

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
MWB-36780B

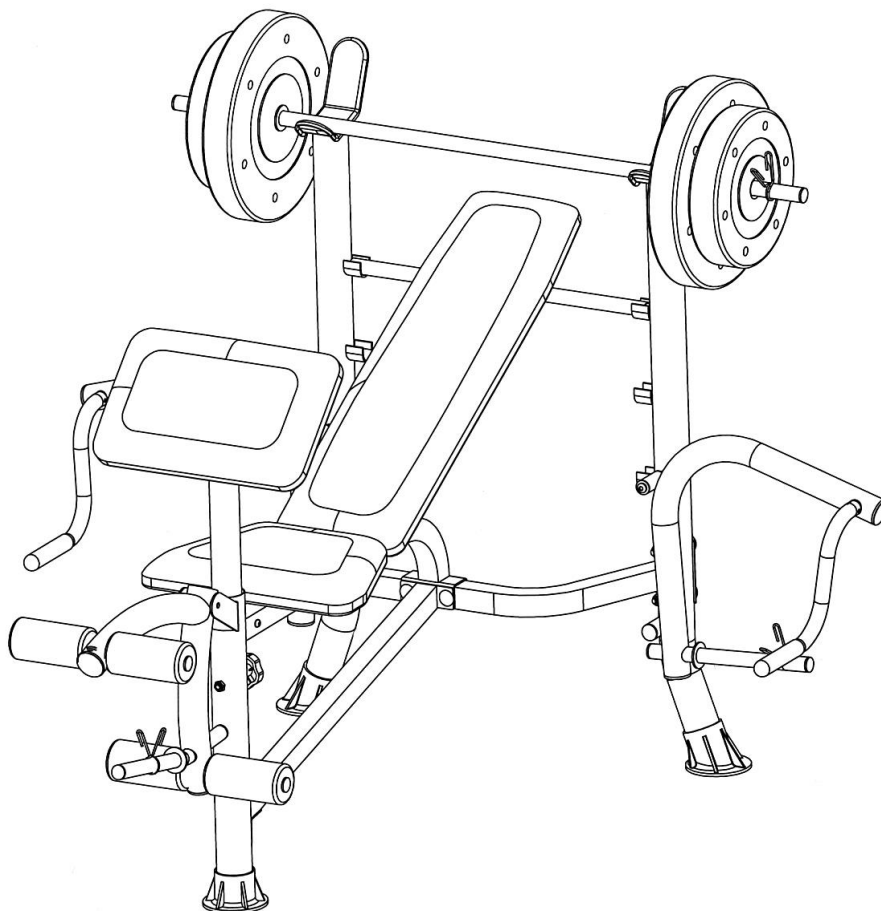
Retain This  
Manual for  
Reference

170305

OWNER'S  
MANUAL



# MARCY<sup>®</sup> BENCH & WEIGHT SET MWB-36780B



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

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY MWB-36780B Bench & Weight Set. For your safety and benefit, read this manual carefully before using the machine. As the official representative for Marcy, we are committed to providing complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please call our Customer Solutions Department. Monday to Friday 8am to 5pm GMT.

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

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

This exercise machine 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 operate your machine. In particular, note the following safety precautions:

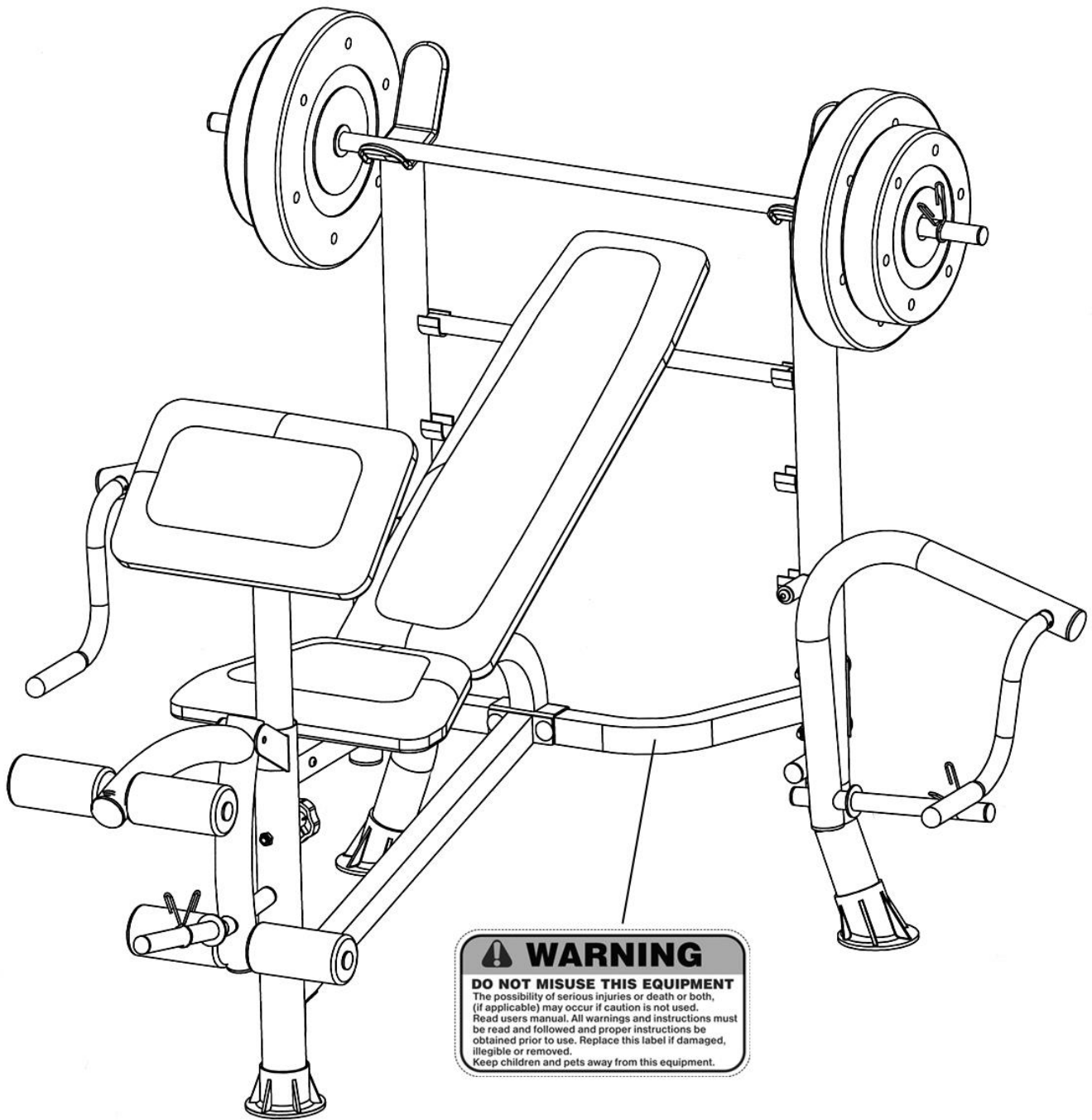
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands and feet 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 machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine 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 machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.

## **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Maximum weight capacity on the uprights: 90 kgs
5. Maximum user's weight: 136 kgs
6. Maximum weight capacity on the leg developer: 45 kgs
7. Assembled Dimension: 166cm x 138cm x 127cm

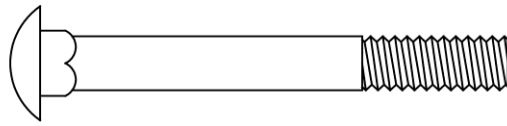
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. PURE-TEC LTD ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY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

# WARNING LABEL PLACEMENT



# HARDWARE IDENTIFIER

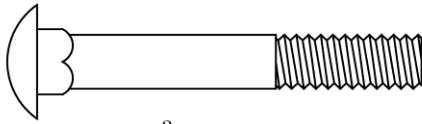
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#33 M10X3  $\frac{1}{8}$ " Carriage Bolt (Qty4)



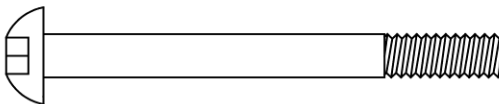
#41  $\varnothing \frac{1}{2}$ " Washer (Qty8)



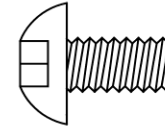
#34 M10X2  $\frac{3}{8}$ " Carriage Bolt (Qty2)



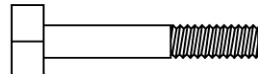
#42 ST5 Screw (Qty2)



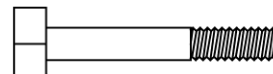
#36 M8X3  $\frac{1}{8}$ " Allen Bolt (Qty1)



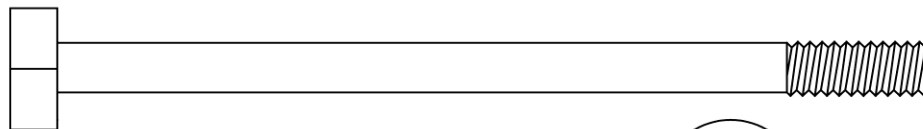
#47 M10X  $\frac{5}{8}$ " Allen Bolt (Qty2)



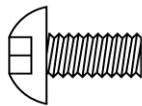
#38 M6 X1  $\frac{3}{8}$ " Hex Bolt (Qty4)



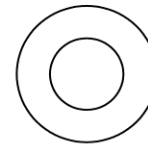
#46 M6 X1  $\frac{1}{2}$ " Hex Bolt (Qty4)



#37 M10X5  $\frac{7}{8}$ " Hex Bolt (Qty2)



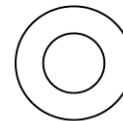
#35 M8X  $\frac{5}{8}$ " Allen Bolt (Qty6)



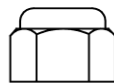
#48  $\varnothing \frac{3}{4}$ " Large Washer (Qty2)



#40  $\varnothing \frac{5}{8}$ " Washer (Qty8)



#39  $\varnothing \frac{3}{4}$ " Washer (Qty10)



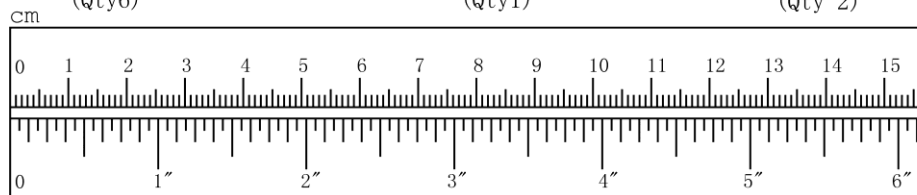
#43 M10 Aircraft Nut (Qty6)



#44 M8 Aircraft Nut (Qty1)



#51 M10 Hex Nut (Qty 2)



# ASSEMBLY INSTRUCTION

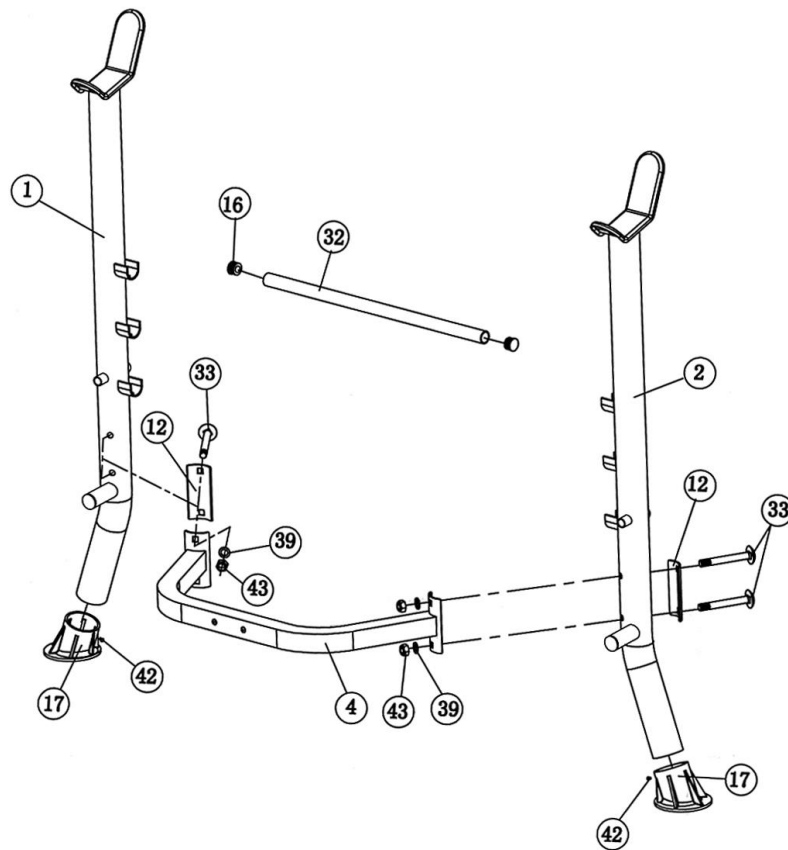
**Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

**NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injury.

## STEP 1 (See Diagram 1)

- A.) Weight bench should be placed on a flat, level, clear surface during workout and storage to avoid any potential injuries. Should a level surface be unavailable, please ensure that the incline or decline is no more than 3 degrees for optimal safety and performance.
- B.) Do not tighten Nuts and Bolts until instructed to do so.
- C.) Install the two Upright End Caps (#17) onto the bottom of the Right & Left Upright Beams (#1 & #2). Secure each Cap with a ST5 Screw (#42).
- D.) Connect the two Upright Beams by a Cross Brace (#4) in the Mid-span. Secure them with two M10 x 3 1/8" Carriage Bolts (#33), one Curved Bracket (#12), two  $\text{\O} \frac{3}{4}$ " Washers (#39), and two M10 Aircraft Nuts (#43) on each end of the Cross Brace.
- E.) Place the Backrest Adjustment Bar (#32) onto the selected slots on the Upright Beams to obtain desired incline for the Backrest.

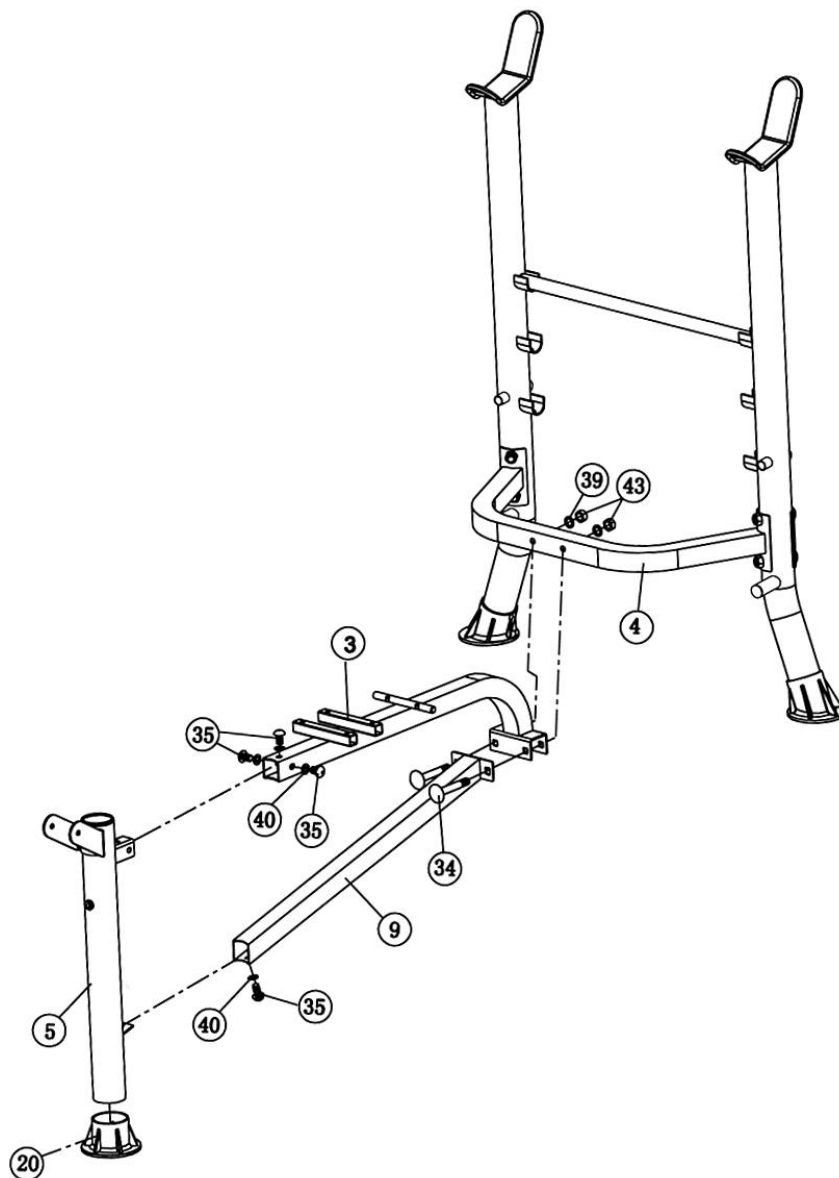
**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Install a Front Leg End Cap (#20) onto the bottom of Front Leg (#5). Attach the Front Leg to the Main Seat Support (#3). Secure it with three M8 x 5/8" Allen Bolts (#35) and three Ø 5/8" Washers (#40).
- C.) Attach the Main Seat Support (#3) to the Cross Brace (#4). Attach the Main Seat Stabilizer (#9) to the Main Seat Support. Align the holes. Secure the Main Seat Support, Main Stabilizer, and Cross Brace together with two M10 x 2 3/8" Carriage Bolts (#34), two Ø 3/4" Washers (#39), and two M10 Aircraft Nuts (#43).
- D.) Attach the other end of Main Seat Stabilizer (#9) to the Front Leg (#5). Secure it with one M8 x 5/8" Allen Bolt (#35) and Ø 5/8" Washer (#40).
- E.) **Securely tighten all Nuts and Bolts previously installed.**

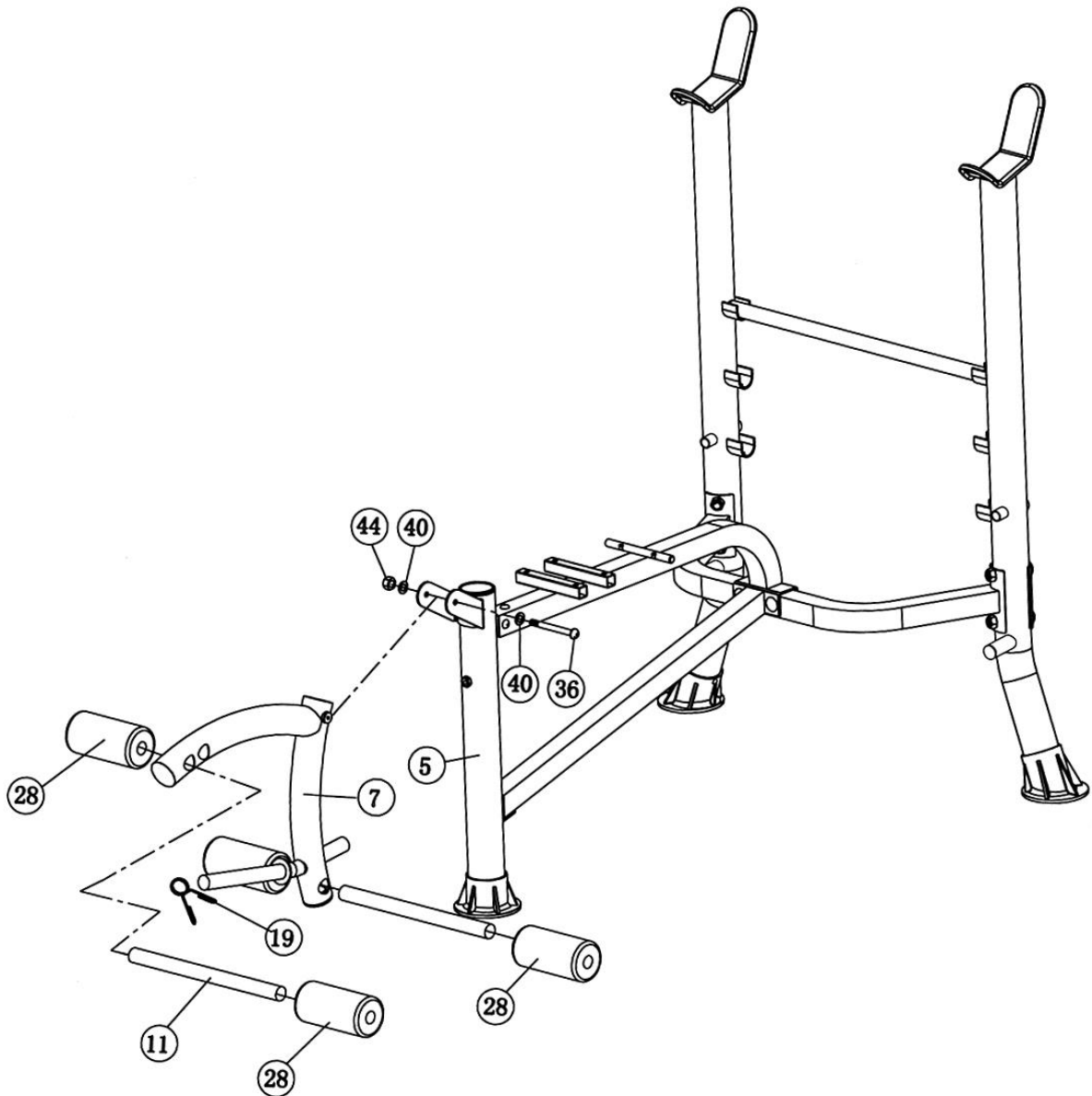
## DIAGRAM 2



### STEP 3 (See Diagram 3)

- A.) Attach the Leg Developer (#7) to the Front Leg (#5). Secure it with one M8 x 3 1/8" Allen Bolt (#36), two Ø 5/8" Washers (#40), and one M8 Aircraft Nut (#44).
- B.) Insert two Foam Tubes (#11) halfway through the holes on the Leg Developer. Push four Foam Rolls (#28) onto the Tubes from both sides.
- C.) Attach a Spring Clip (#19) to the weight post on Leg Developer.

### DIAGRAM 3

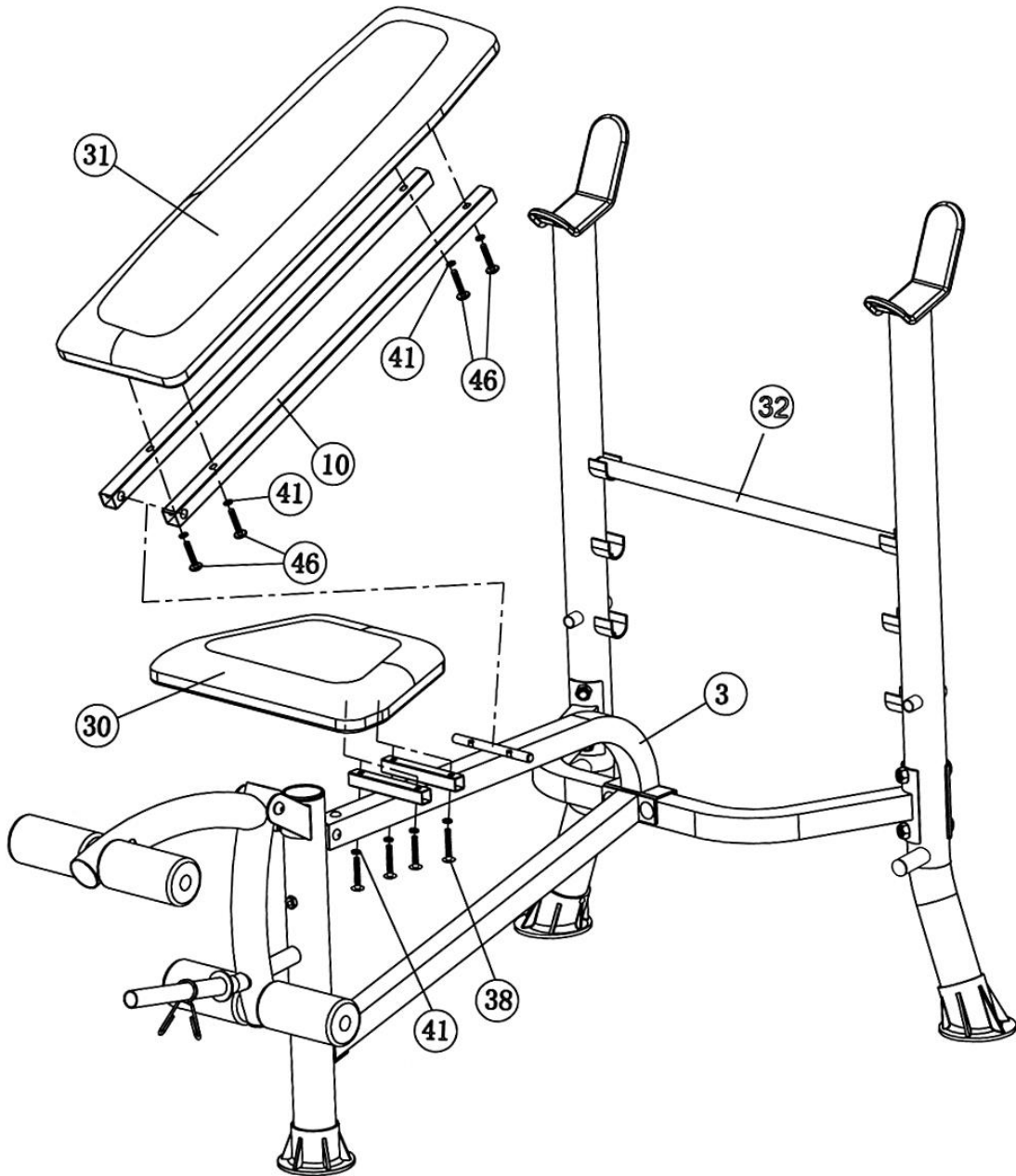




### STEP 4 (See Diagram 4)

- A.) Attach the Backrest Supports (#10) onto both ends of the pivot on the Main Seat Support (#3). Place the other end rest against the Backrest Adjustment Bar (#32).
- B.) Place the Backrest Board (#31) onto the Backrest Supports. Secure it with four M6 x 1 1/2" Hex Bolts (#46) and Ø 1/2" Washers (#41).
- C.) Place the Seat Pad (#30) onto the Main Seat Support. Secure it with four M6 x 1 3/8" Hex Bolts (#38) and Ø 1/2" Washers (#41).

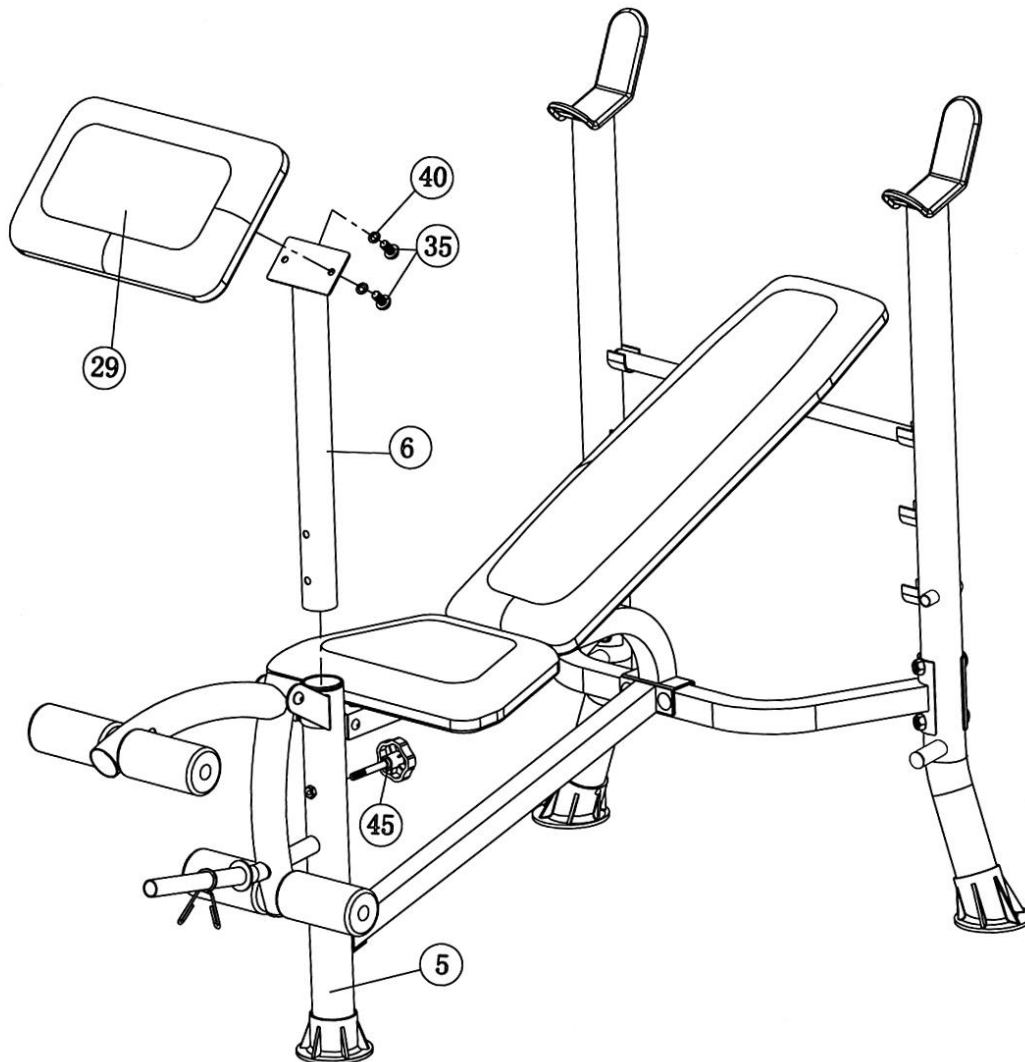
### DIAGRAM 4



## STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#29) to the Arm Curl Stand (#6). Secure it with two M8 x 5/8" Allen Bolts (#35) and Ø 5/8" Washers (#40).
- B.) Insert the Arm Curl Stand into the top opening on the Front Leg. Secure it with a M10 x 2 5/8" Lock Knob (#45).
- C.) When using Leg Developer, remove the Arm Curl Stand from the Front Leg.

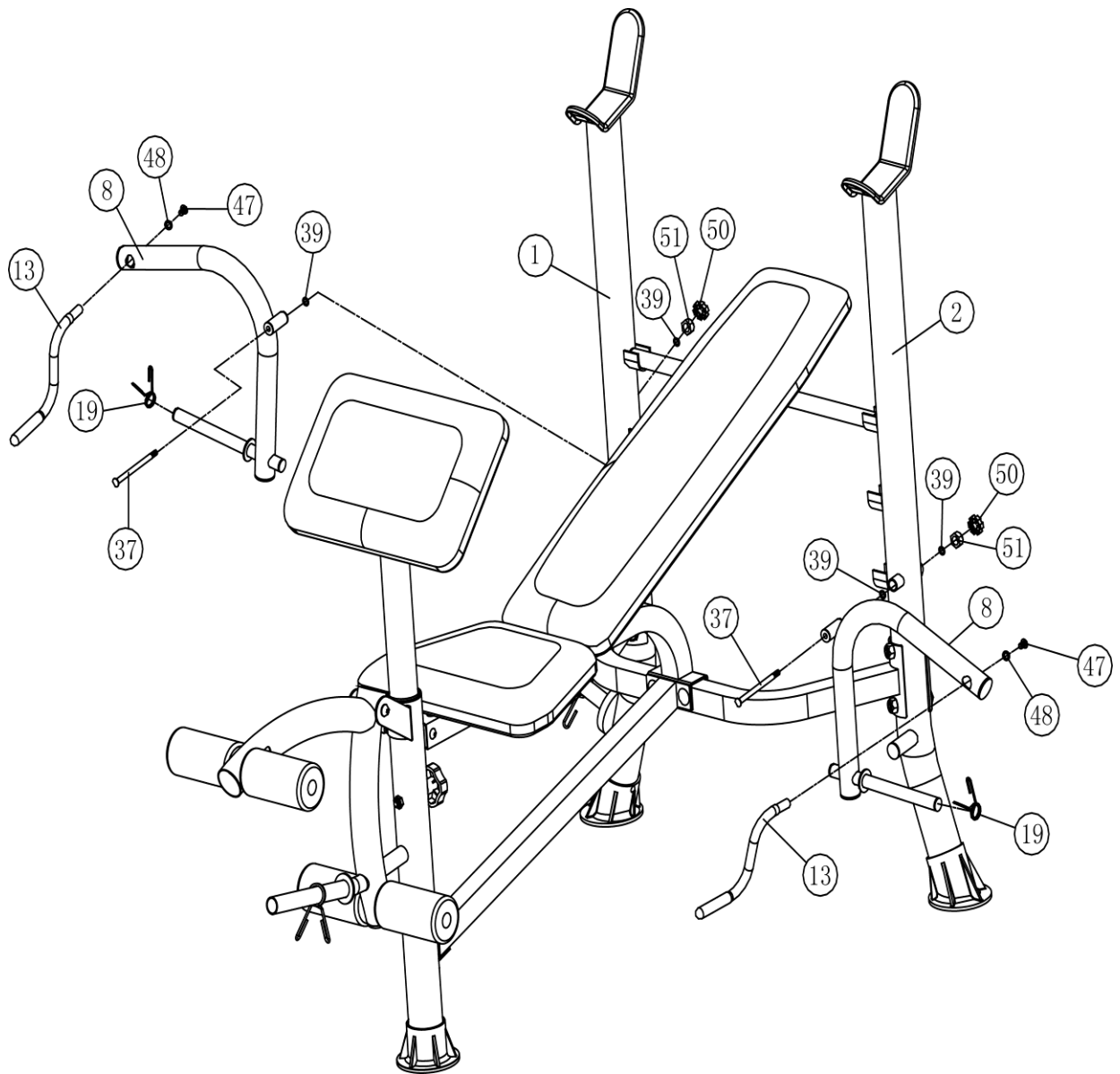
### DIAGRAM 5



## STEP 6 (See Diagram 6)

- A.) Attach one Butterfly (#8) to the pivot on Left Upright Beam (#2). Secure it with one M10 x 5 7/8" Hex Bolt (#37), two Ø 3/4" Washers (#39), one M10 Hex Nut (#51) and one M10 Butterfly Lock Knob (#50). **Do not over tighten the Knob. Make sure the Butterfly is able to move freely.**
- B.) Insert a Butterfly Handle (#13) through the opening on the Butterfly arm from front. Secure the Handle with one M10 x 5/8" Allen Bolt (#47) and one Ø 3/4" Large Washer (#48). Attach a Spring Clip (#19) to the weight post on the Butterfly.
- C.) Repeat Procedure A and B to install the other Butterfly to Right Upright Beam (#1).

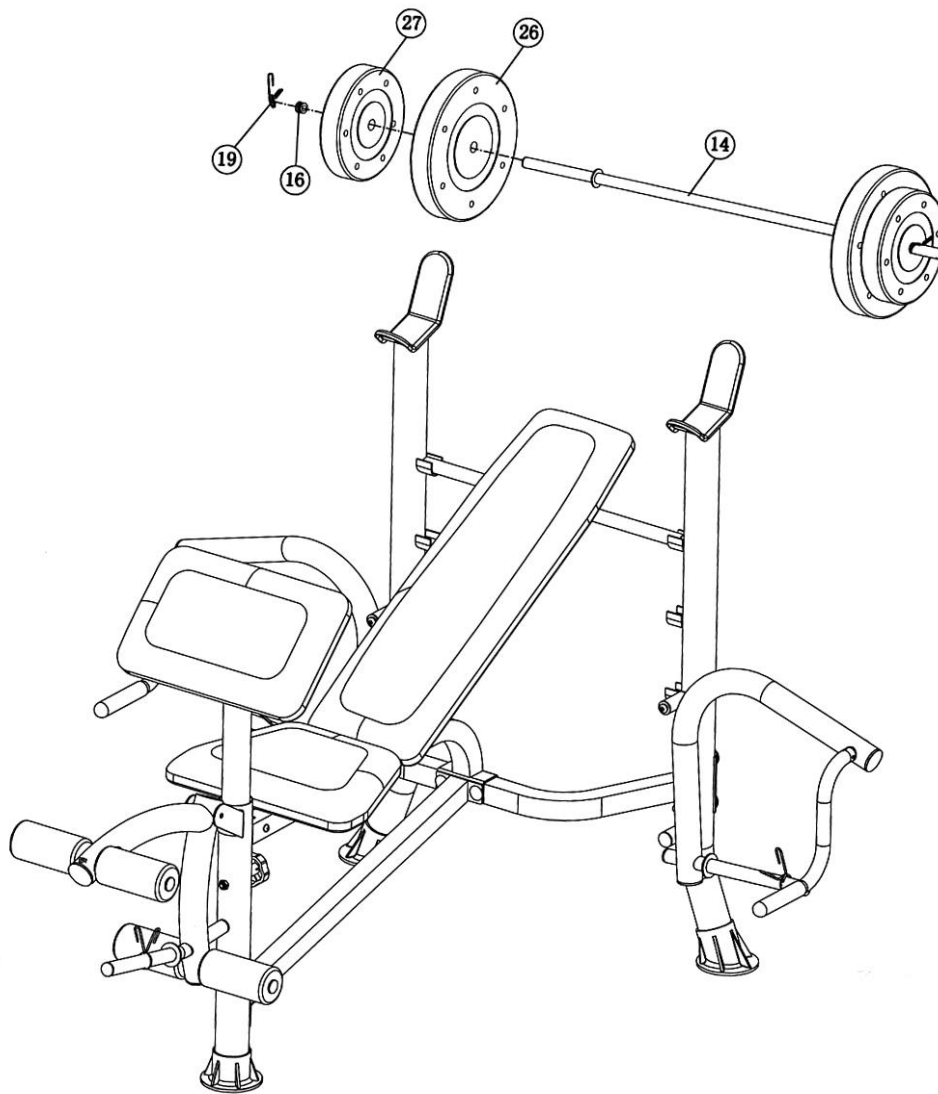
### DIAGRAM 6

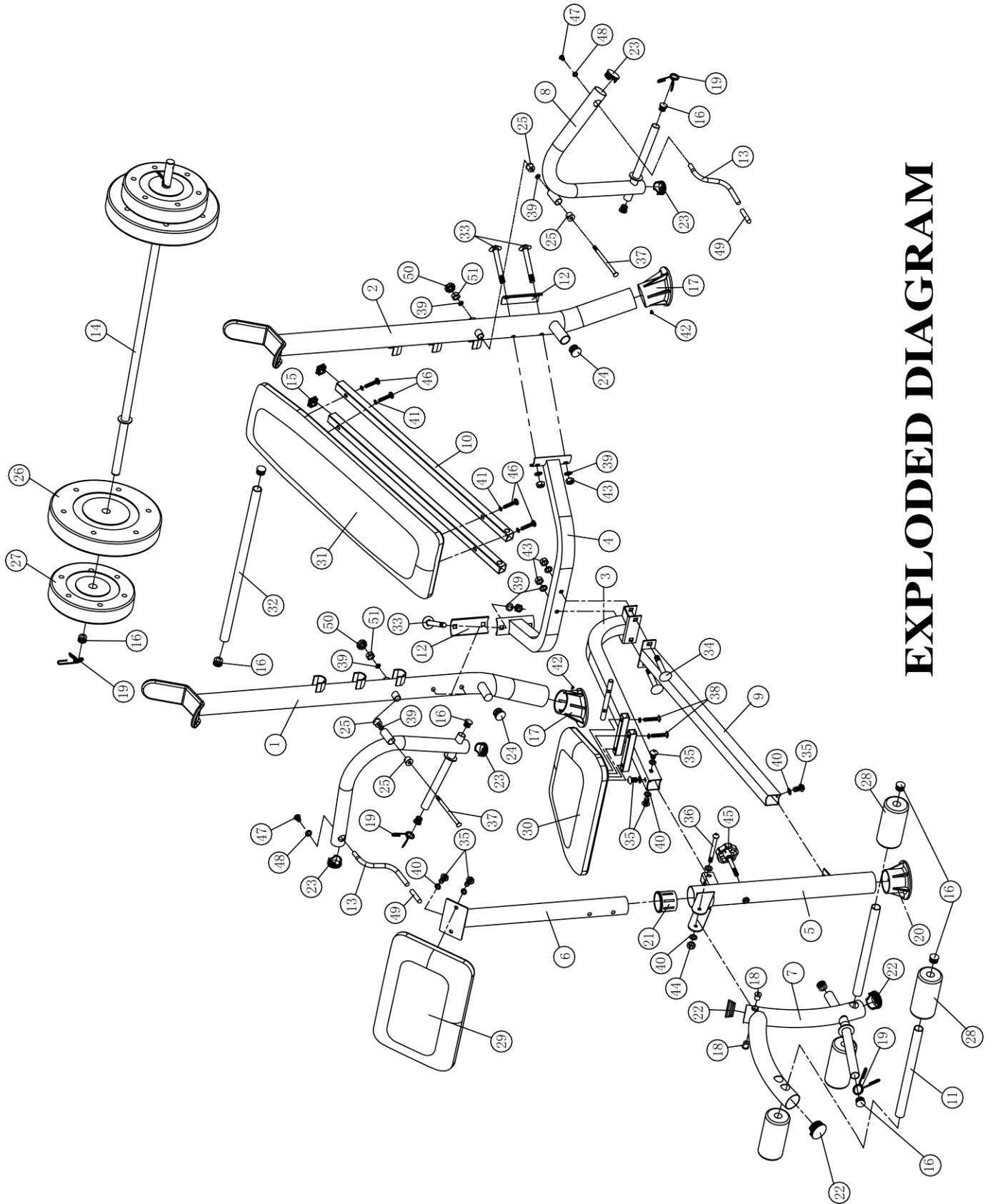


**STEP 7 (See Diagram 7)**

- A.) Load 25 lbs two Weight Plates (#26) onto each end of the Bar.
- B.) Load 15 lbs two Weight Plates (#27) onto each end of the Bar.
- C.) Attach a Spring Clip (#19) to each end of the Bar to hold the plates in position.
- D.) Place the Weight Bar (#14) onto the Left & Right Upright Beam (#2) & (#1).
- E.) **When loading and unloading weight plates onto the weight bar, it is best to seek assistance from a work out partner. It is recommended that the weight plates be loaded/unloaded on the ground rather than making any adjustments while the bar is on the bench. If there are weight plates loaded/unloaded on the bar while on the bench, the plates should be loaded/unloaded in equal amounts; preventing the bar from being unevenly weighted, and causing the bar to tip.**

**DIAGRAM 7**





# EXPLODED DIAGRAM

# PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Right Upright Beam	1
2	Left Upright Beam	1
3	Main Seat Support	1
4	Cross Brace	1
5	Front Leg	1
6	Arm Curl Stand	1
7	Leg Developer	1
8	Butterfly	2
9	Main Seat Stabilizer	1
10	Backrest Support	2
11	Foam Tube	2
12	Curved Bracket	2
13	Butterfly Handle	2
14	Weight Bar	1
15	1" Square End Cap	2
16	Ø 1" End Cap	14
17	Upright End Cap	2
18	Ø ¾" Bushing	2
19	Spring Clip	5
20	Front Leg End Cap	1
21	Ø 2 3/8" x Ø 2" Sleeve	1
22	Ø 2" End Cap	3
23	Ø 1 ¾" End Cap	4
24	Ø 1 1/8" End Cap	2
25	Ø 1" Bushing	4
26	25lb Weight Plate	2
27	15lb Weight Plate	2
28	Foam Roll	4
29	Arm Curl Pad	1
30	Seat Pad	1
31	Backrest Board	1
32	Backrest Adjustment Bar	1
33	M10 x 3 1/8" Carriage Bolt	4
34	M10 x 2 3/8" Carriage Bolt	2
35	M8 x 5/8" Allen Bolt	6
36	M8 x 3 1/8" Allen Bolt	1
37	M10 x 5 7/8" Hex Bolt	2
38	M6 x 1 3/8" Hex Bolt	4
39	Ø ¾" Washer	10
40	Ø 5/8" Washer	8
41	Ø ½" Washer	8
42	ST5 Screw	2
43	M10 Aircraft Nut	6
44	M8 Aircraft Nut	1
45	M10 x 2 5/8" Lock Knob	1
46	M6 x 1 ½" Hex Bolt	4
47	M10 x 5/8" Allen Bolt	2
48	Ø ¾" Large Washer	2
49	Butterfly Grip	2
50	M10 Butterfly Lock Knob	2
51	M10 Hex Nut	2

# LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to [www.puretecfitness.com](http://www.puretecfitness.com) for warranty conditions. This warranty extends only to the original purchaser and is **valid for home use only**. 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 Customer Solutions Department Monday to Friday, 8am until 5 pm GMT.

<p style="text-align: center;"><b>Pure-Tec Limited</b> <b>www.puretecfitness.com</b> <b>Tel: +44 (0) 1482 212098</b> <b>Email: <a href="mailto:service@puretecfitness.com">service@puretecfitness.com</a></b> <b>Monday - Friday 0800 – 1700 GMT</b></p>
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When ordering replacement parts, always give the following information.

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