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MARCY MP3100

Marcy MP3100 Smith Machine Multipress with Weight Bench User Manual

Model: MP3100

INTRODUCTION

Thank you for choosing the Marcy MP3100 Smith Machine Multipress. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read all instructions carefully before use to ensure your safety and to maximize the lifespan of your machine.

The MP3100 is designed to provide a comprehensive full-body workout, combining a Smith machine, an adjustable weight bench, and a cable pulley system. Its robust construction is suitable for home gym environments.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is imperative to follow these safety guidelines to prevent injury and ensure proper use of the equipment.

- Always inspect the machine for loose parts, worn cables, or damaged components before each use. Do not use the equipment if any damage is found.
- Ensure all bolts and nuts are securely tightened before and during use.
- Maintain a clear area of at least 2 meters (6.5 feet) around the machine during operation.
- Do not allow children or pets near the equipment while it is in use.
- Use the safety catches on the Smith machine bar to prevent injury during heavy lifts.
- Do not exceed the maximum weight capacities:
 - User weight on bench: 135 kg (297 lbs)
 - Smith press load: 135 kg (297 lbs)
 - Cable systems (upper and lower): 90 kg (198 lbs)
- Wear appropriate athletic footwear and clothing.
- Perform warm-up exercises before your workout and cool-down exercises afterward.
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately and consult a physician.

SETUP AND ASSEMBLY

The Marcy MP3100 requires assembly. It is recommended that two or more people assemble this equipment due to its size and weight. Ensure you have sufficient space and all components before starting.

Unpacking and Inventory

- Carefully remove all components from the packaging.
- Verify that all parts listed in the assembly manual (included with the product) are present. If any parts are missing or damaged, do not proceed with assembly. Contact customer support.

Assembly Steps

Refer to the detailed assembly instructions provided in the separate assembly manual. General steps include:

1. Assemble the main frame of the Smith machine.
2. Attach the Smith bar and its safety catches.
3. Install the cable pulley system, ensuring all cables are correctly routed and secured.
4. Assemble the independent weight bench, including the preacher curl pad and leg developer.
5. Attach all accessories such as the lat bar, triceps rope, and single-hand grip.
6. Once assembled, double-check all connections and ensure the machine is stable on a level surface.



Image: The fully assembled Marcy MP3100 Smith Machine Multipress, showcasing its robust frame, adjustable bench, and integrated cable system.

OPERATING INSTRUCTIONS

The Marcy MP3100 offers a variety of exercises targeting different muscle groups. Familiarize yourself with each component before use.

Smith Machine Operation

- **Bar Engagement:** The Smith bar moves smoothly on linear bearings. To engage or disengage the bar from the safety hooks, rotate the bar slightly.
- **Safety Catches:** Always set the adjustable safety catches to a height that prevents the bar from descending too low during an exercise, especially when lifting heavy weights or training alone. There are 10 "hook-in" holes for precise adjustment.
- **Weight Loading:** Load weight plates evenly on both sides of the Smith bar. The maximum load capacity for the Smith press is 135 kg.

Lift heavy and safe up to 135 kg load



WEIGHTS NOT INCLUDED*

Image: Close-up view of the Marcy MP3100 Smith Machine, highlighting the 7-degree slanted frame for biomechanics, the 10kg Smith bar with 10 hook-in holes, and the height-adjustable safety catches.

Adjustable Weight Bench

- The standalone weight bench offers 5 levels of adjustment, allowing for incline, flat, and decline positions.
- Adjust the bench angle by pulling the adjustment pin and moving the backrest to the desired position. Ensure the pin is fully re-engaged before use.
- The bench can be used independently or positioned within the Smith machine frame.



Bar holder for biceps exercises



Leg Extension & Leg Curl



5 angles up to 270kg capacity!

Image: Detailed view of the Marcy MP3100 weight bench, showing the bar holder for biceps exercises, the leg extension and leg curl attachment, and the mechanism for adjusting the bench to 5 different angles, supporting up to 270kg capacity.

Cable Pulley System

- The MP3100 includes both upper and lower cable pulley stations.
- **Upper Pulley:** Use with the lat bar for exercises like lat pulldowns and triceps pushdowns.
- **Lower Pulley:** Use with the single-hand grip or ankle strap for exercises like cable rows, bicep curls, and leg adductions/abductions.
- **Pec Dec Station:** The independent arms of the pec dec allow for chest fly exercises.
- Load weight plates onto the cable loading tray. Maximum load capacity for cable systems is 90 kg.



Image: Overview of the Marcy MP3100's cable system, detailing the EZ Latissimus bar and Abs Crunch Station, the Pec Dec Station with independent arms, the versatile Low Pulley Station with various gym attachments, and the cable loading tray with a capacity of up to 90kg.

Leg Developer and Preacher Curl

- Attach the leg developer to the front of the bench for leg extensions and leg curls.
- The preacher curl pad can be attached to the bench for isolated bicep exercises.

Exercise Chart

Refer to the included exercise chart for a visual guide on various exercises that can be performed with the Marcy MP3100. This chart illustrates proper form and target muscle groups for a comprehensive workout.



TIME TO GET SERIOUS

EXERCISE CHART

MP3100 Smith Machine

NOTE: SOME EXERCISES SHOWN USING OPTIONAL PREACHER CURL BAR AND GRIP WEIGHT PLATES, NOT SOLD WITH THIS UNIT.
ADDITIONAL ACCESSORIES CAN BE PURCHASED FROM MOST MAJOR SPORTING GOODS STORES.

	SEATED PREACHER CURL MUSCLE EMPHASIS: BICEPS, FOREARM FLEXOR	1. Select the desired weight. 2. Adjust the seat back pad to the desired height level or similar to the example shown. 3. Grip the curl/bicep bar with palms facing up. 4. Walk above position on the back pad, or turn the bar up to your chest. 5. Return to the starting position in a slow and controlled manner and repeat exercise.		SINGLE BICEP CURL MUSCLE EMPHASIS: BICEPS, FOREARM FLEXOR	1. Select the desired weight. 2. Attach C handle and chain to the low pulley using a spring clip. 3. Wrap the ankle strap around the low pulley with your feet facing away from the machine. 4. Grasp handle with palms facing up. 5. Walk above your chest and turn the bar up to your chest. 6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.		TRICEP KICK-BACK MUSCLE EMPHASIS: BICEPS, FOREARM FLEXOR	1. Select the desired weight. 2. Attach D handle (or cable strap) and chain to the low pulley using a spring clip. 3. Wrap the ankle strap around the low pulley at the waist with your feet facing away from the machine. 4. Grasp handle (strap) with your palms facing forward. 5. Walk above your sides and turn the bar up to your chest. 6. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.		TRICEP PUSH-DOWN (BAR) MUSCLE EMPHASIS: TRICEP	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using the spring clip. 3. Stand facing away from the machine. 4. Wrap the bar with feet shoulder width apart. 5. Keep your elbows in your sides and turn the bar up to your chest. 6. Return to the starting position in a slow and controlled manner and repeat exercise.		OVERHEAD TRICEP EXTENSION MUSCLE EMPHASIS: TRICEP	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. From a kneeling position, position the straight bar over your head. 4. Grasp the bar with feet facing away from the machine. 5. Keep your elbows at a fixed position and push the handle out, keeping the straight bar over your head. 6. Return to the starting position in a slow and controlled manner and repeat exercise.
	CLOSE LAT PULL-DOWN MUSCLE EMPHASIS: BACK	1. Select the desired weight. 2. Adjust the seat back pad to the horizontal position and place directly under the bar. 3. Adjust the seat back pad to the vertical position and place directly under the bar. 4. Face away from the machine. 5. Grip the curl bar shoulder width apart. 6. Pull the bar down towards your upper chest. 7. Return to the starting position in a slow and controlled manner and repeat exercise.		REAR DELTOID MUSCLE EMPHASIS: SHOULDERS, DELTOIDS, BACK, UPPER BACK	1. Select the desired weight. 2. Adjust seat back pad to the horizontal position and place directly under the bar. 3. Sit facing into machine. 4. With the back of your elbows against the frame, turn the bar up to your back as far as comfortable allows. 5. Return to the starting position in a slow and controlled manner and repeat exercise.		LAT PULL-DOWN MUSCLE EMPHASIS: BACK, BICEPS, BANDS, TRAPEZIUS, DORSAL, FOREARM, FLEXOR	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. Sit facing the machine. 4. Wrap the bar over the top of the exercise ends. 5. Pull the bar down towards your upper chest. 6. Return to the starting position in a slow and controlled manner and repeat exercise.		KNEELING CRUNCH MUSCLE EMPHASIS: ABDOMINALS	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. Sit facing the machine. 4. Position the bar just below your head. With elbows bent, hold this position with your forearms braced against the frame. 5. Roll down towards your upper body. 6. Return to the starting position in a slow and controlled manner and repeat exercise.		3-POSITION BENCH PRESS MUSCLE EMPHASIS: CHEST, PECTORALIS, TRICEP	1. Select the desired weight. 2. Adjust back pad to the flat, incline or decline position and place directly under bar. 3. Adjust the press bar to the desired height and secure the cable pulley to the frame uprights. 4. Grip the press bar and release latches by rotating press bar clockwise, allowing the cable pulley to drop below the bar. 5. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 6. Raise the press bar by pushing with your legs and return to the starting position. 7. Return to the starting position in a slow and controlled manner and repeat exercise using a proper weight belt or back support.
	PECTORAL FLY MUSCLE EMPHASIS: CHEST, PECTORALIS	1. Select the desired weight. 2. Adjust back pad to the horizontal position and place directly under the bar. 3. Sit facing away from the machine and position your back firmly against the padded back support. 4. Place your forearms on the fly pads. 5. Rotate your arms forward. If it is possible, turn the bar up to your chest. 6. Return to the starting position in a slow and controlled manner and repeat exercise.		SQUAT MUSCLE EMPHASIS: LEG, GLUTES, LOWER BACK	1. Select the desired weight. 2. Adjust back pad to the horizontal position and place directly under the bar. 3. Stand with press bar positioned across your upper back and secure the cable pulley to the frame uprights. 4. Start with press bar positioned across your upper back and secure the cable pulley to the frame uprights. 5. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 6. Raise the press bar by pushing with your legs and return to the starting position. 7. Return to the starting position in a slow and controlled manner and repeat exercise.		KNEE RAISE MUSCLE EMPHASIS: HIPS, LOWER ABDOMINALS	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. Attach spring clip of low pulley to the knee strap. 4. Wrap the ankle strap around the leg to be exercised. 5. Brace your body for stability. 6. Raise the leg upward by pivoting at the hip. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.		LEG CURL MUSCLE EMPHASIS: LEG, HAMSTRINGS	1. Select the desired weight. 2. Adjust back pad to the decline position and place directly under the bar. 3. Lie face down with your knees slightly bent and the cable strap around the leg to be exercised. 4. Stand back of your ankles under the bar and hold the cable pulley to the frame. 5. Curl leg upward towards your buttocks. 6. Return to the starting position in a slow and controlled manner and repeat exercise.		LEG EXTENSION MUSCLE EMPHASIS: LEG, QUADRICEPS	1. Select the desired weight. 2. Adjust back pad to the vertical or decline position and place directly under bar. 3. Position the back of your knees on top of the round, black foam roller pads. 4. Position the top of your ankles against the bar and hold the cable pulley to the frame. 5. Extend your legs forward, pivoting from the hip. 6. Return to the starting position in a slow and controlled manner and repeat exercise.
	SHOULDER PRESS MUSCLE EMPHASIS: SHOULDERS, DELTOIDS, UPPER BACK	1. Select the desired weight. 2. Adjust back pad to the horizontal position and place directly under the bar. 3. Sit facing away from the machine and position your back firmly against the padded back support. 4. Adjust the press bar to the desired height and secure the cable pulley to the frame uprights. 5. Wrap the cable strap around the leg to be exercised. 6. Wrap the cable strap around the leg to be exercised. 7. Grip the press bar and release latches by rotating press bar clockwise, allowing the cable pulley to drop below the bar. 8. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 9. Raise the press bar by pushing with your legs and return to the starting position. 10. Return to the starting position in a slow and controlled manner and repeat exercise.		UPRIGHT ROW MUSCLE EMPHASIS: SHOULDERS, TRAPEZIUS, DELTOIDS	1. Select the desired weight. 2. Adjust the press bar to the desired height and secure the cable pulley to the frame uprights. 3. Wrap the cable strap around the leg to be exercised. 4. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 5. Grip the straight bar and release latches by rotating press bar clockwise, allowing the cable pulley to drop below the bar. 6. Raise the press bar by pushing with your legs and return to the starting position. 7. Return to the starting position in a slow and controlled manner and repeat exercise.		FRONT DELTOID RAISE MUSCLE EMPHASIS: SHOULDERS, DELTOIDS	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. Wrap the cable strap around the leg to be exercised. 4. Grasp bar with your palms facing down. 5. Wrap the cable strap around the leg to be exercised. 6. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.		BENT OVER LATERAL SHOULDER RAISE MUSCLE EMPHASIS: SHOULDERS, DELTOIDS	1. Select the desired weight. 2. Attach D handle and chain to the overhead pulley using a spring clip. 3. Wrap the cable strap around the leg to be exercised. 4. Grasp bar with your palms facing down. 5. Wrap the cable strap around the leg to be exercised. 6. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.		SHOULDER SHRUG MUSCLE EMPHASIS: TRAPEZIUS, DORSAL	1. Select the desired weight. 2. Attach straight bar and chain to the overhead pulley using a spring clip. 3. Wrap the cable strap around the leg to be exercised. 4. Grasp the straight bar with your palms facing forward. 5. Wrap the cable strap around the leg to be exercised. 6. Keeping back straight, raise the bar up by your shoulders. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other arm.
	OUTER LEG KICK (ABDUCTORS) MUSCLE EMPHASIS: LEG, OUTER THIGH	1. Select the desired weight. 2. Wrap the ankle strap around the leg to be exercised. 3. Attach spring clip of low pulley to the knee strap. 4. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 5. Brace your body for stability. 6. Kick leg out to your side, pivoting from the hip. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.		INNER LEG KICK (ADDUCTORS) MUSCLE EMPHASIS: LEG, INNER THIGH	1. Select the desired weight. 2. Wrap the ankle strap around the leg to be exercised. 3. Attach spring clip of low pulley to the knee strap. 4. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 5. Brace your body for stability. 6. Kick towards the front of the leg not being exercised, pivoting only at the hip. 7. Return to the starting position in a slow and controlled manner and repeat exercise with other leg.		LUNGE MUSCLE EMPHASIS: LEG, GLUTES, LOWER BACK	1. Select the desired weight. 2. Adjust the press bar to the desired height and secure the cable pulley to the frame uprights. 3. Wrap the cable strap around the leg to be exercised. 4. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 5. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 6. Raise the press bar by pushing with your legs to a full extension. 7. Return to the starting position in a slow and controlled manner and repeat exercise.		LEG KICK-BACK MUSCLE EMPHASIS: LEG, GLUTES, HAMSTRINGS	1. Select the desired weight. 2. Wrap the cable strap around the leg to be exercised. 3. Attach spring clip of low pulley to the knee strap. 4. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 5. Wrap the cable strap around the leg to be exercised. 6. Keeping back straight, lower your body by bending your knees and allow your buttocks to drop below the bar. 7. Return to the starting position in a slow and controlled manner and repeat exercise.			

Image: A detailed exercise chart for the Marcy MP3100 Smith Machine, illustrating various exercises such as seated preacher curl, tricep push-down, lat pull-down, squat, leg curl, and shoulder press, with step-by-step instructions and muscle group targeting.

MAINTENANCE

Regular maintenance is crucial for the longevity and safe operation of your Marcy MP3100.

- Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- Lubrication:** Periodically apply a silicone-based lubricant (e.g., WD-40 or similar) to the guide rods of the Smith machine bar to ensure smooth movement. Lubricate pivot points on the bench and cable pulleys as needed.
- Cable Inspection:** Regularly check all cables for fraying, kinks, or wear. Replace damaged cables immediately.
- Bolt Tightness:** Periodically check and tighten all nuts and bolts. Over time, vibrations from use can cause fasteners to loosen.
- Upholstery:** Inspect the upholstery for tears or excessive wear. Clean with a mild soap and water solution if necessary.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Marcy MP3100.

Problem	Possible Cause	Solution
Smith bar movement is not smooth.	Lack of lubrication on guide rods; dirt or debris on rods.	Clean guide rods and apply silicone-based lubricant.
Machine feels unstable or wobbly.	Loose bolts or nuts; uneven floor surface.	Check and tighten all assembly bolts. Ensure the machine is on a level surface.
Cables are sticking or making noise.	Lack of lubrication on pulleys; worn cables; incorrect cable routing.	Lubricate pulley bearings. Inspect cables for wear and replace if necessary. Verify correct cable routing as per assembly manual.
Difficulty adjusting the weight bench.	Adjustment pin not fully disengaged/engaged; debris in adjustment holes.	Ensure the adjustment pin is pulled out completely before moving the bench. Clear any obstructions from the adjustment holes.

SPECIFICATIONS

Below are the key specifications for the Marcy MP3100 Smith Machine Multipress:

- **Model Number:** MP3100
- **Material:** Alloy Steel
- **Color:** Black
- **Dimensions (L x W x H):** 230 cm x 200 cm x 210 cm (90.5 x 78.7 x 82.7 inches)
- **Product Net Weight:** 97 kg (213.8 lbs)
- **Maximum User Weight on Bench:** 135 kg (297 lbs)
- **Maximum Smith Press Load:** 135 kg (297 lbs)
- **Maximum Cable System Load (Upper & Lower):** 90 kg (198 lbs)
- **Bench Adjustment:** 5 levels (Incline, Flat, Decline)
- **Smith Bar Weight:** Approximately 10 kg (22 lbs)
- **Included Components:** 1 Marcy MP3100 Smith Multipress Station, 1 Weight Bench, Assembly and User Manual.



Image: Diagram illustrating the dimensions of the Marcy MP3100 Smith Machine, showing a length of 230cm, width of 200cm, and height of 210cm, with specific measurements for the bench and rear height.

WARRANTY AND SUPPORT

Marcy products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official Marcy website. Keep your proof of purchase for warranty claims.

Customer Support

If you have any questions regarding the assembly, operation, maintenance, or troubleshooting of your Marcy MP3100, please contact Marcy customer support. Contact information can typically be found in your product packaging or on the official Marcy website.

When contacting support, please have your model number (MP3100) and purchase date available.

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