

**NOTE:**  
Please read all  
instructions carefully  
before using this product

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**Model**  
**NS-1206R**

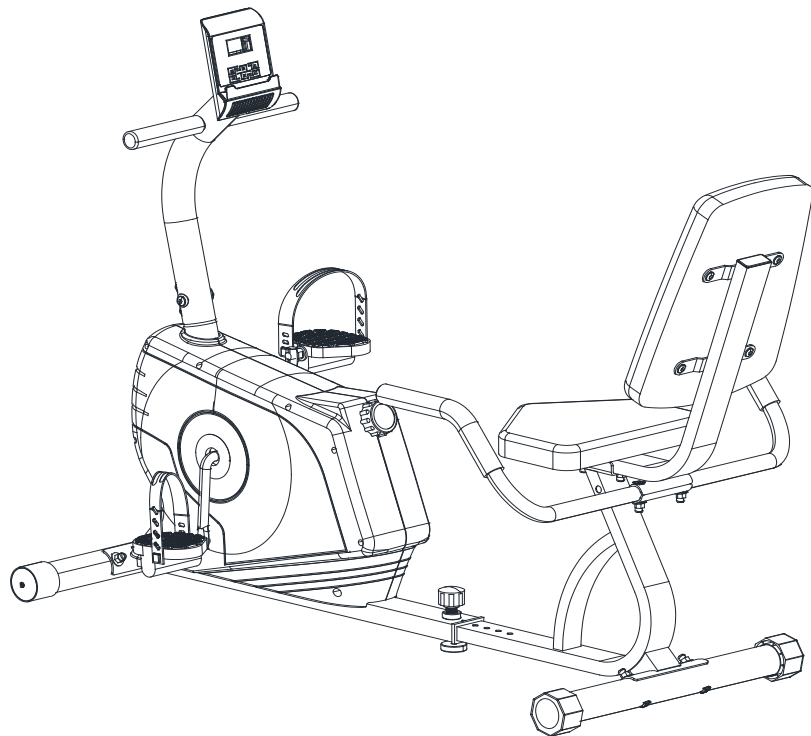
**Retain This**  
**Manual for**  
**Reference**

**190424**

**ASSEMBLY &**  
**OWNER'S**  
**MANUAL**

# MARCY<sup>®</sup>

## **Magnetic** **Recumbent Bike** **NS-1206R**



**IMPEX<sup>®</sup> INC.**

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

[www.marcypro.com](http://www.marcypro.com)  
[support@impex-fitness.com](mailto:support@impex-fitness.com)

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Magnetic Recumbent Bike NS-1206R 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](http://www.marcypro.com)**

**[support@impex-fitness.com](mailto:support@impex-fitness.com)**

## **IMPORTANT SAFETY NOTICE**

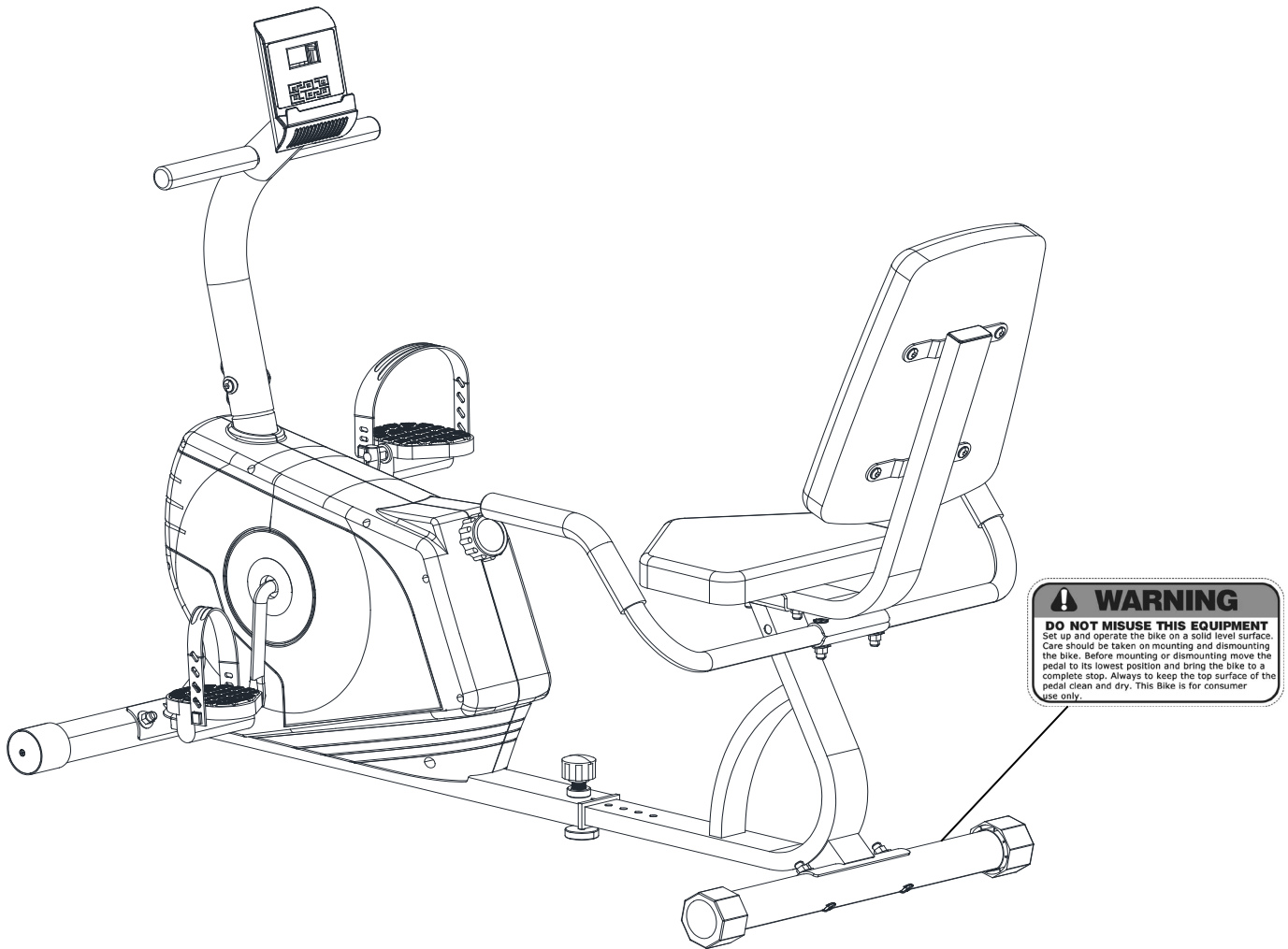
### **PRECAUTIONS**

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 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.**

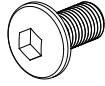


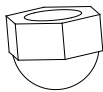

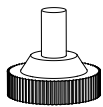

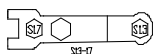
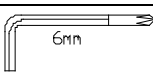
## WARNING LABEL PLACEMENT



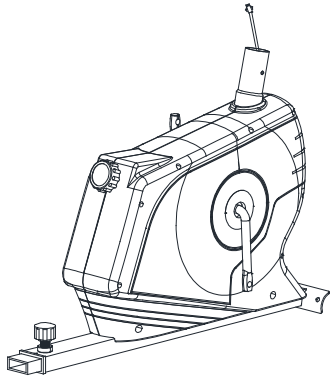
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

## HARDWARE PACK

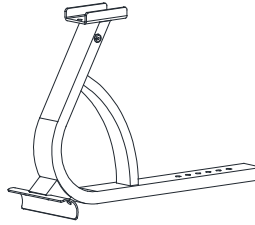
**NOTE:** The following parts are not drawn to scale. Please use your own ruler to measure the size.

No.	Description	Q'ty	Identifier
8	Allen screw M8x $\frac{5}{8}$	12	
9	Curved washer $\Phi 8 \times \Phi 20$	10	
13	Carriage bolt M8*2 $\frac{3}{8}$	4	
19	Domed nut M8	8	
21	Carriage bolt M8*1 $\frac{5}{8}$	4	
20	Leveler knob	1	
22	Washer $\Phi 8 \times \Phi 17$	2	
	Crossing wrench	1	
	Allen key L6	1	

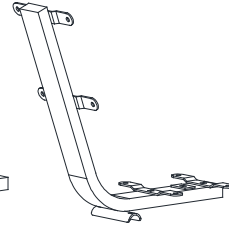
# COMPONENTS FOR ASSEMBLY



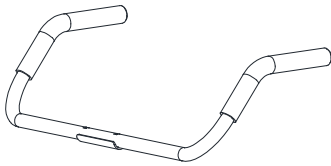
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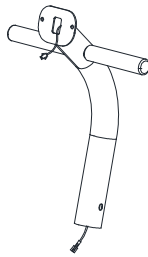
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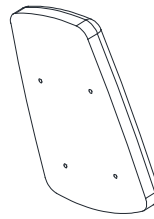
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NO:25



NO:4



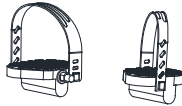
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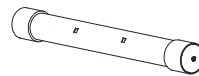
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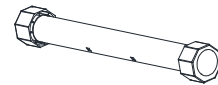
NO:2



NO:17L/R



NO:14



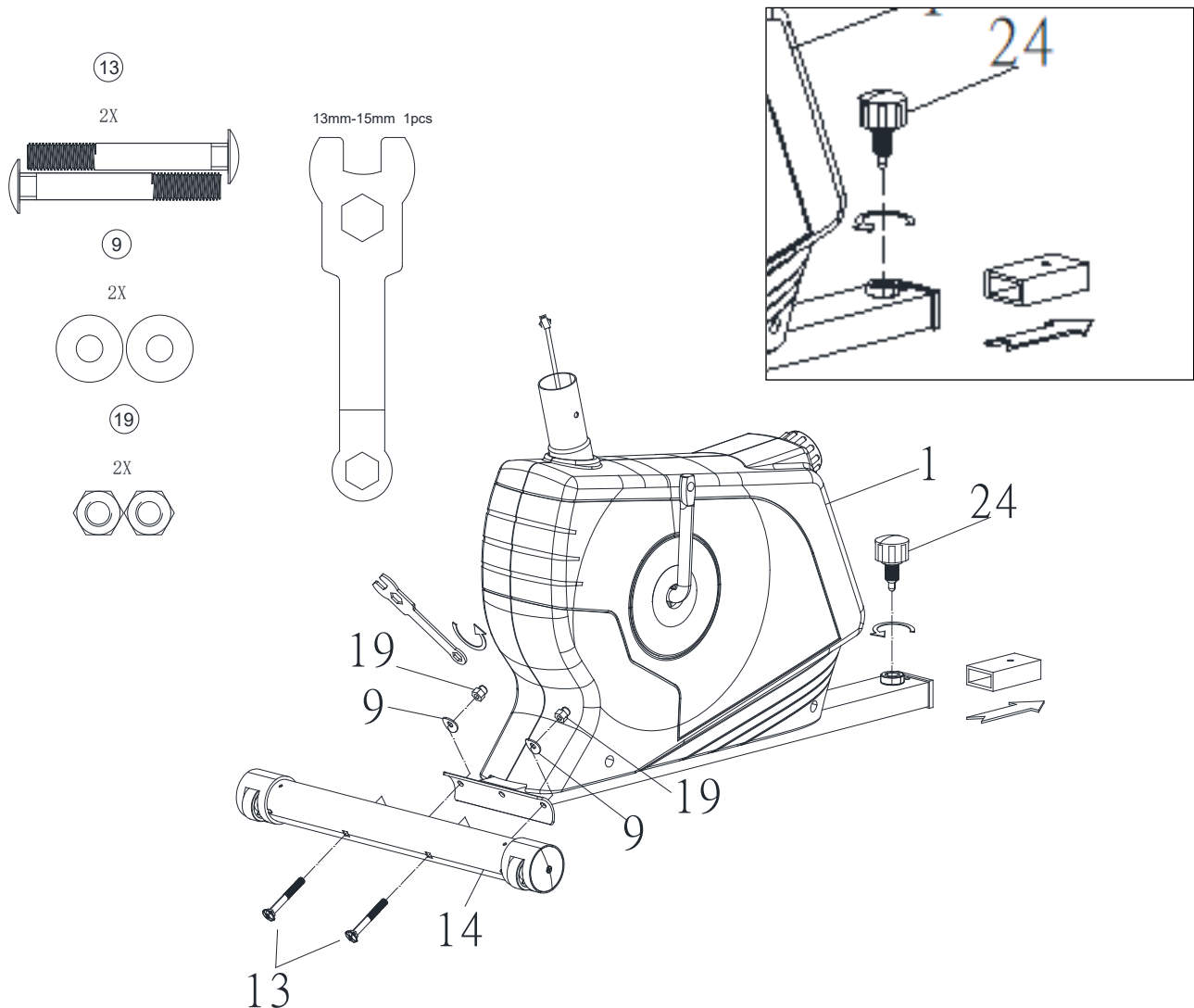
NO:27

## 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.**

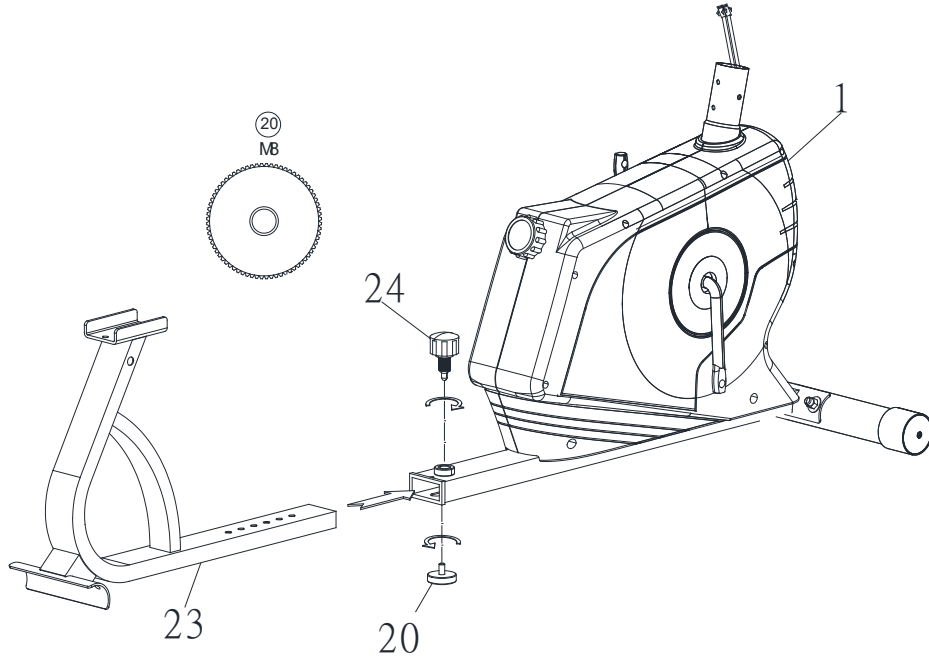
### STEP 1

1. Before starting assembly, pull out the Quick Release Knob (#24), **remove and dispose the Protective Insert.**
2. Attach the Front stabilizer (#14) to the Main frame (#1) with Curved washers (#9), Carriage bolts (#13) and Acorn Nuts (#19).



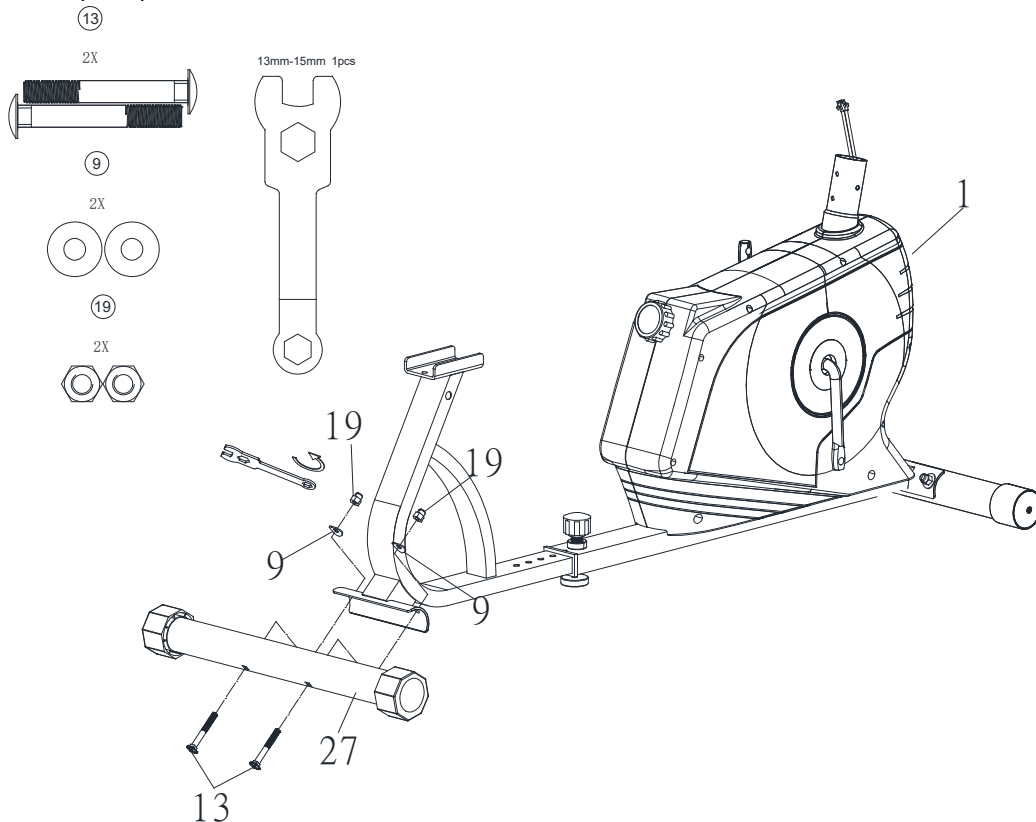
## STEP 2

1. Insert the Sliding Frame (#23) to the Main Frame (#1). Thread the Quick Release Knob (#24) through selected hole on Main Frame into Sliding Frame to lock the Frame in position.
2. Attach the M10 Leveler Knob (#20) onto the main frame. Adjust the leveler so it's seated completely on the floor to stabilize the Bike before exercising.



## STEP 3

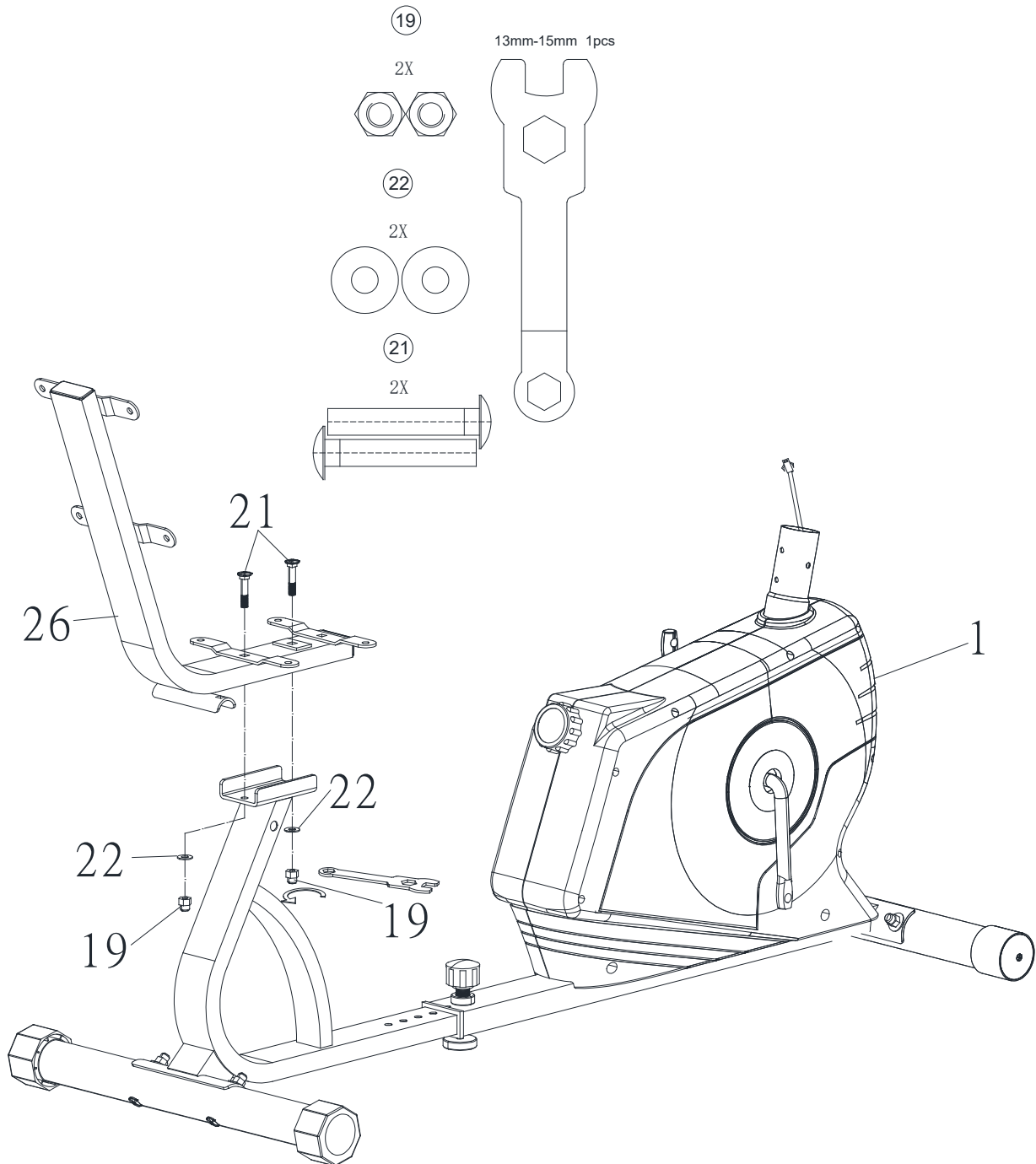
Attach the Rear Stabilizer (#27) with Curved washers (#9), Carriage Bolts (#13) and Acorn Nuts (#19).





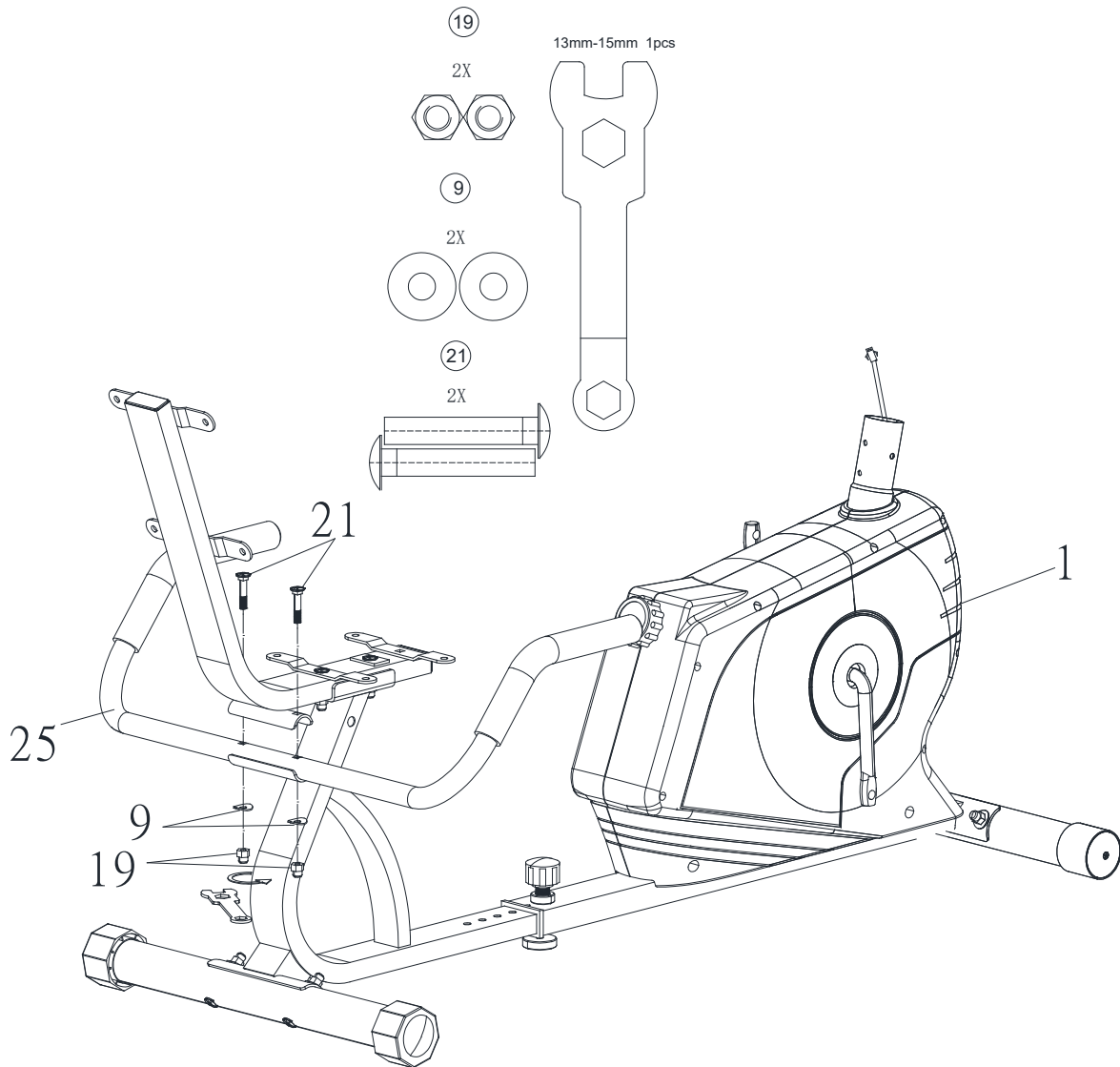
### STEP 4

Attach the Seat Support (#26) to bracket on the Sliding Frame (#23). Secure it with Acorn Nuts (#19), Carriage bolts (# 21) and Washers (# 22).



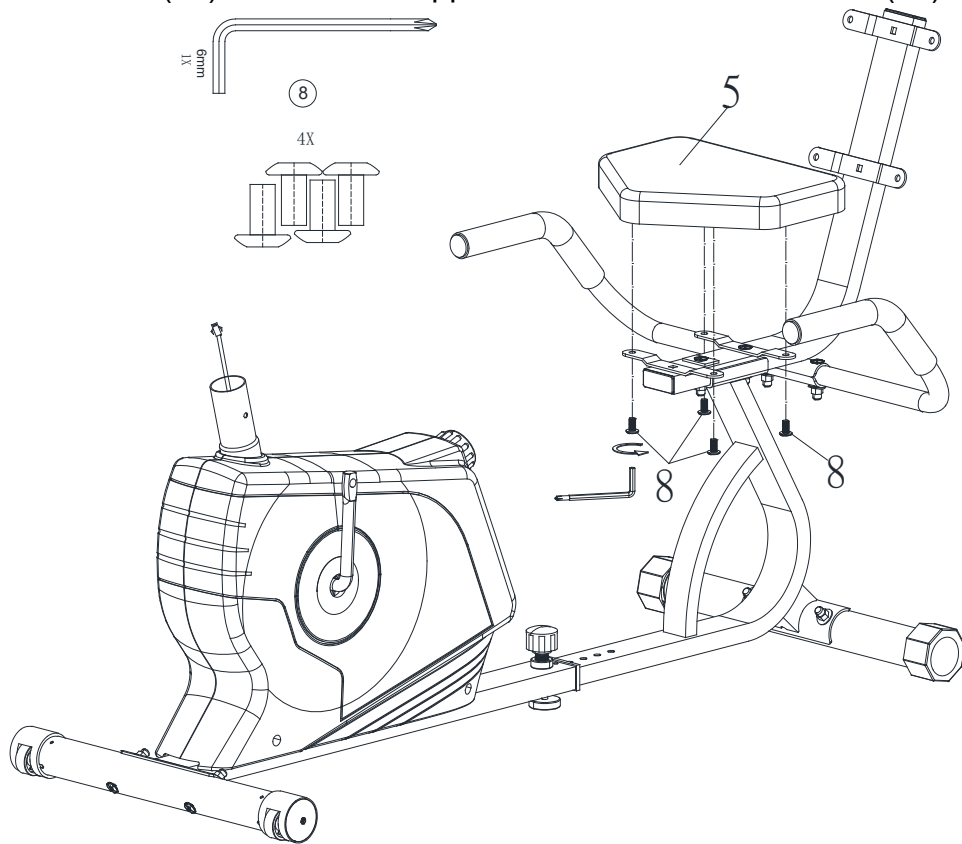
## STEP 5

Attach the Handle bar (#25) to the Seat Support (#26). Secure it with Curved washers (#9), Acorn Nuts (#19) and Carriage bolts (# 21).



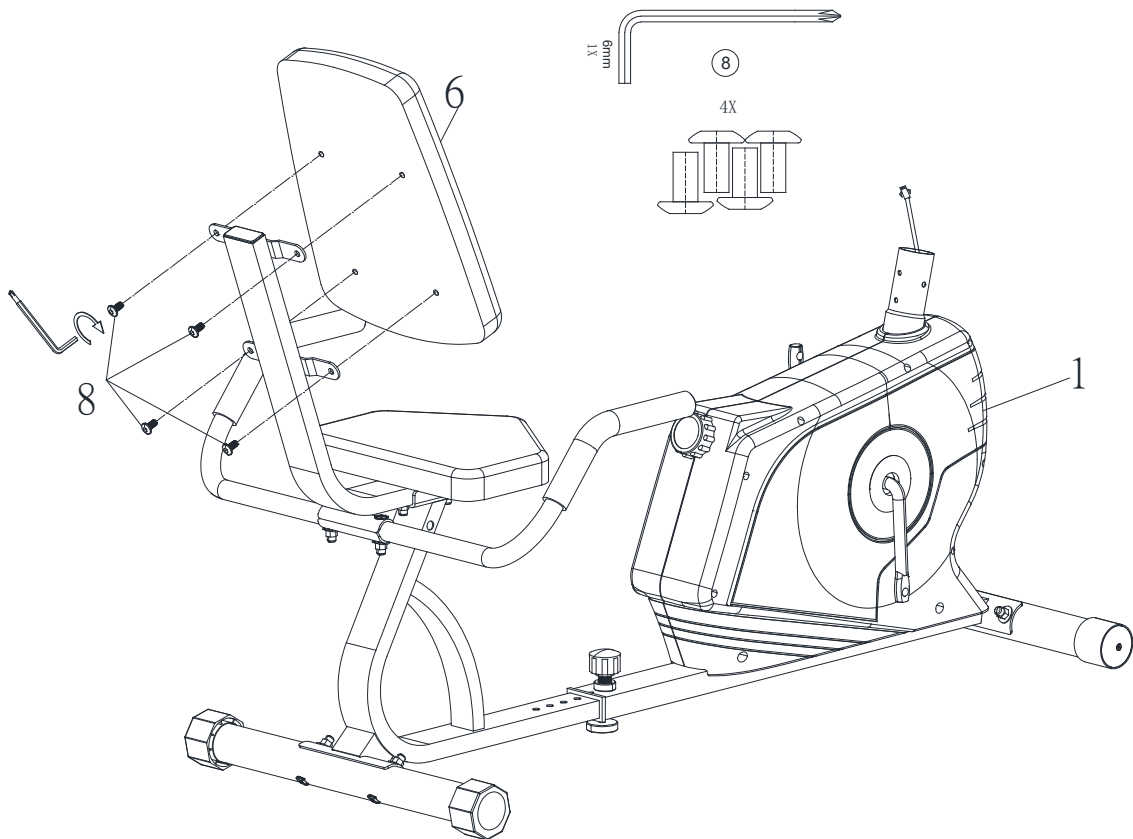
## STEP 6

Attach the Seat Pad (#5) to the Seat Support. Secure it with Allen Bolts (#8)



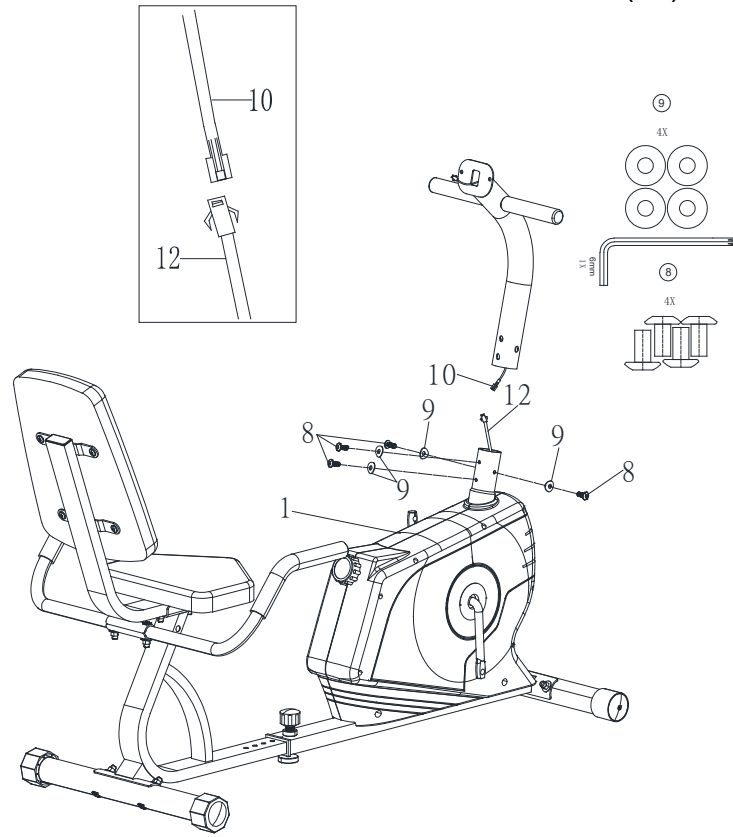
## STEP 7

Attach the Backrest Board (#6) to the Seat support. Secure it with Allen Bolt (#8)



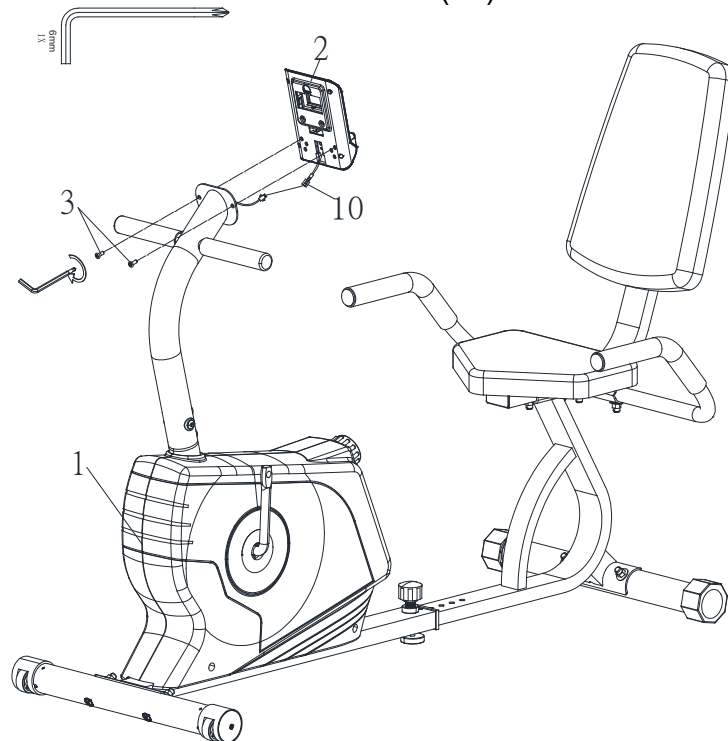
### STEP 8

1. Connect the Upper sensor wire (#10) from the bottom of Front post to the Lower Sensor wire (#12) from the Main frame.
2. Secure the Front Post to the Main Frame with Allen Bolts (#8), Curved washers (#9).



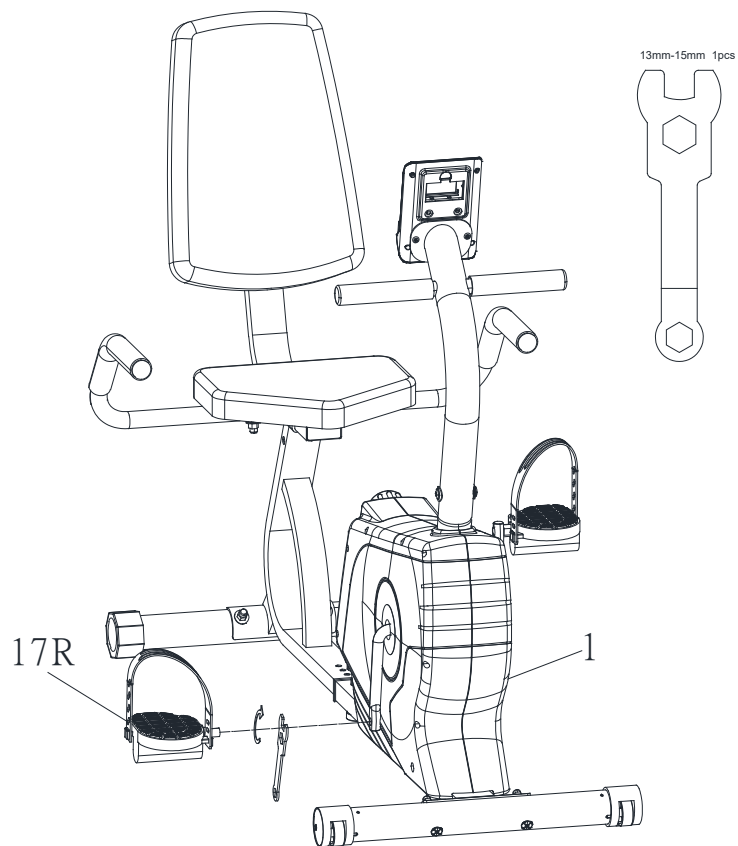
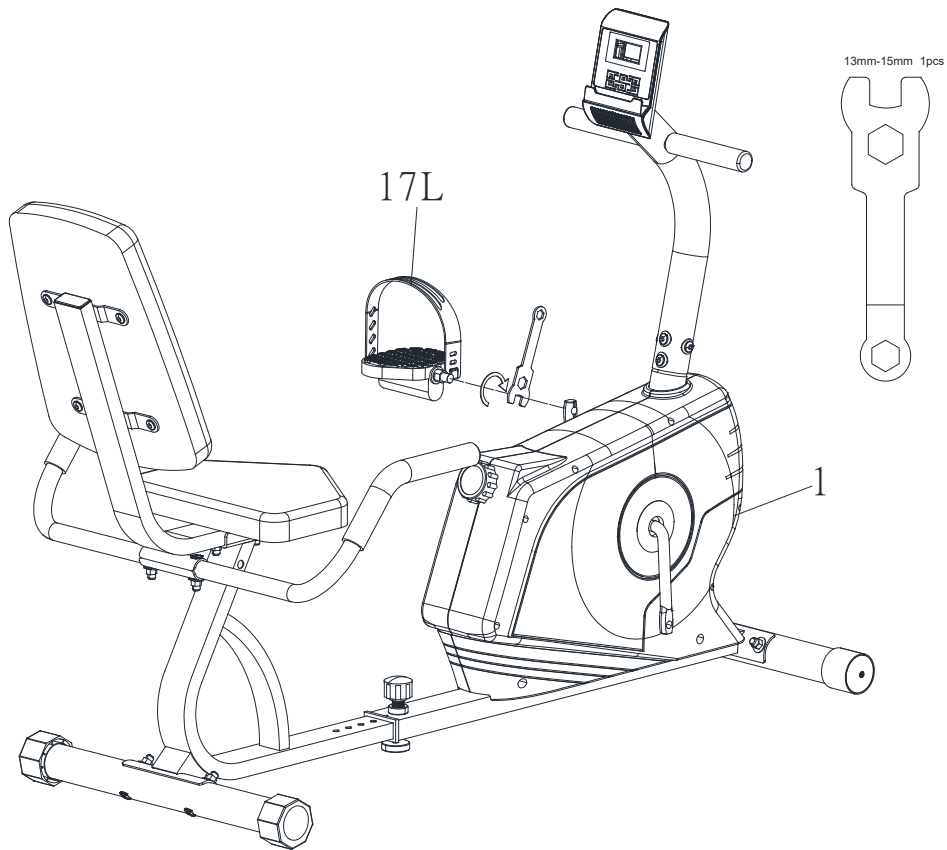
### STEP 9

1. Connect Upper Computer Wire (#10) to the wire of computer.
2. Remove the Screws (#3) from Computer (#2). Slide the computer onto the bracket on Front Post. Secure it with the two Screws (#3)



## STEP 10

1. Thread the left Pedal(#17L) Counterclockwise into the left Crank.
2. Thread the right Pedal(#17R) Clockwise into the crank on the right side.





## NS-1206R PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main Frame		1
2	Computer		1
3	Screw		2
4	Front post		1
5	Seat Pad		1
6	Backrest board		1
7	Upper tension cable		1
8	Allen bolt	M8* 5/8	12
9	Curved washer	φ8*φ20	10
10	Upper sensor wire		1
11	Sleeve		1
12	Lower sensor wire		1
13	Carriage bolt	M8x2 3/8	4
14	Front Stabilizer		1
15	End cap of front stabilizer		2
16	Crank		1
17L/R	Pedal L/R		1/1
18	Square end cap		2
19	Acorn Nut		8
20	Leveler knob		1
21	Carriage bolt		4
22	Washer		2
23	Sliding frame		1
24	Quick release knob		1
25	Handle bar		1
26	Seat support		1
27	Rear stabilizer		1
28	End cap of rear stabilizer		2
29	Foam grip		2
30	End cap of handle bar		2
31	Handle bar foam grip		2

## CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. 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 INDOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be placed at least 24 inches away from the wall and/or 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.
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: 55" x 25" x 38"**

## OPERATING NOTES

### ADJUSTMENT

1. Use the Tension Knob on Front Post to adjust the resistance for exercise.
2. The seat can be adjusted for 5 different positions ranges 31" to 36" from Backrest Board to both Pedals while positioned in the middle.
  - a. Loosen and pull out the Lock Knob. Slide the Sliding Frame to selected position marked on the Frame, then release the Lock Knob and securely fasten the Knob to lock the Sliding Frame.
  - b. The seat adjustment is in approximately 1" increment.

### TRANSPORT

The Bike has a pair of transport wheels on the Front Stabilizer.  
To move, carefully raise the Handle and Rear Stabilizer up from floor, and roll.





## FUNCTIONS AND OPERATIONS

(Battery not included)

**MODE/RESET** – To select functions, button”.

press and release “Mode/Reset

– To reset, press and hold for two (2) seconds to reset time, distance and calories.

1. **SCAN:** Press MODE button until “▼” appears at SCAN position, monitor will cycle through the following functions: time, speed, distance, calories and odometer. Each will be displayed for 6 seconds.
2. **TIME:** Display the elapsed time. Max value is up to 99:59.
3. **SPEED:** Display the current speed in miles per hour.
4. **DISTANCE:** Display the distance traveled in Miles. Max value is 999.99 miles.
5. **CALORIES:** Display the calorie consumption in cal.
6. **ODOMETER:** Display the accumulation of distance from previous and current exercises. Max value is 9999 miles.

## 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.
3. The monitor will be auto powered on when starting to exercise push button signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

## SPECIFICATIONS:

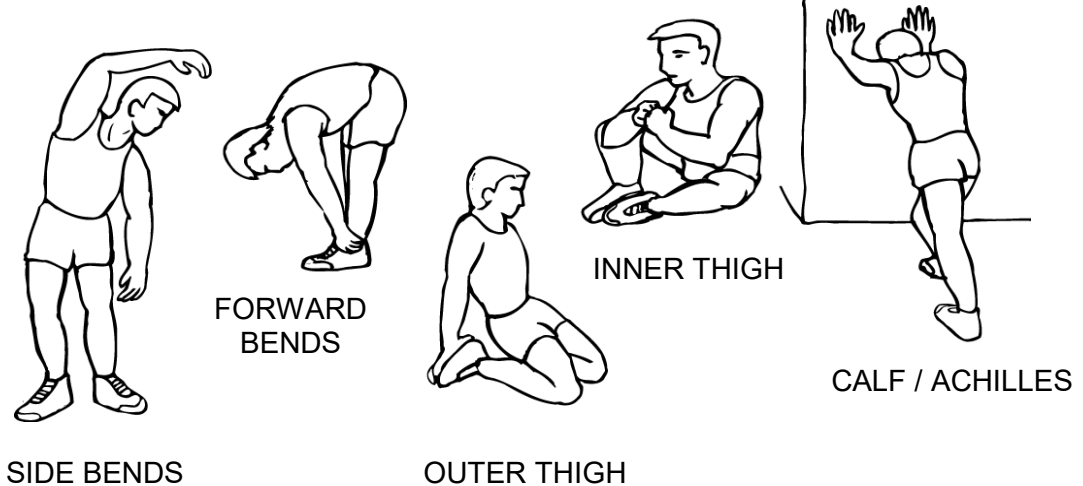
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	CURRENT SPEED	0.0~999.9 ( MILE/H )
	TRIP DISTANCE	0.00~999.9 ( MILE )
	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0~9999 ( MILE )
BATTERY TYPE		2pcs of SIZE AAA
OPERATING TEMPERATURE		32°F ~ 104°F
STORAGE TEMPERATURE		-14°F ~ 140°F

## EXERCISE GUIDELINES

Using your **MAGNETIC 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.

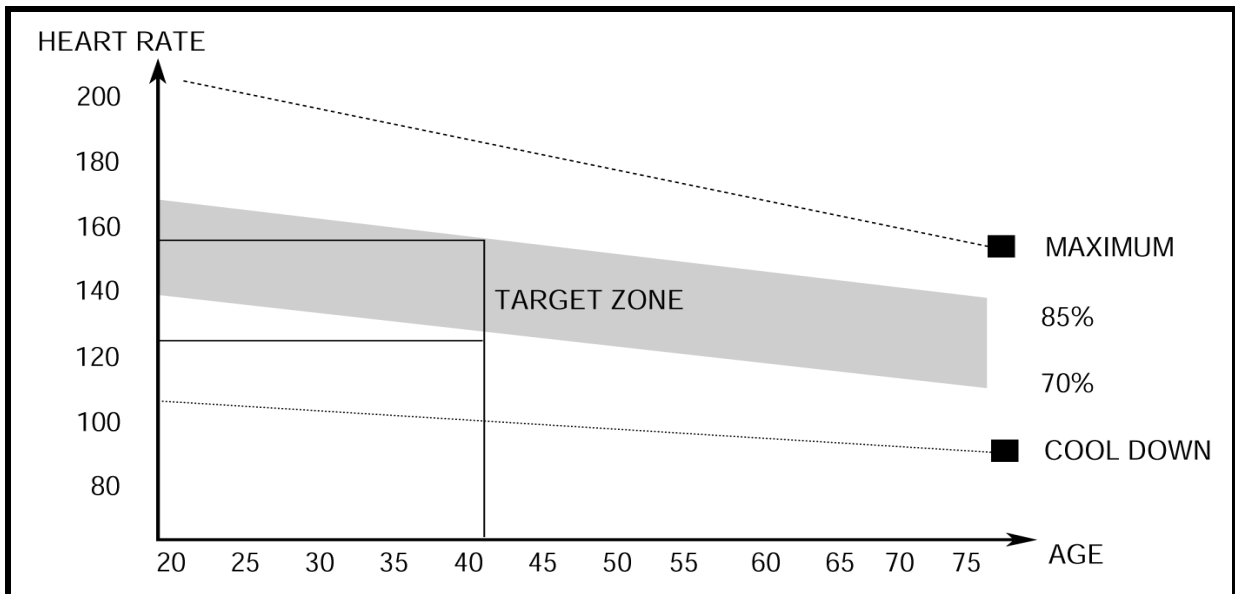
### 1. The Warm Up Phase

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 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 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<sup>®</sup> INC.

## LIMITED WARRANTY

IMPEX Inc. ("IMPEX<sup>®</sup>") 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](http://www.marcypro.com)

**IMPEX<sup>®</sup> 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