

NOTE:
Please read all instructions
carefully before using this
product

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Model
MWM 900

Retain This
Manual for
Reference

**OWNER'S
MANUAL**



MARCY

MWM 900 HOME GYM

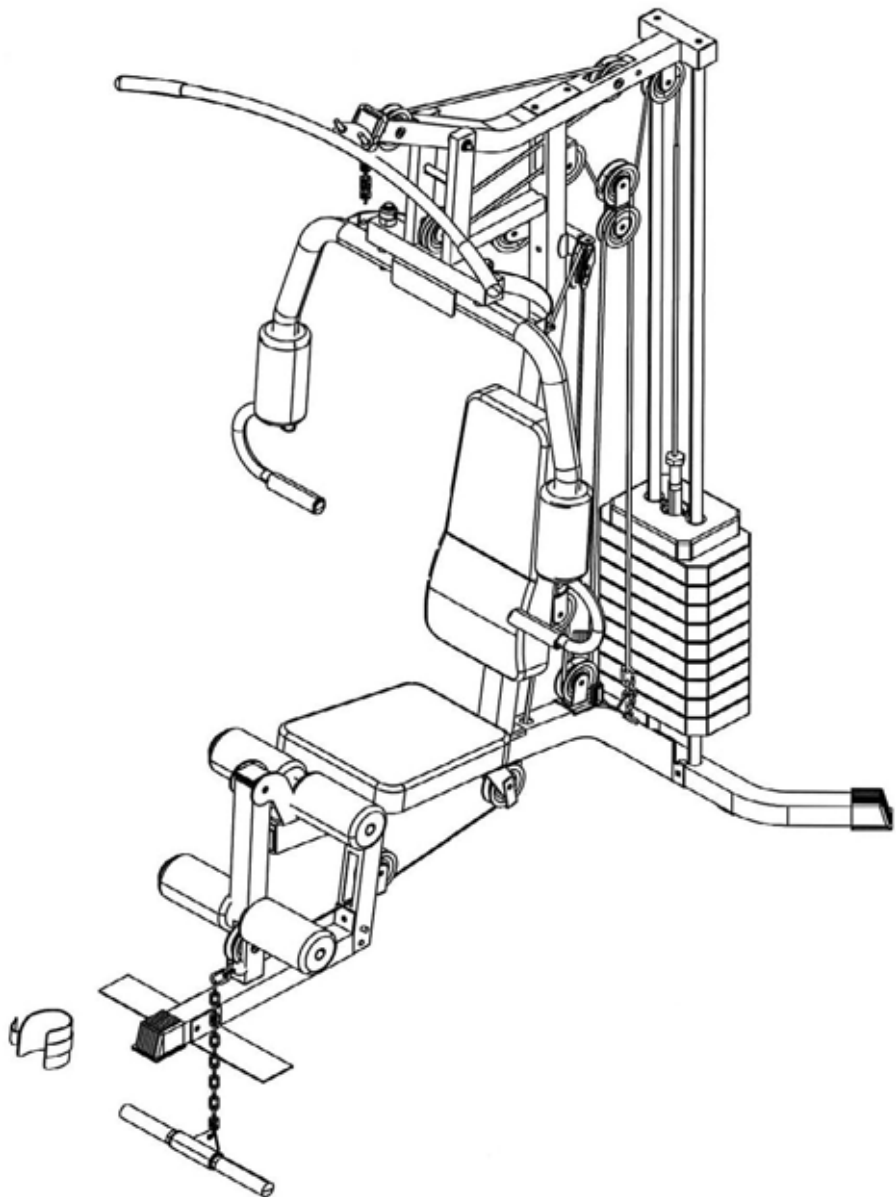


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BEFORE YOU BEGIN

Thank you for selecting the MARCY PLATINUM CORNER GYM by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As the distributor, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts or you require assistance assembling this product, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please call our customer service department. Monday to Friday 8am to 4:30pm.

Tel / Fax: 0044 (0) 1792 702610
E mail: customerservices@escaladesports.co.uk

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IMPORTANT SAFETY PRECAUTIONS

This gym 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 use your gym. In particular, note the following safety precautions:

1. Keep children and pets away from the gym at all times. Do not leave children unattended in the same room with the gym. The gym is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the gym is not intended.
2. If children are allowed to use the gym their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
3. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, **STOP** the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
4. Position the gym on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. **DO NOT** use the gym near water or outdoors.
5. Keep hands away from all moving parts
6. Always wear appropriate clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the gym. Running or aerobic shoes are also required when using the gym.
7. Use the gym 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 objects around the gym.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the gym to exercise, always do stretching exercises to properly warm up.
11. Never use the gym if it is not functioning properly.
12. **This product is intended for H=Domestic use only.**

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. MARCY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

HARDWARE PACK



#31 L-Shaped Pin (Qty 1)



#24 Axle (Qty 1)



#60 Lock Ring (Qty 2)



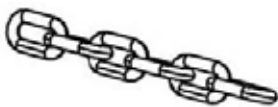
#34 \varnothing 1" x 1/2" Bushing
(Qty 2)



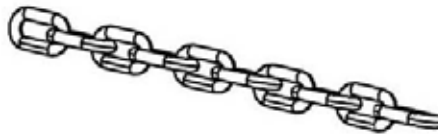
#28 C-clip (Qty 5)



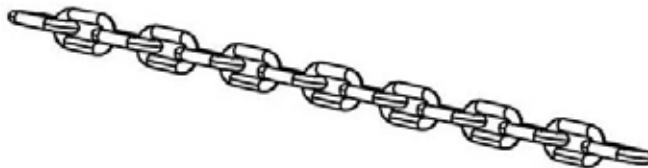
#35 \varnothing 7/8" Pulley Bushing
(Qty 6)



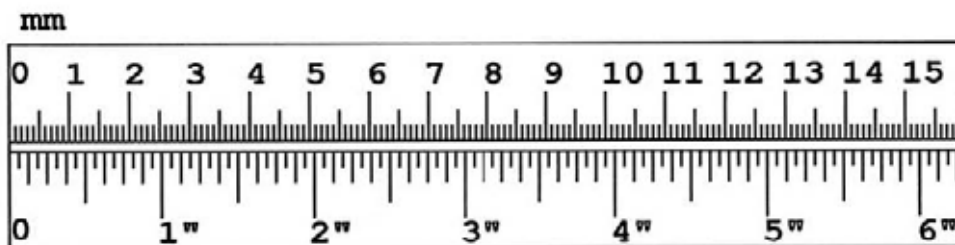
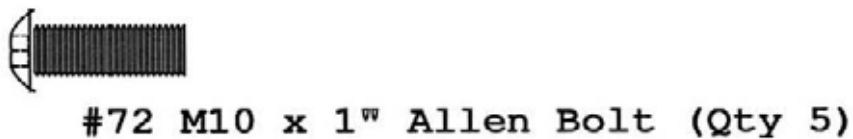
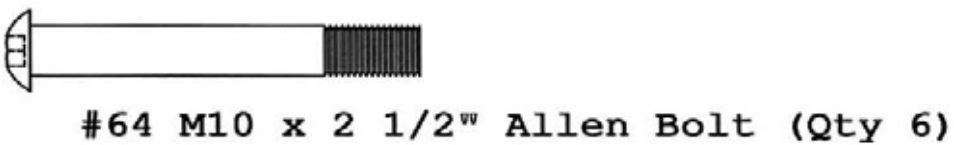
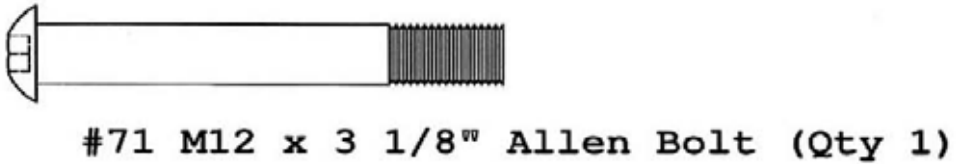
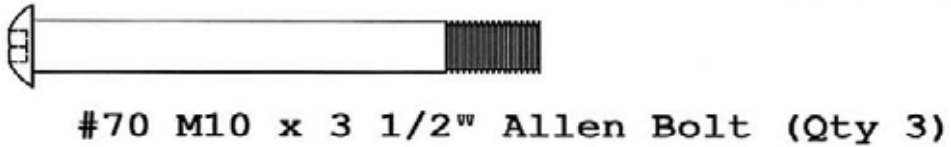
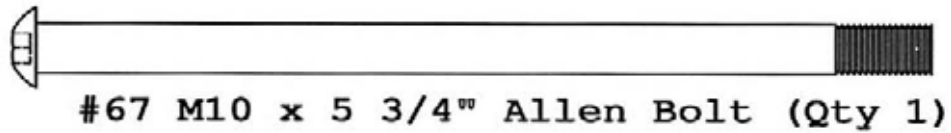
#25 6-Joint Chain (Qty 1)



#26 10-Joint Chain (Qty 1)

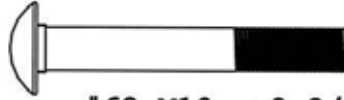


#27 15-Joint Chain (Qty 1)





#63 M10 x 3 1/2" Carriage Bolt (Qty 2)



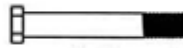
#62 M10 x 2 3/4" Carriage Bolt (Qty 6)



#68 M8 x 2 1/2" Allen Bolt (Qty 2)



#69 M8 x 1 5/8" Allen Bolt (Qty 2)



#61 M6 x 1 5/8" Hex Bolt (Qty 2)



#80 M12 Aircraft Nut (Qty 1)



#76 Ø 1" Washer (Qty 2)



#79 Spacer (Qty 2)



#73 M6 Aircraft Nut (Qty 2)



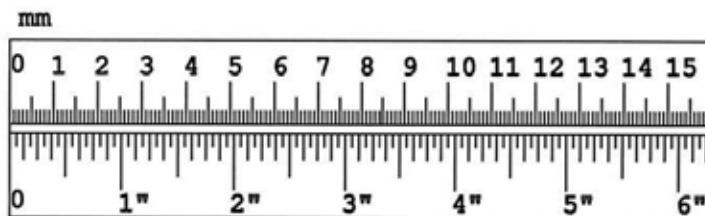
#78 Ø 5/8" Washer (Qty 4)



#77 Ø 3/4" Washer (Qty 47)



#81 M10 Aircraft Nut (Qty 30)



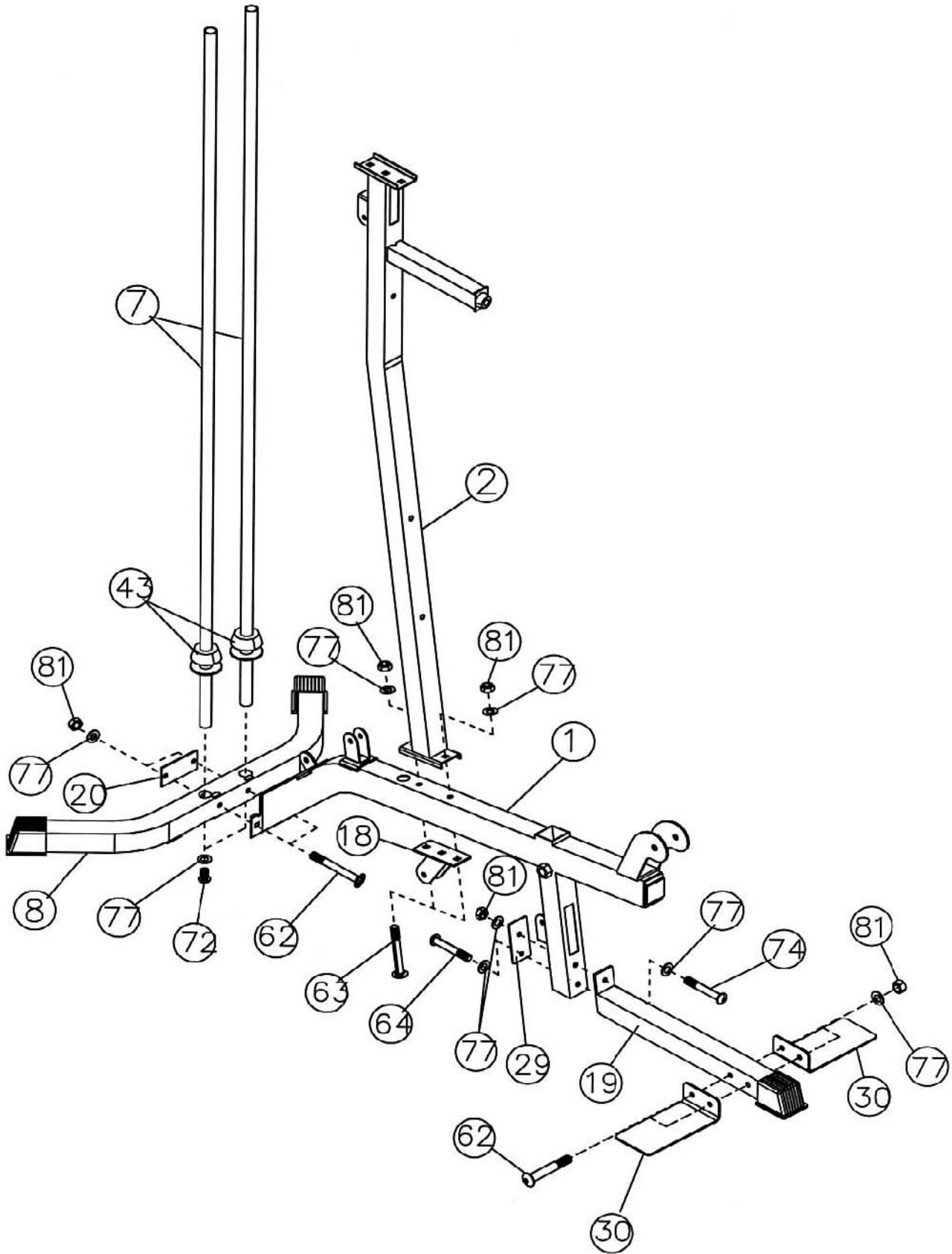
ASSEMBLY INSTRUCTION

Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

NOTE: It is strongly recommended this machine to be assembled by two or more people to avoid possible injury.

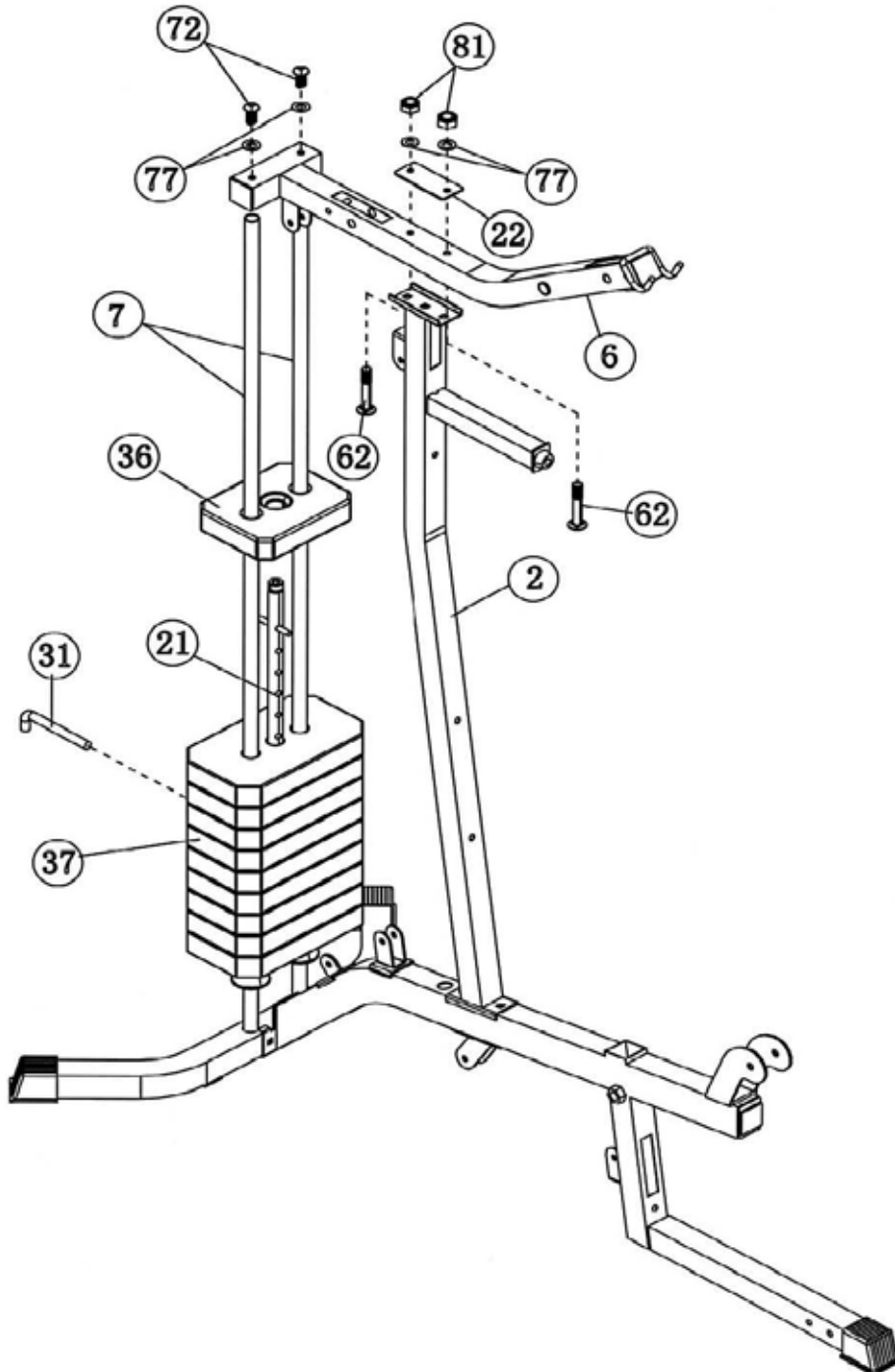
STEP 1 (See Diagram 1)

- A) Slide two $\text{Ø}2 \frac{1}{2}$ " Round Rubber Bumpers (#43) onto the Guide Rods (#7). Insert the two Guide Rods into the holes on the Rear Stabilizer (#8). Secure each Guide Rod with one M10 x 1" Allen Bolt (#72) and $\text{Ø} \frac{3}{4}$ " Washer (#77) from the bottom.
- B) Attach the rear of Main Base Frame (#1) to the Rear Stabilizer. Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#62), one 4 $\frac{3}{8}$ " x 2" Bracket (#20), two $\text{Ø} \frac{3}{4}$ " Washers (#77), and two M10 Aircraft Nuts (#81). Do not tighten the nuts and bolts yet.
- C) Attach the Front Stabilizer (#19) to the Main Base Frame (#1). Secure them with one M10 x 3" Allen Bolt (#74), one 4" x 2" Bracket (#29), two $\text{Ø} \frac{3}{4}$ " Washers (#77), and one M10 Aircraft Nut (#81) to the top hole. Secure the bottom hole with one M10 x 2 $\frac{1}{2}$ " Allen Bolt (#64) and $\text{Ø} \frac{3}{4}$ " Washer (#77) from the back.
- D) Attach the Foot Plates (#30) to the Front Stabilizer (#19). Secure them with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#62), $\text{Ø} \frac{3}{4}$ " Washers (#77), and M10 Aircraft Nuts (#81).
- E) Place the Vertical Frame (#2) onto the Main Base Frame. Secure them with two M10 x 3 $\frac{1}{2}$ " Carriage Bolts (#63), one Pulley Bracket (#18), two $\text{Ø} \frac{3}{4}$ " Washers (#77), and two M10 Aircraft Nuts (#81). Securely tighten all nuts and bolts previously installed.



STEP 2 (See Diagram 2)

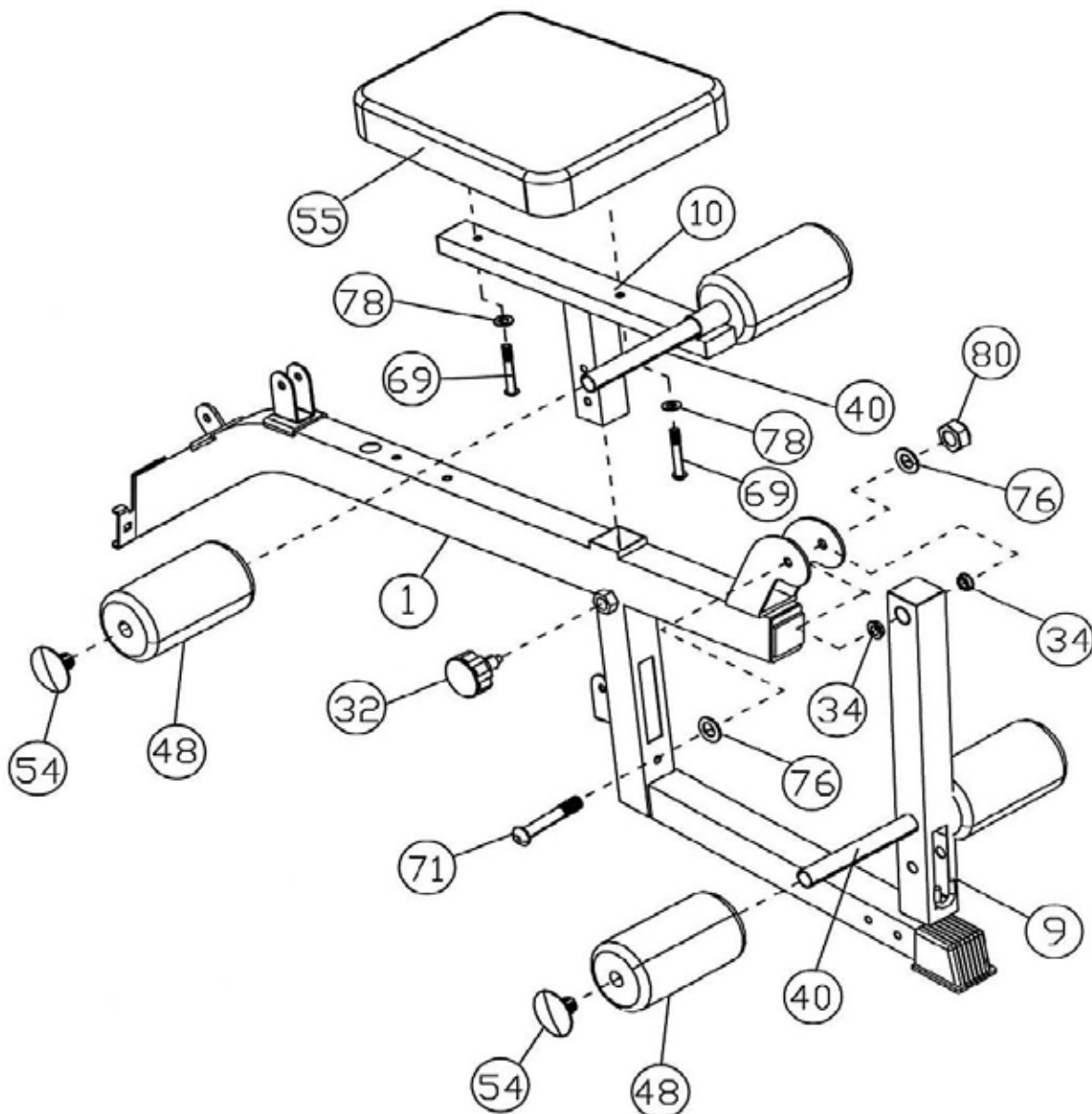
- A) Slide 9 Weight Plates (#37) onto the Guide Rods (#7). Align the holes on the Weight Plates. Insert a Selector Rod (#21) through the center hole. Use a L-shaped Pin (#31) to select the number of Weight Plates. Slide the Selector Stem (#36) onto the Guide Rods.
- B) Attach the holes on the Upper Frame (#6) onto the Guide Rods. Place the Upper Frame onto the Vertical Frame (#2).
- C) Secure the Upper Frame (#6) to the Guide Rods (#7) with two M10 x 1" Allen Bolts (#72) and $\text{\O} \frac{3}{4}$ " Washers (#77).
- D) Secure the Upper Frame to the Vertical Frame with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#62),



STEP 3 (See Diagram 3)

- A) Place the Seat (#55) onto the Seat Support (#10). Secure it with two M8 x 1 5/8" Allen Bolts (#69) and Ø 5/8" Washers (#78).
- B) Insert the Seat Support into the opening on the Main Base Frame (#1). Use a Lock Knob (#32) to secure the Seat Support at desired height.
- C) Attach two Ø 1" x 1/2" Bushings (#34) to the Leg Developer (#9). Attach the Leg Developer to the bracket on the Main Base Frame. Secure it with one M12 x 3 1/8" Allen Bolt (#71), two Ø 1" Washers (#76), and one M12 Aircraft Nut (#80). Do not over tighten the Bolt and Nut. Make sure the Leg Developer is able to swivel on the Bolt.
- D) Insert two Foam Tubes (#40) halfway through the holes on the Seat Support and Leg Developer. Push four Foam Rolls (#48) onto the Tubes from both ends. Cover each end with a Foam Roll End Cap (#54).

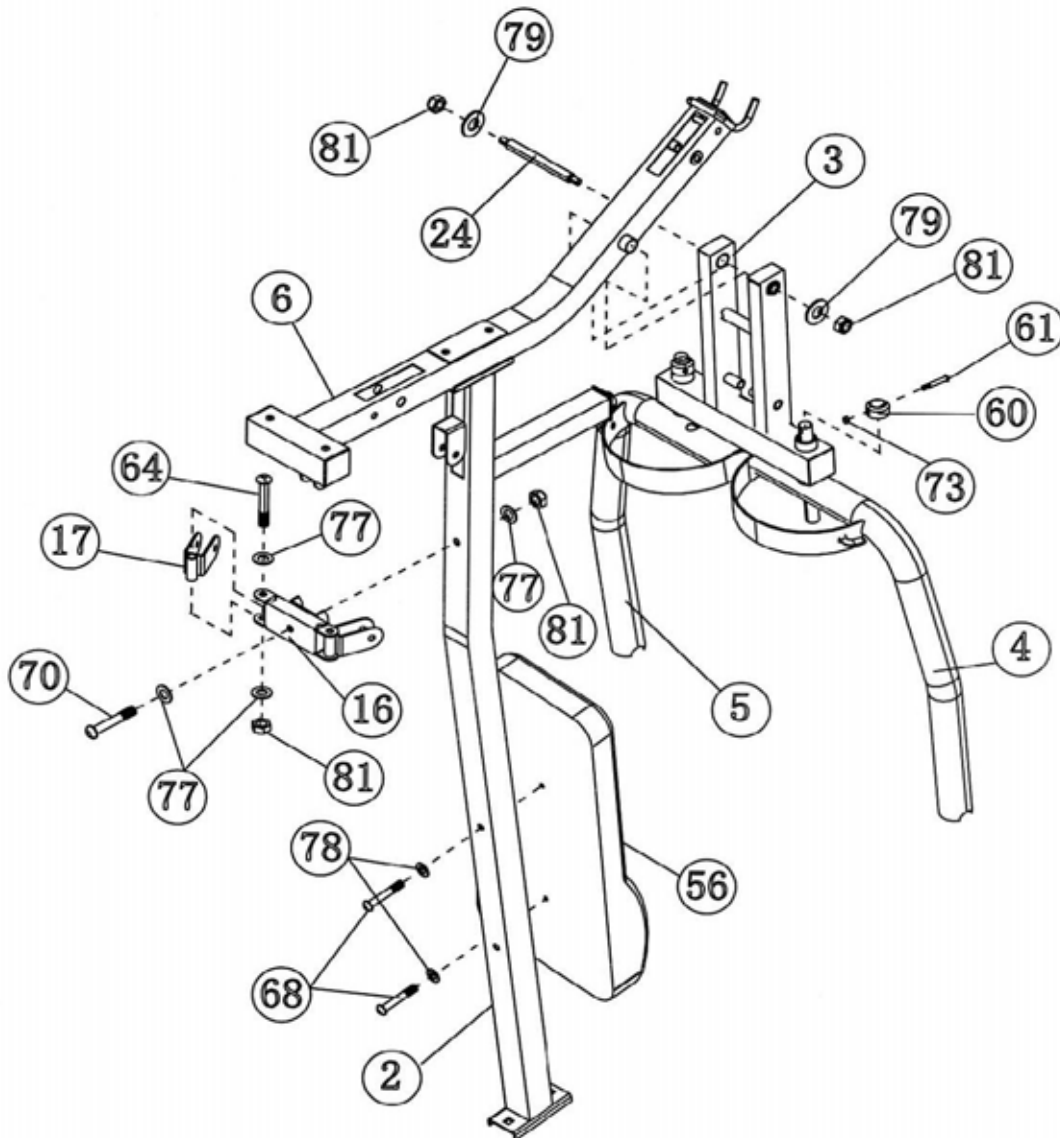
DIAGRAM 3



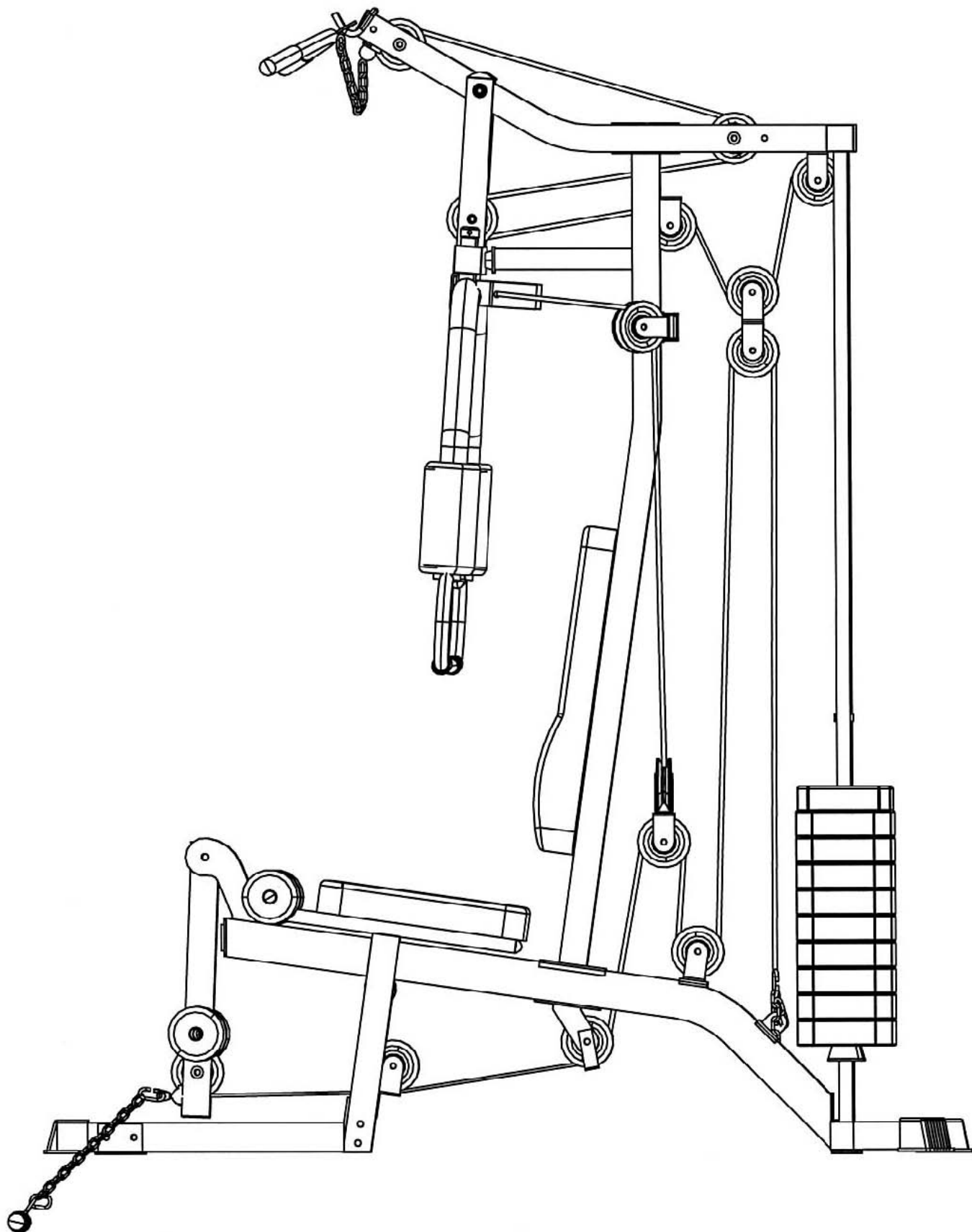
STEP 4 (See Diagram 4)

- A) Attach the Front Press Base (#3) to the Upper Frame (#6). Secure it with one Axle (#24), two Spacers (#79), and two M10 Aircraft Nuts (#81). Do not over tighten the Nuts.
- B) Insert the axle on the Right Butterfly (#4) through the hole on the Front Press Base from the bottom. Slide a Lock Ring (#60) onto the axle. Align the holes and secure it with one M6 x 1 5/8" Hex Bolt (#61) and M6 Aircraft Nut (#73). Repeat the same step to install the Left Butterfly (#5).
- C) Attach the Swivel Pulley Bracket Frame (#16) to the back of the Vertical Frame (#2). Secure it with one M10 x 3 1/2" Allen Bolt (#70), two Ø 3/4" Washers (#77), and one M10 Aircraft Nut (#81).
- D) Attach a Swivel Pulley Bracket (#17) to each end of Swivel Pulley Bracket Frame. Secure each Bracket with one M10 x 2 1/2" Allen Bolt (#64), two Ø 3/4" Washers (#77), and one M10 Aircraft Nut (#81).
- E) Attach the Backrest Board (#56) to the Vertical Frame (#2). Secure it with two M8 x 2 1/2" Allen Bolts (#68) and Ø 5/8" Washers (#78).

DIAGRAM 4



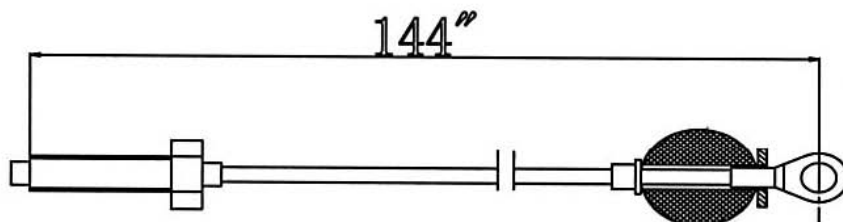
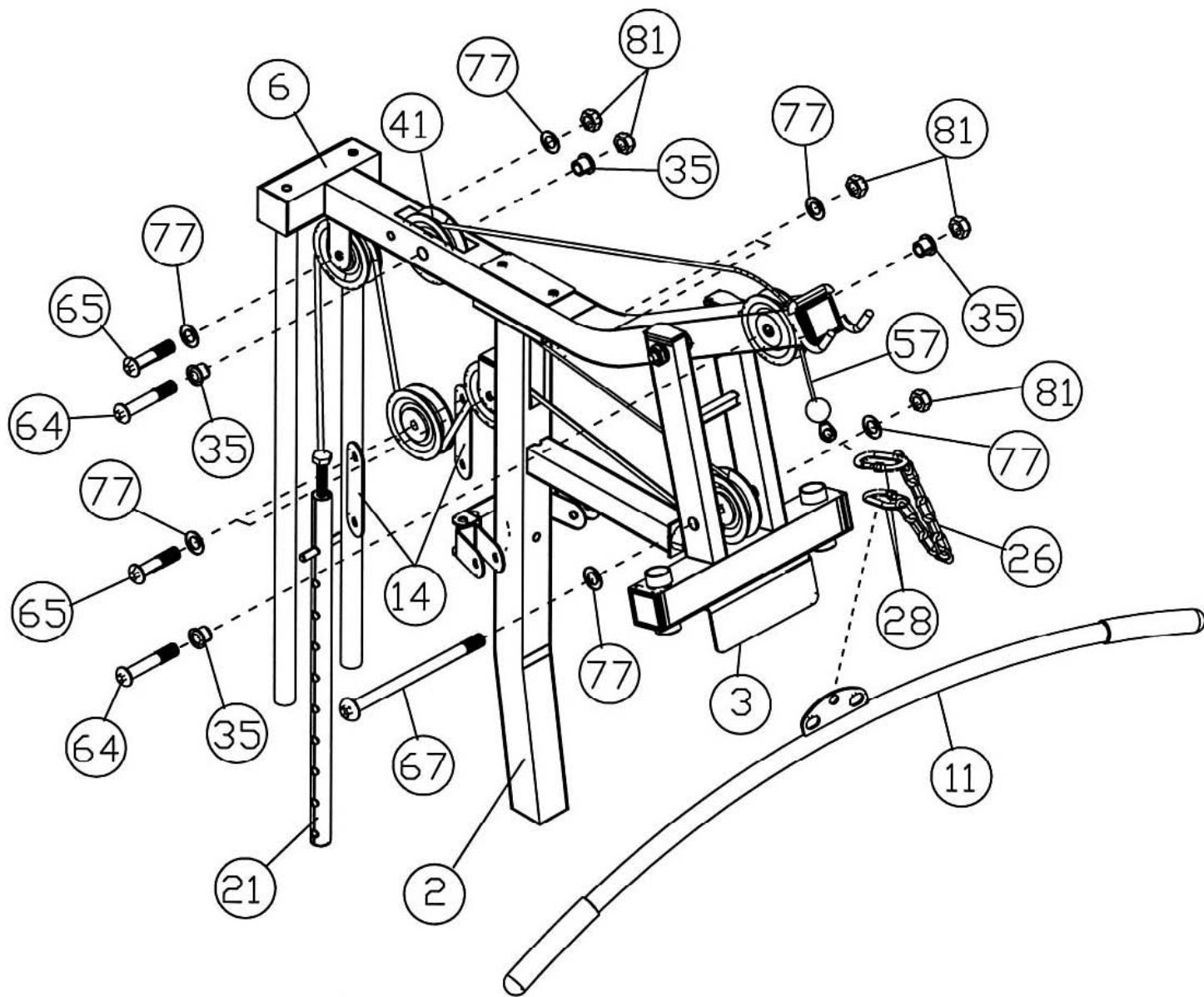
CABLE LOOP DIAGRAM



STEP 5 (See Diagram 5 & Cable Loop Diagram)

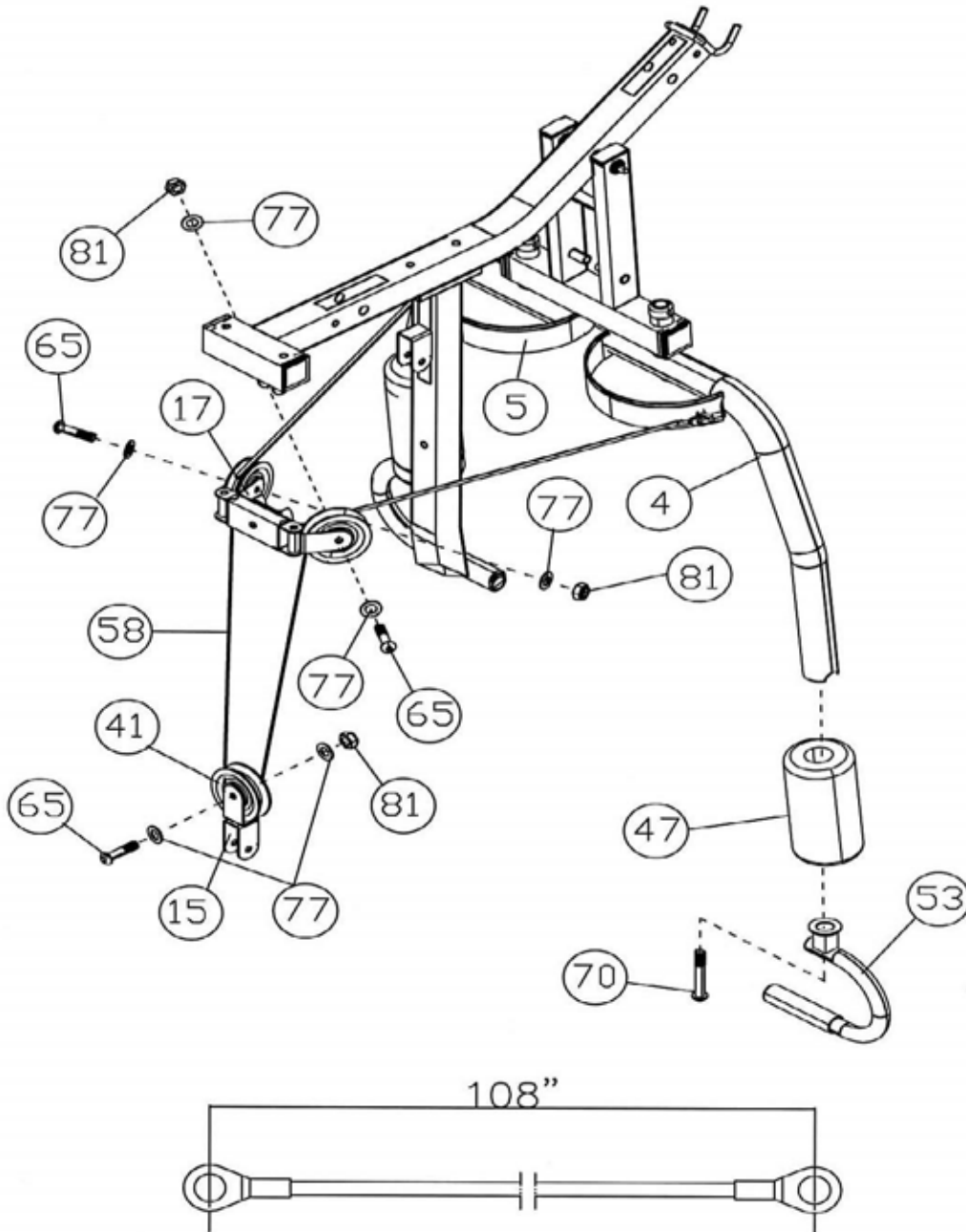
- A) Attach the 144" Upper Cable (#57) to the front opening on the Upper Frame (#6). NOTE: The Ball Stopper on the Cable needs to be underneath the Frame. B.) Attach a Pulley (#41) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#64), two Ø 7/8" Pulley Bushings (#35), and one M10 Aircraft Nut (#81). C.) Draw the Cable towards the back of the machine to another opening on the Upper Frame. Repeat Step B above to install a Pulley.
- B) Draw the Cable around the Pulley then pull back to the opening on the Front Press Base (#3). Attach a Pulley to the opening. Secure it with one M10 x 5 ¾" Allen Bolt (#67), two Ø ¾" Washers (#77), and one M10 Aircraft Nut (#81).
- C) Draw the Cable around the Pulley then through the hole on the Vertical Frame (#2) to the open bracket on the back of Vertical Frame. F.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#65), two Ø ¾" Washers (#77), and one M10 Aircraft Nut (#81).
- D) Draw the Cable over the Pulley and pull the Cable downwards. Attach a Pulley to the upper holes on the two Double Floating Pulley Brackets (#14). Repeat Step F above to install another Pulley. Let the Bracket hanging for now.
- E) Draw the Cable around the Pulley then pull upwards to the open bracket underneath the Upper Frame. Repeat Step F above to install another Pulley. I.) Pull the Cable downwards between the two Guide Rods to the Selector Rod (#21). Securely thread the bolt on the end of the Cable into the Selector Rod.
- F) Attach a 10-Joint Chain (#26) to the Cable using a C-clip (#28). Attach the Lat Bar (#11) to the Chain using a C-clip. Adjust the length of Chain to obtain the desired Lat Bar exercise.

DIAGRAM 5



STEP 6 (See Diagram 6 & Cable Loop Diagram)

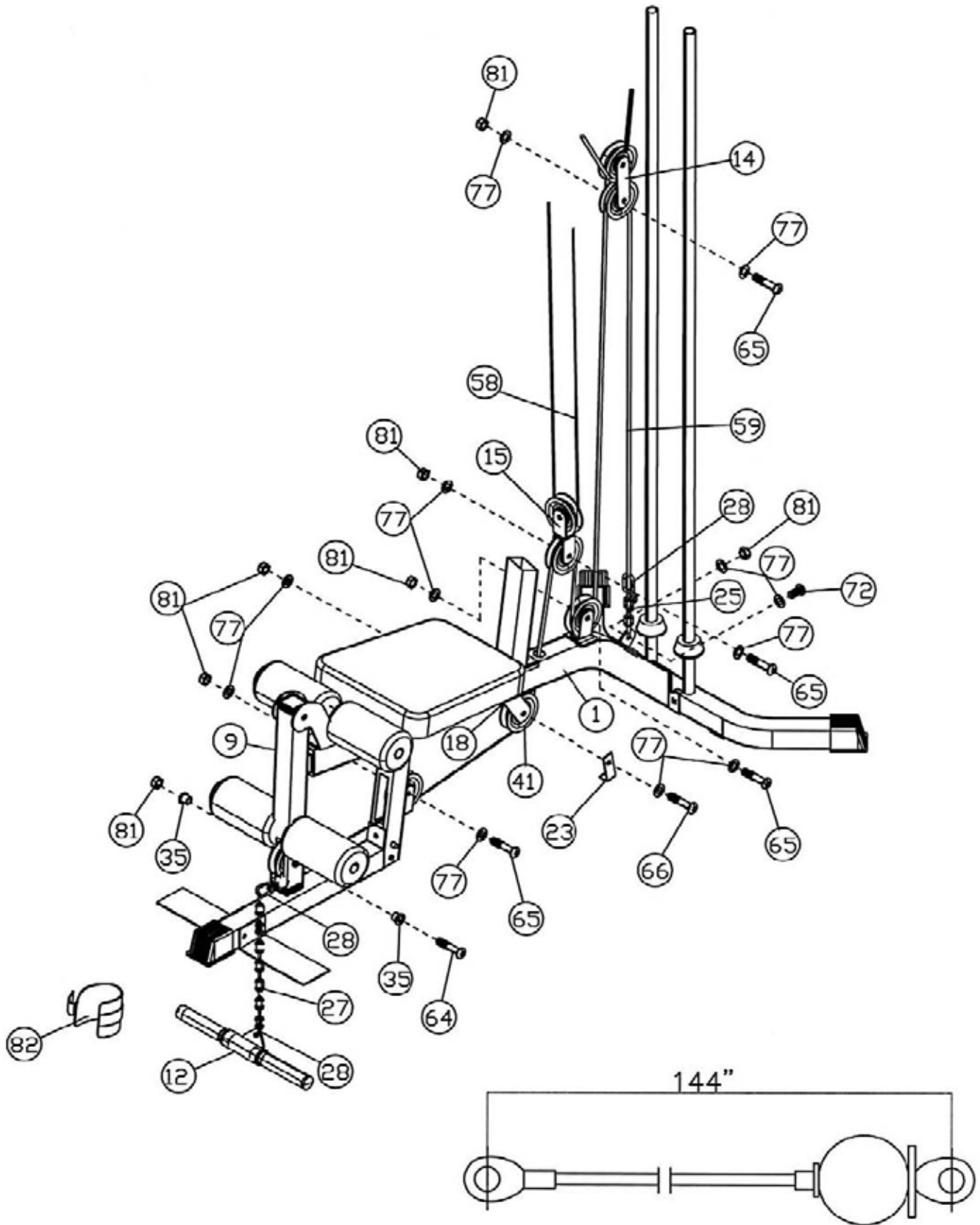
- A) Attach one end of the 108" Butterfly Cable (#58) to the hook on the Right Butterfly (#4). Draw the Cable towards the right open Swivel Pulley Bracket (#17).
- B) Attach a Pulley (#41) to the bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#65), two \varnothing 3/4" Washers (#77), and one M10 Aircraft Nut (#81).
- C) Draw the Cable over the Pulley then pull downward. Attach the Cable to an Angled Double Floating Pulley Bracket (#15). Install a Pulley as described in Step B. Let the Bracket hanging for now.
- D) Draw the Cable around the Pulley and pull upward to the left open Swivel Pulley Bracket. Install another Pulley as described in Step B above.
- E) Draw the Cable over the Pulley and attach the end to the open hook on the Left Butterfly (#5).
- F) Slide a Butterfly Foam Roll (#47) onto the Right Butterfly (#4). Attach a Front Press Handle (#53) to the end of the tube and sure it with a M10 x 3 1/2" Allen Bolt (#70). Repeat the same



STEP 7 (See Diagram 7 & Cable Loop Diagram)

- A.) Attach the 144" Lower Cable (#59) to the opening on the bottom of the Leg Developer (#9).
- B.) Attach a Pulley (#41) to the opening. Secure it with one M10 x 2 ½" Allen Bolt (#64), two ∅ 7/8" Pulley Bushings (#35), and one M10 Aircraft Nut (#81).
- C.) Draw the Cable underneath the Pulley towards the back of the machine through the opening on the bottom of the Main Base Frame (#1) to an open bracket.
- D.) Attach a Pulley to the bracket. Secure it with one M10 x 1 ¾" Allen Bolt (#65), two ∅ ¾" Washers (#77), and one M10 Aircraft Nut (#81).
- E.) Draw the Cable underneath the Pulley towards the back of the machine to the Pulley Bracket (#18) underneath the Main Base Frame.
- F.) Attach a Pulley to the bracket. Secure it with one L-shaped Bracket (#23), one M10 x 2" Allen Bolt (#66), two ∅ ¾" Washers (#77), and one M10 Aircraft Nut (#81).
- G.) Pull the Cable upward to the Angled Double Floating Pulley Brackets (#15) previously installed in Step 6. Repeat Step D to install another Pulley.
- H.) Draw the Cable around the Pulley then pull downward to the open bracket on the Main Base Frame. Repeat Step D to install another Pulley.
- I.) Draw the Cable around the Pulley then pull upward to the Double Floating Pulley Bracket (#14) previously installed in Step-5. Repeat Step D to install a Pulley.
- J.) Draw the Cable around the Pulley then pull downward to the bracket on the rear of Main Base Frame. Attach the Cable to a 6-Joint Chain (#25) using a C-clip (#28). Secure the other end of the Chain to the bracket with a M10 x 1" Allen Bolt (#72), two ∅ ¾" Washers (#77) and one M10 Aircraft Nut (#81).
- K.) Use the length of the Chain to adjust the tension of the Cable Loop System. If the Cables are too loose, shorten the Chain.
- L.) Attach the 15-Joint Chain (#27) to the end of the Cable by using a C-clip. Attach the Arm Curl Handle (#12) to the Chain by using another C-clip. Replace Arm Curl Handle with the Ankle Strap (#82) for various Leg exercises. Adjust the length of Chain to obtain the desired exercise. Remove the Arm Curl Handle and Ankle Strap when using the Leg Developer.

DIAGRAM 7



PARTS LIST

KEY NO	DESCRIPTION	QTY		QTY	
1.	Main Base Frame	1	53.	Front Press Handle	2
2.	Vertical Beam	1	54.	Foam Roll End Cap	4
3.	Front Press Base	1	55.	Seat	1
4.	Right Butterfly	1	56.	Backrest Board	1
5.	Left Butterfly	1	57.	144" Upper Cable	1
6.	Upper Frame	1	58.	108" Butterfly Cable	1
7.	Guide Rod	2	59.	144" Lower Cable	1
8.	Rear Stabilizer	1	60.	Lock Ring	2
9.	Leg Developer	1	61.	M6 x 1 5/8" Hex Bolt	2
10.	Seat Support	1	62.	M10 x 2 3/4" Carriage Bolt	6
11.	Lat Bar	1	63.	M10 x 3 1/2" Carriage Bolt	2
12.	Arm Curl Handle	1	64.	M10 x 2 1/2" Allen Bolt	6
13.	Arm Curl Tube	1	65.	M10 x 1 3/4" Allen Bolt	10
14.	Double Floating Pulley Bracket	2	66.	M10 x 2" Allen Bolt	1
15.	Angled Double Floating Pulley Bracket	1	67.	M10 x 5 3/4" Allen Bolt	1
16.	Swivel Pulley Bracket Frame	1	68.	M8 x 2 1/2" Allen Bolt	2
17.	Swivel Pulley Bracket	2	69.	M8 x 1 5/8" Allen Bolt	2
18.	Pulley Bracket	1	70.	M10 x 3 1/2" Allen Bolt	3
19.	Front Stabilizer	1	71.	M12 x 3 1/8" Allen Bolt	1
20.	4 3/8" x 2" Bracket	1	72.	M10 x 1" Allen Bolt	5
21.	Selector Rod	1	73.	M6 Aircraft Nut	2
22.	4 3/4" x 2" Bracket	1	74.	M10 x 3" Allen Bolt	1
23.	L-shaped Bracket	1	75.	M6 x 5/8" Philips Screw	1
24.	Axle	1	76.	Ø 1" Washer	2
25.	6-Joint Chain	1	77.	Ø 3/4" Washer	47
26.	10-Joint Chain	1	78.	Ø 5/8" Washer	4
27.	15-Joint Chain	1	79.	Spacer	2
28.	C-clip	5	80.	M12 Aircraft Nut	1
29.	4" x 2" Bracket	1	81.	M10 Aircraft Nut	30
30.	Foot Plate	2	82.	Ankle Strap	1
31.	L-shaped Pin	1	83.	#5 Allen Wrench (Tool)	
32.	Lock Knob	1	84.	#6 Allen Wrench (Tool)	
33.	Ø 1" x 5/8" Bushing	6	85.	#8 Allen Wrench (Tool)	
34.	Ø 1" x 1/2" Bushing	2			
35.	Ø 7/8" Pulley Bushing	6			
36.	Selector Stem	1			
37.	Weight Plate	9			
38.	Ø 1 1/8" Bushing	2			
39.	Ø 1 1/2" Bushing	2			
40.	Foam Tube	2			
41.	Pulley	15			
42.	1 7/8" Rubber Bumper	1			
43.	Ø 2 1/2" Round Rubber Bumper	2			
44.	Ø 1 1/2" Rubber Bumper	1			
45.	5 1/2" Handle Grip	4			
46.	6" Lat Bar Handle Grip	2			
47.	Butterfly Foam Roll	2			
48.	Foam Roll	4			
49.	2" Square Stabilizer End Cap	3			
50.	2" Square End Cap (Impex Logo)	7			
51.	2" x 1" End Cap	4			
52.	Ø 1" End Cap	3			

MWM 900 WEIGHT RESISTANCE CHART

Weight Plate	Front Press	Butterfly	Lat Pull	Leg Developer/Low Pulley
1	30	15	30	30
2	42	20	40	40
3	54	25	50	50
4	66	30	60	60
5	78	35	70	70
6	90	40	80	80
7	102	45	90	90
8	114	50	100	100
9	126	55	110	110

Note: Each plate weights 10 lbs.

Numbers are approximate. Actual weights may vary.

Values for Butterfly are for each arm.

LIMITED WARRANTY

Escalade 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 and one year on all other parts and components from the date of purchase. This warranty extends only to the original purchaser. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. 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, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Escalade.

Escalade 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.

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.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department Monday to Friday 8am to 4:30pm.

Tel / Fax: 0044 (0) 1792 702610

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the gym.
2. The gym can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Examine the gym regularly for signs of damage or wear. Pay particular attention to the bushings on movable parts.
4. Examine the cables regularly for signs of wear and damage. Adjust cable tension as required. This can be achieved by moving the C Clip up one link on Chain #25.
5. **Failure to examine the gym regularly may affect the safety level of the equipment.**
6. Periodically, spray the Guide Rods # 7 with silicon spray or light oil to ensure a smooth operation.
7. Replace any defective components immediately and/or keep the gym out of use until repair.
8. Ensure Lat Bar #11 is properly stored when not in use.

Dimensions: H: 211cm x W: 100cm x L: 170cm

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