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The Marcy fitness machine's assembly is

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straightforward, and the supplied manual provides pretty comprehensive assembly instructions. However, since it's a complex machine, the whole process will take up to 4-5 hours. Since it's not exactly light fitness equipment, you'll need at least two people for transporting the boxes into your home.

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SMITH MACHINE MD-9010

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SMITH MACHINE MD-9010G

The marcy smith machine eliminates that risk.

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Apart from being used for weight training, it is designed to ensure stability by minimizing movements. It tries to keep you in a vertical position by allowing a smaller fraction of forward and backward movements. ALSO READ - What others have to say about Marcy Smith machine . It also comes with a weight rack to ensure stability. When it comes to do ...

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