



Heavy duty supports can hold over 134kg weight loads

Rear pegs allow for walk in squats

Adjustable backrest bar allows for multiple angles

Quick adjust bar catchers

Preacher curl pad to train your biceps

Quick adjust safety bar catchers

Leg developer to train your quads & hamstrings

Olympic weight plate storage holders

Quick release pin to adjust back pad to flat, incline, decline or shoulder press

Locking pin to adjust preacher pad height

Spring load locking catch secures leg developer to perform ab crunches and provide stability

Weight plate holder for leg developer and preacher pad can take standard or olympic plates

Marcy Weight Bench Manual

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Marcy Weight Bench Manual:

Summer Manual ,1973 Weight Training Today Robert O'Connor,Jerry Simmons,1989 See Adams Racquetball Today for description **Newsweek** Samuel Thurston Williamson,Raymond Moley,Malcolm Muir,Rex Smith,Joseph Becker Phillips,1985 *Athletic Journal* ,1978 Vols 9 12 include proceedings of the 8th 11th annual meeting of the American Football Coaches Association and of the National Association of Basketball Coaches of the United States 3d 6th annual meeting *Popular Mechanics* ,1935-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Field and Stream** ,1983 Omni ,1983-04 Scholastic Coach ,1978 **The Cambridge Review** ,1892 **Metal Worker, Plumber and Steam Fitter** ,1881

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