

**NOTE:**  
Please read all instructions  
carefully before using this  
product



# MARCY®

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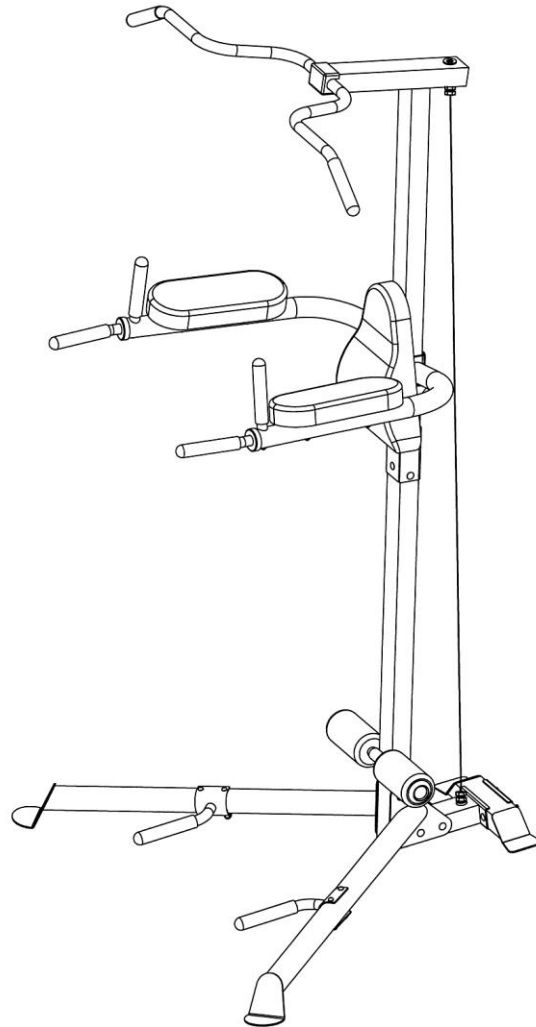
Model  
TC-3508

Retain This  
Manual for  
Reference

170305

**OWNER'S  
MANUAL**

## POWER STATION TC-3508



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

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY TC-3508 Deluxe Power Station. 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**  
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**Tel: +44 (0) 1482 212098**  
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**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.

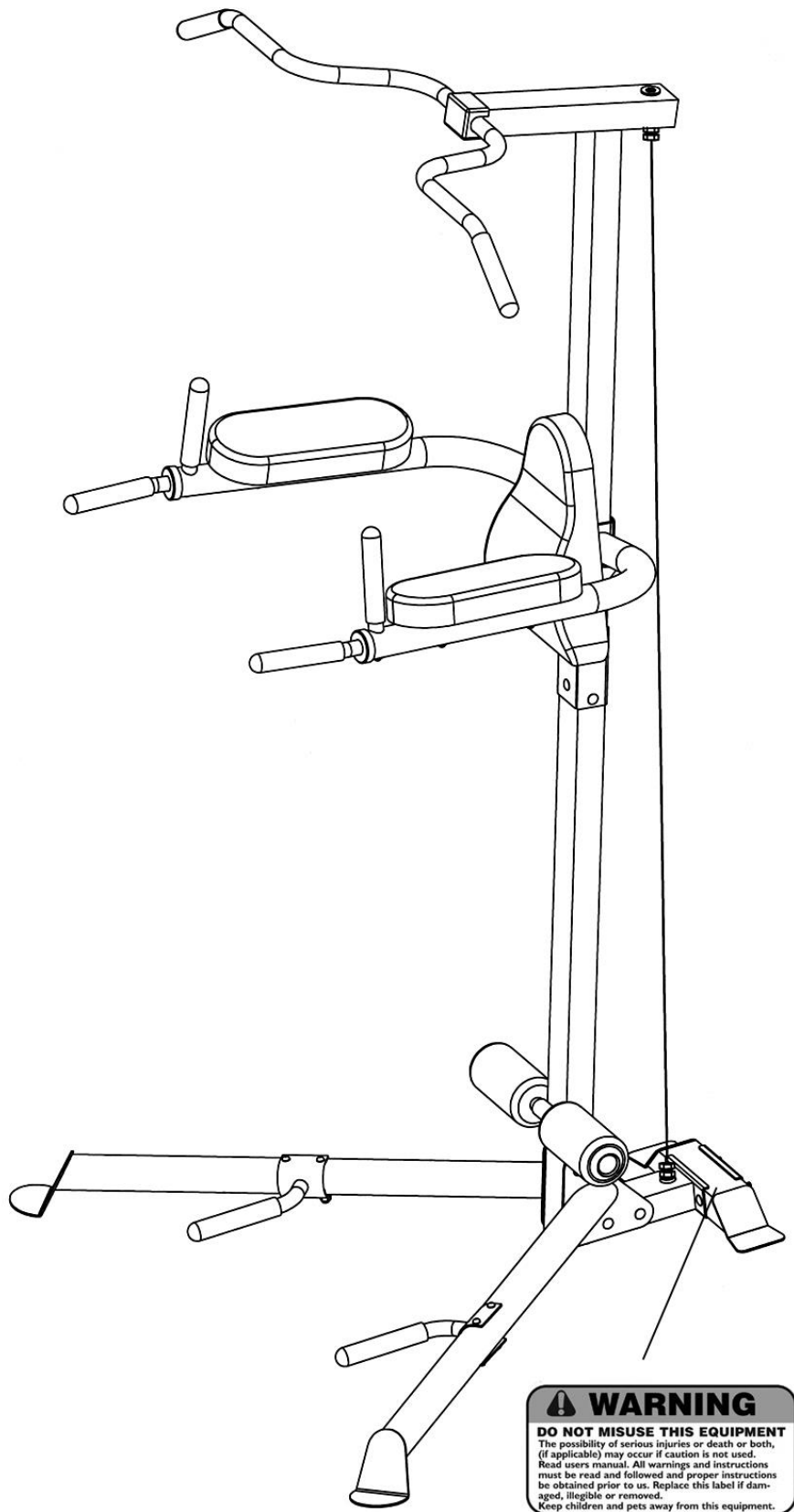
## **CARE AND MAINTENANCE**

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: 136 kg

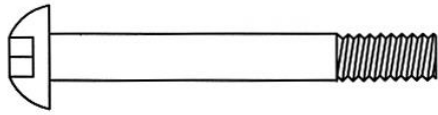
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. PURE-TEC LTD ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY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

**SAVE THESE INSTRUCTIONS.**

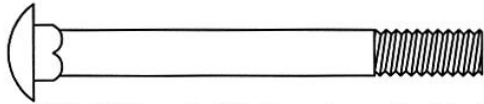
# WARNING LABEL REPLACEMENT



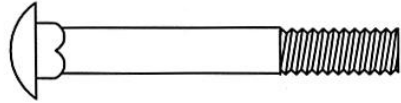
# HARDWARE PACK



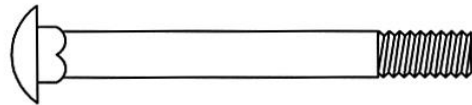
#41 M10 x 3 1/8" Allen Bolt (Qty 4)



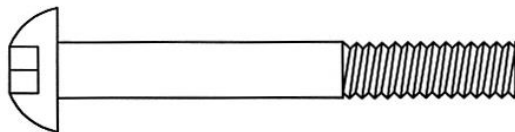
#30 M10 x 3 5/8" Carriage Bolt (Qty 6)



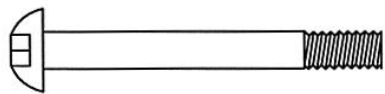
#31 M10 x 3" Carriage Bolt (Qty 2)



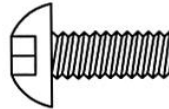
#32 M10 x 3 1/2" Carriage Bolt (Qty 2)



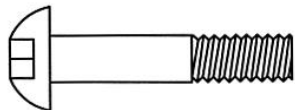
#26 M12 x 3 3/4" Allen Bolt (Qty 1)



#28 M8 x 2 3/4" Allen Bolt (Qty 6)



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



#25 M10 x 2" Allen Bolt (Qty 2)



#29 M8 x 3/8" Allen Bolt (Qty 4)



#33 M10 Aircraft Nut (Qty 14)



#34 M12 Aircraft Nut (Qty 1)



#35 Ø 3/4" Washer (Qty 16)



#36 Ø 5/8" Washer (Qty 2)



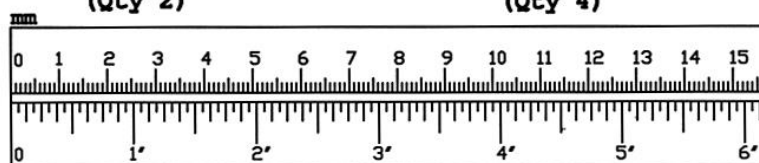
#37 Ø 1" Washer (Qty 2)



#38 Ø 3/4" Curved Washer (Qty 2)



#39 Ø 5/8" Curved Washer (Qty 4)

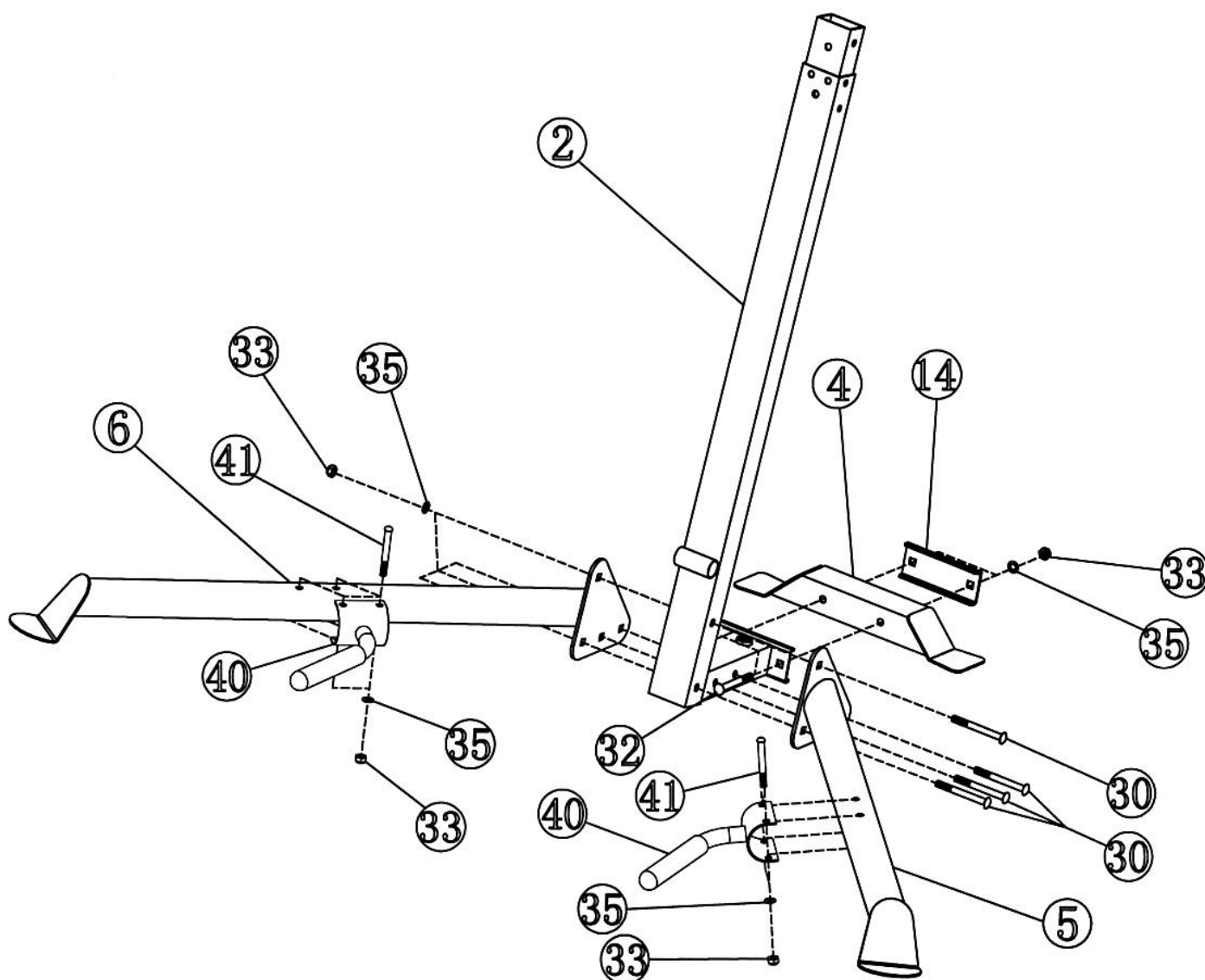


# ASSEMBLY INSTRUCTION

Tools required assembling the machine: 2 adjustable wrenches and Allen wrenches.  
**NOTE:** it is strongly recommended 2 or more people assembling this machine to avoid possible injury.

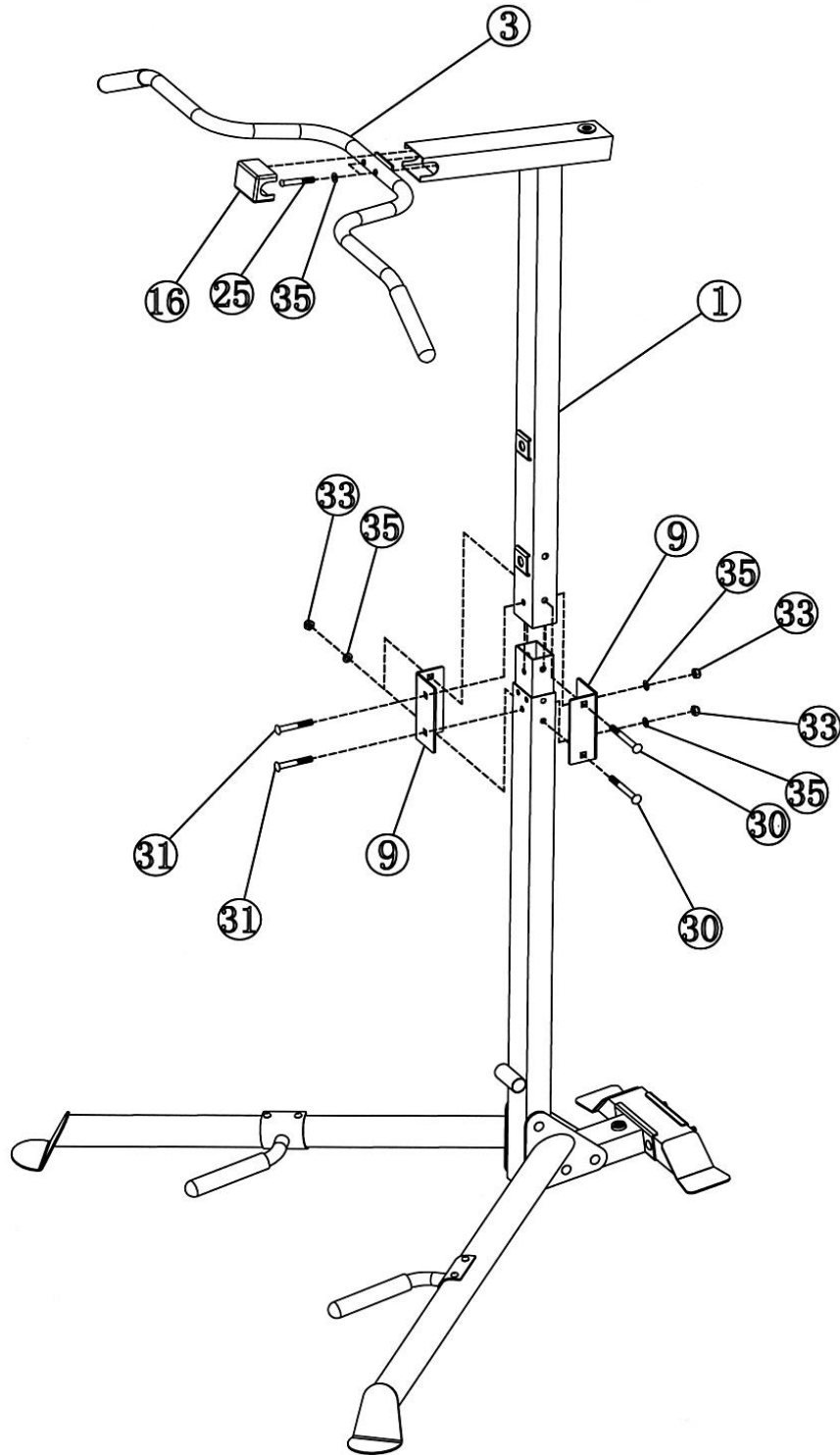
## STEP 1 (See Diagram 1)

- A.) Attach the Lower Vertical Frame (#2) to the Rear Base (#4). Secure it with two M10 x 3 1/2" Carriage Bolts (#32), one U-shaped Bracket (#14), two Ø 3/4" Washers (#35), and two M10 Aircraft Nuts (#33).
- B.) Attach the Right & Left Stabilizers (#5 & #6) to the Lower Vertical Frame. Align the holes and secure them with four M10 x 3 5/8" Carriage Bolts (#30), Ø 3/4" Washers (#35), and M10 Aircraft Nuts (#33).
- C.) Attach the Push-up Handles (#40) to the Right & Left Stabilizers. Secure each Handle with two M10 x 3 1/8" Allen Bolt (#41), Ø 3/4" Washers (#35), and M10 Aircraft Nuts (#33).



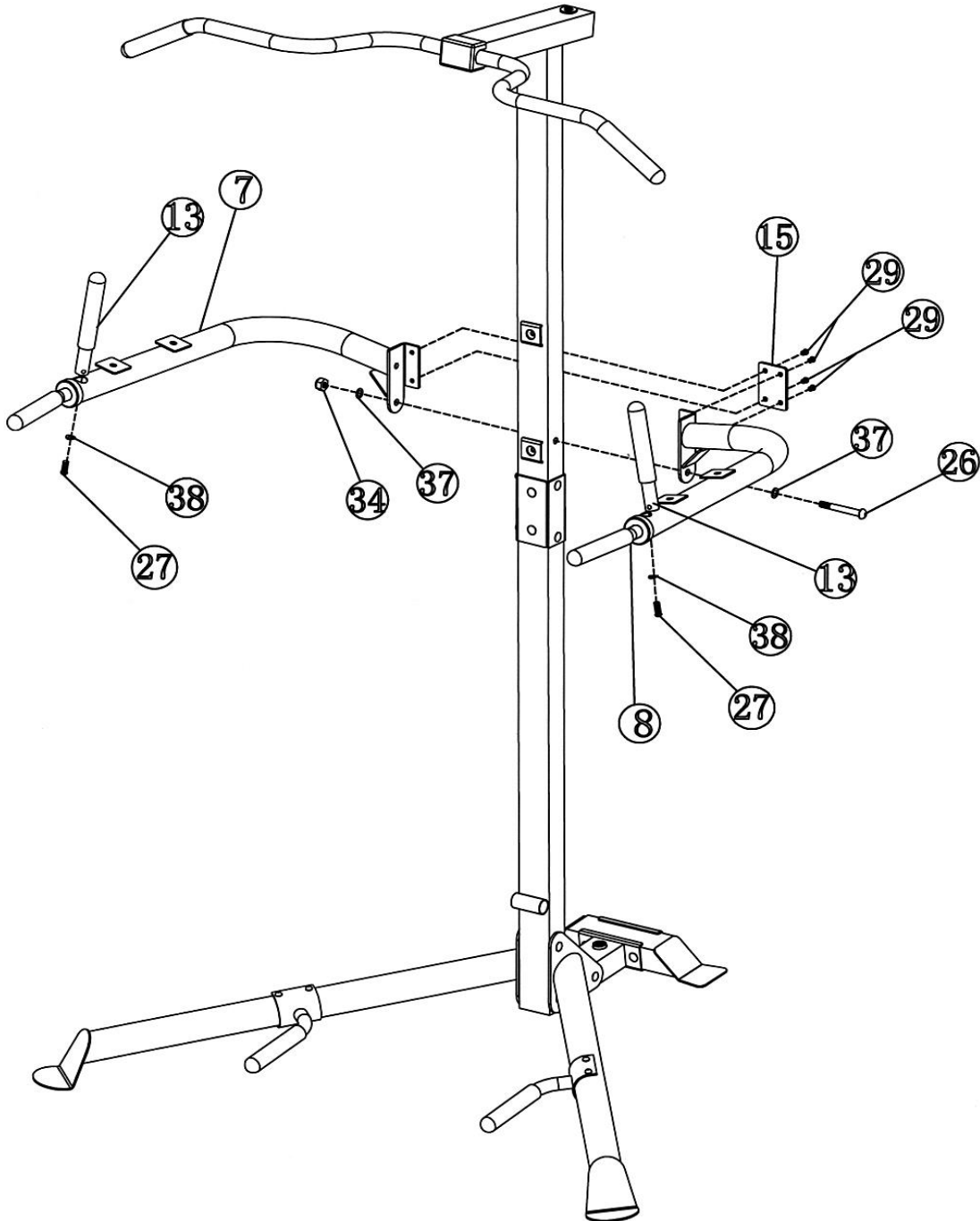
**STEP 2 (See Diagram 2)**

- A.) Attach the Upper Vertical Frame (#1) onto the Lower Vertical Frame (#2). Secure it with two L-shaped Brackets (#9), two M10 x 3" Carriage Bolts (#31) from the front, two M10 x 3 5/8" Carriage Bolts (#30) from the side, four  $\varnothing$  3/4" Washers (#35), and four M10 Aircraft Nuts (#33).
- B.) Attach the Chin-up Bar (#3) to the front of Upper Vertical Frame. Secure it with two M10 x 2" Allen Bolts (#25) and  $\varnothing$  3/4" Washers (#35). Cover the Bolts with a 2" x 2 3/4" Plastic Cover (#16).



**STEP 3 (See Diagram 3)**

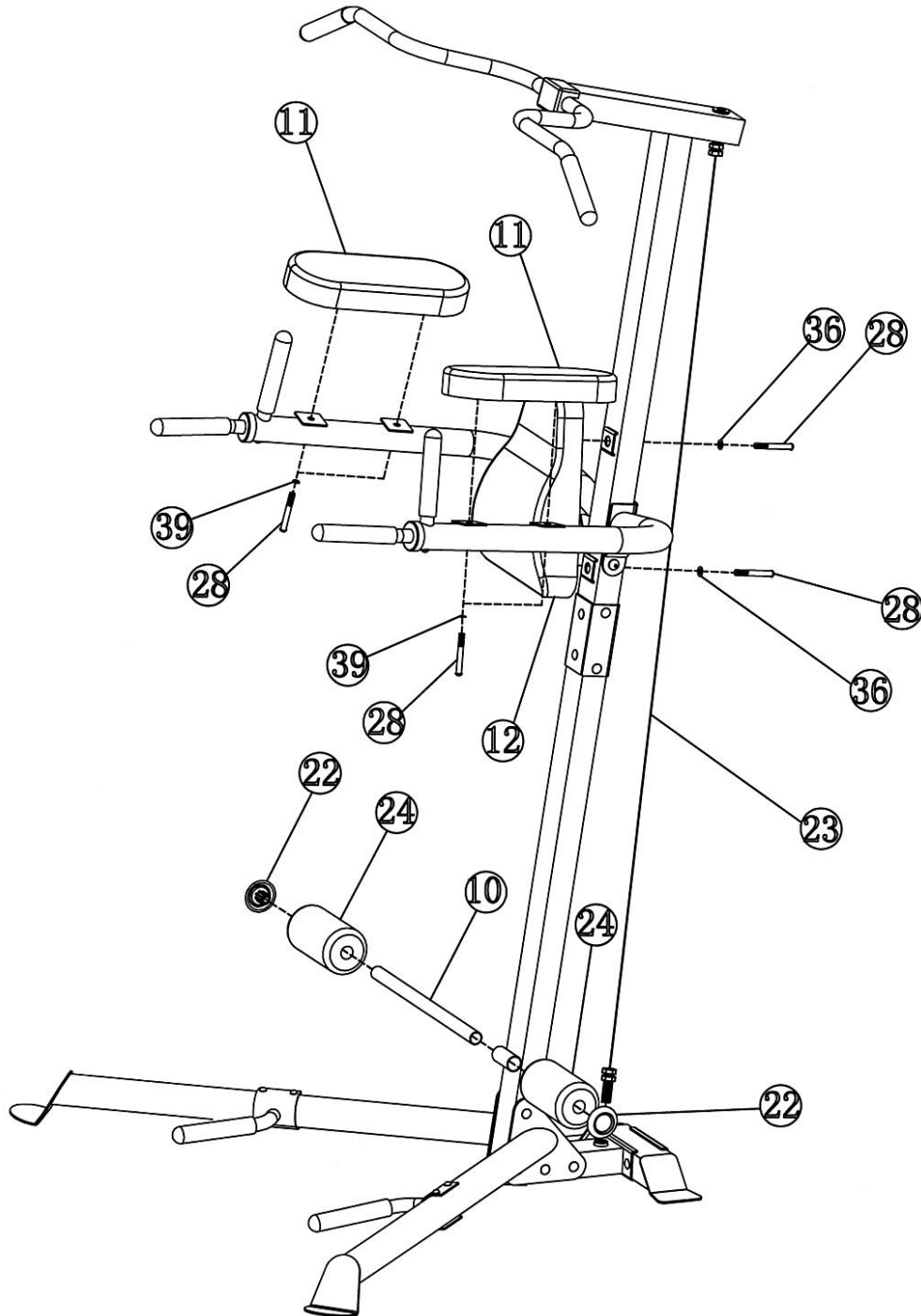
- A.) Attach the Left & Right Dip Supports (#7 & #8) to the Upper Vertical Frame (#1). Secure them to the Upper Vertical Frame with one M12 x 3 3/4" Allan Bolt (#26), two Ø 1" Washers (#37), and one M12 Aircraft Nut (#34). Do NOT over tighten the nut and bolt. Make sure the arms are able to move freely.
- B.) Secure the Left & Right Dip Supports together with one Four-hole Bracket (# 15) and four M8 x 3/8" Allen Bolts (#29).
- C.) Insert a Vertical Handle (#13) into the hole on each Dip Support. Secure each Handle with one M10 x 1" Allen Bolt (#27) and Ø 3/4" Curved Washer (#38).
- D.) Flip the Dip Supports up to a vertical position when doing Chin-up exercises.



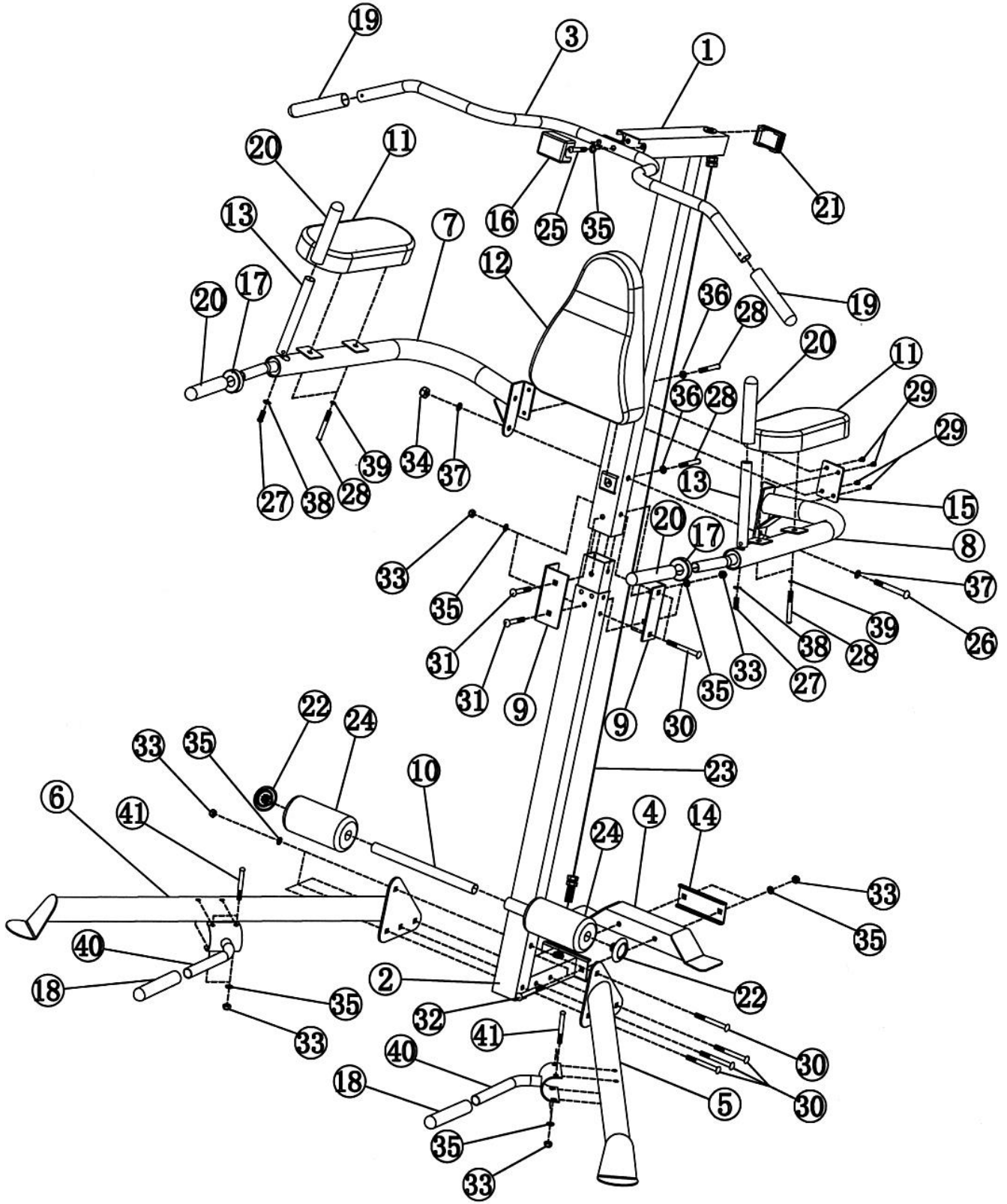


#### STEP 4 (See Diagram 4)

- A.) Attach the Backrest Pad (#12) to the Upper Vertical Frame (#1). Secure it with two M8 x 2 3/4" Allen Bolts (#28) and Ø 5/8" Washers (#36).
- B.) Attach the Arm Pads (#11) to the Left & Right Dip Supports (#7 & #8). Secure each Arm Pad with two M8 x 2 3/4" Allen Bolts (#28) and Ø 5/8" Curved Washers (#39).
- C.) Insert a Foam Tube (#10) halfway through the holes on the Lower Vertical Frame (#2). Push two Foam Rolls (#24) onto the Tube from both ends. Plug two Foam Roll End Caps (#22) to the end of the tube.
- D.) Firmly thread each end of the Cable (#23) into the Upper and Lower Vertical Frames.
- E.) Securely tighten all nuts and bolts previous installed.



# EXPLODED DIAGRAM



## Parts list

KEY NO.	DESCRIPTION	Q'ty
1	Upper Vertical Frame	1
2	Lower Vertical Frame	1
3	Chin-up Bar	1
4	Rear Base	1
5	Right Stabilizer	1
6	Left Stabilizer	1
7	Left Dip Support	1
8	Right Dip Support	1
9	L-shaped Bracket	2
10	Foam Tube	1
11	Arm Pad	2
12	Backrest Pad	1
13	Vertical Handle	2
14	U-shaped Bracket	1
15	Four-hole Bracket	1
16	2" x 2 3/4" Plastic Cover	1
17	Sleeve	2
18	Push-up Handle Grip	2
19	Chin-up Handle Grip	2
20	Dip Handle Grip	4
21	2" x 2 3/4" End Cap	1
22	Foam Roll End Cap	2
23	Cable	1
24	Foam Roll	2
25	M10 x 2" Allen Bolt	2
26	M12 x 3 3/4" Allen Bolt	1
27	M10 x 1" Allen Bolt	2
28	M8 x 2 3/4" Allen Bolt	6
29	M8 x 3/8" Allen Bolt	4
30	M10 x 3 5/8" Carriage Bolt	6
31	M10 x 3" Carriage Bolt	2
32	M10 x 3 1/2" Carriage Bolt	2
33	M10 Aircraft Nut	14
34	M12 Aircraft Nut	1
35	Ø 3/4" Washer	16
36	Ø 5/8" Washer	2
37	Ø 1" Washer	2
38	Ø 3/4" Curved Washer	2
39	Ø 5/8" Curved Washer	4
40	Push-up Handle	2
41	M10 x 3 1/8" Allen Bolt	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 Parts Department Monday to Friday, 8:30 am until 5 pm GMT.

<p style="text-align: center;"><b>Pure-Tec Limited</b> <b><a href="http://www.puretecfitness.com">www.puretecfitness.com</a></b> <b>Tel: +44 (0) 1482 212098</b> <b>Email: <a href="mailto:parts@puretecfitness.com">parts@puretecfitness.com</a></b> <b>Monday - Friday 0800-1700GMT</b></p>
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When ordering replacement parts, always give the following information.

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