

NOTE:
Please read all instructions
carefully before using this
product

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Model
JD-1.2

Retain This
Manual for
Reference

170305

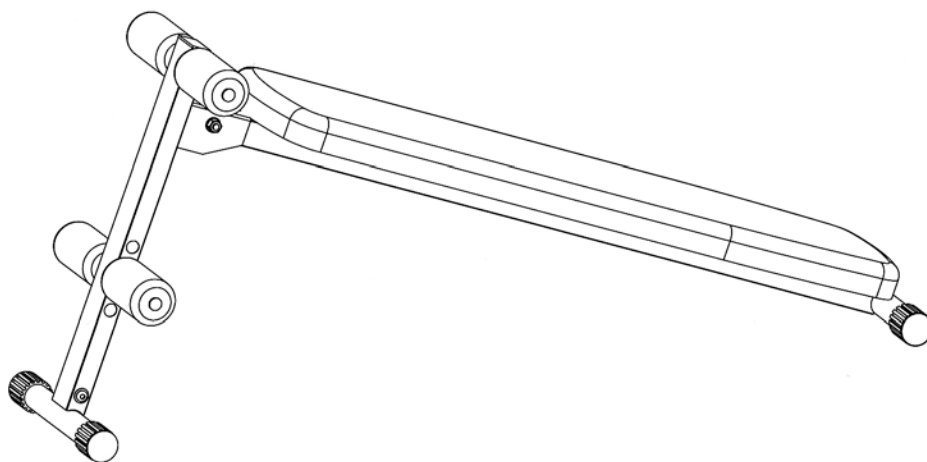
OWNER'S
MANUAL



MARCY®

DELUXE ABDOMINAL SLANT BOARD

JD-1.2



IMPORTANT: Please read this manual before commencing
assembly of this product.

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BEFORE YOU BEGIN

Thank you for selecting the Marcy Deluxe Slant Board JD-1.2. For your safety and benefit, read this manual carefully before using the machine. As the official representative for Marcy, we are committed to providing 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 Solutions Department. Monday to Friday 8am to 5pm GMT.

Pure-Tec Limited
www.puretecfitness.com
Tel: +44 (0) 1482 212098
Email: service@puretecfitness.com
Monday-Friday 0800-1700 GMT

IMPORTANT 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.
12. This machine is designed and intended for home and consumer use only, not for commercial use.

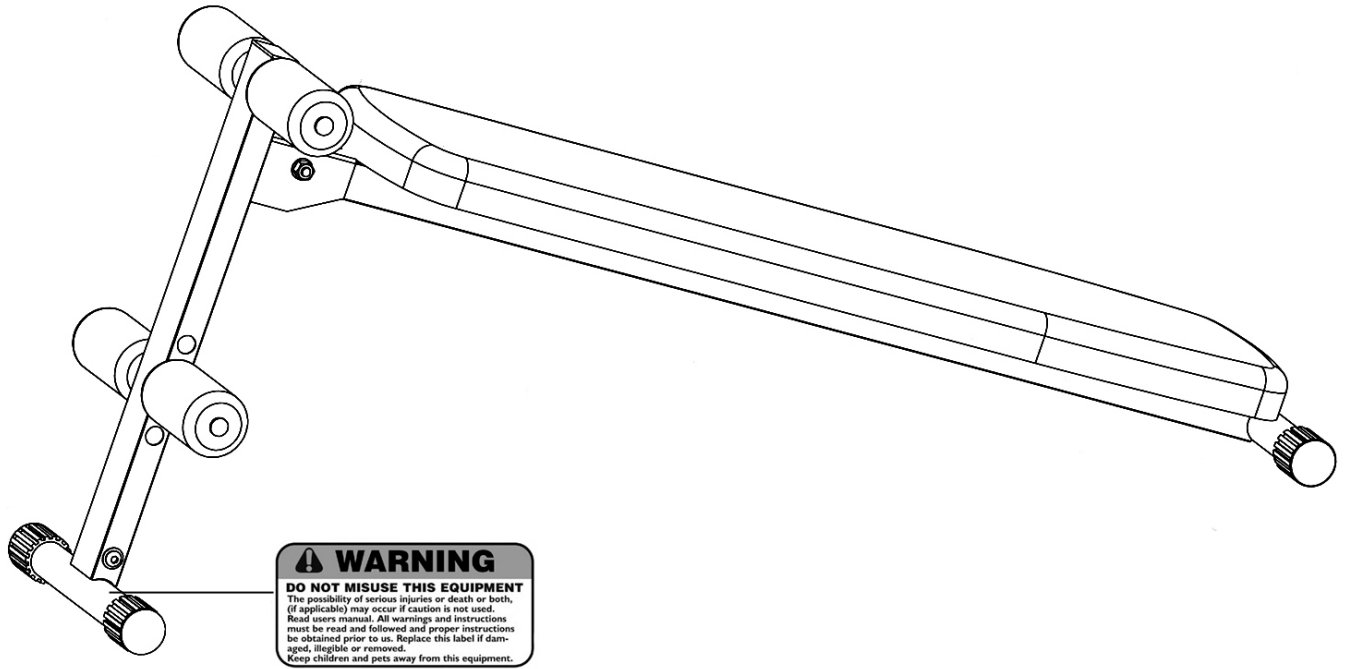
CARE AND MAINTENANCE

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 weight is 136 kgs

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. PURE-TEC LTD ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

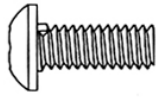
WARNING LABEL PLACEMENT



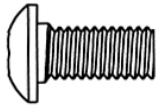
The Warning Label shown here has been placed on the Front Stabilizer. If the label is missing or illegible, please contact the Customer Solutions Department at service@puretecfitness.com for a replacement. Apply the label in location shown.

HARDWARE PACK

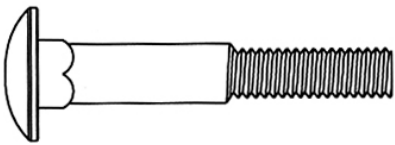
NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



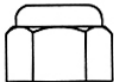
#10 M8 x $\frac{3}{4}''$ Allen Bolt (Qty 4)



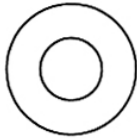
#11 M10 x $\frac{3}{4}''$ Allen Bolt (Qty 3)



#12 M10 x 2 $\frac{3}{8}''$ Carriage Bolt (Qty 1)



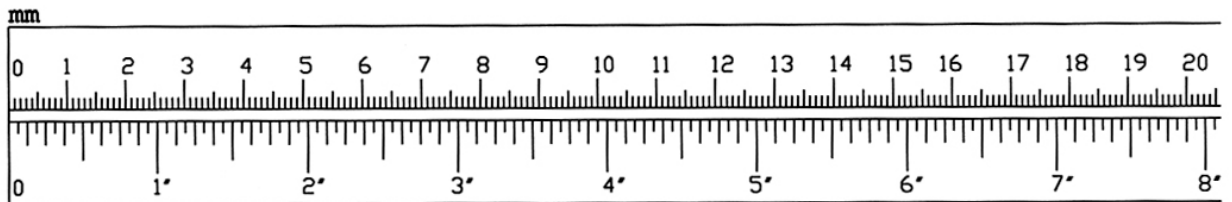
#15 M10 Aircraft Nut (Qty 1)



#14 $\varnothing \frac{3}{4}''$ Washer
(Qty 4)



#13 $\varnothing \frac{5}{8}''$ Washer
(Qty 4)



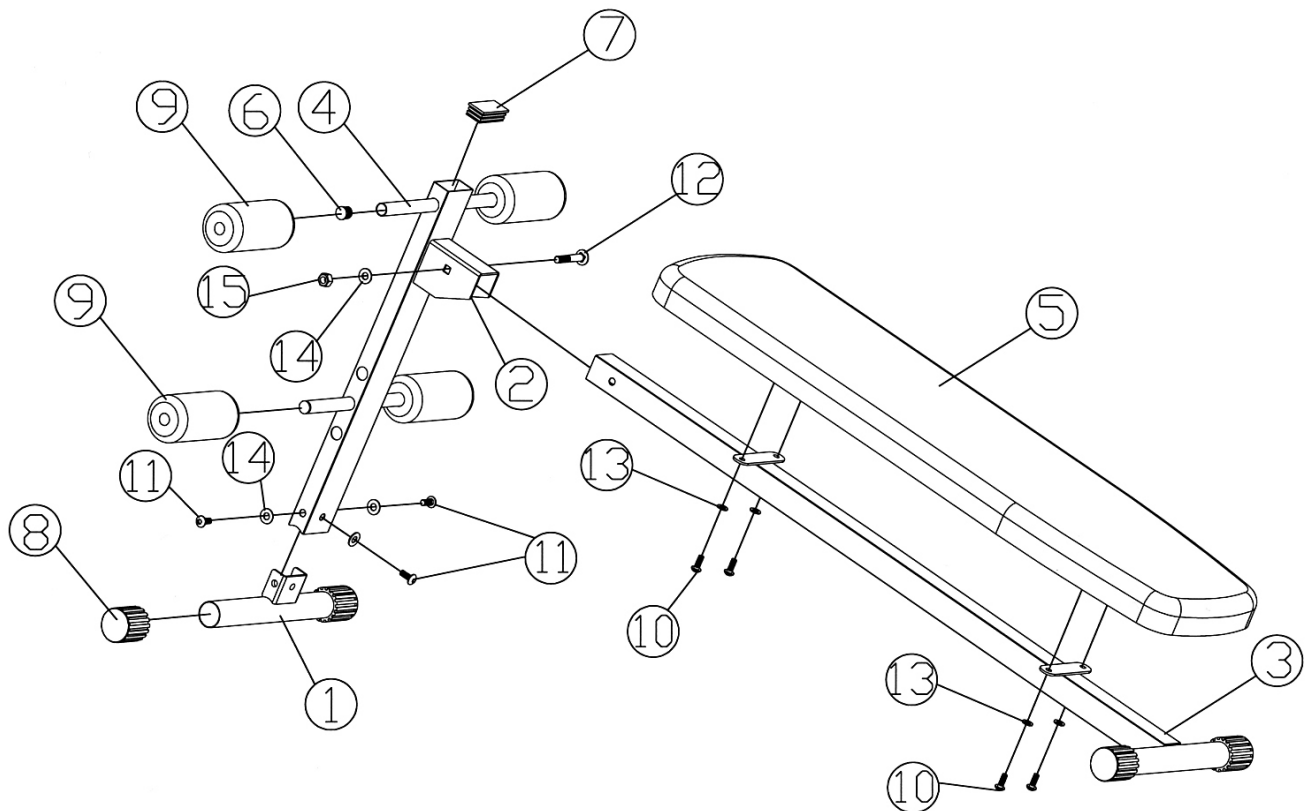
ASSEMBLY INSTRUCTION

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 Exploded Diagram)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Front Incline Support (#2) to the Front Stabilizer (#1). Secure it with three M10 x $\frac{3}{4}$ " Allen Bolts (#11) and three $\text{\O} \frac{3}{4}$ " Washers (#14).
- C.) Attach the Main Frame (#3) to the Front Incline Support. Secure them together with one M10 x 2 $\frac{3}{8}$ " Carriage Bolt (#12), one $\text{\O} \frac{3}{4}$ " Washer (#14), and one M10 Aircraft Nut (#15).
- D.) Place the Seat Pad (#5) onto the Main Frame. Secure it with four M8 x $\frac{3}{4}$ " Allen Bolts (#10) and four $\text{\O} \frac{5}{8}$ " Washers (#13).
- E.) **Securely tighten all Nuts and Bolts.**
- F.) Insert the two Foam Tubes (#4) halfway through the holes on Front Incline Support. Push four Foam Rolls (#9) onto the Tubes from both ends.

EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	Q'ty
1	Front Stabilizer	1
2	Front Incline Support	1
3	Main Frame	1
4	Foam Tube	2
5	Seat Pad	1
6	Ø ¾" End Cap	4
7	1 1/8" x 2 3/8" End Cap	1
8	Ø 1 ½" End Cap	4
9	Foam Roll	4
10	M8 x ¾" Allen Bolt	4
11	M10 x ¾" Allen Bolt	3
12	M10 x 2 3/8" Carriage Bolt	1
13	Ø 5/8" Washer	4
14	Ø ¾" Washer	4
15	M10 Aircraft Nut	1

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 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 calling our Customer Solutions Department Monday to Friday 8am to 5pm GMT.

Pure-Tec Limited
www.puretecfitness.com
Tel: +44 (0) 1482 212098
Email: service@puretecfitness.com
Monday-Friday 0800-1700 GMT

When ordering replacement parts, please give the following information.

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