

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
MCB-5702

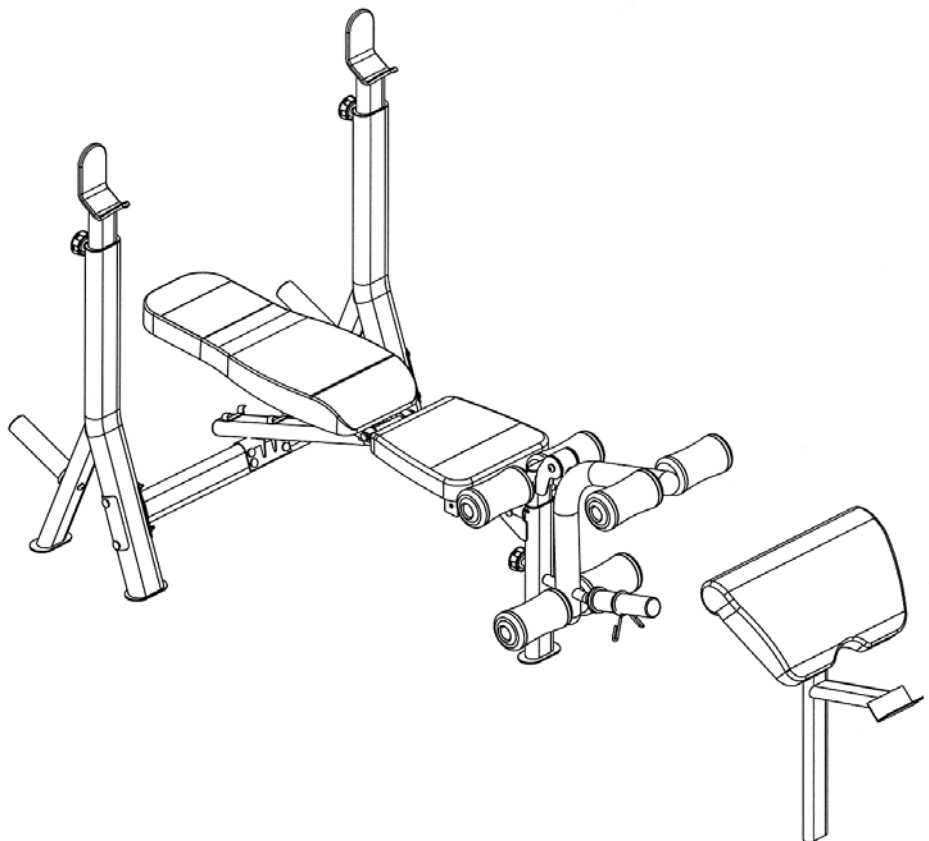
Retain This
Manual for
Reference

08-09-07

OWNER'S
MANUAL



MARCY CLASSIC Deluxe Mid-Size Bench MCB-5702



Escalade International Limited

Pleasant Road, Penllergaer, Swansea. SA4 9GE
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TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY PRECAUTIONS.....	2
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	10
PARTS LIST.....	11
WARRANTY.....	12
ORDERING PARTS.....	12

BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC DELUXE MID-SIZE BENCH MCB-5702 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 9am to 5pm.

Tel : 0044 (0) 1792 222562

E mail: customerservices@escaladesports.co.uk

Supplied by

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IMPORTANT SAFETY PRECAUTIONS

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

1. Keep children and pets away from the bench at all times. Do not leave children unattended in the same room with the bench. The bench 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 bench is not intended.
2. If children are allowed to use the bench their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
3. Only one person at a time should use the bench.
4. 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.
5. Position the bench on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. **DO NOT** use the bench near water or outdoors.
6. Keep hands away from all moving parts
7. Always wear appropriate clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the bench. Running or aerobic shoes are also required when using the bench.
8. Use the bench only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the bench.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the bench to exercise, always do stretching exercises to properly warm up.
12. Never use the bench if it is not functioning properly.
13. **This product is intended for H=Domestic use only.**

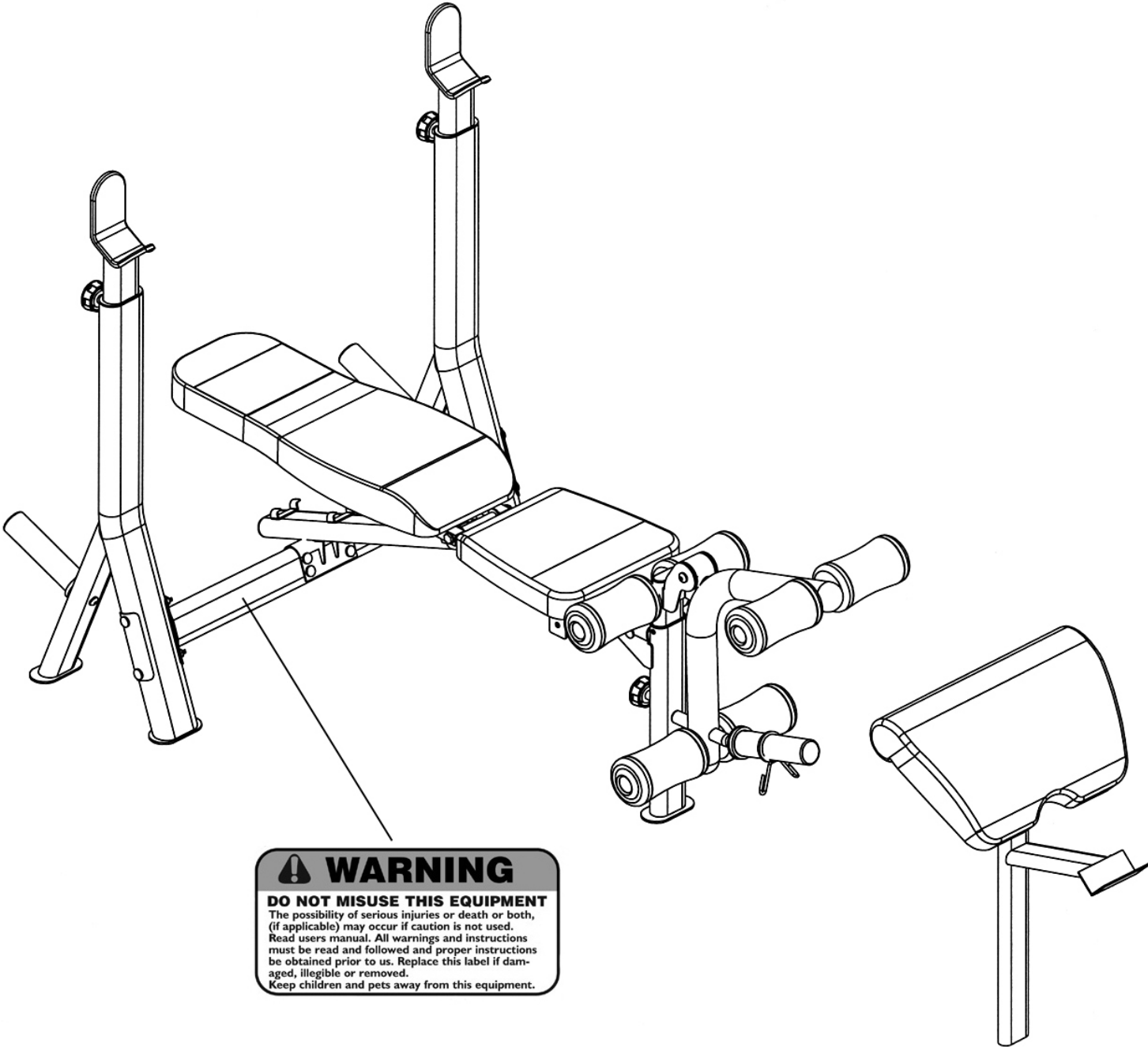
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. MARCY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.
3. Maximum weight capacity 270 kg. including the user's weight.
4. Maximum weight capacity on the leg developer: 45 kg.

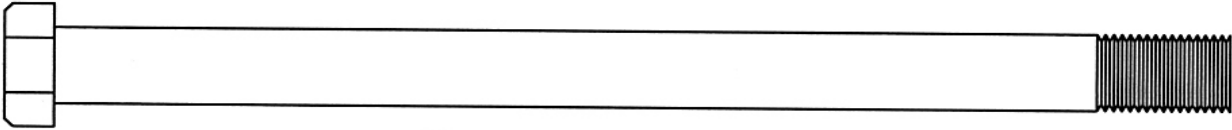
WARNING LABEL



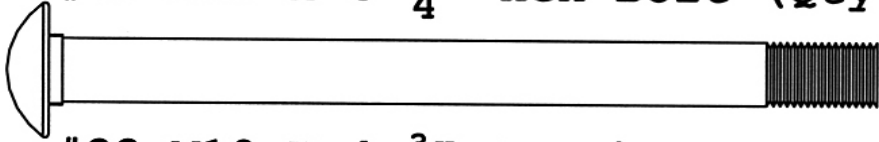
⚠ WARNING
DO NOT MISUSE THIS EQUIPMENT
The possibility of serious injuries or death or both, (if applicable) may occur if caution is not used. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to us. Replace this label if damaged, illegible or removed.
Keep children and pets away from this equipment.

HARDWARE PACK

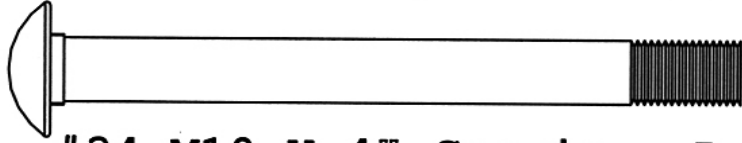
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



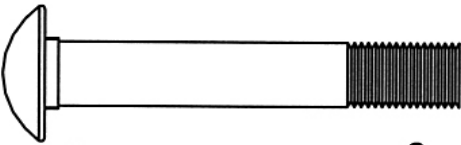
#40 M12 X 6 $\frac{3}{4}$ " Hex Bolt (Qty 1)



#33 M10 X 4 $\frac{3}{4}$ " Carriage Bolt (Qty 4)



#34 M10 X 4" Carriage Bolt (Qty 1)



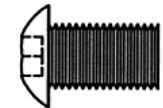
#35 M10 X 2 $\frac{3}{8}$ " Carriage Bolt (Qty 6)



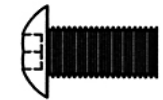
#38 M8 X 1 $\frac{5}{8}$ " Allen Bolt (Qty 4)



#36 M10 X 1" Allen Bolt (Qty 2)

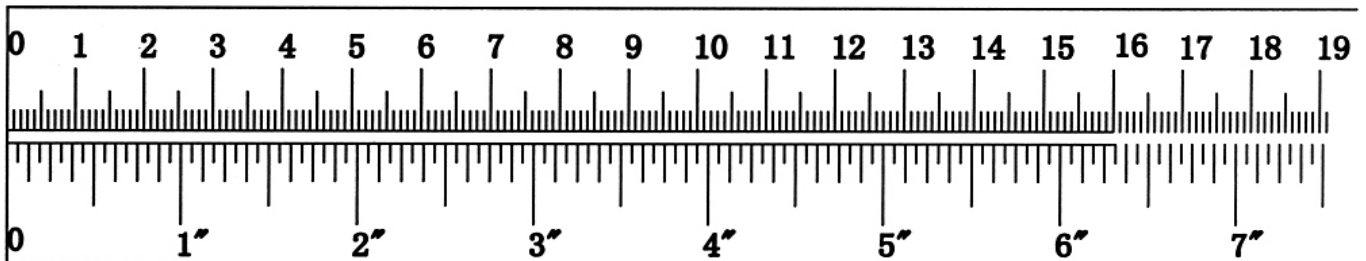


#37 M10 X $\frac{5}{8}$ " Allen Bolt (Qty 2)



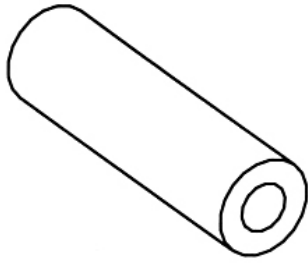
#46 M8 X $\frac{5}{8}$ " Allen Bolt (Qty 6)

mm

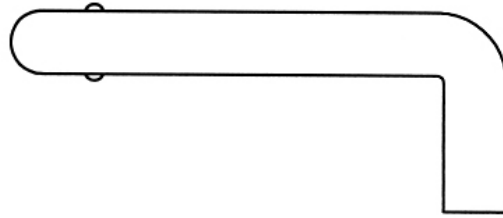


HARDWARE PACK

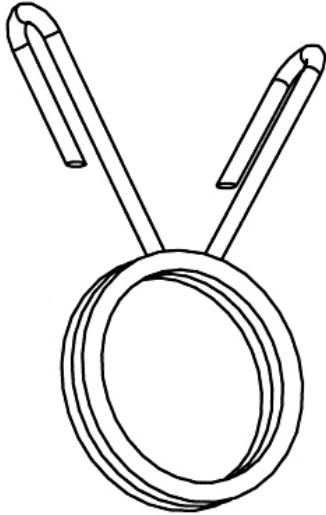
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



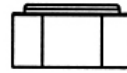
#23 Axle (Qty 1)



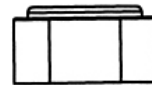
#48 L-shaped Pin (Qty 1)



#22 Spring Clip
(Qty 1)



#13 M10 Aircraft Nut (Qty 11)



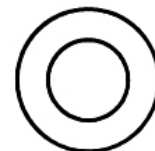
#7 M12 Aircraft Nut (Qty 1)



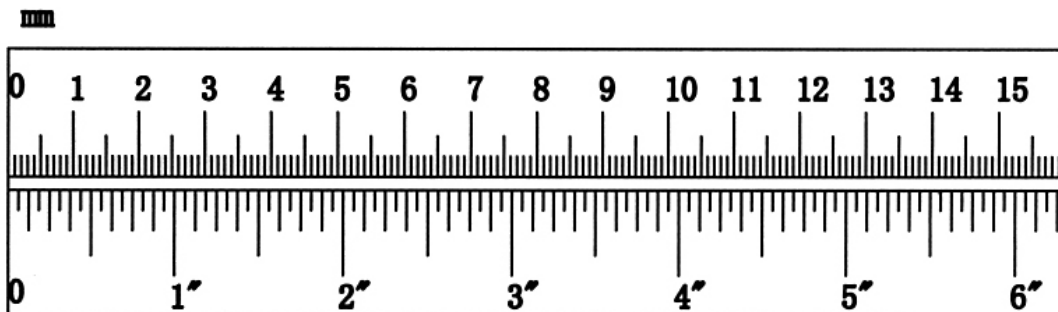
#5 $\text{\O} \frac{5}{8}''$ Washer
(Qty 10)



#2 $\text{\O} \frac{3}{4}''$ Washer
(Qty 15)



#41 $\text{\O} 1''$ Washer
(Qty 2)



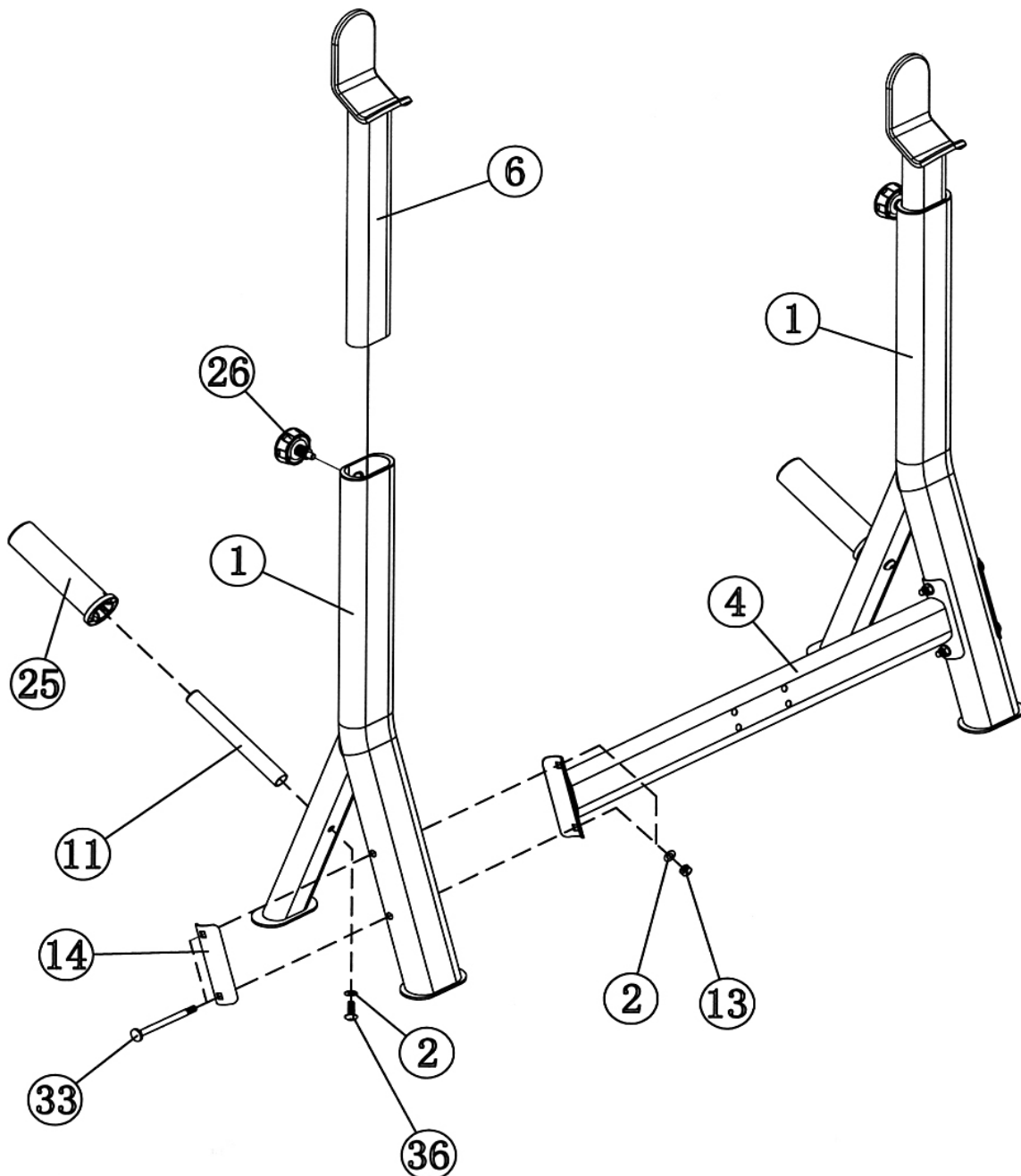
ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram 1)

- A.) Connect the two Upright Beams (#1) by a Cross Brace (#4) in the mid-span. Align the holes and secure each end of Cross Brace to the Upright Beam with two M10 x 4 3/4" Carriage Bolts (#33), one Bent Bracket (#14), two Ø 3/4" Washers (#2), and two M10 Aircraft Nuts (#13).
- B.) Insert two Crutches (#6) into the top openings on the Upright Beams. Secure them with two Lock Knobs (#26) through selected holes to obtain desired height of the Supports.
- C.) Attach one Weight Post (#11) to each Upright Beam. Secure each Weight Post with one M10 x 1" Allen Bolt (#36) and Ø 3/4" Washer (#2). Attach one Olympic Sleeve (#25) to each Post.

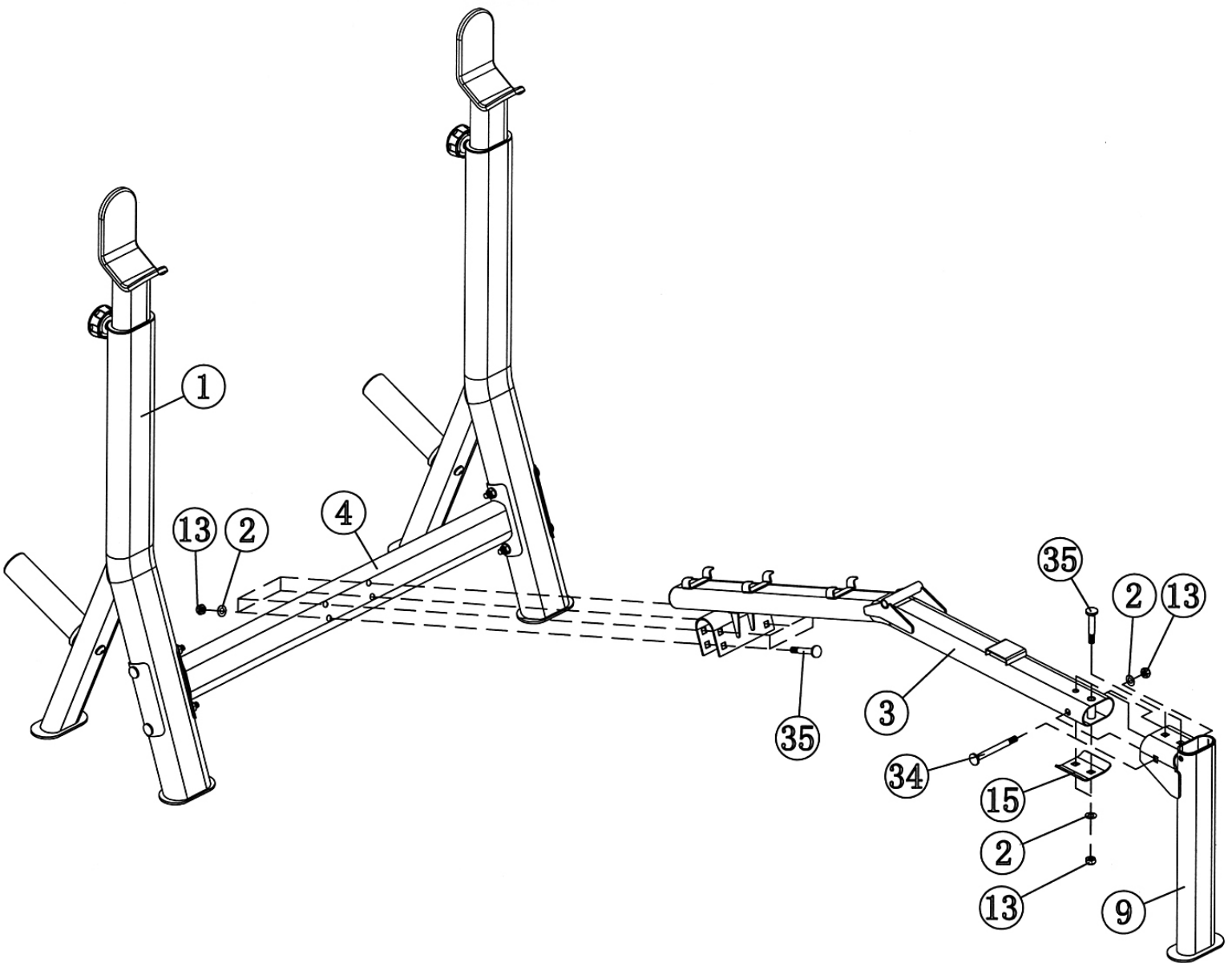
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Main Seat Support (#3) to the Front Post (#9). Secure it with two M10 x 2 3/8" Carriage Bolts (#35), one Small Bent Bracket (#15), two Ø 3/4" Washers (#2), and two M10 Aircraft Nuts (#13) vertically. Secure it with one M10 x 4" Carriage Bolt (#34), Ø 3/4" Washer (#2), and M10 Aircraft Nut (#13) horizontally.
- B.) Attach the Main Seat Support (#3) to the Cross Brace (#4). Secure it with four M10 x 2 3/8" Carriage Bolts (#35), Ø 3/4" Washers (#2), and M10 Aircraft Nuts (#13).

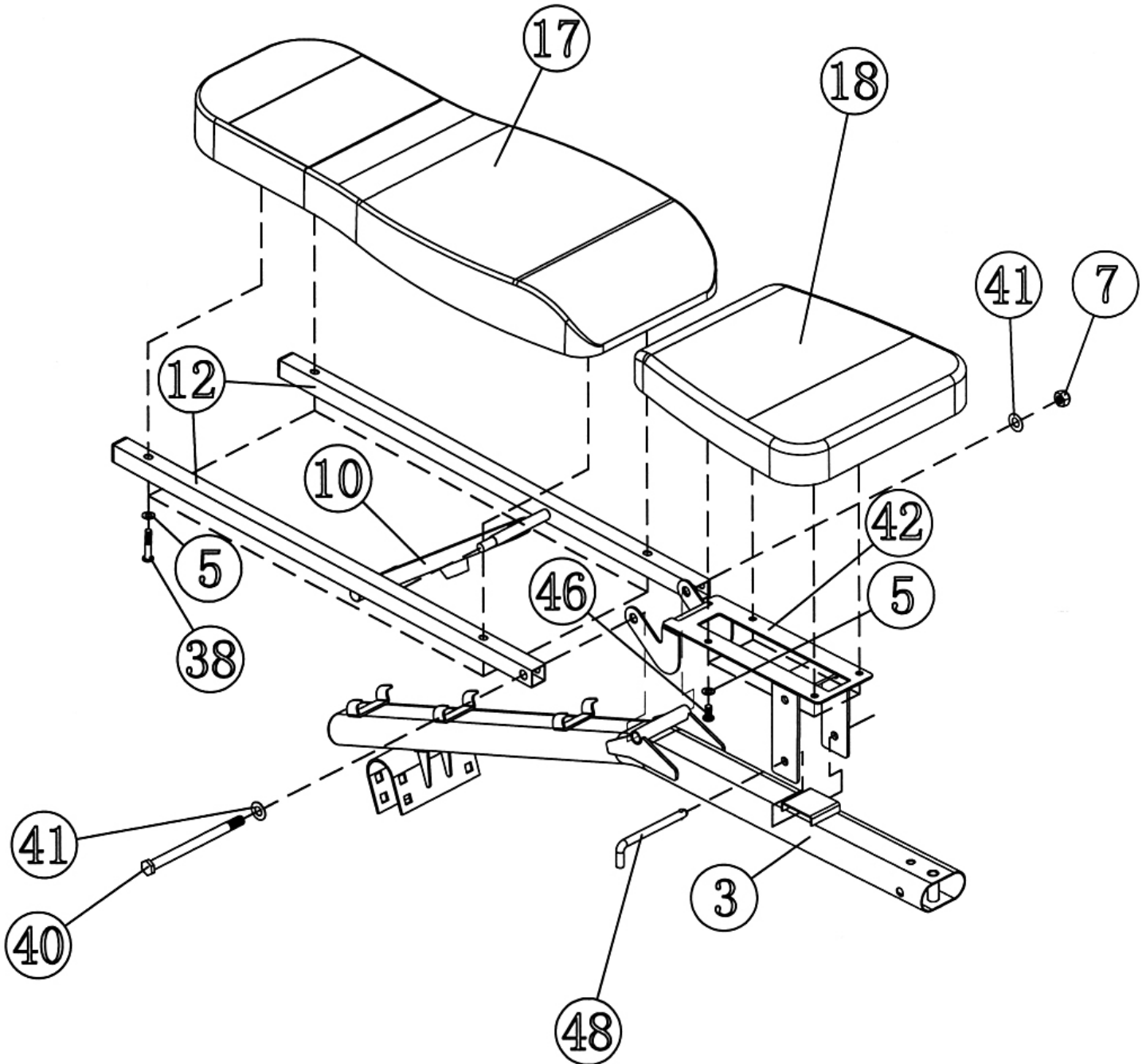
DIAGRAM 2



STEP 3 (See Diagram 3)

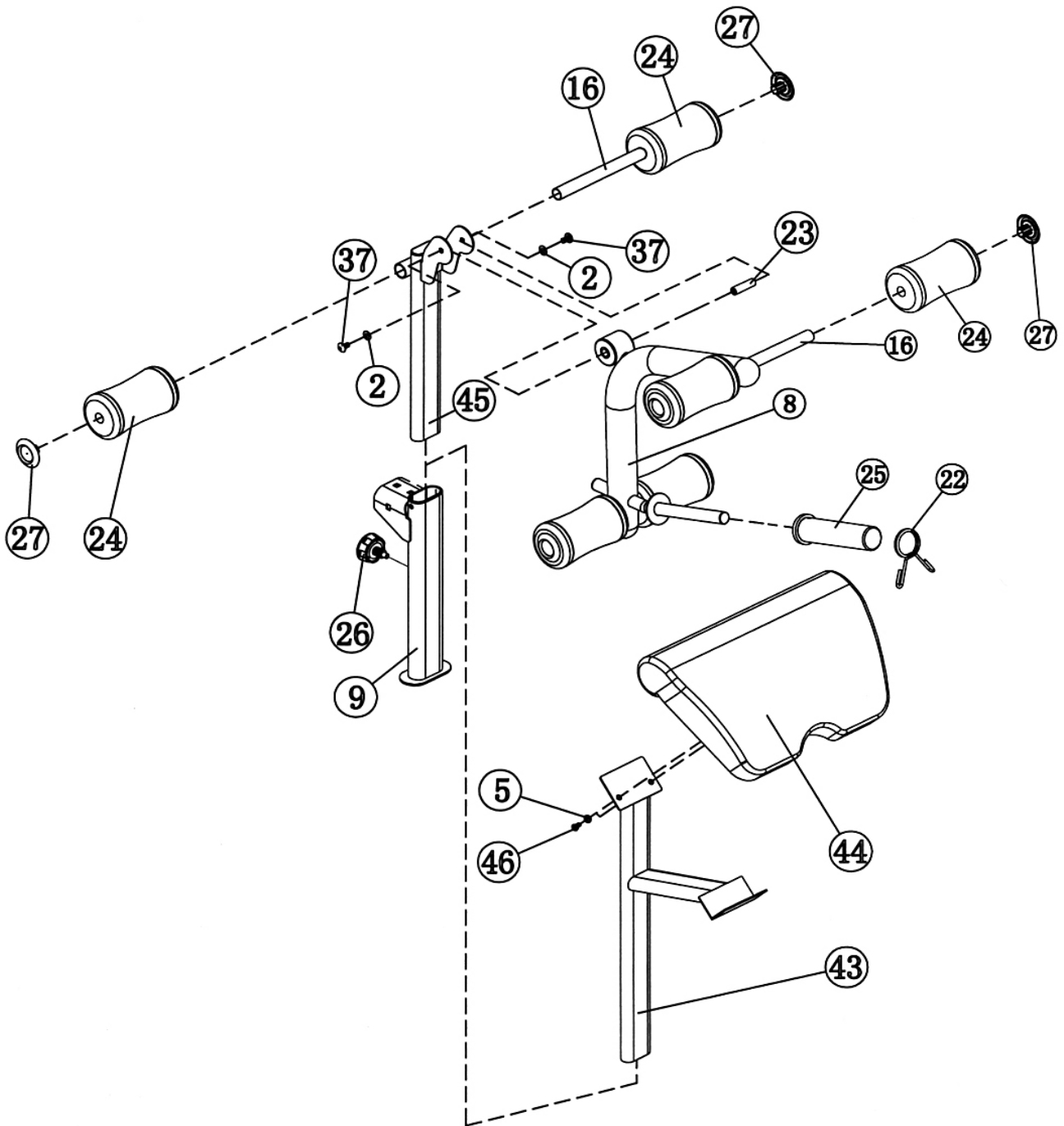
- A.) Attach the Seat Bracket (#42) to the pivot on the Main Seat Support (#3). Attach the Backrest Incline Support (#10) in between the two side-holes on the Backrest Supports (#12). Align the Backrest Supports (#12) to the Seat Bracket. Secure them together with one M12 x 6 3/4" Hex Bolt (#40), two Ø 1" Washers (#41), and one M12 Aircraft Nut (#7).
- B.) Place the Backrest Board (#17) onto the Backrest Supports (#12). Secure it with four M8 x 1 5/8" Allen Bolts (#38) and Ø 5/8" Washers (#5).
- C.) Place the Seat (#18) onto the Seat Bracket. Secure it with four M8 x 5/8" Allen Bolts (#46) and Ø 5/8" Washers (#5).
- D.) Use the L-shaped Pin (#48) through the selected holes on the Seat Bracket to hold the Seat at desired height.

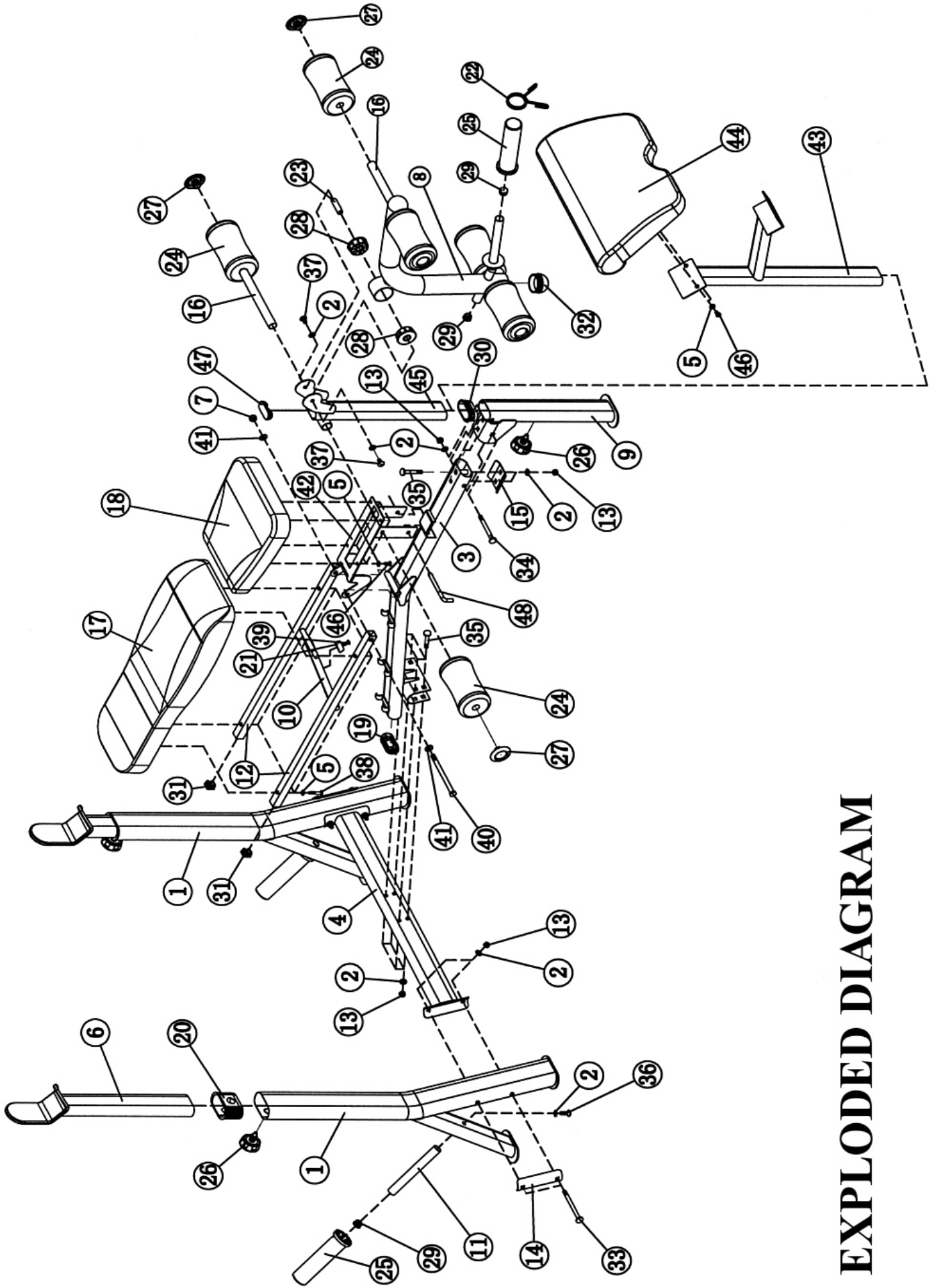
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Insert the Leg Developer Holder (#45) into the opening on the Front Post (#9). Thread a Lock Knob (#26) into the hole on Front Post to hold the Leg Developer Holder in position.
- B.) Attach the Leg Developer (#8) to the Leg Developer Holder (#9). Secure it with an Axle (#23), two M10 x 5/8" Allen Bolts (#37), and two $\text{\O} \frac{3}{4}$ " Washers (#2).
- C.) Insert one Foam Tube (#16) halfway through the hole on the Leg Developer Holder. Insert two Foam Tubes halfway through the holes on the Leg Developer.
- D.) Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#27) into the ends.
- E.) Attach an Olympic Sleeve (#25) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.
- F.) Attach the Arm Curl Pad (#44) to the Arm Curl Stand (#43). Secure it with two M8 x 5/8" Allen Bolts (#46) and two $\text{\O} \frac{5}{8}$ " Washers (#5).
- G.) When doing Arm Curl exercises, remove the Leg Developer Holder from Front Post. Insert the Arm Curl Stand into Front Post.





EXPLODED DIAGRAM

PARTS LIST

KEY NO.	DESCRIPTION	Q'ty	
1	Upright Beam	2	
2	Ø ¾" Washer	15	
3	Main Seat Support	1	
4	Cross Brace	1	
5	Ø 5/8" Washer	10	
6	Crutch	2	
7	M12 Aircraft Nut	1	
8	Leg Developer	1	
9	Front Post		1
10	Backrest Incline Support	1	
11	Weight Post	2	
12	Backrest Support	2	
13	M10 Aircraft Nut	11	
14	Bent Bracket	2	
15	Small Bent Bracket	1	
16	Foam Tube	3	
17	Backrest Board	1	
18	Seat	1	
19	1 5/8" x 3 1/8" End Cap	1	
20	2" x 4" Sleeve	2	
21	Rubber Bumper	1	
22	Spring Clip	1	
23	Axle	1	
24	Foam Roll	6	
25	Olympic Sleeve	3	
26	Lock Knob	3	
27	Foam Roll End Cap	6	
28	Ø 2 3/8" Axle Bushing	2	
29	Ø 1" End Cap	4	
30	1 5/8" x 3 1/8" Sleeve	1	
31	1" Square End Cap	2	
32	Ø 2 3/8" Cone-shaped End Cap	2	
33	M10 x 4 ¾" Carriage Bolt	4	
34	M10 x 4" Carriage Bolt	1	
35	M10 x 2 3/8" Carriage Bolt	6	
36	M10 x 1" Allen Bolt	2	
37	M10 x 5/8" Allen Bolt	2	
38	M8 x 1 5/8" Allen Bolt	4	
39	M6 x 5/8" Philips Screw	1	
40	M12 x 6 ¾" Hex Bolt	1	
41	Ø 1" Washer	2	
42	Seat Bracket	1	
43	Arm Curl Stand	1	
44	Arm Curl Pad	1	
45	Leg Developer Holder	1	
46	M8 x 5/8" Allen Bolt	6	
47	2 ¾" End Cap	1	
48	L-shaped Pin	1	

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 9am to 5pm.

Tel: 0044 (0) 1792 222 562

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 machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. **Failure to examine the BENCH regularly may affect the safety level of the equipment.**