



**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

RJ Shavelson



Marcy Weight Bench Manual:

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