

NOTE:
Please read all instructions
carefully before using this
product

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Model
TC-1800

Retain This
Manual for
Reference

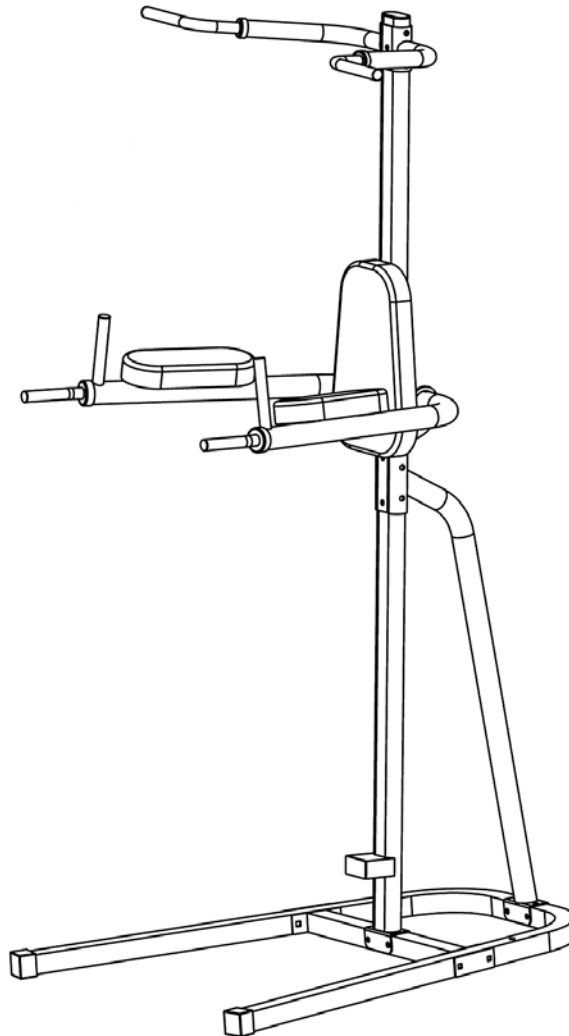
12-10-09

OWNER'S
MANUAL



MARCY

MARCY POWER STATION TC-1800



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BEFORE YOU BEGIN

Thank you for selecting the MARCY TC-1800 POWER STATION . 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, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, please call our customer service department.

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SAFETY NOTICE

PRECAUTIONS

This exercise machine 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 machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

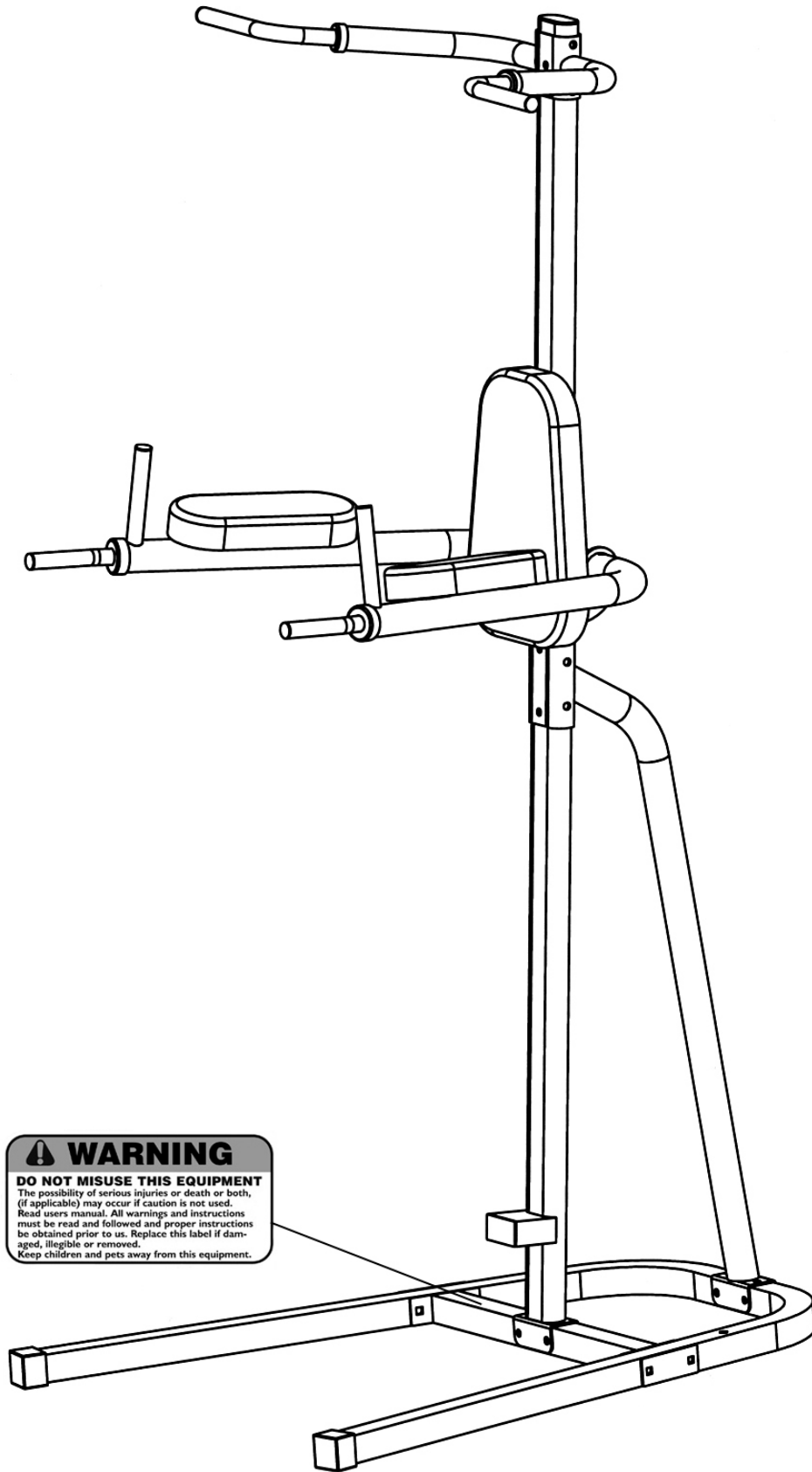
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
3. Maximum user's weight: 140 kg.

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. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

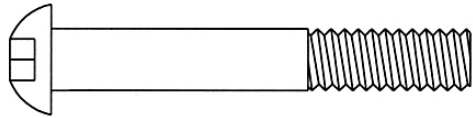
SAVE THESE INSTRUCTIONS.

WARNING LABEL PLACEMENT

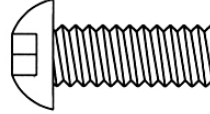


HARDWARE PACK

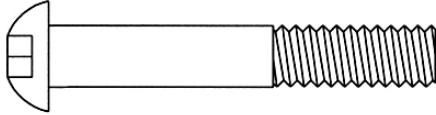
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



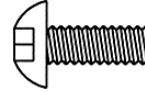
#24 M10 x 2 1/2" Allen Bolt (Qty 10)



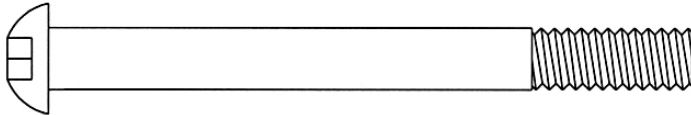
#27 M10 x 1" Allen Bolt (Qty 2)



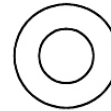
#25 M10 x 2 3/8" Allen Bolt (Qty 3)



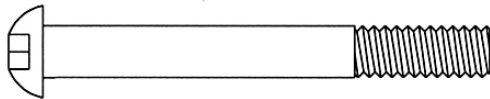
#28 M8 x 5/8" Allen Bolt (Qty 2)



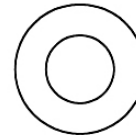
#26 M10 x 4" Allen Bolt (Qty 4)



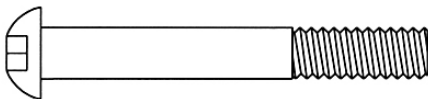
#33 Ø 5/8" Washer (Qty 4)



#29 M8 x 2 3/4" Allen Bolt (Qty 4)



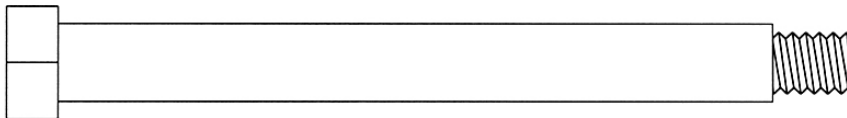
#32 Ø 3/4" Washer (Qty 31)



#30 M8 x 2 3/8" Allen Bolt (Qty 2)



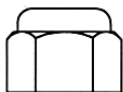
#34 Ø 3/4" Curved Washer (Qty 4)



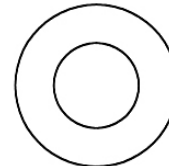
#31 M12 x 4 7/8" Hex Bolt (Qty 1)



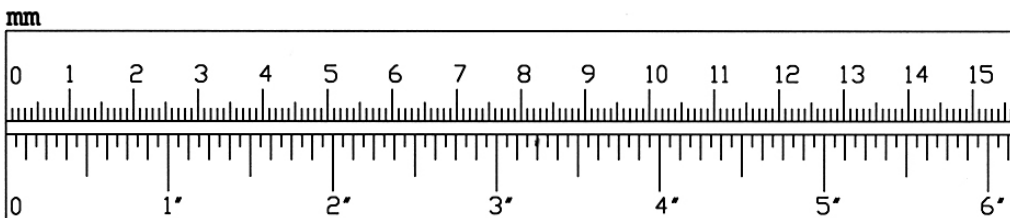
#35 Ø 5/8" Curved Washer (Qty 4)



#36 M10 Aircraft Nut (Qty 18)



#37 Ø 1" Washer (Qty 1)



ASSEMBLY INSTRUCTION

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

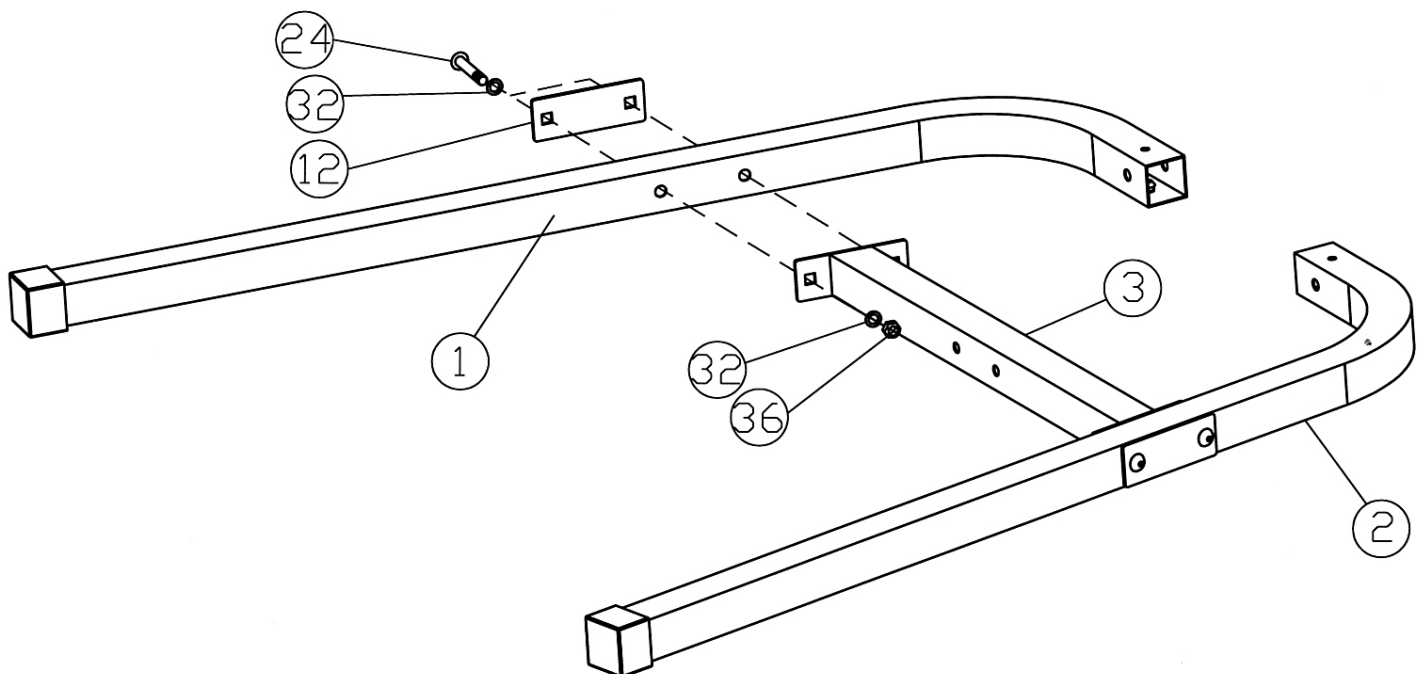
NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

A.) Do not tighten Nuts and Bolts until instructed to do so.

B.) Connect the Left and Right Base Frame (#1 & #2) with the Stabilizer (#3). Secure each end of Stabilizer with two M10 x 2 1/2" Allen Bolts (#24), one 4 3/4" x 1 3/4" Bracket (#12), four Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#36).

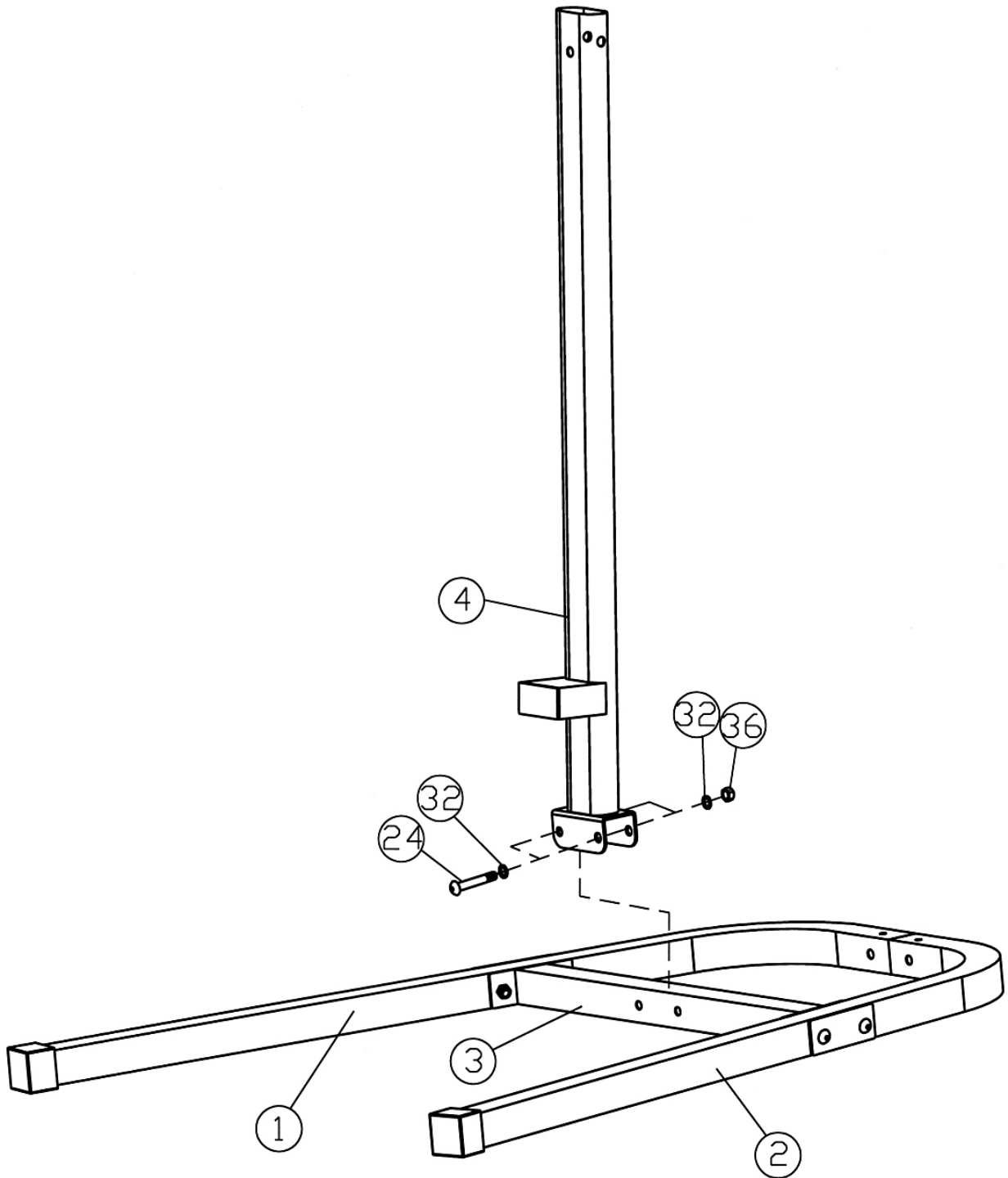
DIAGRAM 1



STEP-2 (See Diagram 2)

- A.) Attach the Lower Vertical Frame (#4) to the Stabilizer (#3). Secure it with two M10 x 2 1/2" Allen Bolts (#24), four Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#36).
- B.) **Do not tighten the Nuts and Bolts yet.**

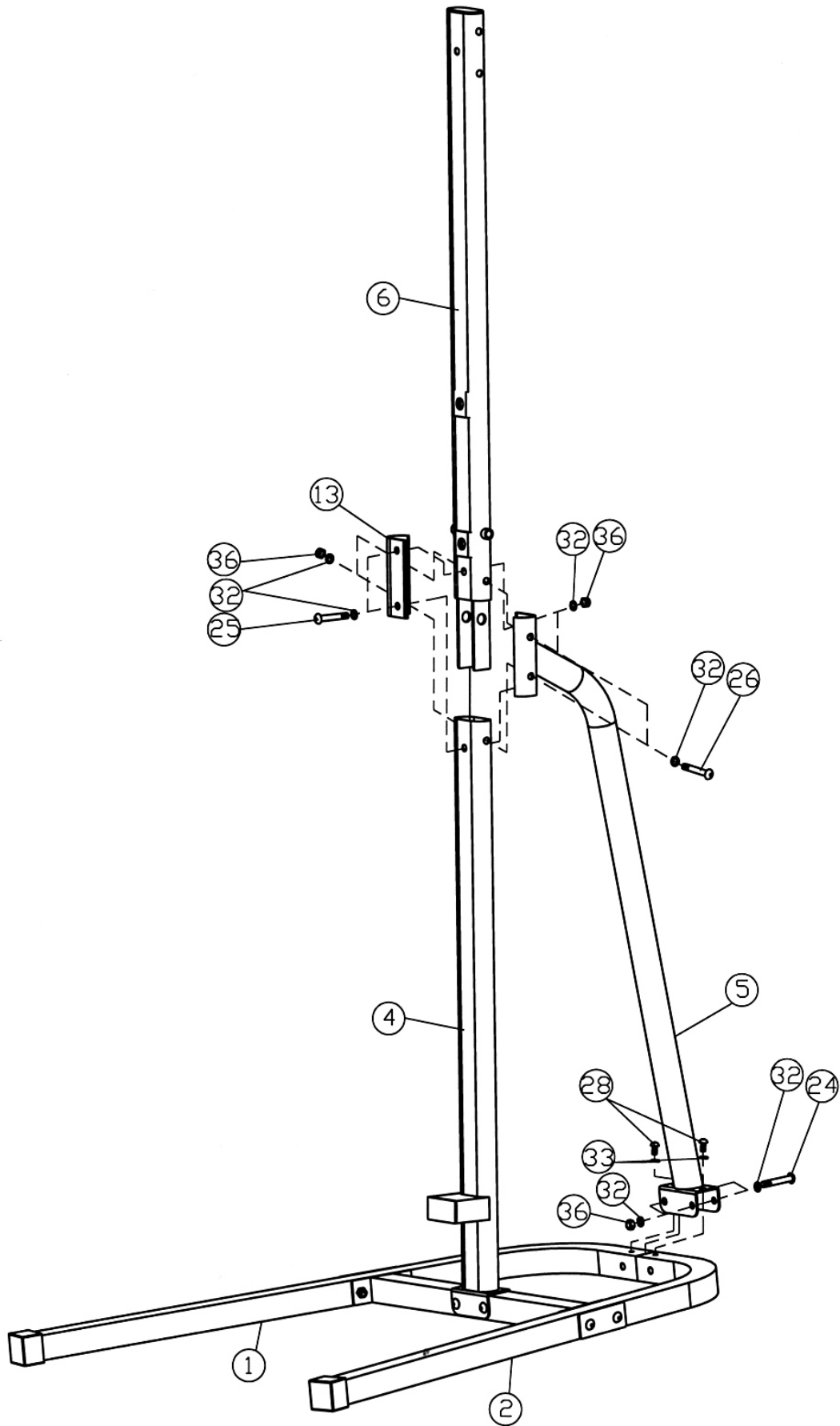
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Attach the Rear Support Frame (#5) to the joint of Left & Right Base Frame (#1 & #2). Secure them with M10 x 2 ½" Allen Bolts (#24), four Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#36) from the side. Secure them with two M8 x 5/8" Allen Bolts (#28) and two Ø 5/8" Washers (#33) from top.
- B.) Insert the Upper Vertical Frame (#6) into Lower Vertical Frame (#4). Attach the Rear Support Frame to Lower and Upper Vertical Frame. Secure them together with two M10 x 4" Allen Bolts (#26), one 5 ½" x 1 7/8" Curved Bracket (#13), four Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#36) from side, two M10 x 2 3/8" Allen Bolts (#25), four Ø ¾" Washers (#32), and two M10 Aircraft Nuts (#36) from front.
- C.) **Securely tighten all Nuts and Bolts installed from Step-1 to Step-3.**

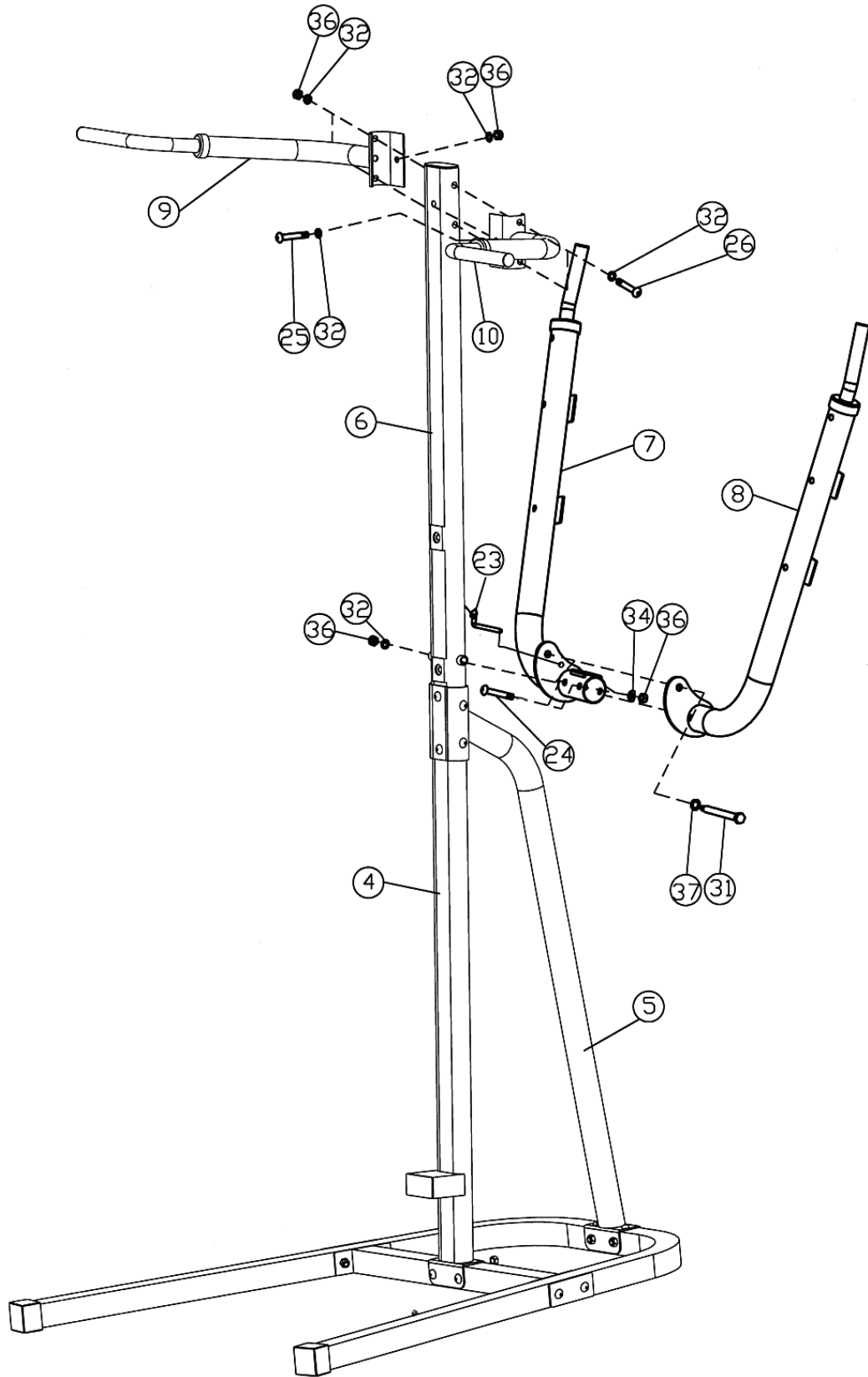
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Left Dip Support (#7) to Right Dip Support (#8) to the Upper Vertical Frame (#6)
- B.) Attach the holes on the bracket of Left and Right Dip Support to the holes on Upper Vertical Frame (#6) from each side. Align the holes. Secure the Left and Right Dip Support, Upper Vertical Frame together with one M12 x 4 7/8" Hex Bolt (#31), one Ø 1" Washers (#37), one Ø 3/4" Washer (#32), and one M10 Aircraft Nut (#36). **Do not over tighten the Nuts and Bolts. Make sure the Left and Right Dip Support are able to move up freely.**
- C.) Secure the Left and Right Dip Support together with two M10 x 2 1/2" (#24), two Ø 3/4" Curved Washers (#34), and two M10 Aircraft Nuts (#36).
- D.) Attach the Left and Right Chin-up Handle (#9 & #10) to the Upper Vertical Frame. Secure them together with two M10 x 4" Allen Bolts (#26), four Ø 3/4" Washers (#32), and two M10 Aircraft Nuts (#36) from side, one M10 x 2 3/8" Allen Bolt (#25), two Ø 3/4" Washers (#32), and two M10 Aircraft Nut (#36) from front.
- E.) Before doing Chin-up exercise, fold up the Left and Right Dip Support. Insert the L-shaped Lock Pin (#23) through holes on Left Dip Support bracket into the open slot on the back of Upper Vertical Frame to hold up both Dip Supports in position.

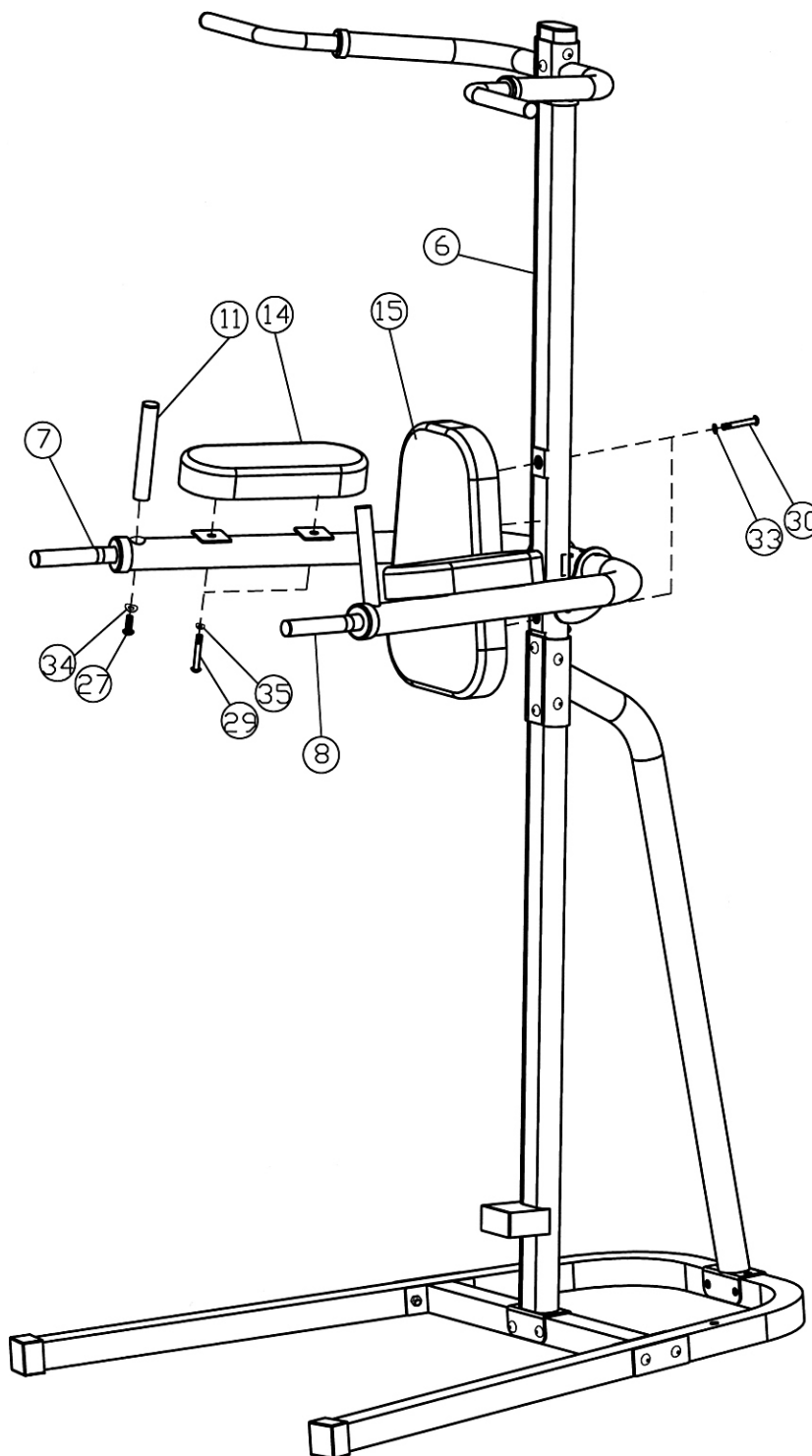
DIAGRAM 4



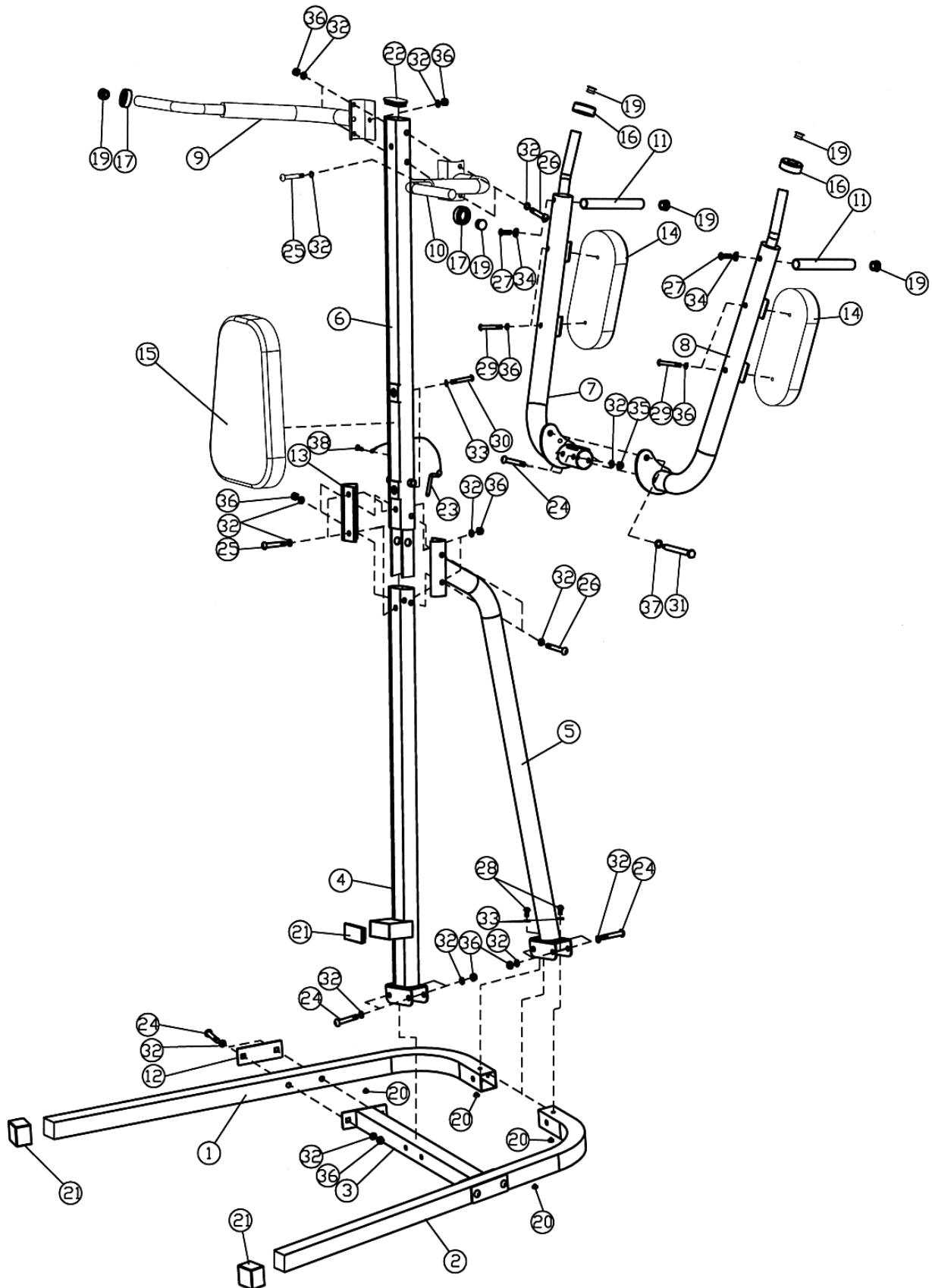
STEP 5 (See Diagram 5)

- A.) Attach the Backrest Board (#15) to the Upper Vertical Frame (#6). Secure it with two M8 x 2 3/8" Allen Bolts (#30) and two Ø 5/8" Washers (#33).
- B.) Insert one Vertical Handle (#11) into the hole on Left Dip Support (#7). Secure it with one M10 x 1" Allen Bolt (#27) and one Ø 3/4" Curved Washer (#34). Repeat same step to install the other Vertical Handle to Right Dip Support (#8).
- C.) Attach the Arm Pads to Left and Right Dip Support. Secure each Pad with two M8 x 2 3/4" Allen Bolts (#29) and two Ø 5/8" Washers (#35).

DIAGRAM 5



EXPLODED DIAGRAM



Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Left Base Frame	1
2	Right Base Frame	1
3	Stabilizer	1
4	Lower Vertical Frame	1
5	Rear Support Frame	1
6	Upper Vertical Frame	1
7	Left Dip Support	1
8	Right Dip Support	1
9	Left Chin-up Handle	1
10	Right Chin-up Handle	1
11	Vertical Handle	2
12	4 3/4" x 1 3/4" Bracket	2
13	5 1/2" x 1 7/8" Curved Bracket	1
14	Arm Pad	2
15	Backrest Board	1
16	Ø 2" Sleeve	2
17	Ø 1 1/2" Sleeve	2
18	1 3/4" End Cap	2
19	Ø 1" End Cap	6
20	Ø 1" Rubber Spacer	4
21	1 5/8" End Cap	1
22	1 5/8" x 3 1/8" End Cap	1
23	L-shaped Lock Pin	1
24	M10 x 2 1/2" Allen Bolt	10
25	M10 x 2 3/8" Allen Bolt	3
26	M10 x 4" Allen Bolt	4
27	M10 x 1" Allen Bolt	2
28	M8 x 5/8" Allen Bolt	2
29	M8 x 2 3/4" Allen Bolt	4
30	M8 x 2 3/8" Allen Bolt	2
31	M12 x 4 7/8" Hex Bolt	1
32	Ø 3/4" Washer	31
33	Ø 5/8" Washer	4
34	Ø 3/4" Curved Washer	4
35	Ø 5/8" Curved Washer	4
36	M10 Aircraft Nut	18
37	Ø 1" Washer	1
38	M5 x 5/8" Philips Screw	1

LIMITED WARRANTY

This product warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the frame and one year on all other parts and components from the date of purchase. This warranty extends only to the original purchaser. Our obligation under this Warranty is limited to replacing damaged or faulty parts.

All returns must be pre-authorized. 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.

Pure Fitness and Sports 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 calling our Customer Service Department Monday through Friday, 9 am until 5 pm.

Tel: 01792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, always give the following information.

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