

NOTE:
Please read all
instructions carefully
before using this product

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Model
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Retain This
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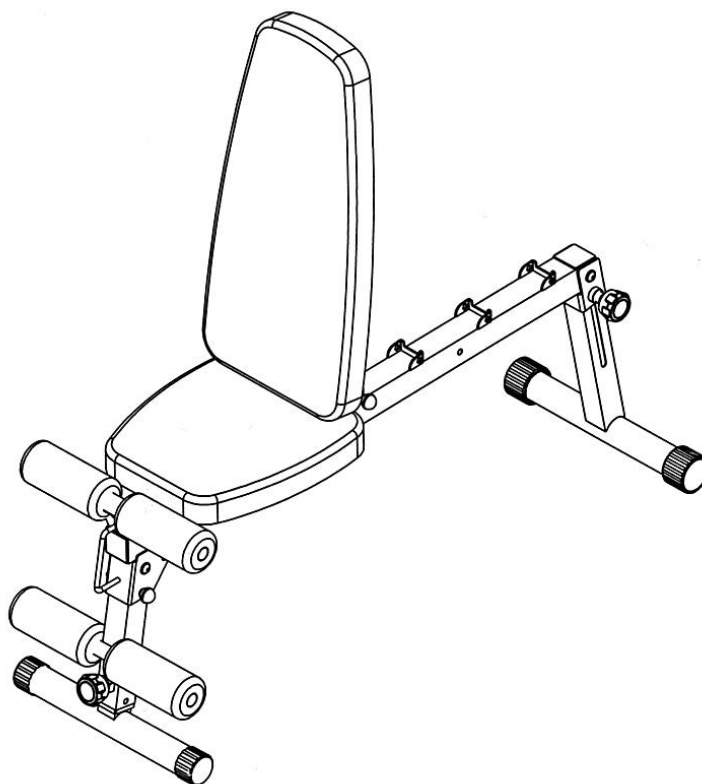
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**OWNER'S
MANUAL**



MARCY®

MARCY PRO PM-10110 DELUXE UTILITY BENCH



IMPORTANT: Please read this manual before commencing
assembly of this product.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY PRO PM-10110 DELUXE UTILITY BENCH . For your safety and benefit, read this manual carefully before using the equipment. As the official Marcy representative, we are committed to providing complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please contact our Customer Solutions Department, Monday to Friday 8am – 5pm GMT .

Pure-Tec Limited
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Email: service@puretecfitness.com
Monday – Friday 0800 – 1700 GMT

IMPORTANT SAFETY NOTICE

This exercise equipment 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 equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the equipment at all times. DO NOT Leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
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 equipment on a clear, leveled surface. DO NOT use the equipment 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 equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment 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 equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**

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

SAVE THESE INSTRUCTIONS.

EXERCISE GUIDELINES

Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally.

To increase muscle strength, follow this principle:

Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength.

To tone your body, follow this principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone.

Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 23 kgs (50 lbs) and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up lifting 27kgs (60 lbs) for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

Training Intensity

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases.

Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

Beginning a Strength Building Program

Warming Up

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature and developing more oxygen to your muscles.

Workout

For each workout, keep in mind that muscle soreness that lasts for a long period is not desirable and may mean that injury has occurred.

Cool Down

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch only going as far as you can. This stage allows your muscles to wind down after training.

To provide a total workout program it is also recommended that 2 to 3 days of aerobic exercise be performed in addition to the strength training.

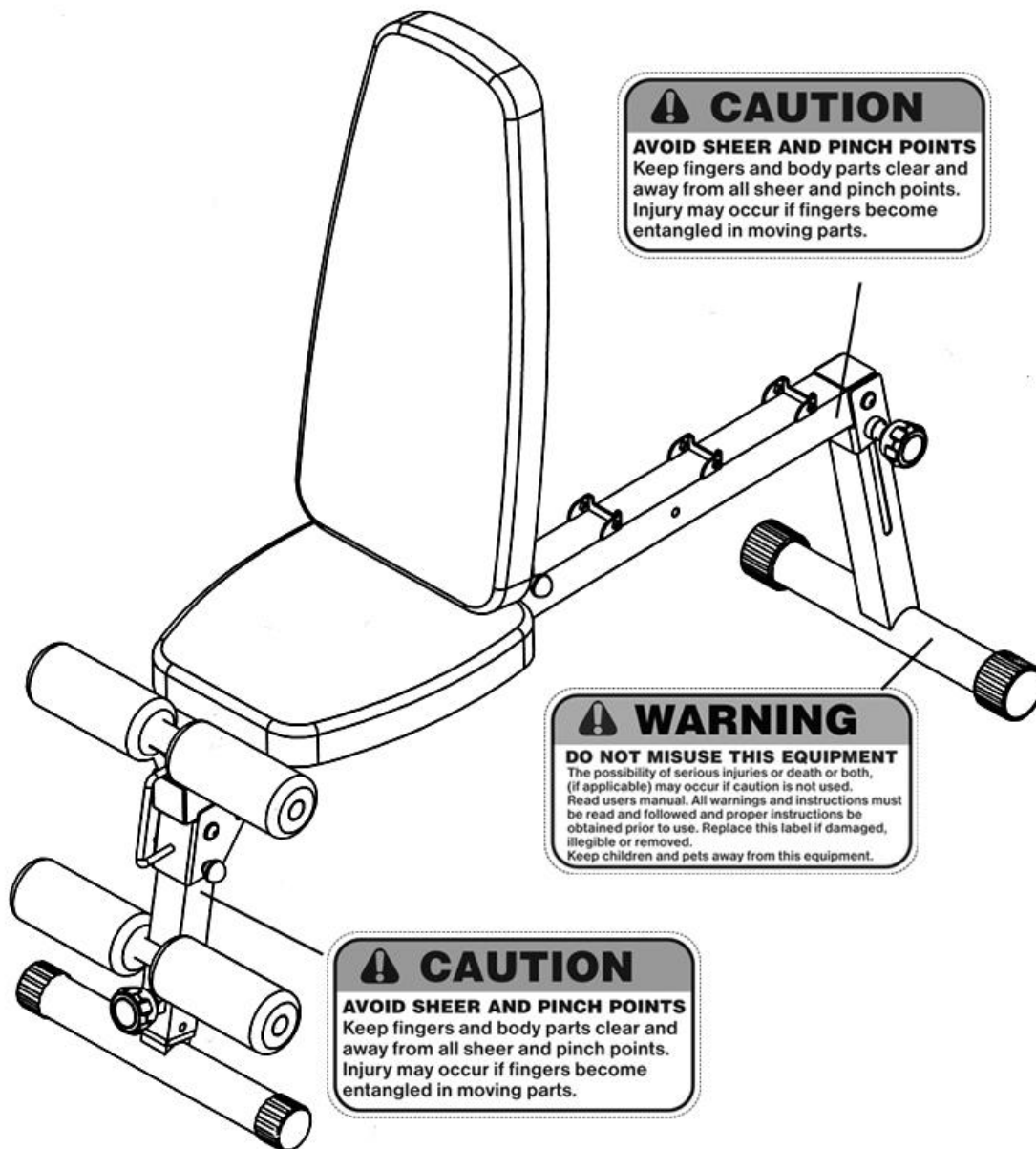
Drinking Water

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

Rest Day

Although you may not feel like doing it, taking a rest day at least once a week is important because it gives your body a chance to heal itself. Continuously working your muscle will result in over training which will not benefit you in the long run.

WARNING LABEL PLACEMENT

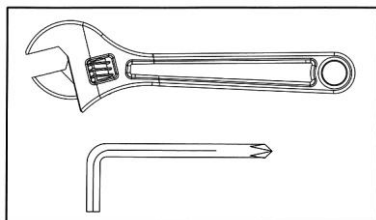


The warning labels shown here have been placed on the Cross Brace and Bench Rear Stabilizer. If the labels are missing or illegible, please contact Customer Solutions by email: service@puretecfitness.com for replacements. Apply the labels in the location shown.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Two Adjustable Wrenches and Allen Wrenches.
- ❖ NOTE: It is strongly recommended that this equipment be assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

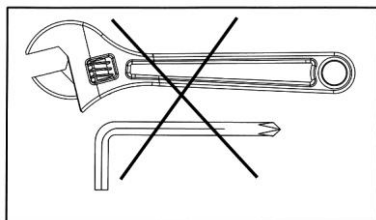
Fasten Nuts and Bolts



Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

NOTE: Do not over tighten any component with pivoting function.

Make sure all pivoting components are able to move freely.



Do not tighten all Nuts and Bolts in this step.

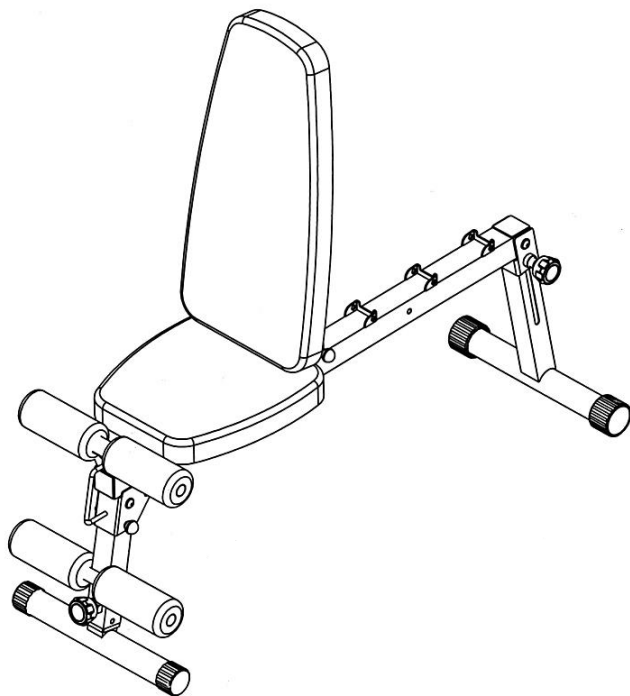
CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.
4. Examine the equipment regularly for signs of damage or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. **Failure to examine regularly may affect the safety level of the equipment.**

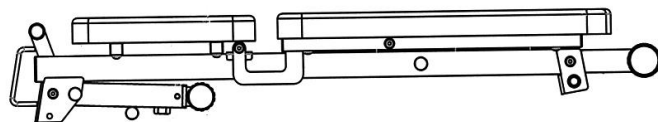
WEIGHT CAPACITY

1. Maximum user weight on bench: 115kgs.
2. Maximum weight capacity (including user weights) on Bench: 160 kgs

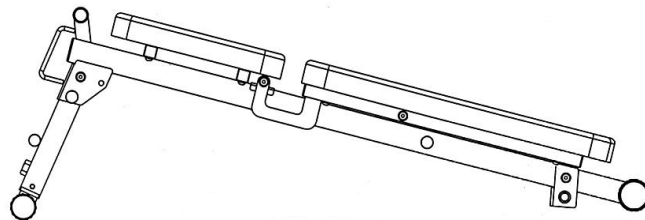
DIMENSIONS



126cm x 41cm x 115cm



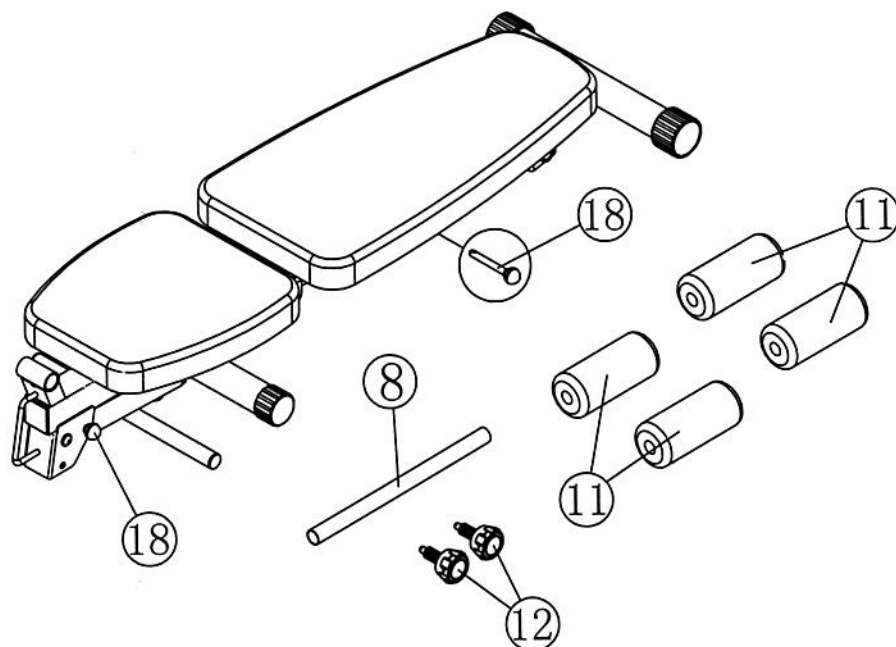
132cm x 41cm x 21cm



160cm x 41cm x 105cm

BENCH COMPONENTS

1. Remove all components from carton.
2. Inspect each component and check with below component list.
3. Please contact customer service if damaged or missing component occurred.



COMPONENT LIST

PART NO.	DESCRIPTION	QUANTITY
	Bench	1
8	Foam Tube	1
11	Foam Roll	4
12	Lock Knob	2
18	Lock Pin	2

BENCH SET UP

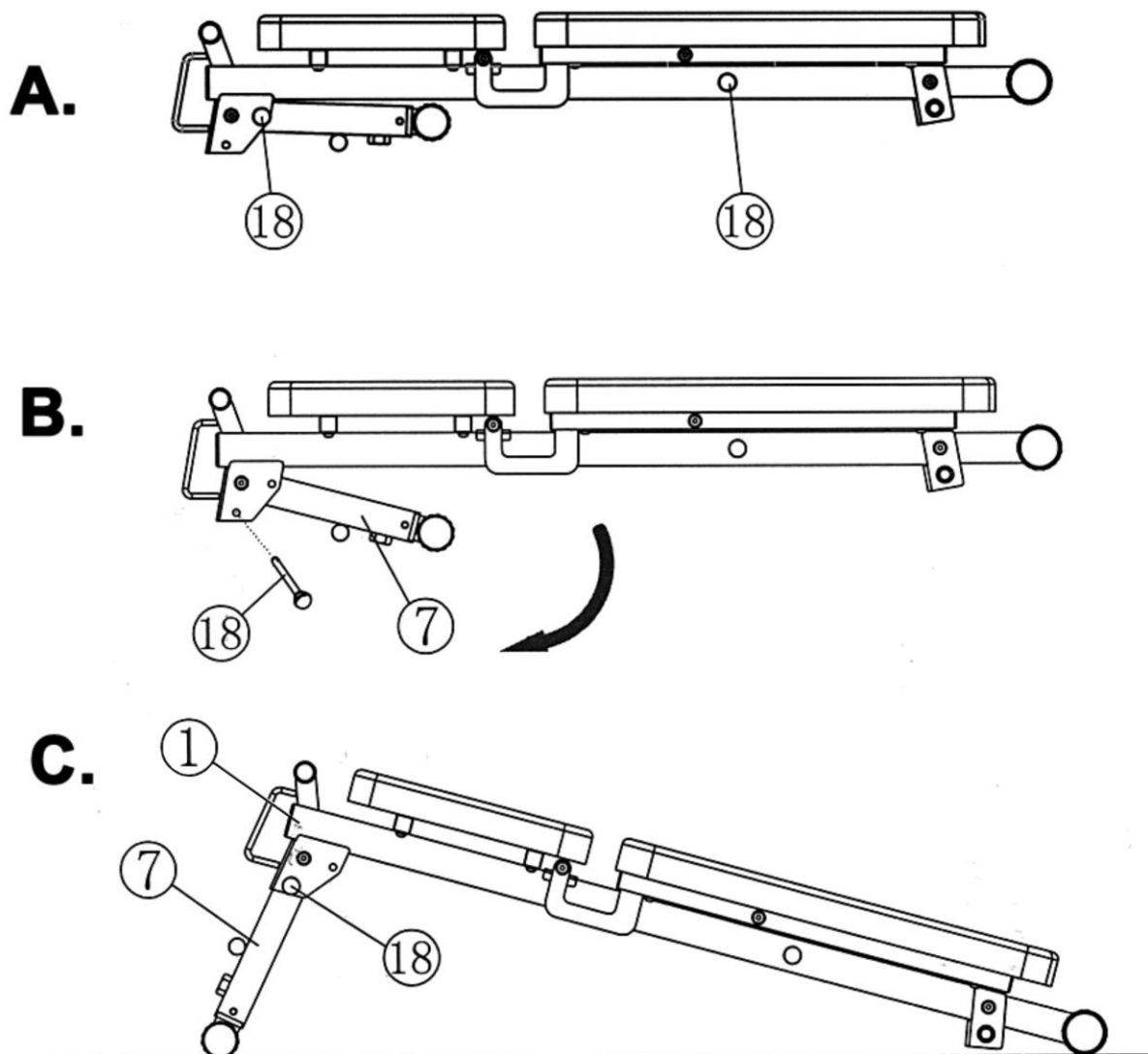
Bench should be placed on flat surface. The incline or decline of surface should be limited to 3% or less for best performance and safety.

UNFOLD FRONT SUPPORT

A.) Pull out the Lock Pin (#18).

B.) Pull Leg Support Frame (#7) forward.

C.) Insert back the Lock Pin (#18) completely to Front Support (#1).

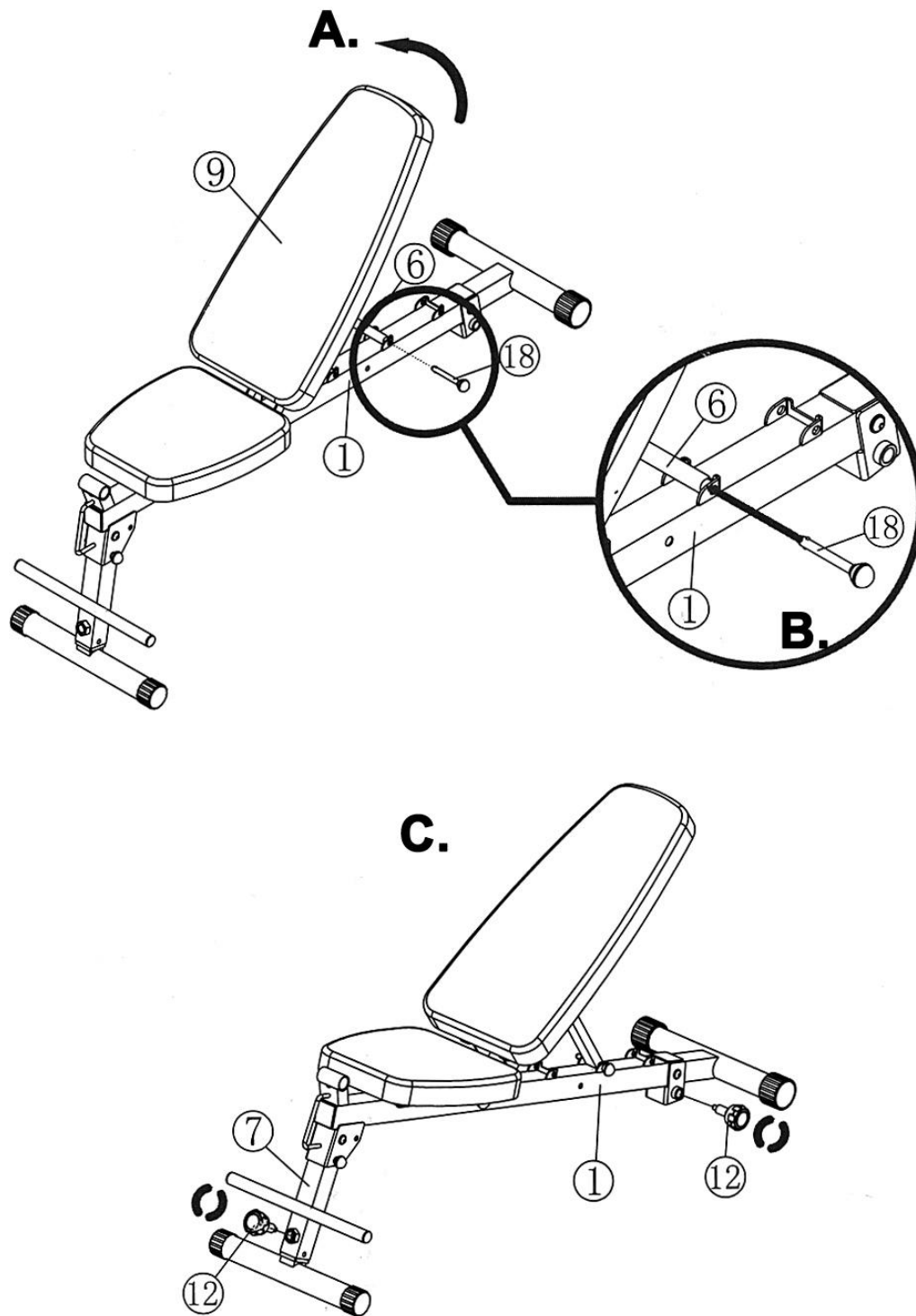


LOCKING BACKREST BOARD AND LEG SUPPORT

A.) Pull out Lock Pin (#18). Flip up Backrest Board (#9).

B.) Place the end of Incline Support (#6) onto selected slot; insert Lock Pin (#18) completely through the hole on slot and end of Incline Support (#6) to lock Incline Support (#6) safely to the slot.

C.) Insert the two Lock Knobs (#12) to lock Main Seat Support (#1) and Leg Support Frame (#7) into position.

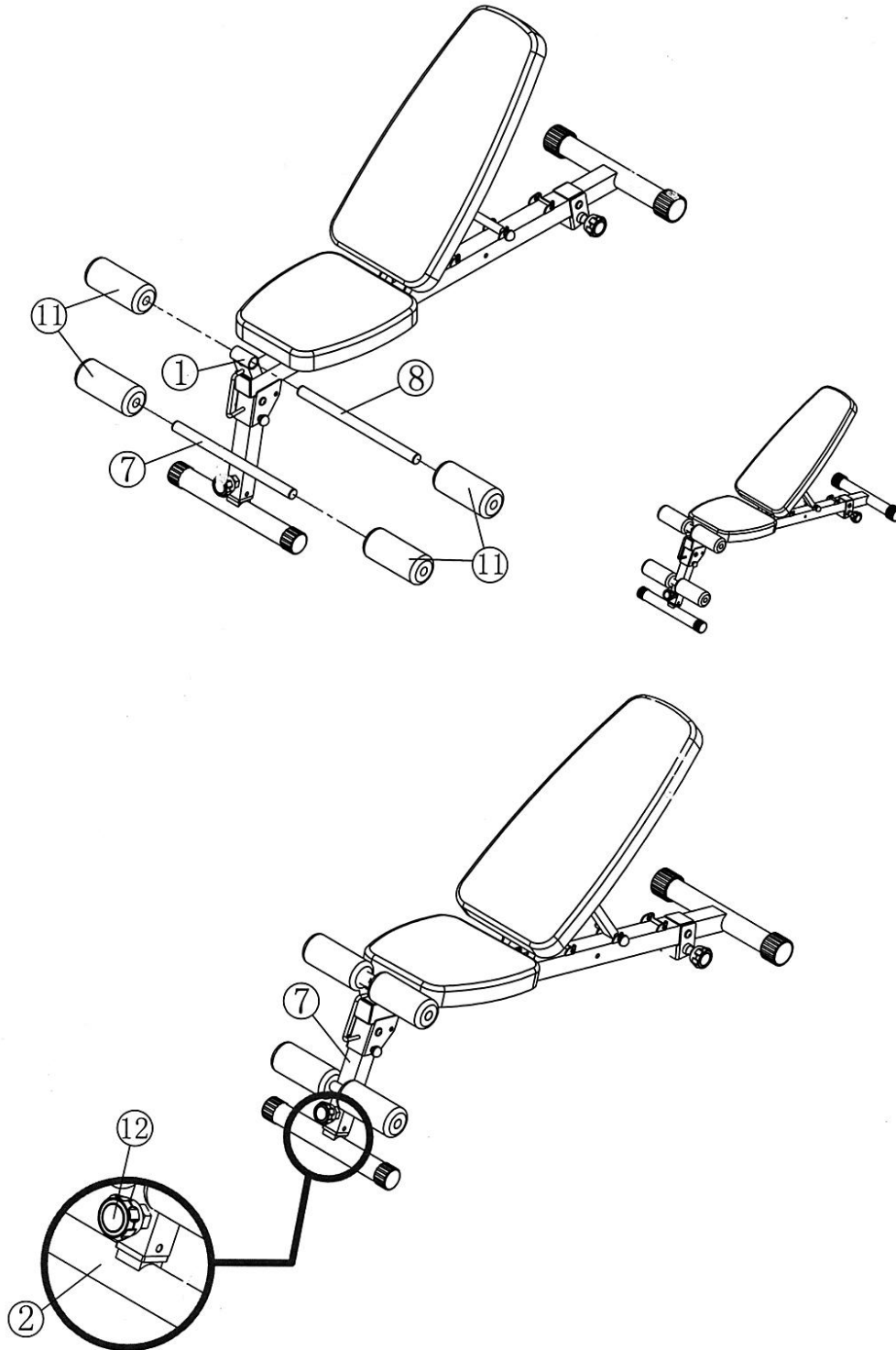


FOAM ROLL INSTALLATION

A.) Insert Foam Tube (#8) into the opening on Main Seat Support (#1). Slide two Foam Rolls (#11) onto the Tube from each end.

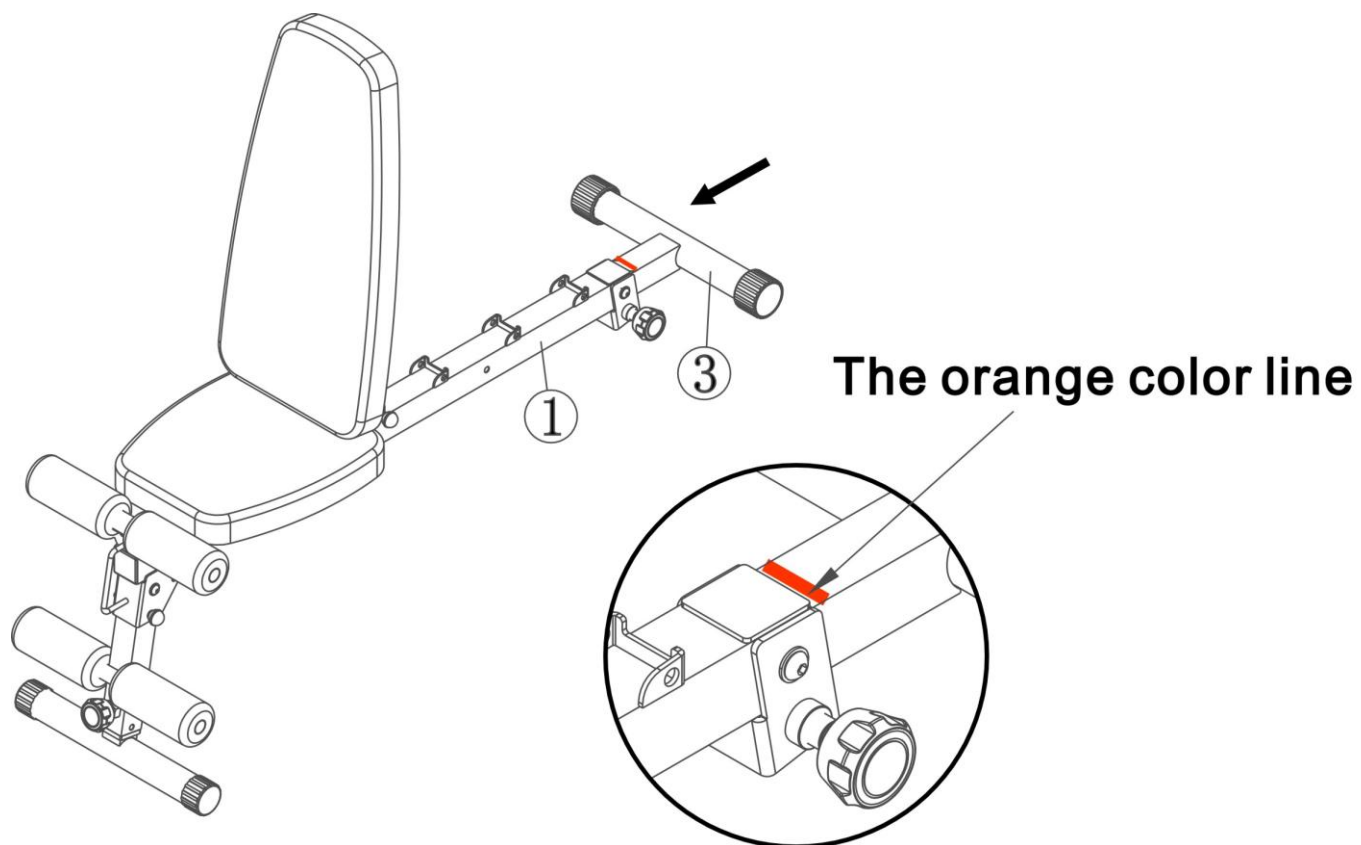
B.) Slide two Foam Rolls (#11) onto the tube on Leg Support Frame (#7) from each end.

C.) Loosen the Lock Knob (#12) on Leg Support Frame (#7), select height of Front Support (#2) and fasten the Lock Knob (#12) to securely lock Front Support (#2) in position at selected height.



SET UP AS SLANT BOARD

Push Rear Support (#3) all the way into the Main Seat Support (#1) until the orange color line reach the edge of the locking block on Main Seat Support (#1).



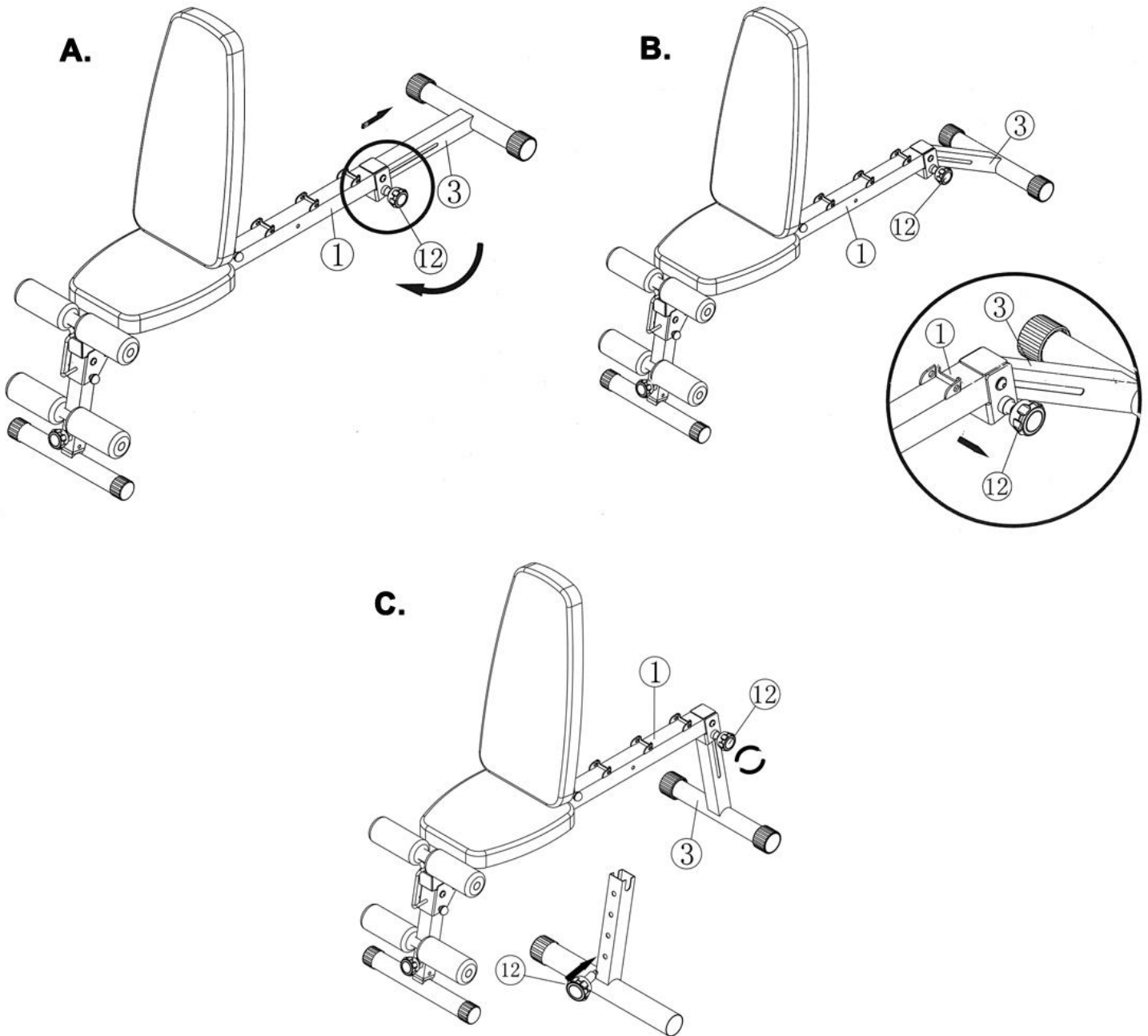
SET UP AS FLAT BENCH

A.) Loosen the Lock Knob (#12) on the Main Seat Support (#1).

B.) Pull out the Rear Support (#3) from Main Seat Support (#1).

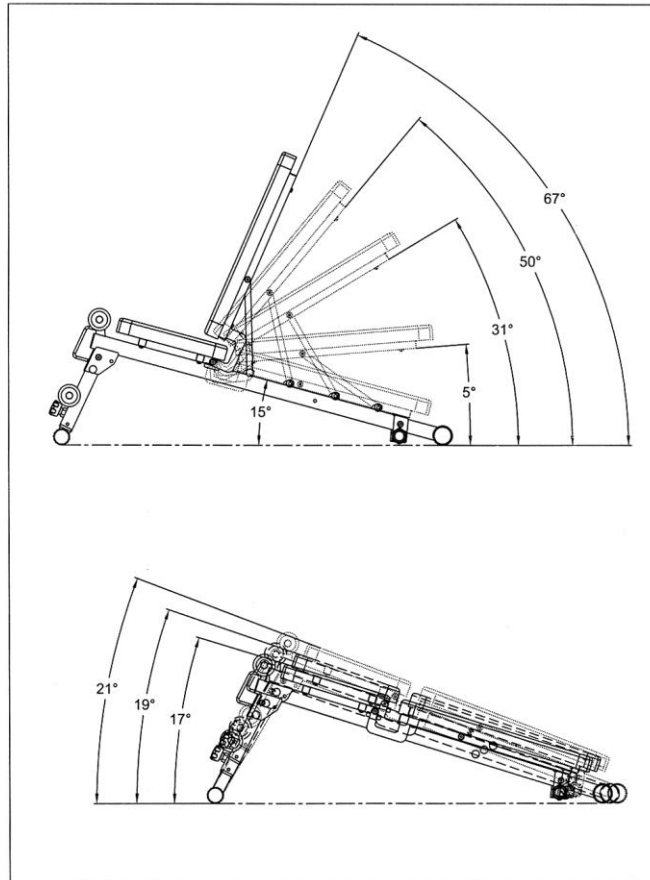
C.) Fold the Rear Support (#3) to stand vertically. Fasten the Lock Knob (#12).

D.) Thread the front Lock Knob (#12) into the bottom hole on Front Support (#2).



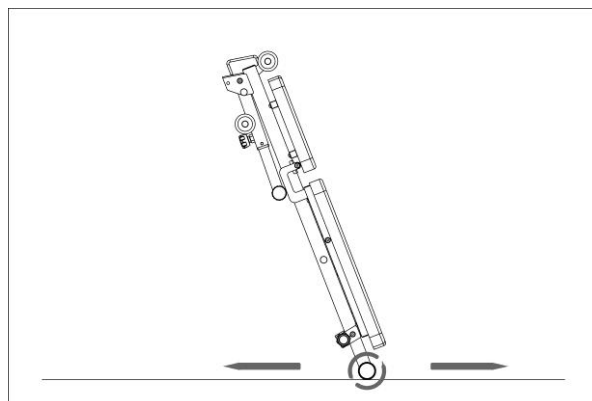
BACKREST AND FRONT SUPPORT INCLINE ANGLES

1. Backrest Board Incline angle ranges from -15° to 67°
2. Front Support incline angle ranges from 17° to 21°



TRANSPORT

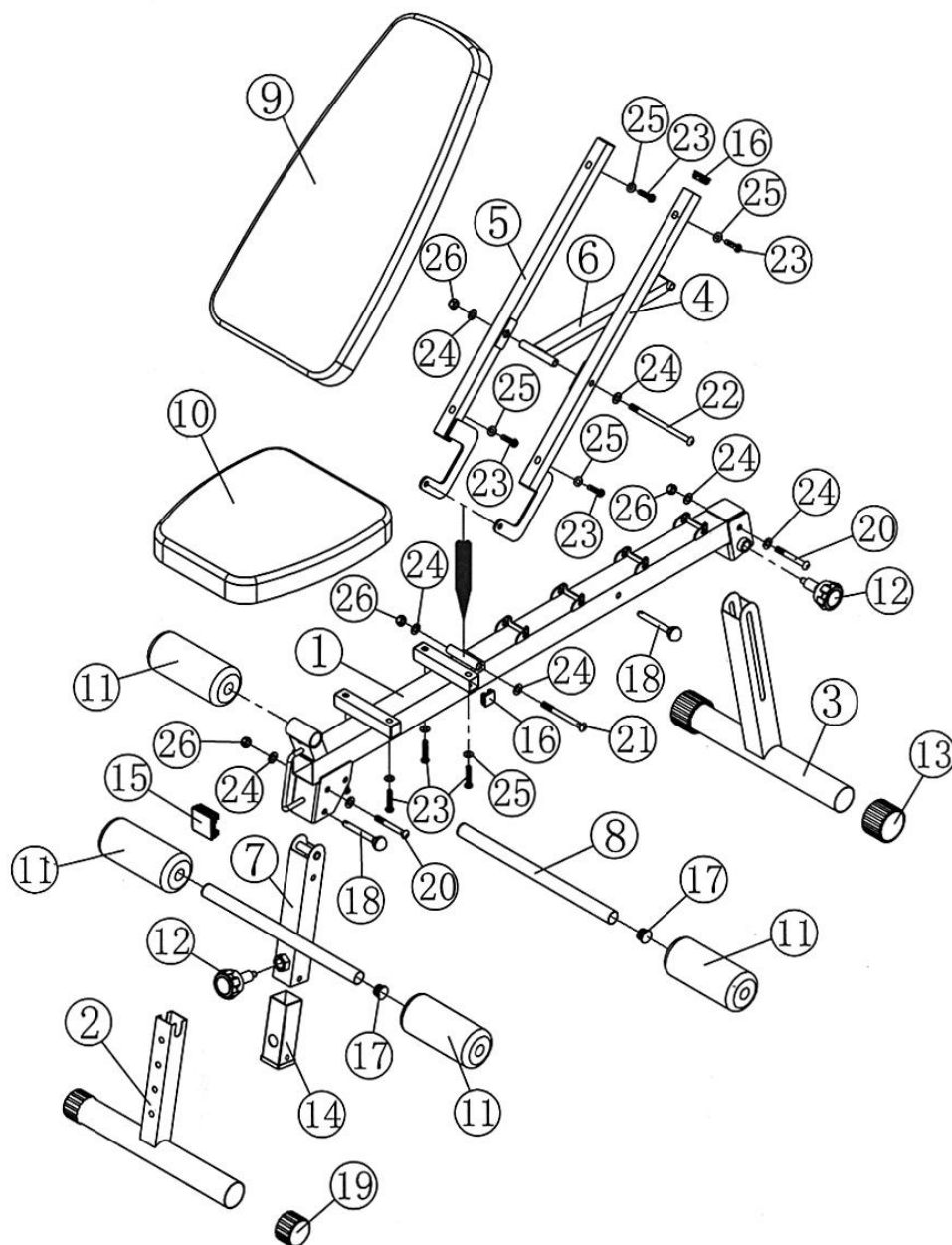
1. Flatten the Backrest Board and Rear Support.
2. Fold the Front Support.
3. Grab the handle on Front Support and use the Rear Support Roller Cap to transport.



PM-10110 PARTS LIST

PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Main Seat Support		1
2	Front Support		1
3	Rear Support		1
4	Left Backrest Support		1
5	Right Backrest Support		1
6	Incline Support		1
7	Leg Support Frame		1
8	Foam Tube		1
9	Backrest Board		1
10	Seat Pad		1
11	Foam Roll		4
12	Lock Knob		2
13	Rear Support Roller Cap		2
14	Sleeve	1 3/4" x 1 1/2"	1
15	End Cap	2" x 2"	1
16	End Cap	1" x 1"	8
17	End Cap	Ø 1"	4
18	Lock Pin		2
19	Front Support End Cap		2
20	Allen Bolt	M10 x 2 7/8"	2
21	Allen Bolt	M10 x 3 7/8"	1
22	Allen Bolt	M10 x 5 7/8"	1
23	Allen Bolt	M8 x 1 5/8"	8
24	Washer	Ø 3/4"	8
25	Washer	Ø 5/8"	8
26	Aircraft Nut	M10	4

PM-10110 EXPLODED DIAGRAM



LIMITED WARRANTY

Pure-Tec. warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to www.puretecfitness.com for warranty conditions. This warranty extends only to the original purchaser and is **valid for home use only**. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorized by Pure-Tec. **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 Pure-Tec.

Pure-Tec 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 contacting our Customer Support Department,

www.puretecfitness.com

Email: service@puretecfitness.com

When ordering replacement parts, please give the following information,

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

