bar	1	74	Ankle Strap	1
	Double Floating Pulley Bracket	2	75	Single Handle	1
24	Shiver Bar Handle	1	76	Foam Roll	6
25	4 3/4" x 2" Bracket	5	77	L-shaped Pin	1
	4 3/8" x 1 <sup>3</sup> / <sub>4</sub> " Bracket	1	78	Ø 1 ½" Washer	2
	3 1/8" x 1 3/4" Bracket	1	79	Ø ½" Washer	1
	Main Seat Support	1	80	Spring	1
	Front Stabilizer	1	81	M10 x 3 1/8" Allen Bolt	1
30	Backrest Support	2	82	M12 x 5 ¾" Allen Bolt	2
31	Backrest Incline Support	1	83	M10 x 3/4" Allen Bolt	4
	Leg Developer	1	84	M8 x 3/4" Allen Bolt	2
	Rear Stabilizer	1	85	M8 x 1 5/8" Allen Bolt	8
	Arm Curl Stand	1	86	M10 x 2 3/8" Allen Bolt	3
		1			
	Curl Bar Holder	1	87	M10 x 1" Allen Bolt	8
	Foam Tube	3	88	M10 x 1 3/4" Allen Bolt	7
37	U-shaped Lock Pin	1	89	M8 x 2 3/8" Allen Bolt	6
38	124" Cable	2	90	M10 x 2 3/4" Carriage Bolt	12
	79" Butterfly Cable	1	91	M10 x 2 1/2" Carriage Bolt	7
	Seat Pad	1	92	M10 x ¾" Carriage Bolt	4
			93		
	Backrest Board	1		M6 x 1 ¼" Allen Bolt	2
	Butterfly Backrest Board	1	94	M6 x 5/8" Philips Screw	4
	Butterfly Arm Pad	2	95	M6 x 1/2" Philips Screw	1
44	Arm Curl Pad	1	96	M8 x 3/8" Allen Bolt	4
45	Long Chain (15 Joint)	1	97	M12 Aircraft Nut	2
	Short Chain (10 Joint)	1	98	M10 Aircraft Nut	37
	C-clip	4	99	M6 Aircraft Nut	2
	Olympic Sleeve	3	100	Ø 1" Washer	4
	Long Olympic Sleeve	2	101	Ø ¾" Washer	54
	Spring Clip	5	102	Ø 5/8" Washer	16
51	Ø 1" x 1/2" Pulley Bushing	4	103	Ø 1" x 5/8" Pulley Bushing	4
	M18 Lock Knob	3	104	M10 x 2 1/2" Allen Bolt	2
•			-		



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. 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.

#### 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