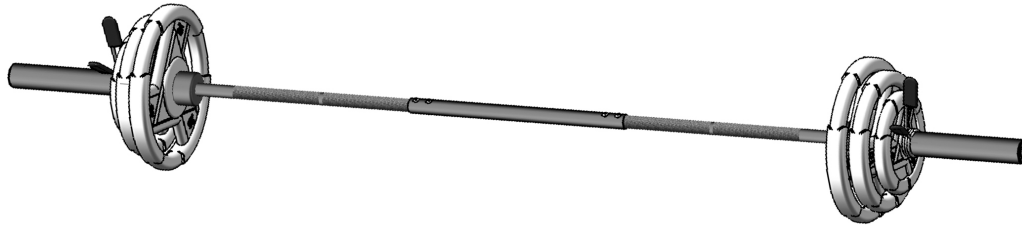


# MARCY<sup>®</sup> 110 LB Weight Set MCW-110



## **IMPORTANT SAFETY NOTICE**

1. A Spotter is recommended during exercise with this weight set for your safety.
2. This weight set is intended to be used indoors.
3. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.
4. Only one person at a time should use the equipment.
5. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
6. Position the weight set on a clear, leveled surface.
7. Always wear appropriate workout clothing when exercising.
8. Disabled person should not use the weight set without a qualified person or physician in attendance.
9. Before exercising, always do stretching exercises to properly warm up.
10. Never operate the equipment if the weight set is not functioning properly.
- 11. Maximum weight on weight bar is 300 lbs.**
12. Do not add additional weights or any items to the wet bar not specifically designed for use with this weight set.
13. This weight set is designed and intended for home and consumer use only, not for commercial use.

## **Care and Maintenance**

1. Periodically inspect all parts. Check bolts twice monthly during the usage season for tightness and tighten as required.
2. Replace any worn and damaged parts immediately.
3. Use mild household spray cleaners and/or a damp rag to wipe clean. Do not use harsh cleaning chemicals.
4. Sand rusted areas on tubular members and repaint using a non-lead based paint meeting the requirements of Title 16 CFR Part 1303.
5. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.

## **SAVE THE INSTRUCTIONS.**

**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.**

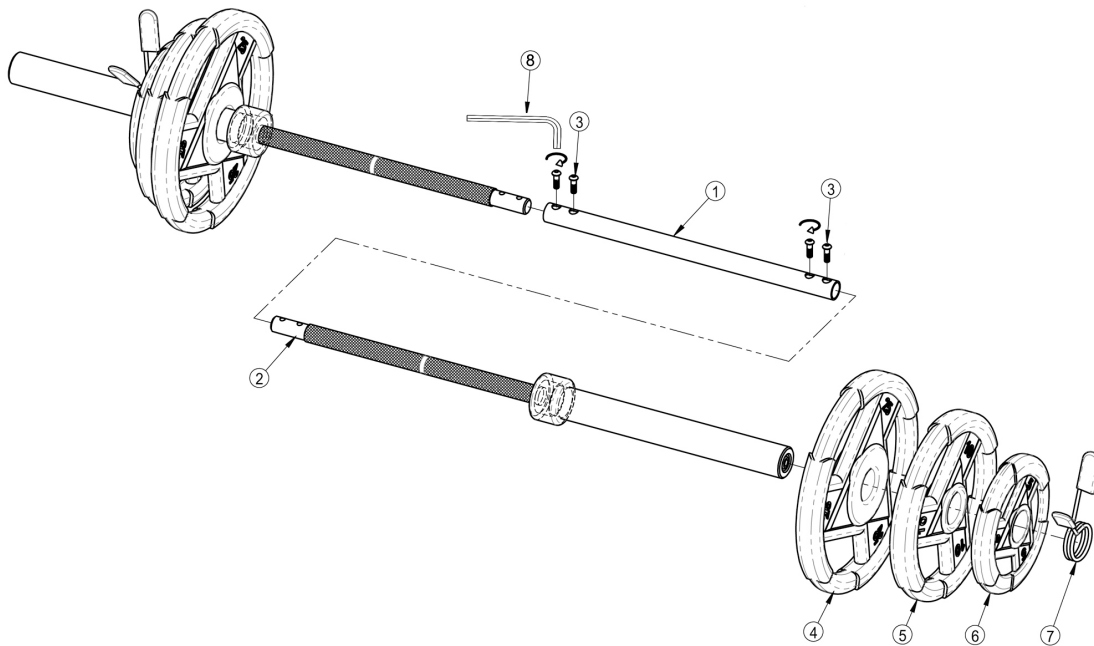
**IMPEX<sup>®</sup> INC.**  
**2801 S. Towne Ave.**  
**Pomona, CA 91766**  
**211202**

**Phone: 1-800-999-8899**  
**Fax: (626) 961-9966**  
**Email: [support@impex-fitness.com](mailto:support@impex-fitness.com)**

## Assembly Instruction (See Exploded Diagram)

- A.) Insert the two Weight Bar-2 (#2) into Weight Bar-1 (#1) from both ends. Secure them together with four M8 x 1 1/8" Allen Bolts (#3).
- B.) Slide two 25lb Plates (#4) onto the Weight Bar-2 from both ends. Repeat the same procedure to install two 10lb (#5), and two 5lb (#6) Plates.
- C.) Attach two Spring Clips (#7) onto the Weight Bar-2 to secure the Plates in position.

### EXPLODED DIAGRAM



### PARTS LIST

Key No	Description	Qty
1	Weight Bar-1	1
2	Weight Bar-2	2
3	Allen Bolt M8 x 1 1/8"	4
4	25lb plate	2
5	10lb Plate	2
6	5lb Plate	2
7	Spring Clip	2
8	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.

### 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](http://www.marcypro.com)

[support@impex-fitness.com](mailto:support@impex-fitness.com)

**IMPEX<sup>®</sup> INC.**

**2801 S Towne Ave, Pomona, CA 91766**