

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  
SB-685

Retain This  
Manual for  
Reference

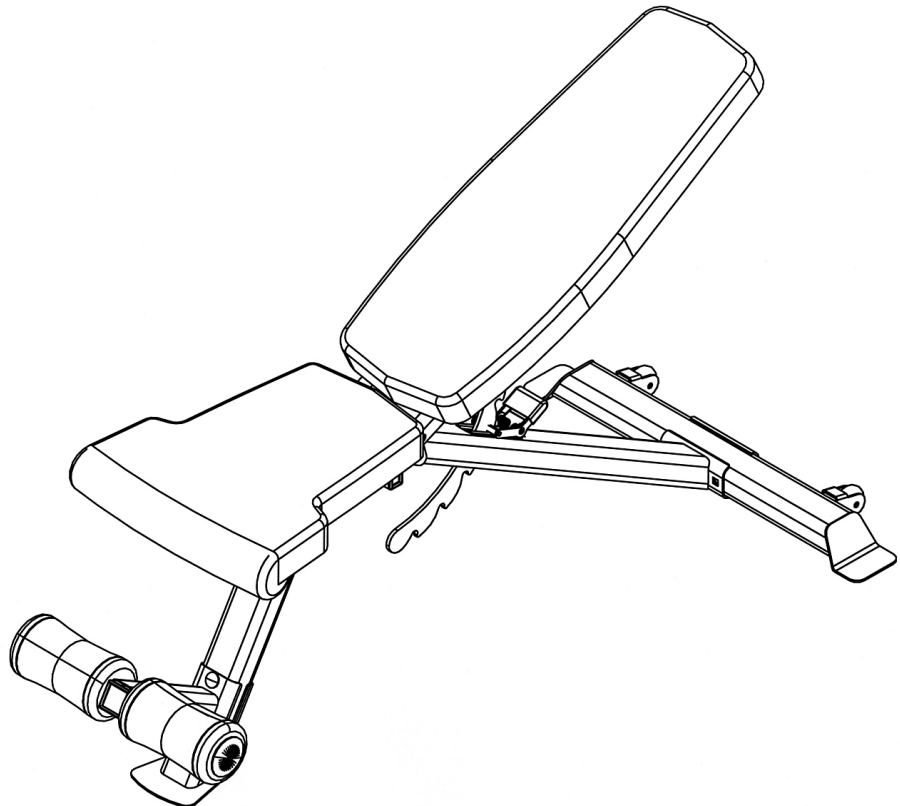
07-08-08

OWNER'S  
MANUAL

# IMPEX

## MARCY UTILITY BENCH

### SB-685



**IMPEX® INC.**

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## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	8
PARTS LIST.....	9
WARRANTY.....	10
ORDERING PARTS.....	10

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Utility Bench SB-685 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 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.

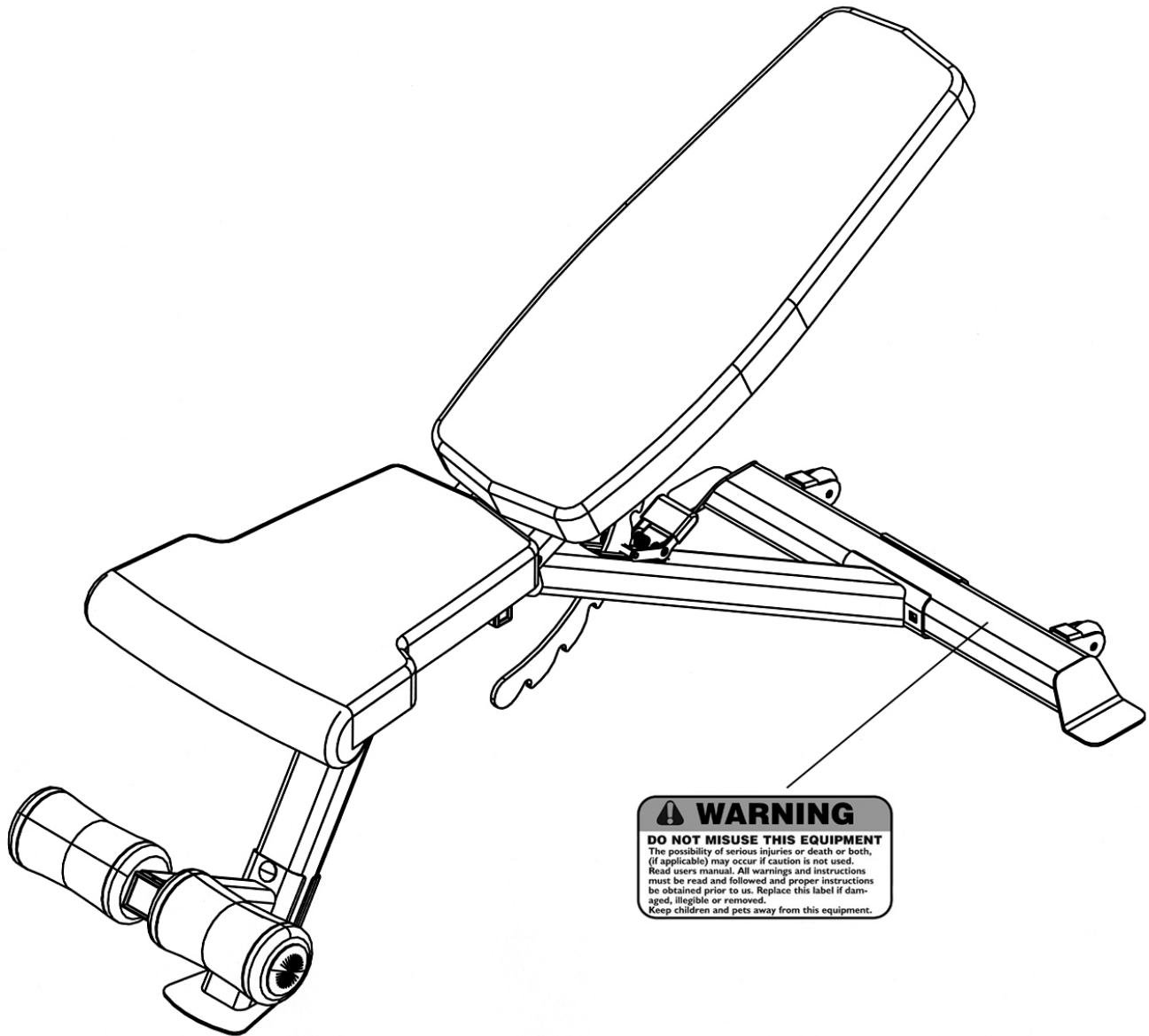
### **CARE AND MAINTENANCE**

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.**

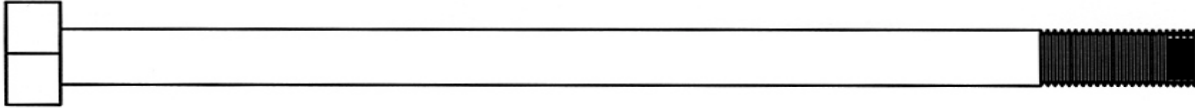
# WARNING LABEL PLACEMENT



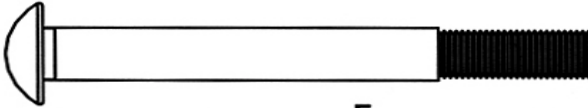
The warning label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

# HARDWARE PACK

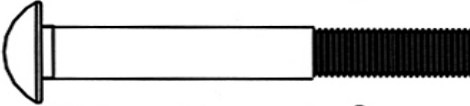
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



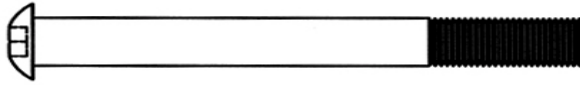
#27 M12 x 6  $\frac{1}{2}$ " Hex Bolt (Qty 1)



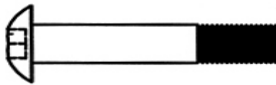
#22 M10 x 3  $\frac{5}{8}$ " Carriage Bolt (Qty 2)



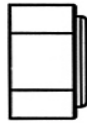
#21 M10 x 2  $\frac{3}{4}$ " Carriage Bolt (Qty 4)



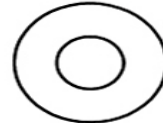
#23 M10 x 3  $\frac{5}{8}$ " Allen Bolt (Qty 2)



#25 M8 x 1  $\frac{5}{8}$ " Allen Bolt (Qty 12)



#30 M12 Aircraft Nut (Qty 1)



#33  $\varnothing$  1" Washer (Qty 2)



#29 M10 Aircraft Nut (Qty 8)



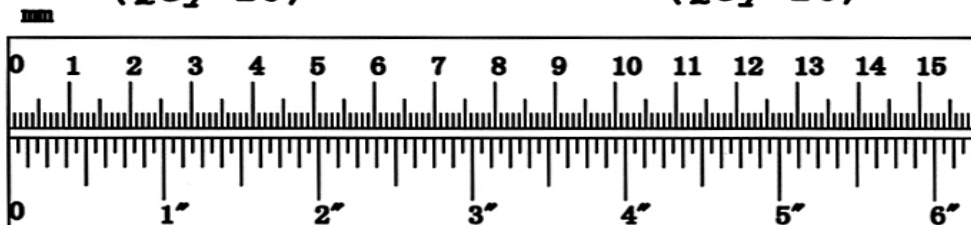
#28 M8 Aircraft Nut (Qty 4)



#31  $\varnothing$   $\frac{3}{4}$ " Washer (Qty 10)



#32  $\varnothing$   $\frac{5}{8}$ " Washer (Qty 16)



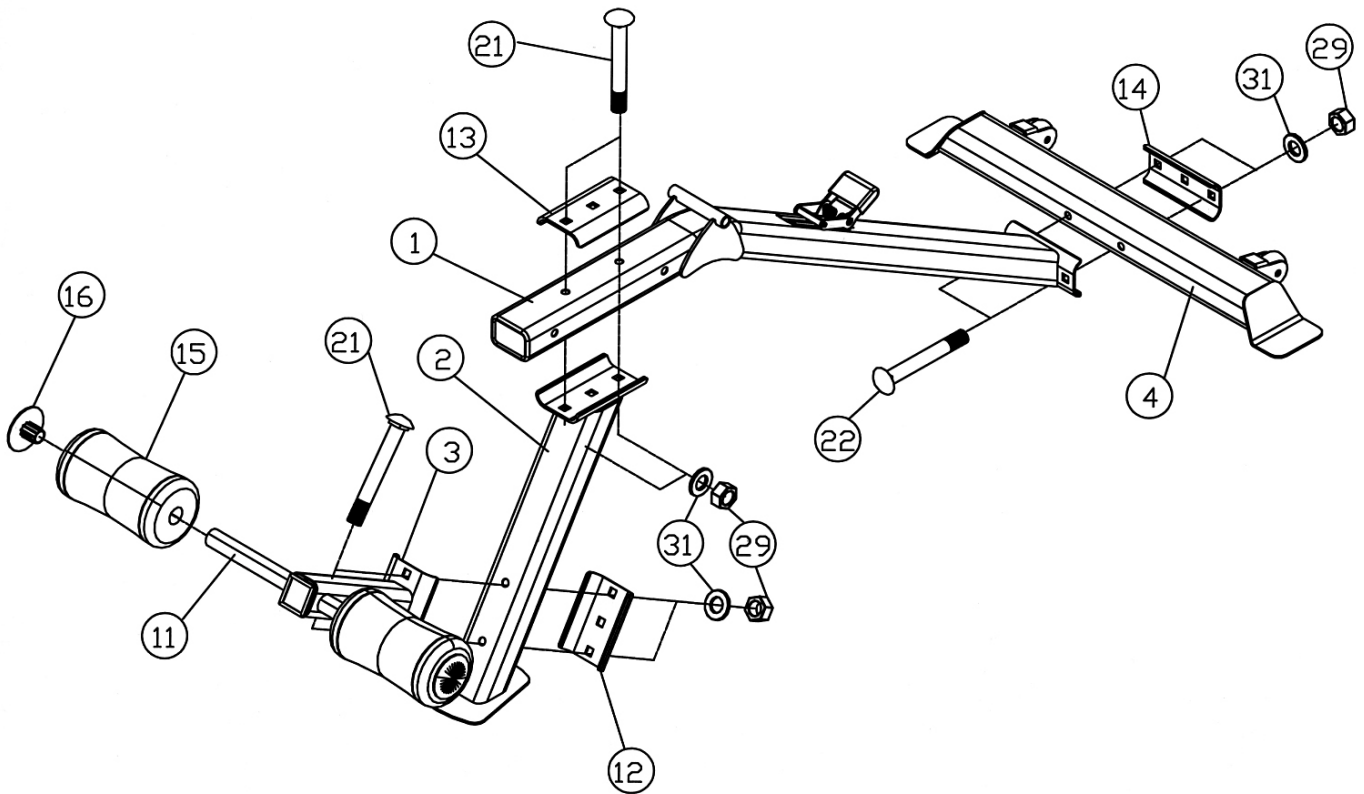
# ASSEMBLY INSTRUCTION

**Tools Required for Assembling the Machine: Two Adjustable Wrenches 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.) Attach the Main Seat Support (#1) onto the Front Post (#2). Secure it with two M10 x 2 3/4" Carriage Bolts (#21), one 5 1/8" x 2 3/4" Bracket (#13), two Ø 3/4" Washers (#31), and two M10 Aircraft Nuts (#28). **Do not tighten the Nuts and Bolts yet.**
- B.) Attach the Main Seat Support to the Rear Stabilizer (#4). Secure it with two M10 x 3 5/8" Carriage Bolts (#22), one 5 1/8" x 2" Bracket (#14), two Ø 3/4" Washers (#31), and two M10 Aircraft Nuts (#29).
- C.) Securely tighten all Nuts and Bolts.**
- D.) Attach the Leg Support (#3) to the Front Post. Secure it with two M10 x 2 3/4" Carriage Bolts (#21), one 4 3/8" x 2 3/4" Bracket (#12), two Ø 3/4" Washers (#31), and two M10 Aircraft Nuts (#29).

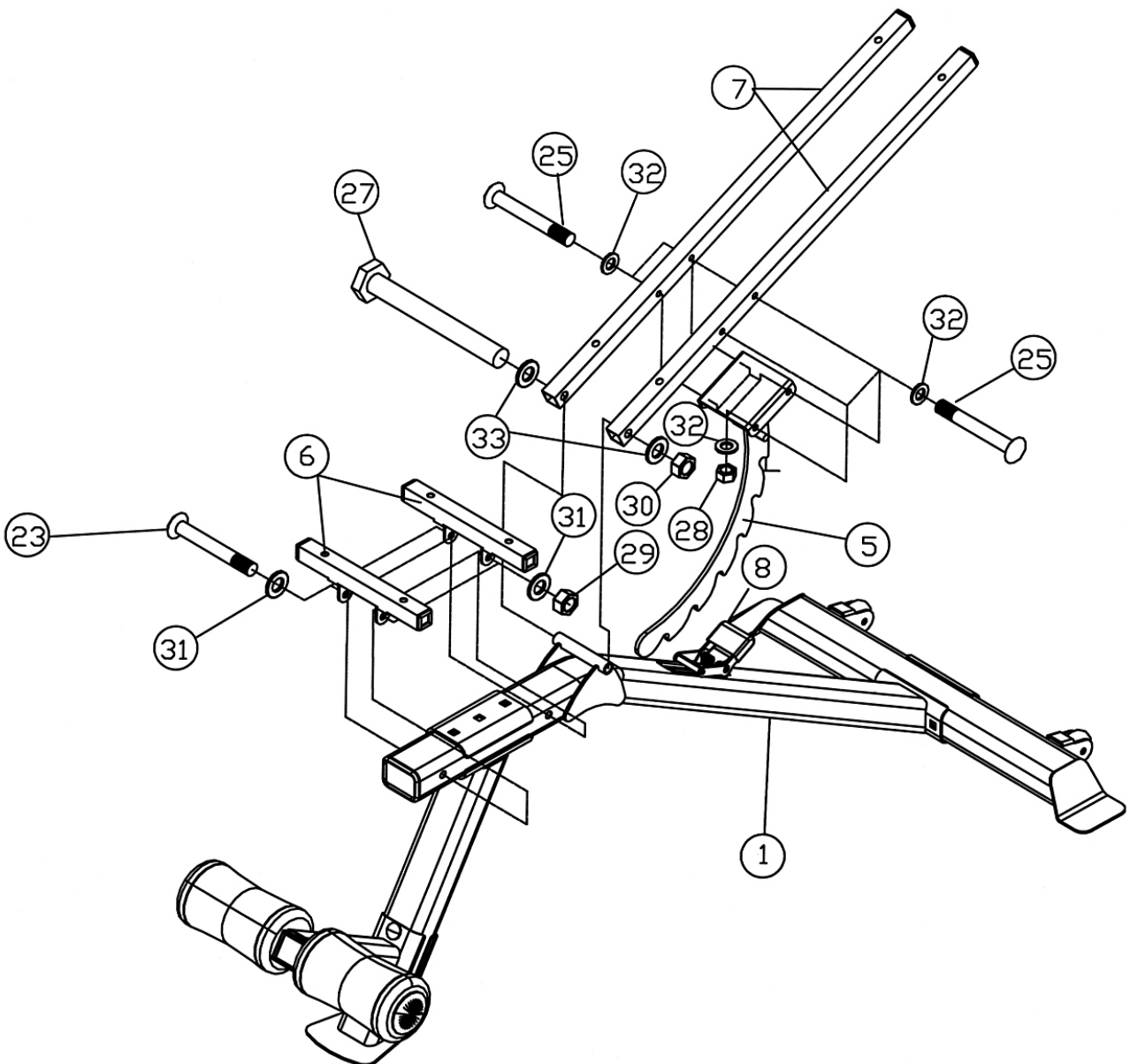
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Align the bracket on the Backrest Adjustment Support (#5) in between the two Backrest Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#25), eight Ø 5/8" Washers (#32), and four M8 Aircraft Nuts (#28). **Do not tighten the Nuts and Bolts yet.**
- B.) Insert the Backrest Adjustment Support into the opening on the Main Seat Support (#1). Press or step down on the Backrest Adjustment Lever (#8) to allow the Support to go through.
- C.) Attach the bottom side-holes on the two Backrest Supports to the pivot on the Main Seat Support(#1). Secure it with one M12 x 6 1/2" Hex Bolt (#27), two Ø 1" Washers (#33), and one M12 Aircraft Nut (#30). **Securely tighten all Nuts and Bolts.**
- D.) Attach the two Seat Brackets (#6) to the Main Seat Support(#1). Secure each Seat Bracket with two M10 x 3 5/8" Allen Bolt (#23), four Ø 3/4" Washers (#31), and two M10 Aircraft Nuts (#29).

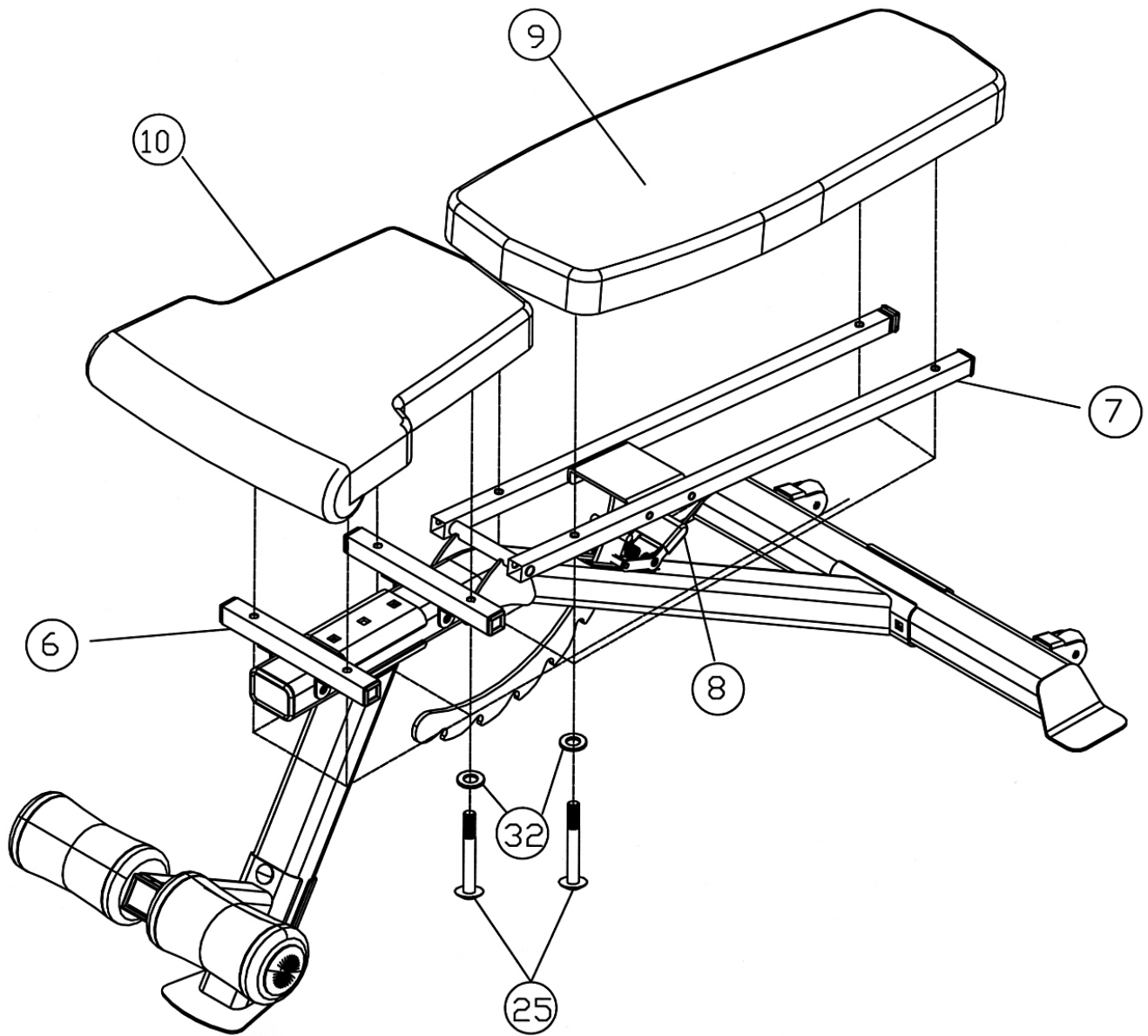
### DIAGRAM 2



### STEP 3 (See Diagram 3)

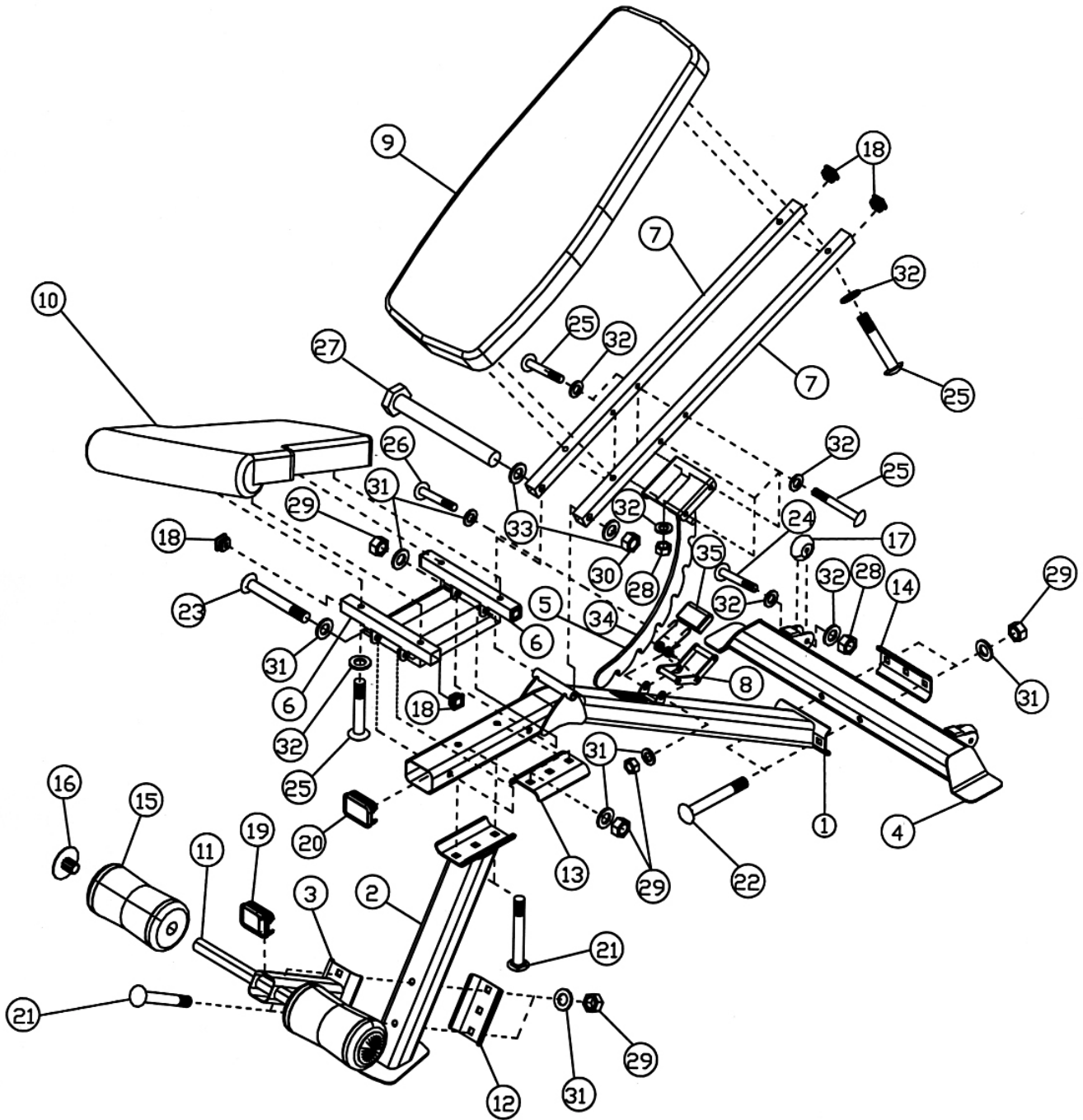
- A.) Place the Seat Pad (#10) onto the two Seat Brackets (#6). Secure it with four M8 x 1 5/8" Allen Bolts (#25) and four Ø 5/8" Washers (#32).
- B.) Attach the Backrest Board (#9) to the two Backrest Supports (#7). Secure it with four M8 x 1 5/8" Allen Bolts (#25) and four Ø 5/8" Washers (#32).
- C.) When adjusting the Backrest Board to an incline position, simply pull up the Board. When adjusting the Board to a decline position, press or step down on the Backrest Adjustment Lever (#8) to disengage the Lever to allow the Board to go down.

### DIAGRAM 3





# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Seat Support	1
2	Front Post	1
3	Leg Support	1
4	Rear Stabilizer	1
5	Backrest Adjustment Support	1
6	Seat Bracket	2
7	Backrest Support	2
8	Backrest Adjustment Lever	1
9	Backrest Board	1
10	Seat Pad	1
11	Foam Tube	1
12	4 3/8" x 2 3/4" Bracket	1
13	5 1/8" x 2 3/4" Bracket	1
14	5 1/8" x 2" Bracket	1
15	Foam Roll	2
16	Foam Roll End Cap	2
17	Wheel	2
18	1" Square End Cap	6
19	2" End Cap	1
20	2" x 2 3/4" End Cap"	1
21	M10 x 2 3/4" Carriage Bolt	4
22	M10 x 3 5/8" Carriage Bolt	2
23	M10 x 3 5/8" Allen Bolt	2
24	M8 x 1 3/4" Allen Bolt	2
25	M8 x 1 5/8" Allen Bolt	12
26	M10 x 2 1/2" Allen Bolt	1
27	M12 x 6 1/2" Hex Bolt	1
28	M8 Aircraft Nut	6
29	M10 Aircraft Nut	9
30	M12 Aircraft Nut	1
31	Ø 3/4" Washer	12
32	Ø 5/8" Washer	20
33	Ø 1" Washer	2
34	Spring	1
35	Lever Cover	1
	#6 Allen Wrench (Tool)	1
	#5 Allen Wrench (Tool)	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. Register on-line at [www.impex-fitness.com](http://www.impex-fitness.com)

**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.

**[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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