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Instruction Manual For Marcy One Home Gym

ASSEMBLY INSTRUCTION Step 1 Attach the front stabilizer (3) to the front of the main frame (1). Secure using two carriage bolts (2), two curved washers (6) and two acorn nuts (7). Attach the pedal support tube (17) to back of the main frame (1). Secure using two carriage bolts (19), two flat washers (16) and two acorn nuts (7).

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NO MERCY is a one to four playset game. Controller So ets 1 through 4 correspond to players 1 through 4. For a P game, please connect the controller to Controller Socket 1. Turn the POWER S ON. (Do not touch the Control 3, 5. Stick while powering-on: game data is loaded automatically when a Controller Pak' is connected to the IP Controller

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The Marcy Eclipse HG3000 is a compact home gym, it doesn't dominate your entire room but it still maintains a robust, durable feel with all of the essential training features. Both the high and low pulleys can use any of the gym attachments included, the high pulley is perfect for lat pulldown, tricep pushdowns and ab crunch with the low pulley better suited for seated rows, bicep curls and ...

Marcy Home Gym - Everything a Gym Can Do - At Home

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Slide ten Weight Plates (#27) from the top of the Guide Rods (#19) down to the Bumper. Insert the Selector Rod (#16) into the center hole on the Plates. Page 10 STEP 5 (See Diagram 5) A.) Attach the Right Butterfly (#9) to the Upper Frame (#10). Slide a 1 1/2" Washer (#51) and 1 3/8" Steel Cap (#84) onto the axle.

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