



MARCY
DIAMOND ELITE

MD/PWR 8

OLYMPIC CAGE SYSTEM

STRENGTH

> special feature

- Unique swiveling dual high pulleys allow for additional exercises such as high cable crossover, lat pulldowns, tricep pushdowns and pullovers. Independent pulling from the lat bar or single handles ensures balanced muscular development

> specifications

- 1 1/2" x 3" and 2" x 2" heavy duty tube frame
- Large fixed 44" wide frame
- Durable charcoal powder coated finish
- 3/4" nylon pulleys with sealed ball bearings
- Cage uprights feature chromed striker plates and commercial grade safety catches
- Chromed weight plate slide system assures smooth motion
- Low pulley with chrome diamond foot plate for seated rows
- Easy walk in space for squat and pressing exercises
- Accessories include lat bar, easy curl bar, ankle strap and 2 single handles
- High/low pulley station uses 2000 lb. tensile strength aircraft cables
- High density deluxe boxed upholstery
- 4 Olympic weight plate storage posts
- Manufacturer's 2 year limited warranty
- UPC Code: 0-96362-99903-8



- AB 4050 multi-function bench included with preacher curl pad, leg developer, and Olympic sleeve
- Dual action leg developer with 6 oversized roller pads and row/curl handle
- Pivot point on leg developer correctly aligns with knee joints for better biomechanics
- Chrome sliding track for easy pop pin back pad angle adjustment



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exercises



>1



>2



>3



>4



>5



>6



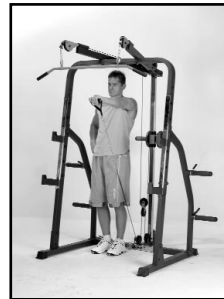
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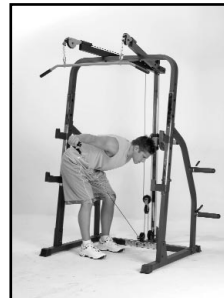
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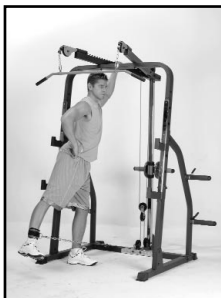
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- >1. flat bench press
- >2. incline bench press
- >3. decline bench press
- >4. front lat pulldown
- >5. abdominal crunch
- >6. preacher curl
- >7. bicep curl
- >8. tricep pushdown
- >9. tricep kick back
- >10. front deltoid raise
- >11. squat
- >12. seated row
- >13. upright row
- >14. shoulder press
- >15. lateral raise
- >16. leg extension
- >17. outer leg (abductors)
- >18. inner leg (adductors)
- >19. leg kick back
- >20. leg curl