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› [Marcy SB-350 Adjustable Utility Bench with Leg Developer User Manual](#)

## MARCY SB-350

# Marcy SB-350 Adjustable Utility Bench with Leg Developer User Manual

Model: SB-350 | Brand: MARCY

## INTRODUCTION

This manual provides comprehensive instructions for the Marcy SB-350 Adjustable Utility Bench with Leg Developer. It covers assembly, safe operation, maintenance, and product specifications. Please read this manual thoroughly before assembling or using the equipment to ensure proper function and user safety.



*Figure 1: The Marcy SB-350 Adjustable Utility Bench with Leg Developer. This image displays the complete bench, highlighting its robust design and integrated leg developer.*

## **SAFETY INFORMATION**

Before using this equipment, consult with a physician. It is essential to understand and follow all safety warnings and instructions.

- Always inspect the bench for loose parts or damage before each use.
- Ensure all bolts and nuts are securely tightened.
- Do not exceed the maximum weight capacity of 600 pounds (272 kg).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

## PACKAGE CONTENTS

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Verify that all components are present before beginning assembly.

- Main Bench Frame
- Adjustable Back Pad
- Seat Pad
- Leg Developer Assembly (with foam rollers and weight post)
- Hardware Kit (bolts, nuts, washers, pins)
- User Manual
- Warranty Card

## SETUP AND ASSEMBLY

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Assembly typically requires two people. Follow the included assembly diagrams carefully.

1. Unpack all components and lay them out on a clean, flat surface.
2. Identify all hardware components using the provided parts list.
3. Attach the main support legs to the bench frame using the specified bolts and washers.
4. Secure the seat pad and back pad to the frame. Ensure the back pad adjustment mechanism is correctly aligned.
5. Assemble the leg developer unit and attach it to the main bench frame. Insert the foam rollers and weight post.
6. Once assembled, double-check all connections to ensure they are tight and secure.

# ADJUSTABILITY



Figure 2: An illustrative view of the Marcy SB-350 bench, showing its structural components. This image can assist in identifying parts during assembly.

## OPERATING INSTRUCTIONS

### Adjusting the Back Pad

The Marcy SB-350 features a 6-position adjustable back pad, allowing for incline, flat, and decline exercises.

1. Locate the sawtooth adjustment mechanism at the base of the back pad.
2. Lift the back pad slightly and pull the adjustment pin or lever.
3. Move the back pad to the desired position (incline, flat, or decline).
4. Release the pin/lever, ensuring it securely locks into one of the six positions.
5. Gently test the stability of the back pad before applying weight.

# DIMENSIONS



Figure 3: This image illustrates the various adjustable positions of the back pad on the Marcy SB-350 bench, from decline to incline.

## Using the Leg Developer

The integrated leg developer allows for leg extensions and leg curls.

- **For Leg Extensions:** Sit on the bench with your back supported. Place your shins behind the lower foam rollers. Add appropriate weight plates to the weight post. Extend your legs upwards, focusing on quadriceps contraction.
- **For Leg Curls:** Lie face down on the bench with your knees just off the edge. Place your Achilles tendons under the lower foam rollers. Add appropriate weight plates. Curl your legs upwards towards your glutes, focusing on hamstring contraction.
- Ensure the weight post is securely fastened before adding weights. Weights are not included with the bench.



# TRANSPORTATION



**Easy Transport**



**Carry Handle**

*Figure 4: A user performing leg extensions on the Marcy SB-350 bench's leg developer. This demonstrates the correct posture and use of the attachment.*

# LEG DEVELOPER

ADD WEIGHTS\* TO  
INCREASE WORKOUTS



\*Weights not included.

Figure 5: Close-up view of the leg developer on the Marcy SB-350, showing the weight post where standard weight plates can be added to increase resistance.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Marcy SB-350 bench.

- **Cleaning:** Wipe down the bench pads and frame with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners. Inspect the foam rollers and upholstery for wear and tear.
- **Lubrication:** If any moving parts (e.g., adjustment mechanisms) become stiff, apply a small amount of silicone-based lubricant.

## TROUBLESHOOTING

| Issue                                 | Possible Cause                                       | Solution  |
|---------------------------------------|--|---|
| Bench feels unstable or wobbly.       | Loose bolts or uneven surface.                       | Ensure all assembly bolts are securely tightened. Move the bench to a flat, level surface.      |
| Back pad adjustment is difficult.     | Adjustment pin/lever is stiff or mechanism is dirty. | Clean the adjustment mechanism. Apply a small amount of silicone lubricant to the moving parts. |
| Leg developer foam rollers are loose. | Retaining caps or bolts are loose.                   | Check and tighten any retaining caps or bolts securing the foam rollers.                        |

SPECIFICATIONS

| Feature                    | Detail  |
|----------------------------|---|
| Model Number               | SB-350  |
| Weight Capacity            | 600 lbs (272 kg)                                  |
| Product Dimensions (LxWxH) | 64.5" x 23" x 42" (163.8 cm x 58.4 cm x 106.7 cm) |
| Item Weight                | 51 lbs (23.1 kg)                                  |
| Frame Material             | Alloy Steel                                       |
| Padding Material           | High-Density Foam, Vinyl Covering                 |
| Back Pad Positions         | 6 (Incline, Flat, Decline)                        |
| Leg Developer              | Dual-position for extensions and curls            |





Figure 6: Dimensional diagram of the Marcy SB-350 bench, indicating its length, width, and height for space planning.

## TRANSPORTATION AND STORAGE

The Marcy SB-350 is designed with convenience in mind for moving and storing.

- **Moving:** The bench is equipped with transport wheels and a handle. To move, lift the rear of the bench using the handle until it rests on the wheels, then roll it to the desired location.
- **Storage:** For compact storage, the bench can be folded or adjusted to an upright position. Ensure the leg developer is removed or folded if applicable for maximum space-saving.



Figure 7: This image demonstrates how to transport the Marcy SB-350 bench using its integrated wheels and handle, making it easy to move and store.

# WARRANTY AND SUPPORT

Your Marcy SB-350 Adjustable Utility Bench is covered by a manufacturer's warranty. Please refer to the included warranty card for specific terms and conditions, including coverage duration and what is covered.

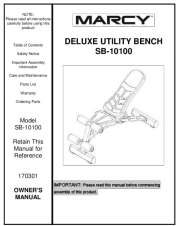




For technical assistance, parts replacement, or warranty claims, please contact Marcy customer support.

**Website:** [www.marcypro.com](http://www.marcypro.com)

**Customer Service:** Refer to your warranty card or the Marcy website for current contact information.



## Related Documents - SB-350

|   |  |
|---|--|
|    | <p><a href="#">Marcy SB-10100 Deluxe Utility Bench Owner's Manual</a></p> <p>Owner's manual for the Marcy SB-10100 Deluxe Utility Bench, providing assembly instructions, safety guidelines, exercise tips, maintenance, parts list, and warranty information.</p>   |
|   | <p><a href="#">Marcy SB-7799 Deluxe Utility Bench Assembly Manual</a></p> <p>Comprehensive assembly guide for the Marcy SB-7799 Deluxe Utility Bench, including a detailed parts list and step-by-step instructions for home gym setup.</p>  |
|  | <p><a href="#">Marcy SB-7799 Deluxe Utility Bench Owner's Manual</a></p> <p>Comprehensive owner's manual for the Marcy SB-7799 Deluxe Utility Bench, providing assembly instructions, safety guidelines, exercise tips, maintenance procedures, and warranty information.</p>  |
|  | <p><a href="#">Marcy SB-228 Exercise Guide: Workouts and Instructions</a></p> <p>A comprehensive guide to the Marcy SB-228 exercise machine, detailing safety warnings, getting started advice, exercise program suggestions, and step-by-step instructions for various workouts including pectoral flies, chest presses, bicep curls, shoulder press, abdominal crunches, and leg raises. Features instructions for targeting specific muscle groups.</p> |
|  | <p><a href="#">Marcy Weight Bench MWB-209 Assembly and Owner's Manual</a></p> <p>Comprehensive guide for assembling and using the Marcy Weight Bench MWB-209 by IMPEX INC. Includes safety notices, parts list, assembly instructions, and warranty information.</p>   |



[Marcy Pro Weight Bench PM-2084 Owner's Manual and Exercise Guide](#)

This owner's manual provides comprehensive instructions for the Marcy Pro Weight Bench with 100-lb set (Model PM-2084). It includes essential safety notices, detailed assembly guidance, care and maintenance tips, exercise guidelines for strength and endurance, weight capacity specifications, a parts list, an exploded diagram, and warranty information from IMPEX INC.