

MARCY Eclipse UB9000 Developer Utility Bench Instruction Manual

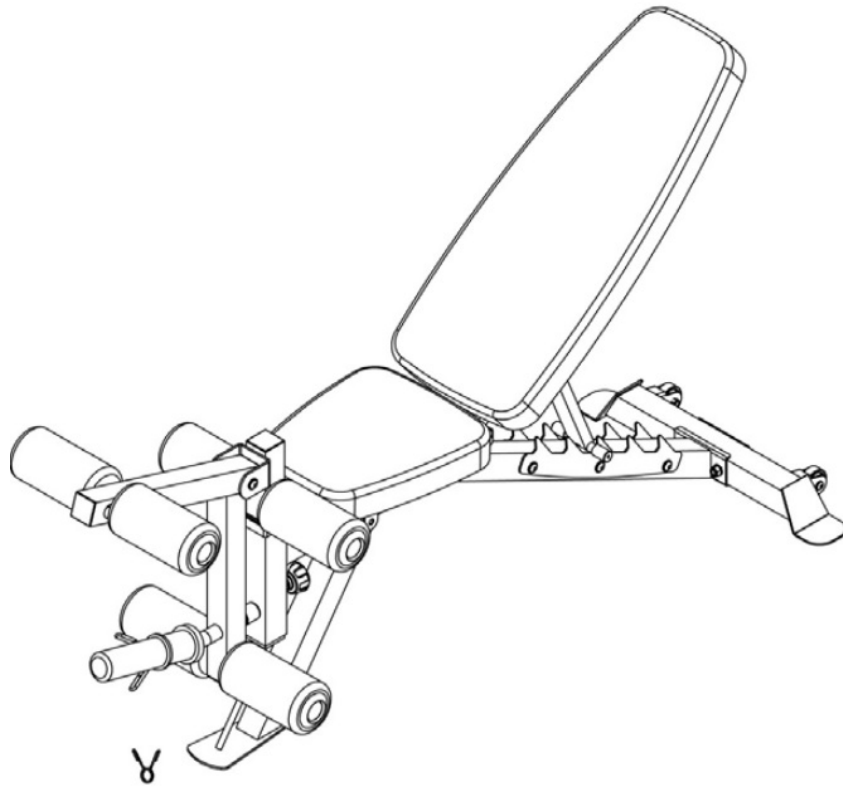
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MARCY Eclipse UB9000 Developer Utility Bench

**NOTE:**

Please read all instructions carefully before using this product

Model UB9000

Retain This Manual for Reference

IMPORTANT: Please read this manual before commencing assembly of this product.

BEFORE YOU BEGIN

Thank you for selecting the MARCY Eclipse UB9000 Developer Utility Bench. For your safety and benefit, read this manual carefully before using the equipment. As a distributor, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please contact our after-sales department, Monday to Friday 9am – 5pm GMT.

Pure-Tec Limited

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Email: service@puretecfitness.com

IMPORTANT SAFETY NOTICE

This exercise equipment is built for optimal safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

1. Keep children and pets away from the equipment at all times.
DO NOT leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.

3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.

CONSULT A PHYSICIAN IMMEDIATELY.

4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual.
DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. This equipment is designed and intended for home and consumer use only, not for commercial use.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. PURE-TEC LIMITED ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

EXERCISE GUIDELINES

• Building Muscle and Gaining Weight

Unlike aerobic exercise, which emphasizes endurance training, anaerobic exercise focuses on strength training. A gradual weight gain can occur while building the size and strength of muscles. While developing muscle mass, your body adapts to the stress placed upon it. You can modify your diet to include foods such as meat, fish and vegetables. These foods help muscles recover and replenish important nutrients after a strenuous workout.

• Muscle Strength and Endurance

To achieve the greatest benefit from exercise, it is important to develop an exercise program that allows you to work all of the major muscle groups equally.

To increase muscles strength; follow this principle: Increasing resistance and maintaining the number of repetitions of an exercise results in increased muscle strength.

To tone your body, follow the principle: Decreasing resistance plus increasing the number of repetitions of an exercise results in increased body tone.

Once you feel comfortable with an exercise, you can change the resistance, the number of repetitions, or the speed at which you do the exercise. It is not necessary to change all three variables. For example, let's say that you are training at 22kgs and performing the exercise 10 times in 3 minutes. When this becomes too easy, you may decide to move up lifting 27kgs for the same number of repetitions in the same amount of time. Lifting more weights fewer times most often develops muscle strength. To gain both muscle strength and endurance, it is recommended that you perform each exercise 15 to 20 reps per set.

- **Training Intensity**

How hard you begin to train depends on your overall level of fitness. The soreness you experienced can be lessened by decreasing the load you place on your muscles and by performing fewer sets. To avoid injury, you should gradually work into an exercise program and set the load to your individual fitness level. The load should increase as your fitness level increases. Muscle soreness is common, especially when you first start exercising. If you are painfully sore for a long time, it may be time to change your program. Eventually, your muscle system will become accustomed to the stress and strain placed on it.

Beginning a Strength Building Program

- **Warming Up**

To begin strength training, it is important to stretch and perform light exercise for 5 to 10 minutes. This helps prepare the body for more strenuous exercise by increasing circulation, raising your body temperature and developing more oxygen to your muscles.

- **Workout**

Each workout to keep in mind that muscle soreness that lasts for a long period is not desirable and may mean that injury has occurred.

- **Cool Down**

At the end of each workout, perform slow stretching exercises for 5 to 10 minutes. Ease into each stretch only going as far as you can. This stage allows your muscles wind down after training.

To provide a total workout program it is also recommended that 2 to 3 days of aerobic exercise is performed in addition to the strength training.

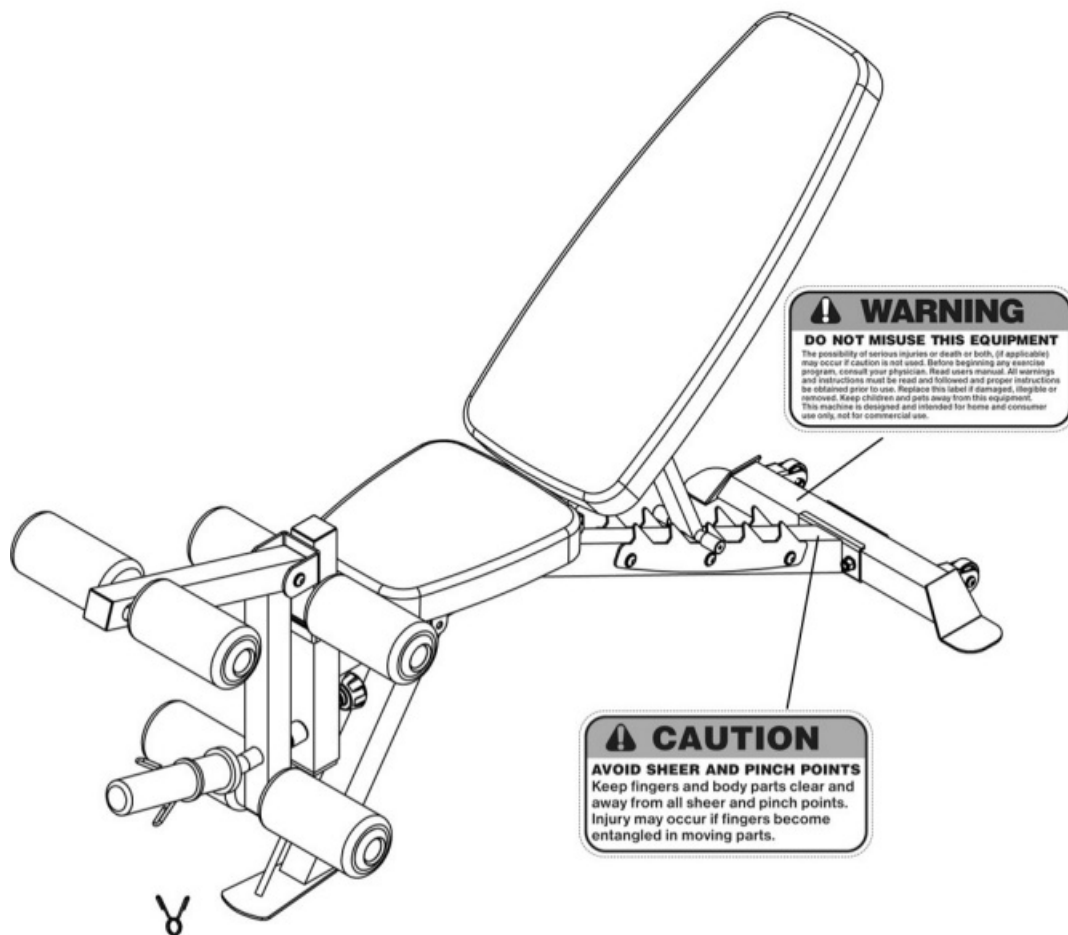
- **Drinking Water**

For the body to function properly, it must be properly hydrated. If you are exercising, you should increase your fluid intake. The reason for this is that the water you take in will leave your system through the sweating mechanism that cools your body during exercise. The water you lose through exercise must be replaced so that the muscles can recover properly.

- **Rest Day**

Although you may not feel like doing it, taking a rest day at least once a week is important because it gives your body a chance to heal itself. Continuously working your muscle will result in over training which will not benefit in the long run.

WARNING LABEL PLACEMENT



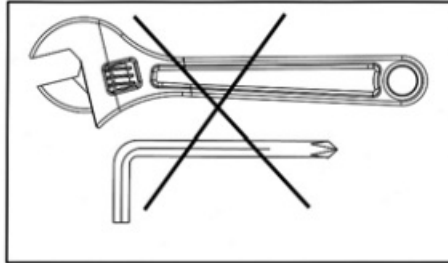
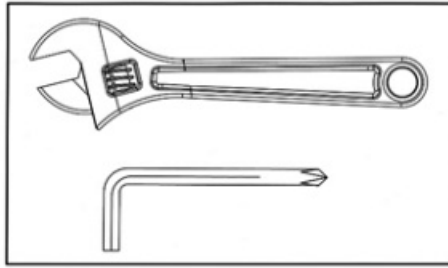
Apply the labels in the location shown.

IMPORTANT ASSEMBLY INFORMATION

- Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- Ensure Carriage Bolts are inserted through the SQUARE holes on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- Use Allen Bolts or Hex Bolts inserted through the ROUND hole on components that need to be assembled.
- Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts

- Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
 NOTE: Do not over tighten any component with pivoting function.
 Make sure all pivoting components are able to move freely.
- Do not tighten all Nuts and Bolts in this step.



CARE AND MAINTENANCE

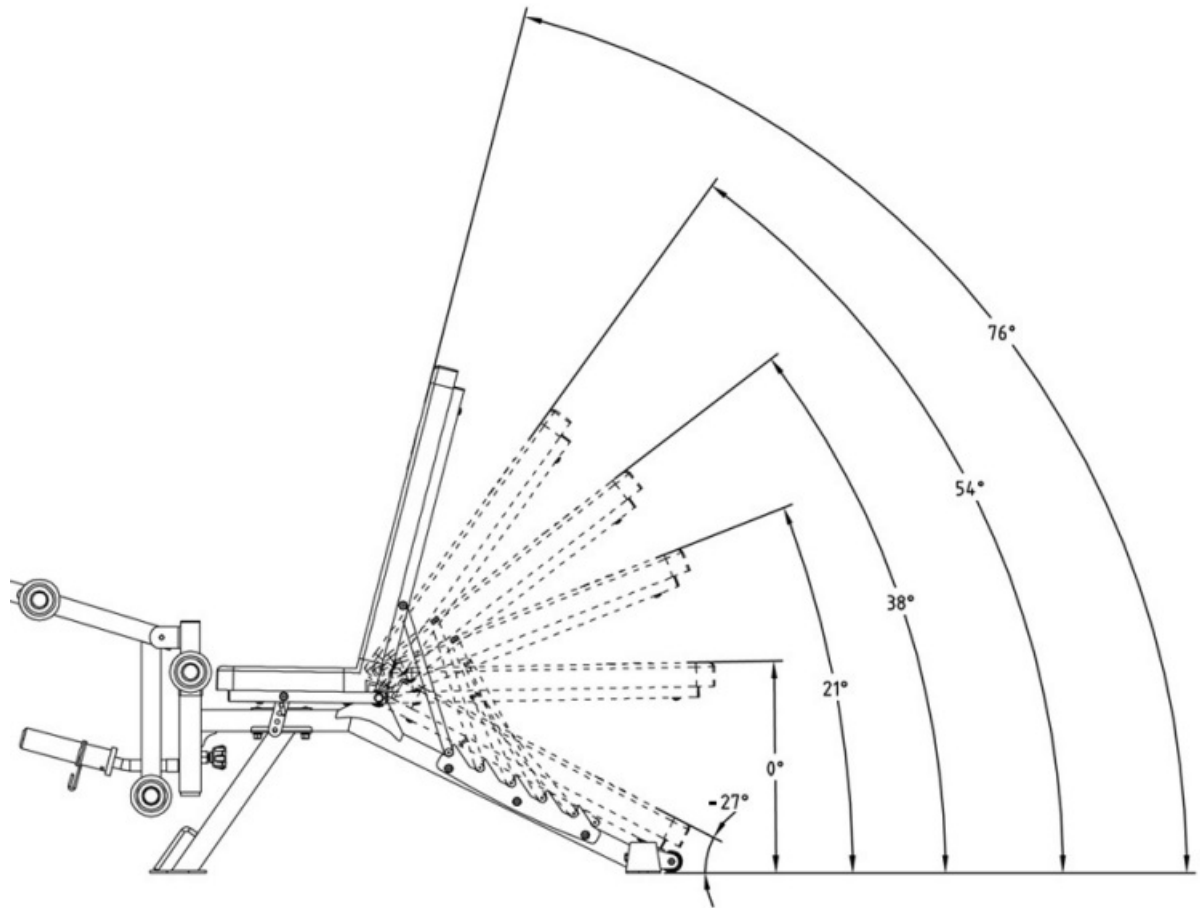
1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the equipment.
3. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.
DO NOT use solvents.
4. Examine the equipment regularly for signs of damages or wear.
5. Replace any defective components immediately and/or keep the equipment out of use until repair.
6. Failure to examine regularly may affect the safety level of the equipment.

WEIGHT CAPACITY AND DIMENSION

1. Maximum user weight: 135kg.
2. Maximum weight capacity (including user weight): 270kg.
3. Assembled Dimension: 165 x 59 x 118 cms

BACKREST ADJUSTMENT ANGLES

Backrest adjustment angle ranges from -270 to 760.



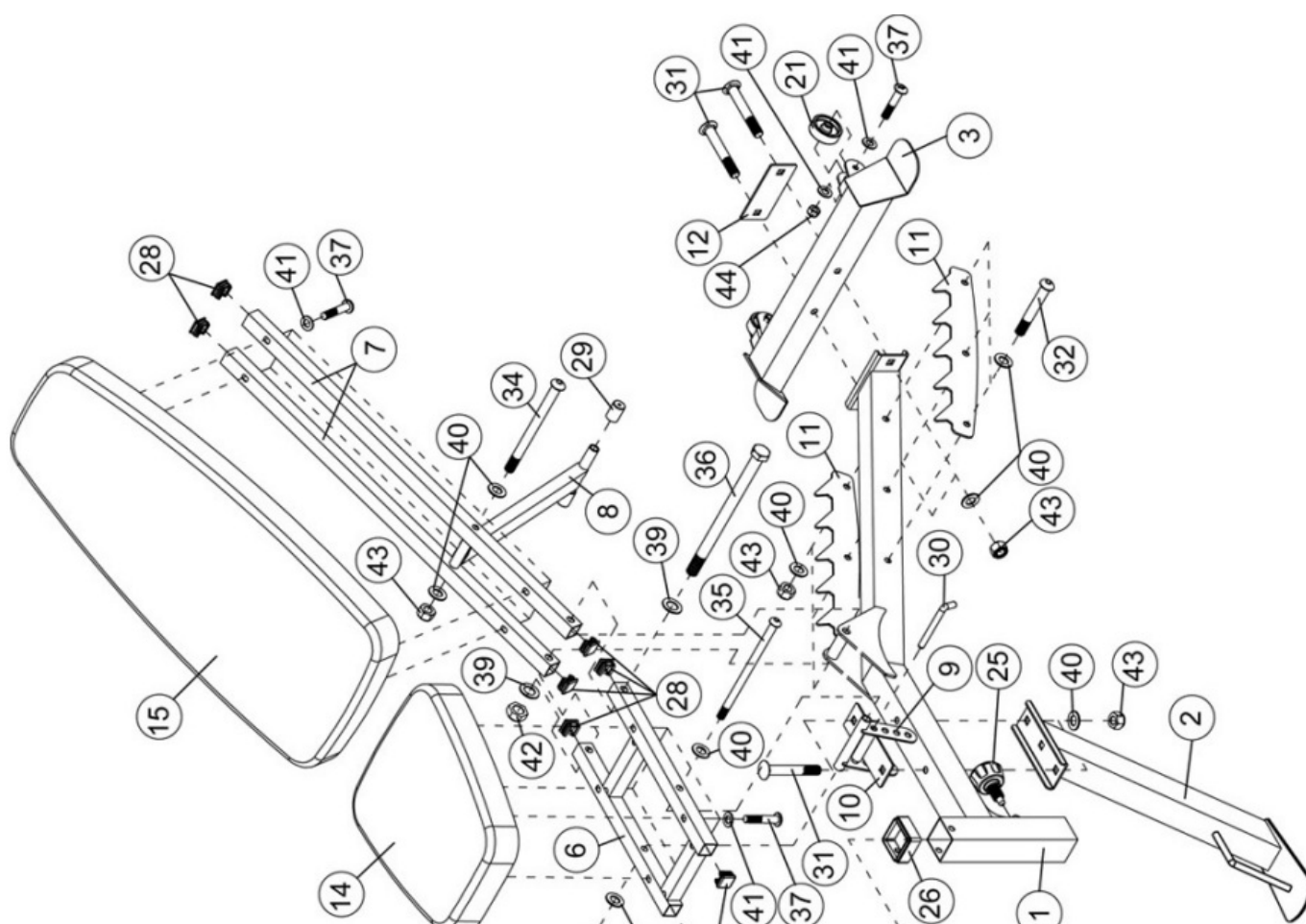
UB9000 PARTS LIST

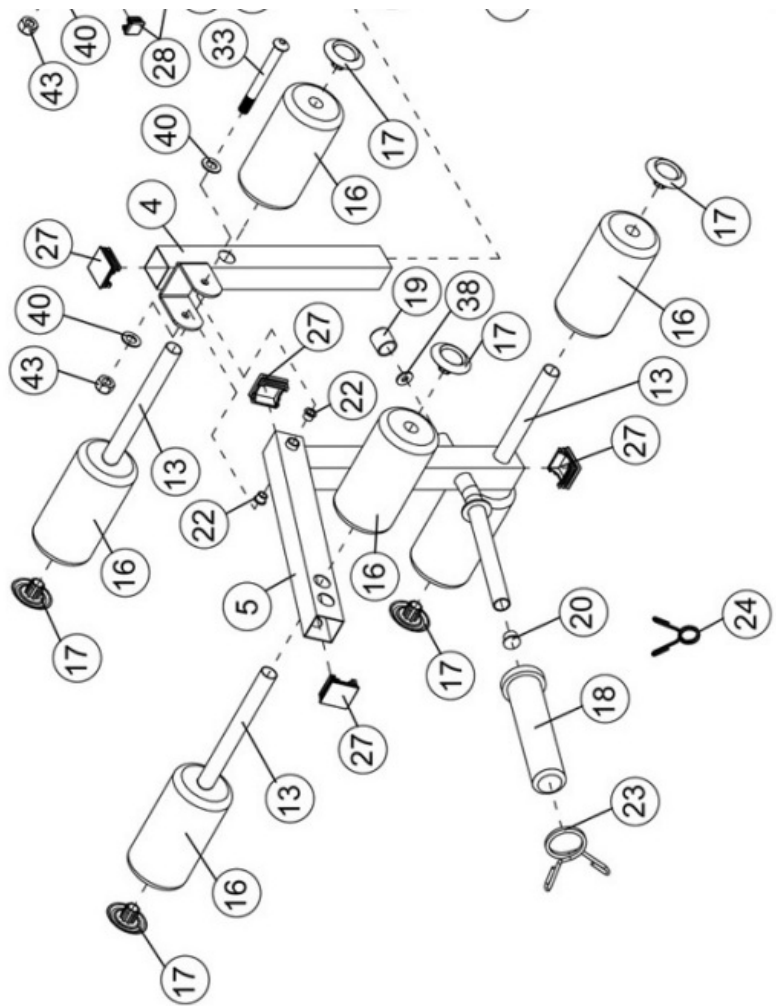
PART NO.	DESCRIPTION	SIZE	QUANTITY
1	Main Frame		1
2	Front Post		1
3	Rear Base		1
4	Leg Developer Holder		1
5	Leg Developer		1
6	Seat Bracket		1
7	Backrest Support		2
8	Backrest Incline Support		1
9	Seat Incline Support		1
10	Front Post Bracket		1
11	Incline Adjustment Base		2
12	Bracket	4 3/4" x 2"	1
13	Foam Tube		3
14	Seat Pad		1

15	Backrest Board		1
16	Foam Roll		6
17	Foam Roll End Cap		6
18	Olympic Sleeve		1
19	Rubber Bumper	Ø1 1/8" x 1 1/8"	1
20	End Cap	Ø 1"	1
21	Roller Wheel		2
22	Leg Developer Bushing		2
23	Spring Clip	Ø 1 7/8"	1
24	Spring Clip	Ø 7/8"	1
25	Lock Knob	M18	1
26	Sleeve	2" x 1 3/4"	1
27	End Cap	1 3/4" x 1 3/4"	4
28	End Cap	1" x 1"	8
29	Rubber Bumper	Ø 3/4" x 1 1/8"	2
30	L-shaped Lock Pin		1
31	Carriage Bolt	M10 x 2 3/4"	4
32	Allen Bolt	M10 x 2 3/4"	3
33	Allen Bolt	M10 x 3 1/2"	1
34	Allen Bolt	M10 x 4 7/8"	1
35	Allen Bolt	M10 x 6 7/8"	1
36	Hex Bolt	M12 x 6 7/8"	1
37	Allen Bolt	M8 x 1 5/8"	10
38	Spacer	Ø 1" x Ø 3/8"	1
39	Washer	Ø 1"	2

40	Washer	Ø 3/4"	16
41	Washer	Ø 5/8"	12
42	Aircraft Nut	M12	1
43	Aircraft Nut	M10	10
44	Aircraft Nut	M8	2
	Allen Wrench	6#	1
	Allen Wrench	5#	1
	Allen Wrench	4#	1

EXPLODED DIAGRAM





LIMITED WARRANTY

- Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the frame and one year on all other parts and components from the date of purchase. This warranty extends only to the original purchaser. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.
- All returns must be pre-authorized by Pure-Tec. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by Pure-Tec.
- Pure-Tec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.
- The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our After-Sales Department Monday to Friday 8am to 5pm GMT.


Pure-Tec Limited
Tel: +44 (0) 1482 212098
Monday – Friday 0800 – 1700 GMT www.puretecfitness.com
Email: service@puretecfitness.com

When ordering replacement parts, please give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase

www.puretecfitness.com

Documents / Resources

	<p>MARCY Eclipse UB9000 Developer Utility Bench [pdf] Instruction Manual Eclipse UB9000 Developer Utility Bench, Eclipse UB9000, Developer Utility Bench, Utility Bench, Bench</p>
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References

-  [PureTec Fitness | Home to Home Fitness Equipment](#)