

MARCY MWB-5511

Marcy Foldable Deluxe Standard Weight Bench MWB-5511 User Manual

Model: MWB-5511 | Brand: MARCY

INTRODUCTION

Thank you for choosing the Marcy Foldable Deluxe Standard Weight Bench MWB-5511. This manual provides essential information for the safe and effective assembly, operation, and maintenance of your new weight bench. Please read this manual thoroughly before use and retain it for future reference. This bench is designed to support your strength training and weightlifting routines in a home gym environment, offering adjustable features and space-saving storage.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to ensure you are physically able to perform the exercises. Failure to follow these safety guidelines may result in serious injury.

- Always inspect the weight bench for loose parts, damage, or wear before each use. Do not use if any components are compromised.
- Ensure all bolts and nuts are securely tightened before and during use.
- Place the bench on a flat, stable surface. Do not use on uneven ground.
- Keep children and pets away from the equipment during use.
- The maximum weight capacity for this bench is 600 pounds (user weight + weight lifted). Do not exceed this limit.
- Use proper lifting techniques and always use a spotter when lifting heavy weights.
- Wear appropriate athletic footwear and clothing.
- Do not modify the equipment in any way.

PRODUCT COMPONENTS AND CONSTRUCTION

The Marcy MWB-5511 weight bench features a robust design for durability and user comfort. Key components include a heavy-duty steel frame, thick foam padding with a durable vinyl cover, and adjustable mechanisms for the back pad and bar catch.

CONSTRUCTION



Image: Overview of the Marcy MWB-5511 Weight Bench highlighting its construction features such as the powder-coated steel frame, high-density foam padding, and non-slip rubber caps. It also shows the opening for optional attachments.

The bench is constructed with a powder-coated alloy steel frame to resist rust and ensure stability. The padding is made of thick, high-density foam covered with double-stitched vinyl for comfort and longevity. Non-slip rubber caps are present on the feet for floor protection and stability.

SETUP AND ASSEMBLY

While specific assembly steps are detailed in the separate assembly guide provided with your product, here are general guidelines for setting up your weight bench:

1. Unpack all components and verify against the parts list in your assembly guide.
2. Lay out all hardware and tools required.
3. Follow the step-by-step instructions in the assembly guide carefully.
4. Ensure all bolts and nuts are tightened securely once assembly is complete.

5. Place the assembled bench on a level, stable surface before first use.



Image: The fully assembled Marcy Foldable Deluxe Standard Weight Bench, ready for use.

OPERATING YOUR WEIGHT BENCH

Adjusting the Back Pad

The back pad offers four adjustable positions to accommodate various exercises and user preferences, from flat to incline.

ADJUSTABLE BACK PAD



Image: Illustration demonstrating the four adjustable positions of the back pad and the location of the lock pin for secure adjustment.

To adjust: Carefully lift the back pad and pull out the lock pin. Move the back pad to the desired angle, ensuring the lock pin re-engages securely into one of the designated holes. Always confirm the back pad is stable before applying weight.

Adjusting the Bar Catch

The bar catch features six height positions, allowing you to customize the starting height for your barbell exercises.

ADJUSTABLE BAR CATCH

6-Position Height
Adjust Bar Catch



Adjustment Knob



Image: Detail of the adjustable bar catch, indicating the adjustment knob used to set the height.

To adjust: Loosen the adjustment knob on each bar catch upright. Slide the bar catch to the desired height. Ensure both bar catches are at the same height and securely tighten the adjustment knobs before placing a barbell.

Usage Examples

This bench is versatile for various strength training exercises. Always maintain proper form and control during your workouts.

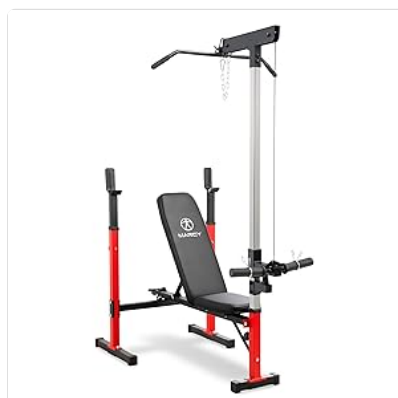


Image: User performing a barbell bench press, demonstrating the bench's use with a barbell.



Image: User performing a dumbbell press, showcasing the bench's versatility for dumbbell exercises.

Common exercises include flat bench press, incline bench press, dumbbell rows, and various core exercises. Always ensure your feet are firmly planted and your body is stable on the bench.

STORAGE

The Marcy MWB-5511 is designed for convenient, space-saving storage. It can be folded vertically when not in use.

STORAGE



Image: Illustration demonstrating how the weight bench folds vertically to save space, making it ideal for compact home gyms.

To fold for storage: Ensure no weights are on the bench or bar catches. Carefully lift the bench from the front and fold it upwards until it locks into its vertical storage position. Store in a dry, safe place away from direct sunlight and extreme temperatures.

MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your weight bench.

- **Cleaning:** Wipe down the bench with a damp cloth after each use to remove sweat and dirt. Use a mild soap solution for deeper cleaning, then wipe dry. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness. Tighten any loose fasteners.
- **Wear and Tear:** Inspect the upholstery for any tears or excessive wear. Check the frame for any signs of damage or rust.
- **Lubrication:** Apply a small amount of silicone-based lubricant to any pivot points or moving parts if they begin to

squeak or stick.

TROUBLESHOOTING

If you encounter any issues with your Marcy weight bench, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven floor.	Ensure all bolts and nuts are securely tightened. Move the bench to a level surface.
Back pad or bar catch difficult to adjust.	Mechanism is stiff or dirty.	Clean the adjustment points. Apply a small amount of silicone lubricant if necessary. Ensure the lock pin is fully disengaged.
Squeaking noises during use.	Loose connections; friction at pivot points.	Tighten all bolts. Apply silicone lubricant to pivot points.

If the problem persists or you encounter an issue not listed here, please contact Marcy customer support.

PRODUCT SPECIFICATIONS

Detailed specifications for the Marcy Foldable Deluxe Standard Weight Bench MWB-5511:

DIMENSIONS



Dimensions featured are the product's overall footprint.

Image: Detailed dimensions of the Marcy MWB-5511 Weight Bench, including overall footprint and seat dimensions.

Specification	Value
Model Number	MWB-5511
Product Dimensions (L x W x H)	137.16 x 82.55 x 120.65 cm (54 x 32.5 x 47.5 inches)
Item Weight	26.31 kg (58 lbs)
Maximum Weight Capacity	600 Pounds (User + Weight)
Frame Material	Alloy Steel
Upholstery Material	Vinyl
Color	Red/Black
Back Pad Positions	4-position adjustable

Specification	Value
Bar Catch Positions	6-position adjustable height
Storage	Folds vertically

OPTIONAL ACCESSORIES

The Marcy MWB-5511 weight bench is designed to be compatible with various optional attachments (sold separately) to expand your workout possibilities. These attachments can be easily connected using quick-release pop pins.

OPTIONAL ATTACHMENTS

Leg Developer (ACC-8116LD)



Lat Tower (ACC-8048LT)



Arm Curl (ACC-8215AC)



Optional Lat Tower, Leg Developer, and Arm Curl attachment sold separately.

Image: The Marcy weight bench shown with various optional attachments, including a Leg Developer, Lat Tower, and Arm Curl attachment, which are sold separately.

Compatible accessories include:

- Lat Tower (ACC-8048LT)
- Arm Curl (ACC-8215AC)
- Leg Developer (ACC-8116LD)




These attachments allow for a more comprehensive full-body workout.

WARRANTY AND CUSTOMER SUPPORT

Marcy products are manufactured with quality and durability in mind. For information regarding your product's warranty, please refer to the warranty card included with your purchase or visit the official Marcy website. If you have any questions, require assistance with assembly, or need to order replacement parts, please contact Marcy customer support. Have your model number (MWB-5511) and purchase information ready when contacting support.

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Related Documents

	<p>Marcy MWB-5511 Weight Bench Assembly Manual</p> <p>Comprehensive assembly instructions and parts list for the Marcy MWB-5511 Weight Bench, detailing each step with component identification and hardware requirements for home gym setup.</p>
	<p>Marcy Pro Weight Bench PM-2084 Owner's Manual and Exercise Guide</p> <p>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.</p>
	<p>Marcy MWB-36780B Bench with 80lb Weight Set - Owner's Manual and Assembly Guide</p> <p>Comprehensive owner's manual and assembly instructions for the Marcy MWB-36780B Bench with 80lb Weight Set by Impex Inc. Includes safety guidelines, parts list, warranty information, and ordering instructions.</p>

