

## Marcy Home Gym Exercise Manual

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### Workout Routine For Marcy Home Gym | Kayaworkout.co

Marcy 150-lb Multifunctional Home Gym Station for Total Body Training. TOTAL DIMENSIONS: 68"L x 42"W x 78"H.MAXIMUM USER WEIGHT: 300 lbs.STEEL CONSTRUCTION: This home gym system is made of heavy-duty 14 gauge steel tube frame and vinyl coated for extra durability with a total weight of 150 lbs.DOUBLE PULLEY STATIONS: Two separate lateral bars give you different options to strengthen your muscles.REACHER CURL BICEP PAD: This bicep pad is fully adjustable.

### Marcy Home Gym

Page 1 ME-709 RECUMBENT BIKE USER MANUAL Distributed By: Pure-Tec Limited www.puretecfitness.com www.puretecfitness.com...; Page 2: Table Of Contents CONTENTS Important Safety Information Weight Limit Capacities Hardware Parts List Pre Assembly Check List Assembly Instructions 6 - 9 Computer Instructions 10-11 Exercise Instructions 12-13 Exploded Diagram 14-15 16-17 Parts List Additional ...

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