

NOTE:
Please read all
instructions carefully
before using this product

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Model
AMZ-979RW

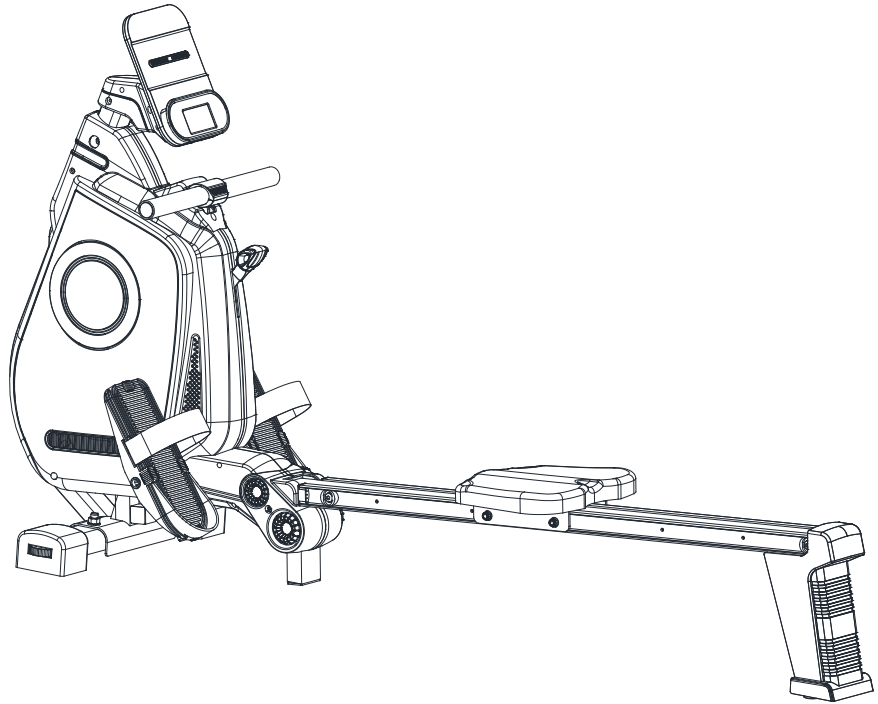
Retain This
Manual for
Reference

190304

ASSEMBLY &
OWNER'S
MANUAL

CIRCUIT FITNESS

Magnetic-Resistance Rowing Machine AMZ-979RW



IMPEX® INC.

2801 S. Towne Ave, Pomona, CA 91766
Tel: (800) 999-8899 Fax: (626) 961-9966

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BEFORE YOU BEGIN

Thank you for selecting the CIRCUIT FITNESS Magnetic-Resistance Rowing Machine by IMPEX® INC. For your safety and benefit, read this manual carefully before using the bike. As a manufacturer, we are committed to provide you 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 TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.marcypro.com

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IMPORTANT SAFETY NOTICE

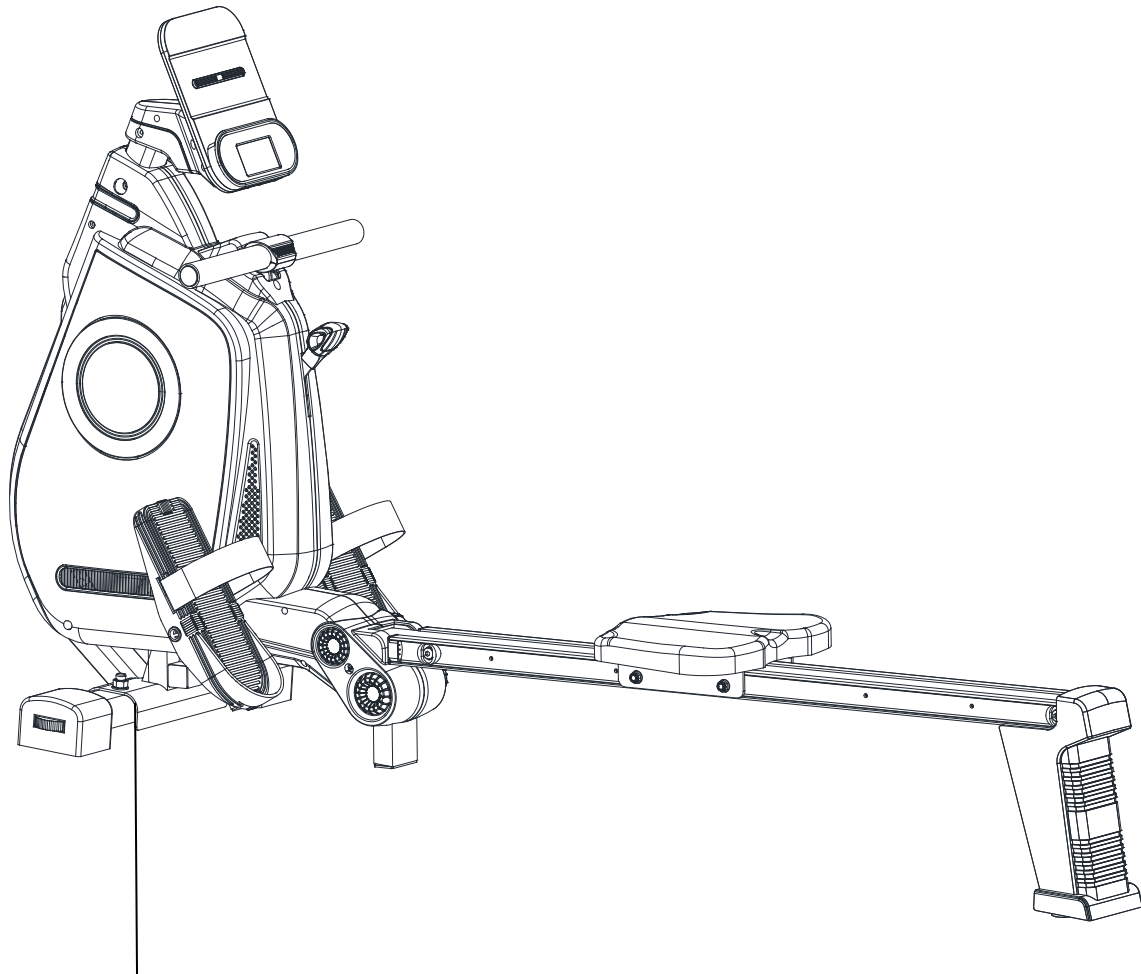
PRECAUTIONS

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. Read all warnings posted on the exercise bike.
13. Inspect the exercise bike for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
14. Care should be taken in mounting or dismounting the exercise bike.
15. **This exercise bike is for consumer and home 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. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.
















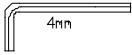
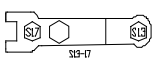
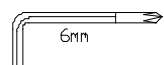
WARNING LABEL PLACEMENT



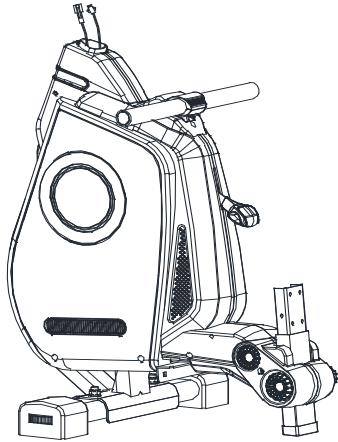
The Warning Labels shown here has been placed on the Front Stabilizer.
If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE PACK

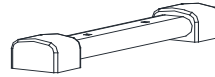
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	Description	Qty	Drawings
2	Carriage bolt M10x2 $\frac{1}{8}$ "	2	
6	Flat washer - Large	2	
7	Acorn nut M10	2	
8	Curved washer	1	
15	ST5*20	2	
19	Carriage bolt M8x1 $\frac{3}{4}$ "	2	
22	Collar	4	
23	Allen bolt M8x $\frac{3}{4}$ "	5	
24	Allen bolt M8x $\frac{5}{8}$ "	8	
25	Flat Washer - Small	10	
30	Allen bolt M6x $\frac{3}{4}$ "	2	
34	Acorn nut M8	2	
72	Axle of pedal tube	2	
73	washer Φ 6	6	
74	Allen bolt M6	4	
	Allen key 4mm	2	
	Allen wrench	1	
	Allen key 6mm	1	

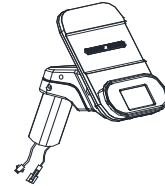
COMPONENTS FOR ASSEMBLY



NO:1



NO:3



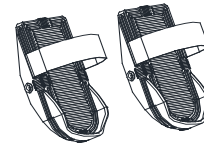
NO:9



NO:26



NO:11



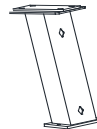
NO:14L/R



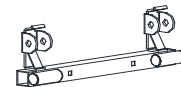
NO:69



NO:35



NO:28



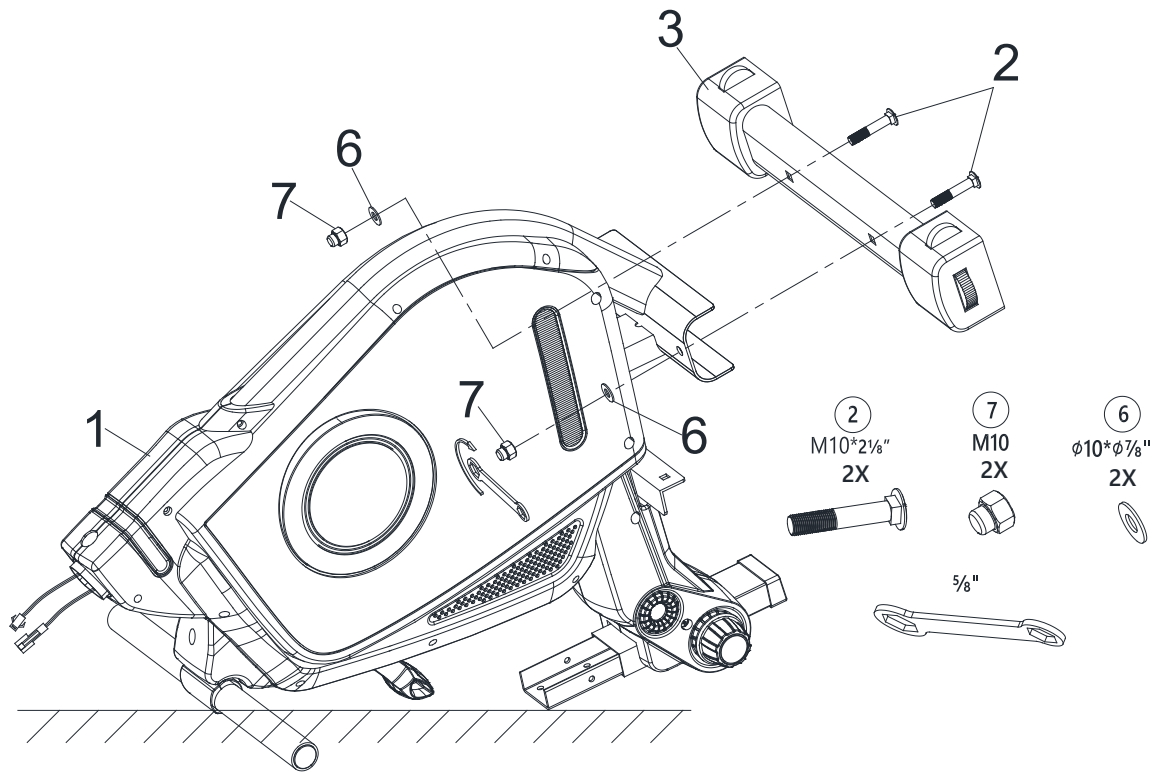
NO:17

ASSEMBLY INSTRUCTION

- **Tools Required for Assembling the Machine:** One Crossing Wrench and Allen Wrench, provided by manufacturer.
- **NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injury.

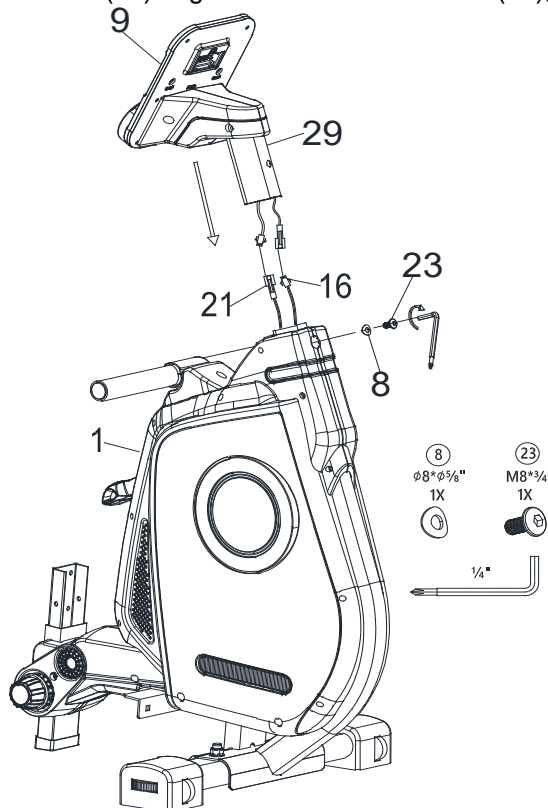
STEP-1

1. Place the Main Frame (#1) on the ground at the angle shown to aid in installing the Stabilizer (#3).
2. Attach the Stabilizer (#3) to the main frame with two Carriage bolts (#2), Flat washers (#6), Domed nuts (#7).



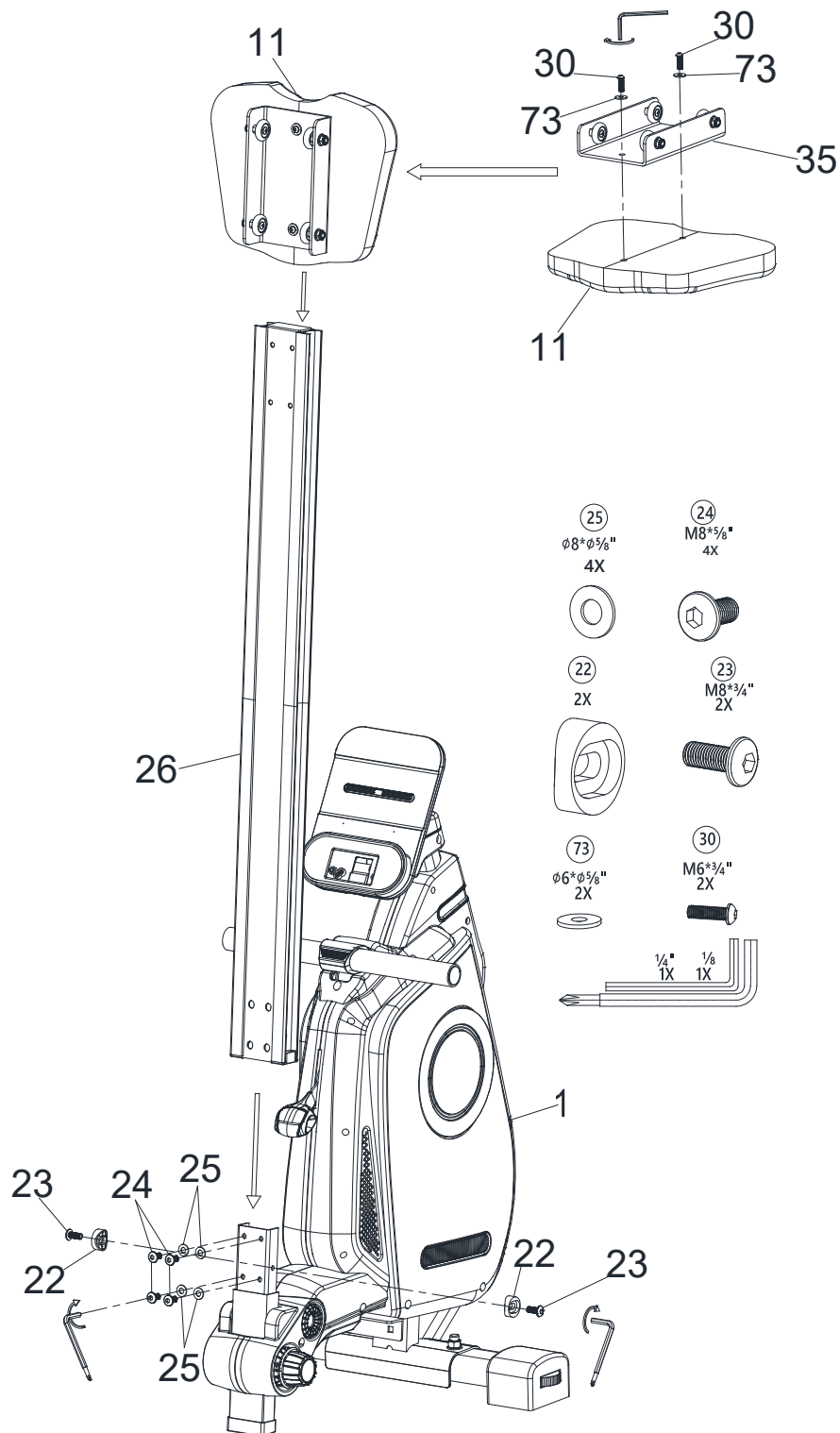
STEP-2

1. Connect the Computer Wire (#16) and Sensor Wire (#21) to the back of the computer (#9). Then insert the Support Tube (#29) to the Main Frame (#1). Tighten with curved washer (#8), and Allen Bolt (#23).



STEP-3

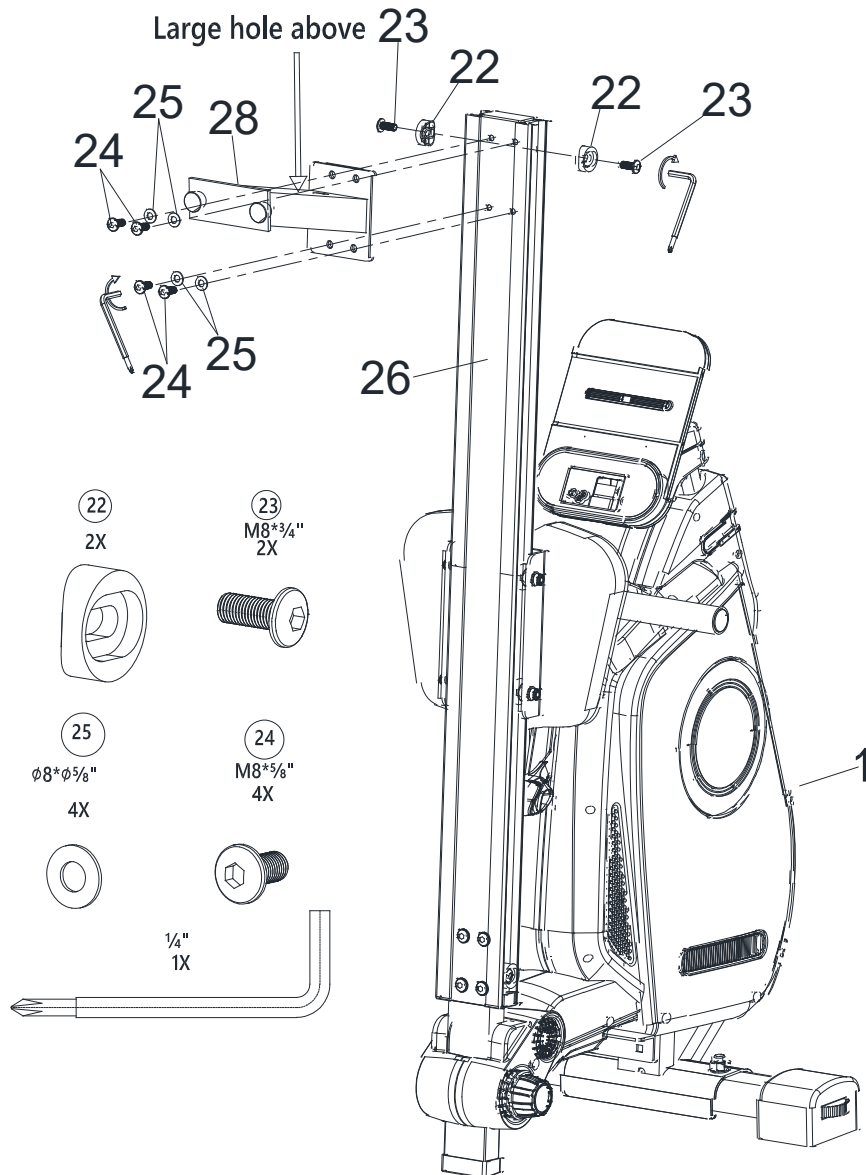
1. Attach Seat Support Bracket (#35) to the Seat (#11) with two Allen Bolts (#30) and Washers (#73).
2. Attach the Slide Rail (#26) to the Main Frame, secure with two Allen Bolts (#24) and Washers (#25) at the bottom of the slide. Tighten the two side with two Collars (#22) and Allen Bolts (#23), **DO NOT OVER TIGHTEN THE COLLARS!**
3. Slide the Seat (#11) onto the Slide Rail (#26) from the top of the Slide. The Rower should be in the Folded position.



STEP-4

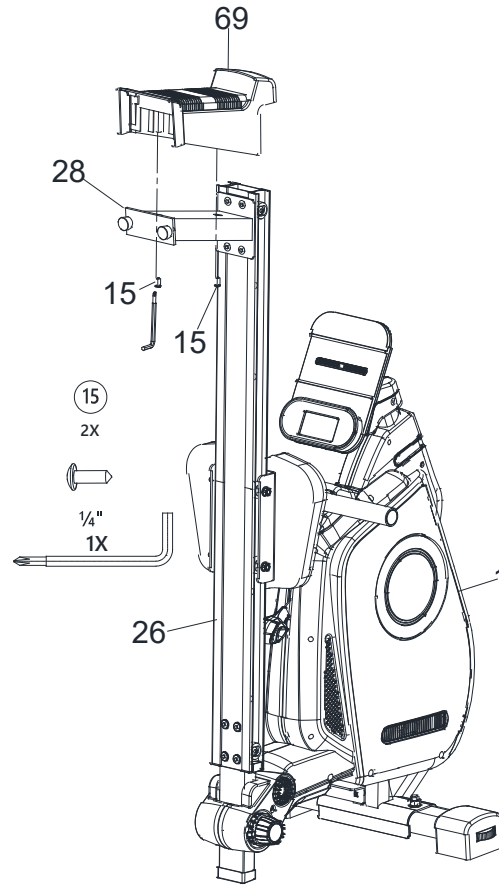
1. Attach Rear Support Tube (#28) with four Allen bolts (#24) and Washers (#25).

Please noted the orientation of the Rear Support Tube. The side with larger bolt holes will need to face upward.



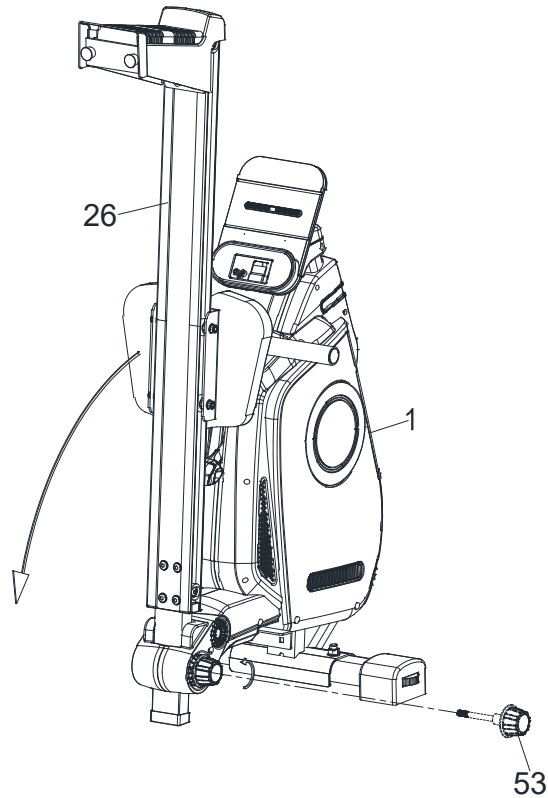
STEP-5

1. Attach the Decorative cover (#69) for rear support with two self-tapping screws (#15).



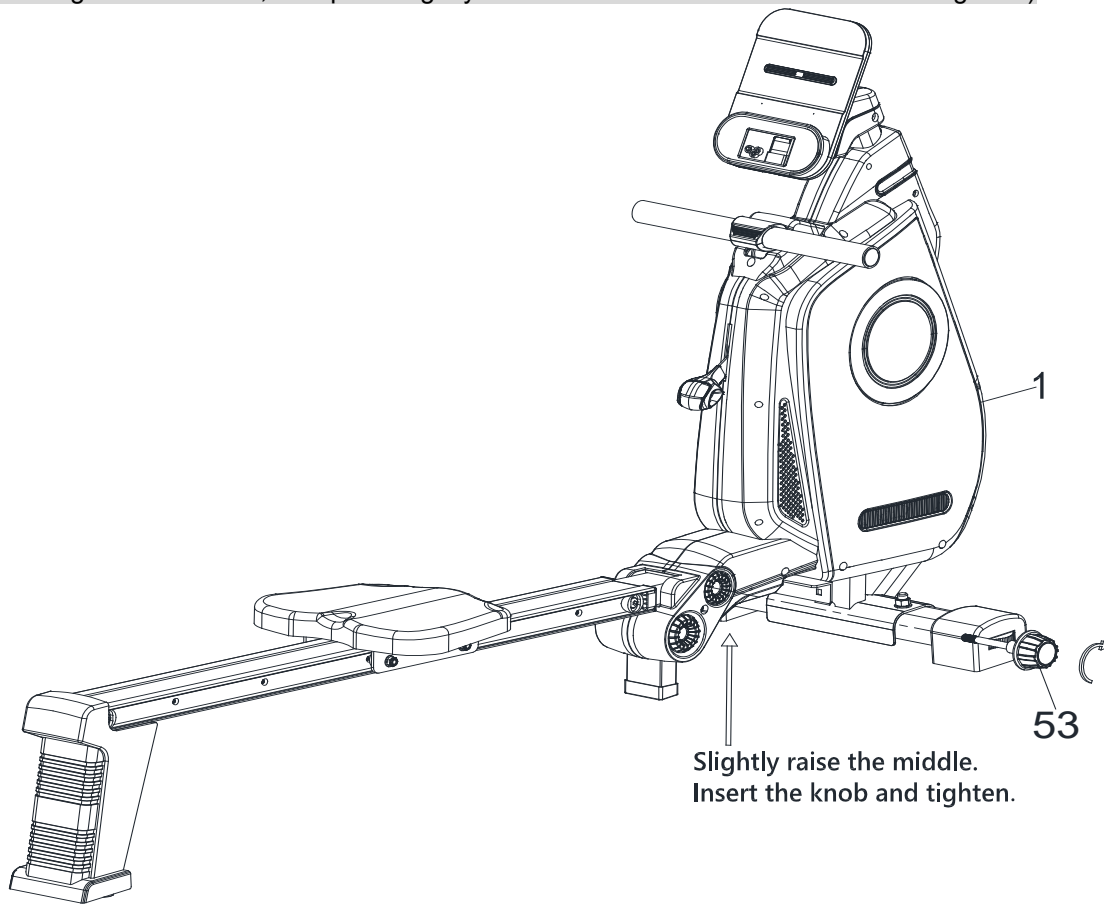
STEP-6

1. Remove (unthread counter clock-wise) the locking Knob (#53) from the lower hole to unfold the Rower.



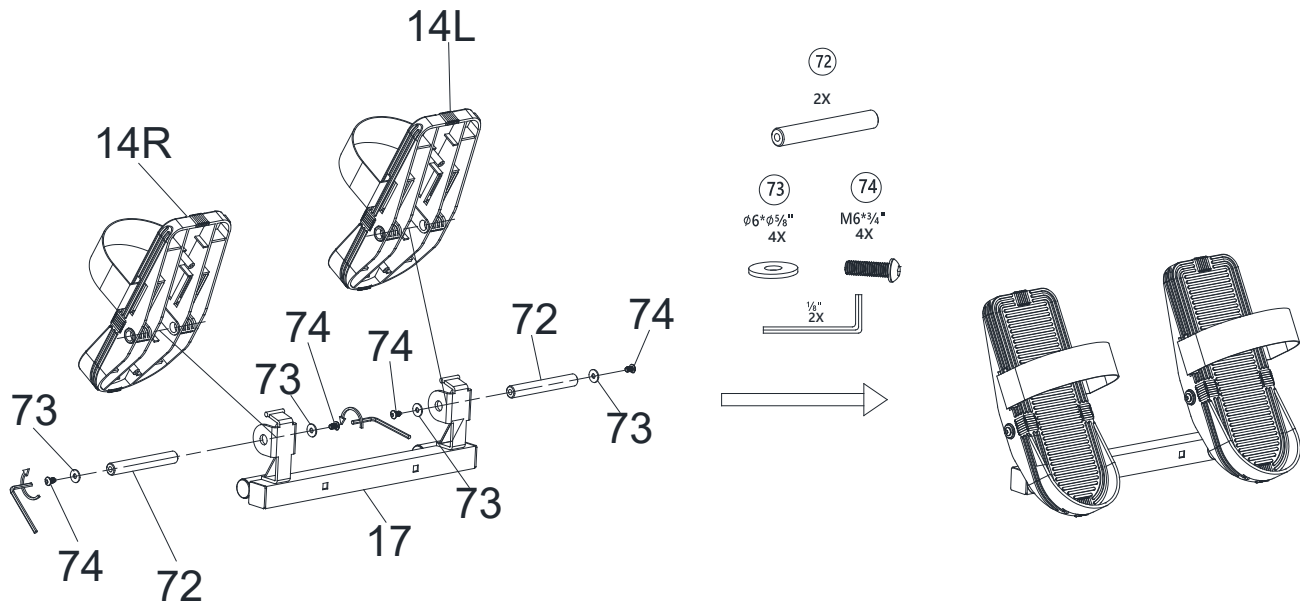
STEP-7

1. Install the locking Knob (#53) to the upper hole to fix the Rower by threading in clock-wise
(Since the rower sags at the fulcrum, it helps to slightly raise the middle to insert the knob and tighten.)



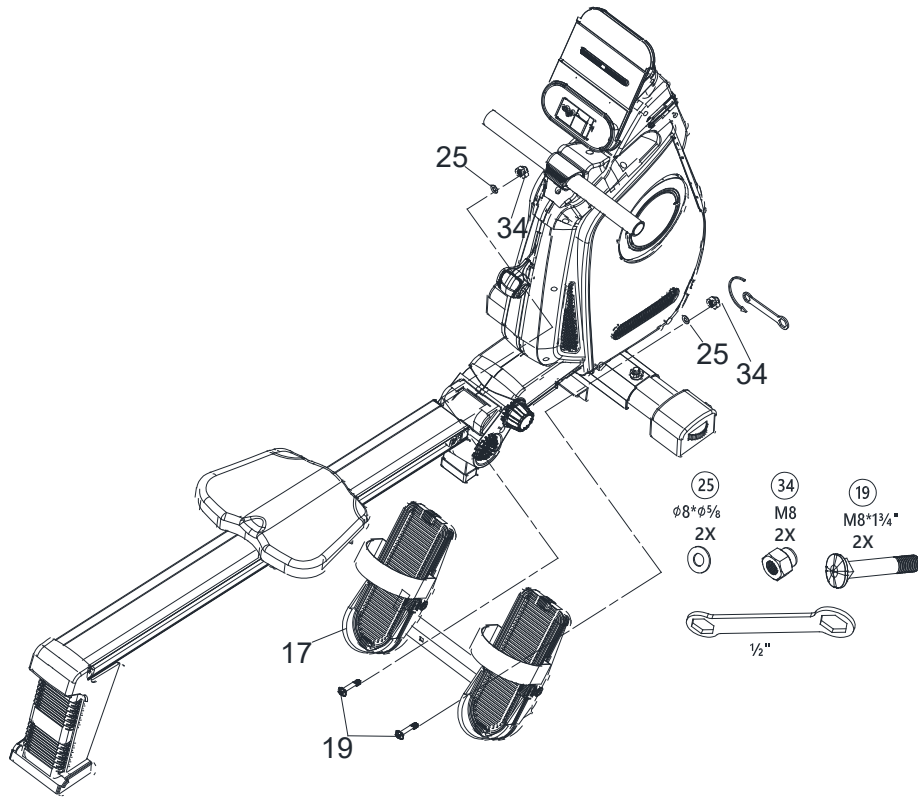
STEP-8

1. Assemble the pedals to the Pedal axle prior to installing to the Main Frame.
2. Secure the Left Pedal (#14L), and Right Pedal(#14R) to Pedal Axle (#72), Washer (#73) and Allen bolt(#74) to assemble to the Pedal support tube(#17).

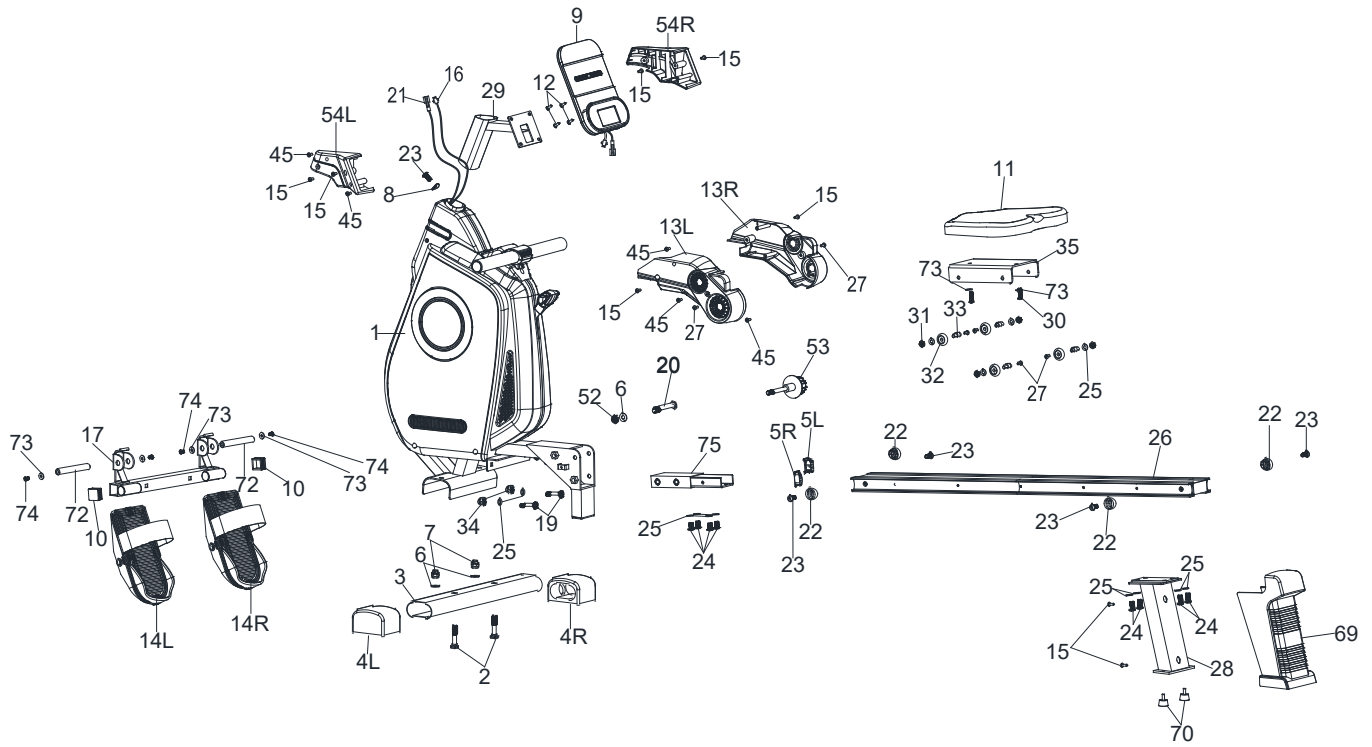


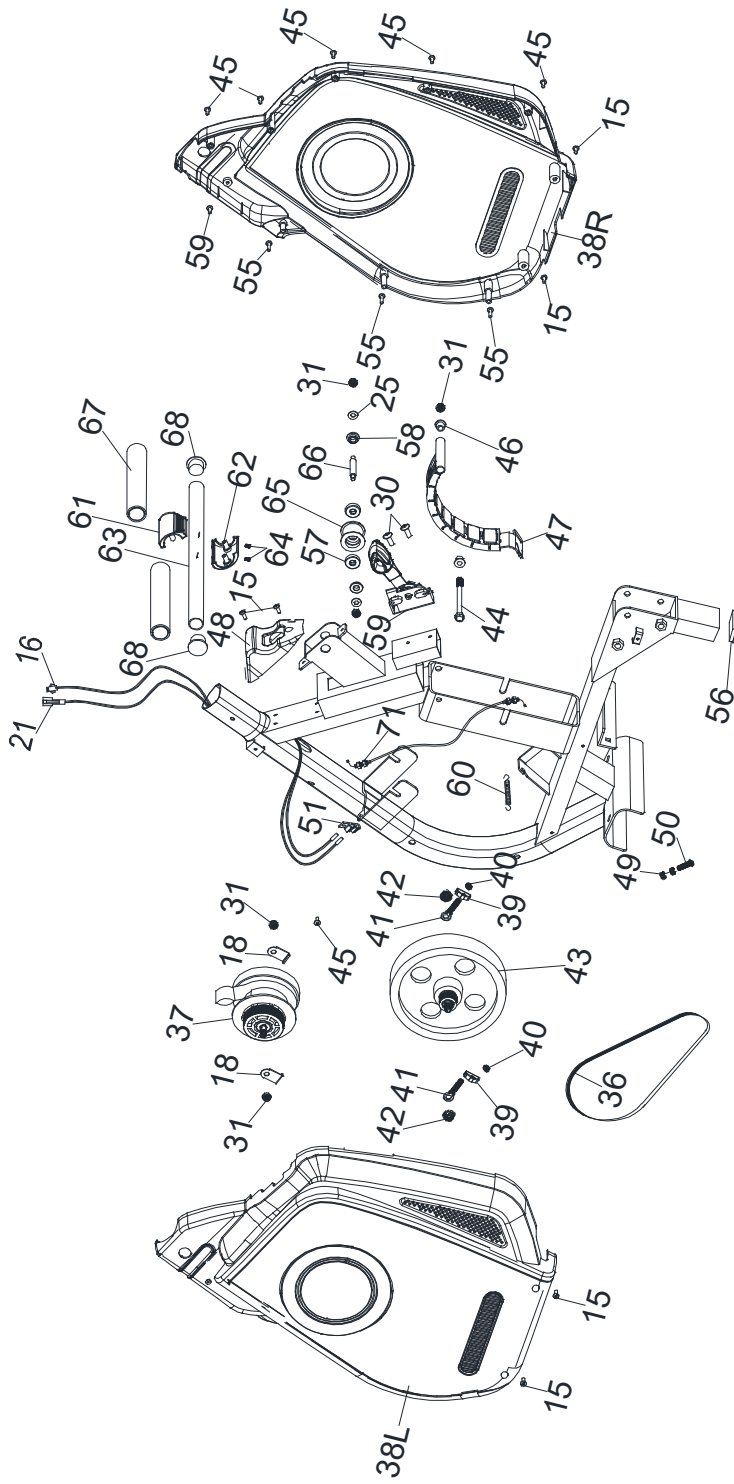
STEP-9

Attach the completed pedal to the main frame, use Carriage bolt(#19), washer(#25) and domed nut(#34) to tighten.



EXPLODED DIAGRAM





AMZ-979RW PARTS LIST

NO.	Description	Qty
1	Main frame	1
2	Carriage bolt M10x2 $\frac{1}{8}$ "	2
3	Front stabilizer	1
4L	End cap for front stabilizer L	1
4R	End cap for front stabilizer R	1
5L	End cap for slide rail L	1
5R	End cap for slide rail R	1
6	Flat washer - Large	3
7	Domed nut M10	2
8	Curved washer	3
9	Computer	1
10	End cap	2
11	Seat	1
12	Screw M5x $\frac{1}{2}$ "	4
13L	Decorative cover L	1
13R	Decorative cover R	1
14L	Left pedal	1
14R	Right pedal	1
15	Self-tapping screw ST5x $\frac{3}{4}$ "	14
16	Computer wire	1
17	Pedal support tube	1
18	Spring clutch bracket	2
19	Carriage bolt M8x1 $\frac{3}{4}$ "	2
20	Hex head bolt M10x3 $\frac{1}{8}$ "	1
21	Sensor wire	1
22	Collar	4
23	Allen bolt M8x $\frac{3}{4}$ "	5
24	Allen bolt M8x $\frac{5}{8}$ "	8
25	Flat Washer - Small	12
26	Slide rail	1
27	Screw M5x $\frac{5}{8}$ "	6
28	Rear support tube	1
29	Computer support tube	1
30	Allen bolt M6x $\frac{3}{4}$ "	4
31	Aircraft nut M8	9
32	Wheel for seat support bracket	4
33	Axle for seat support bracket	4
34	Domed nut M8	2
35	Seat support bracket	1
36	Belt	1
37	Spring clutch w/rope	1
38L	Left chain cover	1
38R	Right chain cover	1
39	Flywheel adjustor	2
40	Nylon nut M6	2
41	Eye bolt	2

42	Flange nut	2
43	Flywheel	1
44	Hex head bolt M8x4 $\frac{1}{8}$ "	1
45	Self-tapping screw 5x $\frac{1}{2}$ "	11
46	Plastic bushing	2
47	Magnet assembly	1
48	Bumper for handlebar	1
49	Hex head nut	2
50	Hex head bolt M6x1"	1
51	Sensor bracket	1
52	Nylon nut M10	1
53	Knob M10	1
54	End cap for chain cover	1/1
55	Self-tapping Screw 5x1 $\frac{3}{8}$ "	3
56	End cap	1
57	Bearing	2
58	Powder spacer	2
59	Tension gear	1
60	Spring	1
61	Up cover for handlebar	1
62	Bottom cover for handlebar	1
63	Handlebar	1
64	Self-tapping screw	2
65	Idler pulley	1
66	Axle for Idler	1
67	Foam grip	2
68	End cap for handlebar	2
69	Decorative cover for rear support tube	1
70	Adjustable mat	2
71	Wire	1
72	Axle of pedal tube	2
73	washer	6
74	Allen bolt	4
75	Slide tube	1

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the rower IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The rower shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the machine.
5. To avoid possible injury, the help of two or more people are needed when moving the machine around.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 300 lbs.**
8. **Assembled Dimension (L x W x H): 72" x 19" x 38.5"**
9. **Folded Dimension: 36"x19"x53.5"**

OPERATING NOTES

TRANSPORT

The Rower has a pair of roller wheels on Front Stabilizer.
To move, fold up the Rower; carefully hold and tilt the Rower, and then roll.



FUNCTIONS OF THE ELECTRONIC WATCH:

FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To Set the consumer movement of time, count, distance, calories.

RESET -For resetting consumer movement of time, count, distance, calories.

FUNCTION AND OPERATIONS:

1.SCAN: Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions: Time, count, distance, RPM, calorie. Each display will be hold 6 seconds.

2.TIME: (1) Count the total time from exercise start to end.
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. Automatically count down from targeting value during exercise.

3.COUNT: (1) Count the count from exercise start to end.
(2) Press "MODE" button until "COUNT" appears. Press "SET" button to set exercise count. Automatically count down from targeting value during exercise.

4.DISTANCE: (1) Count the distance from exercise start to end.
(2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. Automatically count down from targeting value during exercise.

5.COUNT/MIN(RPM) : Automatically accumulates the workout counts per minute.

6.CALORIES: (1) Count the total calories from exercise start to end.
(2) Press "MODE" button unit "CAL" appears. Press "SET" button to set exercise calories. Automatically count down from targeting value during exercise.

NOTE:

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .

REPLACE BATTERY:

1. Always purchase the correct size and grade of battery most suitable for the intended use.
2. Replace all batteries of a set at the same time.
3. Clean the battery contacts and also those of the device prior to battery installation.
4. Ensure the batteries are installed correctly with regard to polarity (+ and -).
5. Remove batteries from equipment when not in use for extended periods of time.
6. Remove used batteries promptly.
7. The Computer requires two 1.5V (AAA) batteries. Batteries are not included in packaging.
8. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
9. The battery life is approx. 3 months under normal usage.
10. **When the batteries are removed, all the functional values will reset to zero.**

Note:

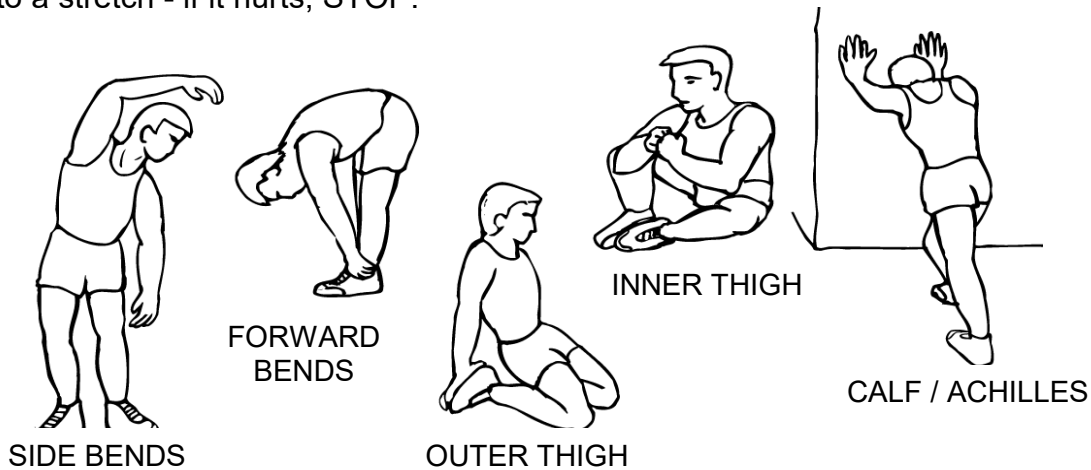
Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

EXERCISE GUIDELINES

Using your **MAGNETIC ROWER** will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie-controlled diet help you lose weight.

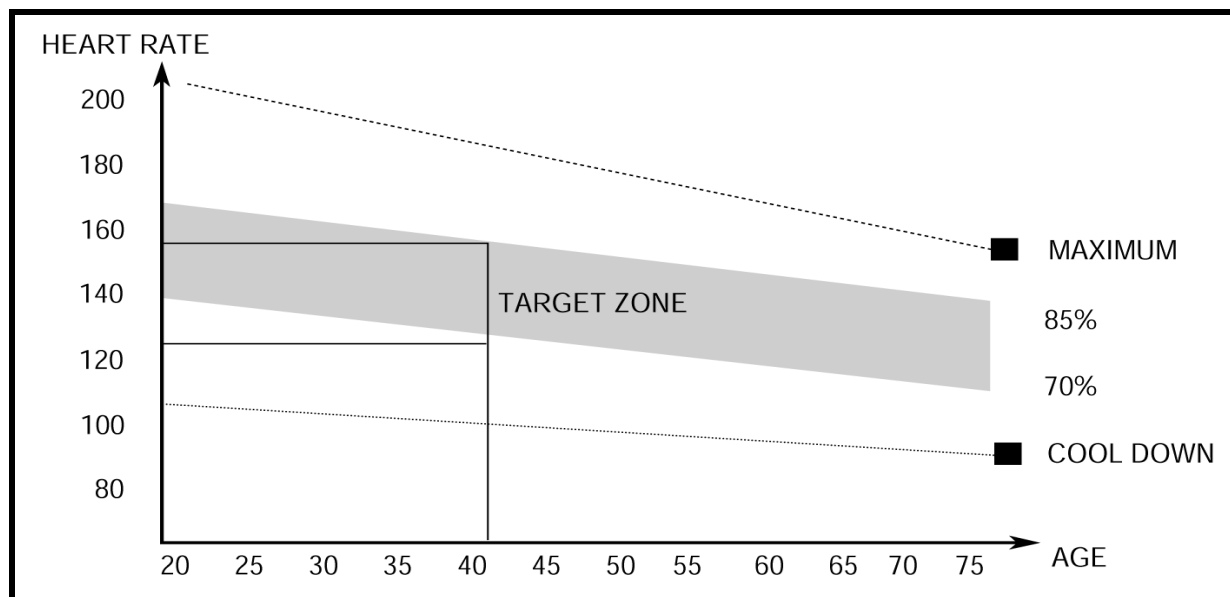
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your targeted heart rate but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your **MAGNETIC ROWER** you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") 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 from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. 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 or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX 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. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. Register on-line www.marcypro.com/

IMPEX[®] INC.
2801 S. Towne Ave.
Pomona, CA 91766

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

support@impex-fitness.com

When ordering replacement part, always give the following information.

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