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MARCY JD-1.2

Marcy Utility Slant Board Exercise Bench User Manual

Model: JD-1.2 | Brand: MARCY

INTRODUCTION

Thank you for choosing the Marcy Utility Slant Board Exercise Bench. This manual provides essential information for the safe and effective use of your new fitness equipment. Designed for strength training and home gym workouts, this slant board is a versatile tool for targeting your upper body, core, and legs. Please read this manual thoroughly before assembly and use, and retain it for future reference.

SAFETY INFORMATION

WARNING: As with any exercise program, consult your physician before you begin. Failure to do so may result in serious injury. Always ensure all bolts and connections are securely tightened before each use to prevent wobbling or instability. Keep children and pets away from the equipment during use.

PRODUCT FEATURES

- **Heavy-Duty Steel Construction:** Features a powder-coated steel tube frame for reliable resistance against scratches and wear, ensuring durability for all workout routines.
- **High-Density Padded Backboard:** Reinforced with comfortable foam padding and a durable vinyl covering, providing optimal support and reducing discomfort during exercises. The extra-long board keeps your back securely in place.
- **Upper Body Builder:** Specifically designed for effective upper body workouts including sit-ups, crunches, decline bench presses, and leg raises, helping to sculpt arms, abs, core, and legs.
- **Adjustable Roller Pads:** Equipped with four thigh and ankle roller pads for safe and proper exercise form. These adjustable pads offer precise stabilization for your legs while isolating upper body muscles.
- **Quality Home Gym Equipment:** Constructed with premium materials and durable parts, making it a perfect addition to any home gym setup.



Figure 1: The Marcy Utility Slant Board Exercise Bench, showcasing its sturdy design and padded surface.

SETUP AND ASSEMBLY

The Marcy Utility Slant Board is designed for straightforward assembly. Typically, one person can assemble it with minimal tools. Ensure you have all components as listed in the included parts diagram before beginning.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the main support frame to the padded backboard using the provided bolts and washers. Ensure all connections are finger-tight initially.
3. Slide the foam roller pads onto their respective bars. The upper bar with two pads is designed to slide through the designated hole.
4. Insert the adjustable lower rod with its bracket and bolt into the frame. This allows for incline adjustments.
5. Once all parts are in place, securely tighten all nuts and bolts using the appropriate tools. It is crucial to ensure all bolts are very tight to prevent wobbling during use.

ADJUSTMENTS



3 FOOT-ANCHOR POSITIONS

Figure 2: Detail of the adjustable foot-anchor positions, allowing for varied exercise angles.

FEATURES



Figure 3: The comfortable foam rollers provide cushioning and support during workouts.

OPERATING INSTRUCTIONS

The Marcy Utility Slant Board is designed for a variety of exercises. Always ensure the bench is stable and on a level surface before beginning any exercise.

Adjusting the Incline:

To adjust the incline, locate the adjustable rod at the lower end of the bench. Pull the pin or loosen the triangular nut (depending on your model) and reposition the rod into the desired hole for a different angle. Securely fasten the pin/nut before use.

Recommended Exercises:

- **Incline Sit-Ups:** Lie on the board with your feet secured under the upper foam rollers. Place your hands behind your head or across your chest. Engage your core and lift your torso towards your knees. Slowly lower back down.

- **Abdominal Leg Raises:** Lie on your back on the board, holding onto the upper frame for stability. Keep your legs straight and lift them towards the ceiling, engaging your lower abs. Slowly lower them back down.
- **Decline Bench Press:** Position yourself on the board with your head lower than your feet, securing your legs. Use dumbbells or a barbell (with appropriate spotter and rack) to perform chest presses.

EXERCISES



Abdominal Leg Raises



Inclined Sit-Up



Chest Press

Figure 4: Visual guide to common exercises performed on the slant board.



Figure 5: A user demonstrating abdominal leg raises, highlighting the bench's support for core workouts.

MAINTENANCE

- **Regular Cleaning:** Wipe down the vinyl padding and frame with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.
- **Check Bolts:** Periodically inspect all nuts and bolts for tightness. Re-tighten as necessary to maintain stability and safety. Loose bolts can lead to wobbling.
- **Inspect Foam Rollers:** Check the foam rollers for any signs of wear or tearing. While durable, repeated use can cause degradation over time.
- **Storage:** Store the bench in a dry, cool place away from direct sunlight and extreme temperatures to prolong its lifespan. Its lightweight design makes it easy to move and store.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Bench feels wobbly or unstable.	Loose bolts or uneven surface.	Ensure all assembly bolts are securely tightened. Move the bench to a flat, level surface.
Foam rollers are shifting or coming off.	Normal wear or insufficient friction.	Reposition the foam rollers. If they continue to shift excessively, consider adding a small amount of non-slip material to the bar or replacing worn rollers.
Difficulty adjusting the incline.	Pin/nut is too tight or mechanism is stiff.	Loosen the triangular nut completely. Apply a small amount of silicone lubricant to the adjustment points if stiffness persists.

SPECIFICATIONS

Attribute	Value
Brand	MARCY
Model Name	JD-1.2
Item Weight	19.35 Pounds
Material	Vinyl (Padding), Alloy Steel (Frame)
Color	Charcoal
Product Dimensions (LxWxH)	51" x 13" x 20.5" (approximate assembled)
Weight Limit	300 Pounds
Included Components	Warranty card, one slant board bench, User manual

DIMENSIONS



Figure 6: Key dimensions of the Marcy Utility Slant Board.

WARRANTY AND SUPPORT

This Marcy Utility Slant Board Exercise Bench comes with a **2-year manufacturer limited warranty**. Please refer to the warranty card included with your product for full details on coverage and terms.

For customer support, parts replacement, or any inquiries regarding your product, please visit the official MARCY Store or refer to the contact information provided in your user manual document. A digital version of the user manual is also available for download: [User Manual \(PDF\)](#).