

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
JD-2.1

Retain This
Manual for
Reference

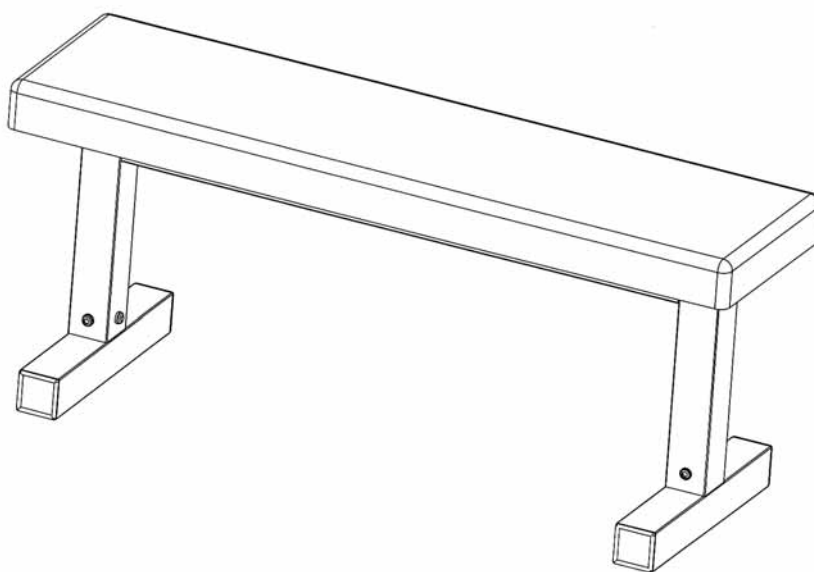
09-10-05

OWNER'S
MANUAL



MARCY

APEX FLAT BENCH JD 2.1



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BEFORE YOU BEGIN

Thank you for selecting the MARCY FLAT BENCH by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. As the distributor, 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. To avoid unnecessary delays, please call our customer service department. Monday to Friday 9am to 5pm

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IMPORTANT SAFETY PRECAUTIONS

This flat 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 use your flat bench. In particular, note the following safety precautions:

1. Keep children and pets away from the flat bench at all times. Do not leave children unattended in the same room with the flat bench. The flat 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 flat bench is not intended.
2. If children are allowed to use the flat 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 flat 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 flat bench on a clear levelled surface which is clear of all obstacles as not to restrict movement whilst exercising. **DO NOT** use the flat 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 flat bench. Running or aerobic shoes are also required when using the flat bench.
8. Use the flat 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 flat bench to exercise, always do stretching exercises to properly warm up.
12. Never use the flat 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.

HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

MILLIMETERS



M6

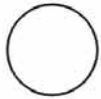


M8

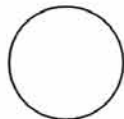


M10

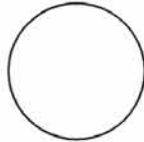
INCHES



1/2"



5/8"



3/4"

REPLACEMENT PARTS

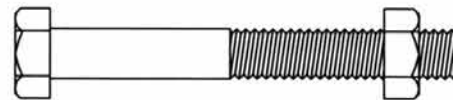
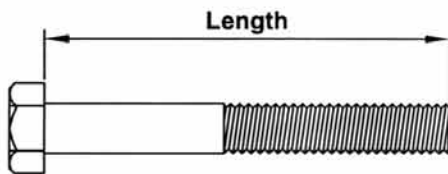
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

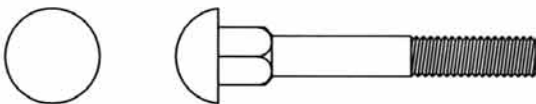


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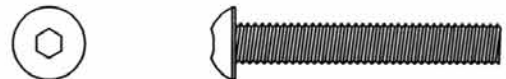
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

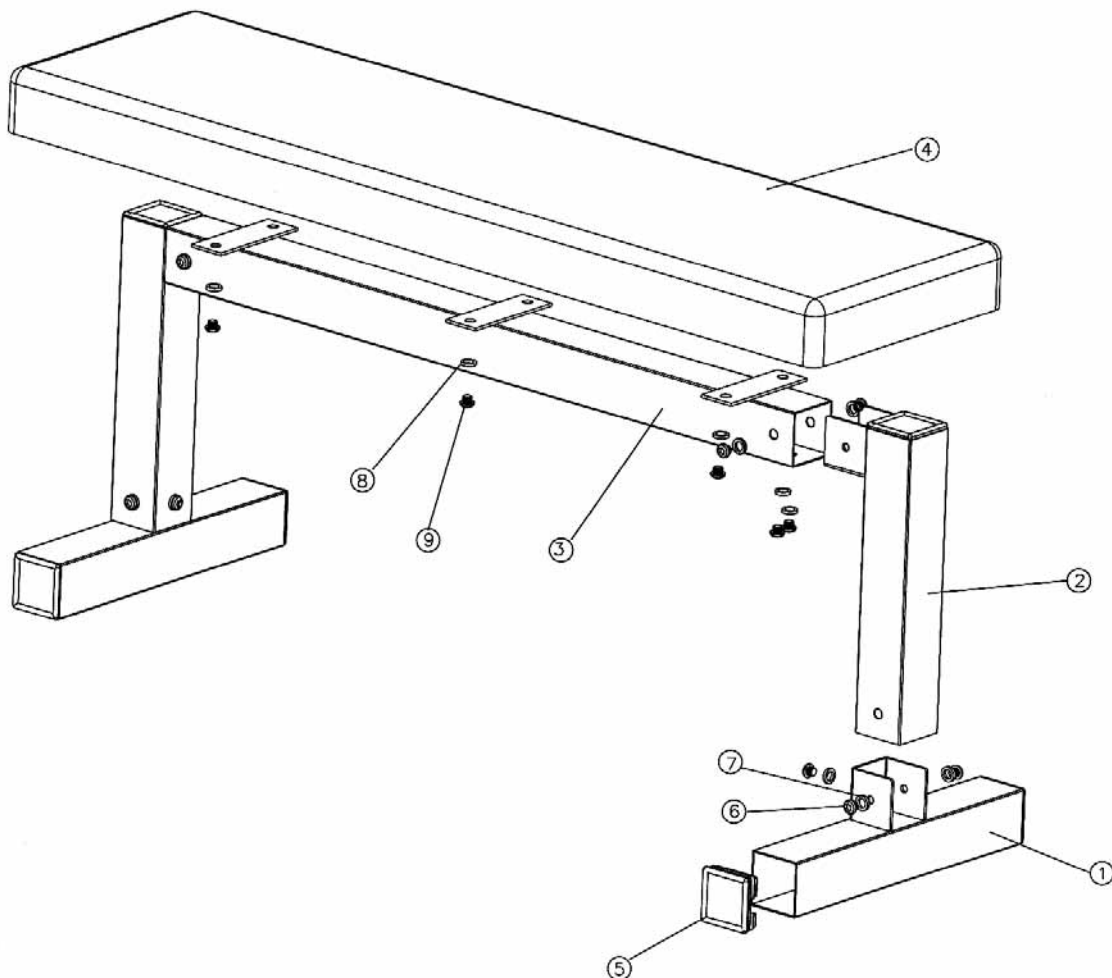
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Exploded Diagram)

- A.) Attach an Upright Support Frame (#2) to a Base Frame (#1). Secure it with three M10 x 5/8" Allen Bolts (#6) and $\text{\O} \frac{3}{4}$ " Washers (#7). Note: Do not tighten the Bolts yet. Repeat the same step to install the other Upright Support Frame to the other Base Frame.
- B.) Connect the two Upright Support Frames to the Seat Support Frame (#3) from each end. Secure each Upright Support to the Seat Support Frame with three M10 x 5/8" Allen Bolts (#6) and $\text{\O} \frac{3}{4}$ " Washers (#7). Securely tighten all Bolts previously installed.
- C.) Place the Seat (#4) onto the Seat Support Frame. Secure it with six M8 x 5/8" Allen Bolts (#9) and $\text{\O} \frac{5}{8}$ " Washers (#8).

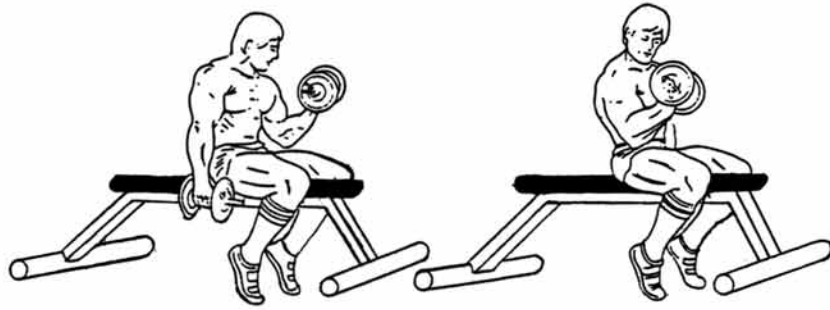
EXPLODED DIAGRAM



EXERCISE TIPS

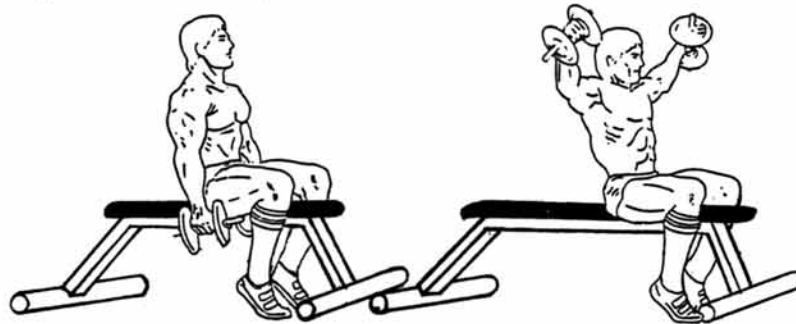
■ Seated Curls

While sitting on the bench, curl the dumbbells alternately upward.



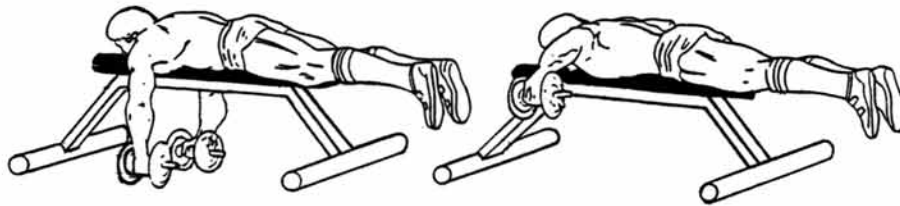
■ Seated Lateral Raises

While sitting on the bench, raise the dumbbells directly outward from the sides until they are level with your head.



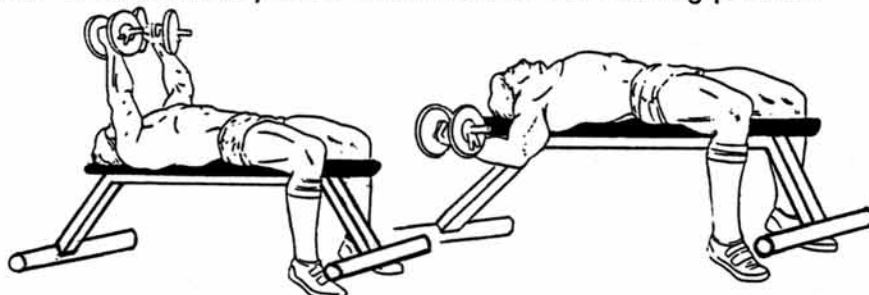
■ Inverted Flies

While lying prone on the flat bench, raise the dumbbells straight out to the sides.



■ Supine Dumbbell Flies

Hold two dumbbells above your chest. Lower them at the same time, allowing them to go directly away from the body toward the sides until they are level with your head. Then simultaneously raise them back to the starting position.



Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Base Frame	2
2	Upright Support Frame	2
3	Seat Support Frame	1
4	Seat	1
5	End Cap	6
6	M10 x 5/8" Allen Bolt	12
7	Ø 3/4" Washer	12
8	Ø 5/8" Washer	6
9	M8 x 5/8" Allen Bolt	6

LIMITED WARRANTY

Escalade warrants this product 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. Escalade's obligation under this Warranty is limited to replacing damaged or faulty parts at Escalade's option.

All returns must be pre-authorized by Escalade. 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 Escalade.

Escalade 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 to Friday 9am to 5pm.

Tel / Fax: 0044 (0) 1792 222 562

E mail: customerservices@escaladesports.co.uk

When ordering replacement parts, please give the following information

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

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. **Failure to examine the Flat Bench regularly may affect the safety level of the equipment.**

Maximum User's Weight: 270 kg