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MARCY 84822

MARCY Smith Cage Workout Machine Instruction Manual

Model: 84822

1. PRODUCT OVERVIEW

The MARCY Smith Cage Workout Machine is a comprehensive full-body strength training system designed for home gym use. It integrates multiple exercise stations into a single durable unit, allowing for a wide range of workouts targeting various muscle groups.



Figure 1.1: Full view of the MARCY Smith Cage Workout Machine.

Key features include:

- **Durable Smith Machine Construction:** Heavy-duty steel frame reinforced with a powder-coated finish, utilizing sturdy aircraft cable with a tensile strength of 2,000 pounds.
- **Versatile Squat Machine System:** Dual-action press arms for arm and chest exercises.
- **Convenient Barbell Rack Access:** Six plate pegs built into the frame for weight organization.
- **All-in-One Design:** Over 100 exercises across three strength machines and six exercise stations.
- **Complete Accessories:** Includes lat bar, tricep rope, and ankle strap.



Figure 1.2: Labeled components of the workout machine, highlighting construction and features.

2. SETUP AND ASSEMBLY

Assembling your MARCY Smith Cage Workout Machine requires careful attention to detail and patience. It is highly recommended to have assistance during the assembly process, especially for handling larger components.

2.1 Pre-Assembly Checklist

- Inspect all three packages upon delivery for any signs of damage. Do not accept heavily damaged packages.
- Unpack all components carefully and sort them. It is highly recommended to match each part with the construction manual's pictures and label them for easier identification.
- Verify all hardware (bolts, screws, washers) against the provided list. The hardware is typically well-packaged and labeled.
- Gather necessary tools: a pair of pliers, a rubber mallet, and a socket set are generally useful. Allen wrenches are usually included.

2.2 Assembly Steps

1. Begin by assembling the workout bench. This is a straightforward process and will familiarize you with the hardware and general assembly approach.
2. Proceed with the main superstructure. Ensure all components are properly aligned and bolts are loosely fitted before tightening any connections. This allows for necessary 'wiggle room' to fit all parts.
3. Pay close attention to the cable system assembly. This is often the most complex part. Carefully study the diagrams in the manual, especially for the long cable that passes through multiple pulleys. Ensure the cable direction is correct to avoid issues.
4. Do not fully tighten any section until you are 100% certain that all parts for that step are correctly positioned.



Figure 2.1: Adjusting the leg developer during assembly or setup.

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Video 2.1: A detailed overview of the Marcy Pro Smith Cage Workout Machine, demonstrating its features and potential for total body training.

3. OPERATING INSTRUCTIONS

The MARCY Smith Cage Workout Machine offers a versatile range of exercises for a full-body workout. Familiarize

yourself with each station to maximize your training potential.

3.1 Smith Machine Bar

The integrated Smith machine bar provides a guided path for exercises like squats, bench presses, and shoulder presses, ensuring stability and safety. Utilize the safety catches at various heights for secure lifting.

3.2 Dual-Action Press Arms (PEC Deck)

The dual-action press arms allow for effective chest and arm exercises, including chest presses and pec flies. Adjust the resistance by adding Olympic weight plates to the pegs.



Figure 3.1: User demonstrating the chest press function of the dual-action press arms.

3.3 High and Low Pulley Systems

The machine features both high and low pulley systems, enabling a wide array of cable exercises. Attach the lat bar for lat pulldowns, the tricep rope for tricep pushdowns, or the ankle strap for leg exercises.



Figure 3.2: User performing bicep curls using the cable system.

3.4 Leg Developer

The integrated leg developer allows for leg extensions and leg curls. Ensure the weight plates are securely loaded for proper resistance.



Figure 3.3: Detailed view of the leg developer and the Smith bar safety catch mechanism.

4. MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your MARCY Smith Cage Workout Machine.

- **Lubrication:** Apply a silicone-based lubricant (e.g., WD40 Silicone) to the guide rods of the Smith machine bar and any other moving parts, such as the cable pulleys and leg developer pivots, to ensure smooth movement and prevent sticking.
- **Cable Inspection:** Periodically inspect all cables for any signs of fraying, kinks, or wear. Replace damaged cables immediately to prevent accidents.
- **Tension Adjustment:** After initial use, and periodically thereafter, check and adjust the tension of the cables as described in your owner's manual to maintain optimal performance.
- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dirt. Avoid abrasive cleaners.

5. TROUBLESHOOTING

Here are solutions to common issues you might encounter:

- **Sticky Loading Pins/Cables:** If the loading pins or cable system do not glide smoothly, apply a generous amount of silicone lubricant to the rails and moving parts. Work the system back and forth to distribute the lubricant.
- **Damaged Packaging/Parts on Arrival:** If packages arrive heavily damaged or parts are missing/bent, document the damage with photos and contact MARCY customer support immediately for assistance with replacements.
- **Bench Adjustment Difficulty:** If the bench adjustment knobs are stiff, ensure they are not overtightened. Apply a small amount of lubricant to the threads if necessary.

6. SPECIFICATIONS

Detailed specifications for the MARCY Smith Cage Workout Machine (Model 84822):

Feature	Specification
Brand	MARCY
Model Number	84822
ASIN	B076CPY11Z
UPC	096362850001
Item Dimensions (LxWxH)	95"D x 79"W x 86"H (241.3cm D x 200.66cm W x 218.44cm H)
Item Package Dimensions (LxWxH)	84.5 x 24 x 22.5 inches
Package Weight	433.45 Pounds
Maximum Weight Recommendation	2000 Pounds
Tension Level (Cables)	600 lbs
Material	Alloy Steel
Color	Black/White
Handle Type	Rope, Pulldown
Strap Type	Ankle Strap



Figure 6.1: Dimensions of the MARCY Smith Cage Workout Machine.

7. WARRANTY AND CUSTOMER SUPPORT

For any questions regarding your MARCY Smith Cage Workout Machine, including warranty information, replacement parts, or technical assistance, please contact MARCY customer support directly. Refer to the contact information provided in your product packaging or visit the official MARCY website.

You can also visit the [MARCY Store on Amazon](#) for additional product information and support resources.