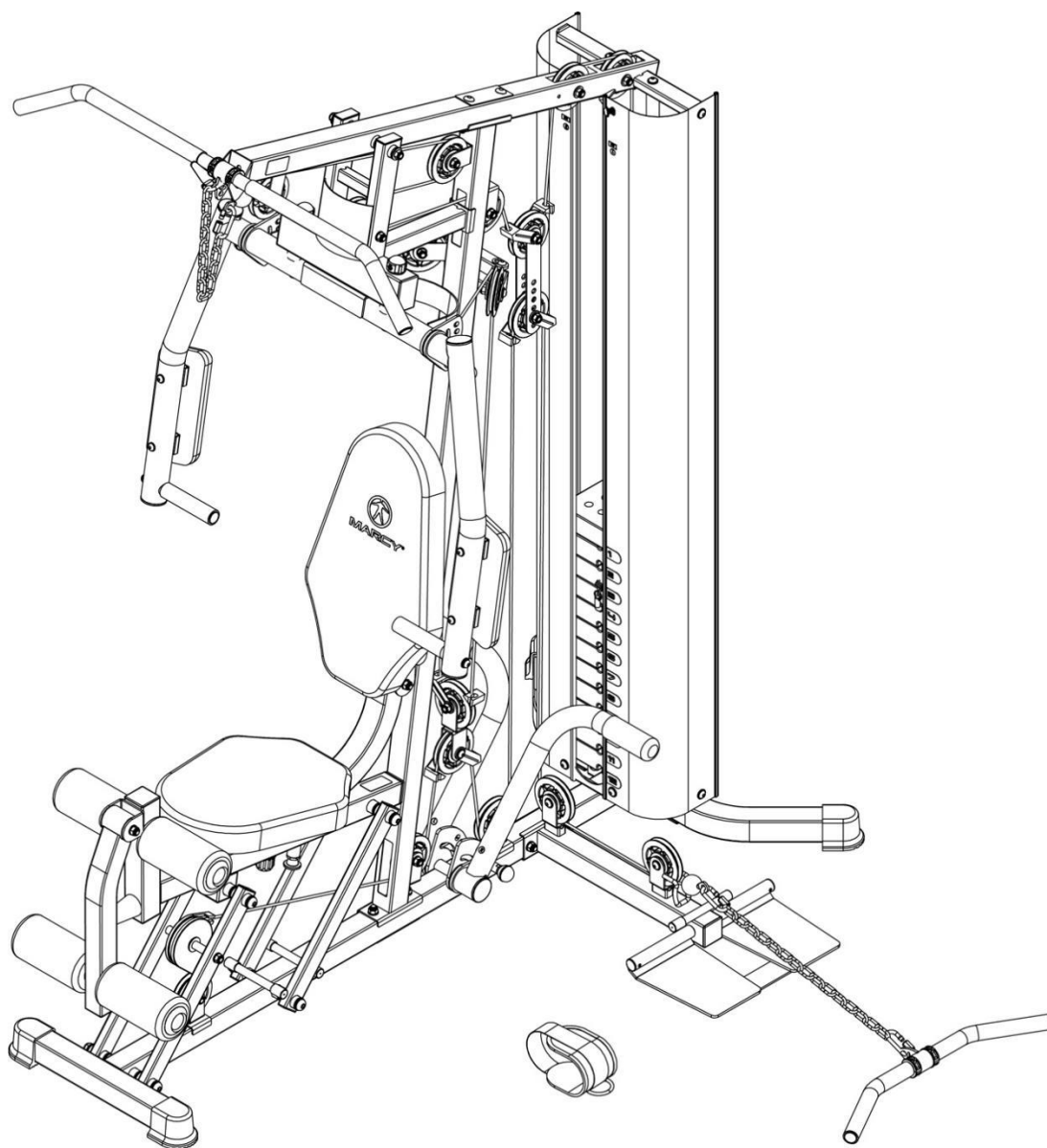


MARCY®

MARCY POWER HOME GYM WITH INTEGRATED LEG PRESS

MWM-0623



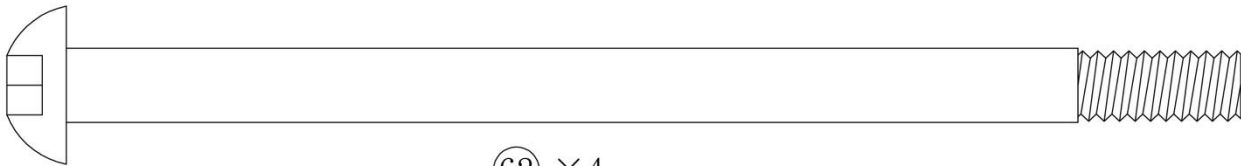
IMPORTANT: Please read the Important Safety Notice and Assembly Information in the Owner's manual before assembling this product.

Assembly Manual

250614



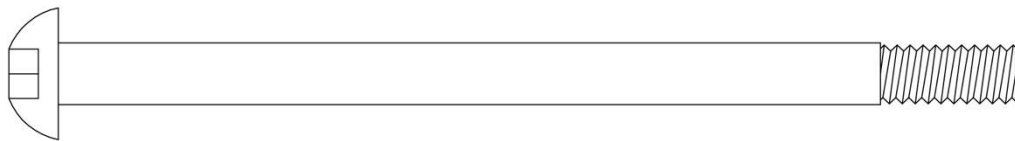
⑥7 × 1



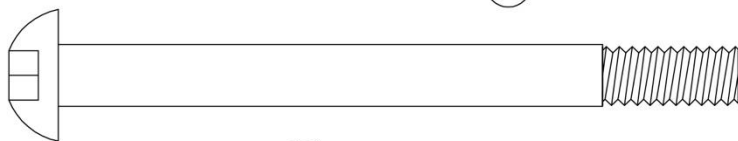
⑥2 × 4



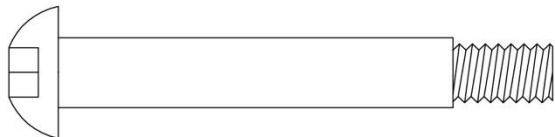
⑤9 × 1



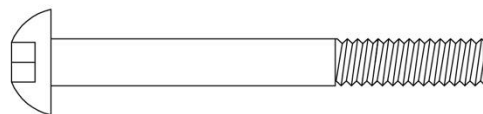
⑤0 × 1



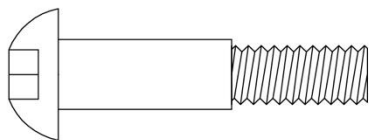
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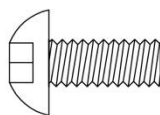
⑤2 × 1



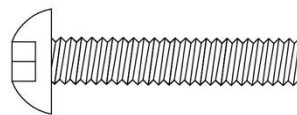
⑤8 × 4



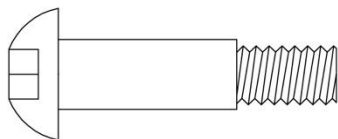
⑥0 × 4



④8 × 4



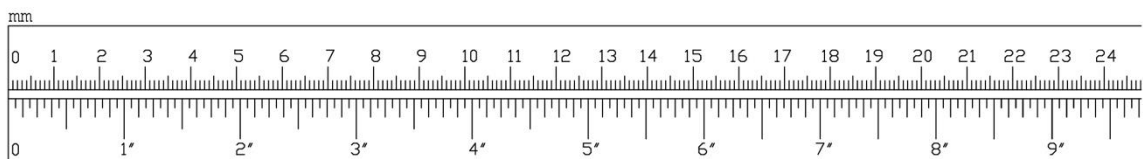
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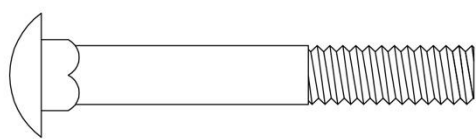


⑥7 × 10

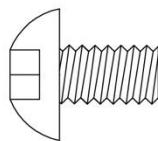


⑤1 × 2

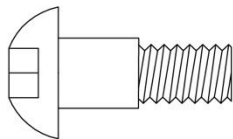




③⑨ × 8



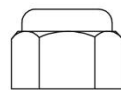
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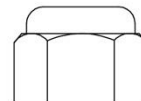
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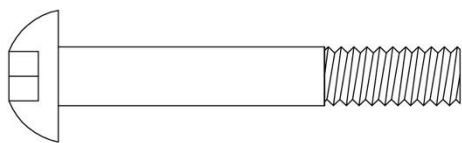
⑥⑥ × 2



④③ × 33



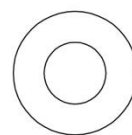
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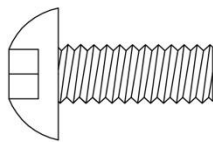
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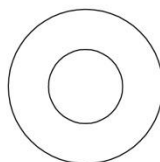
⑤④ × 10



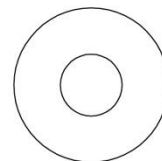
④④ × 65



④② × 9



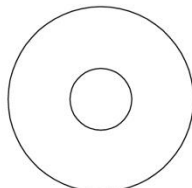
⑤⑤ × 8



⑤⑥ × 2



④⑤ × 1



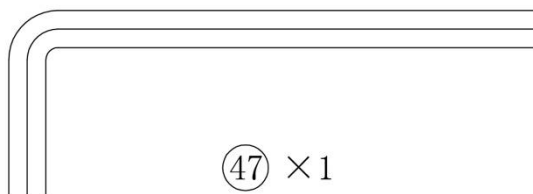
⑥③ × 4



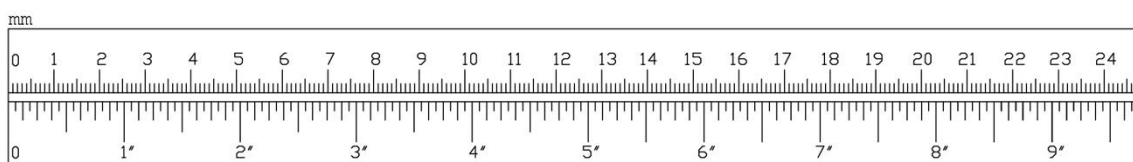
⑥④ × 5

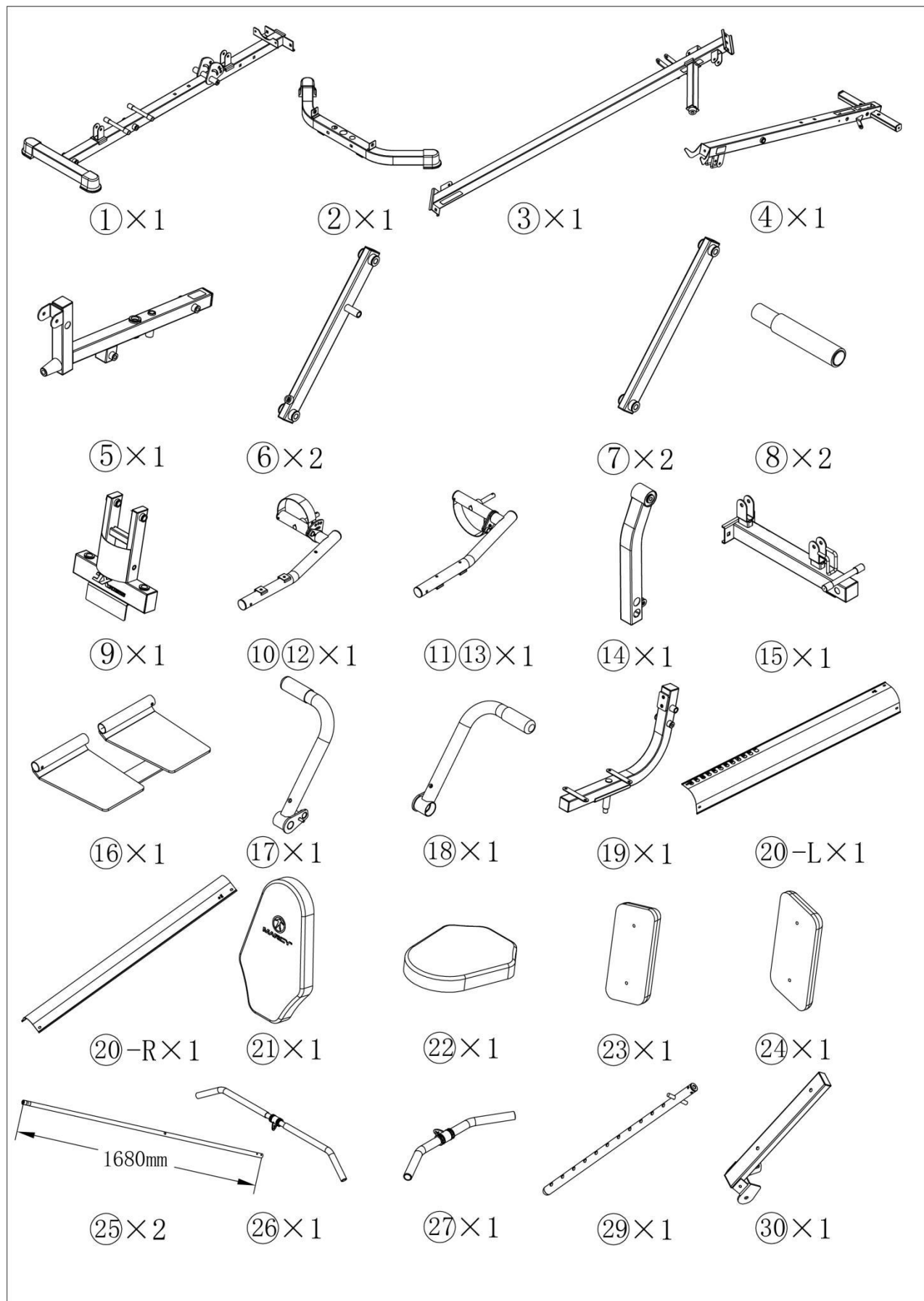


④⑥ × 1



④⑦ × 1



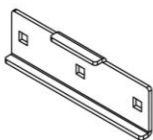




③①×1



③②×2



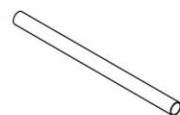
③③×1



③④×3



③⑤×2



③⑥×2



③⑦×1



③⑧×4



⑥①×4



⑥⑤×2



⑥⑧×4



⑥⑨×1



⑦⑦×1



⑦①×1



⑦④×2



⑦⑤×2



⑦⑥×3



⑦⑦×8



⑦⑧×8



⑦⑨×1



⑧①×2



⑧①×2



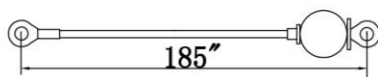
⑧②×1



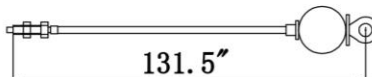
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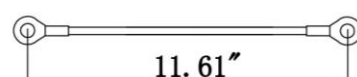
⑧④×18



⑧⑤×1



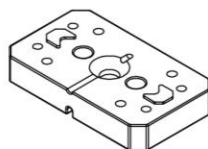
⑧⑥×1



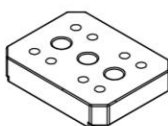
⑧⑦×1



⑦②×2



⑧⑧×11



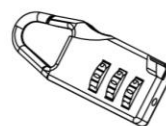
⑧⑨×1



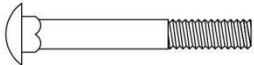
⑫①×2

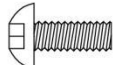


⑫③×1



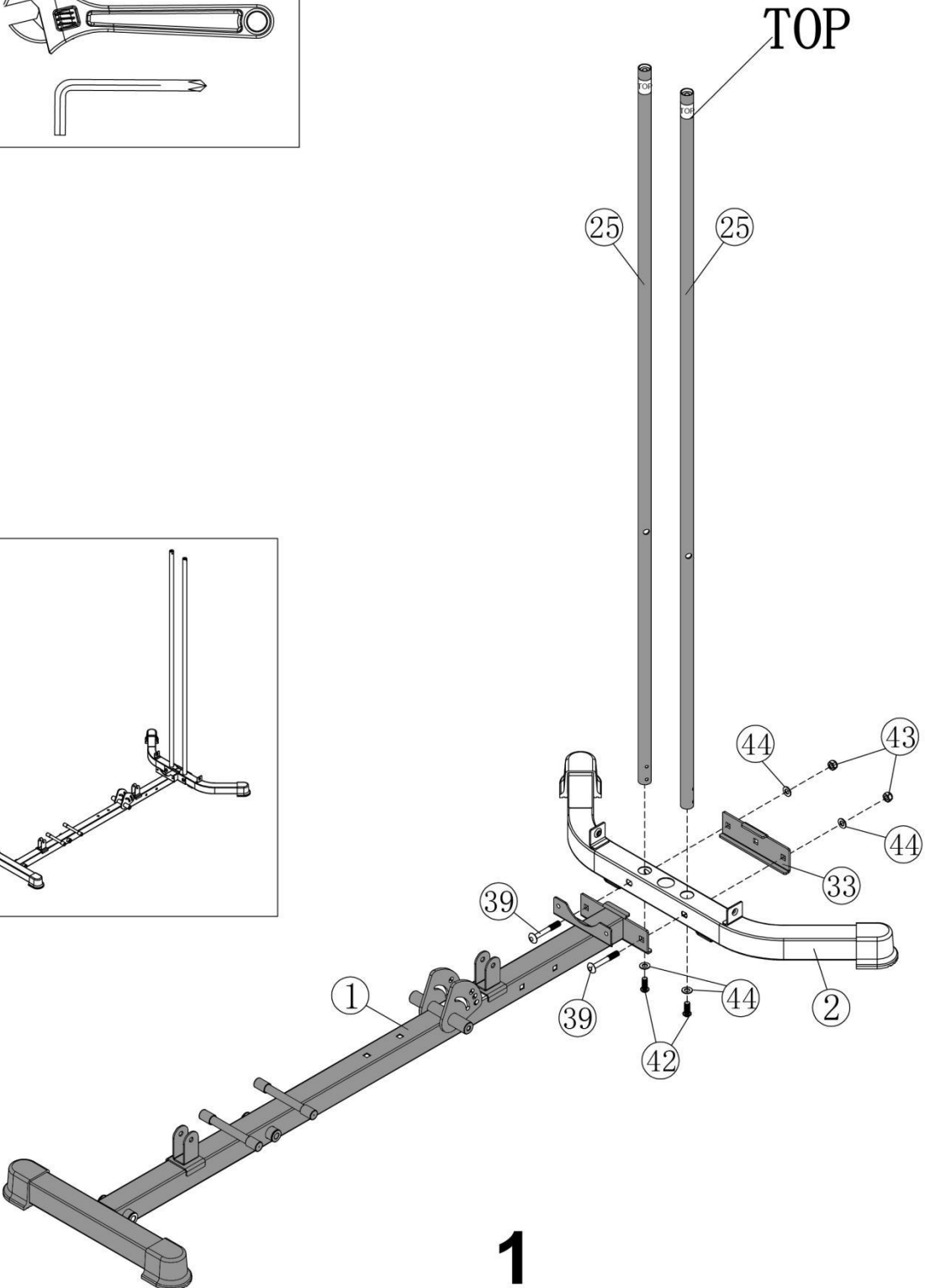
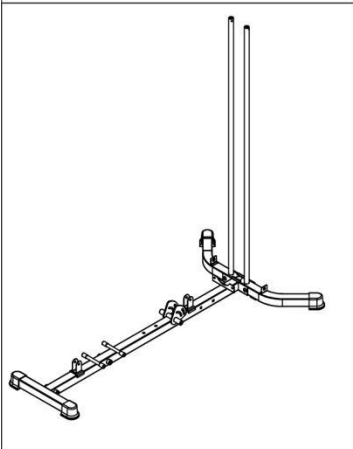
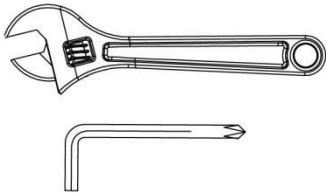
⑫④×1

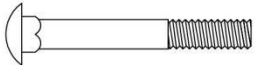
③⑨  2 M10×2 $\frac{3}{4}$ "

④②  2 M10× 1"

④④  4 $\varnothing \frac{3}{4}$ "

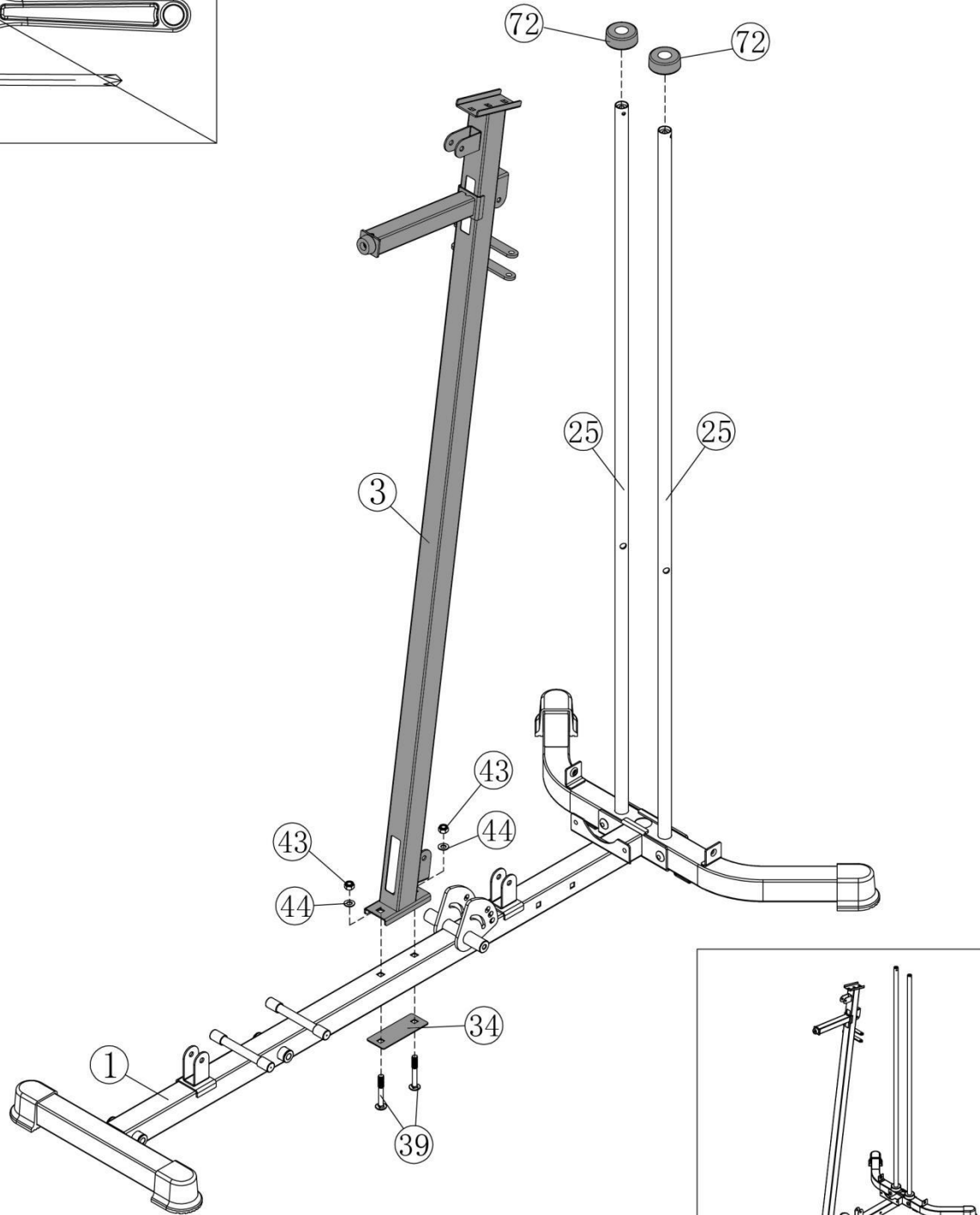
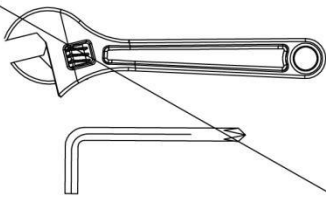
④③  2 M10



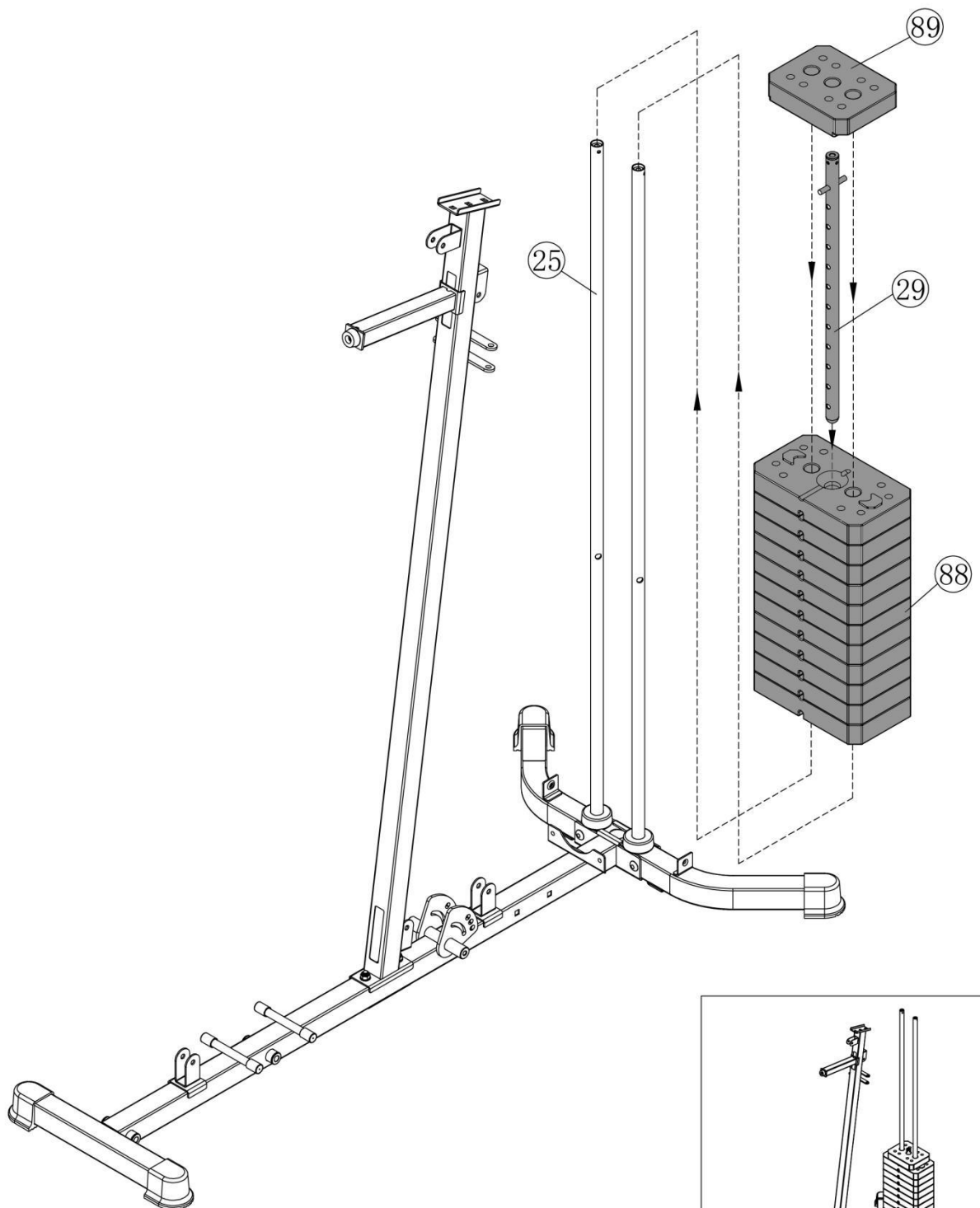
③⑨  2 M10×2 $\frac{3}{4}$ "

④④  2 $\varnothing \frac{3}{4}$ "

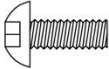
④③  2 M10

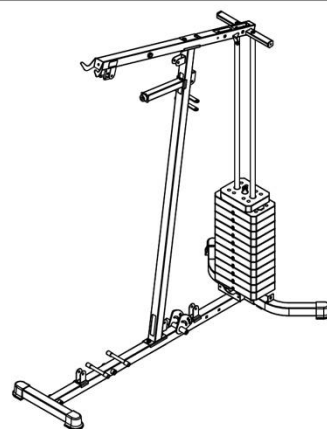
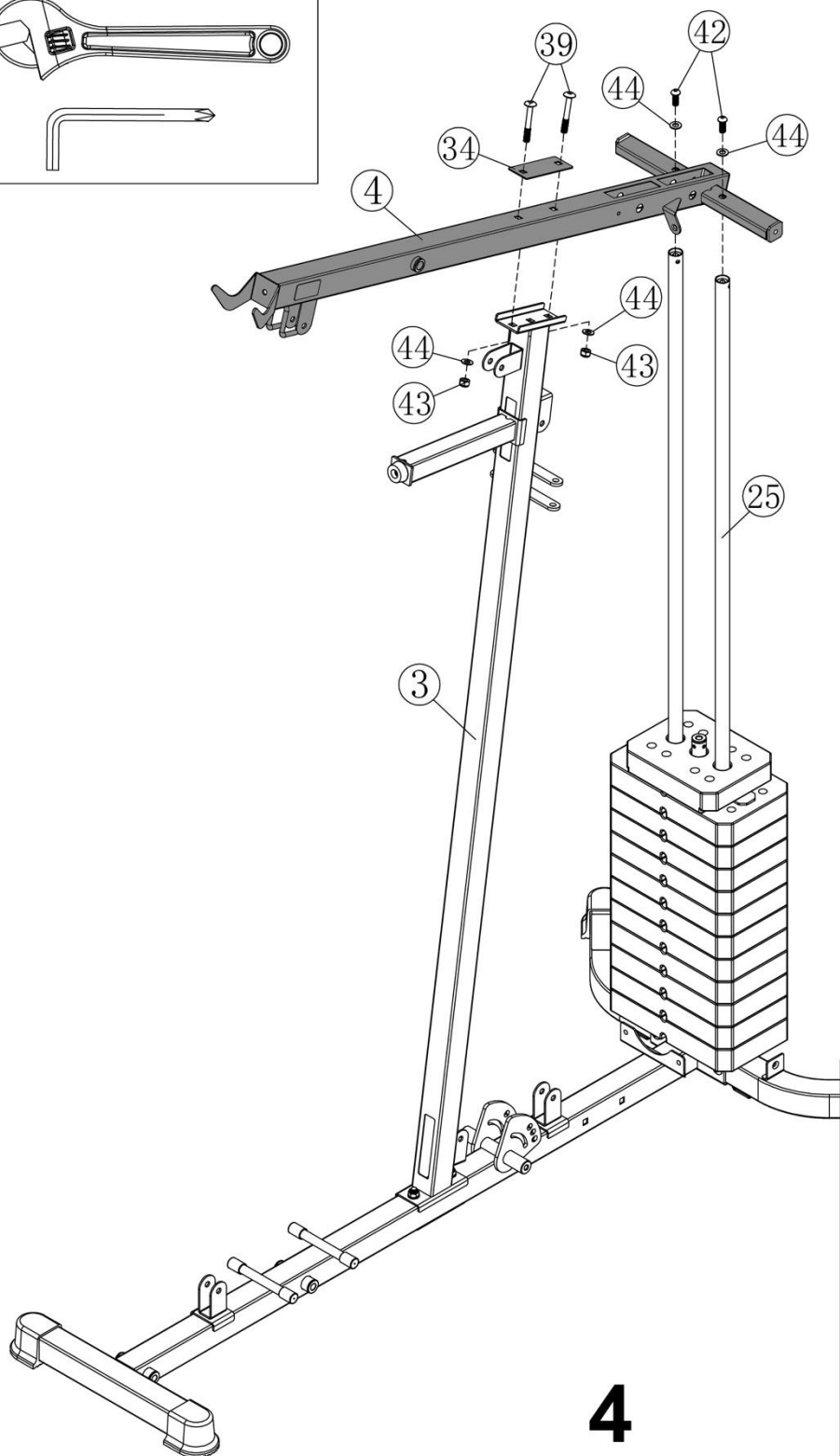
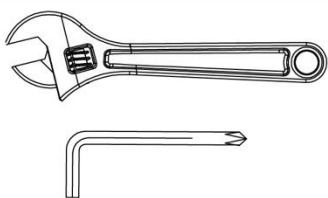


2



3

- ③⑨  2 M10×2 $\frac{3}{4}$ " ④②  2 M10× 1"
 ④④  4 $\varnothing \frac{3}{4}$ " ④③  2 M10

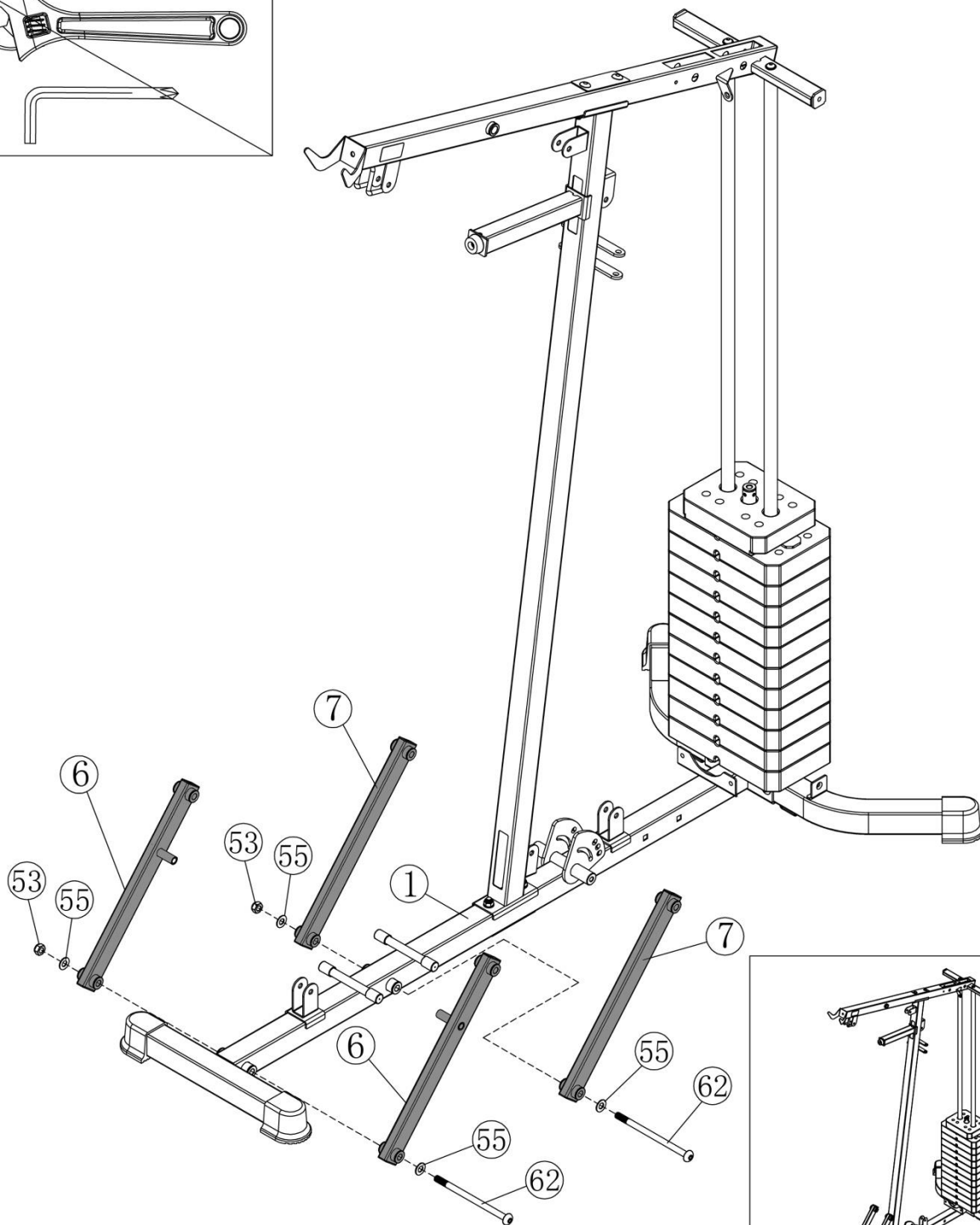
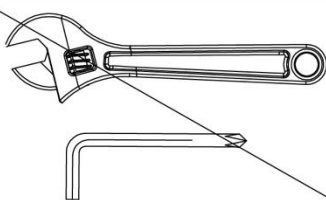


4

⑥②  2 M12×7½"

⑤⑤  4 Ø1"

⑤③  2 M12

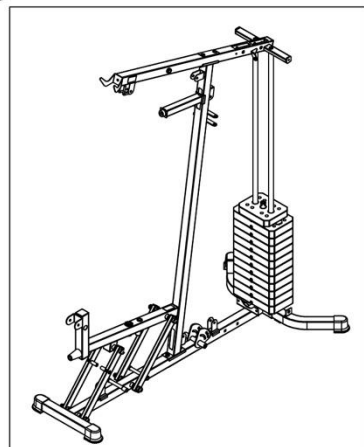
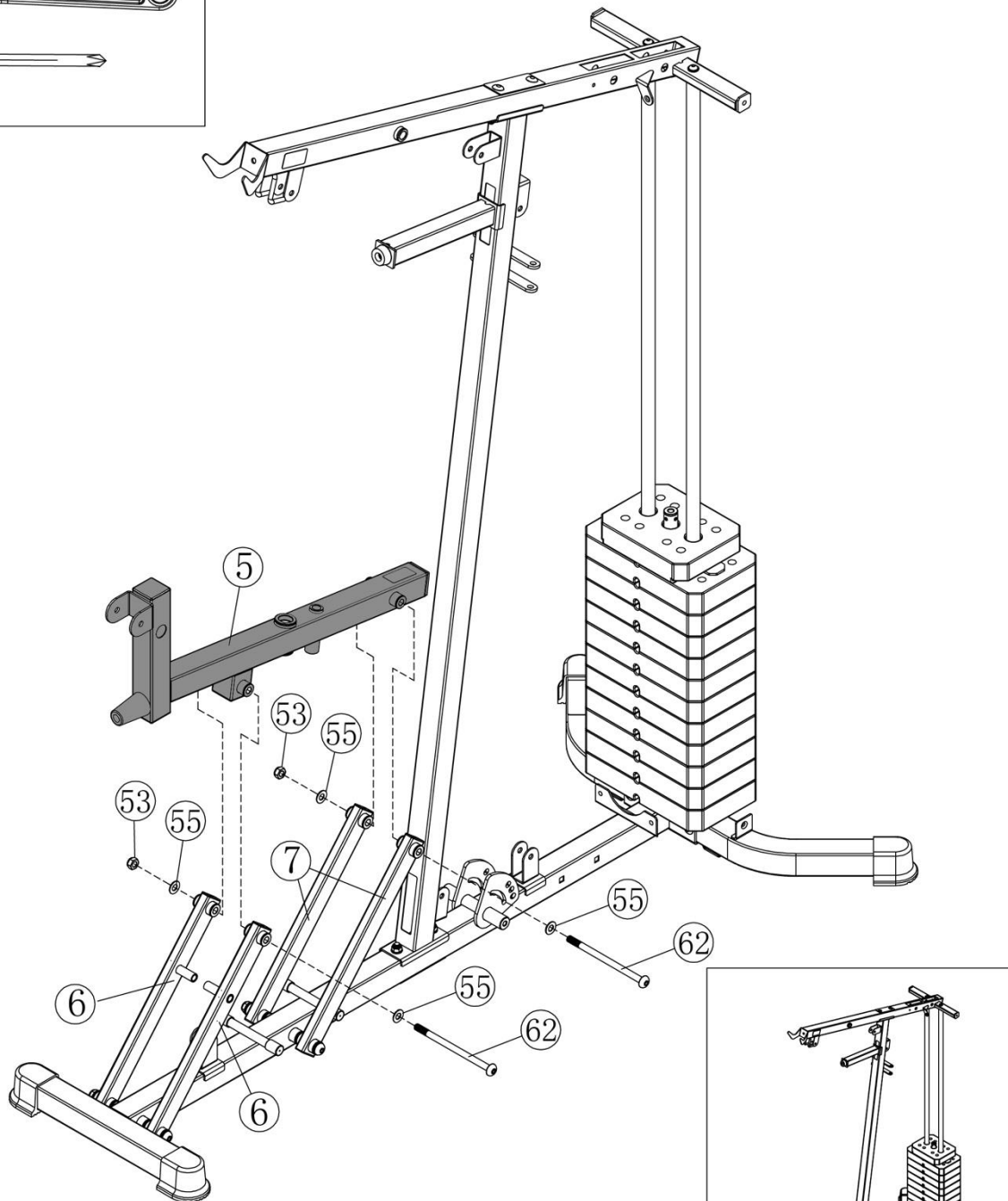
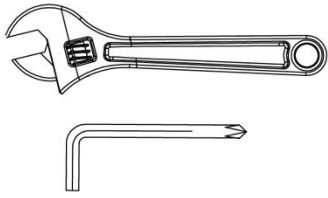


5

62  2 M12×7½"

55  4 Ø1"

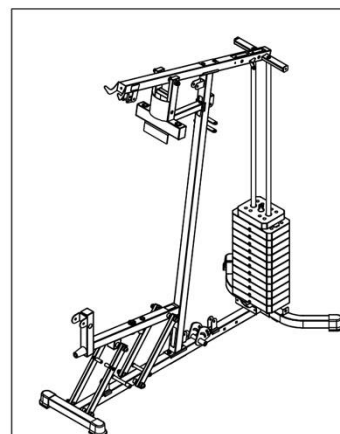
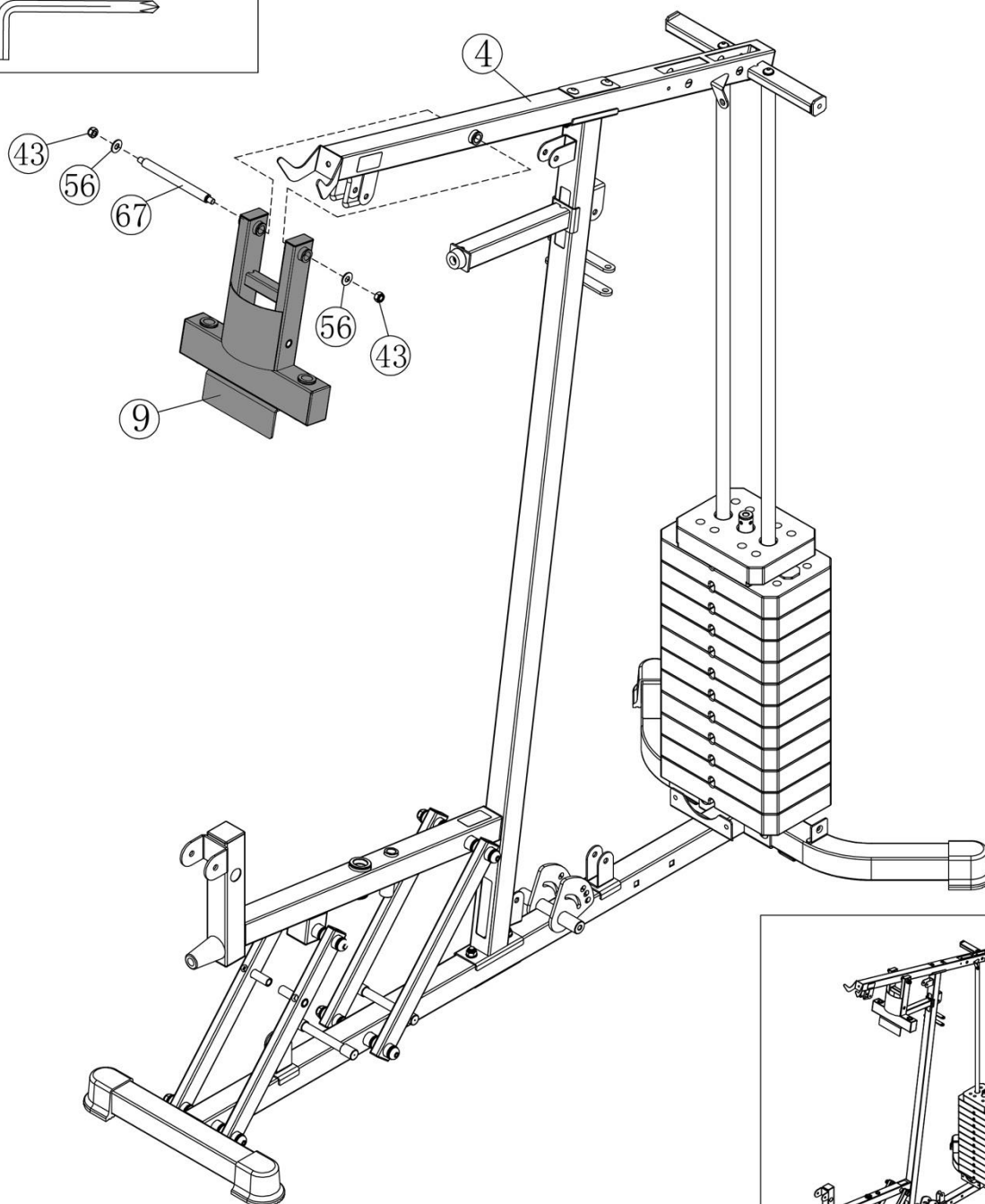
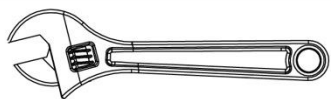
53  2 M12



6

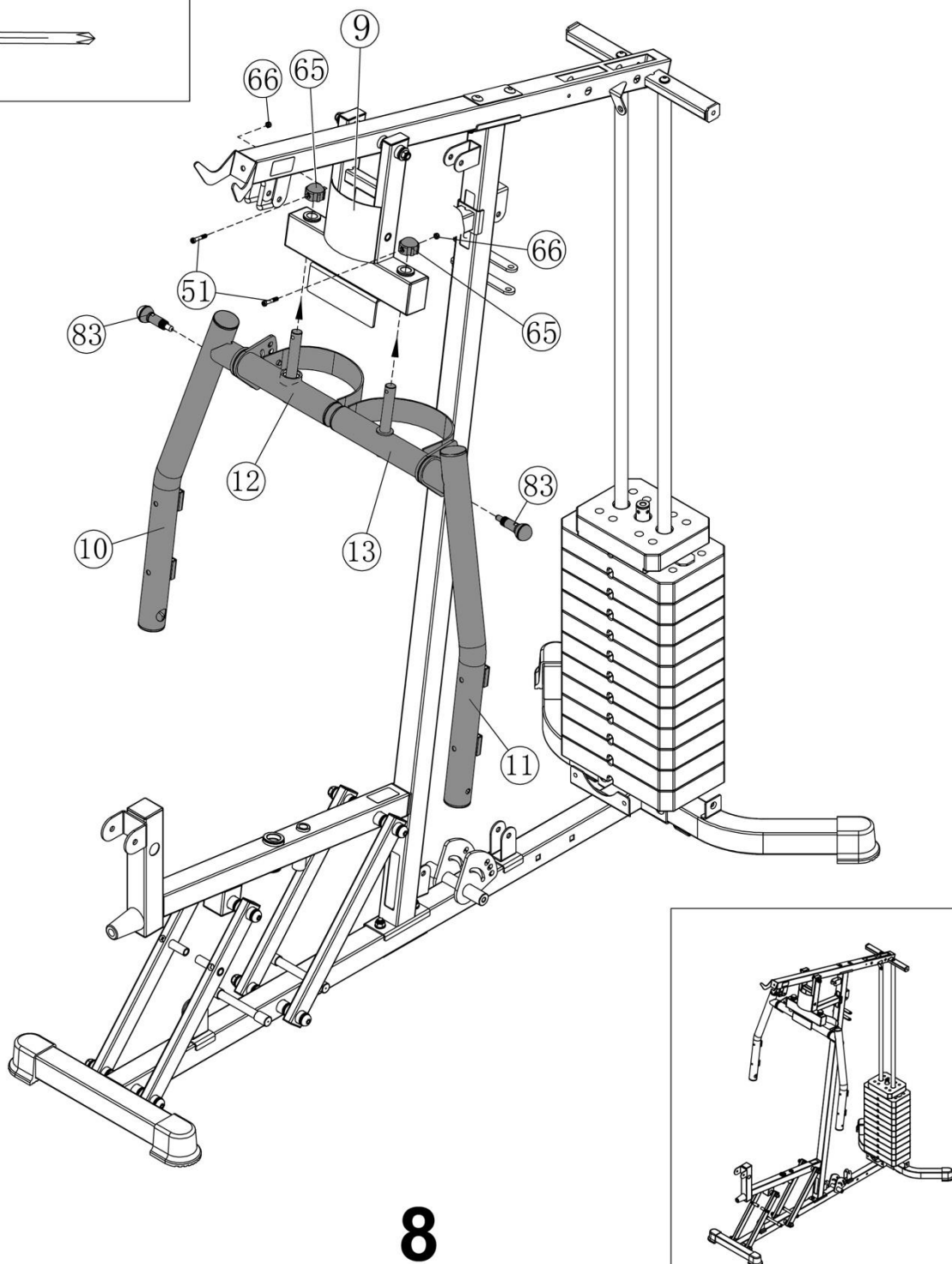
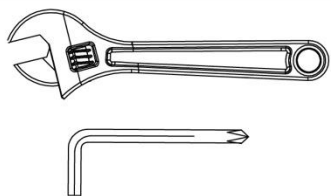
⑥7  $\varnothing \frac{5}{8}'' \times 7 \frac{3}{8}''$

⑤6  2 $\varnothing \frac{3}{4}'' \times \varnothing 1''$ ④3  2 M10

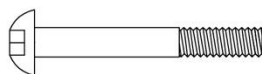


7

- ⑤①  2 M6×1 $\frac{1}{4}$ " ⑥⑥  2 M6
 ⑥⑤  2

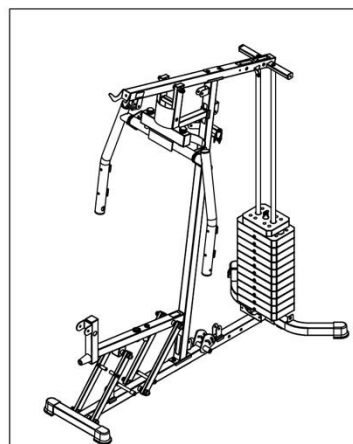
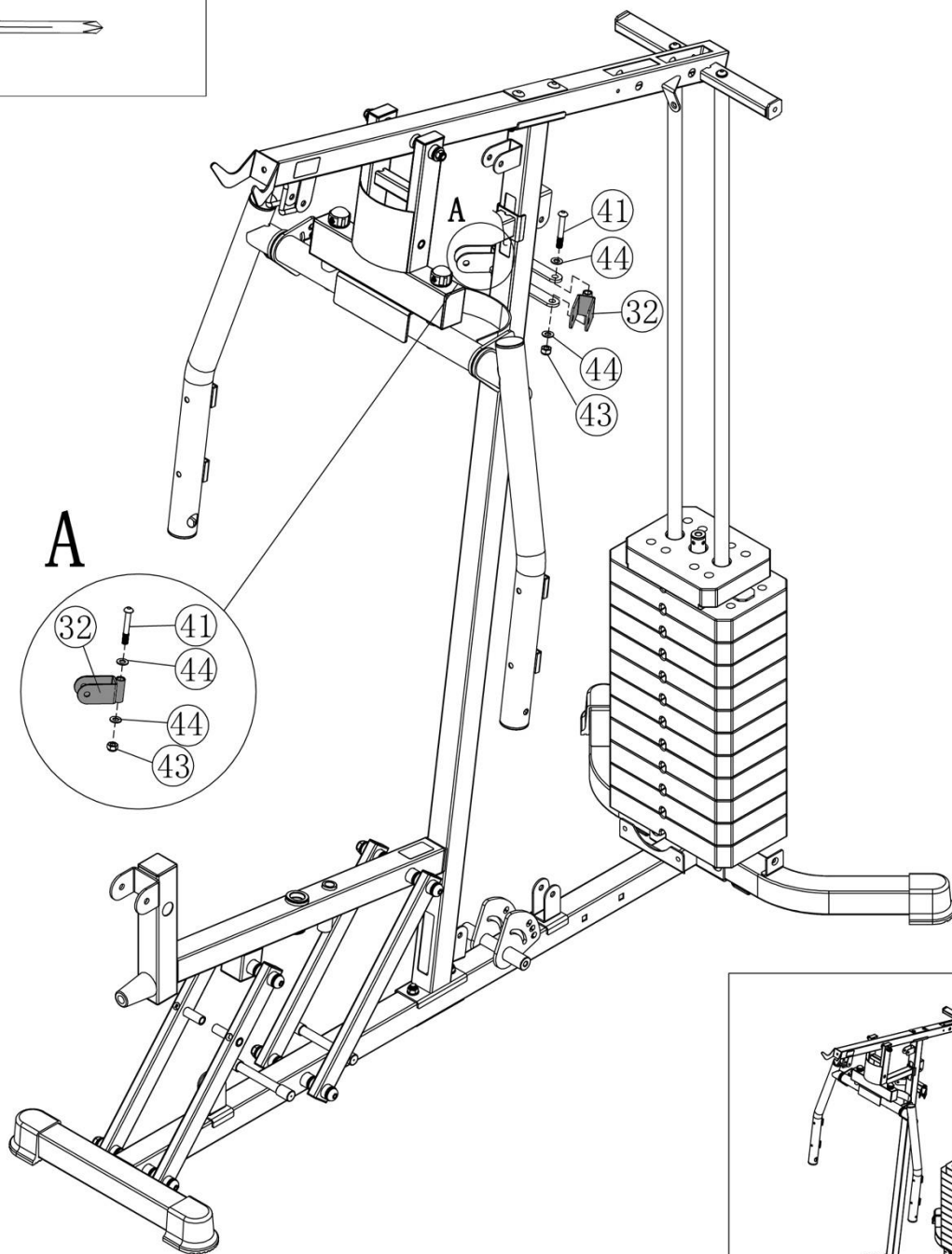
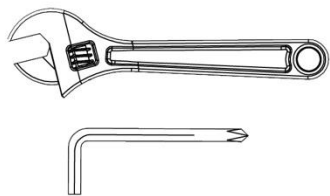


8

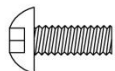
④①  2 M10×2 1/2"

④④  4 Ø 3/4"

④③  2 M10



9

④②  1 M10 × 1"

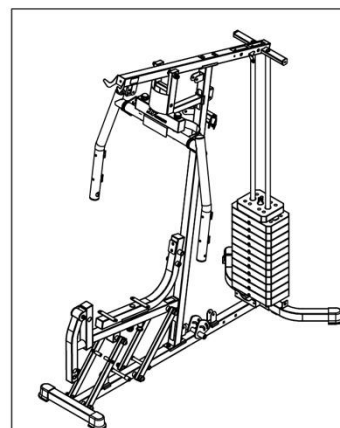
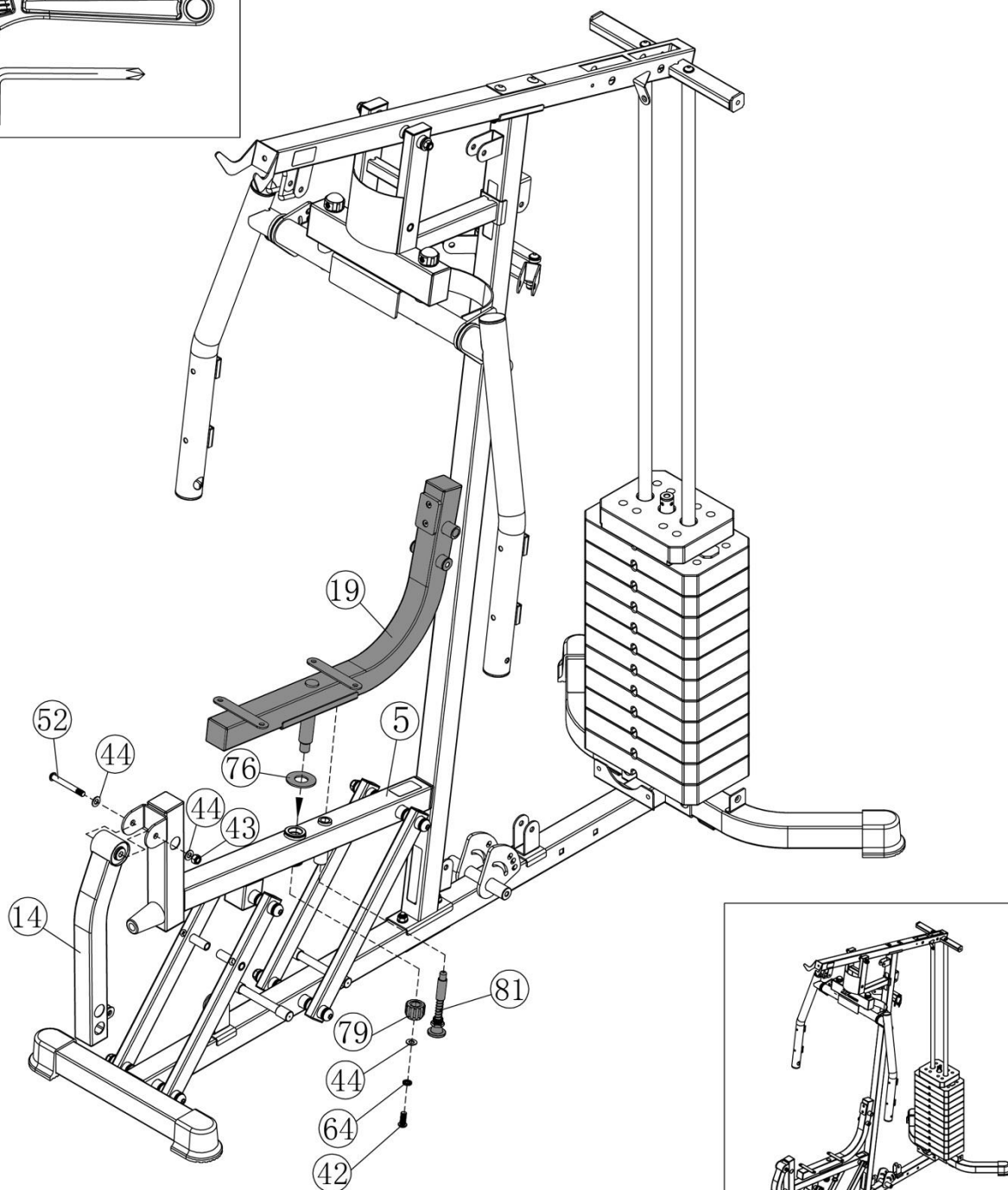
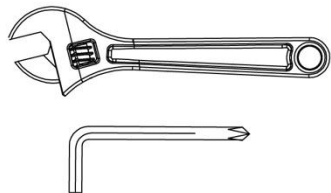
④③  1 M10

⑤②  1 M10 × 3 $\frac{1}{8}$ "

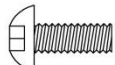
④④  3 $\varnothing \frac{3}{4}$ "

⑥④  1 $\varnothing \frac{3}{4}$ "

⑦⑥  1



10

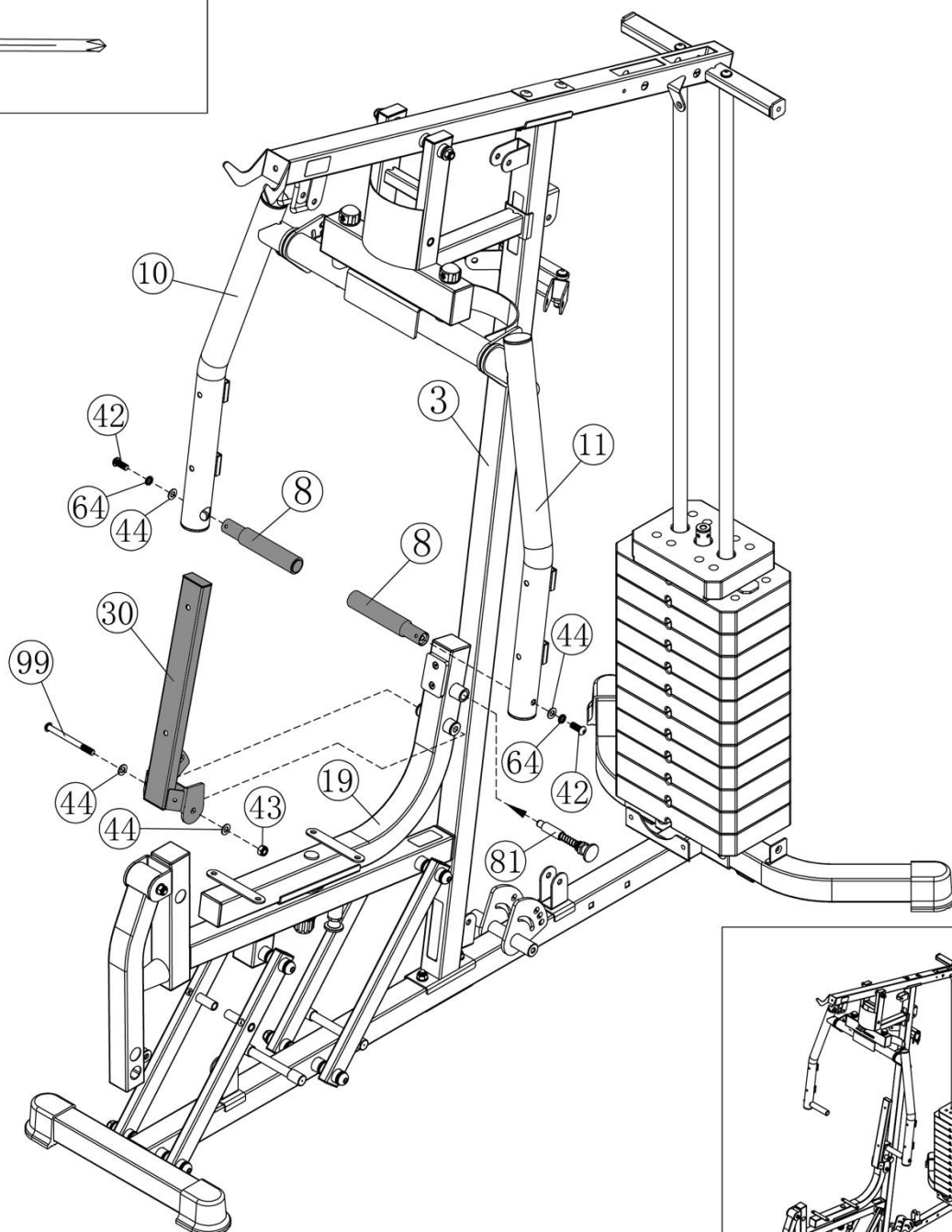
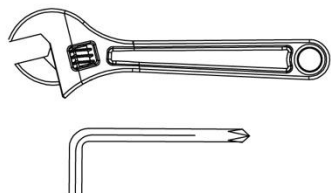
④②  2 M10 × 1"

④③  1 M10

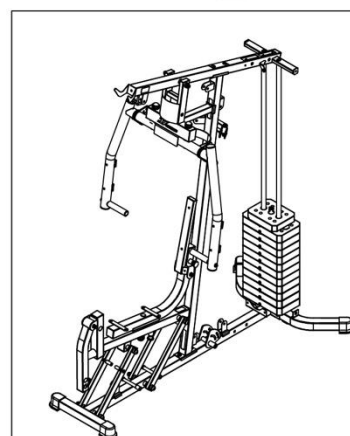
⑨⑨  1 M10 × 4 $\frac{3}{8}$ "

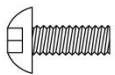
④④  4 $\varnothing \frac{3}{4}$ "

⑥④  2 $\varnothing \frac{3}{4}$ "

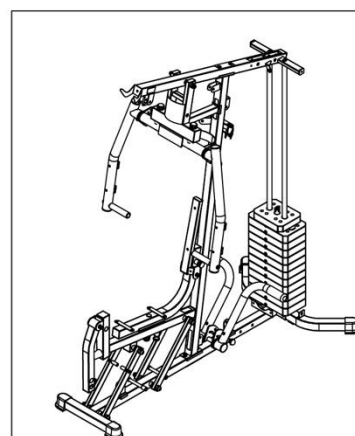
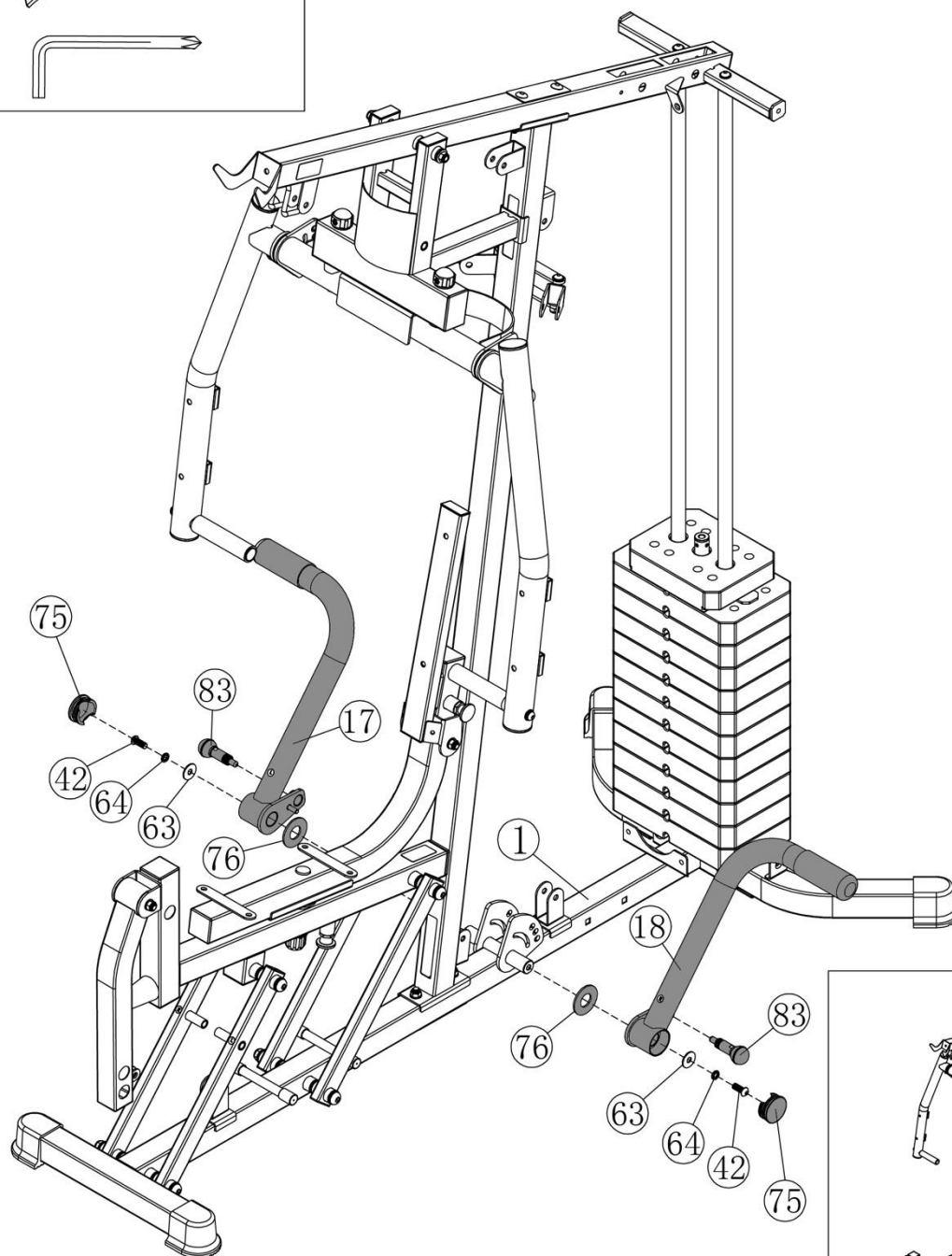
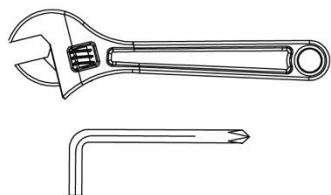


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④②  2 M10 × 1"
 ⑥③  2 Ø 1 $\frac{1}{8}$ " × Ø $\frac{3}{4}$ "

⑥④  2 Ø $\frac{3}{4}$ "

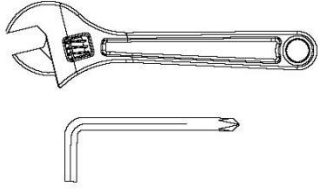


12

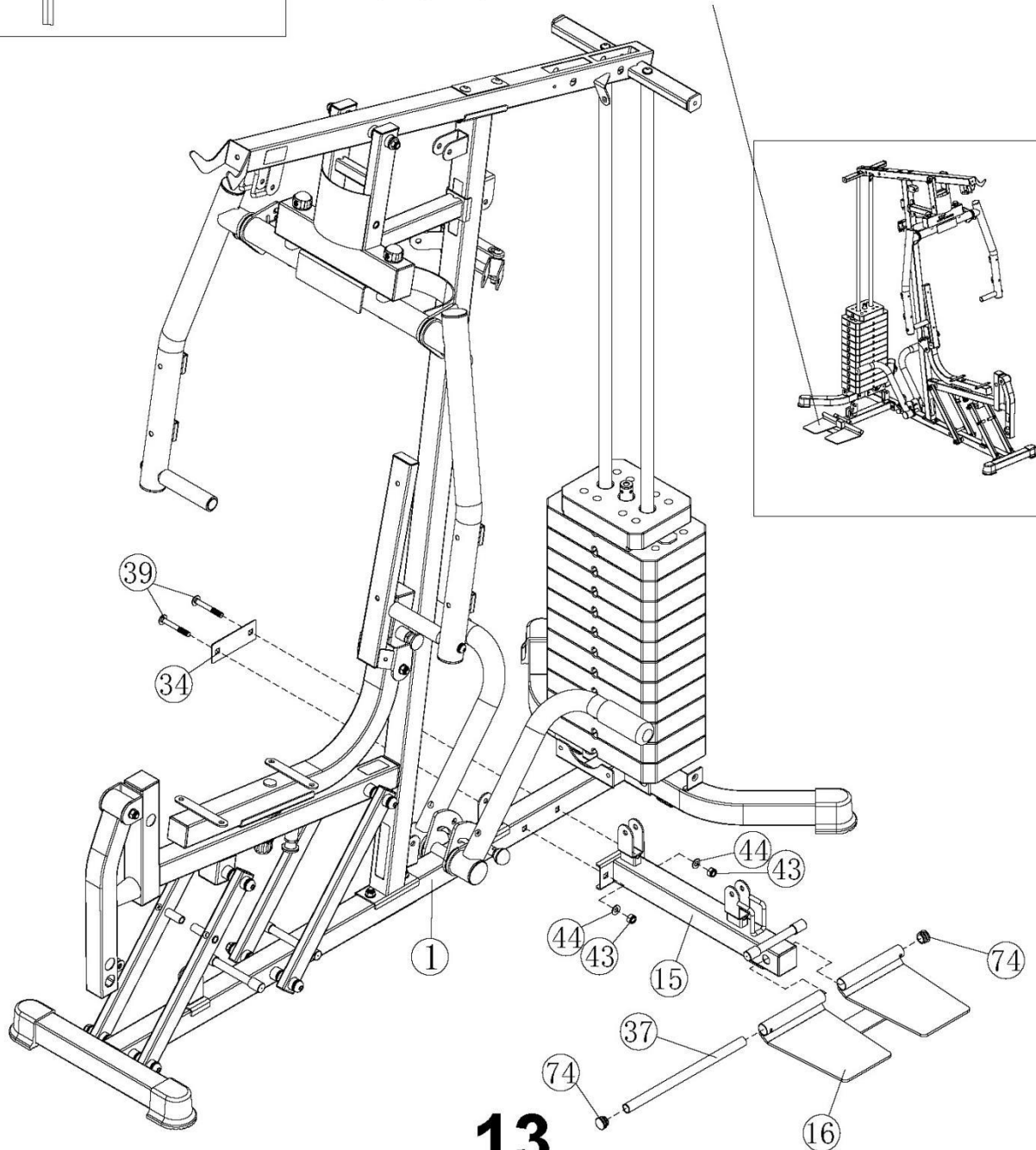
③⑨  2 M10×2 $\frac{3}{4}$ "

④④  2 $\varnothing \frac{3}{4}$ "

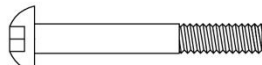
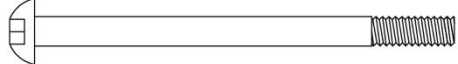
④③  2 M10



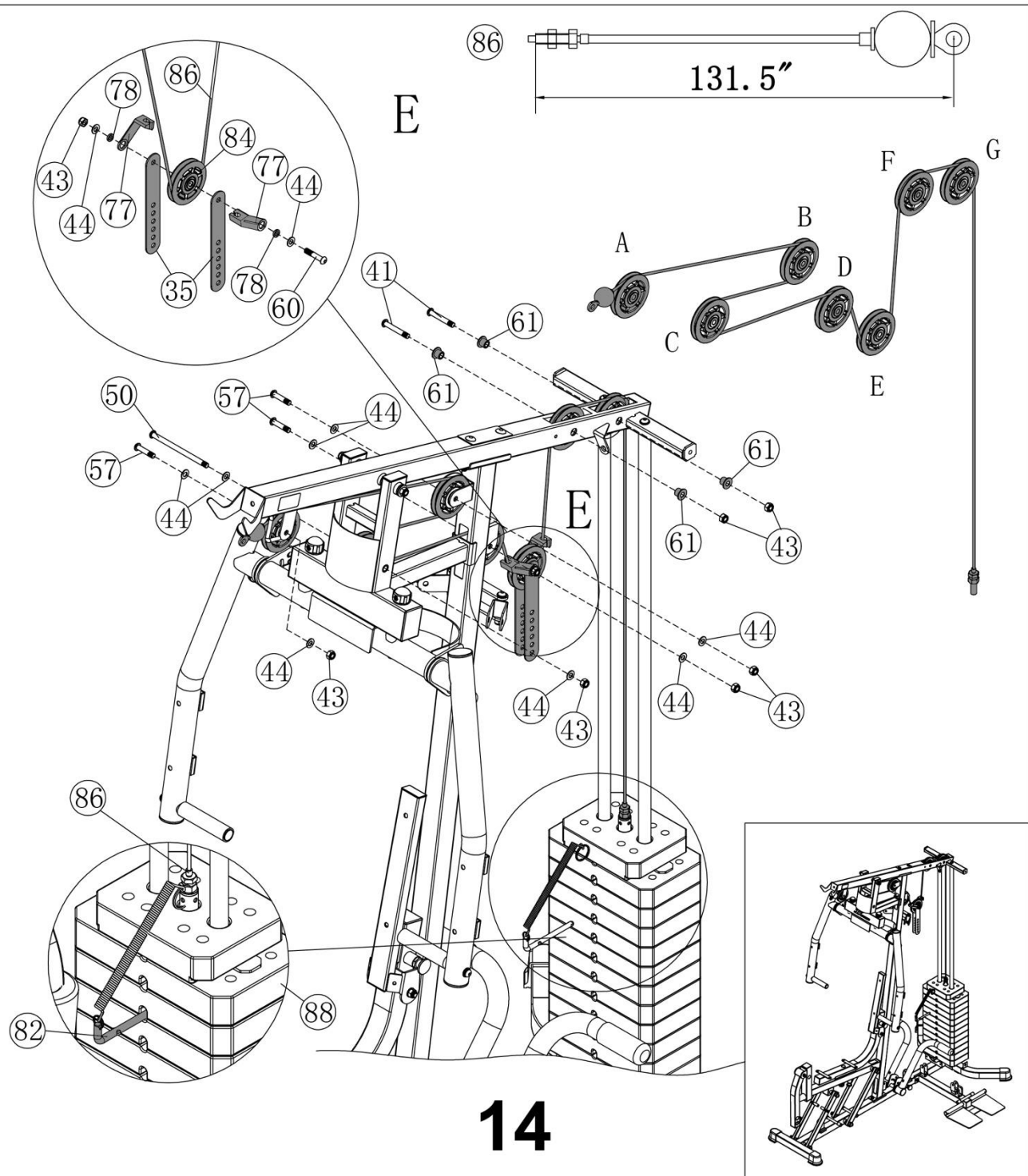
Note: Part #15 (Low Pull Base Frame) and #16 (Foot Plate) can be installed on either side of the home gym as per your preference.



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- ④①  2 M10×2½"
- ⑤⑦  1 M10×6⅛"
- ⑤⑦  3 M10×1¾"
- ⑥⑦  1 M10×2"

- ④③  7 M10
- ④④  10 Ø ¾"
- ⑥①  4 Ø 7/8" × 5/8"
- ⑦⑧  8



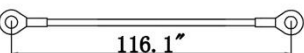
⑤⑦  2 M10×1 $\frac{3}{4}$ "

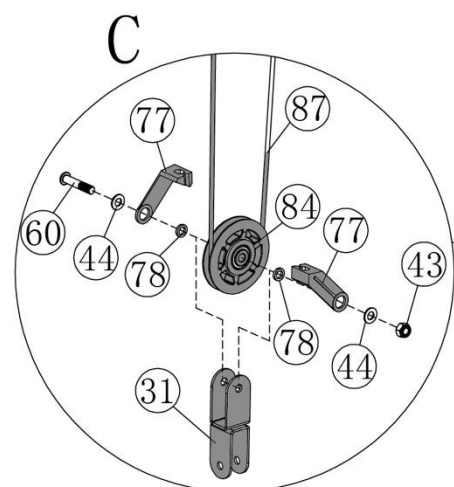
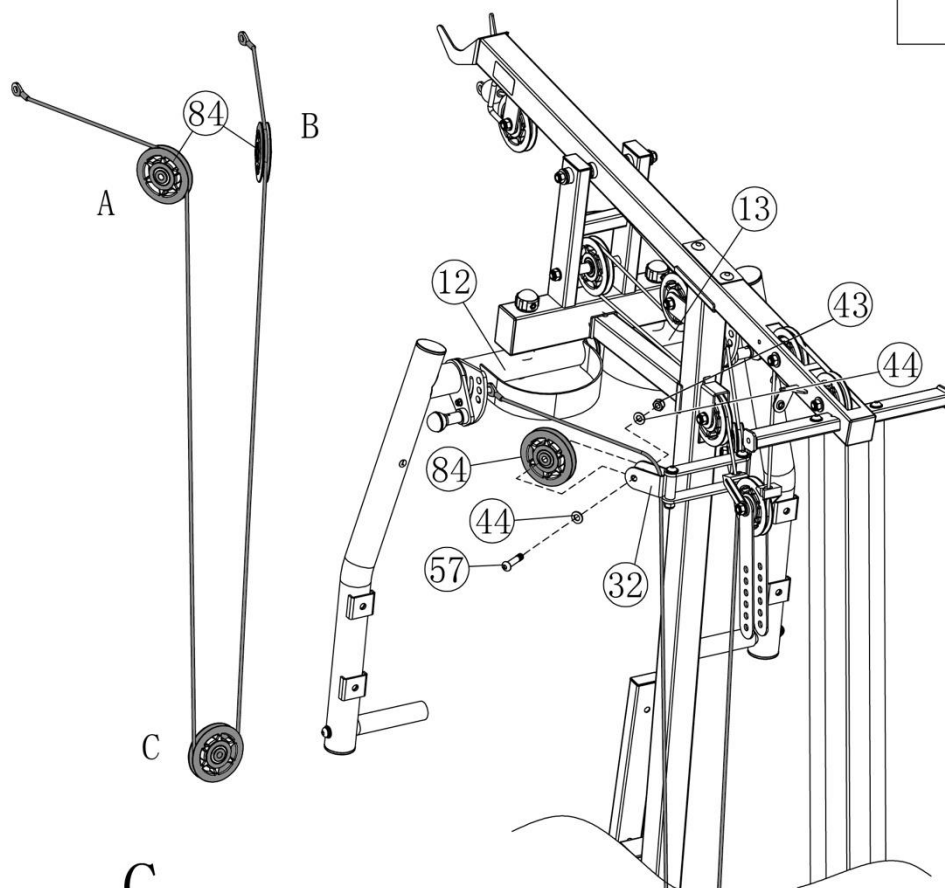
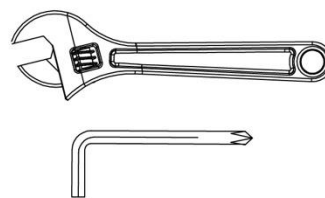
④③  3 M10

⑥①  1 M10×2"

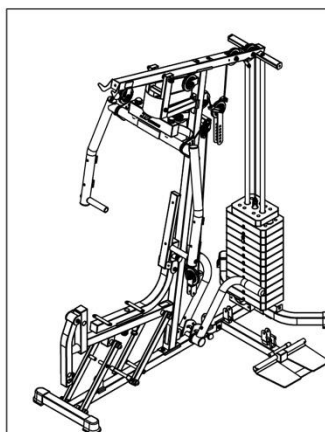
④④  6 Ø $\frac{3}{4}$ "

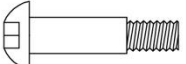
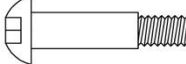
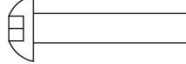
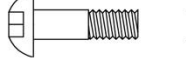
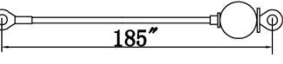
⑦⑧  2

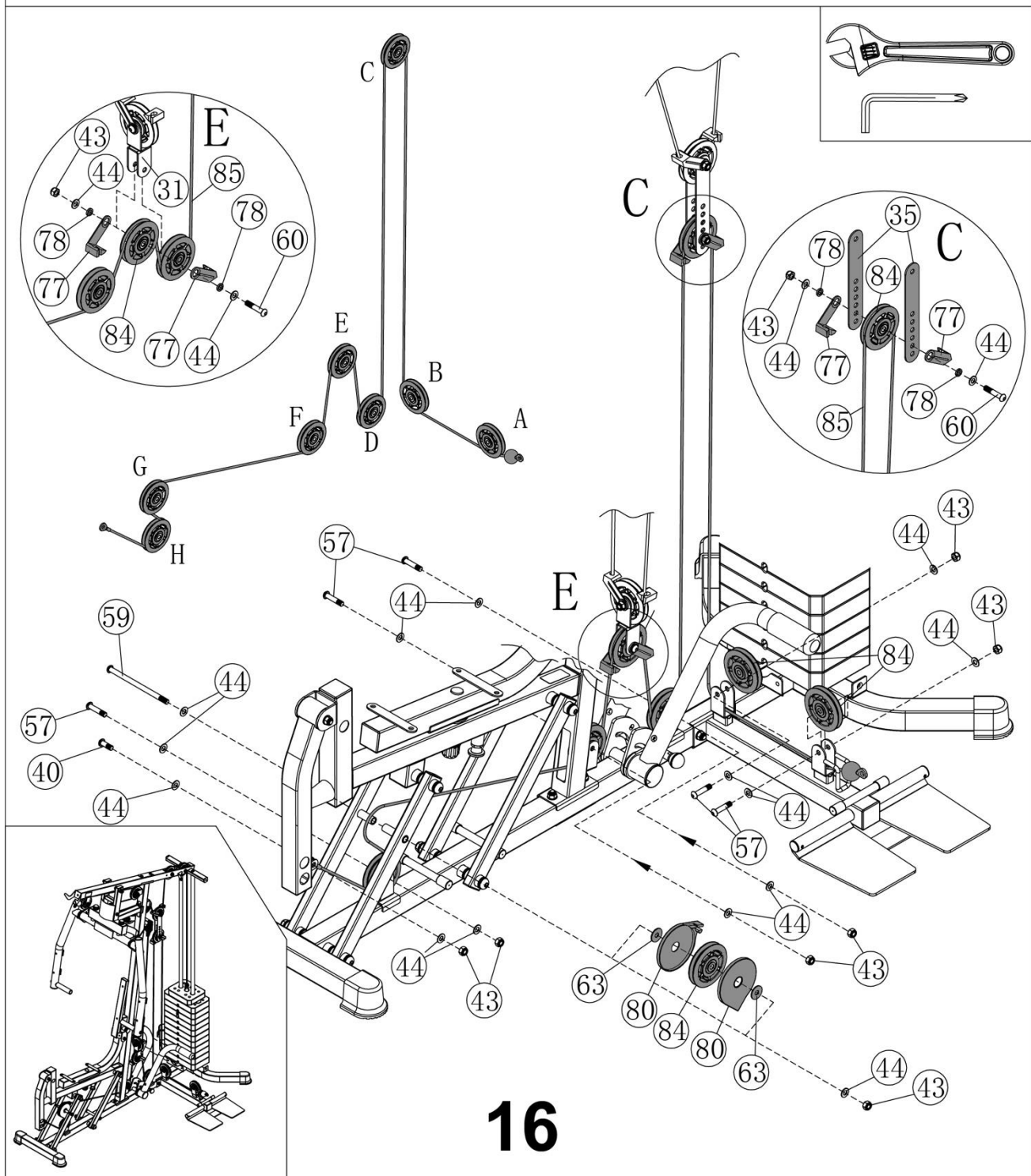
⑧⑦  1



15



- ⑤⑦  5 M10×1 $\frac{3}{4}$ " ④③  9 M10 ⑦⑧  4
 ⑥③  2 M10×2" ⑥③  2 $\emptyset$ 1 $\frac{1}{8}$ "× $\emptyset$ $\frac{3}{4}$ "
 ⑤⑨  1 M10×6 $\frac{1}{2}$ " ④④  18 $\emptyset$ $\frac{3}{4}$ "
 ④④  1 M10×1 $\frac{1}{8}$ " ⑧⑤  185" 1



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8

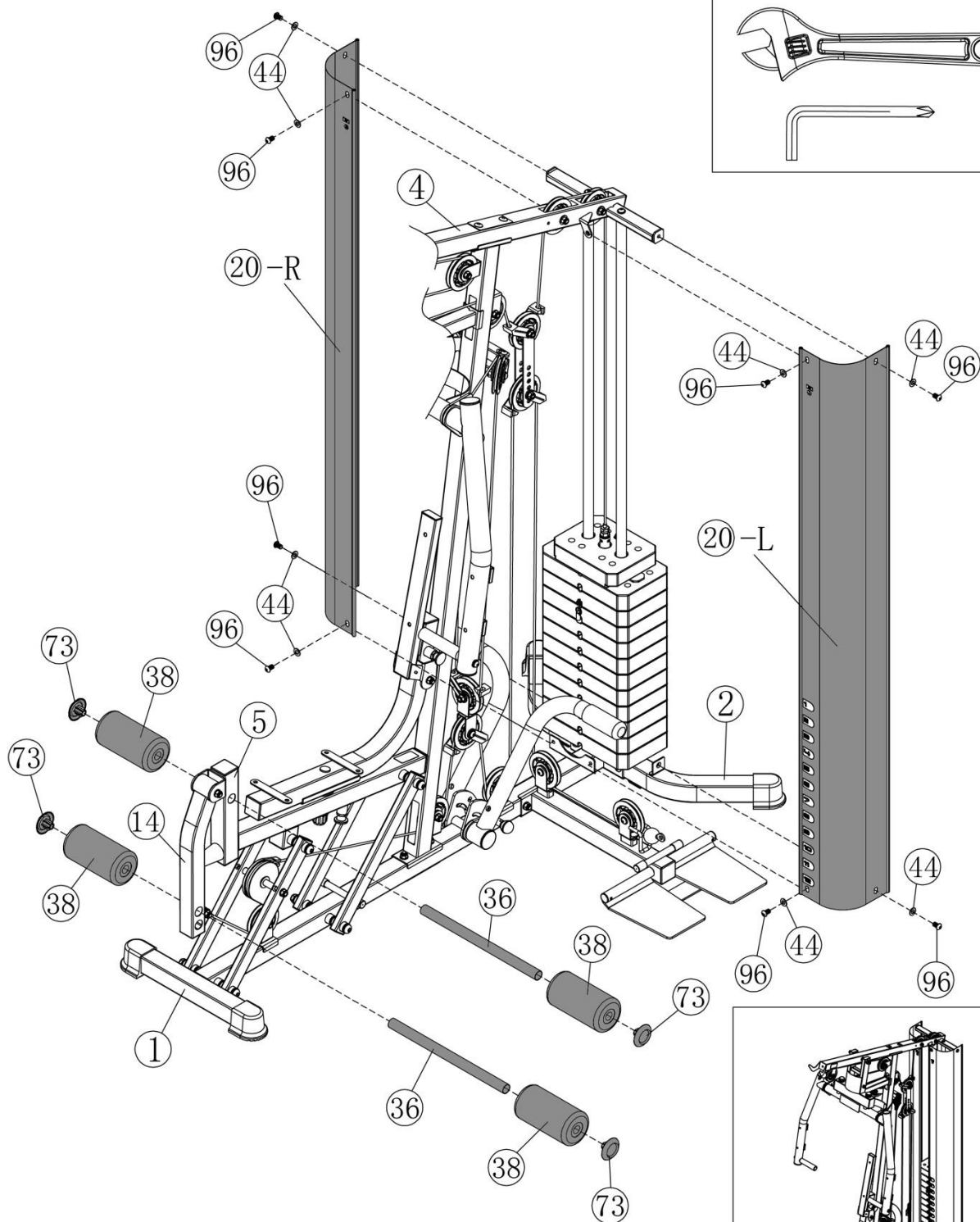
M10 × 5/8"

44

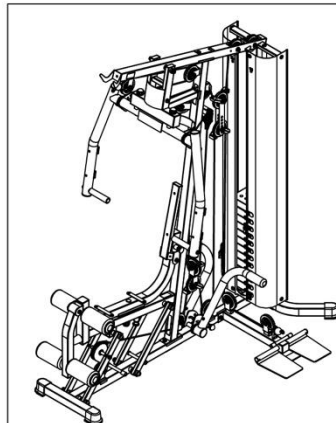


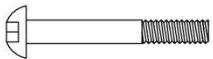
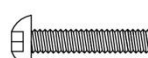
8

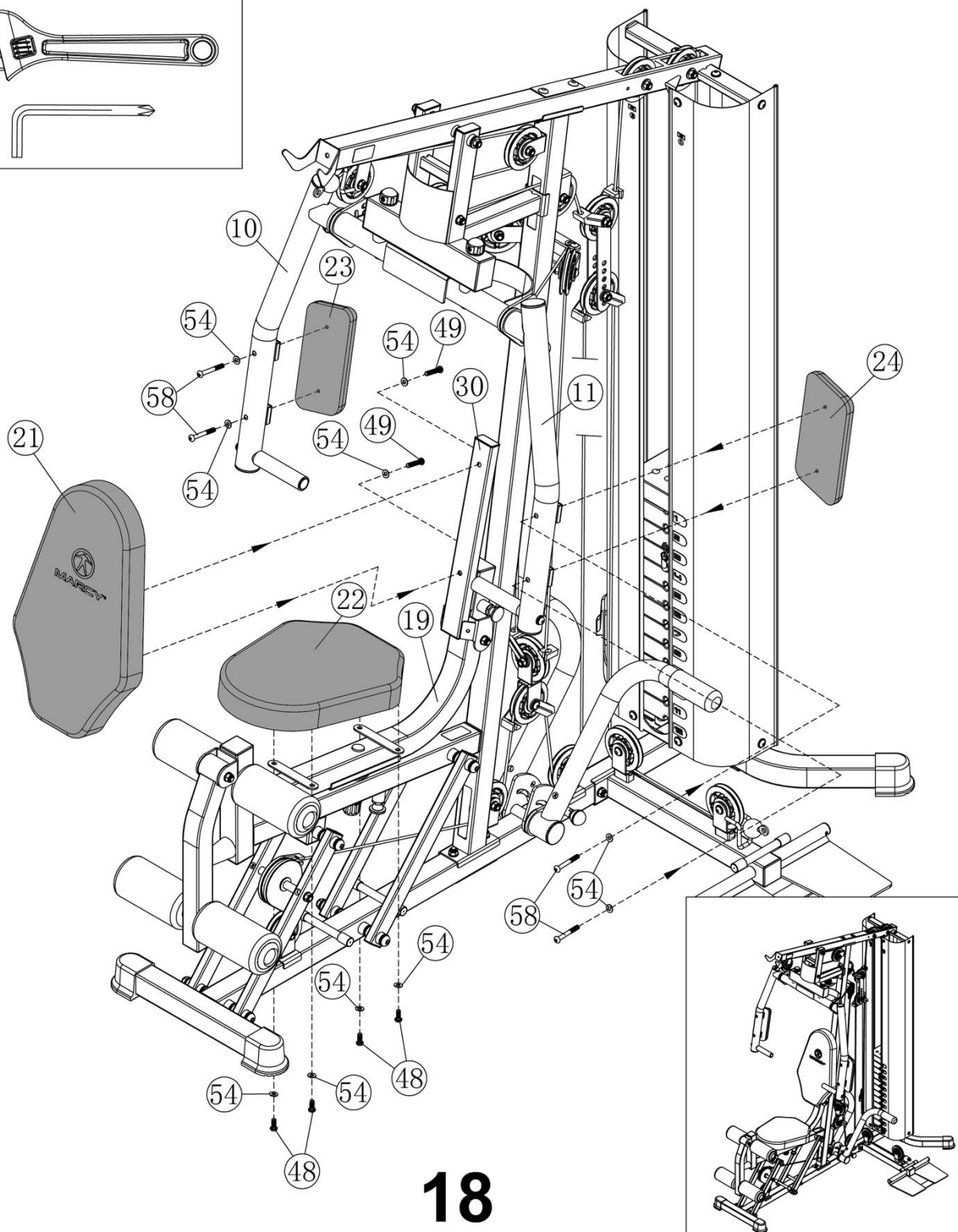
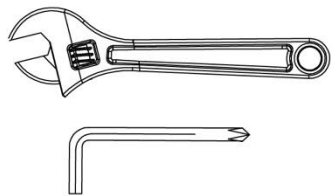
Ø 3/4"



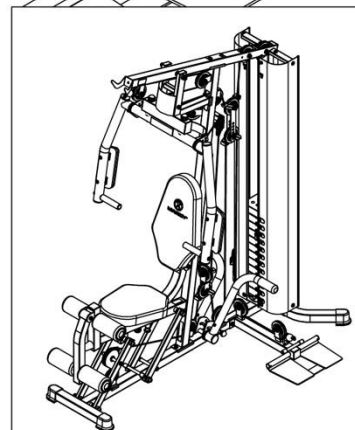
17



- ⑤⑧  4 M8×2 1/2" ⑤④  10 Ø 5/8"
 ④⑧  4 M8× 5/8" ④⑨  2 M8× 1 1/2"



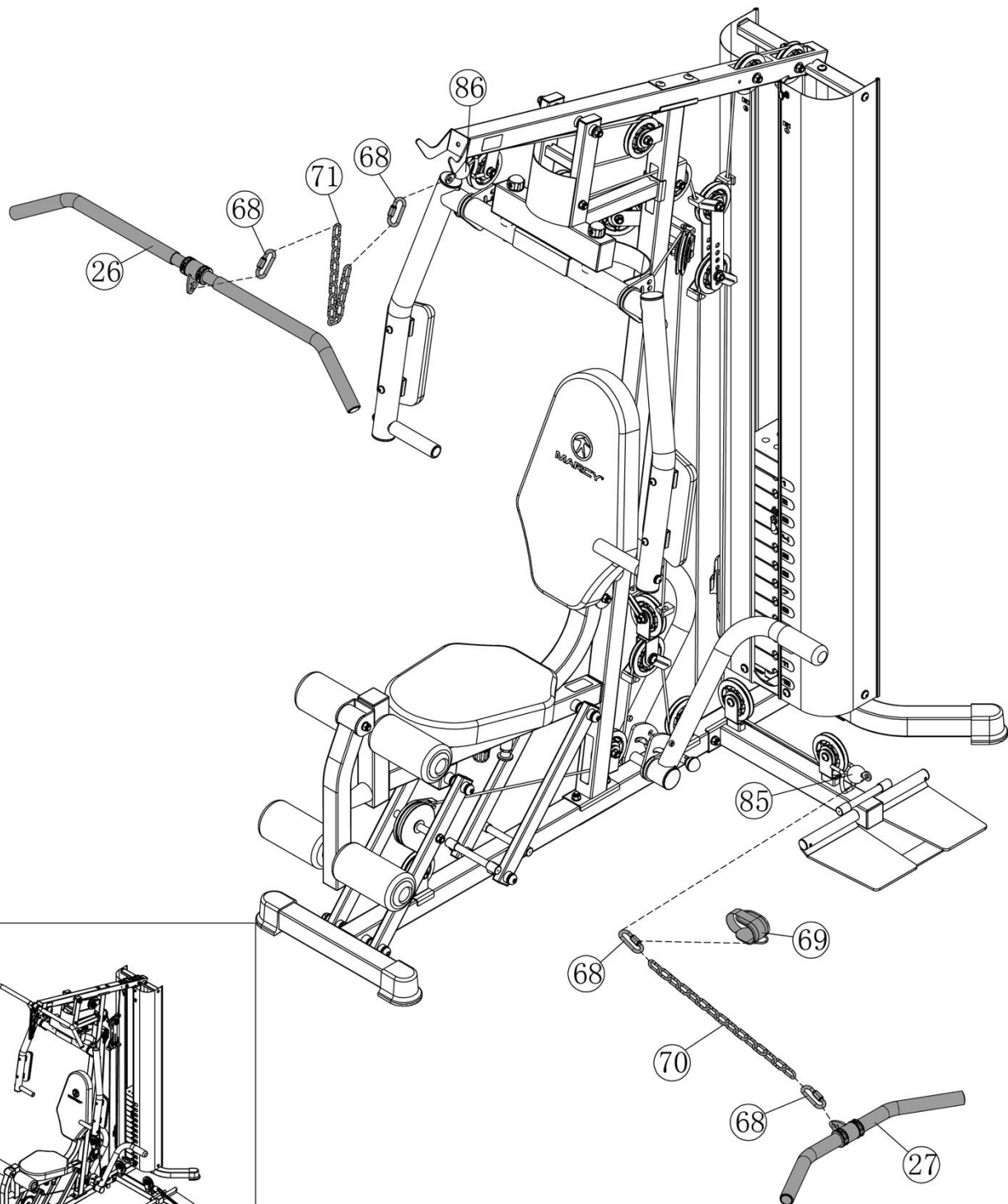
18



68

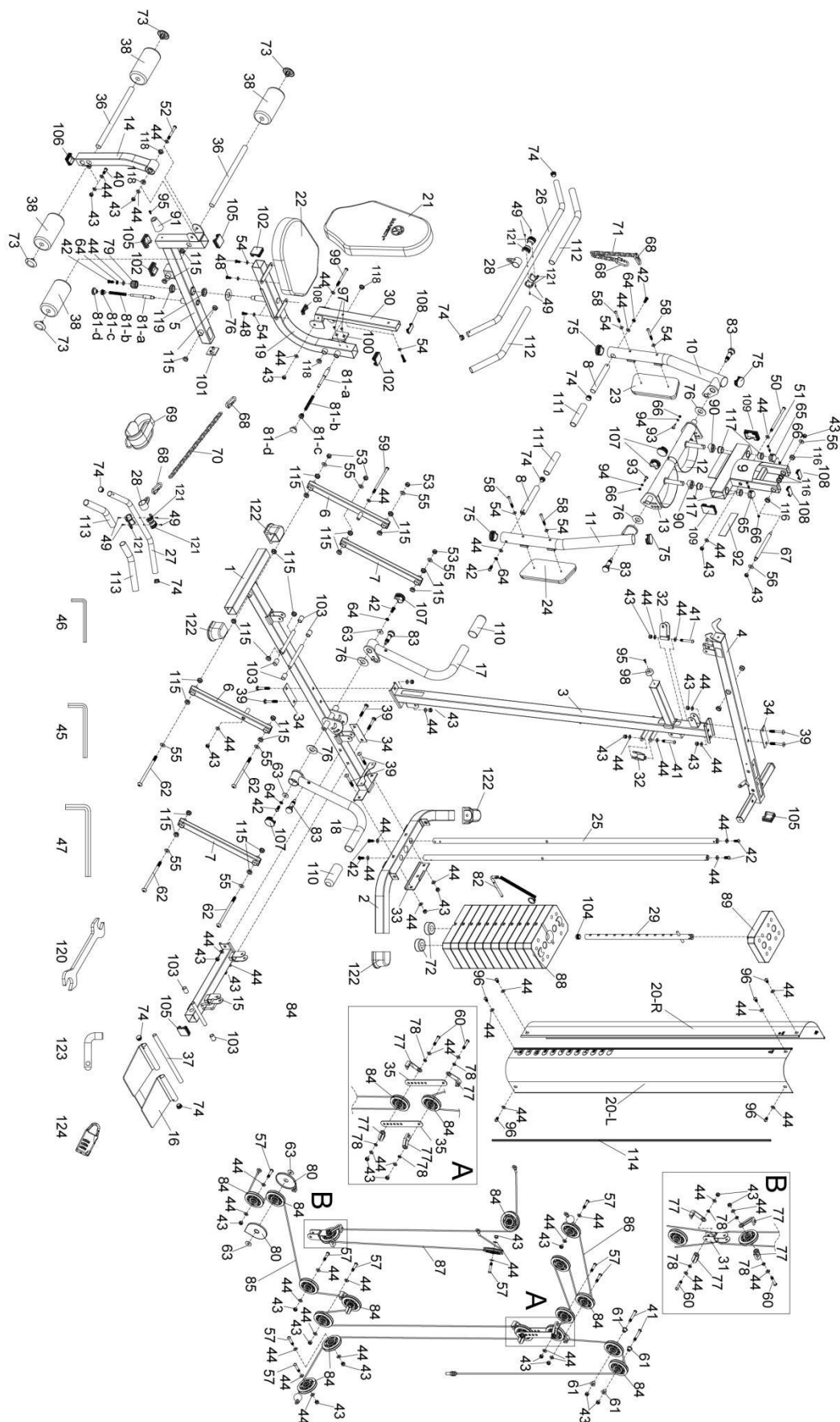


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EXPLODED DIAGRAM



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