

NOTE:
Please read all instructions
carefully before using this
product



MARCY

MARCY FOLD UP BENCH MFB 400

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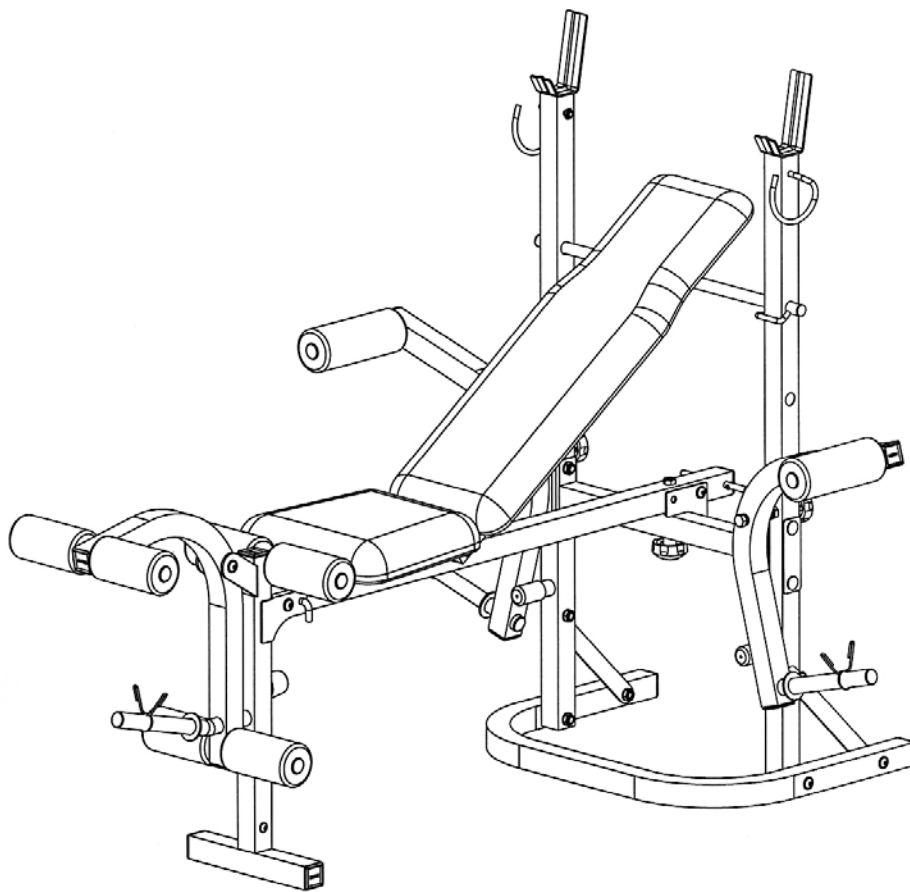
Ordering Parts

Model
MFB 400

Retain This
Manual for
Reference

08-14-07

OWNER'S
MANUAL



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BEFORE YOU BEGIN

Thank you for selecting the **MARCY FOLD UP BENCH MFB-400**. For your safety and benefit, read this manual carefully before using the machine. As the distributor, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts or you require assistance assembling this product, we guarantee you complete satisfaction through direct assistance. To avoid unnecessary delays, please call our customer service department Monday to Friday 9am to 5pm.

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IMPORTANT SAFETY PRECAUTIONS

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

1. Keep children and pets away from the bench at all times. Do not leave children unattended in the same room with the bench. The bench is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the bench is not intended.
2. If children are allowed to use the bench their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
3. Only one person at a time should use the bench.
4. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
5. Position the bench on a clear leveled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the bench near water or outdoors.
6. Keep hands away from all moving parts
7. Always wear appropriate clothing when exercising. DO NOT wear robes or other clothing that could become caught in the bench. Running or aerobic shoes are also required when using the bench.
8. Use the bench only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the bench.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the bench to exercise, always do stretching exercises to properly warm up.
12. Never use the bench if it is not functioning properly.
13. This product is intended for H=Domestic Home use only.

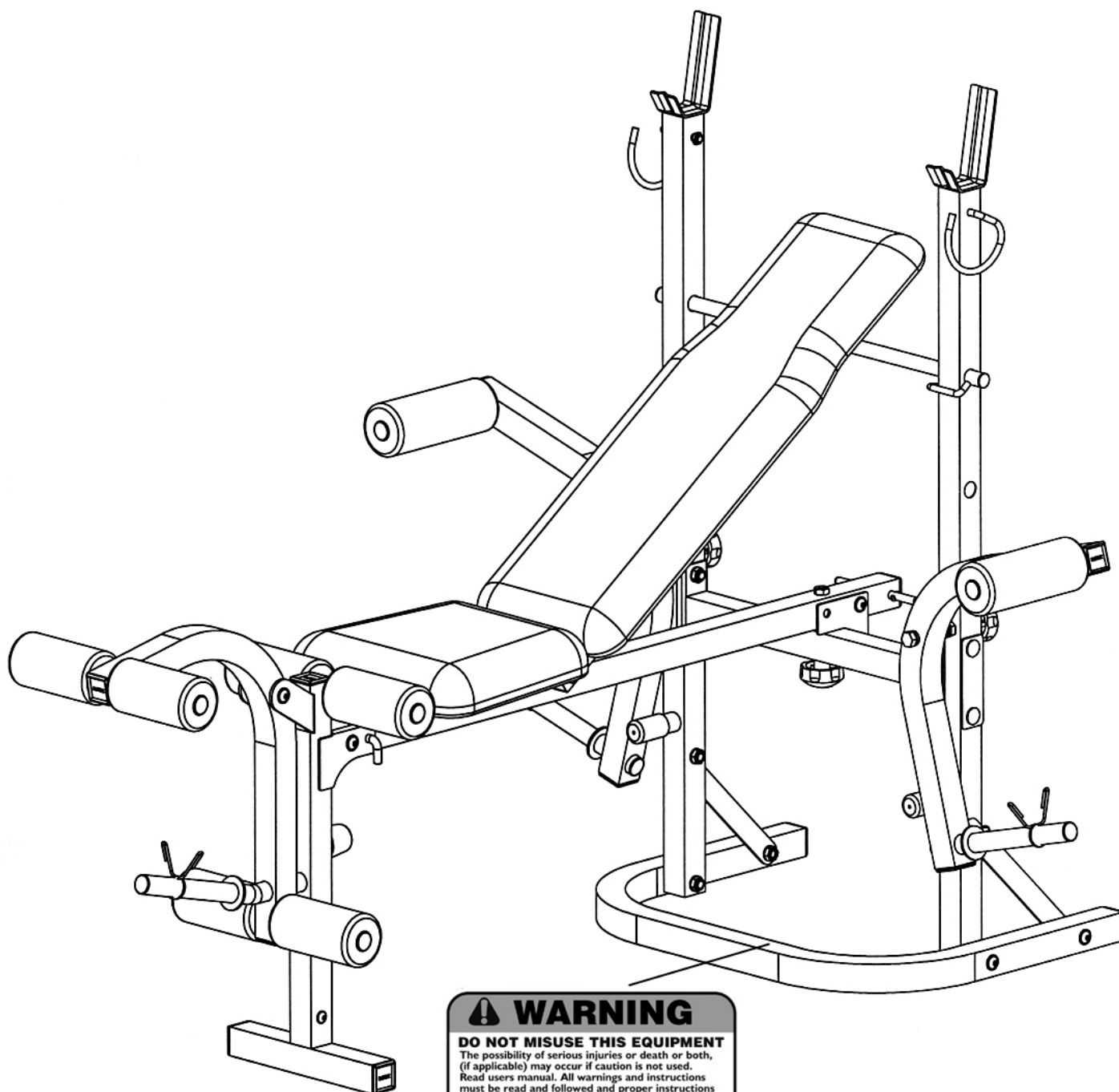
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Failure to examine the bench regularly may affect the safety level of the equipment.
4. Maximum user weight is 140kg.
5. Maximum weight capacity on the uprights: 100kg.
6. Maximum weight capacity on the leg developer is 45kg.
7. Maximum weight capacity on each Butterfly is 25kg.
8. Assembled Dimensions: L 158 x W 113 x H 106 cm

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. 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. MARCY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

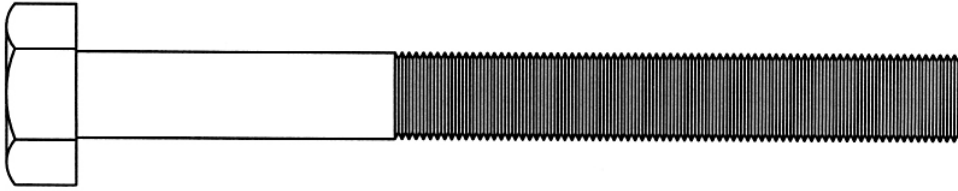
SAVE THESE INSTRUCTIONS.

WARNING LABEL

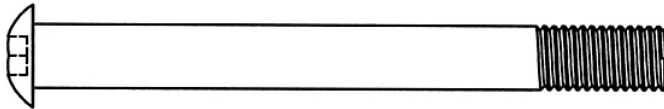


HARDWARE PACK

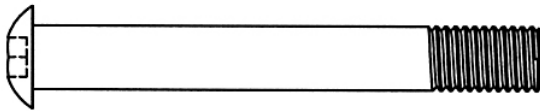
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



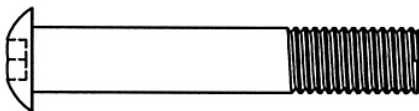
#42 M12 x 4 $\frac{7}{8}$ " Hex Bolt (Qty 2)



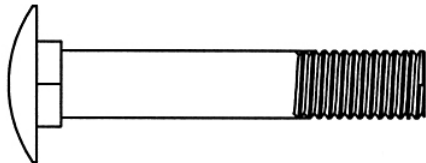
#35 M10 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 2)



#36 M10 x 2 $\frac{7}{8}$ " Allen Bolt (Qty 1)



#37 M10 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 6)

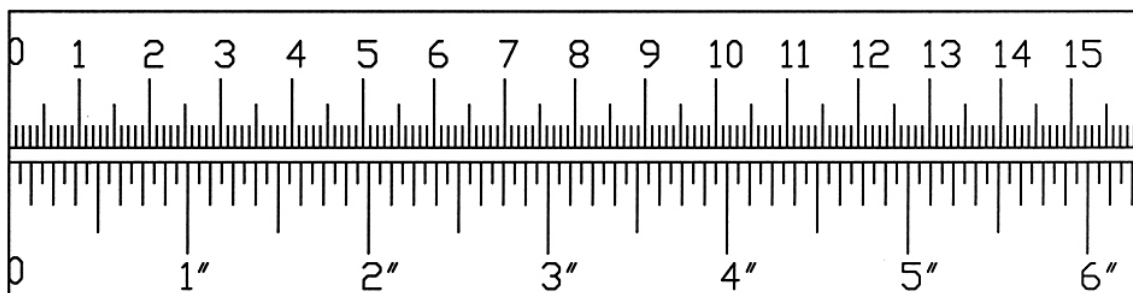


#39 M10 x 2 $\frac{1}{8}$ " Carriage Bolt (Qty 4)



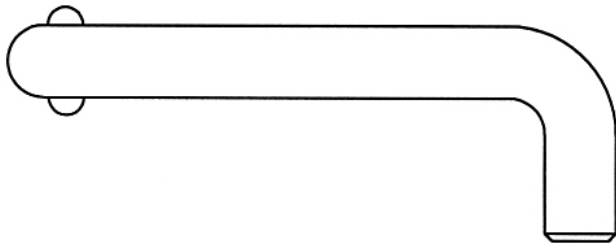
#41 M6 x 1 $\frac{5}{8}$ " Hex Bolt (Qty 8)

mm

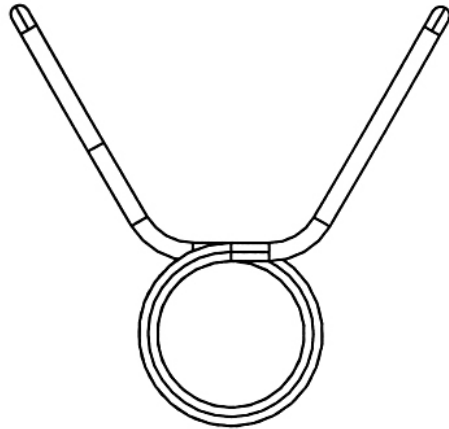


HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



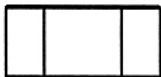
#22 3 $\frac{3}{8}$ " Lock Pin (Qty 1)



#25 Spring Clip (Qty 3)



#38 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 3)



#43 M12 Regular Nut (Qty 2)



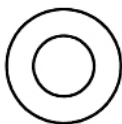
#48 M8 Aircraft Nut (Qty 2)



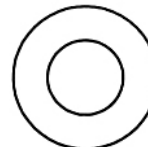
#45 $\varnothing \frac{1}{2}$ " Washer (Qty 8)



#47 M10 Aircraft Nut (Qty 13)

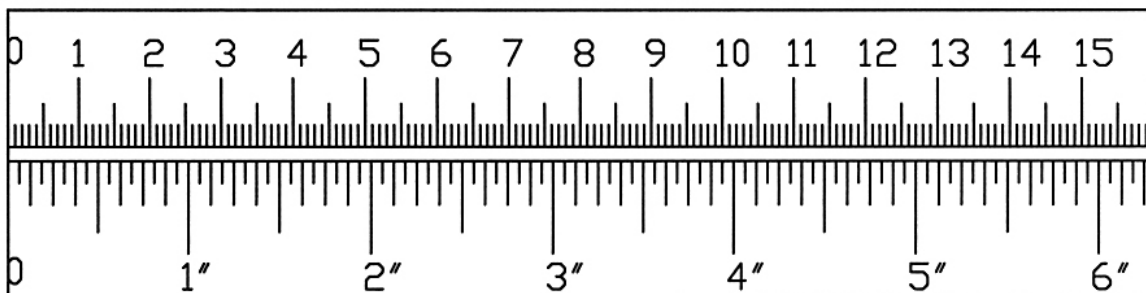


#46 $\varnothing \frac{5}{8}$ " Washer (Qty 3)



#44 $\varnothing \frac{3}{4}$ " Washer (Qty 22)

mm

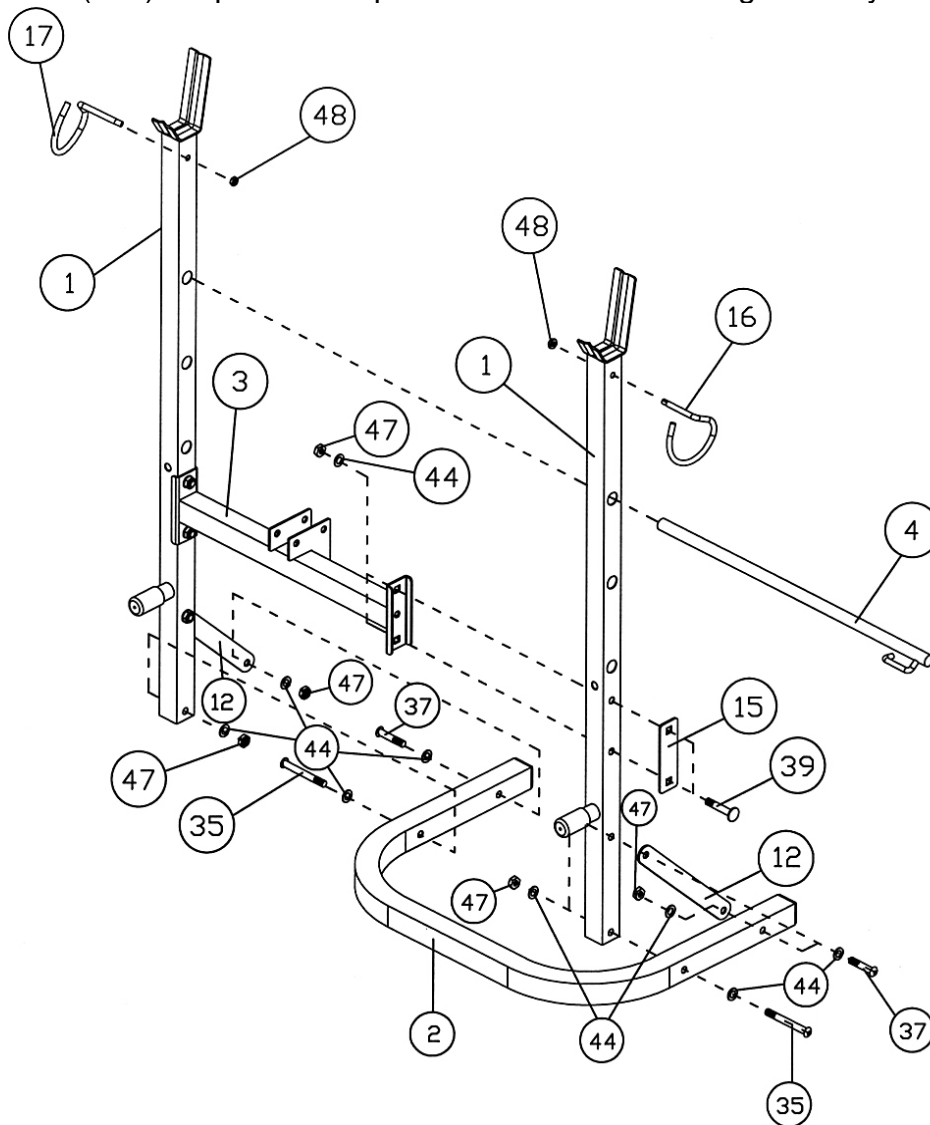


ASSEMBLY INSTRUCTION

Tools required assembling the machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (SEE DIAGRAM 1)

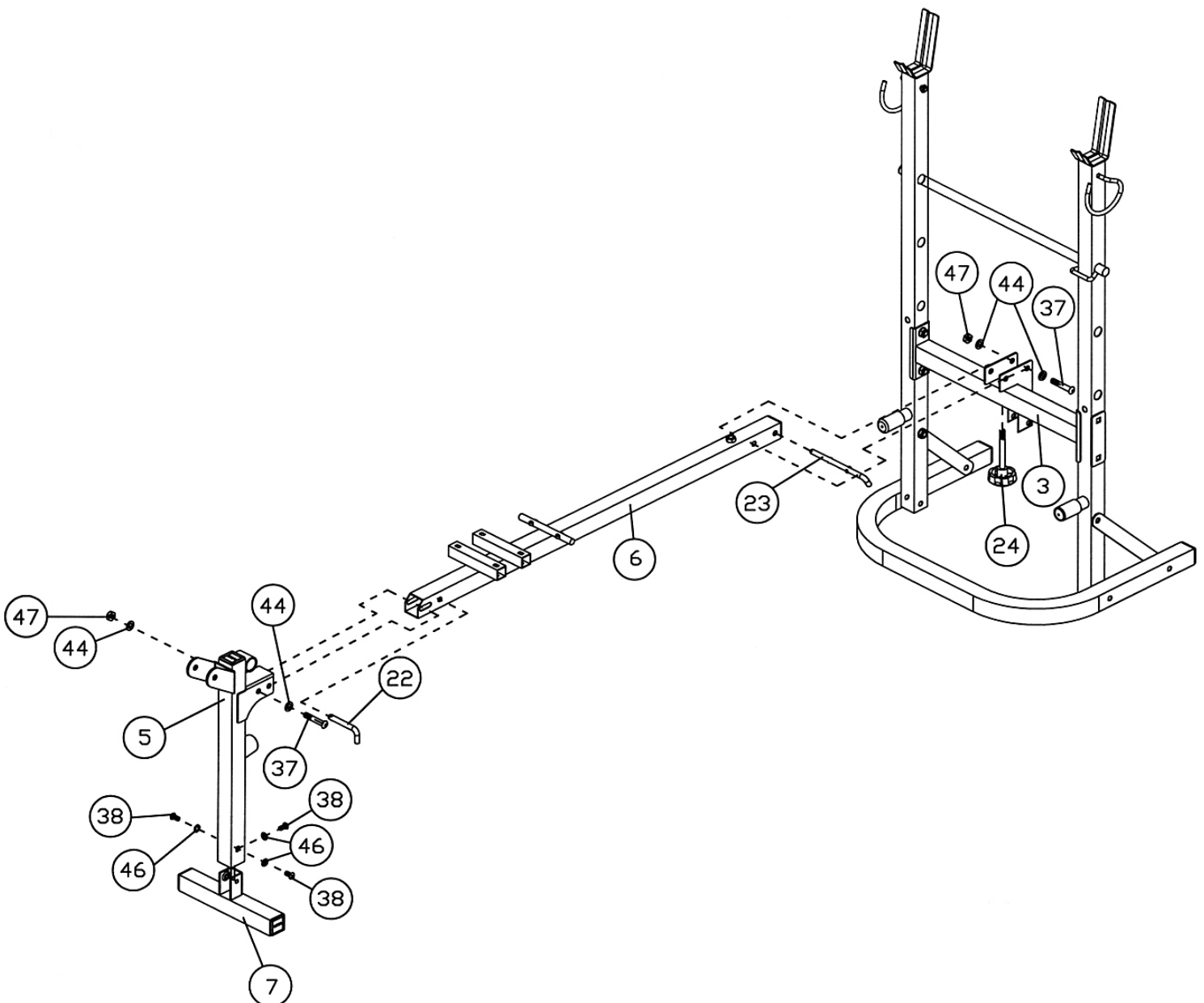
- A.) Do not tighten the Nuts and Bolts until instructed to do so.
- B.) Attach a Rear Upright Beam (#1) to the Rear Stabilizer (#2). Secure it with one M10 x 2 7/8" Allen Bolt (#35), two Ø 3/4" Washers (#44), and one M10 Aircraft Nut (#47).
- C.) Attach one Rear Diagonal Support (#12) to the Rear Upright Beam and Rear Stabilizer. Secure it with two M10 x 2 1/8" Allen Bolts (#37), four Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#47).
- D.) Repeat Procedure B and C above to install the other side.
- E.) Connect the two Rear Upright Beams by a Cross Brace (#3) in the Mid-span. Secure them with two M10 x 2 1/8" Carriage Bolts (#39), one Bracket (#15), two Ø 3/4" Washers (#44), and two M10 Aircraft Nuts (#47) on each end of the Cross Brace.
- F.) Securely tighten all the Nuts and Bolts.
- G.) Insert the Backrest Adjustment Bar (#4) through selected holes on the Upright Beams to obtain desired incline of Backrest.
- H.) Insert the Left Safety Hook (#16) into the holes on the Upright Beam. Secure it with a M8 Aircraft Nut (#48). Repeat same procedure to install the Right Safety Catch (#17).



STEP 2 (SEE DIAGRAM 2)

- A.) Attach the Leg Developer Holder (#5) onto the Front Stabilizer (#7). Secure it with three M8 x 5/8" Allen Bolts (#38) and Ø 5/8" Washers (#46).
- B.) Connect the Main Seat Support (#6) to the Leg Developer Holder. Secure the front hole with a M10 x 2 1/8" Allen Bolt (#37), two Ø 3/4" Washers (#44), and one M10 Aircraft Nut (#47). Note: Do not over tighten the Nut and Bolt. The Leg Developer Holder needs to pivot on this Bolt in able to fold up. Secure the other hole with a 3 3/8" Lock Pin (#22).
- C.) Attach the Main Seat Support to the bracket on the Cross Brace (#3). Align the second hole on the Main Seat Support to the rear hole on the bracket. Secure them with one M10 x 2 1/8" Allen Bolt (#37), two Ø 3/4" Washers (#44), and one M10 Aircraft Nut (#47). Note: Do not over tighten the Nut and Bolt. The Main Seat Support needs to pivot on this Bolt in able to fold up. Insert a 6" Lock Pin (#23) into the first hole on Main Seat Support.
- D.) Thread a M10 Lock Knob (#24) from the bottom of the Cross Brace to secure the Main Seat Support.

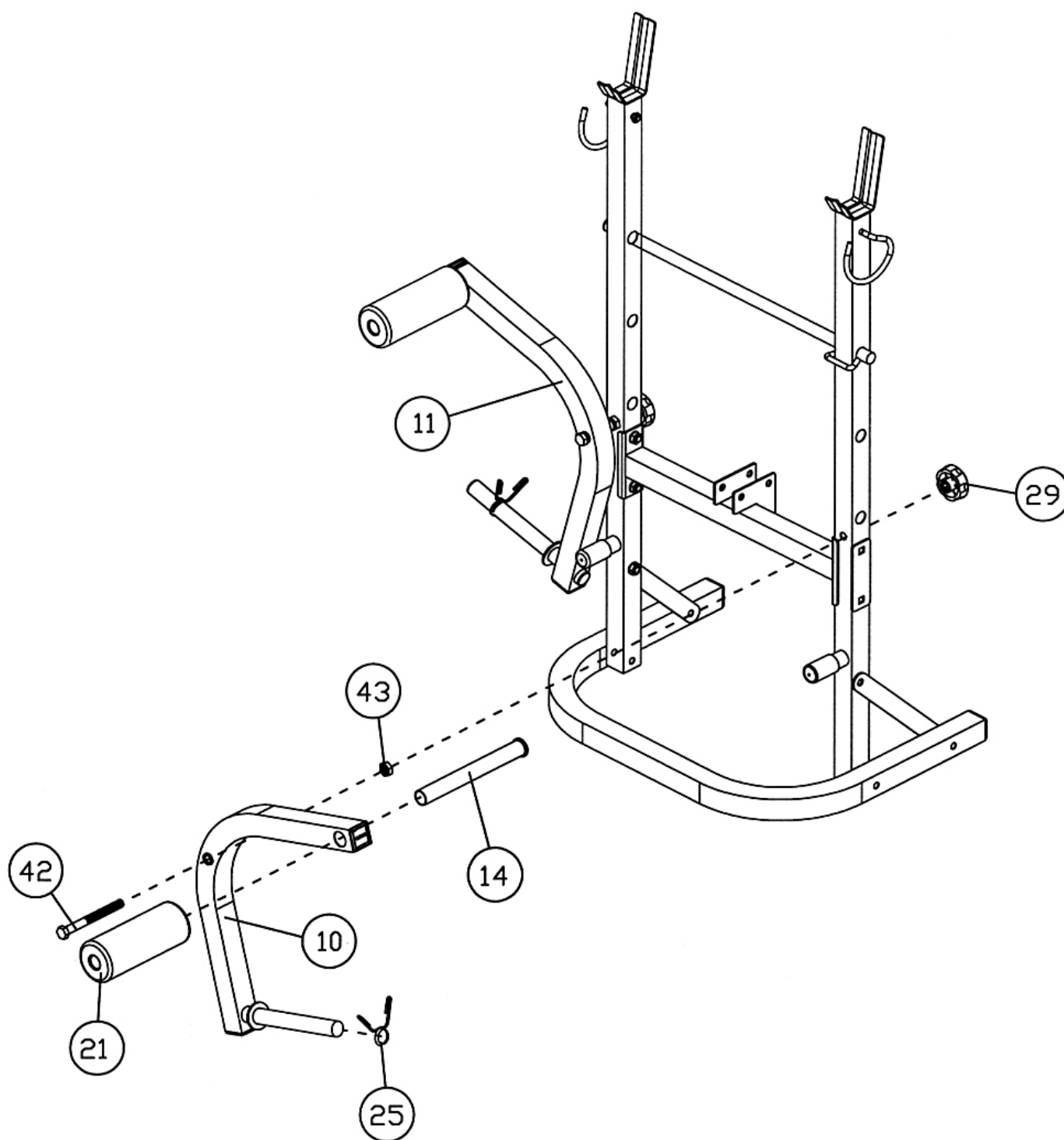
DIAGRAM 2



STEP 3 (SEE DIAGRAM 3)

- A.) Insert a M12 x 4 7/8" Hex Bolt (#42) through the Left Butterfly (#10). Place a M12 Regular Nut (#43) onto the Bolt. Then insert the Bolt through the holes on the Rear Upright Beam (#1). Secure the Bolt with a M12 Lock Knob (#29) behind the Upright Beam.
- B.) Insert a Butterfly Foam Tube (#14) through the holes on the Left Butterfly. Push a Butterfly Large Foam Roll (#21) onto the Tube. Attach a Spring Clip (#25) to the weight post on the Left Butterfly.
- C.) Repeat the same Procedure A and B to install the Right Butterfly (#11).

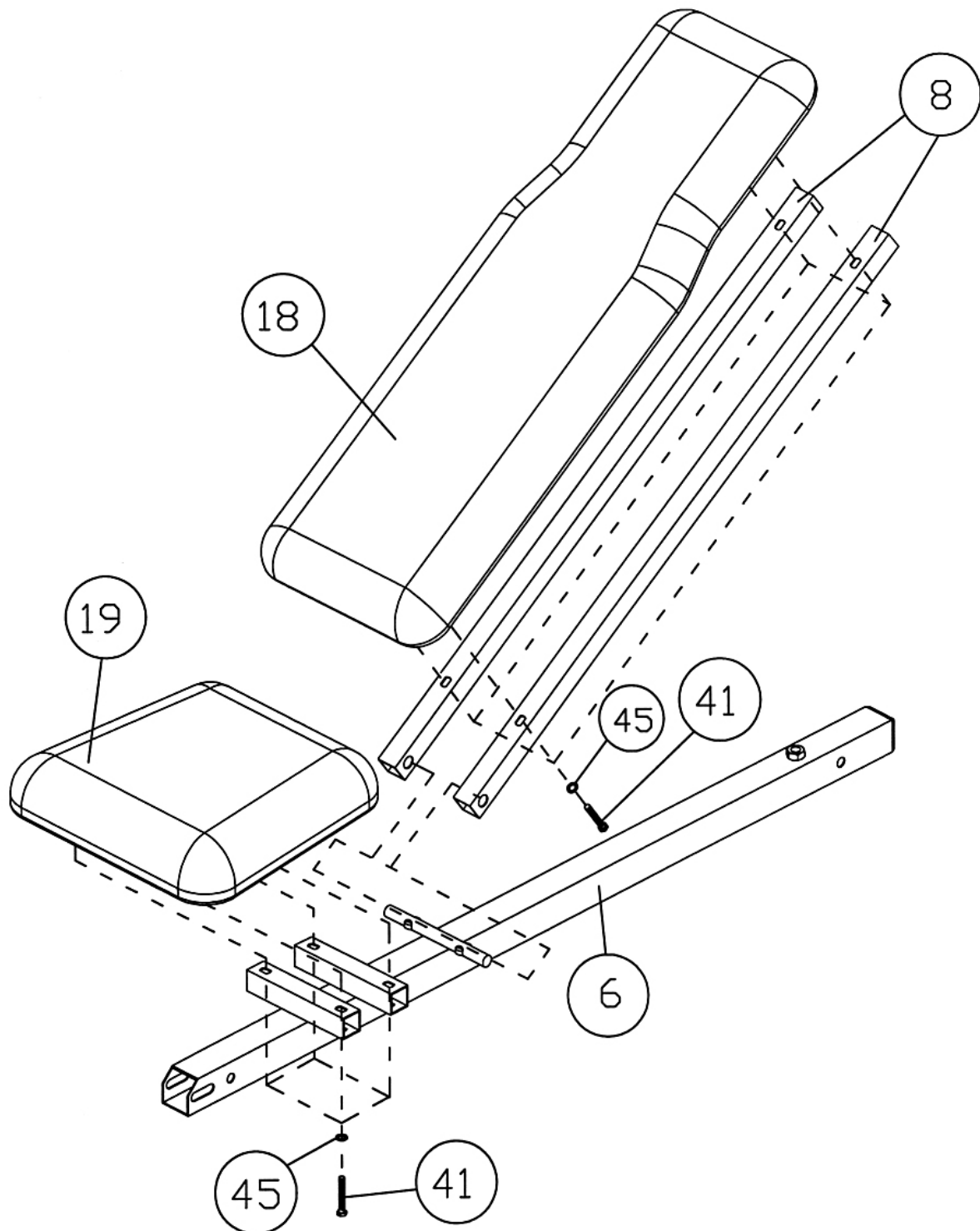
DIAGRAM 3



STEP 4 (SEE DIAGRAM 4)

- A.) Attach the Backrest Supports (#8) onto both ends of the Pivot on the Main Seat Support (#6). Place the other ends rest against the Backrest Adjustment Bar (#4).
- B.) Attach the Backrest Board (#18) onto the Backrest Supports. Secure it with four M6 x 1 5/8" Hex Bolts (#41) and \varnothing 1/2" Washers (#45).
- C.) Place the Seat Pad (#19) onto the bracket on the Main Seat Support. Secure it with four M6 x 1 5/8" Hex Bolts (#41) and \varnothing 1/2" Washers (#45).

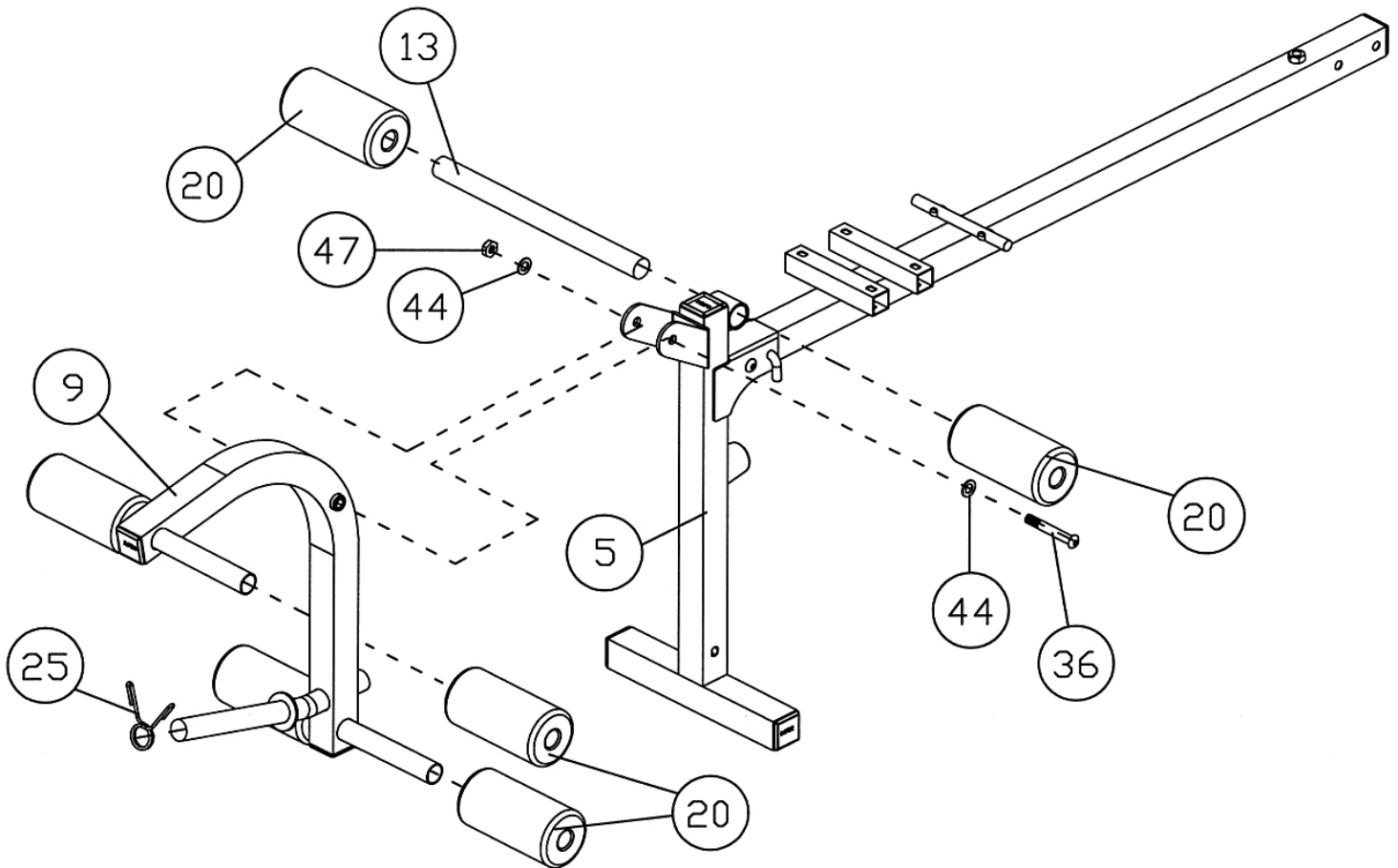
DIAGRAM 4



STEP 5 (SEE DIAGRAM 5)

- A.) Attach the Leg Developer (#9) to the Leg Developer Holder (#5). Secure it with one M10 x 2 7/8" Allen Bolt (#36), two Ø 3/4" Washers (#44), and one M10 Aircraft Nut (#47). Do not over tighten the Nut and Bolt. Make sure the Leg Developer is able to swivel.
- B.) Insert one Foam Tube (#13) halfway through the holes on the Leg Developer Holder. Insert two Foam Tubes halfway through the holes on the Leg Developer. Push six Foam Rolls (#20) onto the Tubes from both ends.
- C.) Attach a Spring Clip (#25) to the weight post on Leg Developer.

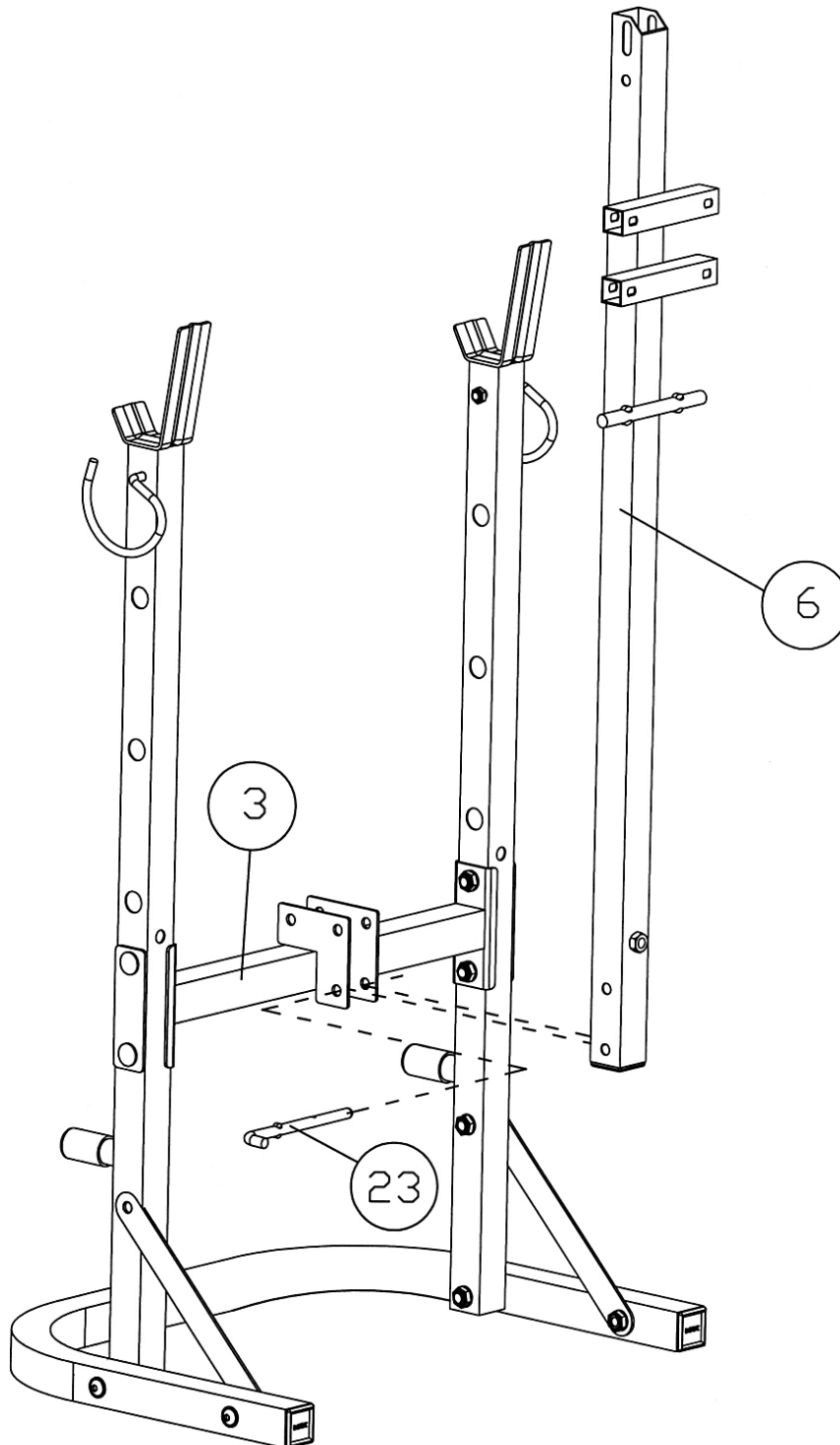
DIAGRAM 5

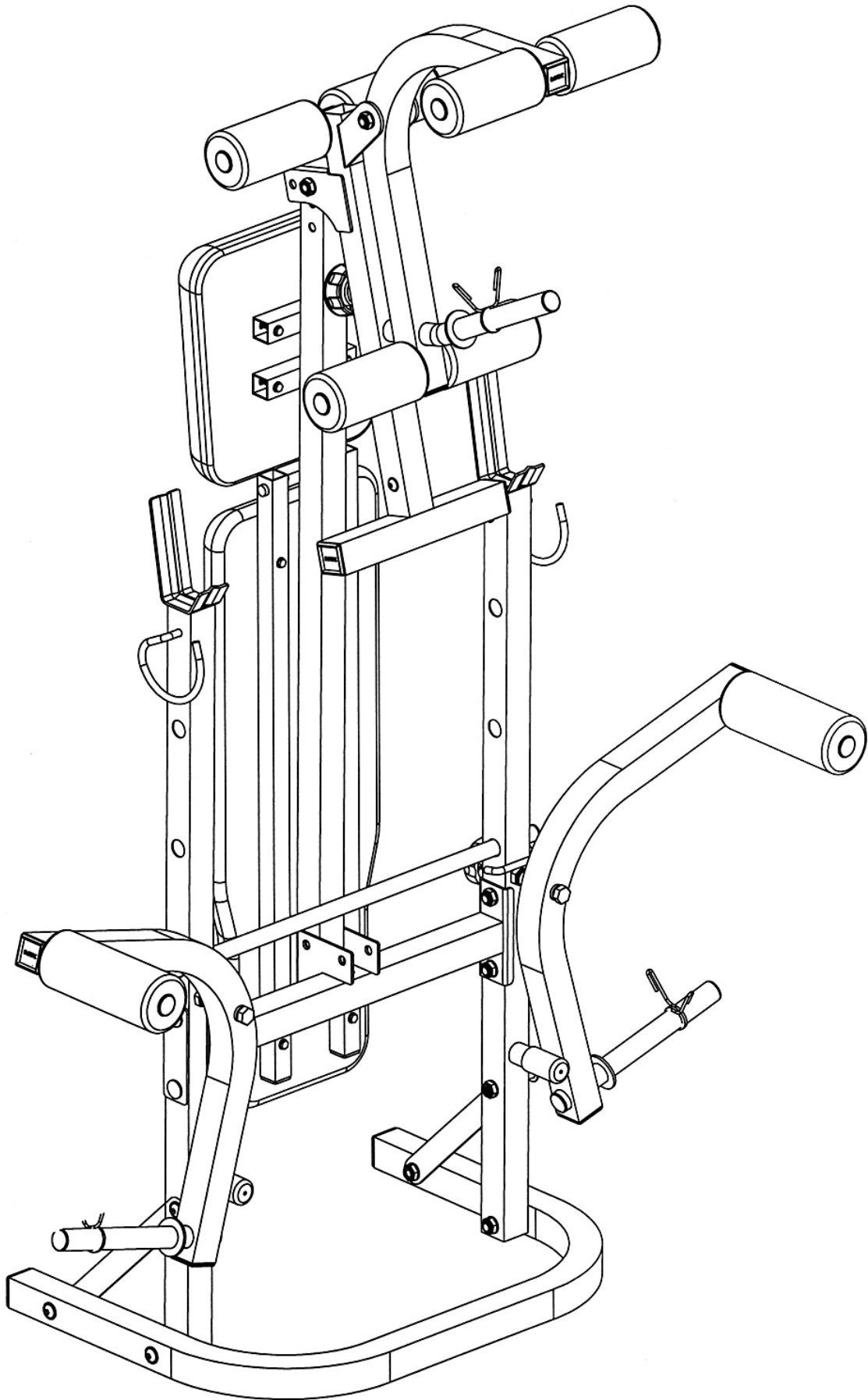


STEP 6 (SEE DIAGRAM 6)

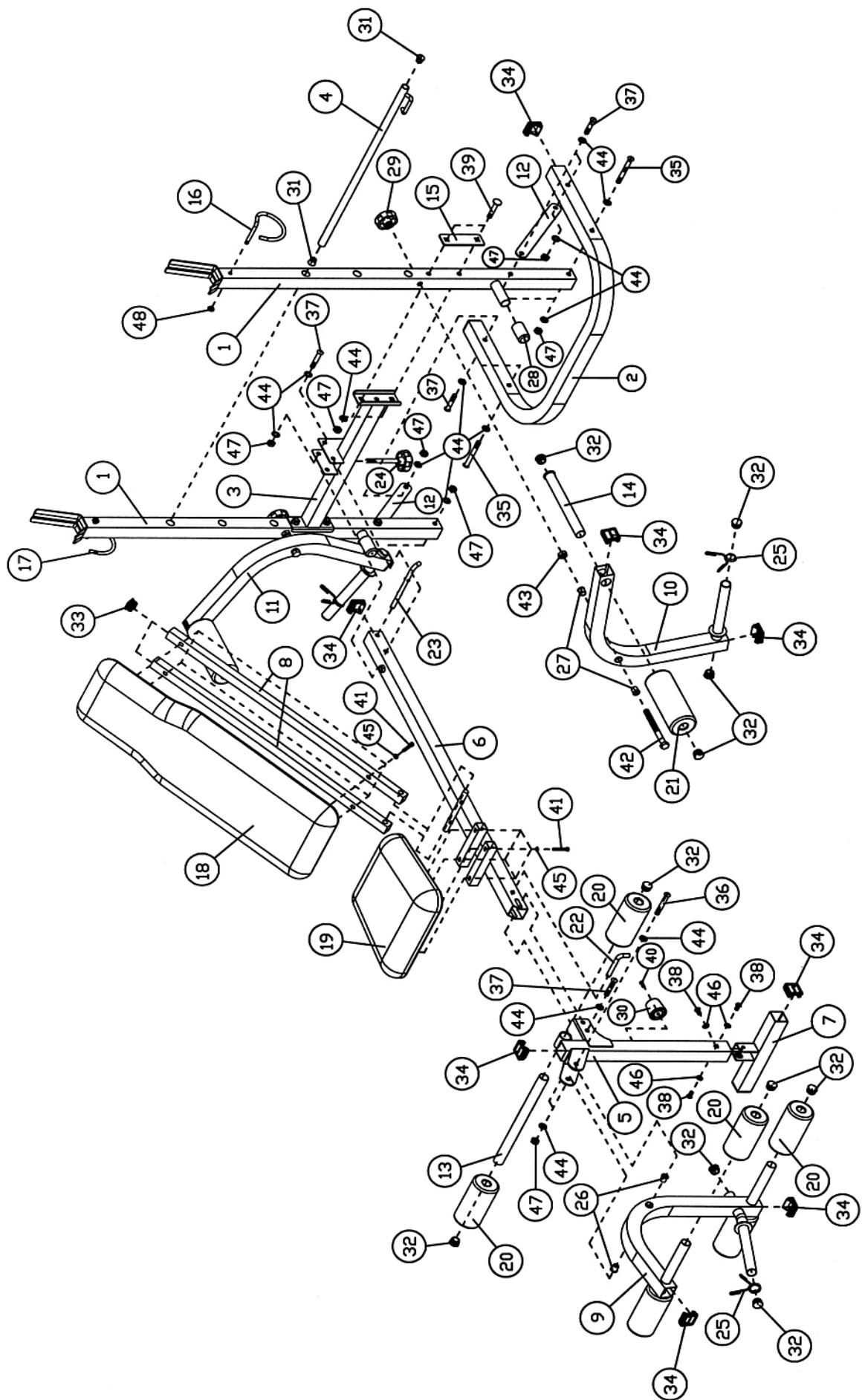
- A.) Pull out the 3 3/8" Lock Pin (#22) to fold down the Leg Developer Holder.
- B.) Loosen and remove the M10 Lock Knob (#29) from the bottom of the Main Seat Support then fold up the bench to a vertical position.
- C.) Insert the 6" Lock Pin (#23) through the holes on the bracket and Main Seat Support to secure it in the vertical position.

DIAGRAM 6





EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Rear Upright Beam	2
2	Rear Stabilizer	1
3	Cross Brace	1
4	Backrest Adjustment Bar	1
5	Leg Developer Holder	1
6	Main Seat Support	1
7	Front Stabilizer	1
8	Backrest Support	2
9	Leg Developer	1
10	Left Butterfly	1
11	Right Butterfly	1
12	Rear Diagonal Support	2
13	Foam Tube	3
14	Butterfly Foam Tube	2
15	Bracket	2
16	Left Safety Hook	1
17	Right Safety Hook	1
18	Backrest Board	1
19	Seat Pad	1
20	Foam Roll	6
21	Butterfly Large Foam Roll	2
22	3 3/8" Lock Pin	1
23	6" Lock Pin	1
24	M10 Lock Knob	1
25	Spring Clip	3
26	Ø 3/8" Leg Developer Bushing	2
27	Ø 1/2" Butterfly Bushing	4
28	Ø 1 1/8" x 2" Rubber Bumper	2
29	M12 Lock Knob	2
30	Ø 1 3/4" x Ø 1 5/8" Rubber Bumper	1
31	Ø 3/4" End Cap	2
32	Ø 1" End Cap	16
33	1" Square End Cap	2
34	1 1/2" End Cap	12
35	M10 x 3 1/2" Allen Bolt	2
36	M10 x 2 7/8" Allen Bolt	1
37	M10 x 2 1/8" Allen Bolt	6
38	M8 x 5/8" Allen Bolt	3
39	M10 x 2 1/8" Carriage Bolt	4
40	M6 x 5/8" Philips Screw	1
41	M6 x 1 5/8" Hex Bolt	8
42	M12 x 4 7/8" Hex Bolt	2
43	M12 Regular Nut	2
44	Ø 3/4" Washer	22
45	Ø 1/2" Washer	8
46	Ø 5/8" Washer	3
47	M10 Aircraft Nut	13
48	M8 Aircraft Nut	2

LIMITED WARRANTY

Escalade 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. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. 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 Escalade.

Escalade 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 Customer Service Department Monday to Friday 9am to 5pm.

Tel / Fax: 00 44 1792 702610

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information,

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