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MARCY MWM-989

Marcy 68 kg Multifunction Steel Home Gym Machine User Manual

MODEL: MWM-989

Brand: MARCY

Introduction

Experience a full-body workout without leaving the comfort of your home. This robust home gym system comes with numerous features to help you sculpt the body you've always wanted. It is constructed from a sturdy 14-gauge steel tube frame. Protective covers are found on the weights for added durability. The robust frame can fully support 68 kg of constantly moving weights. The entire home gym is delivered disassembled but is easy to assemble as all necessary hardware is included with instructions. This machine features a dual-function press arm, an adjustable biceps pad with roller pads, an adjustable butterfly attachment, a leg developer, and a station. Target specific muscle groups for a more intense workout to help build muscle and improve overall physique. The press arm and vertical butterfly have independent movement and are perfect for upper body exercises such as chest press and pectoral fly. The lat bar is perfect for pull-downs that can target both the chest and back while strengthening shoulder force. For dedicated bicep workouts using dumbbells or weights, the adjustable bicep pad keeps you in a comfortable position and adds no unnecessary strain to your body. You'll have no excuse to skip leg day with the dual-function leg developer that allows you to add muscle to your lower body. The pivot point is designed to align knee joints during movement to help maintain them in a proper position. This also helps avoid any awkward leg positions that can lead to injuries. All these stations are covered with contoured foam pads for comfort and grip, especially when you start to sweat. Stay fit at home with the Marcy Home Gym.



Figure 1: Overview of the Marcy Home Gym Machine.

Setup and Assembly

The Marcy Home Gym Machine is designed for straightforward assembly. All necessary hardware and detailed instructions are included in the packaging. It is recommended to assemble the unit in the location where it will be used due to its weight and size. Ensure all components are present before beginning assembly.

- Unpack all components and verify against the parts list in the included manual.
- Follow the step-by-step instructions provided for frame assembly, cable routing, and weight stack installation.
- Ensure all bolts and fasteners are securely tightened after assembly to ensure stability and safety.

DIMENSIONS



Dimensions featured are the product's overall footprint.

Figure 2: Product dimensions for space planning. The overall footprint is approximately 68 inches wide, 42 inches deep, and 78 inches high.

WEIGHT STACK



Figure 3: Detail of the 150lb (68 kg) weight stack and its integrated lock mechanism for secure weight selection.

Operating Instructions

The Marcy Home Gym offers a variety of exercises targeting different muscle groups. Always ensure proper form and adjust the weight to a comfortable level before starting any exercise.

Dual-Function Press Arm

The press arm allows for both chest press and pectoral fly exercises. To switch between functions, simply adjust the pin mechanism. This independent movement helps in targeting specific upper body muscles effectively.

PRESS ARM



Figure 4: Demonstrations of the Fly and Chest Press exercises using the dual-function press arm.

Preacher Curl Pad and Leg Developer

The adjustable preacher curl pad provides support for isolated bicep workouts, ensuring proper form and reducing strain. The dual-function leg developer allows for both leg extensions and leg curls, targeting the quadriceps and hamstrings. The pivot point is designed to align with knee joints for safe and effective lower body training.

FEATURES



Preacher Curl Pad



Leg Developer

Figure 5: Demonstrations of exercises utilizing the Preacher Curl Pad and the Leg Developer station.

Lat Bar Pulldown

The lat bar attachment is ideal for pulldown exercises, effectively working the back and shoulder muscles. Ensure a firm grip and controlled movement throughout the exercise.

Maintenance

Regular maintenance ensures the longevity and safe operation of your Marcy Home Gym. Perform these checks periodically:

- **Cleaning:** Wipe down the frame, pads, and handles with a damp cloth after each use to remove sweat and dirt. Use mild soap if necessary.
- **Cable and Pulley Inspection:** Regularly inspect all cables for fraying or wear. Check pulleys for smooth operation and ensure they are free from debris.
- **Fastener Check:** Periodically check all nuts, bolts, and screws to ensure they are tight. Re-tighten any loose

fasteners to maintain structural integrity.

- **Lubrication:** Apply a silicone-based lubricant to guide rods and pivot points as needed to ensure smooth movement of the weight stack and other moving parts.

Troubleshooting

This section addresses common issues you might encounter with your home gym.

- **Squeaking Noises:** If you hear squeaking, check for loose bolts or components. Lubricate moving parts, especially guide rods and pulleys, with a silicone-based lubricant.
- **Rough Cable Movement:** Inspect cables for any kinks or damage. Ensure pulleys are clean and spinning freely. Lubricate cables if necessary.
- **Unstable Unit:** Verify that the gym is placed on a flat, stable surface. Re-check all assembly bolts and ensure they are securely tightened.
- **Weight Stack Sticking:** Ensure the guide rods are clean and lubricated. Check for any obstructions in the weight stack path.

If you encounter issues not listed here or require further assistance, please contact Marcy customer support.

Specifications

Feature	Detail
Brand	MARCY
Model Number	MWM-989
Main Material	Steel Alloy
Color	Black - MWM-989
Product Dimensions (L x W x H)	172.72 x 106.68 x 198.12 cm
Product Weight	62.14 kilograms
Maximum Weight Recommendation	300 pounds (approx. 136 kg)
Weight Stack	68 kg (150 lbs)
Included Components	Instruction Manual, 68 kg Weight Stack, One Home Gym, Warranty Card, User Manual
UPC	096362997010
Handle Type	Pulldown
Strap Type	Ankle Strap

Warranty and Support

Your Marcy Home Gym comes with a warranty. Please refer to the included Warranty Card for detailed terms and conditions, including coverage period and what is covered. Retain your proof of purchase for warranty claims.

For technical support, parts replacement, or any inquiries not covered in this manual, please contact Marcy customer

service. Contact information can typically be found on the Warranty Card or the official Marcy website.

Note: Always use genuine Marcy replacement parts to ensure the safety and integrity of your equipment.

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This manual is for informational purposes only. Always consult a healthcare professional before starting any new exercise program.