

NOTE:
Please read all
instructions carefully
before using this product

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Model
NS-40503RW

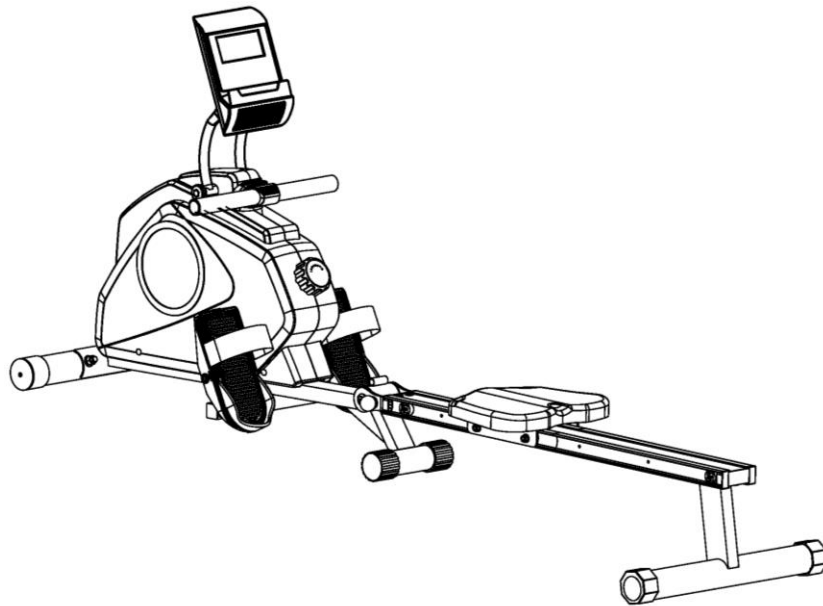
Retain This
Manual for
Reference

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**ASSEMBLY &
OWNER'S
MANUAL**

MARCY[®]

Magnetic-Resistance Rower NS-40503RW



IMPEX[®] INC.

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

www.marcypro.com

support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY Magnetic-Resistance Rower NS-40503RW 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

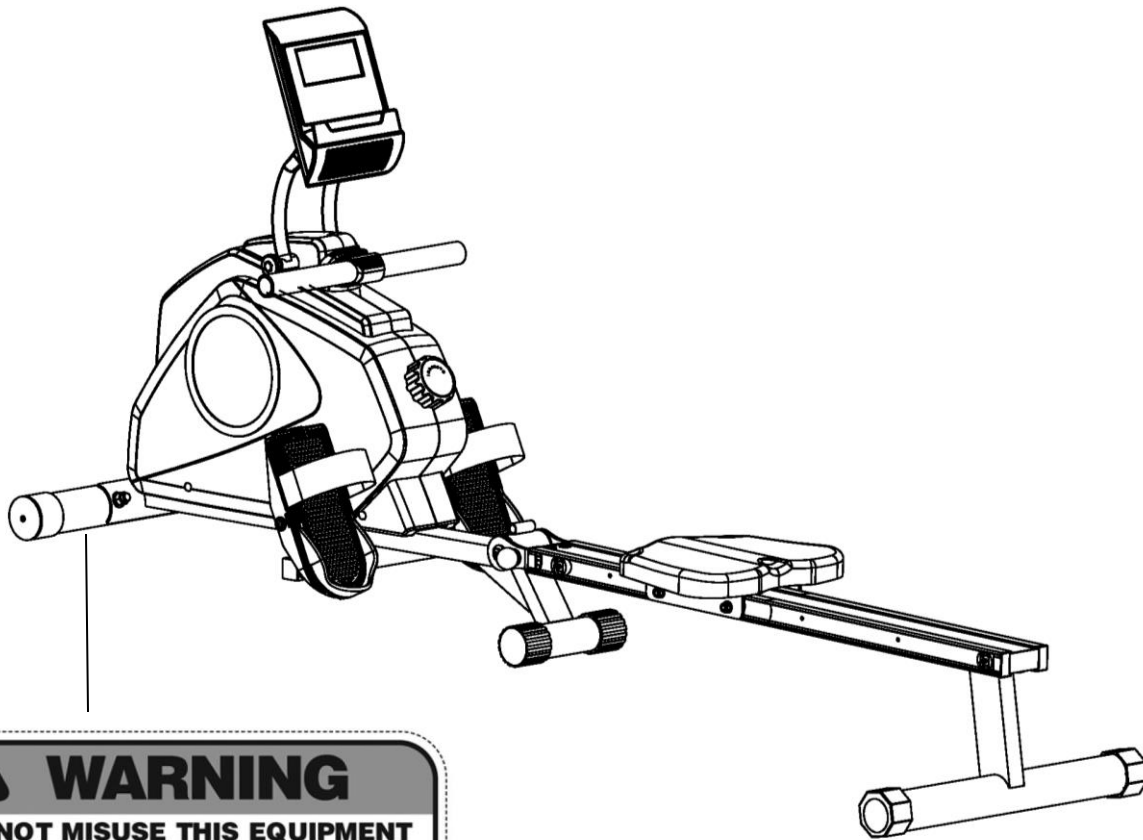
PRECAUTIONS

This exercise 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



! WARNING






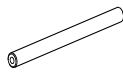
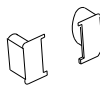






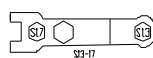
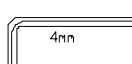
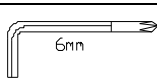
DO NOT MISUSE THIS EQUIPMENT

The possibility of serious injuries or death or both, (if applicable) may occur if caution is not used. Before beginning any exercise program, consult your physician. Read users manual. All warnings and instructions must be read and followed and proper instructions be obtained prior to use. Replace this label if damaged, illegible or removed. Keep children and pets away from this equipment. This machine is designed and intended for home and consumer use only, not for commercial use.

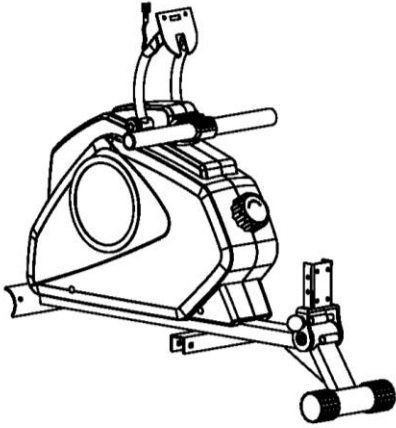
The Warning Labels shown here has been placed on the Front Stabilizer.
If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE PACK

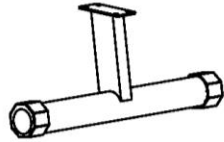
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	Description	QTY	Drawings
2	Carriage Bolt M10 x 3"	2	
6	Curve Washer $\text{\O} \frac{7}{8}$ "	2	
7	Acorn Nut M10	2	
12	Allen Bolt M6 x $\frac{1}{2}$ "	4	
13	Flat washer $\text{\O} \frac{5}{8}$ "	4	
15	Pedal Axle	2	
5 L /R	Rail Track End Cap	1/1	
19	Carriage Bolt M8 x 1 $\frac{1}{4}$ "	2	
34	Acorn Nut M8	2	
22	Rubber Stopper	4	
23	Allen Bolt M8 x $\frac{3}{4}$ "	4	
24	Allen Bolt M8 x $\frac{5}{8}$ "	10	
25	Washer $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{5}{8}$ "	12	
	Allen Wrench	1	
	Allen Key 4MM	2	
	Allen Key 6MM	1	

COMPONENTS FOR ASSEMBLY



NO:1



NO:28



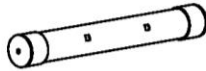
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NO:14L/R



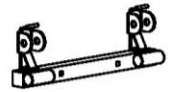
NO:26



NO:3



NO:9



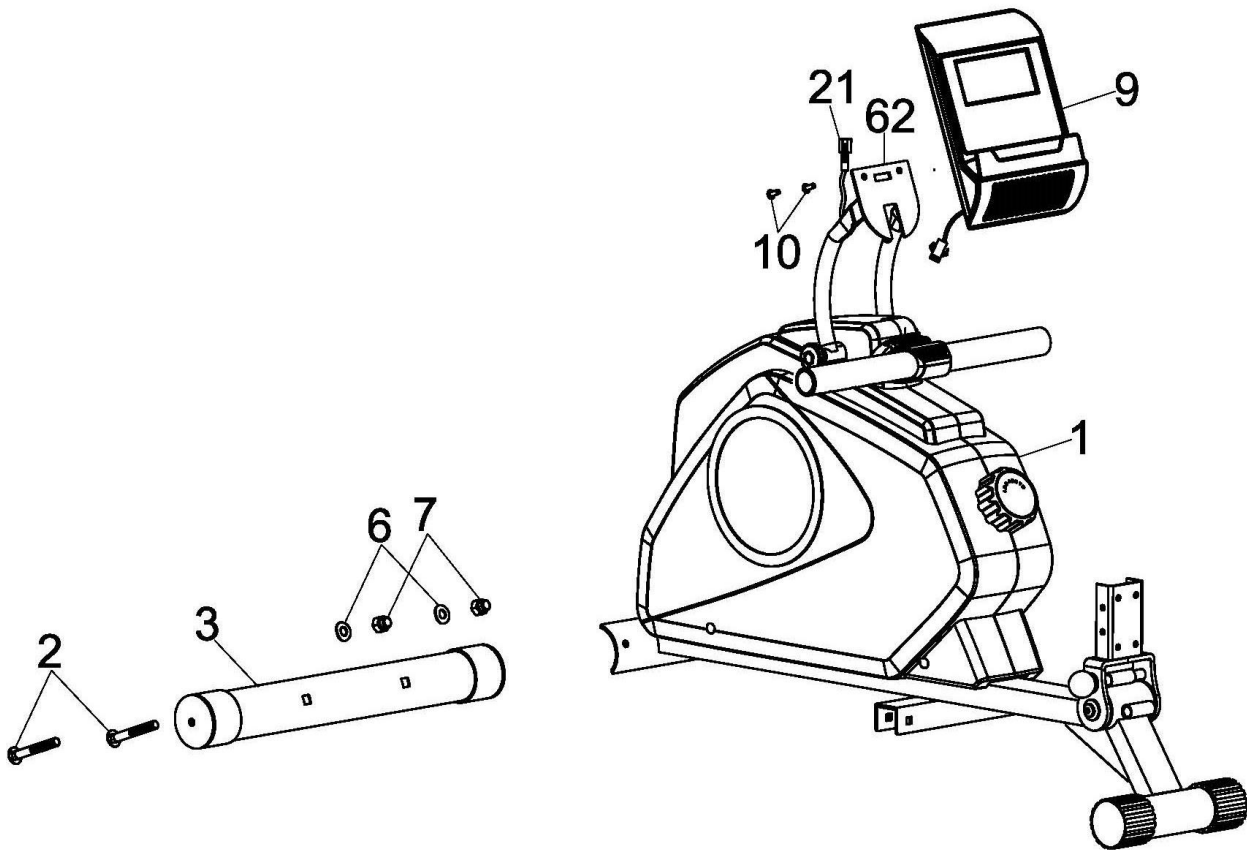
NO:17

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.

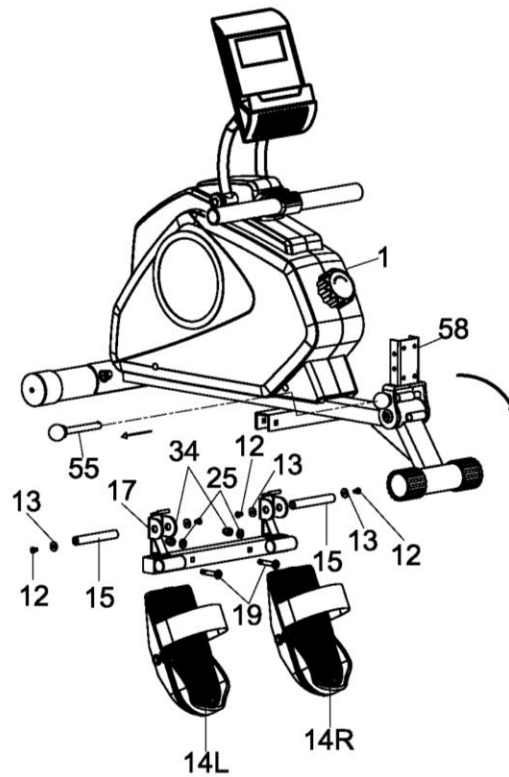
STEP-1

- A.) Attach the Front Stabilizer (#3) to the Main Frame (#1).
- B.) Secure it with two M10 x 3" Carriage Bolts (#2), two $\text{\O} \frac{7}{8}$ " Curve Washers (#6), and two Acorn Nuts (#7).
- C.) Remove two M5 x $\frac{3}{8}$ " Philips Screws (#10) from the Computer (#9). Connect the computer wire from Computer to the Computer Wire (#21) from Main Frame.
- D.) Slide Computer onto the Computer Support (#62) and secure with the two M5 x $\frac{3}{8}$ " Philips Screws.



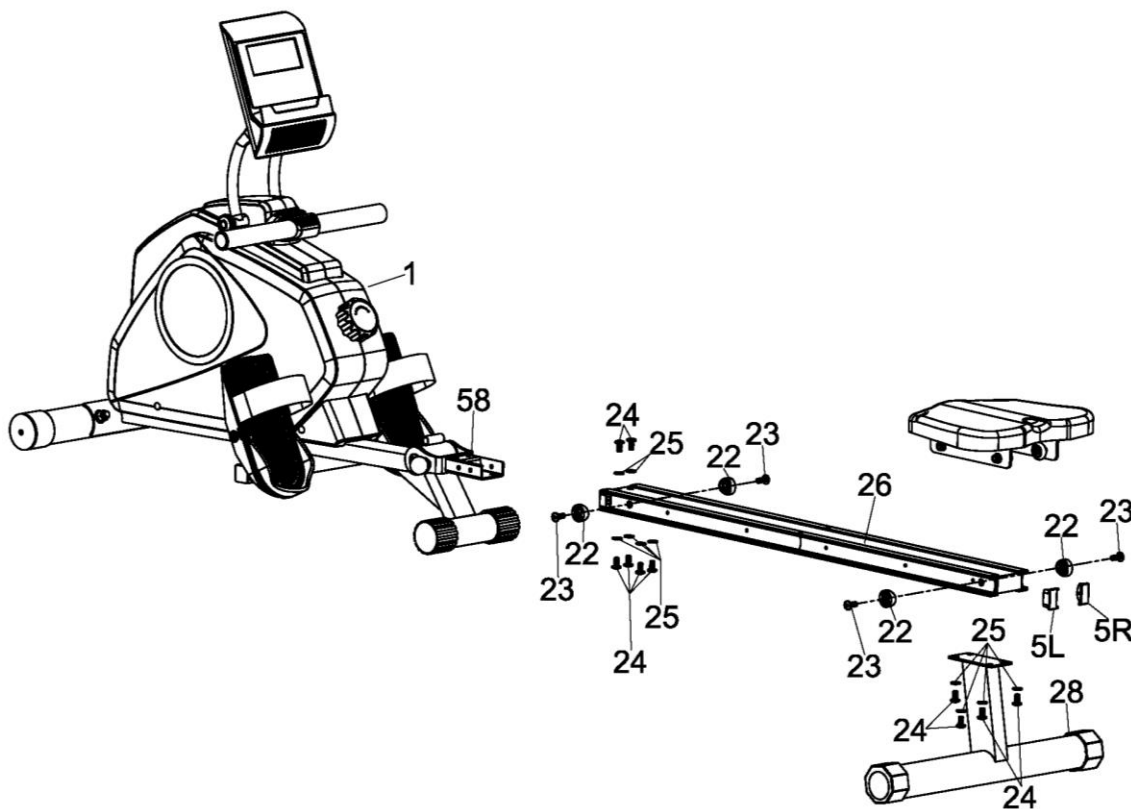
STEP-2

- A.) Attach the Pedal Support (#17) to the bracket under middle of Main Frame (#1).
- B.) Secure it with two M8 x 1 3/4" Carriage Bolts (#19), two Ø 3/8" x Ø 5/8" Washers (#25), and two M8 Acorn Nuts (#34).
- C.) Attach left Pedal (#14L) to the left bracket on Pedal Support. Secure it with one Pedal Axle (#15), two Allen Bolts (#12), and two Ø 5/8" Flat Washers (#13).
- D.) Repeat Procedure C to install the right Pedal (#14R).
- E.) Pull out the Lock Pin (#55) from pivot on Rowing Rail Bracket (#58). Flip down the Bracket and insert the Lock Pin back to the pivot to lock the Bracket in horizontal position.

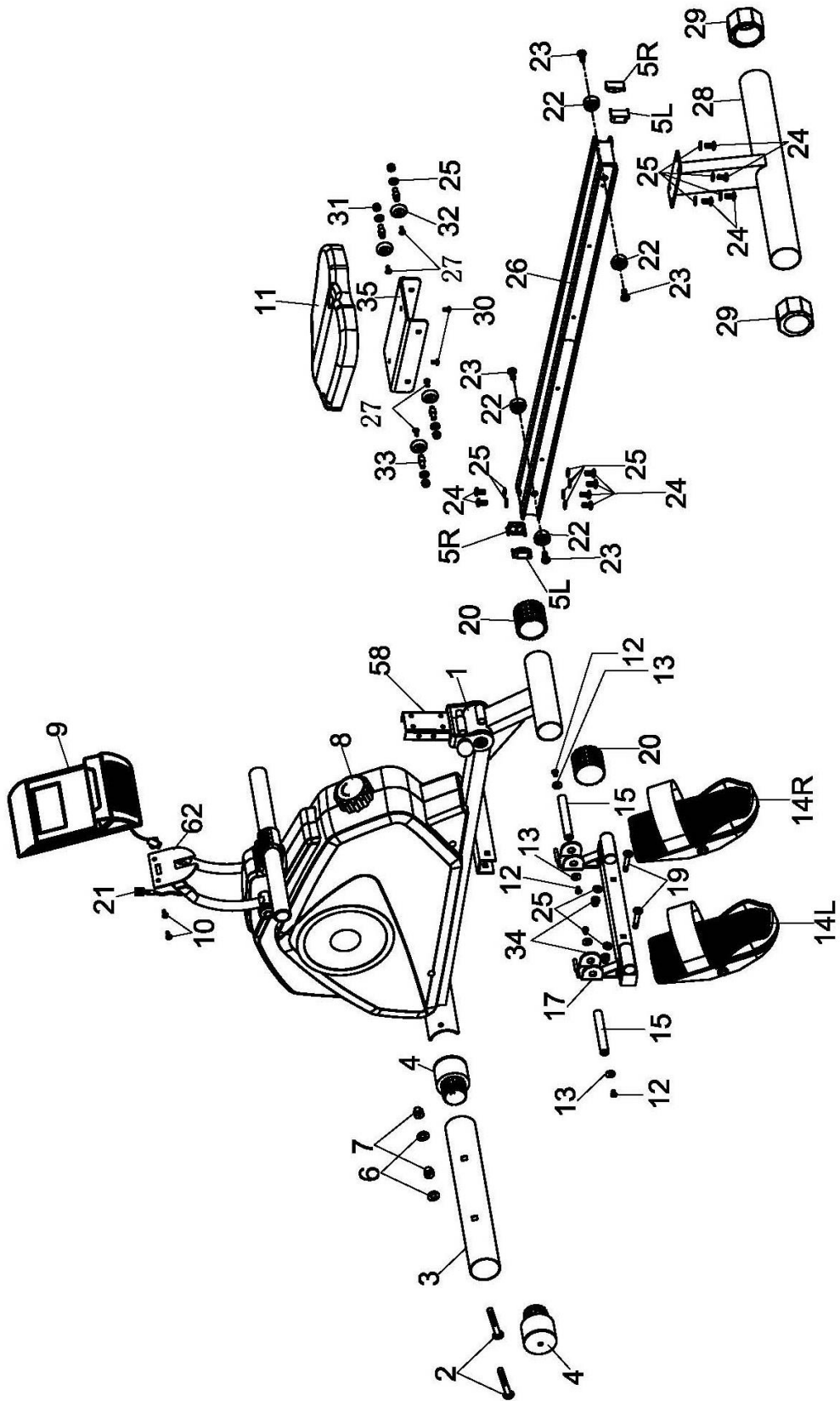


STEP-3

- A.) Attach one end of Rowing Rail (#26) which has two Rowing Rail End Caps (#5L/R) to the Rowing Rail Bracket (#58).
- B.) Secure them with four M8 x 5/8" Allen Bolts (#24) and four Ø 3/8" x Ø 5/8" Washers (#25) on the bottom, and two M8 x 5/8" Allen Bolts (#24) and two Ø 3/8" x Ø 5/8" Washers (#25) on the top.
- C.) Attach one Rubber Stopper (#22) to each side of the track on this end of Rowing Rail (#26). Secure each Rubber Stopper with one M8 x 3/4" Allen Bolt (#23).
- D.) Slide the Seat (#11) onto the Rowing Rail track.
- E.) Repeat C to install the other two Rubber Stoppers (#22) to the other end of Rowing Rail. Plug left and right Rowing Rail End Cap to this end.
- F.) Attach the Rear Stabilizer (#28) to Rowing Rail. Secure it with four M8 x 5/8" Allen Bolts (#24) and four Ø 3/8" x Ø 5/8" Washers (#25).



EXPLODED DIAGRAM



NS-40503RW PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main Frame		1
2	Carriage Bolt	M10 x 3"	2
3	Front Stabilizer		1
4	Front Stabilizer End Cap		2
5L/R	Rail Track End Cap L/R		2/2
6	Curve Washer	Ø 7/8"	2
7	Acorn Nut	M10	2
8	Tension Knob		1
9	Computer		1
10	Philips Screw	M5 x 3/8"	2
11	Seat		1
12	Allen Bolt	M6 x 1/2"	6
13	Flat Washer	Ø 5/8"	6
14L/R	Pedal		1/1
15	Pedal Axle		2
16	Hardware Pack		1
17	Pedal Support		1
18	Retainer		2
19	Carriage Bolt	M8 x 1 3/4"	2
20	Middle Support End Cap		2
21	Computer Wire		1
22	Rubber Stopper		4
23	Allen Bolt	M8 x 3/4"	6
24	Allen Bolt	M8 x 5/8"	10
25	Washer	Ø 3/8" x Ø 5/8"	16
26	Rowing Rail		1
27	Philips Screw	M5 x 5/8"	4
28	Rear Stabilizer		1
29	Rear Stabilizer End Cap		2
30	Allen Bolt	M6 x 3/4"	2
31	Aircraft Nut	M8	7
32	Seat Roller Wheel		4
33	Seat Roller Wheel Axle		4
34	Acorn Nut	M8	2
35	Seat Bracket		1
36	Belt		1
37	Clutch Assembly		1
38L/R	Main Frame Cover		1/1
39	Locking Clamp		2
40	Aircraft Nut	M8	2
41	Ring Bolt	M6 x 1 1/8"	2
42	Flange Nut		2
43	Flywheel		1

44	Hex Bolt	M8 x 4 1/8"	1
45	Self Tapping Screw	ST5 x 5/8"	8
46	Magnet Assembly Bushing		2
47	Magnet Assembly		1
48	Handle Bar Bumper		1
49	Nut	M6	2
50	Hex Bolt	M6 x 1"	1
51	Computer Wire Sensing Base		1
52	Computer Support		1
53	Lock Washer	Ø 3/8"	2
54	Flat Washer	Ø 1"	2
55	Lock Pin		1
56	Middle Support Bushing		2
57	Middle Support Axle		1
58	Rowing Rail Bracket		1
59	Flat Self Tapping Screw	ST5 x 5/8"	6
60	Spring		1
61	Tension Wire Grommet		2
62	Computer Support		1
63	Rowing Handle Bar		1
64	Computer Support Axle		1
65	Pulley		1
66	Pulley Axle		1
67	Lock Knob		2
68	Self Tapping Screw	ST4 x 5/8"	2
69	Handle Bar Foam Grip		2
70	Handle Bar End Cap	Ø 1"	2
71	Strap		1
72	Handlebar Top Cover		1
73	Handlebar Bottom Cover		1
74	Self Tapping Screw	ST4	2

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): 74.5" x 20" x 32"**

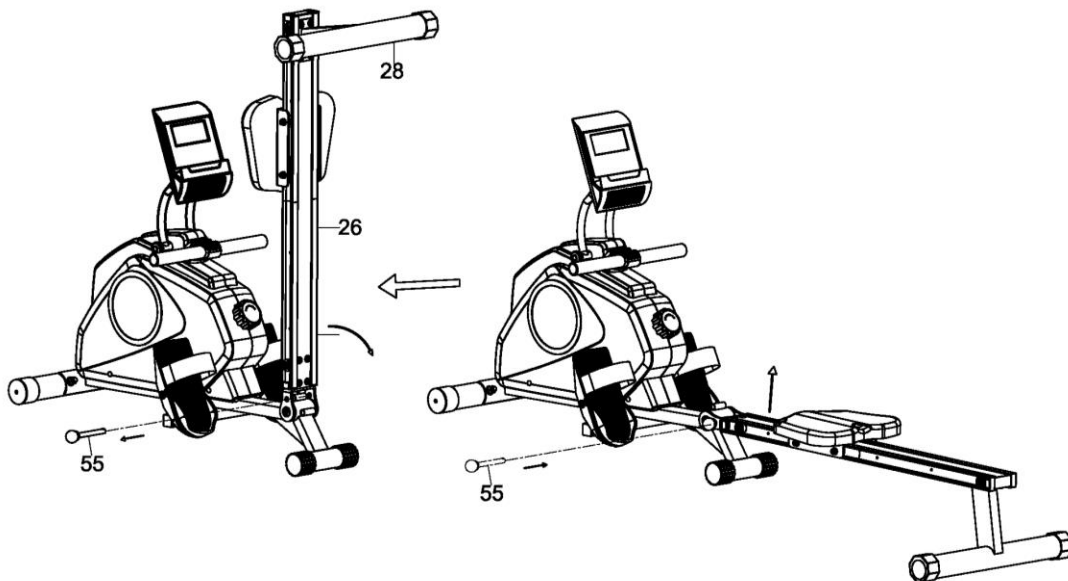
OPERATING NOTES

ADJUSTMENT

Use the Tension Knob on Front Post to adjust the exercising resistance.

FOLD UP

Pull out the Lock Pin (#55), and then fold up the Rowing Rail (#26) to vertical position. Inert back the Lock Pin to lock the Rowing Rail at vertical position.



TRANSPORT

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



AUTO START / STOP

When exercise starts, the monitor will automatically turn on and display the progress. When exercise stops, the monitor will automatically turn off after 4 minutes to save energy.

MODE-

1. Press "MODE" key, will automatically scan Time, Speed, Count, Calories, and ODO for every 4 seconds.
2. When Computer is in Scan mode, press "MODE" key to select Time, Count, or Calories function.

SET-

Press SET key to set the targeted exercises value of Time, Count, and Calories.

RESET-

Press RESET key to reset Time, Count, or Calories value to zero.

DISPLAY:

Time	Display the elapsed time. Max value is up to 99:59
Count	Display the cumulated rows during current rowing exercise session.
Total Count	Display the total rows of rowing exercise session from past to current.
Calories	Display the calorie consumption in cal.

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 (AA) 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:

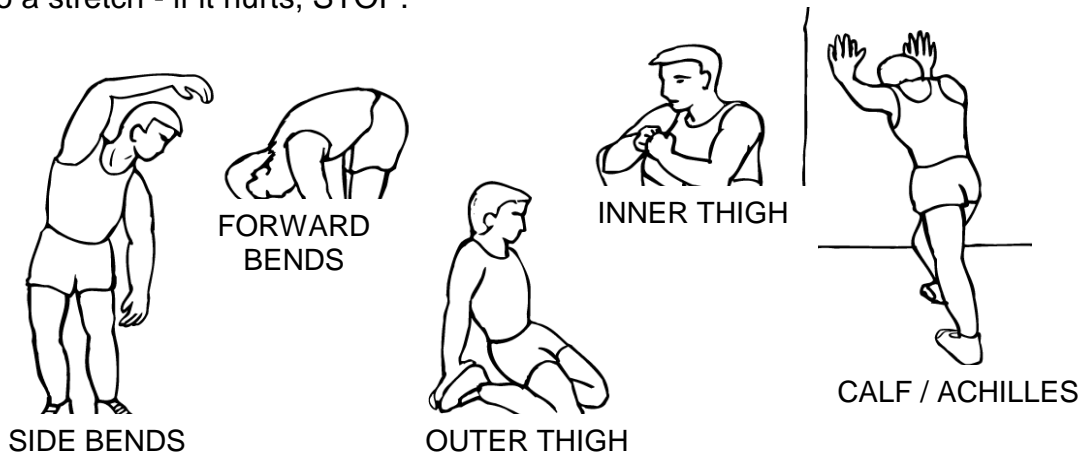
Please note all values on this computer are approximate and they are for comparison purpose only. Do not use these values for any medical or rehabilitation purpose.

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.

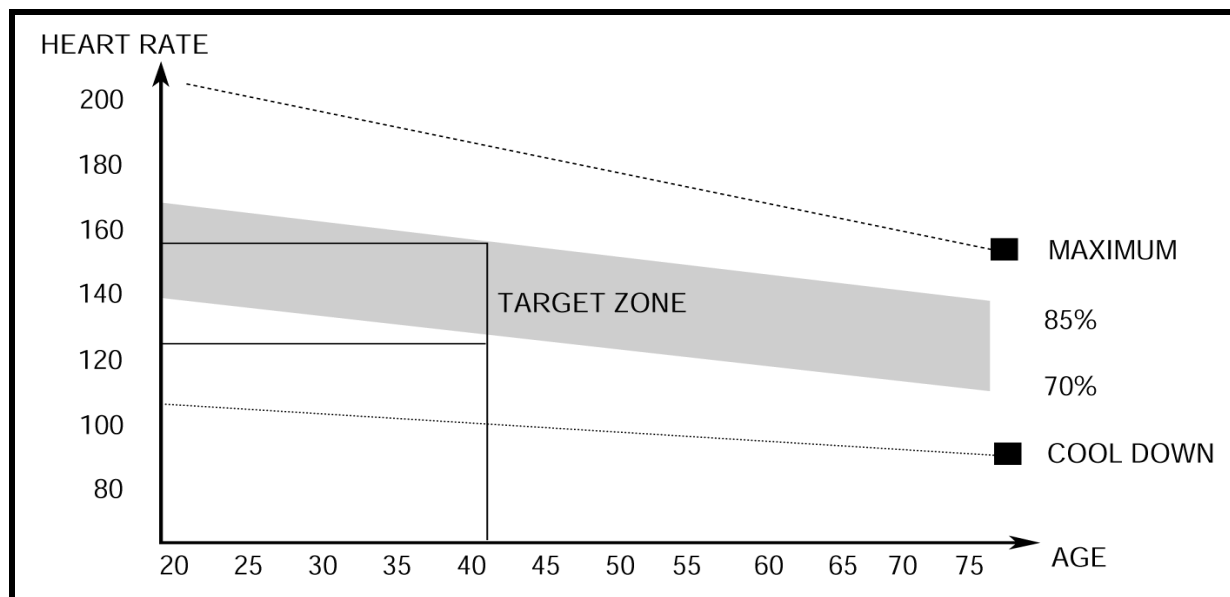
1. The Warm Up Phase

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 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[®] 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