

MARCY MWM-G618

Marcy MWM-G618 Leg Press and Hack Squat Machine User Manual

Model: MWM-G618

1. IMPORTANT SAFETY INFORMATION

Read all instructions carefully before assembling or using this equipment. Keep this manual for future reference. Failure to follow these instructions can result in serious injury or property damage.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all nuts and bolts are securely tightened before each use.
- Place the equipment on a solid, level surface. Use a protective mat if necessary.
- Do not exceed the maximum weight capacity of 270 kg (1000 lbs).
- Always use the safety lock system during exercises and when not in use.
- Inspect the equipment for worn or damaged parts before each use. Do not use if damaged.
- Perform exercises slowly and in a controlled manner. Avoid sudden movements.

2. PACKAGE CONTENTS

Verify that all components are present before assembly:

- Hack Squat Machine Frame
- Leg Press Machine Components
- Weight Storage Pegs
- Safety Bars
- Assembly Hardware (bolts, washers, nuts, tools)
- User Manual

3. ASSEMBLY INSTRUCTIONS

Assembly requires careful attention to detail. It is recommended that two people assemble this machine to ensure safety and efficiency.

Follow the step-by-step diagrams provided in the separate assembly guide. Ensure all parts are correctly oriented and securely fastened.

Key Assembly Points:

- **Frame Construction:** Begin by assembling the main steel frame components.
- **Sliding Mechanism:** Carefully install the sliding carriage, ensuring smooth movement.
- **Padded Components:** Attach the backrest and shoulder pads.
- **Footplate:** Secure the diamond plate footplate.
- **Safety Bars:** Install the adjustable safety bars.
- **Weight Storage:** Attach the weight storage pegs.



Image: Construction details of the machine, highlighting components like rubber grip handles, diamond plate footrest, vinyl upholstery, 14-gauge square tubing, steel structure with electrostatic paint finish, non-slip rubber caps, and weight storage posts. Each weight storage post supports up to 136.1 kg.

4. OPERATING INSTRUCTIONS

The Marcy MWM-G618 offers two primary exercise modes: Leg Press and Hack Squat.

4.1 Switching Between Leg Press and Hack Squat

To switch between modes, adjust the backrest position:

- **For Hack Squat:** Mount the backrest in the upper position of the machine. The user stands facing the footplate with shoulders under the pads.
- **For Leg Press:** Mount the backrest in the lower position of the machine. The user sits on the seat with feet on the footplate.



Image: The machine configured for Hack Squat (upper backrest) and Leg Press (lower backrest).

4.2 Adjusting the Backrest and Footplate

The backrest is adjustable to 2 positions, and the footplate is adjustable to 4 positions to accommodate different user heights and exercise preferences. Use the pop-pin knob and locking pop-pin knob to secure your desired positions.



Image: Adjustable backrest (2 positions) and footplate (4 positions) with pop-pin mechanisms.

4.3 Using the 4-Level Safety Bar

The machine is equipped with a 4-level safety bar system to prevent injury. Always engage the safety bars before and after your sets, and whenever you need to stop an exercise mid-rep.

- **Safety Activated:** Position the bar upwards to lock the carriage in place.
- **Safety Deactivated:** Position the bar downwards to allow the carriage to move freely.



Image: Illustration of the 4-level safety bar system in both activated (bar up) and deactivated (bar down) positions for Leg Press and Hack Squat.

4.4 Loading Weights

Load standard or Olympic weight plates onto the weight sleeves located on the carriage. Ensure weights are evenly distributed and securely placed. Weights are not included with the machine.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Marcy MWM-G618 machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners. Replace any worn or damaged components immediately.
- **Lubrication:** Apply a light lubricant to the sliding rails and pivot points as needed to maintain smooth operation.
- **Storage:** Store the machine in a dry, clean environment away from extreme temperatures and direct sunlight.

6. TROUBLESHOOTING

If you encounter issues with your machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Loose fasteners; lack of lubrication on sliding parts	Tighten all nuts and bolts. Apply lubricant to the sliding rails and pivot points.
Carriage movement is not smooth	Debris on rails; insufficient lubrication; misaligned components	Clean the sliding rails. Apply lubricant. Check for proper assembly and alignment of the carriage.
Machine feels unstable	Uneven surface; loose frame bolts	Ensure the machine is on a level surface. Tighten all frame bolts.

7. SPECIFICATIONS

Detailed specifications for the Marcy MWM-G618 Leg Press and Hack Squat Machine:

Feature	Detail
Model	MWM-G618
Product Dimensions (L x W x H)	186 cm x 76 cm x 147 cm (73.2 in x 29.9 in x 57.9 in)
Product Weight	127.01 kg (280 lbs)
Maximum Load Capacity	270 kg (1000 lbs)
Material	Alloy Steel, Polyvinyl Chloride (PVC)
Color	Black / Red
Included Items	Hack Squat Machine, Leg Press Machine, Weight Storage Pegs, Safety Bars
Safety Standards	ASTM Standards (Capacity of 544.3 kg / 1200 lbs for certain components, overall machine capacity 270kg)



Image: Dimensions of the machine, including overall length (182.9 cm), width (76 cm), height (147 cm), and detailed measurements for the backrest and footplate.

8. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please contact Marcy customer service. Refer to your purchase documentation for specific warranty terms and contact details.

Customer Service: Please visit the official Marcy website or refer to the contact information provided at the point of purchase.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question