

NOTE:
Please read all
instructions carefully
before using this product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
JX-7301

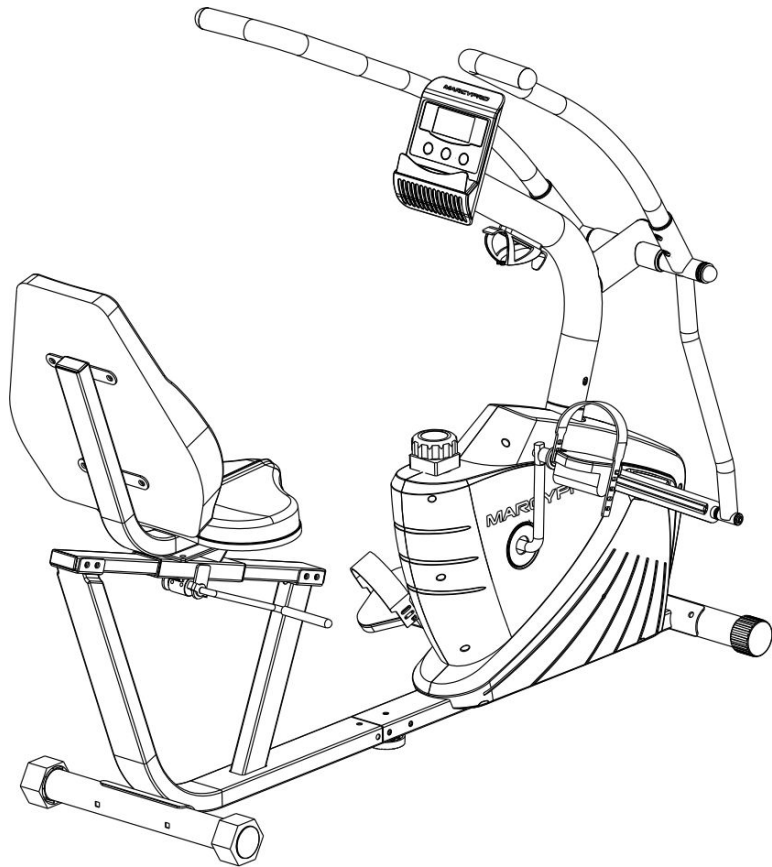
Retail This Manual
for Reference

210324

**ASSEMBLY &
OWNER'S
MANUAL**

MARCY®

DUAL ACTION RECUMBENT BIKE JX-7301



IMPEX® INC.

2801 S. Towne Ave. Pomona, Ca 91766

Tel: (800)999-8899 Fax: (626)961-9966

www.marcypro.com

support@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORANT SAFETY NOTICES	2
WARNING LABEL PLACEMENT	3
HARDWARE PACK	4
COMPONENT FOR ASSEMBLY	5
CARE AND MAINTENANCE AND STORAGE	6
EXPLODED DIAGRAM	7
PARTS LIST	8
ASSEMBLY STEPS	10
OPERATING NOTES	19
COMPUTER FUNCTIONS AND OPERATION	20
EXERCISE GUIDELINES	23
WARRANTY	25
ORDERING PARTS	25

BEFORE YOU BEGIN

Thank you for selecting the MARCY Dual Action Recumbent Bike 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

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

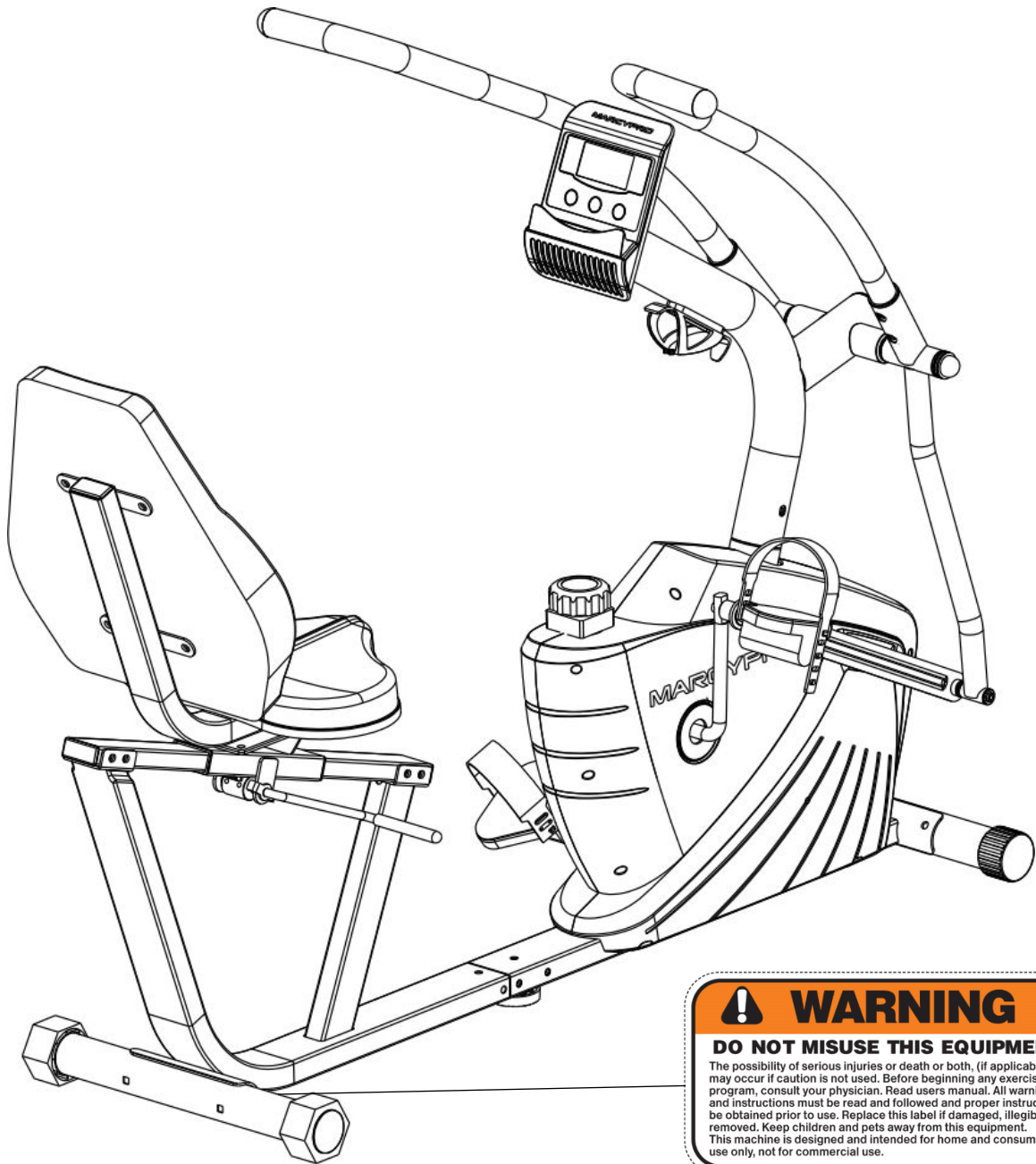
PRECAUTIONS

This exercise bike 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 bike. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise bike at all times. DO NOT leave children unattended in the same room with the bike.**
2. Only one person at a time should use the bike.
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 bike on a clear, leveled surface. DO NOT use the bike 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 bike. Running or aerobic shoes are also required when using the bike.
7. Use the bike 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 bike.
9. Disabled person should not use the bike without a qualified person or physician in attendance.
10. Before using the bike to exercise, always do stretching exercises to properly warm up.
11. Never operate the bike if it 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.














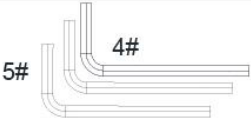
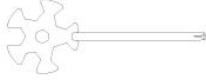
WARNING LABEL PLACEMENT



The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer and Main Frame.

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

<p>N0.16</p>  <p>Carriage Bolt M8x2½" ×4</p>	<p>N0.17</p>  <p>Curved Washer φ8×12</p>	<p>N0.18</p>  <p>Locking Washer φ8 ×33</p>
<p>N0.19</p>  <p>Acorn Nut M8 ×8</p>	<p>N0.21</p>  <p>Allen Bolt M8x¾" ×30</p>	<p>N0.22</p>  <p>Washer φ8 ×25</p>
<p>N0.49</p>  <p>Allen Bolt M6x1½" ×4</p>	<p>N0.50</p>  <p>Locking Washer φ6 ×4</p>	<p>N0. 51</p>  <p>Washer φ6 ×4</p>
<p>N0.52</p>  <p>Connecting Rod ×2</p>	<p>N0.53</p>  <p>Wave Washer φ½" ×2</p>	<p>N0.54</p>  <p>Self-tapping Screw ST4.8×½" ×2</p>
<p>N0.29</p>  <p>Hex Bolt M8x42 ×4</p>	 <p>4# Allen Wrech ×2 5# Allen Wrech ×1</p>	 <p>Multi Wrech ×1</p>

COMPONENTS FOR ASSEMBLY



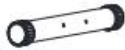
N0.1 Main Frame



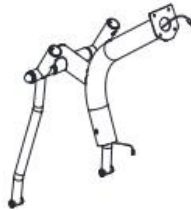
N0.2 Rear Frame



N0.3 Rear Stabilizer



N0.4 Front Stabilizer



N0.5 Front Post



N0.8 Seat Support



N0.10 Linkage Arm



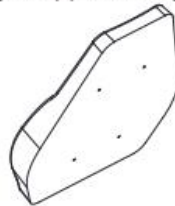
N0.11 Right Upper Swing Arm



N0.12 Left Upper Swing Arm



N0.13 Seat Pad



N0.14 Backrest Pad



N0.28 Seat Rail



N0.31 Leveler



N0.37 Water Bottle Holder



N0.38/39 Left /Right Pedal



N0.45 Computer

CARE, MAINTENANCE AND STORAGE

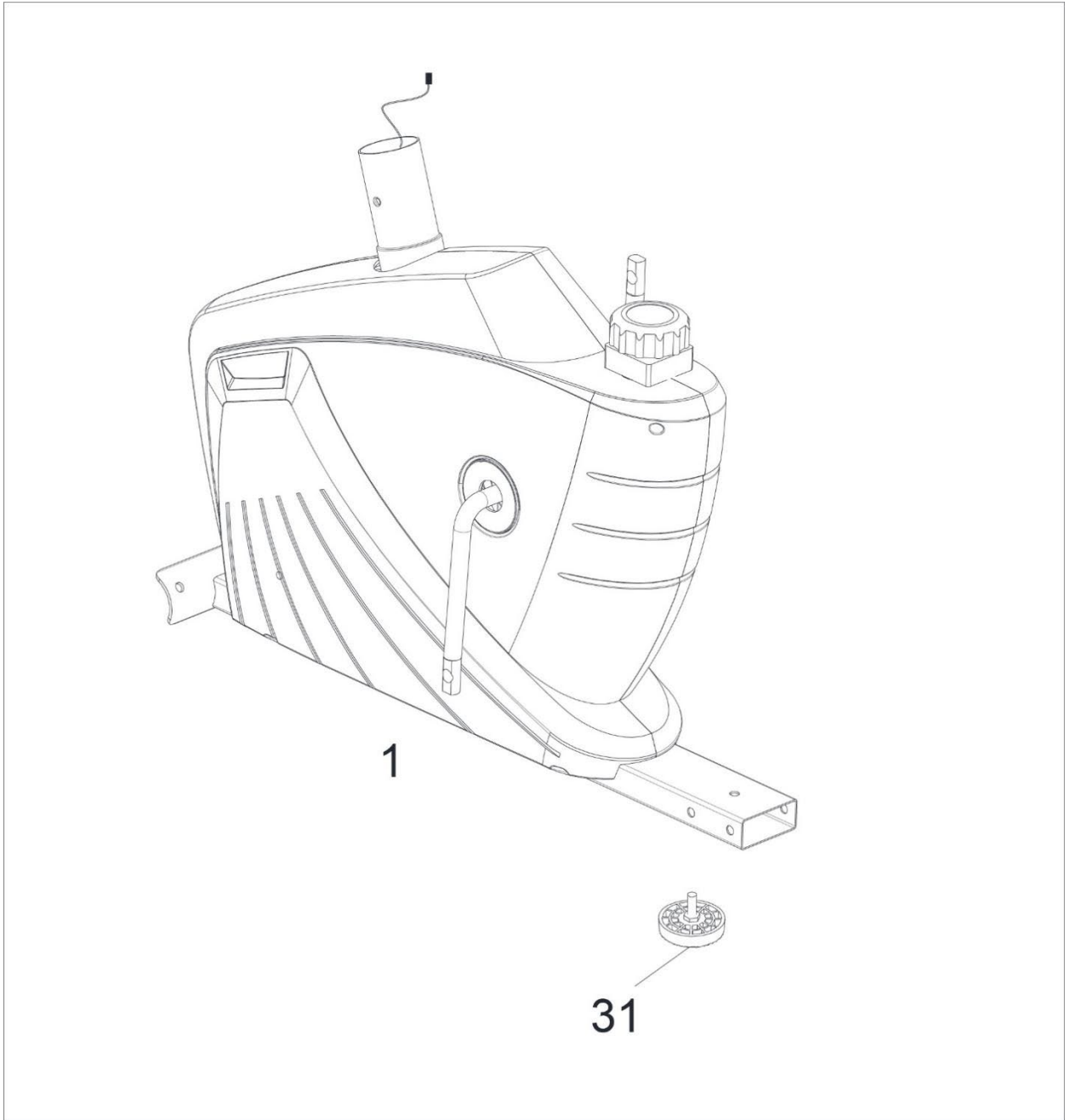
1. Inspect and tighten all parts each time you use the bike. Replace any worn parts immediately.
2. The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the bike IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be 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 bike.
5. To avoid possible injury, the help of two or more people is needed when moving the bike 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: 61"x26.75"x47.25**

JX-7301 PARTS LIST

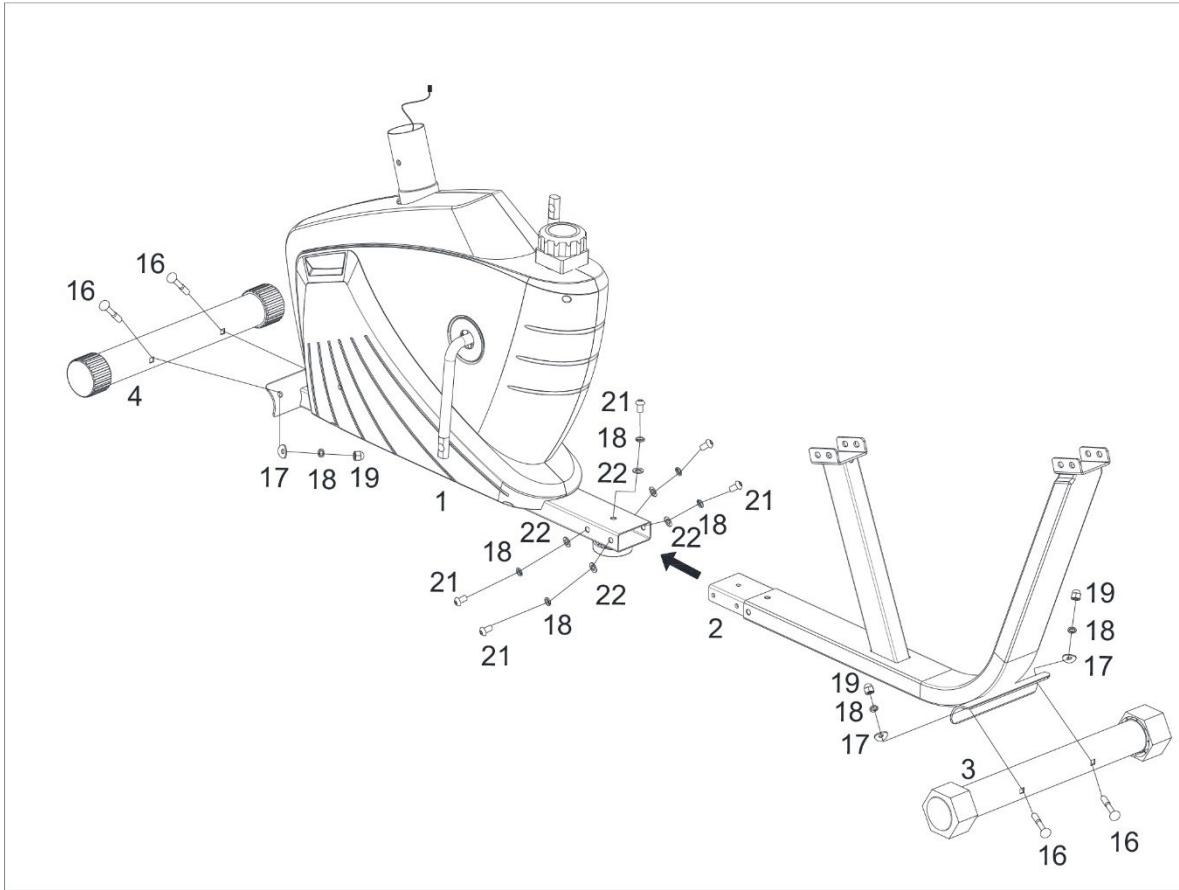
Part #	Description	Size	Qty
1	Main Frame		1
2	Rear Frame		1
3	Rear Stabilizer		1
4	Front Stabilizer		1
5	Front Post		1
6	Left Lower Swing Arm		1
7	Right Lower Swing Arm		1
8	Seat Support		1
9	Seat Adjustment Assembly		1
10	Linkage Arm		2
11	Right Upper Swing Arm		1
12	Left Upper Swing Arm		1
13	Seat Pad		1
14	Backrest Pad		1
15	Plastic Sleeve		2
16	Carriage Bolt	M8x2½"	4
17	Curved Washer	Φ8	12
18	Locking Washer		33
19	Acorn Nut	M8	8
20	Lever Sleeve		1
21	Allen Bolt	M8x⅔"	30
22	Washer	Φ8	30
23	Crank		1
24	Spacer		1
25	End Cap		2
26	Leveler End Cap		2
27	Roller End Cap		2
28	Seat Rail		1
29	Hex Bolt		4
30	Seat Support End Cap		2
31	Leveler		1
32	Left Crank Hex Nut		1
33	Right Crank Hex Nut		1
34	Large Washer	Φ ⅔"	2
35	Pedal Spacer		2
36	Wave Washer	Φ ⅔"	2
37	Water Bottle Holder		1
38	Left Pedal		1

39	Right Pedal		1
40	Tension Knob		1
41	Threaded End Cap		2
42	Swing Arm Sleeve		2
43	Swing Arm End Cap		2
44	Handlebar Grip		2
45	Computer		1
46	Phillips Screw	M5×1/2"	4
47	Right Shroud		1
48	Left Shroud		1
49	Allen Bolt	M6×1/2"	4
50	Locking Washer	Φ 1/4"	7
51	Washer	Φ 1/4"	2
52	Connecting Rod		2
53	Wave Washer	Φ 1/2"	2
54	Self-tapping Screw	ST4.8×1/2"	2
A2/B1	Computer Wire		1
B2	Sensor Wire		1

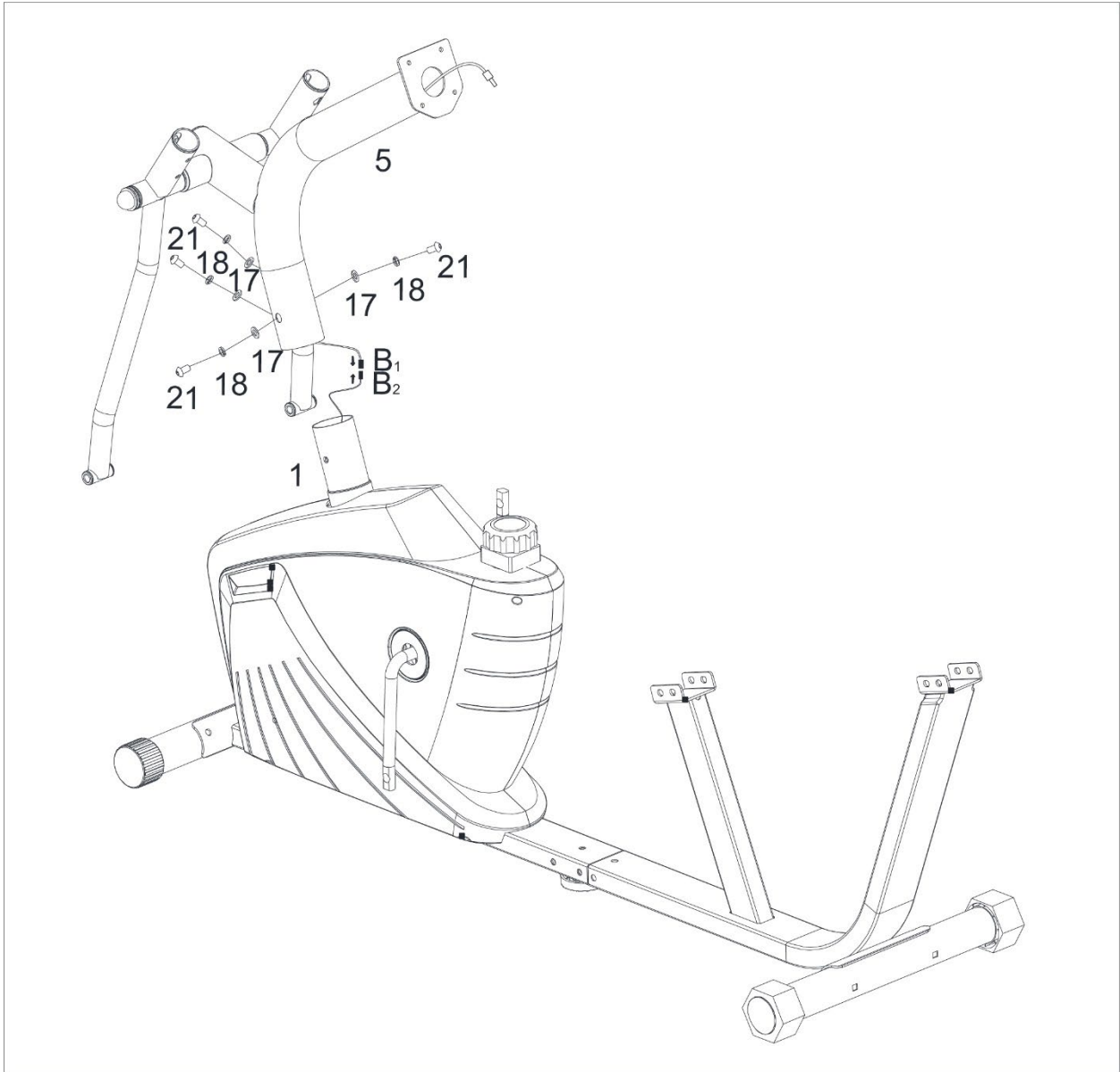
ASSEMBLY STEP 1



ASSEMBLY STEP 2

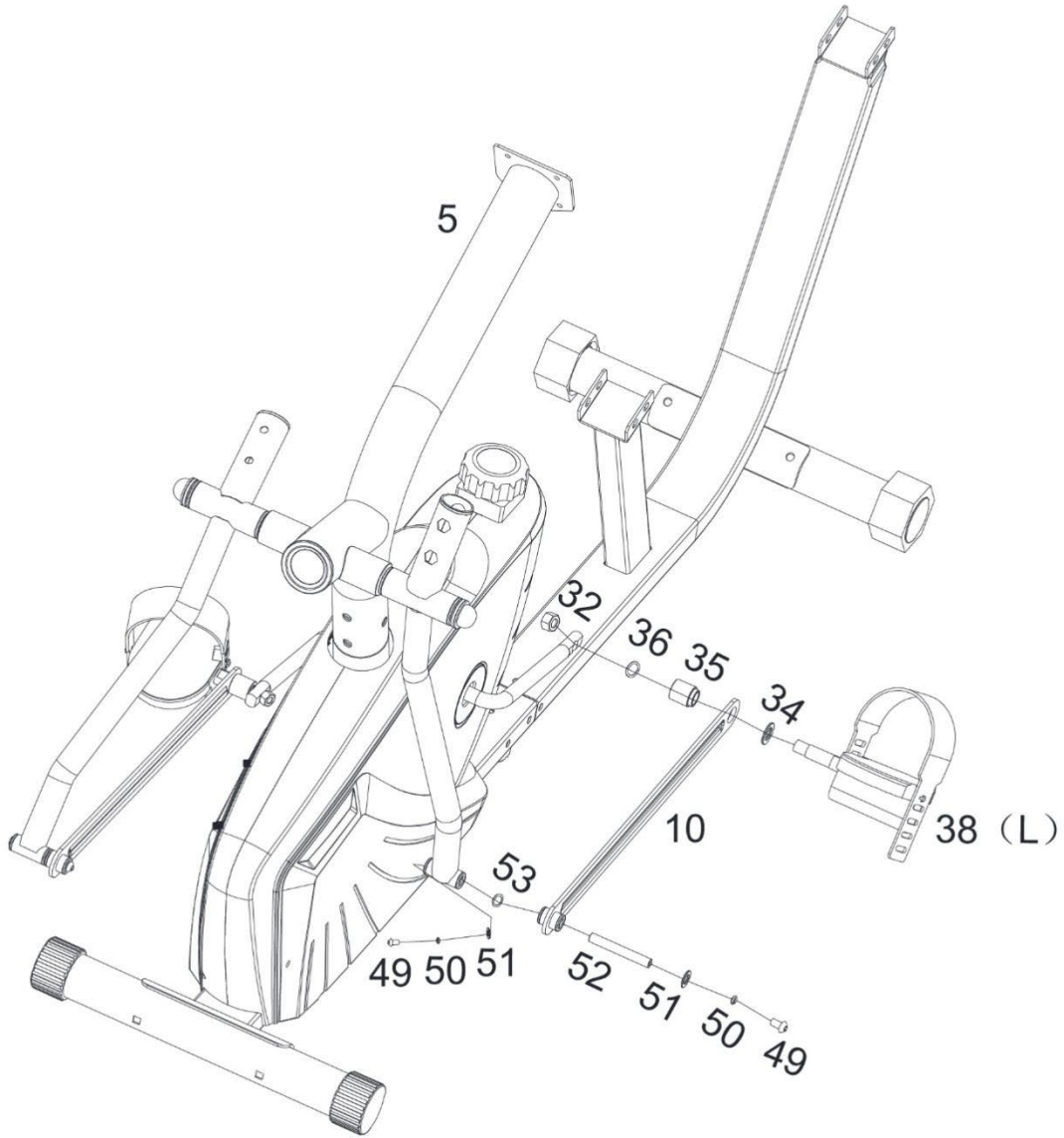


ASSEMBLY STEP 3



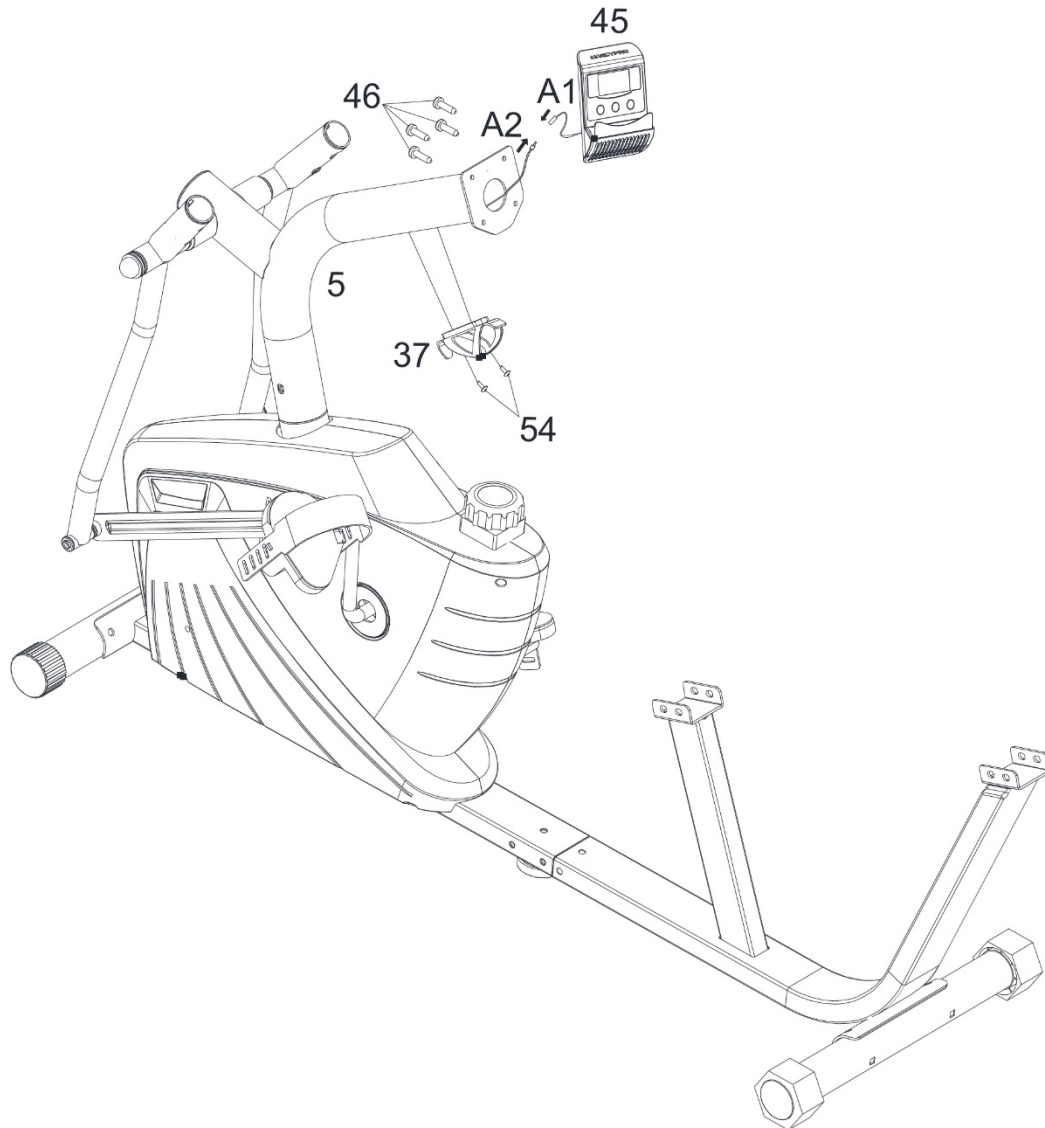
ASSEMBLY STEP 4

NOTE: Part # 32, 34, 35, 36 are pre assembled on the pedals (38L/39R).

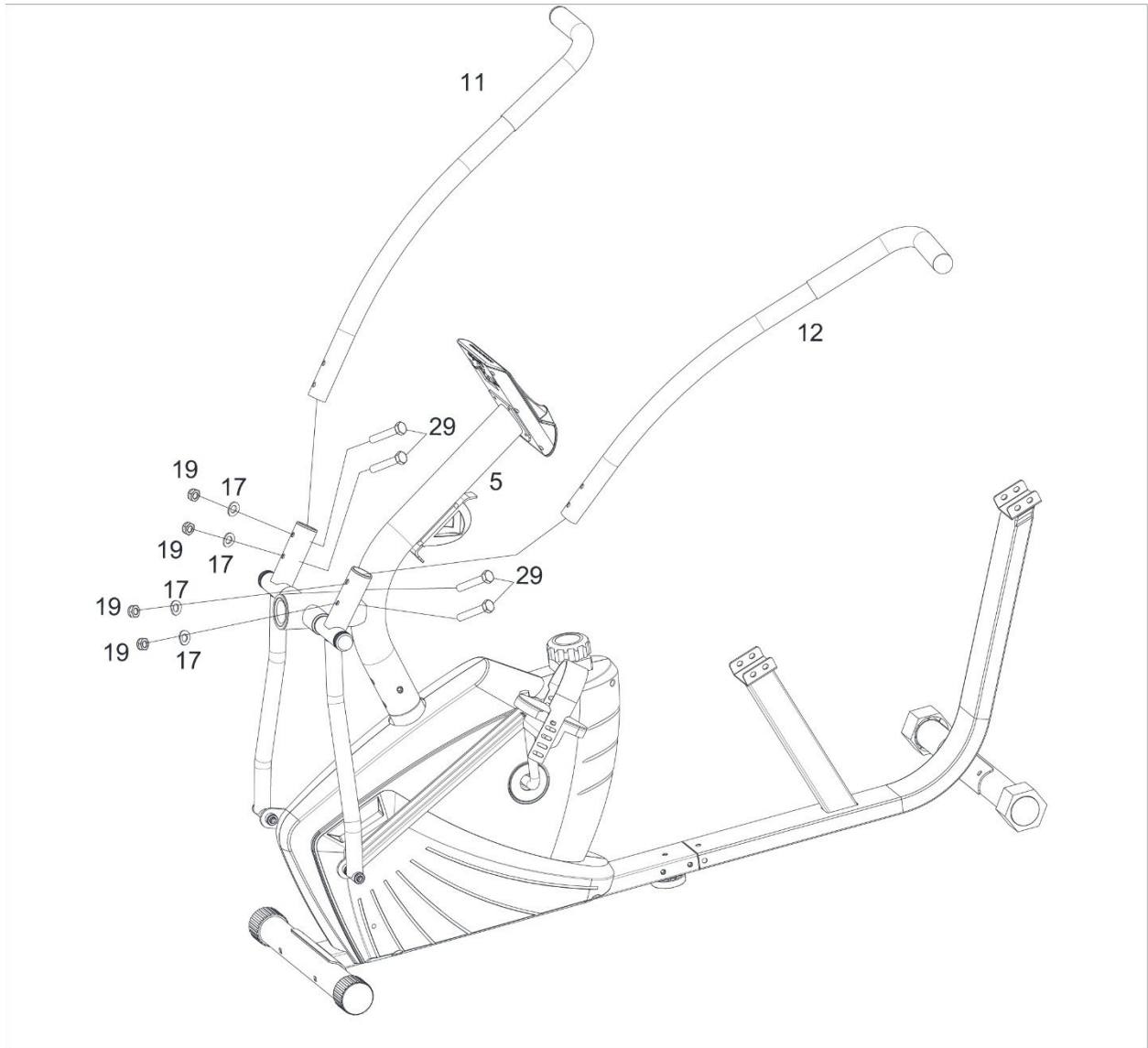


ASSEMBLY STEP 5

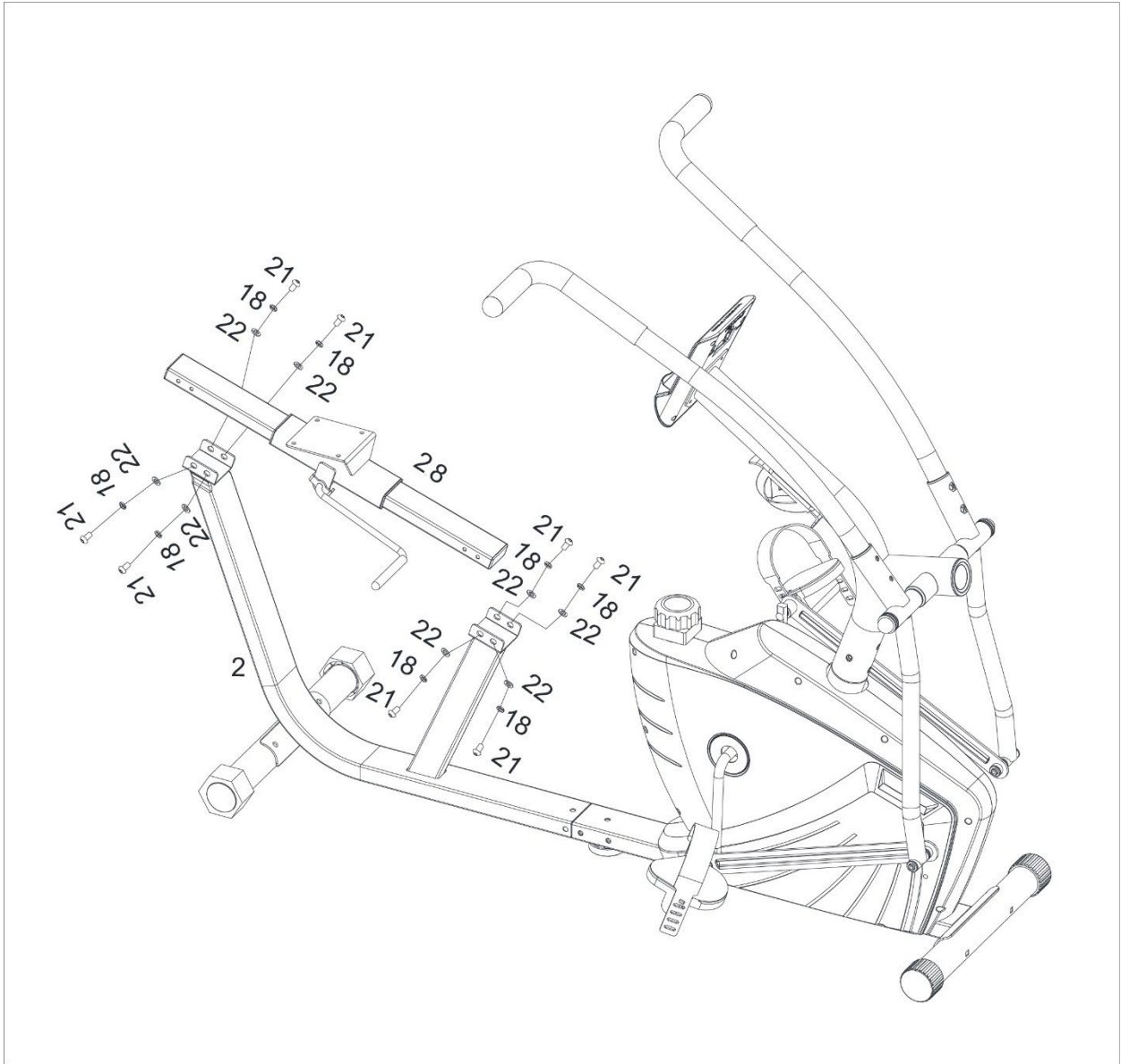
NOTE: part #46 are pre-assembled on the computer (#45)



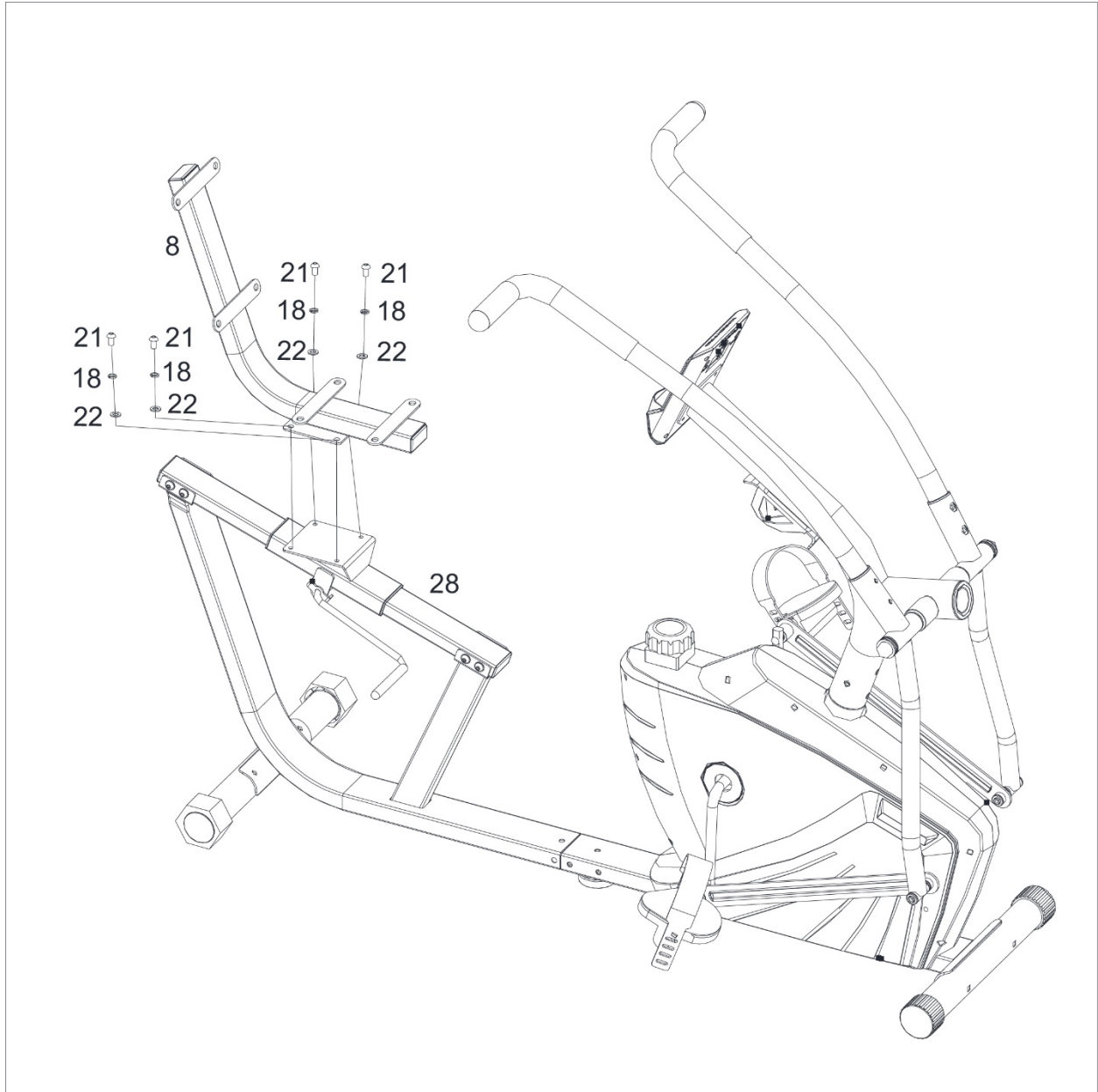
ASSEMBLY STEP 6



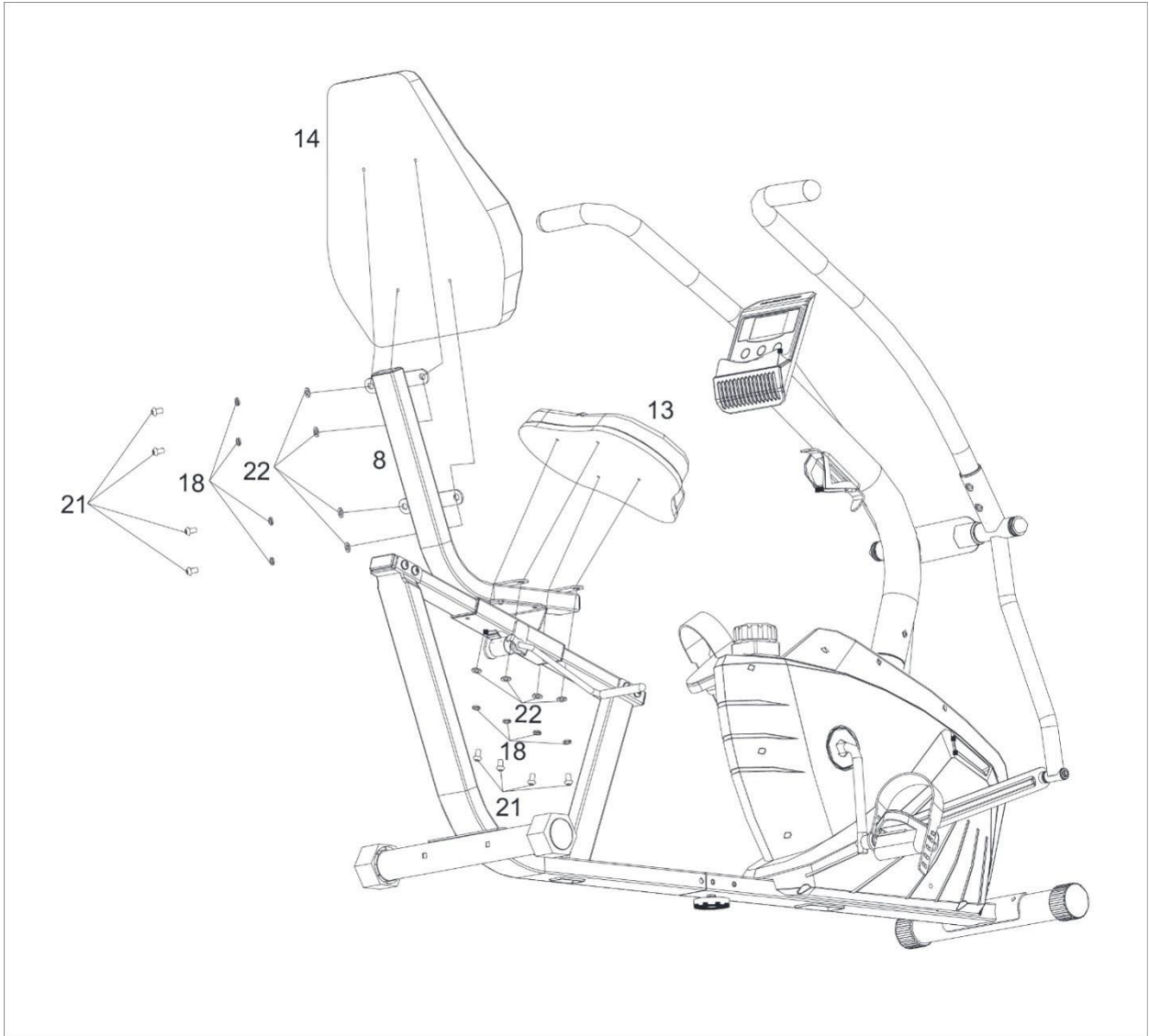
ASSEMBLY STEP 7



ASSEMBLY STEP 8

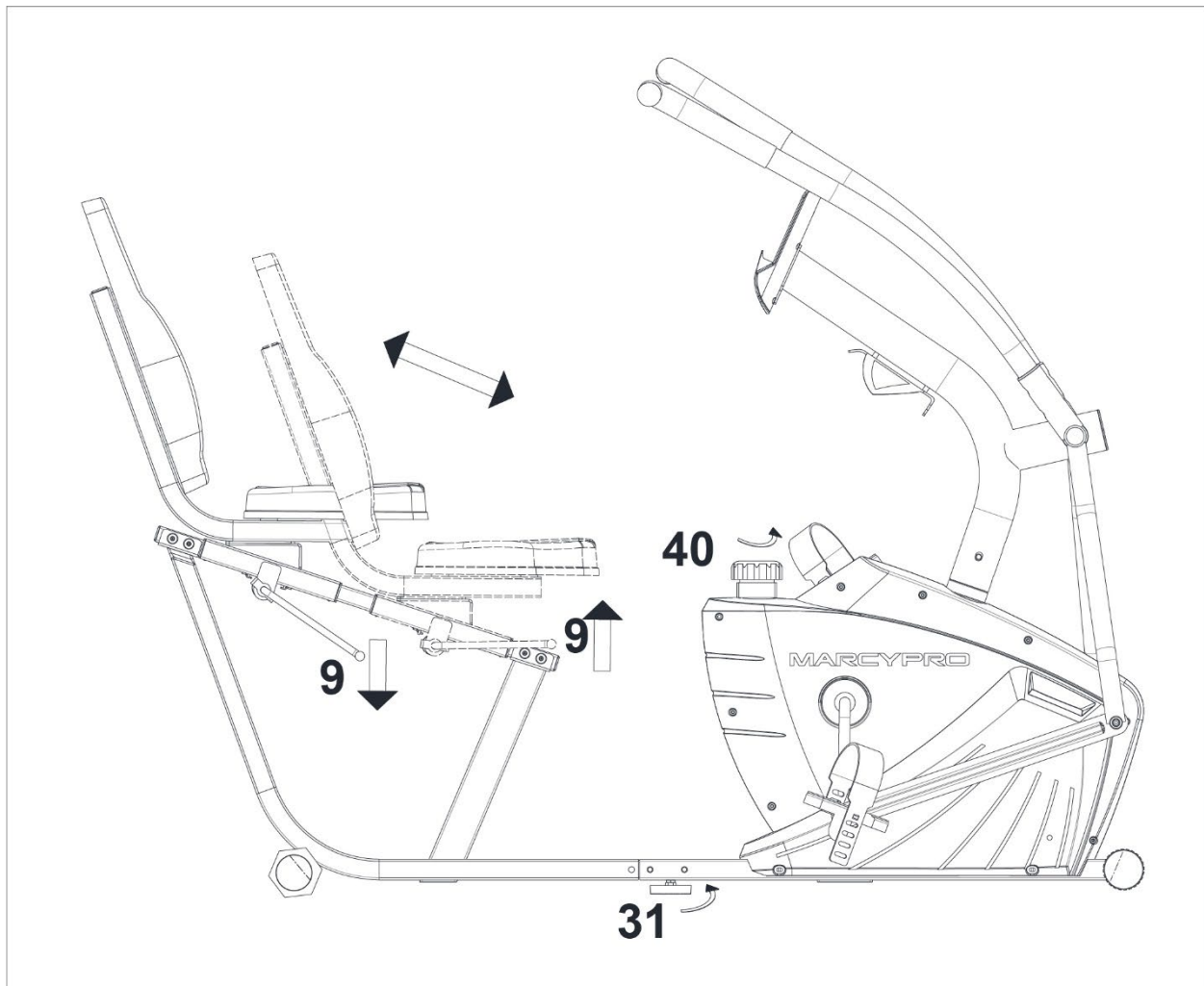


ASSEMBLY STEP 9

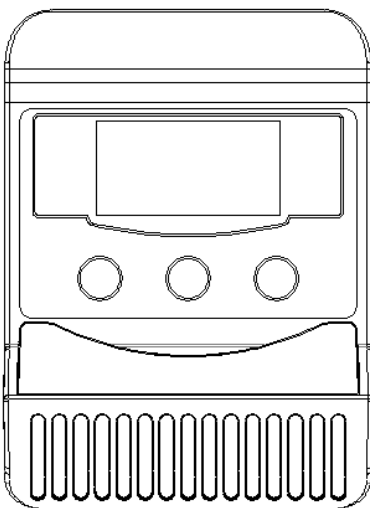


Operating Notes

- To adjust seat position, pull up on lever (#9) to disengage lock, move to desired position, push down on lever to lock.
- To adjust resistance, turn resistance knob (#40) clockwise to increase resistance, counter-clockwise to reduce resistance.
- To adjust the leveler (#31), turn/twist the leveler knob to increase and decrease height to ensure the bike is level.



Computer Functions And Operation



MODE: Pressing Mode allows you to change the display function on the console.

SET: Press to confirm your target time, distance, calories.

RESET: The key to reset the value to zero by pressing the key.

OPERATION PROCEDURES:

1. AUTO ON/OFF

- The system turns on when any key is pressed or when it sensor an input from the speed sensor.
- The system turns off automatically when the bike has detected no activity for 4 minutes.

2. RESET

The unit can be reset by either changing the batteries or pressing the MODE key for 3 seconds.

3. MODE

To choose the SCAN or LOCK if you do not want the scan mode, press the MODE key when the pointer on the function you want which begins blinking.

FUNCTIONS:

5. **TIME:** Press the MODE key until pointer lock on to TIME. The total working time will be shown when starting exercise.

6. **SPEED:** Press MODE until speed is displayed. The current speed will now be displayed during your workout.

1. **DISTANCE:** Press MODE until distance is displayed. The distance will now be displayed during your workout.

2. **CALORIE:** Press MODE until Calorie is displayed. The number of calories burnt will now be displayed during your workout.

3. **ODOMETER:** Press the MODE key until the pointer advance to ODOMETER. The total accumulated distance will be shown.

4. **SCAN:** The display will change every 4 seconds, scrolling through time, speed, distance, calories.

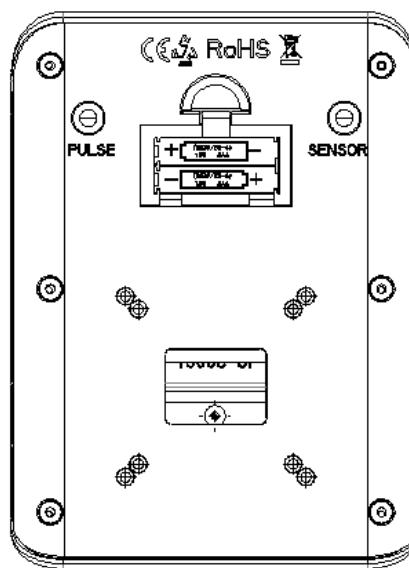
BATTERY:

If the display starts to fade, the batteries need replacing.

Computer Functions And Operation

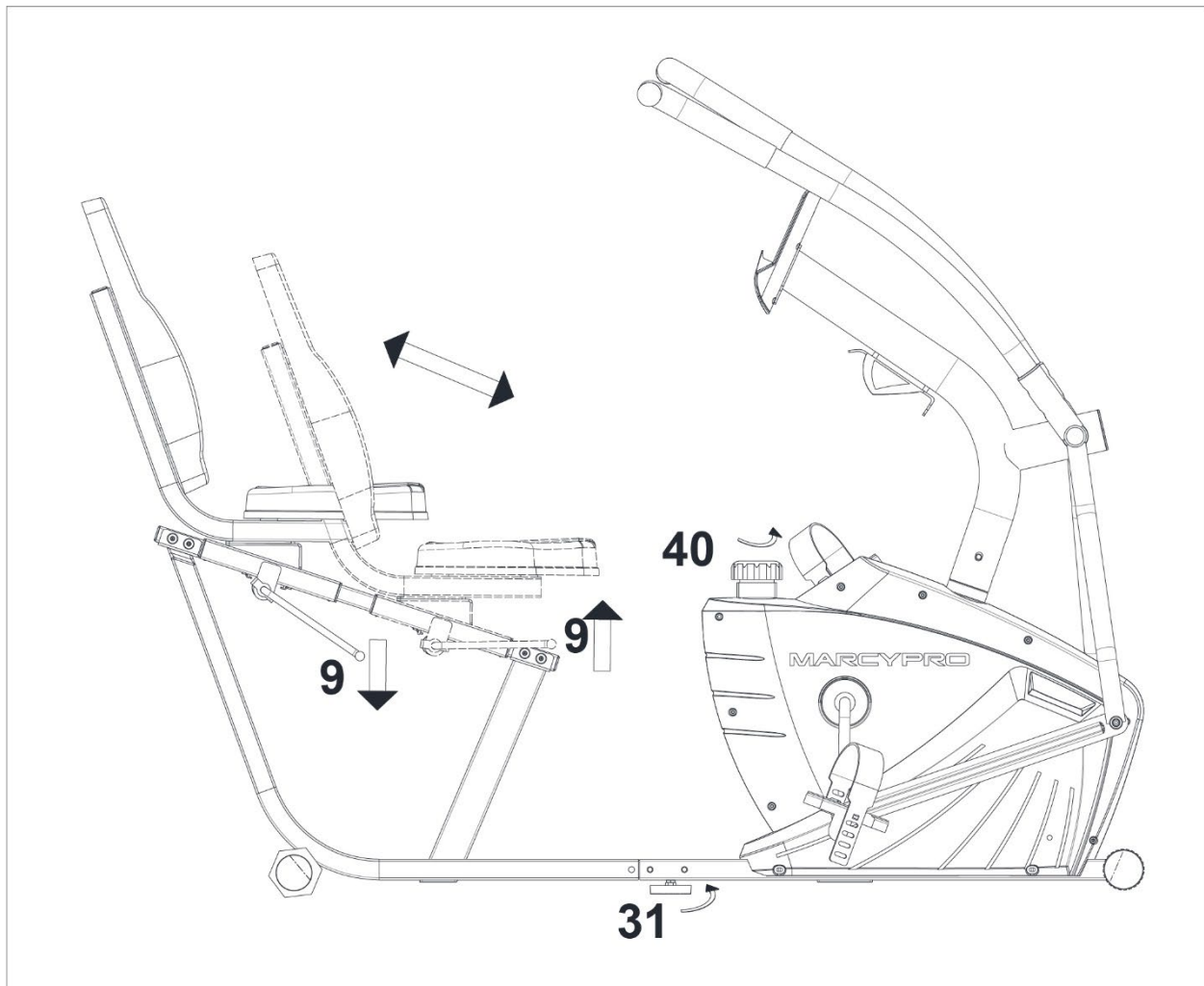
Function	Auto Scan	Every 4 Seconds
	Speed	0.0 – 99.9 Km/h
	Distance	0.0 – 999.9 Km
	Time	0:00 – 99:59 (Minute: Second)
	Calories	0.0 – 999.9 Cal
	Odometer	0.0 – 999.9 Km
Battery type		2 x SIZE – AAA

1. Remove the battery cover on the back of the computer.
2. Replace 2x1.5V (AAA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. The battery life is approx. 10 months under normal usage.



Operating Notes

- To adjust seat position, pull up on lever (#9) to disengage lock, move to desired position, push down on lever to lock.
- To adjust resistance, turn resistance knob (#40) clockwise to increase resistance, counter-clockwise to reduce resistance.
- To adjust the leveler (#31), turn/twist the leveler knob to increase and decrease height to ensure the bike is level.

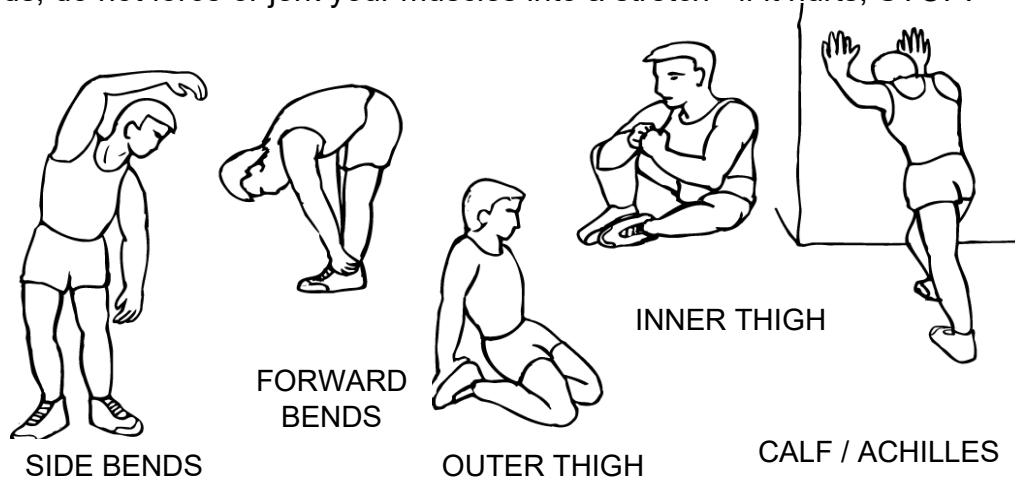


EXERCISE GUIDELINES

Using your **Bike** 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.

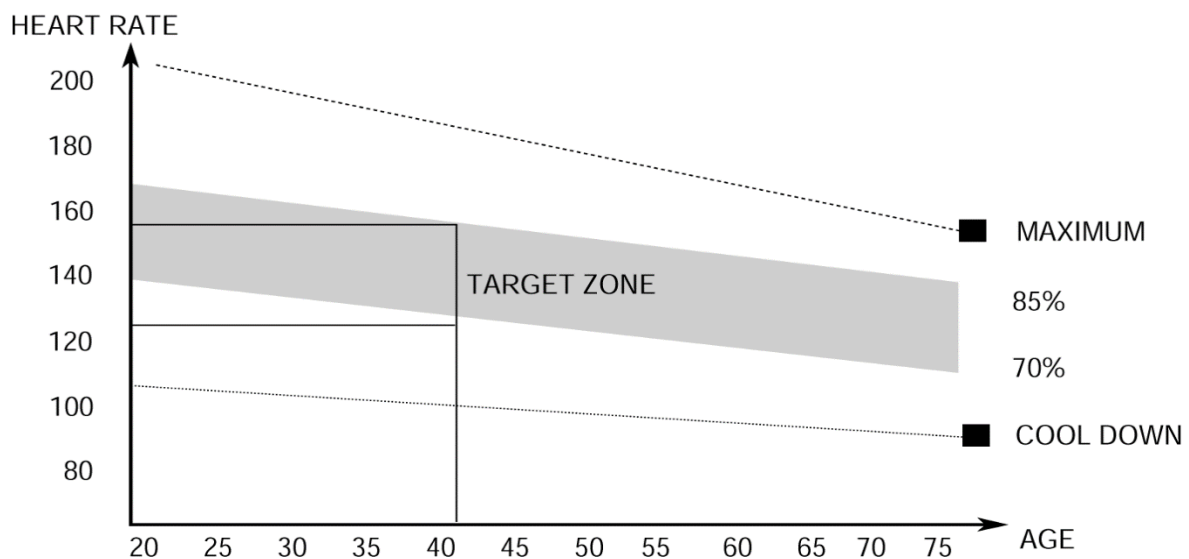
1. The Warmup Phase

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 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 warmup 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 **BIKE** 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 warmup 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 South Towne Avenue,
Pomona, California 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.
www.marcypro.com
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