

NOTE:
Please read all instructions
carefully before using this
product

Table of Contents

Safety Notice

Hardware Pack

Assembly Instruction

Parts List

Warranty

Ordering Parts

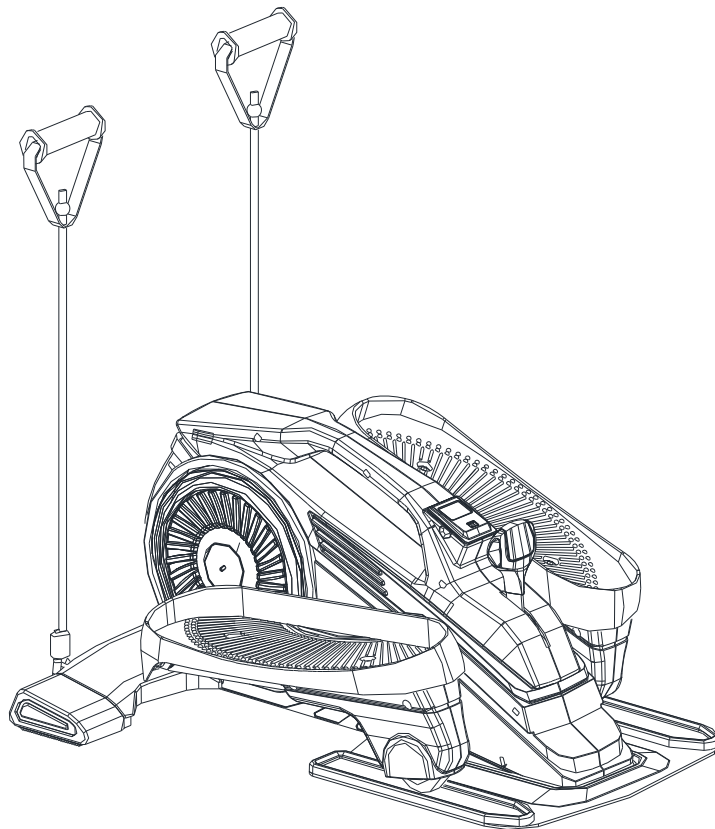
Model
NS-1009

Retain This
Manual for
Reference

190513

ASSEMBLY &
OWNER'S
MANUAL

BIONIC BODY **COMPACT ELLIPTICAL TRAINER NS-1009**



IMPEX® INC.

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TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
WARNING LABEL PLACEMENT.....	3
HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	8
PARTS LIST.....	9
CARE, MAINTENANCE, AND STORAGE.....	10
COMPUTER.....	11
EXERCISE GUIDELINES.....	12
WARRANTY.....	14
ORDERING PARTS.....	14

BEFORE YOU BEGIN

Thank you for selecting the Bionic Body Compact Elliptical Trainer NS-1009 by IMPEX® INC. For your safety and benefit, read this manual carefully before using the equipment. 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](mailto:support@impex-fitness.com)

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:

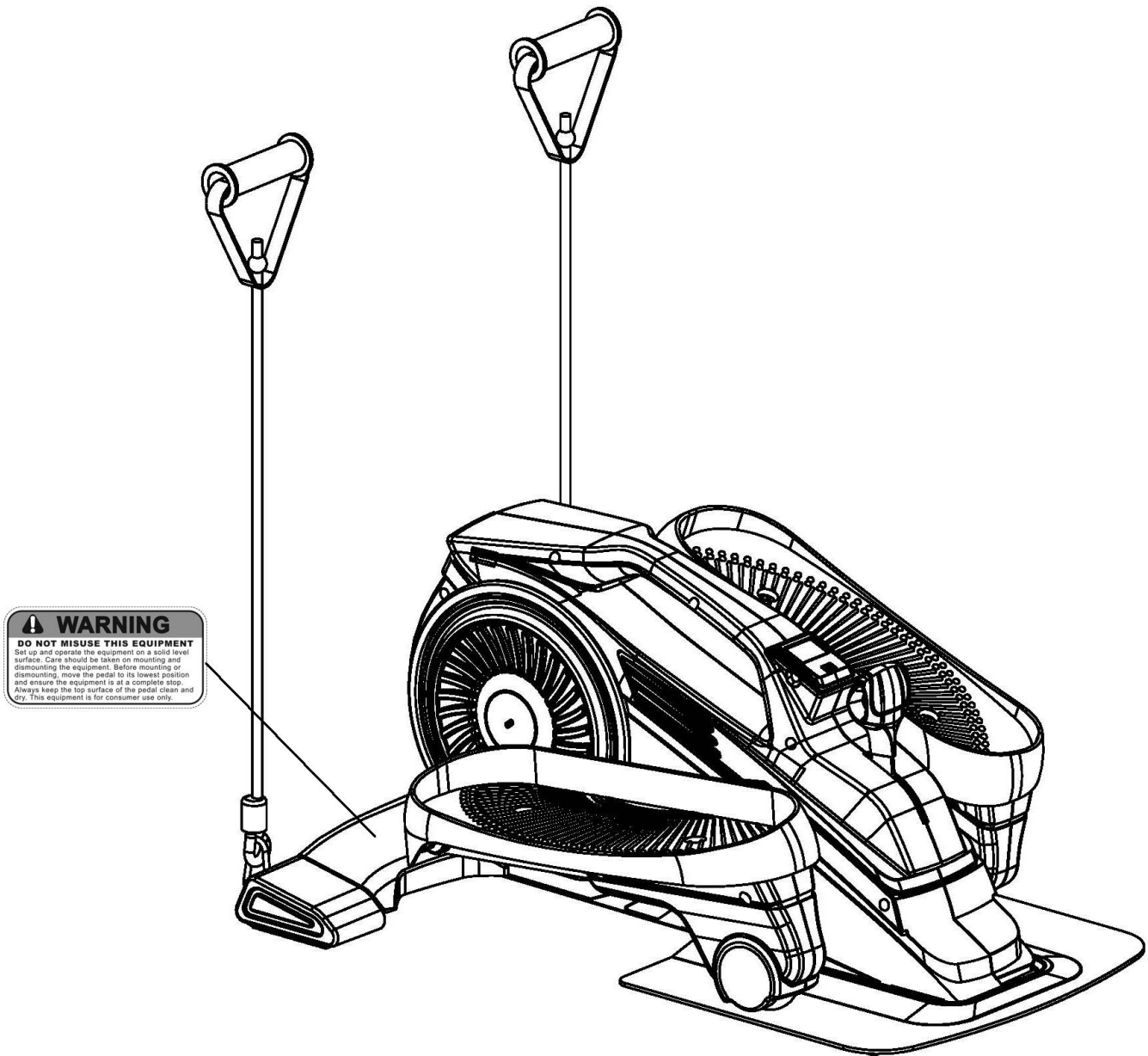
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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 equipment.
13. Inspect the equipment 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 equipment.
15. **This equipment is for consumer and home use only.**

CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.
4. Assembled dimension: 27"x20"x12.5"

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.

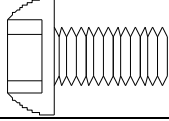

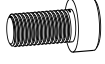
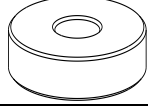


WARNING LABEL PLACEMENT



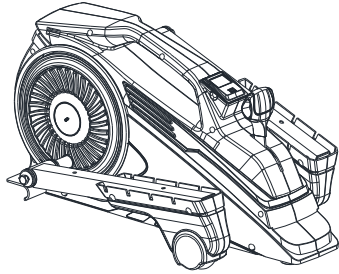
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE PACK

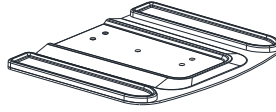
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

No.	Description	Qty	Identifier
# 27	Allen bolt M8 x 5/8"	6	
# 33	Curved washer 5/8"	2	
# 3	Allen bolt M6 x 1/2"	5	
# 45	Rubber Feet	5	
	Allen key 6#	1	
	Allen key 5#	1	

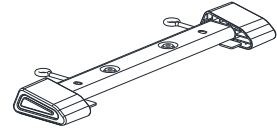
COMPONENTS FOR ASSEMBLY



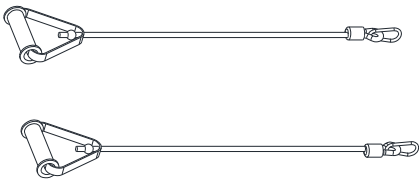
1



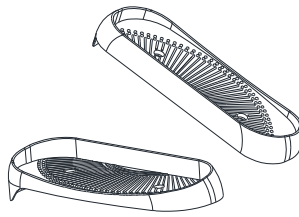
2



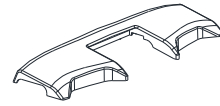
32



48



26L/26R

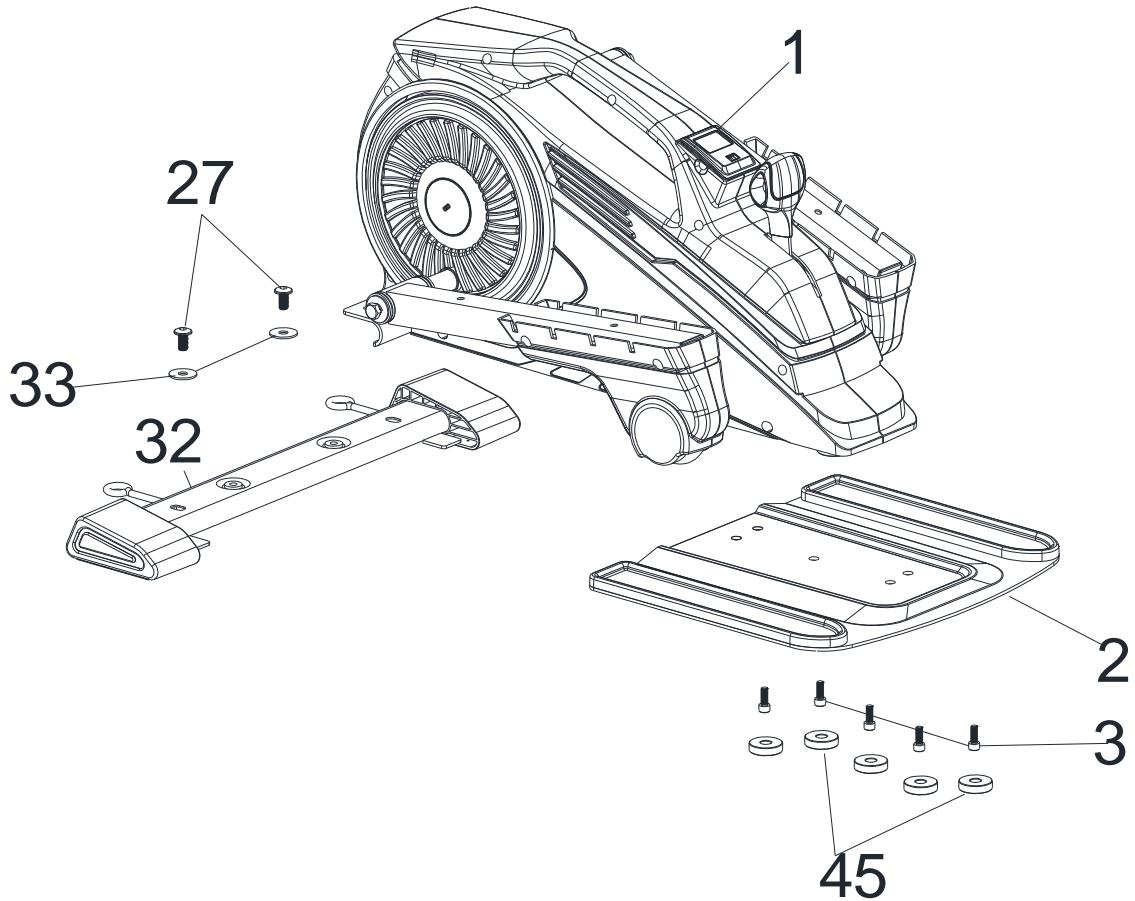


51

ASSEMBLY INSTRUCTION

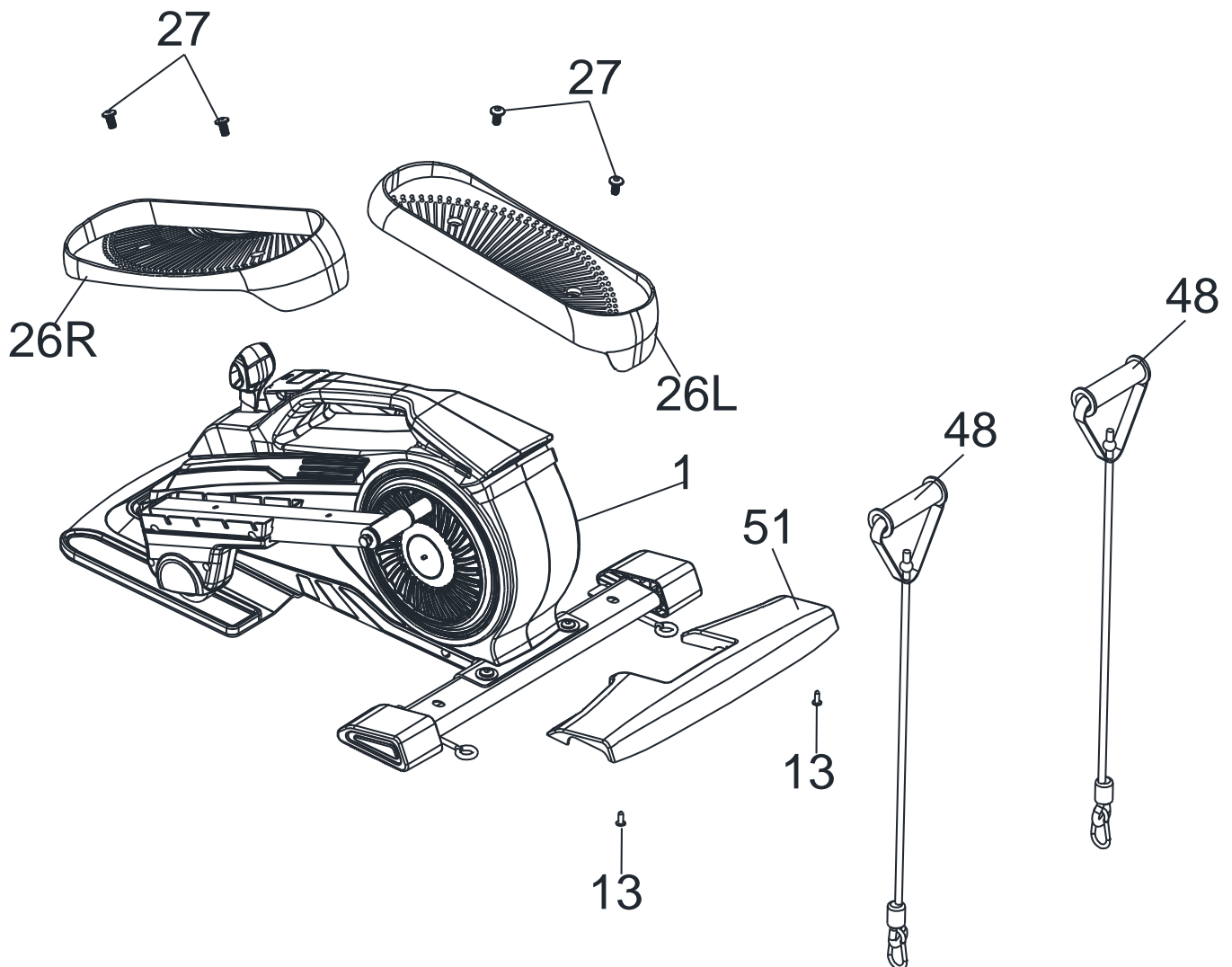
STEP-1

1. Attach the base board (#2) to the front of the main frame (#1) securing with five sets of allen bolts (#3) and rubber feet (#45).
2. Attach the rear stabilizer (#32) to the rear of the main frame (#1) securing with two sets of allen bolts (#27) and flat washers (#33).

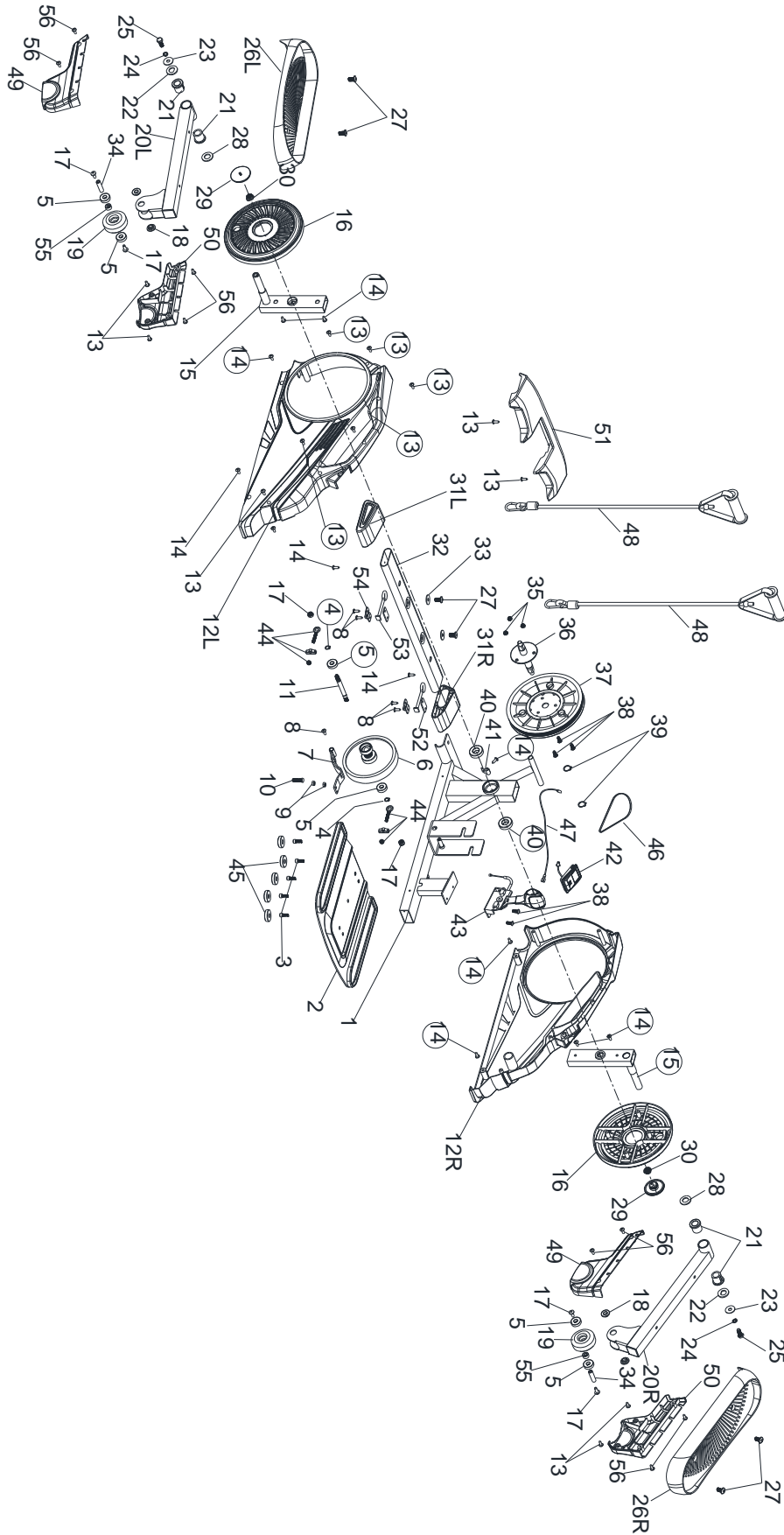


STEP 2

1. Attach left pedal (#26L) to the left pedal of main frame (#1), secure using two allen bolts (#27). Repeat for right pedal (#26R) installation.
2. Attach the Rear Stabilizer Cover (#51) to the rear of the main frame (#1) securing with two Self-tapping screws (#13).
3. Attach the resistance tubes (#48) onto the anchors on the rear stabilizer (#32).



EXPLODED DIAGRAM



NS-1009 PARTS LIST

Part No.	Description	Q'ty
1	Main frame	1
2	Base board	1
3	Allen bolt M6 x 5/8"	5
4	Clamp spring	2
5	Bearing	6
6	Flywheel	1
7	Magnet assembly	1
8	Screw M5 x 5/8"	5
9	Hex Nut M6	2
10	Hex Bolt M6 x 1 1/8"	1
11	Axle for flywheel	1
12	Chain cover (L/R)	1/1
13	Self-tapping screw 3/4"	12
14	Self-tapping screw 5/8"	11
15	Support holder	2
16	Main frame cover	2
17	Allen Bolt M6 x 5/8"	4
18	Powder spacer	4
19	Roller	2
20	Pedal tube (L/R)	1/1
21	Bushing for pedal tube	4
22	D type washer	2
23	Washer Ø 3/8"	2
24	Spring washer	2
25	Hex Bolt M8 x 3/4"	2
26	Pedal (L /R)	1/1
27	Allen bolt M8 x 3/4"	6
28	Washer	2

Part No.	Description	Q'ty
29	End cap for Main frame cover	2
30	Flange nut	2
31	End cap for front stabilizer (L /R)	1/1
32	Rear stabilizer	1
33	Flat washer Ø 3/8"	2
34	Roller Axle	2
35	Nylon nut M6	3
36	Axle for belt pulley	1
37	Belt pulley	1
38	Allen bolt M6 x 5/8"	5
39	Clamp spring	2
40	Bearing	2
41	Sensor bracket	1
42	Computer	1
43	Tension knob	1
44	Joint screw assembly	2
45	Rubber Feet	5
46	Belt	1
47	Sensor wire	1
48	Tension belt	2
49	Cover for Pedal tube(L)	2
50	Cover for Pedal tube(R)	2
51	Cover for Rear stabilizer	1
52	Anchor Bracket	2
53	Anchor Ring	2
54	Anchor limiter	2
55	Bushing	2
56	Screw M5*15	8

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This equipment can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the equipment IN-DOORS. Excess moisture and water would cause rust on the frame.
4. The equipment 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.

COMPUTER



FUNCTIONAL BUTTON: MODE/RESET

Push button to select functions.

Hold the button for 4 seconds to "reset".

FUNCTION:

SCAN

Automatically cycles through time, count, calories and total count; each will be displayed for 4 seconds.

TIME

Automatically accumulates workout time when exercising.

COUNT

Automatically accumulates the number of Steps when exercising .

CALORIES

Automatically accumulates calories burnt when exercising

TOTAL COUNT

Automatically accumulates the Total number of steps performed for all exercise sessions.

REPLACE BATTERY:

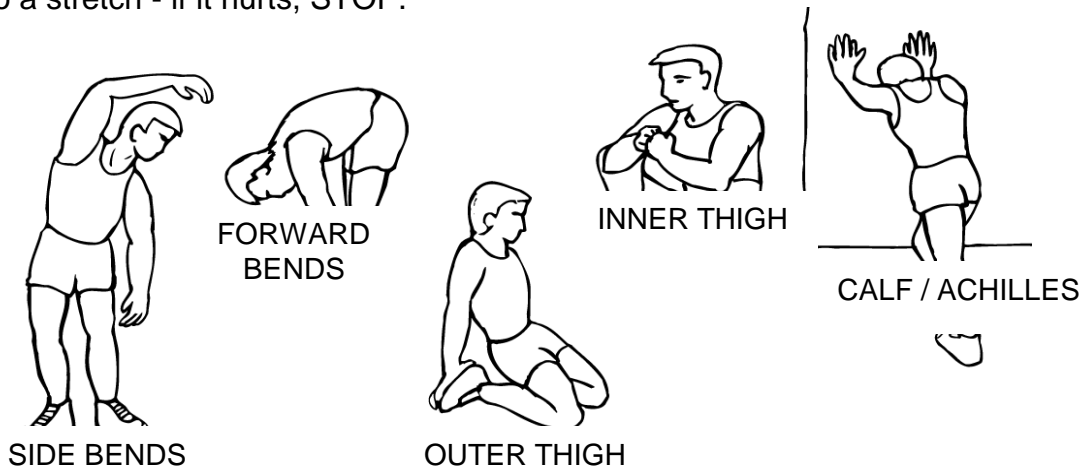
1. Remove the battery cover on the back of the computer.
2. Replace one 1.5V (AAA) battery.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. The battery life is approx. 3 months under normal usage.
5. **When the batteries are removed, all functional values will reset to zero.**

EXERCISE GUIDELINES

Using your **Compact Elliptical Trainer** 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.

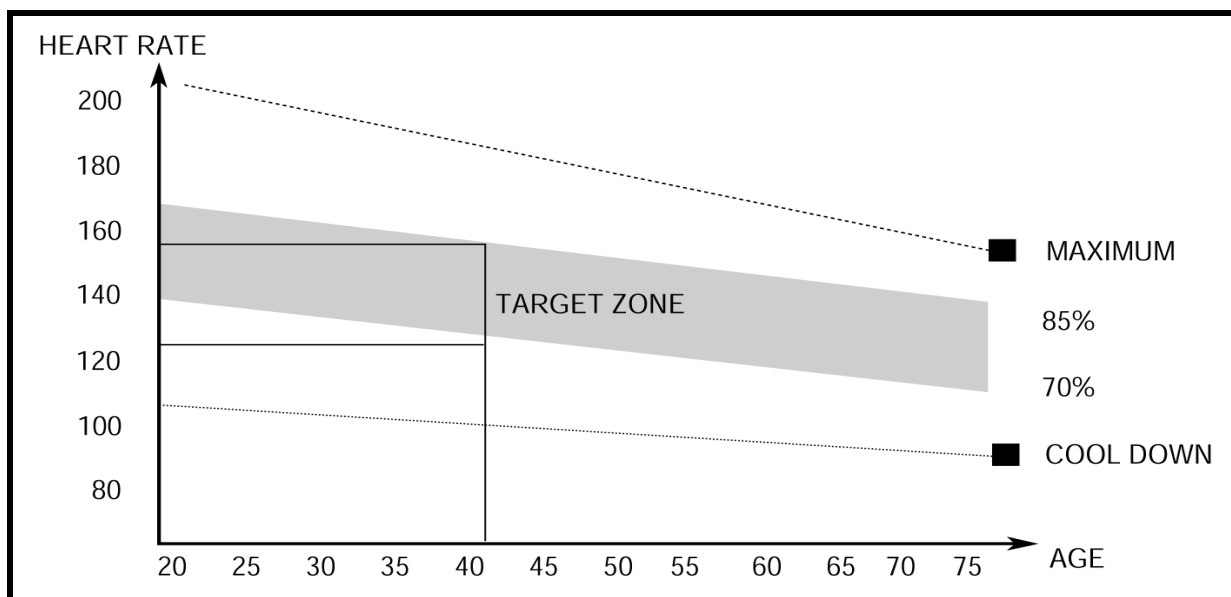
1. The Warm Up Phase

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 **Compact Elliptical Trainer** 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