

NOTE:  
Please read all instructions  
carefully before using this  
product

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Hardware Identifier  
Assembly Instruction  
Parts List  
Warranty  
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Model  
SM 4000

Retain This  
Manual for  
Reference

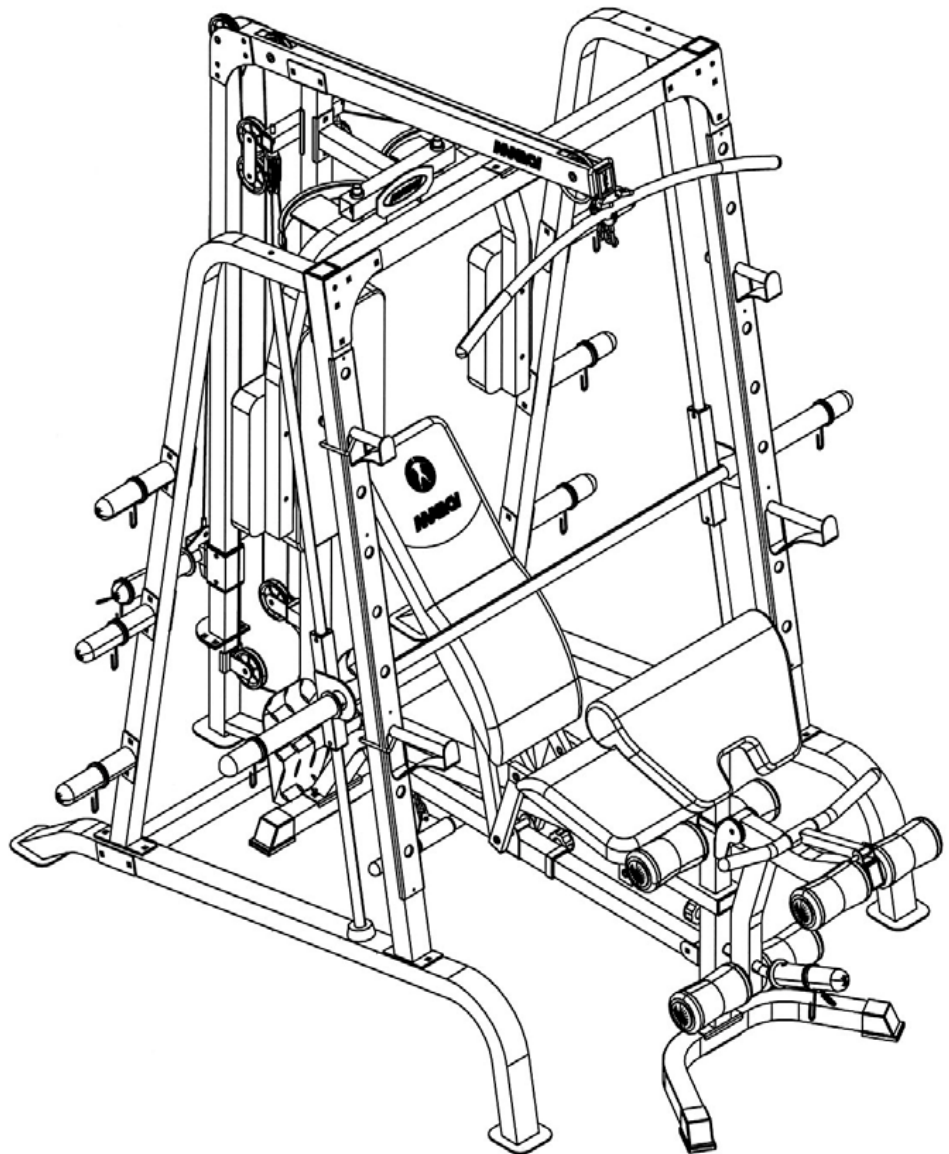
01-09-16

OWNER'S  
MANUAL



**MARCY®**

# MARCY SMITH MACHINE SM 4000



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## BEFORE YOU BEGIN

Thank you for selecting the MARCY SMITH MACHINE SM4000. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts or you require assistance assembling this product, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please contact our Customer Solutions Department.

**Pure-Tec Limited**  
**[www.puretecfitness.com](http://www.puretecfitness.com)**

**Email: [service@puretecfitness.com](mailto:service@puretecfitness.com)**

# IMPORTANT SAFETY PRECAUTIONS

This exercise bench is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times. Do not leave children unattended in the same room with the bench. The bench is not a toy and therefore parents and guardians should be aware of the natural tendency for children to play, leading to situations and behaviour for which the bench is not intended.
2. If children are allowed to use the bench their physical/mental development and above all, temperament should be taken into account. Constant supervision is therefore needed.
3. Only one person at a time should use the bench.
4. If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, STOP the workout at once. Consult a physician immediately. Injuries may occur due to incorrect or excessive exercise.
5. Position the bench on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. DO NOT use the bench near water or outdoors.
6. Keep hands away from all moving parts
7. Always wear appropriate clothing when exercising. DO NOT wear robes or other clothing that could become caught in the bench. Running or aerobic shoes are also required when using the bench.
8. Use the bench only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the bench
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the bench to exercise, always do stretching exercises to properly warm up.
12. Never use the bench if it is not functioning properly.
13. **This product is intended for H=Domestic use only.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. MARCY ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

**SAVE THESE INSTRUCTIONS.**

## USER SAFETY INSTRUCTIONS

1. **ARM CURL PAD ADJUSTMENT.** Loosen Lock Knob #23 and pull to release the pin. Position arm curl pad to desired height and release pin. Ensure pin has located into one of the holes in the Arm Curl Stand #4. Re-tighten Lock Knob.
2. **BACKREST BOARD ADJUSTMENT.** Loosen Lock Knob #23 on the Incline Adjust Bar #9 and pull to release the pin. Position Backrest to desired position and release pin. Ensure pin has located into one of the holes in the Incline Adjust Bar. Re-tighten Lock Knob.
3. Ensure Left & Right Bar Holders #21,22 and Left & Right Safety Catches #23,24 are securely positioned into the front vertical beams #3 before use.
4. Ensure C Clips #61 are secure before use.
5. Ensure Spring Clips #22 are used at all times to ensure the security of the weights.

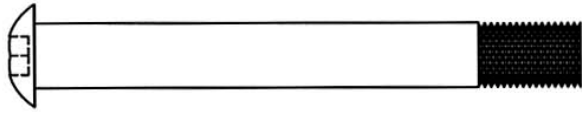
## WEIGHT CAPACITY AND DIMENSION

1. Product weight: 170 kg
2. Maximum weight on Weight Bar : 135 kg
3. Maximum weight on storage Weight Post : 45 kg
4. Maximum weight on Sliding Loading Rear Post : 90 kg
5. Maximum weight on Bar Holder and Safety Holder : 135 kg
6. Max Weight Load on Leg Developer & Arm Curl: 45 kg
7. Maximum weight on Bench: 270 kg (including user weight)
8. Bench Assembled Dimensions: Length: 175 cm x Width: 74 cm x Height: 126 cm
9. Cage Assembled Dimensions: Length: 178 cm x Width: 202 cm x Height: 210 cm
10. Dimensions Assembled : Length incl. Bench: 230 cm x Width: 202 cm x Height: 210 cm

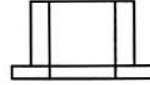
## MAINTENANCE

1. Check all nuts and bolts for security before use.
2. Examine the bench regularly for signs of damage or wear. Pay particular attention to the bushings on movable parts.
3. Examine the cables regularly for signs of wear and damage.
4. Periodically, spray the Guide Rods # 25 with silicon spray or light oil to ensure a smooth operation.
5. **Failure to examine the bench regularly may affect the safety level of the equipment.**
6. Replace any defective components immediately and/or keep the bench out of use until repair.

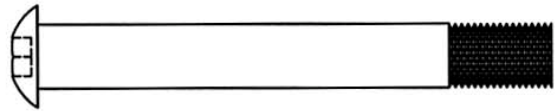
# SMITH MACHINE HARDEWARE PACK



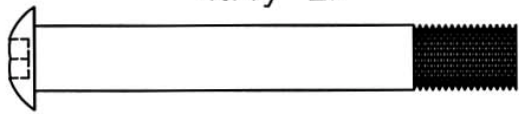
#73 M10 x 3 3/8" Allen Bolt  
(Qty 1)



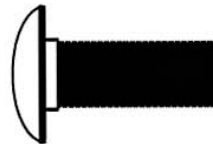
#62 Pulley Bushing  
(Qty 6)



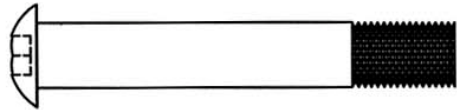
#72 M10 x 3 1/8" Allen Bolt  
(Qty 2)



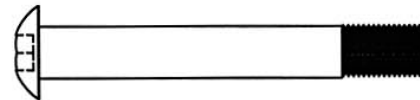
#71 M10 x 3" Allen Bolt  
(Qty 3)



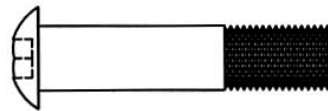
#74 M10 x 1" Carriage Bolt  
(Qty 4)



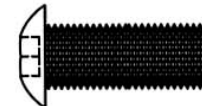
#70 M10 x 2 1/2" Allen Bolt  
(Qty 2)



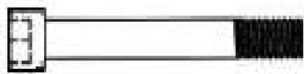
#80 M8 x 2 1/2" Allen Bolt  
(Qty 6)



#69 M10 x 1 3/4" Allen Bolt  
(Qty 7)

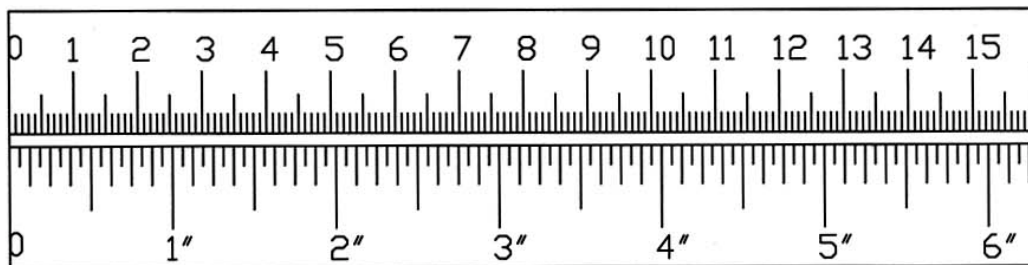


#68 M10 x 1" Allen Bolt  
(Qty 8)

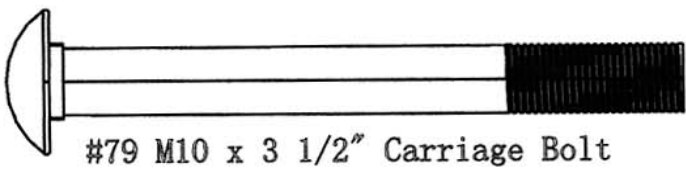


#83 M6 x 1 1/4" Allen Bolt  
(Qty 2)

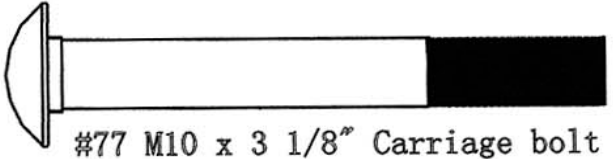
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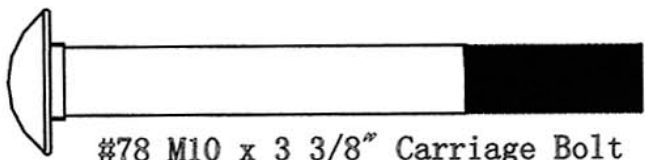
# SMITH MACHINE HARDEWARE PACK



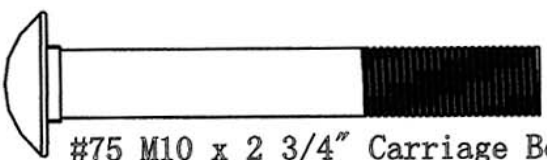
#79 M10 x 3 1/2" Carriage Bolt  
(Qty 4)



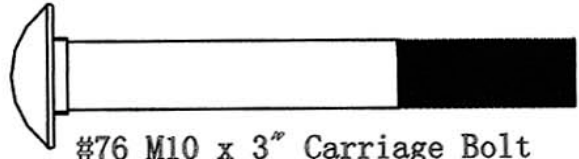
#77 M10 x 3 1/8" Carriage bolt  
(Qty 2)



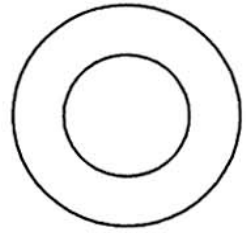
#78 M10 x 3 3/8" Carriage Bolt  
(Qty 8)



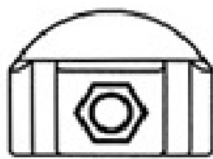
#75 M10 x 2 3/4" Carriage Bolt  
(Qty 16)



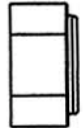
#76 M10 x 3" Carriage Bolt  
(Qty 10)



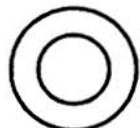
#67 Ø 1 1/2" Washer  
(Qty 2)



#56 Lock Ring  
(Qty 2)



#86 M10 Aircraft Nut  
(Qty 63)



#66 Ø 3/4" Washer  
(Qty 82)

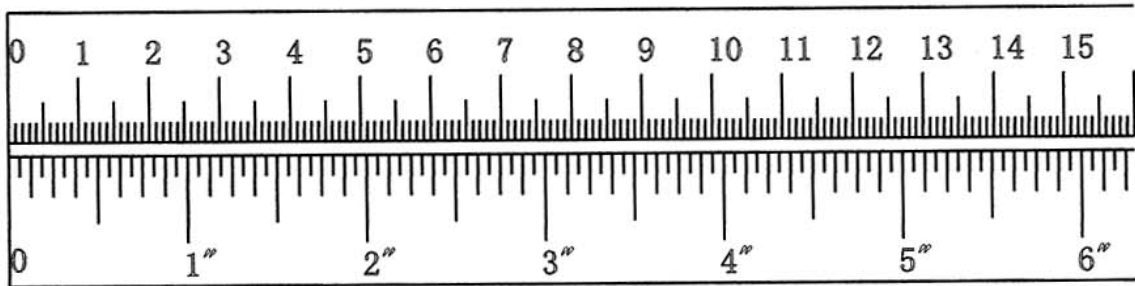


#65 Ø 5/8" Washer  
(Qty 6)



#85 M6 Aircraft Nut  
(Qty 2)

mm



# MACHINE ASSEMBLY INSTRUCTION

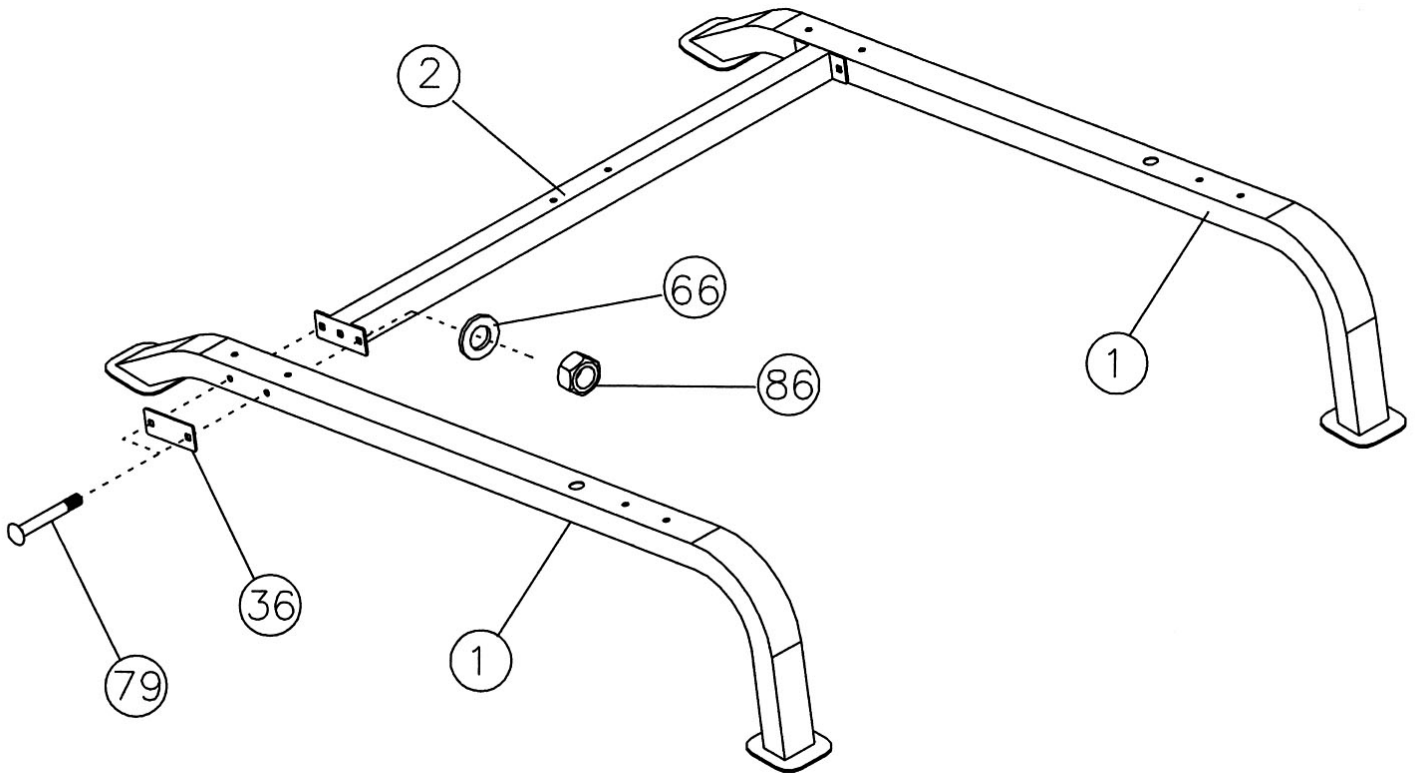
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

**NOTE: It is strongly recommended two or more people assembling this machine to avoid possible injury.**

## **STEP 1 (See Diagram 1)**

- A.) Connect the two Base Frames (#1) by a Cross Brace (#2) in the mid-span. Secure each end of The Cross Brace with two M10 x 3 1/2" Carriage Bolts (#79), one 4 3/4" x 2" Bracket (#36), two Ø 3/4" Washers (#66), and two M10 Aircraft Nuts (#86).
- B.) NOTE: DO NOT tighten the Nuts and Bolts yet.

**DIAGRAM 1**

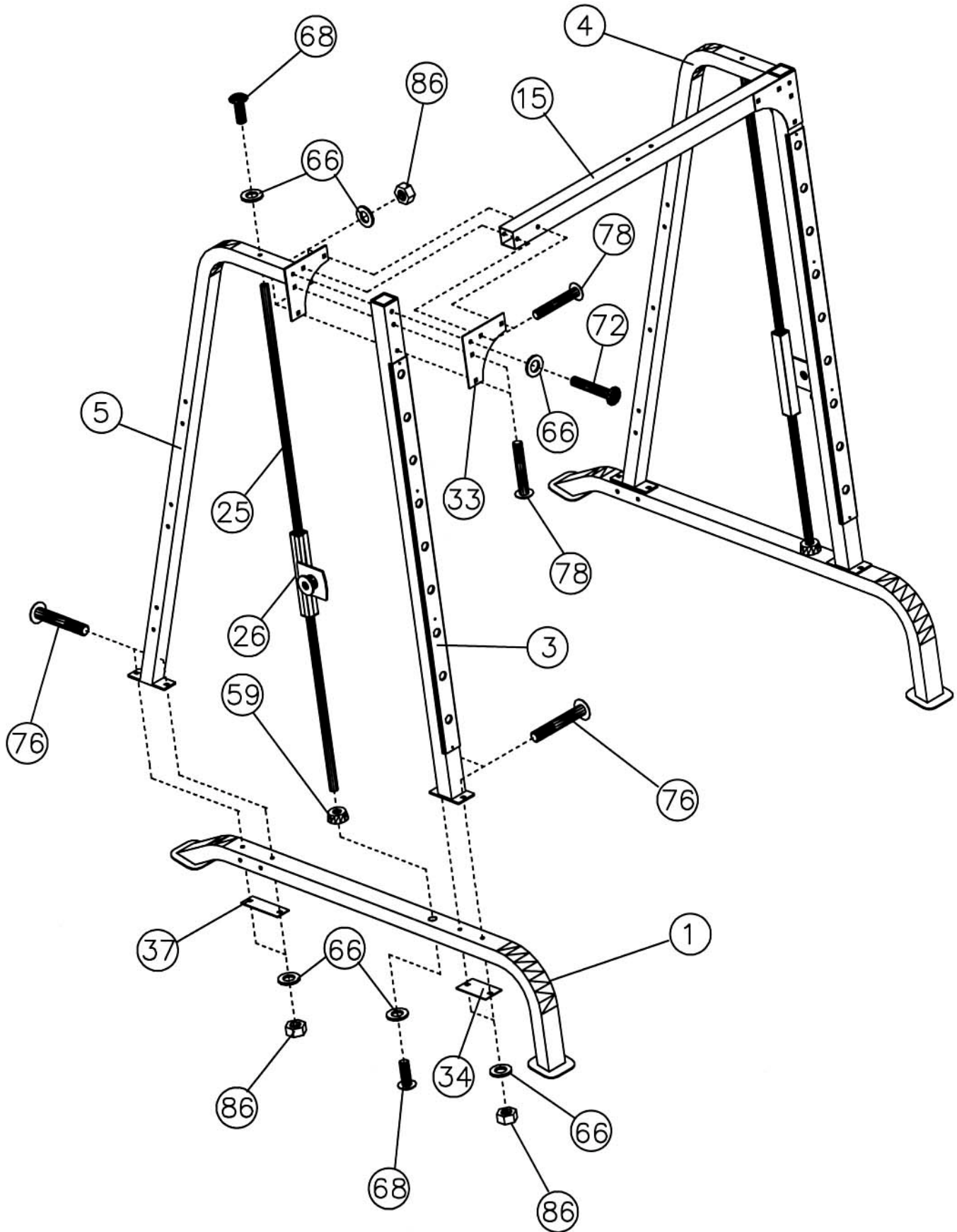


## STEP 2 (See Diagram 2)

- A.) Attach the right Front Vertical Frame (#3) to the right Base Frame (#1). Secure it with two M10 x 3" Carriage Bolts (#76), one 5 1/8" x 2 3/4" Bracket (#34), two Ø 3/4" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.
- B.) Align a Ø 2 1/2" Rubber Bumper (#59) to the hole on the Base Frame. Insert a Guide Rod (#25) through the Rubber Bumper and into the Base Frame. Secure it with one M10 x 1" Allen Bolt (#68) and Ø 3/4" Washer (#66).
- C.) Slide a Safety Stop Frame (#26) onto the Guide Rod (#25).
- D.) Attach the hole on top of the Right Vertical Frame (#5) to the top of the Guide Rod (#25). Attach the top of Right Vertical Frame (#5) to the top of Front Vertical Frame (#3). Attach the bottom of Right Vertical Frame (#5) to the Base Frame (#1).
- E.) Secure the Guide Rod (#25) to the Right Vertical Frame (#5) with one M10 x 1" Allen Bolt (#68) and Ø 3/4" Washer (#66). Secure the Right Vertical Frame (#5) to the Base Frame with two M10 x 3" Carriage Bolts (#76), one 6 1/4" x 2" Bracket (#37), two Ø 3/4" Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.
- F.) Secure the Right Vertical Frame (#5) to the Front Vertical Beam (#3) with one Triangle Bracket (#33), M10 x 3 1/8" Allen Bolt (#72), and Ø3/4" Washer (#66) to the top hole. Secure the bottom two holes with two M10 x 3 3/8" Carriage Bolts (#78), Ø3/4" Washers (#66) and M10 Aircraft Nuts (#86).
- G.) Repeat the above Procedures A, B, C, D, E and F to install the other side.
- H.) Attach the Front Top Beam (#15) to the Front Vertical Beams (#3) and the Triangle Brackets (#33). Align the Holes. Secure each end with two M10 x 3 3/8" Carriage Bolts (#78), Ø3/4" Washers (#66), and M10 Aircraft Nuts (#86).
- I.) Securely tighten all Nuts and Bolts previously installed.



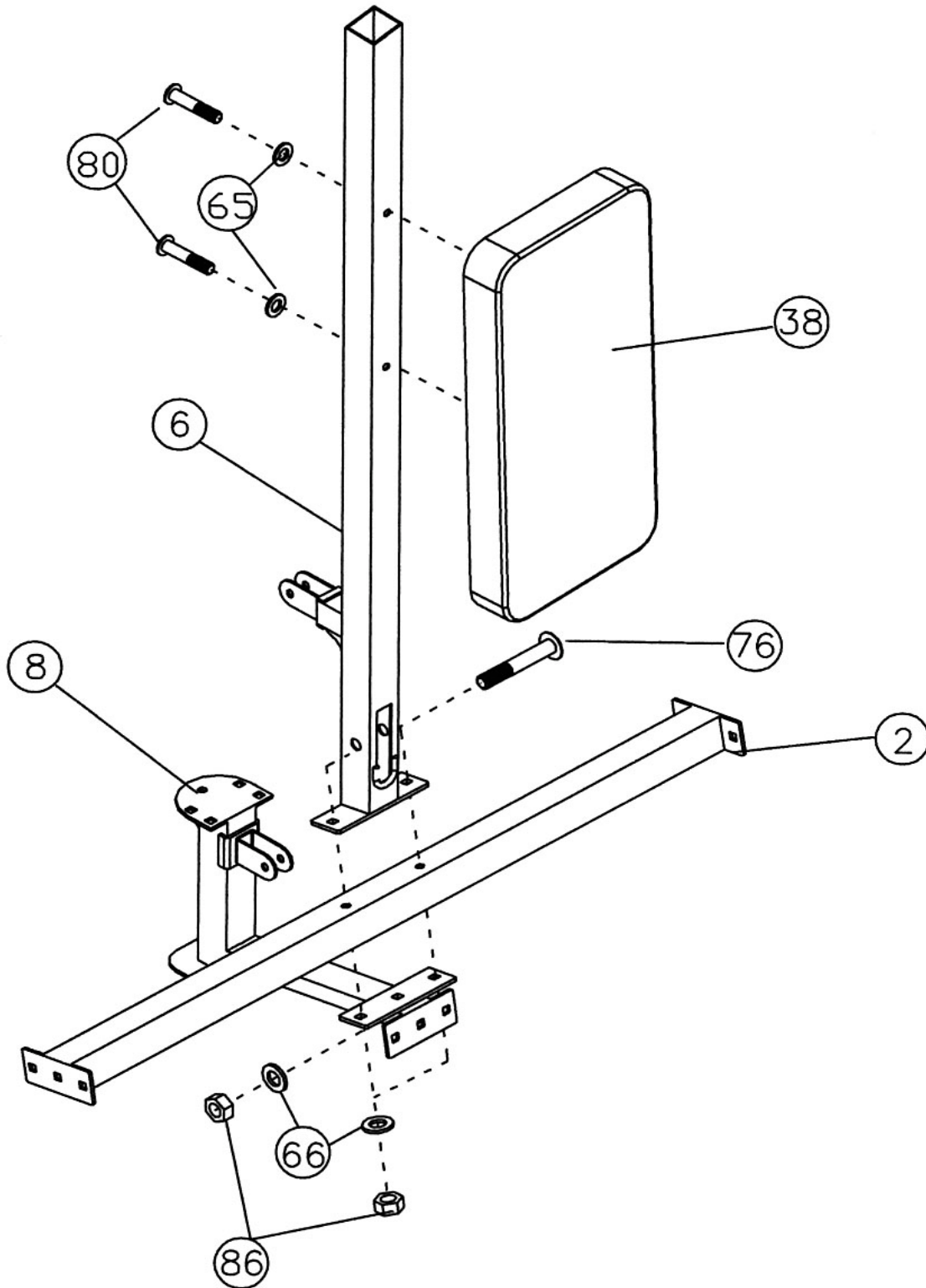
DIAGRAM 2



**STEP 3 (See Diagram 3)**

- A.) Attach the Rear Vertical Beam (#6) to the top of the Cross Brace (#2). Attach the Weight Glide Base (#8) to the Cross Brace from the Bottom. Align the holes. Secure them with two M10 x 3" Carriage Bolts (#76),  $\varnothing$  3/4" Washers (#66), and M10 Aircraft Nuts (#86).
- B.) Attach the Backrest Board (#38) to the Rear Vertical Beam. Secure it with two M8 x 2 1/2" Allen Bolts (#80) and  $\varnothing$  5/8" Washers (#65).

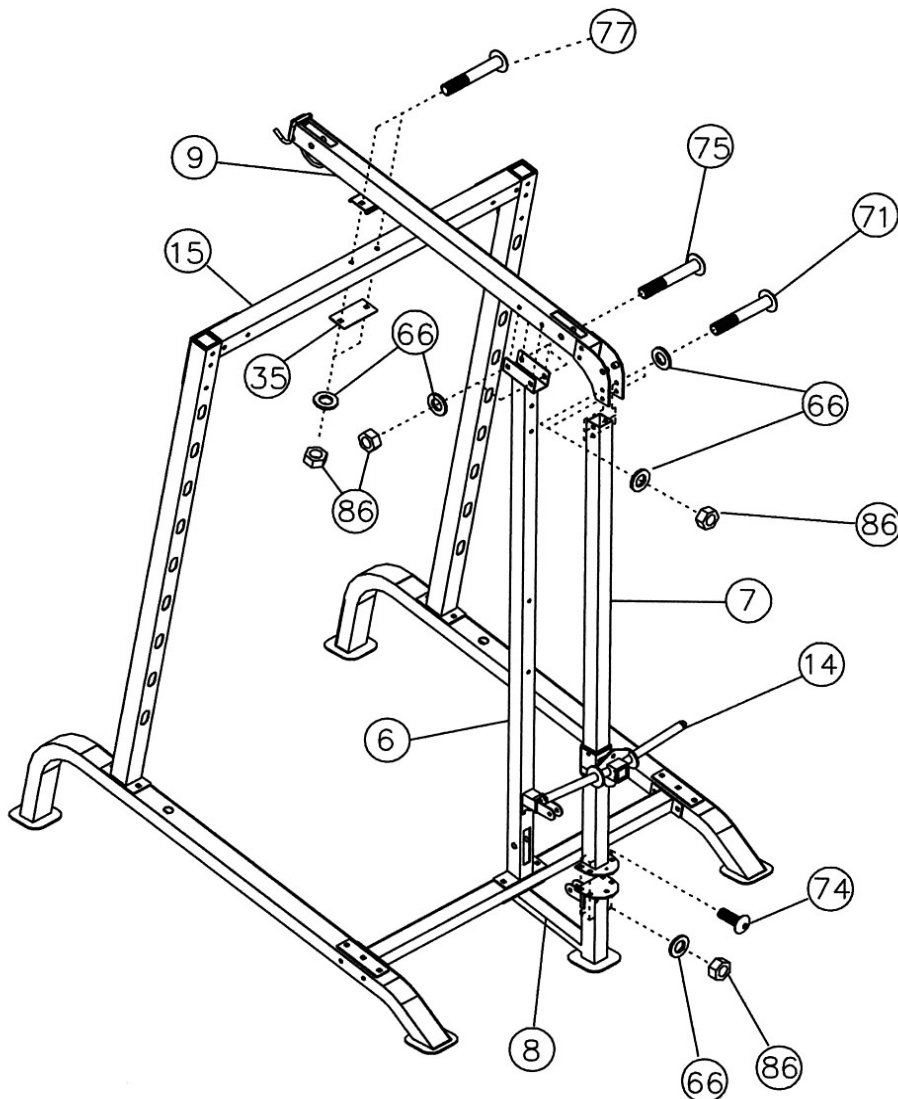
**DIAGRAM 3**



#### STEP 4 (See Diagram 4)

- A.) Attach the Weight Glide Post (#7) to the Weight Glide Base (#8). Secure it with four M10 x 1" Carriage Bolts (#74),  $\varnothing$   $\frac{3}{4}$ " Washers (#66) and M10 Aircraft Nuts (#86).
- B.) Slide the Sliding Weight Post (#14) onto the Post from the top. Place the Upper Frame (#9) onto the Weight Glide Post (#7), Rear Vertical Beam (#6) and Front Top Beam (#15).
- C.) Align the holes. Secure the Upper Frame (#9) to the Weight Glide Post (#7) with two M10 x 3" Allen Bolts (#71), four  $\varnothing$   $\frac{3}{4}$ " Washers (#66), and two M10 Aircraft Nuts (#86). Do not tighten the Nuts and Bolts yet.
- D.) Secure the Upper Frame to the Rear Vertical Beam with two M10 x 2  $\frac{3}{4}$ " Carriage Bolts (#75),  $\varnothing$   $\frac{3}{4}$ " Washers (#66) and M10 Aircraft Nuts (#86).
- E.) Secure the Upper Frame to the Front Top Beam with two M10 x 3  $\frac{1}{8}$ " Carriage Bolts (#77), one 5  $\frac{1}{8}$ " x 2  $\frac{3}{8}$ " Bracket (#35), two  $\varnothing$   $\frac{3}{4}$ " Washers (#66), and two M10 Aircraft Nuts (#86). Securely tighten all Nuts and Bolts previously installed.

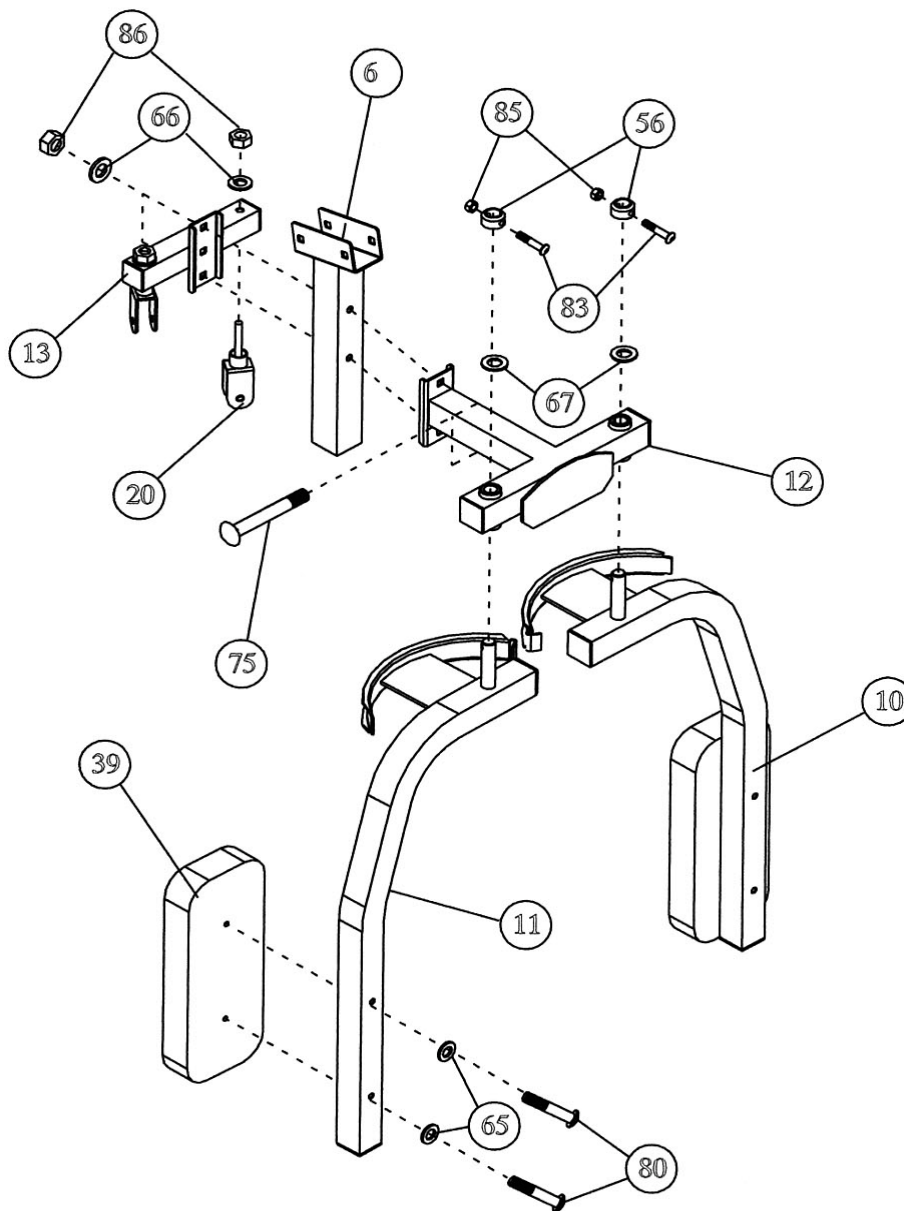
**DIAGRAM 4**



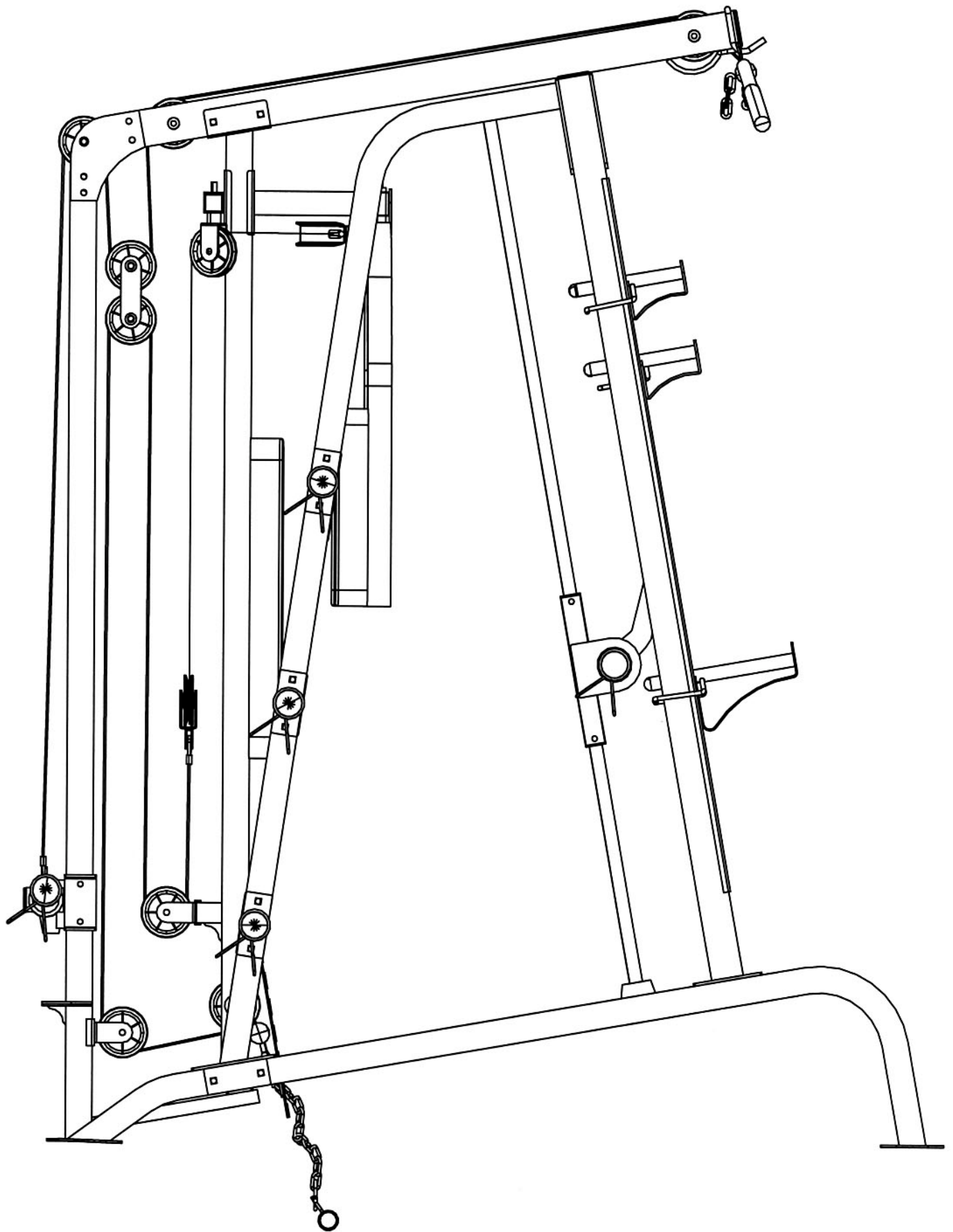
## STEP 5 (See Diagram 5)

- A.) Attach the Butterfly Base (#12) to the front of Rear Vertical Frame (#6). Attach the Butterfly Pulley Bracket (#13) to the back of the Rear Vertical Frame. Align the holes. Secure them with two M10 x 2 3/4" Carriage Bolts (#75), Ø 3/4" Washers (#66), and M10 Aircraft Nuts (#86).
- B.) Attach the Right Butterfly (#11) to the hole on the Butterfly Base. Secure it with one Lock Ring (#56), Ø 1 1/2" Washer (#67), M6 x 1 1/4" Hex Bolt (#83), and M6 Aircraft Nut (#85).
- C.) Attach the Butterfly Arm Pad (#39) to the Right Butterfly. Secure it with two M8 x 2 1/2" Allen Bolts (#80) and Ø 5/8" Washers (#65).
- D.) Repeat the Procedures B & C above to install the other side.
- E.) Insert two Swivel Pulley Brackets (#20) into the holes on the Butterfly Pulley Bracket (#13). Secure each Swivel Pulley Bracket with one Ø 3/4" Washer (#66) and M10 Aircraft Nut (#86). Do not over tighten the Nut. Make sure the Bracket is able to swivel.

**DIAGRAM 5**

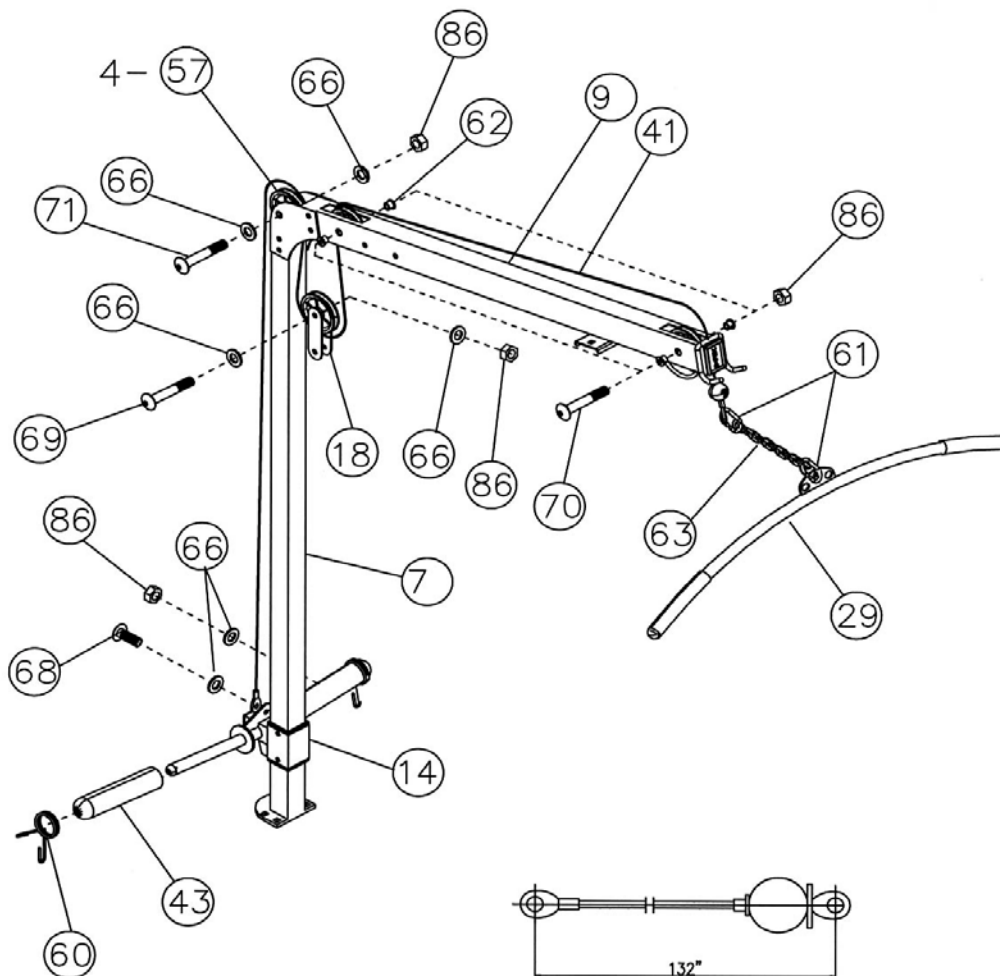


# CABLE LOOP



## STEP 6 (See Diagram 6 & Cable Loop)

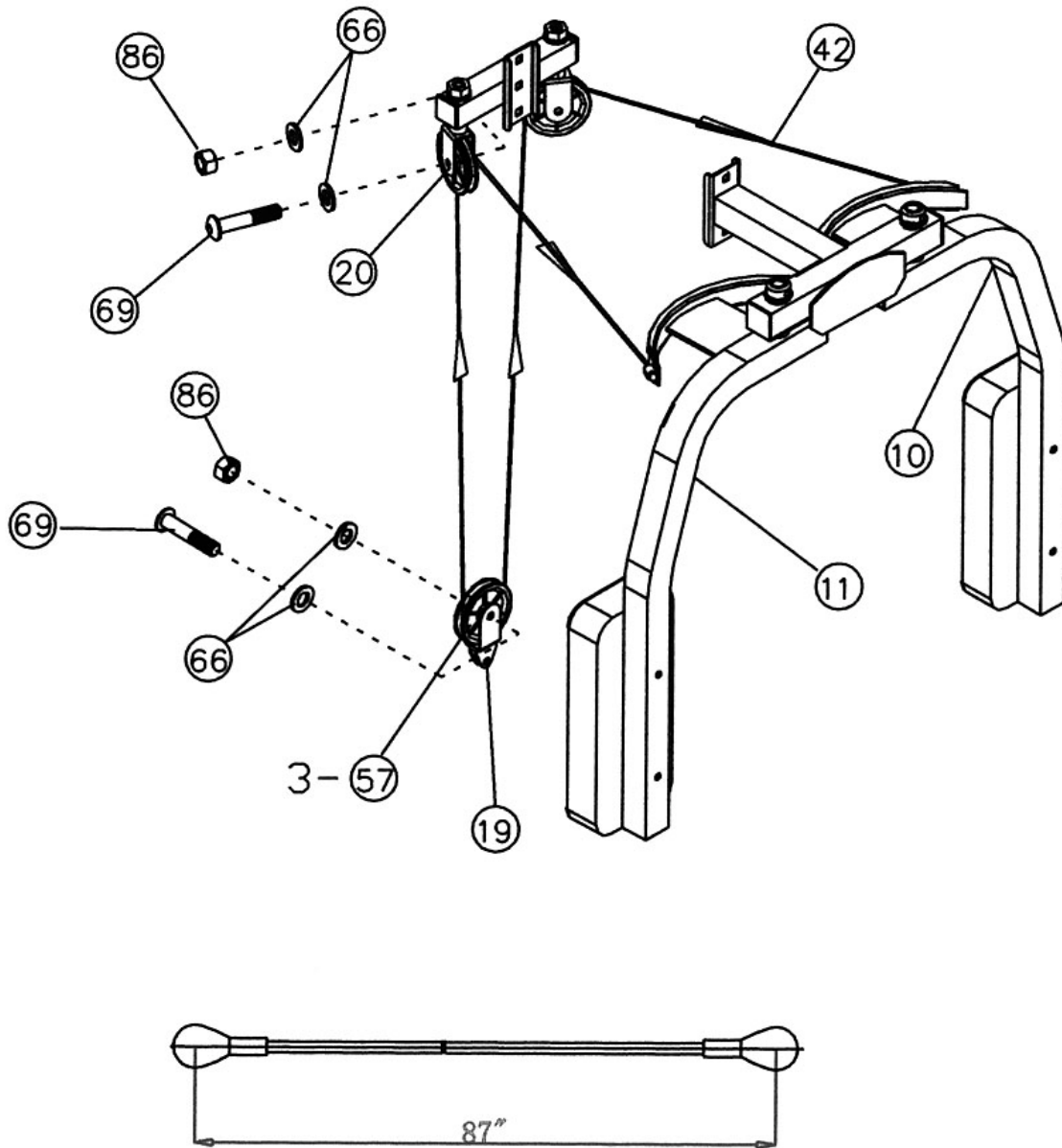
- A.) Attach the 132" Upper Cable (#41) to the front opening on the Upper Frame (#9). Attach a Pulley (#57) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#70), two Pulley Bushings (#62), and one M10 Aircraft Nut (#86). Make sure the ball stopper of the Cable is underneath the Frame.
- B.) Draw the Cable over the Pulley along the Upper Frame to the opening on the rear of Upper Frame. Attach a Pulley to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#70), two Pulley Bushings (#62), and one M10 Aircraft Nut (#86).
- C.) Draw the Cable around the Pulley then downward. Install a Pulley in between the two Double Floating Pulley Brackets (#18). Secure the Pulley with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86). Let the Bracket hanging for now.
- D.) Draw the Cable around the Pulley then up to the open bracket on the top of the Weight Glide Post (#7). Attach a Pulley to the bracket. Secure it with one M10 x 3" Allen Bolt (#71), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86).
- E.) Draw the Cable around the Pulley then down to the Sliding Weight Post (#14). Secure the Cable to the Sliding Weight Post with one M10 x 1" Allen Bolt (#68), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86).
- F.) Connect the Lat Bar (#29) to the Upper Cable with a Short Chain (#63) and two C-Clips (#61).
- G.) Attach two Olympic Sleeves (#43) to the weight posts on the Sliding Weight Post. Attach two Spring Clips (#60) to the Sleeves.



**STEP 7 (See Diagram 7 & Cable Loop)**

- A.) Attach one end of the 87" Butterfly Cable to the clip on the Right Butterfly (#11). Draw the Cable to the right Swivel Pulley Bracket (#20).
- B.) Attach a Pulley (#57) to the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86).
- C.) Draw the Cable around the Pulley then downward. Attach the Cable to a Single Floating Pulley Bracket (#19). Repeat Procedure B above to install a Pulley. Let the Bracket hanging for now.
- D.) Draw the Cable upward to the left Swivel Pulley Bracket. Repeat Procedure B above to install another Pulley.
- E.) Draw the Cable around the Pulley they clip it to the Left Butterfly.

**DIAGRAM 7**

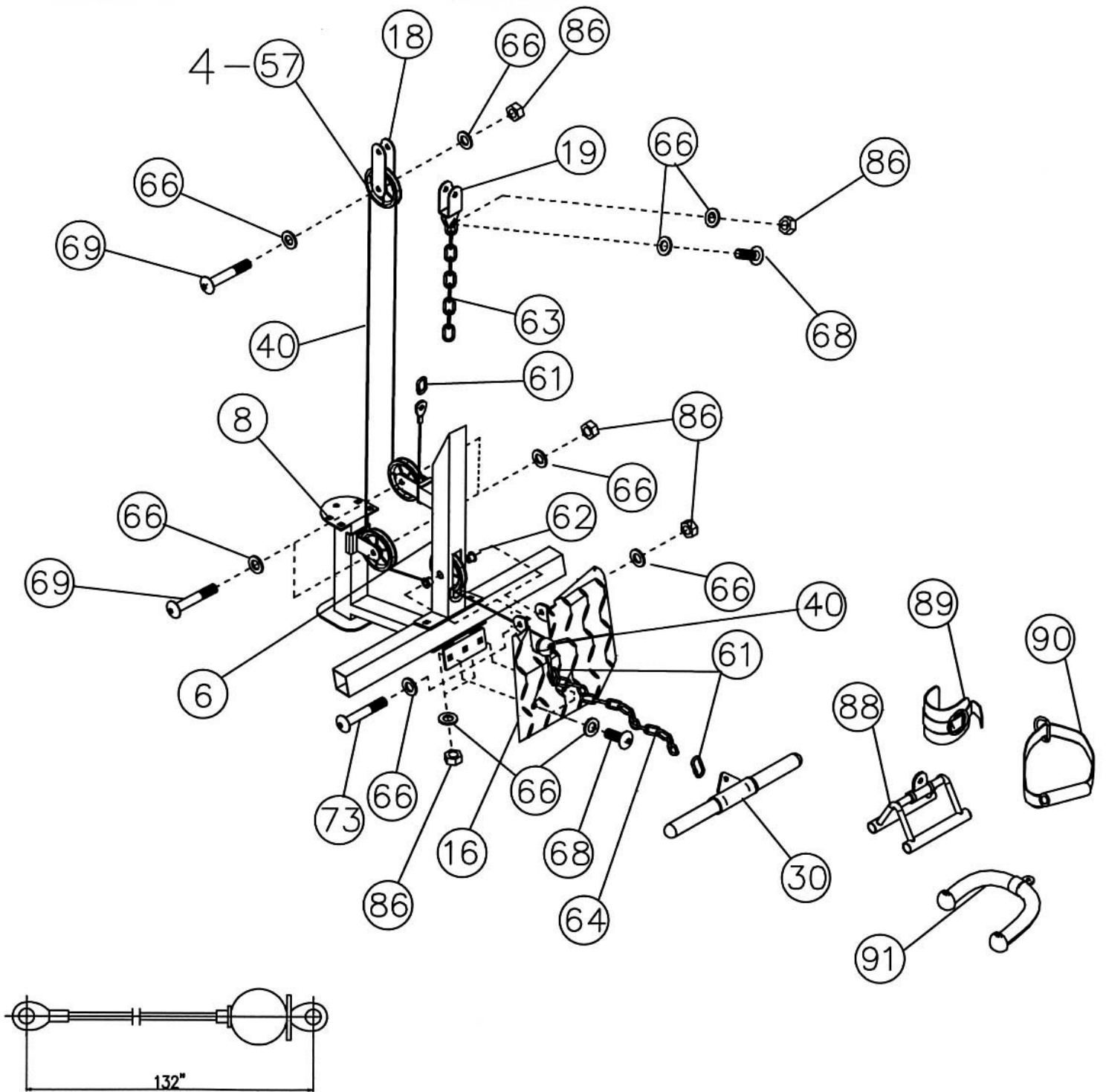


## **STEP 8 (See Diagram 8 & Cable Loop)**

- A.) Attach the 132" Lower Cable (#40) to the opening on the bottom of the Rear Vertical Beam (#6). Attach a Pulley to the opening. Attach two Pulley Bushings (#62) to the holes outside of the opening. Attach the Foot Plate (#16) to the Bushings. Align the holes and secure them with one M10 x 3 3/8" Allen Bolt (#73), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86).
- B.) Draw the Cable underneath the Pulley to the open bracket on the Weight Glide Base (#8). Install a Pulley with a M10 x 1 3/4" Allen Bolt (#69), two Ø 3/4" Washers (#66) and one M10 Aircraft Nut (#86). Draw the Cable around the Pulley then upward to the Double Floating Pulley Bracket previously installed in Step-6. Install another Pulley.
- C.) Draw the Cable around the Pulley then downward to the open bracket on the Rear Vertical Beam. Install another Pulley.
- D.) Draw the Cable around the Pulley and upward to the Single Floating Pulley Bracket previously installed in Step-7. Connect the Cable to a Short Chain (#63) by using a C-clip (#61). Attach the Short Chain to the Bracket. Secure it with a M10 x 1" Allen Bolt (#68), two Ø 3/4" Washers (#66), and one M10 Aircraft Nut (#86). Adjust the tension of the Cable by adjusting the length of the Chain.
- E.) Secure the Foot Plate (#16) to the Weight Glide Base (#8) with two M10 x 1" Allen Bolts (#68), four Ø 3/4" Washers (#66), and two M10 Aircraft Nuts (#86).
- F.) Connect the Long Chain (#64) to the Lower Cable with a C-clip. For various exercises, connect with one of the Shiver Bar (#30), V Bar (#88), Ankle Strap (#89), Single Handle Strap (#90), or the Triceps Rope (#91) with a C-clip.

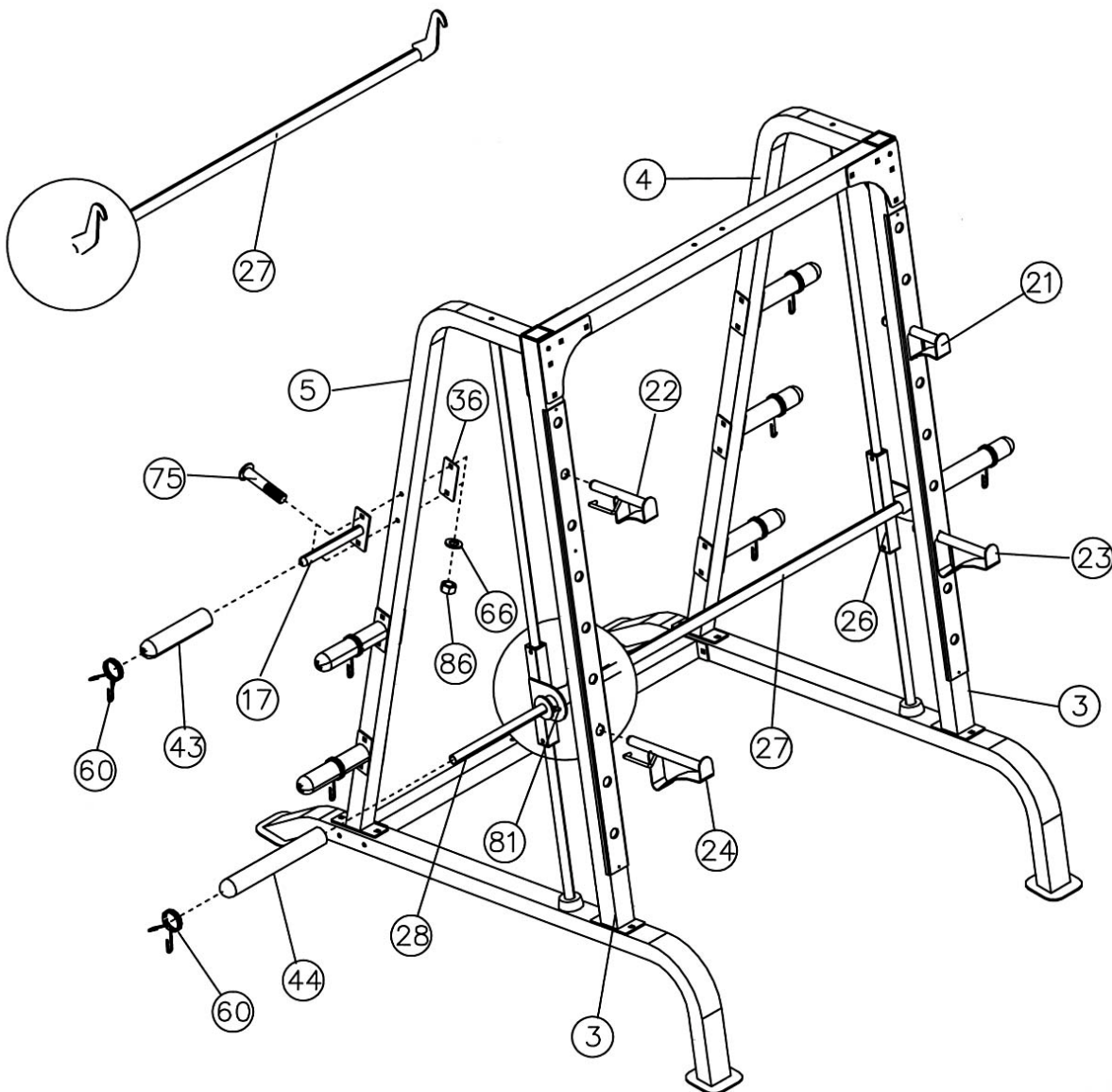


# DIAGRAM 8

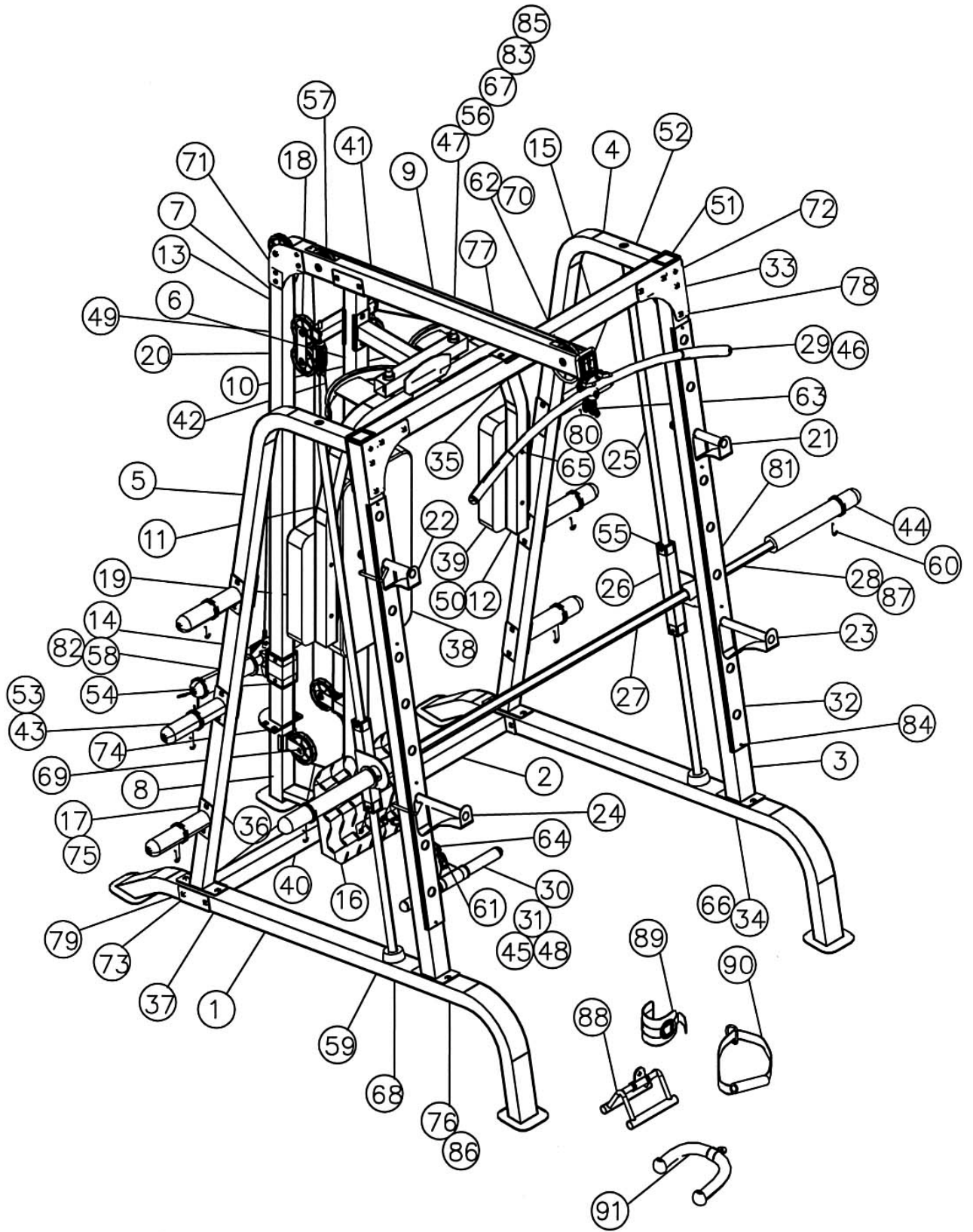


## STEP 9 (See Diagram 9)

- A.) NOTE: Help of another person is strongly recommended for this step. Place the Lifting Sleeve (#27) in between the two Safety Stop Frames (#26). Align the holes. Insert the Weight Bar (#28) into the Safety Stop Frame from one end and through the Lifting Sleeve (#27) to the other Safety Stop Frame on the opposite side. Secure the Weight Bar to each Safety Stop Frame with a M8 x 3/8" Allen Bolt (#81).
- B.) Turn the safety catch hook forward on the Lifting Sleeve to secure its position on the selected holes on the Front Vertical Frames (#3).
- C.) Attach a Long Olympic Sleeve (#44) to each end of the Weight Bar. Attach a Spring Clip (#60) to the Sleeve.
- D.) Attach six Weight Posts (#17) to the Left & Right Vertical Frames (#4&5). Secure each Weight Post with two M10 x 2 3/4" Carriage Bolts (#75), one 4 3/4" x 2" Bracket (#36), two Ø 3/4" Washers (#66), and two M10 Aircraft Nuts (#86).
- E.) Attach six Olympic Sleeves (#43) to the six Weight Posts. Attach six Spring Clips (#60) to the Sleeves.
- F.) Insert the Left & Right Bar Holders (#21&22), the Left & Right Safety Catches (#23&24) into the selected holes on the Front Vertical Frames (#3).



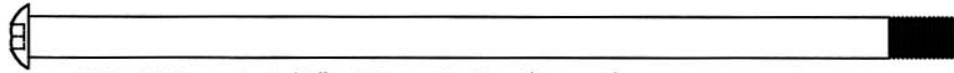
# EXPLODED DIAGRAM



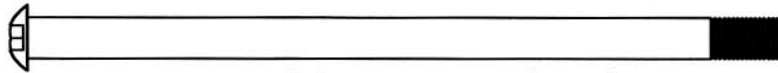
## PARTS LIST

KEY NO.	DESCRIPTION	Q'ty			
1	Base Frame	2	51	2 3/8" Square End Cap	2
2	Cross Brace	1	52	2 3/4" x 2" End Cap	1
3	Front Vertical Beam	2	53	Ø 1" Cone-shaped End Cap	14
4	Left Vertical Frame	1	54	2 3/8" x 2" Sleeve	2
5	Right Vertical Frame	1	55	Sliding Sleeve	4
6	Rear Vertical Beam	1	56	Lock Ring	2
7	Weight Glide Post	1	57	Pulley	11
8	Weight Glide Base	1	58	Ø 1 3/4" Rubber Bumper	1
9	Upper Frame	1	59	Ø 2 1/2" Rubber Bumper	2
10	Left Butterfly	1	60	Spring Clip	10
11	Right Butterfly	1	61	C-Clip	5
12	Butterfly Base	1	62	Pulley Bushing	6
13	Butterfly Pulley Bracket	1	63	Short Chain	2
14	Sliding Weight Post	1	64	Long Chain	1
15	Front Top Beam	1	65	Ø 5/8" Washer	6
16	Foot Plate	1	66	Ø 3/4" Washer	82
17	Weight Post	6	67	Ø 1 1/2" Washer	2
18	Double Floating Pulley Bracket	2	68	M10 x 1" Allen Bolt	8
19	Single Floating Pulley Bracket	1	69	M10 x 1 3/4" Allen Bolt	7
20	Swivel Pulley Bracket	2	70	M10 x 2 1/2" Allen Bolt	2
21	Left Bar Holder	1	71	M10 x 3" Allen Bolt	3
22	Right Bar Holder	1	72	M10 x 3 1/8" Allen Bolt	2
23	Left Safety Catch	1	73	M10 x 3 3/8" Allen Bolt	1
24	Right Safety Catch	1	74	M10 x 1" Carriage Bolt	4
25	Guide Rod	2	75	M10 x 2 3/4" Carriage Bolt	16
26	Safety Stop Frame	2	76	M10 x 3" Carriage Bolt	10
27	Lifting Sleeve	1	77	M10 x 3 1/8" Carriage Bolt	2
28	Weight Bar	1	78	M10 x 3 3/8" Carriage Bolt	8
29	Lat Bar	1	79	M10 x 3 1/2" Carriage Bolt	4
30	Shiver Bar	1	80	M8 x 2 1/2" Allen Bolt	6
31	Curl Handle	1	81	M8 x 3/8" Allen Bolt	4
32	Chrome Panel	2	82	M6 x 5/8" Philips Screw	1
33	Triangle Bracket	2	83	M6 x 1 1/4" Hex Bolt	2
34	5 1/8" x 2 3/4" Bracket	2	84	Chrome Panel Screw	8
35	5 1/8" x 2 3/8" Bracket	1	85	M6 Aircraft Nut	2
36	4 3/4" x 2" Bracket	8	86	M10 Aircraft Nut	63
37	6 1/4" x 2" Bracket	2	87	Ø 1" End Cap	6
38	Backrest Board	1	88	V Bar	1
39	Butterfly Arm Pad	2	89	Ankle Strap	1
40	132" Lower Cable	1	90	Single Handle Strap	1
41	132" Upper Cable	1	91	Triceps Rope	1
42	87" Butterfly Cable	1		#6 Allen Wrench (Tool)	1
43	Olympic Sleeve	8		#5 Allen Wrench (Tool)	1
44	Long Olympic Sleeve	2		#4 Allen Wrench (Tool)	1
45	Curl Bar Handle Grip	2			
46	Lat Bar Grip	2			
47	Ø 1" x 3 1/8" Bushing	2			
48	Ø 1 1/2" x 1" Bushing	2			
49	1 1/2" Square End Cap	2			
50	1 3/4" Square End Cap	7			

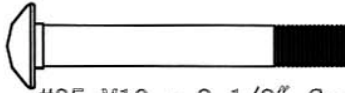
# MULTIPURPOSE BENCH HARDWARE PACK



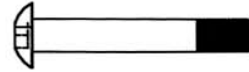
#39 M10 x 8 1/4" Allen Bolt (Qty 1)



#38 M10 x 6 3/4" Allen Bolt (Qty 1)



#35 M10 x 2 1/2" Carriage Bolt (Qty 2)



#40 M8 x 2" Allen Bolt (Qty 8)



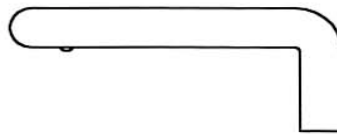
#37 M10 x 1 3/4" Allen Bolt (Qty 2)



#36 M 10 x 3/4" Allen Bolt (Qty 6)



#41 M8 x 5/8" Allen Bolt (Qty 2)



#21 L-shaped Lock Pin (Qty 1)



#44 M10 Aircraft Nut (Qty 4)



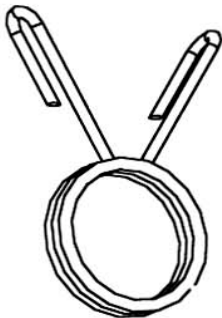
#27 Bushing (Qty 16)



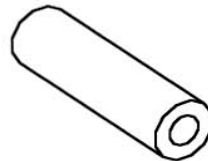
#42  $\varnothing$  3/4" Washer (Qty 14)



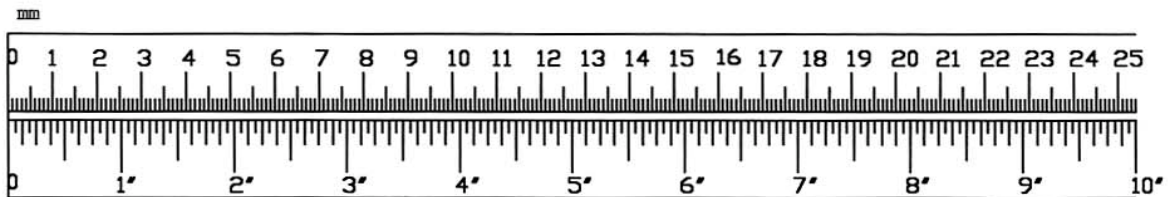
#43  $\varnothing$  5/8" Washer (Qty 10)



#22 Spring Clip (Qty 1)



#17 Axle (Qty 1)



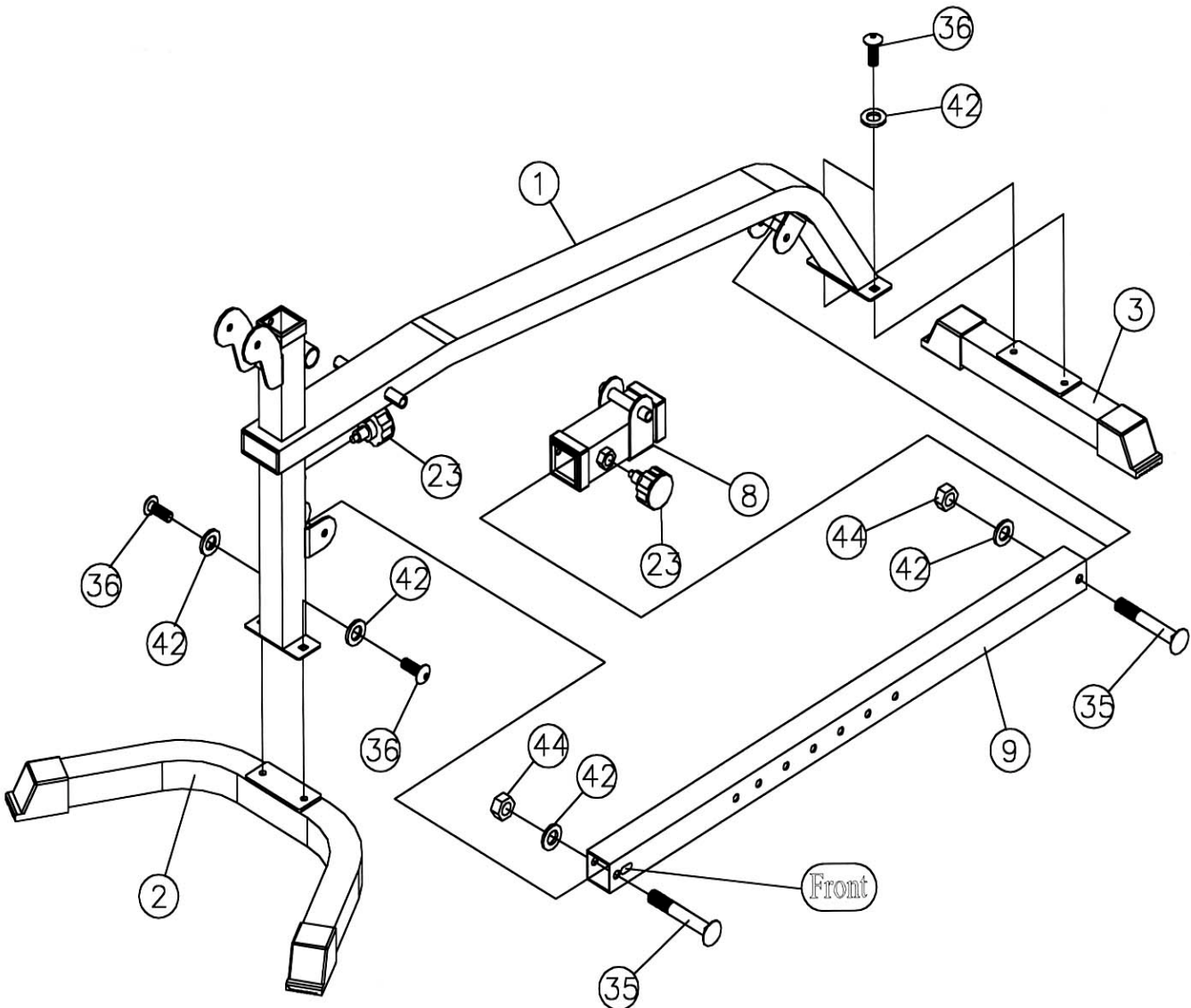
# **BENCH ASSEMBLY INSTRUCTION**

**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches. NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.**

## **STEP 1 (See Diagram 1)**

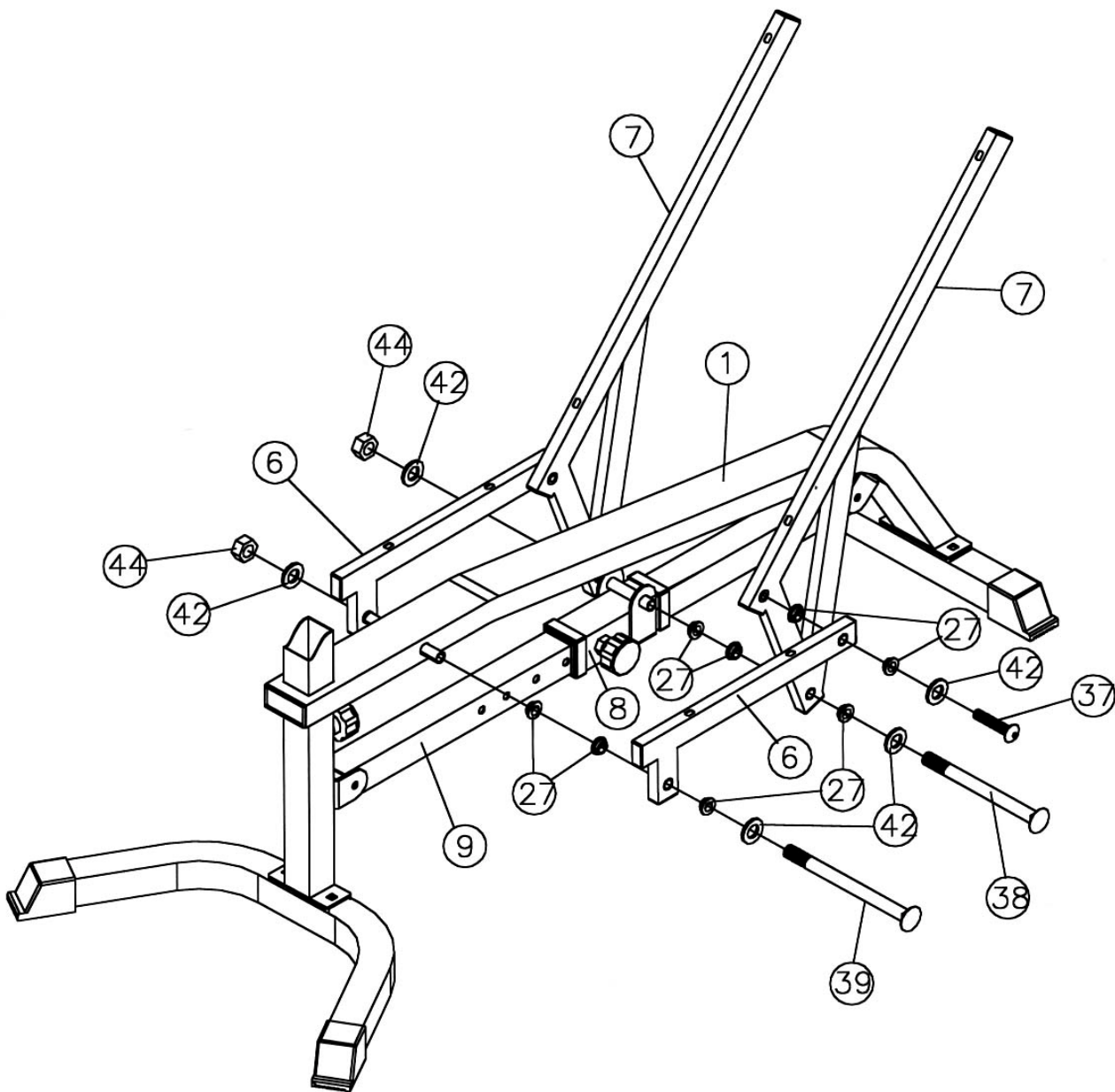
- C.) Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x  $\frac{3}{4}$ " Allen Bolts (#36) and  $\varnothing \frac{3}{4}$ " Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.
- D.) Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Knob Lock (#23) to hold the Sliding Block in position.
- E.) Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x  $2 \frac{1}{2}$ " Carriage Bolt (#35),  $\varnothing \frac{3}{4}$ " Washer (#42), and M10 Aircraft Nut (#44).

**DIAGRAM 1**



## STEP 2 (See Diagram 2)

- A.) Attach four Bushings (#27) to a Seat Support Frame (#6).
- B.) Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 1 3/4" Allen Bolt (#37) and  $\varnothing$  3/4" Washer (#42). Repeat the same procedure to install the other side.
- C.) Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 3/4" Allen Bolt (#38), two  $\varnothing$  3/4" Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D.) Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 1/4" Allen Bolt (#39), two  $\varnothing$  3/4" Washers (#42), and one M10 Aircraft Nut (#44).
- E.) Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.

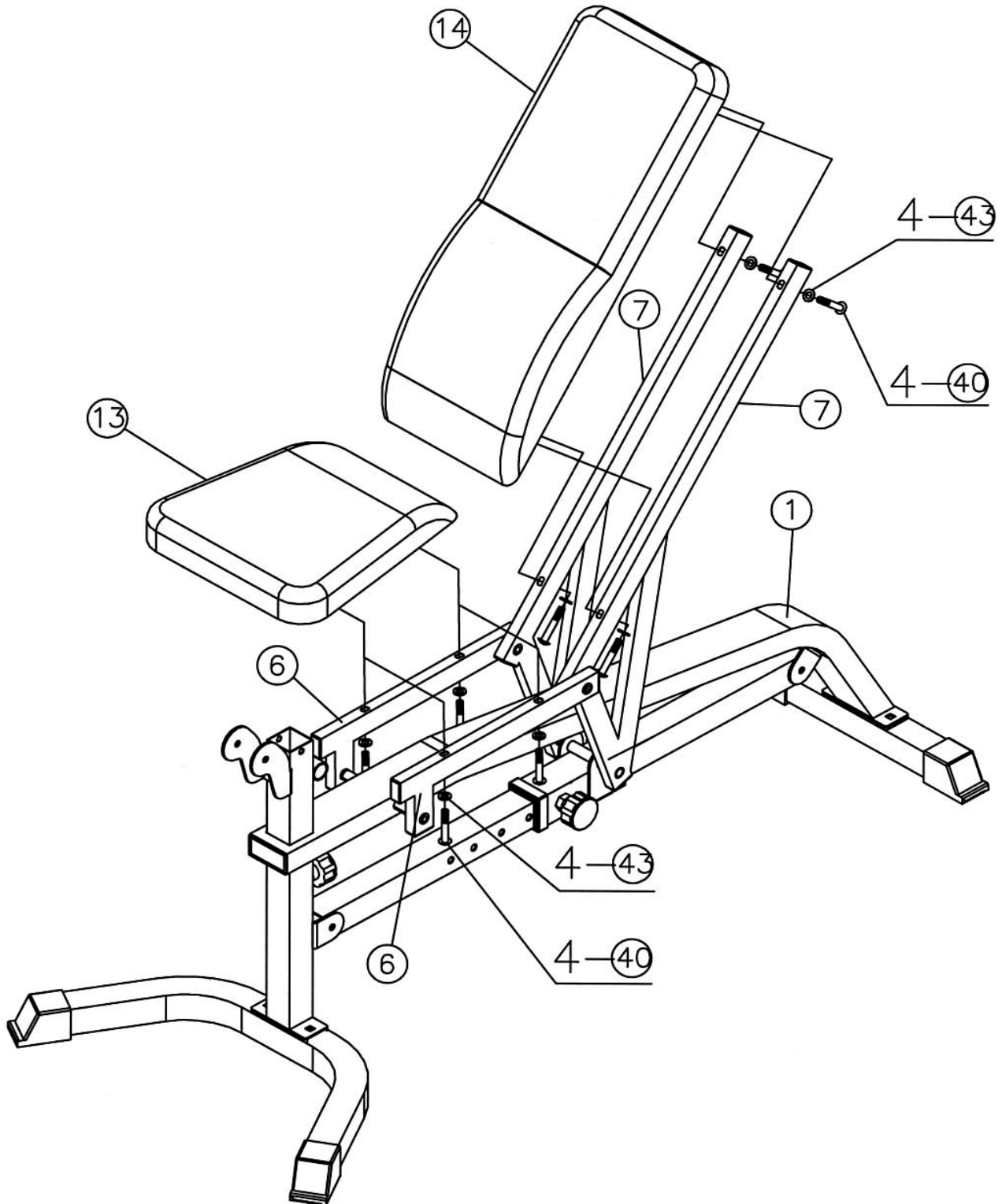


**STEP 3 (See Diagram 3)**

C.) Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#40) and  $\varnothing$  5/8" Washers (#43).

D.) Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#40) and  $\varnothing$  5/8" Washers (#43).

**DIAGRAM 3**

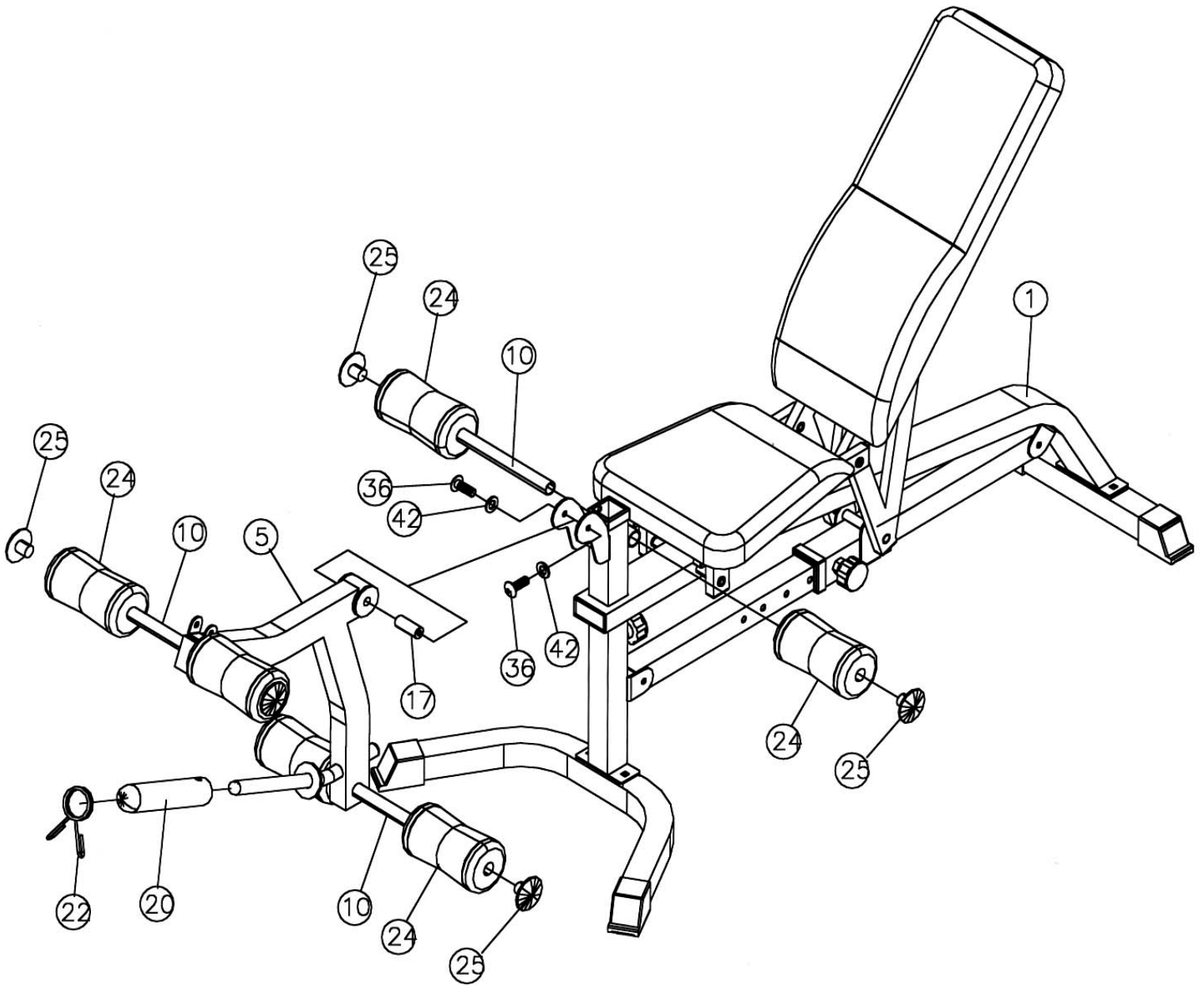




**STEP 4 (See Diagram 4)**

- A.) Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x 3/4" Allen Bolts (#36), and two Ø 3/4" Washers (#42).
- B.) Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.
- C.) Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.

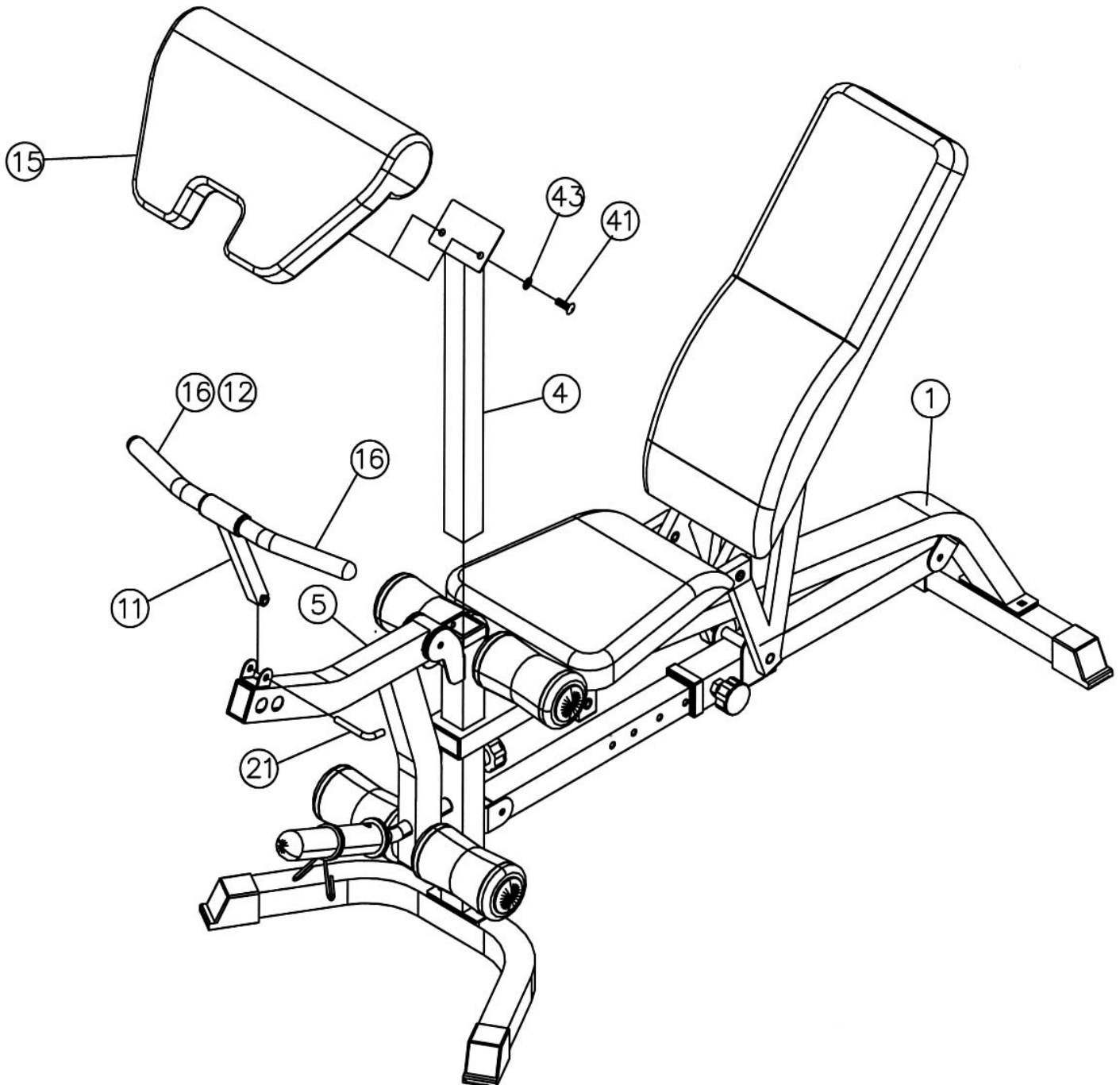
**DIAGRAM 4**



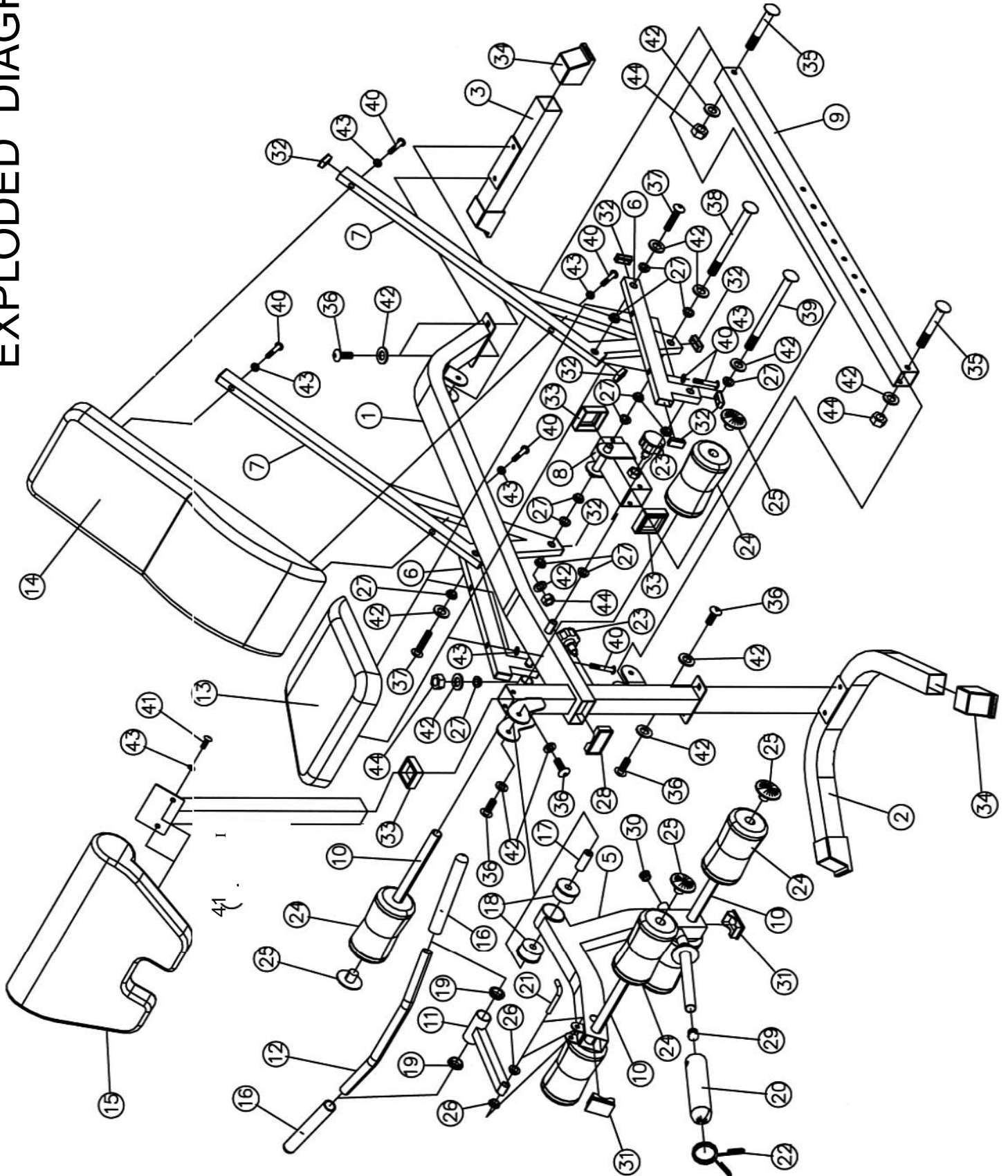
## STEP 5 (See Diagram 5)

- A.) Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two  $\varnothing$  5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
- B.) Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Lock it with a L-shaped Pin (#21).
- C.) Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.

### DIAGRAM 5



# EXPLODED DIAGRAM



## MULTI-PURPOSE BENCH PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Main Frame	1
2	Front Stabilizer	1
3	Rear Stabilizer	1
4	Arm Curl Stand	1
5	Leg Developer	1
6	Seat Support Frame	2
7	Backrest Support	2
8	Sliding Block	1
9	Incline Adjustment Bar	1
10	Foam Tube	3
11	Curl Bar Support Frame	1
12	Curl Bar Handle	1
13	Seat Pad	1
14	Backrest Board	1
15	Arm Curl Pad	1
16	Curl Bar Handle Grip	2
17	Axle	1
18	Ø 2 3/8" Bushing	2
19	Ø 1 1/2" Bushing	2
20	Olympic Sleeve	1
21	L-shaped Lock Pin	1
23	Spring Clip	1
23	Lock Knob	2
24	Foam Roll	6
25	Foam Roll End Cap	6
26	Ø 3/4" x 1/2" Bushing	2
27	Bushing	16
28	3 1/8" x 1 5/8" End Cap	1
29	Ø 1" Cone-shaped End Cap	1
30	Ø 1" End Cap	1
31	1 5/8" x 2 3/8" End Cap	2
32	1 5/8" x 3/4" End Cap	12
33	2" Sliding Block Sleeve	3
34	Stabilizer End Cap	4
35	M10 x 2 1/2" Carriage Bolt	2
36	M10 x 3/4" Allen Bolt	6
37	M10 x 1 3/4" Allen Bolt	2
38	M10 x 6 3/4" Allen Bolt	1
39	M10 x 8 1/4" Allen Bolt	1
40	M8 x 2" Allen Bolt	8
41	M8 x 5/8" Allen Bolt	2
42	Ø 3/4" Washer	14
43	Ø 5/8" Washer	10
44	M10 Aircraft Nut	4

# LIMITED WARRANTY

Pure-Tec warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Please refer to [www.puretecfitness.com](http://www.puretecfitness.com) for warranty conditions. This warranty extends only to the original purchaser and is **valid for home use only**. Pure-Tec's obligation under this Warranty is limited to replacing damaged or faulty parts at Pure-Tec's option.

All returns must be pre-authorized by Pure-Tec. **This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, purchasers own repairs or for products used for commercial or rental purposes.** No other warranty beyond that specifically set forth above is authorized by Pure-Tec.

Pure-Tec is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein.

Your statutory rights are not affected.

## **ORDERING REPLACEMENT PARTS**

Replacement parts can be ordered by contacting our Customer Solutions Department,

[www.puretecfitness.com](http://www.puretecfitness.com)

Email: [service@puretecfitness.com](mailto:service@puretecfitness.com)

When ordering replacement parts, please give the following information,

1. **Model**
2. **Description of Parts**
3. **Part Number**
4. **Date of Purchase**