

MARCY MWB-5511AMZ

Marcy Foldable Deluxe Standard Weight Bench MWB-5511 User Manual

Model: MWB-5511AMZ | 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.



Image: The Marcy Foldable Deluxe Standard Weight Bench, showcasing its black and red frame with a padded bench and adjustable bar catches.

SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is imperative to read and understand all warnings and instructions in this manual. Failure to do so may result in serious injury or property damage.

- Ensure all bolts and nuts are securely tightened before each use.

- Do not exceed the maximum weight limit of 600 pounds (user weight + lifted weight).
- Keep children and pets away from the equipment during use.
- Use the bench on a flat, stable surface.
- Inspect the bench for worn or damaged parts before each workout. Do not use if damaged.
- Wear appropriate exercise attire and footwear.

SETUP AND ASSEMBLY

The Marcy MWB-5511 requires assembly. Follow the instructions provided in the separate assembly guide for detailed steps. Ensure all components are present before beginning assembly.

Key Components:

- Main Frame (Alloy Steel)
- Adjustable Back Pad (High-density foam with double-stitched vinyl)
- Seat Pad
- Bar Catch Uprights
- Adjustment Knobs and Lock Pins
- Non-Slip Rubber Caps

CONSTRUCTION



Image: Diagram highlighting construction features such as powder-coated steel frame, high-density foam padding, double-stitched vinyl cover, non-slip rubber caps, and openings for optional attachments.

OPERATING INSTRUCTIONS

Adjusting the Back Pad:

The back pad features a four-position adjustment system. To adjust, locate the lock pin mechanism beneath the back pad. Pull the pin, adjust the back pad to your desired angle, and release the pin, ensuring it securely locks into place.

ADJUSTABLE BACK PAD



Image: Illustration showing the 4-position adjustable back pad and the lock pin used for adjustment.

Adjusting the Bar Catch:

The bar catch offers six height positions for customized workout angles. To adjust the height of the bar catch, loosen the adjustment knob on each upright, slide the bar catch to the desired height, and securely tighten the knob to lock it in position.

ADJUSTABLE BAR CATCH



Image: Close-up view of the adjustable bar catch mechanism, highlighting the adjustment knob and the 6-position height settings.

Folding for Storage:

The Marcy MWB-5511 is designed for space-saving storage. To fold, ensure the back pad is in its lowest position. Follow the folding mechanism instructions in your assembly guide to collapse the bench vertically. This allows for compact storage in smaller spaces.

STORAGE



Image: Depiction of the weight bench folding vertically for compact storage, showing the transition from an open to a folded state.

MAINTENANCE

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

- **Cleaning:** Wipe down the vinyl pads and frame with a damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a light lubricant to any pivot points or moving parts if they begin to squeak or feel stiff.
- **Storage:** Store the bench in a dry, temperate environment to prevent rust and material degradation.

TROUBLESHOOTING

If you encounter any issues with your Marcy MWB-5511, refer to the following common solutions:

Problem	Possible Cause	Solution
Bench feels unstable or wobbly.	Loose fasteners; uneven surface.	Ensure all nuts and bolts are tightened. Move the bench to a flat, level surface.
Back pad or bar catch difficult to adjust.	Adjustment mechanism is stiff or obstructed.	Apply a small amount of silicone-based lubricant to the moving parts. Check for any obstructions.
Squeaking noises during use.	Friction between metal parts.	Identify the source of the squeak and apply a light lubricant to the contact points.

If the problem persists, please contact Marcy customer support.

SPECIFICATIONS

Feature	Detail
Brand	MARCY
Model Number	MWB-5511AMZ
Material	Alloy Steel, Vinyl
Color	Black/Red
Product Dimensions (LxWxH)	54"D x 32.5"W x 47.5"H
Item Weight	58 Pounds
Weight Limit	600 Pounds
Back Pad Adjustment	4 Positions
Bar Catch Adjustment	6 Positions
Storage	Folds Vertically

DIMENSIONS



Dimensions featured are the product's overall footprint.

Image: Detailed diagram showing the dimensions of the Marcy Foldable Deluxe Standard Weight Bench in both open and folded configurations.

OPTIONAL ACCESSORIES

The Marcy MWB-5511 is compatible with various attachments (sold separately) to expand your workout possibilities. These include:

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

These attachments can be easily connected using the quick-release pop pins on the bench.

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: Visual representation of the Marcy weight bench with various optional attachments, including a leg developer, lat tower, and arm curl attachment.



WARRANTY AND SUPPORT

For warranty information, product support, or to purchase replacement parts, please visit the official Marcy website or contact their customer service department. Retain your proof of purchase for warranty claims.

Marcy Customer Support: Refer to your product packaging or the official Marcy website for the most current contact information.

Online Resources: [Visit the MARCY Store on Amazon](#)

Related Documents - MWB-5511AMZ

	<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>
	<p>Marcy MWB-5511 Weight Bench Owner's Manual</p> <p>Comprehensive owner's manual for the Marcy MWB-5511 Weight Bench by IMPEX INC., covering safety, assembly, usage guidelines, maintenance, and warranty information.</p>
	<p>Marcy Pro Deluxe Smith Cage SM-7553 Owner's Manual & Assembly Guide</p> <p>Comprehensive owner's manual and assembly guide for the Marcy Pro Deluxe Smith Cage SM-7553, including safety instructions, exercise guidelines, parts lists, and warranty information from Impex Inc.</p>
	<p>Marcy Weight Bench MWB-209 Assembly and Owner's Manual</p> <p>Comprehensive guide for assembling and using the Marcy Weight Bench MWB-209 by IMPEX INC. Includes safety notices, parts list, assembly instructions, and warranty information.</p>