

## Marci Weight Manual

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Page 32: Weight Resistance Chart. MD-9010 WEIGHT RESISTANCE CHART Station Low Pulley Lat Pull Butterfly (both arms) Left Cross-Over Right Cross-Over \*Numbers are approximate. Actual resistance may vary. Ratio Example 200% 10 lb. plate creates 20 lb. resistance 100% 10 lb. plate creates 5 lb. resistance 100% 10 lb.

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Marcy features a wide variety of weight training equipment to meet your training goals. Whether you're looking to add a new component to your strength training, lose weight, build endurance, or looking to recover, Marcy can provide you with the right exercise equipment and accessories for your home gym needs.

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Impex Marcy Platinum MP-2105 Home Gym Owner's Manual. Marcy Platinum MP-2105 Home Gym pdf manual download. ... WEIGHT RESISTANCE CHART Station Low Pulley Lat Pull Butterfly Front Press AB Crunch Leg Developer Station Low Pulley Lat Pull Butterfly Front Press AB Crunch Leg Developer \*Numbers are approximate. Actual weight may vary.

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Barbells. If you would like to start out with a new Olympic weight set, consider the 110-lb Olympic Weight Set MCW-110. It contains everything you need, including a 30 lb. bar, an assortment of grip plates and two clip collars.

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## **Home Gyms - Marcy Pro**

Olympic weight benches, like the Marcy MD-879, can typically handle loads up to 300 pounds, while a standard set, like this Marcy Diamond Elite MD-389, hold up to 200 pounds. If you already own a weight set and barbell, check to see if it is standard or Olympic, so you can choose a matching weight bench.

## **Marcy Weight Benches**

Marcy Scale CALIBRATION: The container should now retain exactly 1000 cc. Hang the container full of water on the scale hook. Turn the zero adjustment screw located directly above the scale hook until the scale pointer is vertical, reading 1.000 on the dial outer ring. The Marcy scale is now calibrated.

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Page 1 NOTE: Please read all instructions carefully before using this product MARCY PLATINUM Table of Contents MP-2106 HOME GYM Safety Notice Hardware Identifier Assembly Instruction Parts List Warranty Ordering Parts Model MP-2106 Retain This Manual for Reference 09-10-07 OWNER'S MANUAL Escalade

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International Limited Pleasant Road, Penllergaer, Swansea.

## **Get the Best Home Exercise Equipment / Marcy Pro**

The Marcy Pro Smith Cage Home Gym Training System SM-4903 has high quality construction and is jam-packed with endless exercises. The Marcy Diamond Smith Machine Cage System MD-9010G is another great home gym machine that offers an all-in-one workout station to work all major muscle groups safely and effectively.

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Insert two Foam Roll Tubes (#12) halfway through the two holes on the Leg Developer (#6). Push six Foam Rolls (#22) onto the Foam Roll Tubes from both sides. Plug six Foam Roll End Caps (#33) to each end of the Foam Rolls. D.) Push the Olympic Sleeve (#7) onto the weight holder on the Leg Developer (#6).

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