

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-908RP

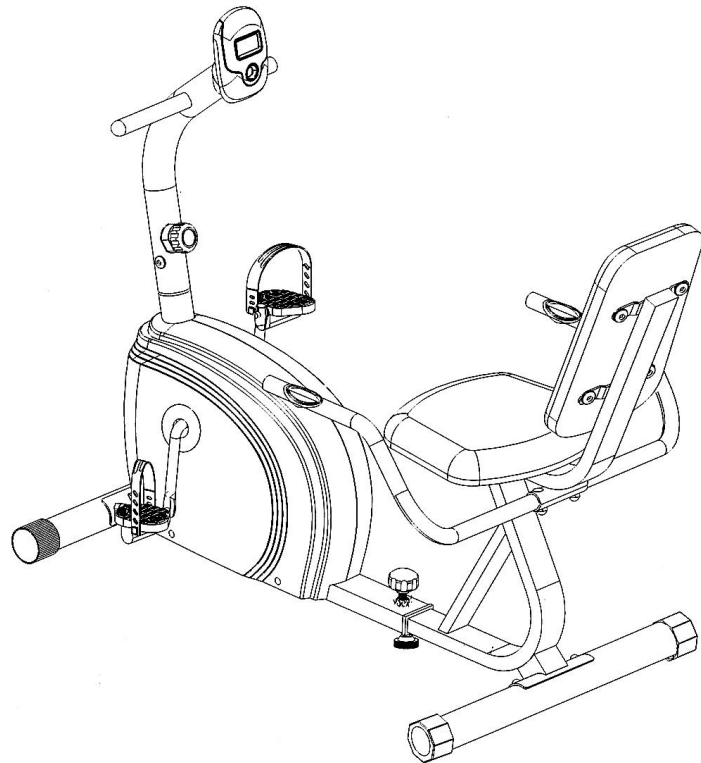
Retain This
Manual for
Reference

160601

**ASSEMBLY &
OWNER'S
MANUAL**

IMPEX
FITNESS PRODUCTS

Magnetic-Resistance Recumbent Bike/Hand Pulse NS-908RP



IMPEX[®] INC.

2801 South Towne Ave., Pomona, CA 91766

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

www.impex-fitness.com

support@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
WARNING LABEL PLACEMENT.....	3
HARDWARE PACK, COMPONENTS FOR ASSEMBLY	4
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	12
PARTS LIST.....	13
CARE, MAINTENANCE, AND STORAGE.....	14
OPERATING NOTES.....	14
COMPUTER.....	15
EXERCISE GUIDELINES.....	16
WARRANTY.....	18
ORDERING PARTS.....	18

BEFORE YOU BEGIN

Thank you for selecting the MARCY Magnetic-Resistance Recumbent Bike with Hand Pulse NS-908RP 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.impex-fitness.com

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

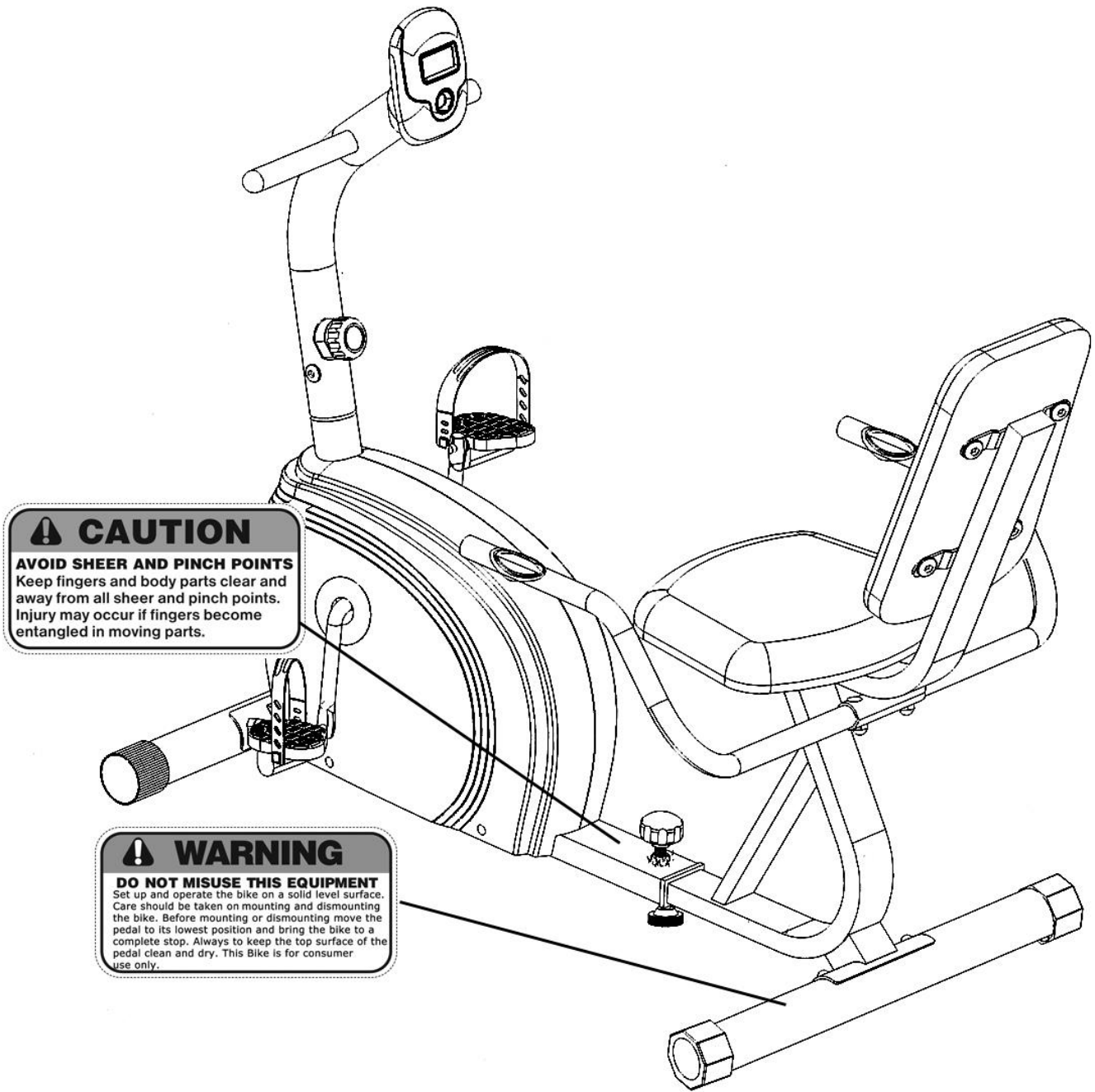
PRECAUTIONS

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.

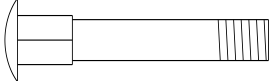
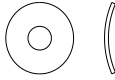
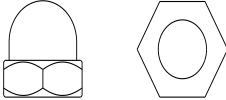
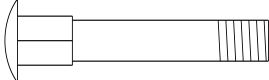
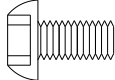

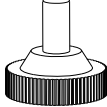

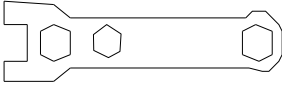
NS-908RP WARNING LABEL PLACEMENT



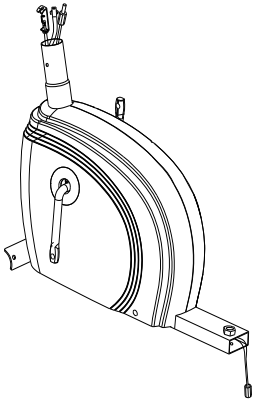
The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer, Main Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE PACK

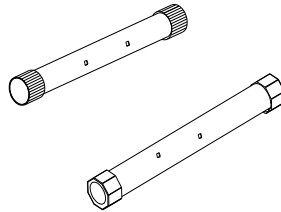
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	Description		QTY
4	Carriage Bolt M8 x 2 3/8"		4
7	Curved Washer Ø 5/8"		10
8	Acorn Nut M8		8
13	Carriage Bolt M8 x 1 5/8"		4
24	Allen Bolt M8 x 5/8"		12
25	Washer Ø 5/8"		2
30	Leverage Knob		1
	Allen Wrench 6#		1
	Box Wrench		1

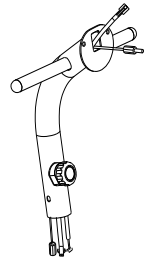
NS-908RP COMPONENTS FOR ASSEMBLY



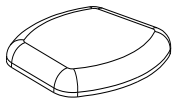
NO. 1



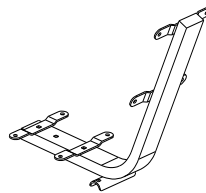
NO. 5/2



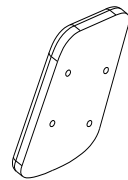
NO. 9



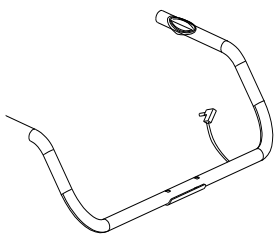
NO. 18



NO. 11



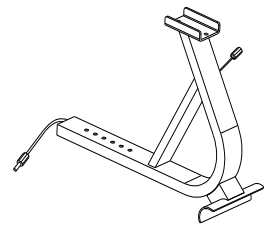
NO. 17



NO. 12



NO. 10



NO. 14

ASSEMBLY INSTRUCTION

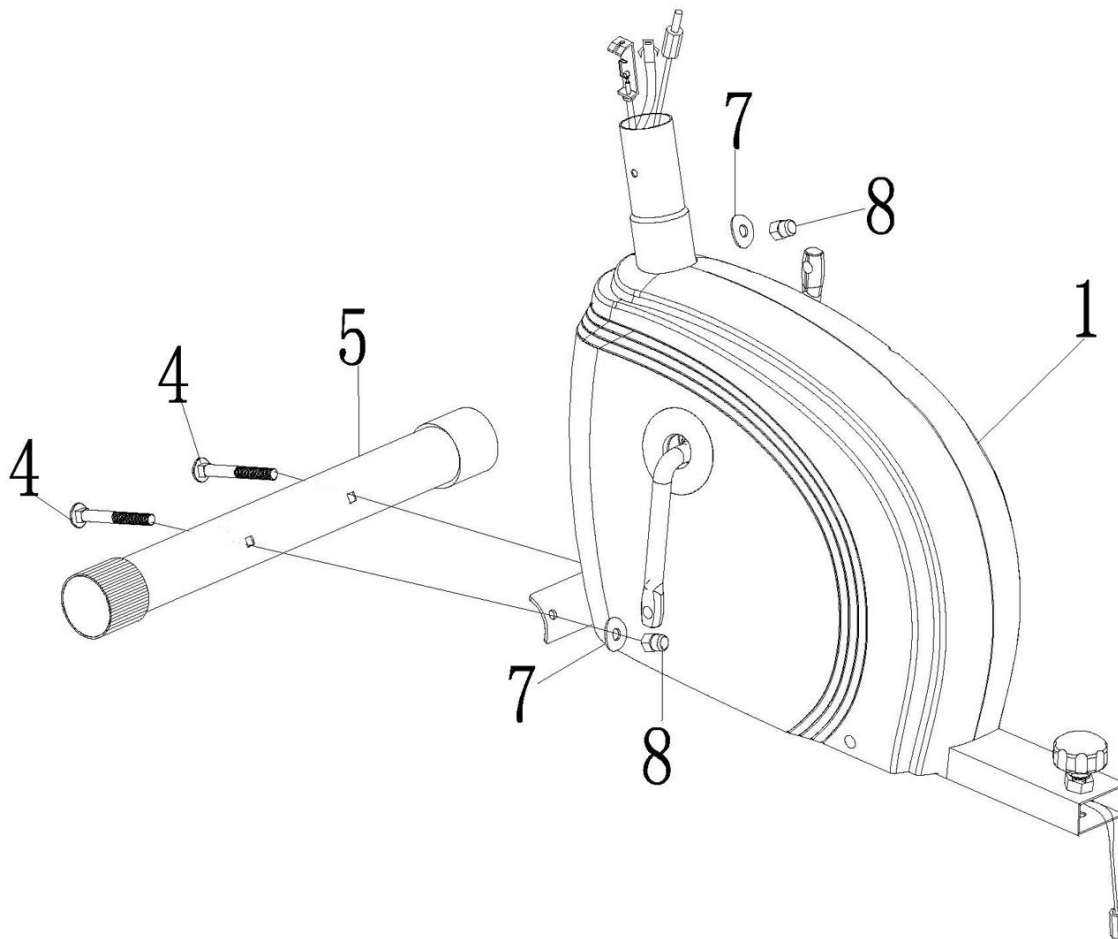
- **Tools Required For Assembling the Bike: One Crossing Wrench and Allen Wrench, provided by manufacturer.**
- **NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.**

STEP-1

A.) Attach the Front Stabilizer (#5) to the Main Frame (#1). Secure it with two M8 x 2 3/8" Carriage Bolts (#4), two Ø 5/8" Curved Washers (#7), and two Acorn Nuts (#8).

NOTE: Ensure to follow Carriage Bolts (#4) insert direction shown in Diagram-1. Securely tighten all Nuts and Bolts.

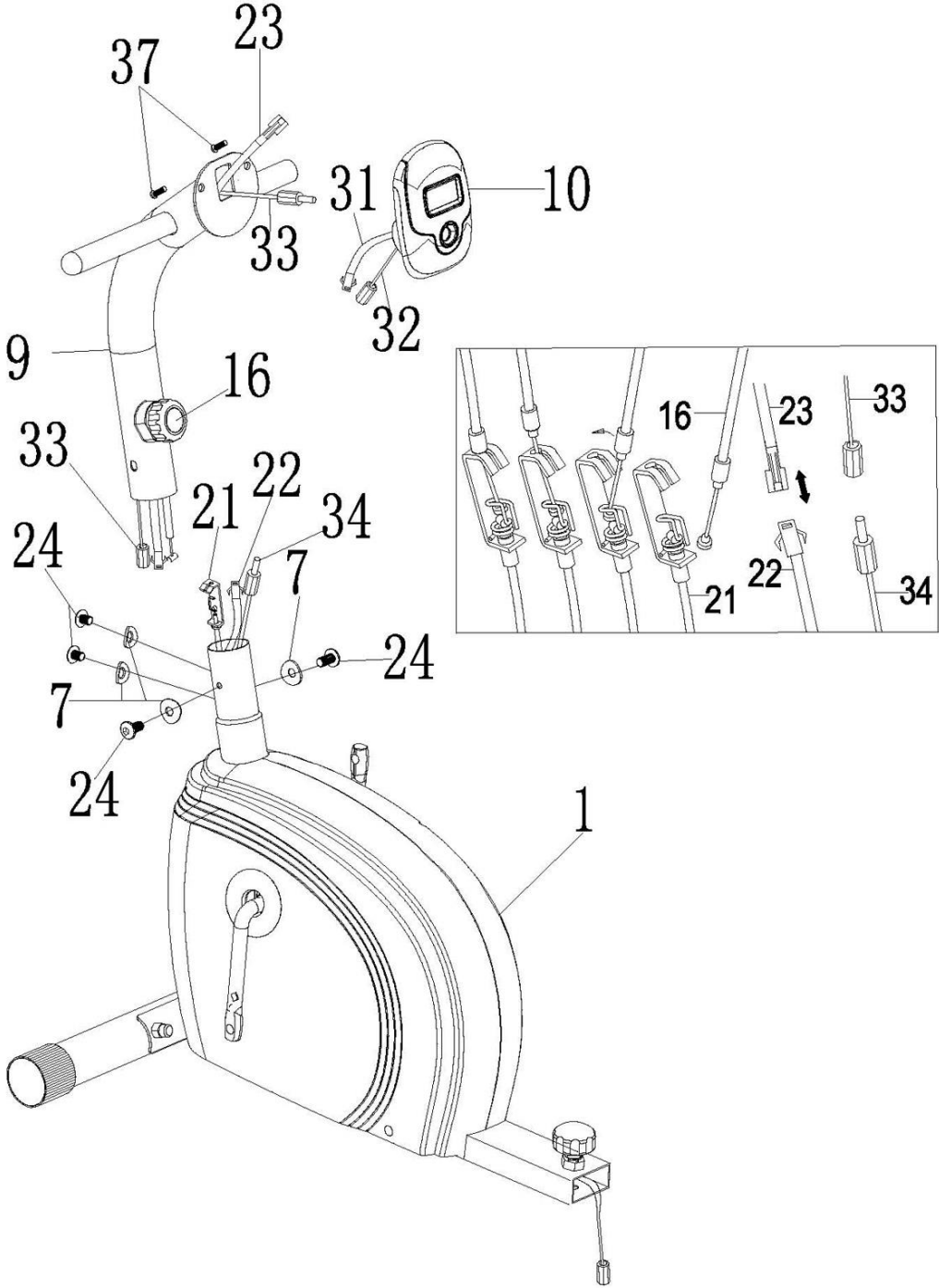
DIAGRAM 1



STEP 2

- A.) **Note: Extra help may be needed to hold the Front Post (#9) while connecting the computer wires, sensor wires, and tension cables.**
- B.) Attach the Front Post (#9) to the Main Frame (#1). Connect the Middle Sensor Wire (#34) from Main Frame to the Middle Sensor Wire (#33) from the bottom of Front Post.
- C.) Connect the Lower Computer Wire (#22) from Main Frame to the Middle Computer Wire (#23) from the Front Post.
- D.) Pull the tension connector from the Upper Tension Cable (#16) and slide in between the opening on the connector holder on the Lower Tension Cable (#21) from Main Frame. Pull the Upper Tension Cable Upward and slide the wire through the slot on the bracket.
- E.) Drop down the Upper Tension Cable so the fitting sits firmly on top of the bracket.
- F.) Secure the Front Post to Main Frame with four M8 x 5/8" Allen Bolts (#24) and four Ø 5/8" Curved Washers (#7).
- G.) Connect the Middle Sensor Wire (#33) from Front Post to the Upper Sensor Wire (#32) from the Computer (#10). Connect the Middle Computer Wire (#23) from Front Post to Upper Computer Wire (#31) from Computer. Attach the Computer (#10) to the Front Post (#9). Secure it with two M5 x 3/8" Philips Screws (#37) which are pre-assembled on Computer.

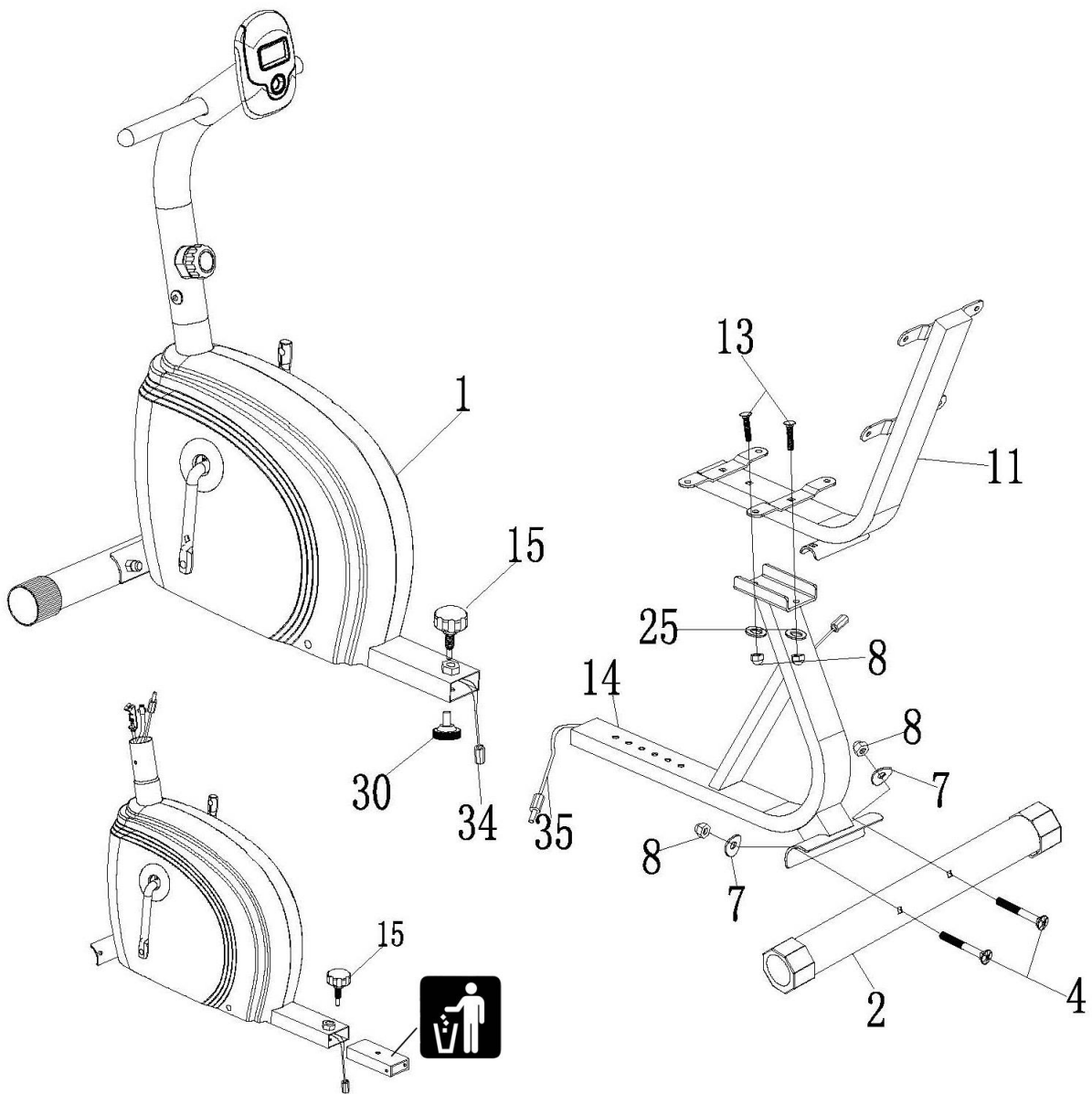
DIAGRAM 2



STEP 3

- A.) Before starting assembly, pull out the Quick Release Knob (#15), remove and dispose the Protection Insert.
- B.) Connect the Middle Sensor Wire (#34) from Main Frame (#1) to the Middle Sensor Wire (#35) from the Sliding Frame (#14).
- C.) Insert the Sliding Frame (#14) into the Main Frame (#1). Thread the Quick Release Knob (#15) through selected hole on Main Frame into Sliding Frame to lock it in position. Thread a Leverage Knob (#30) into the Sliding Frame from bottom. The Leverage Knob needs to touch the floor.
- D.) Attach the Rear Stabilizer (#2) to Main Frame. Secure them together with two M8 x 2 3/8" Carriage Bolts (#4), two Ø 5/8" Curved Washers (#7), and two M8 Acorn Nuts (#8).
- E.) Place Seat Support (#11) to Sliding Frame. Secure them together with two M8 x 1 5/8" Carriage Bolts (#13), two Ø 5/8" Washers (#25), and two M8 Acorn Nuts (#8).

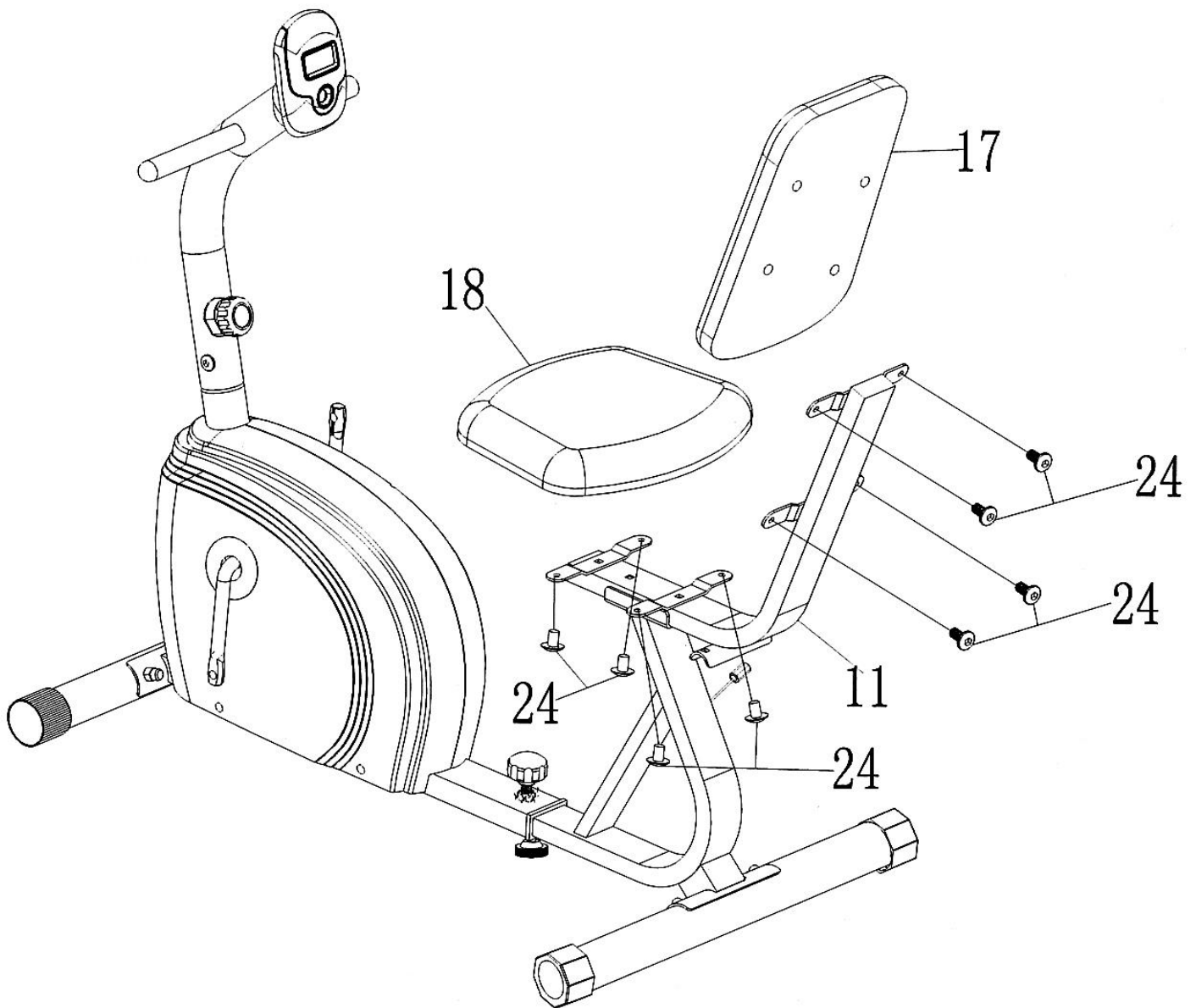
DIAGRAM 3



STEP 4

- A.) Attach the Backrest Board (#17) to Seat Support (#11). Secure it with four M8 x 5/8" Allen Bolts (#24).
- B.) Attach the Seat Pad (#18) to Seat Support. Secure it with four M8 x 5/8" Allen Bolts (#24).

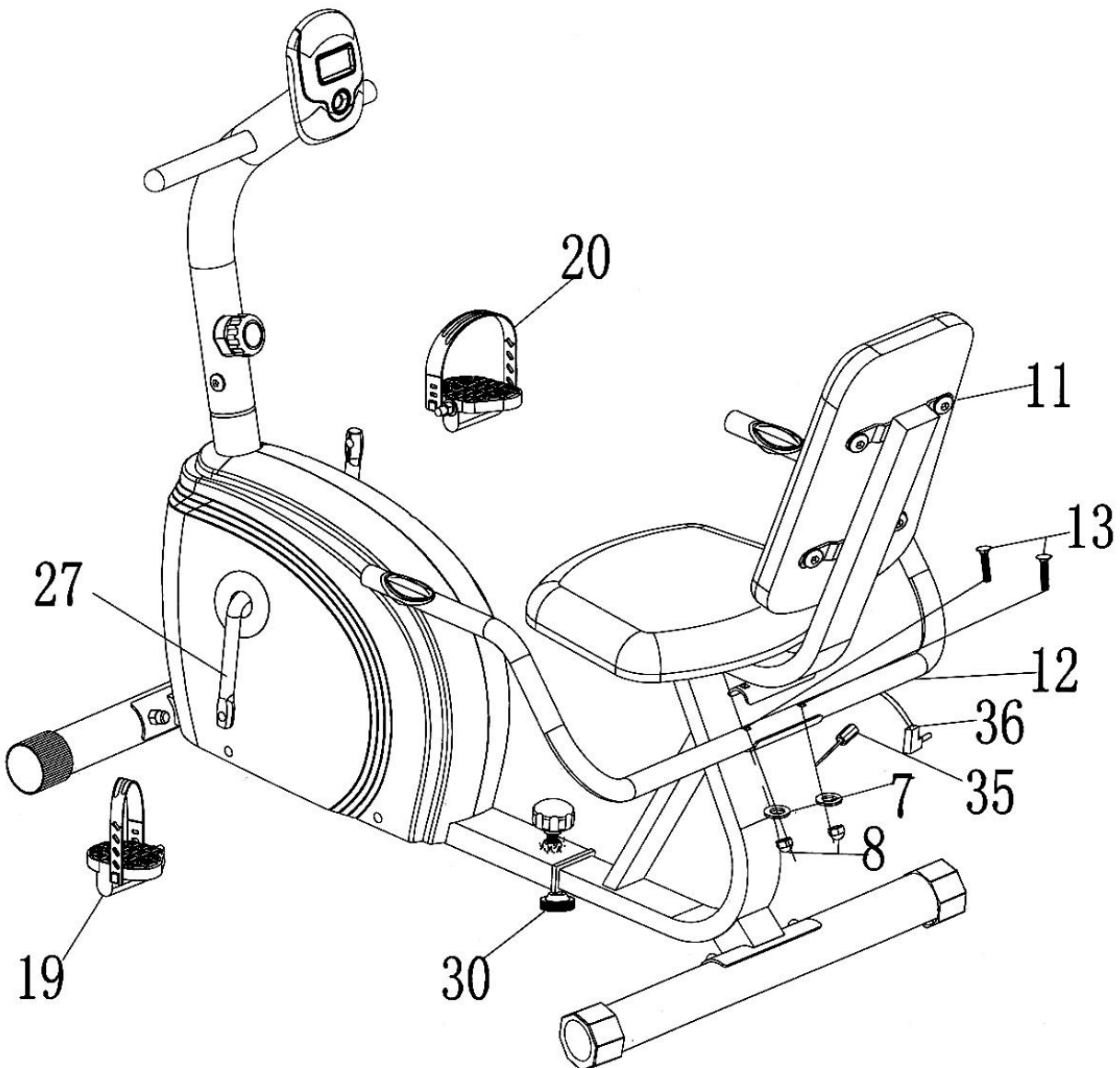
DIAGRAM 4



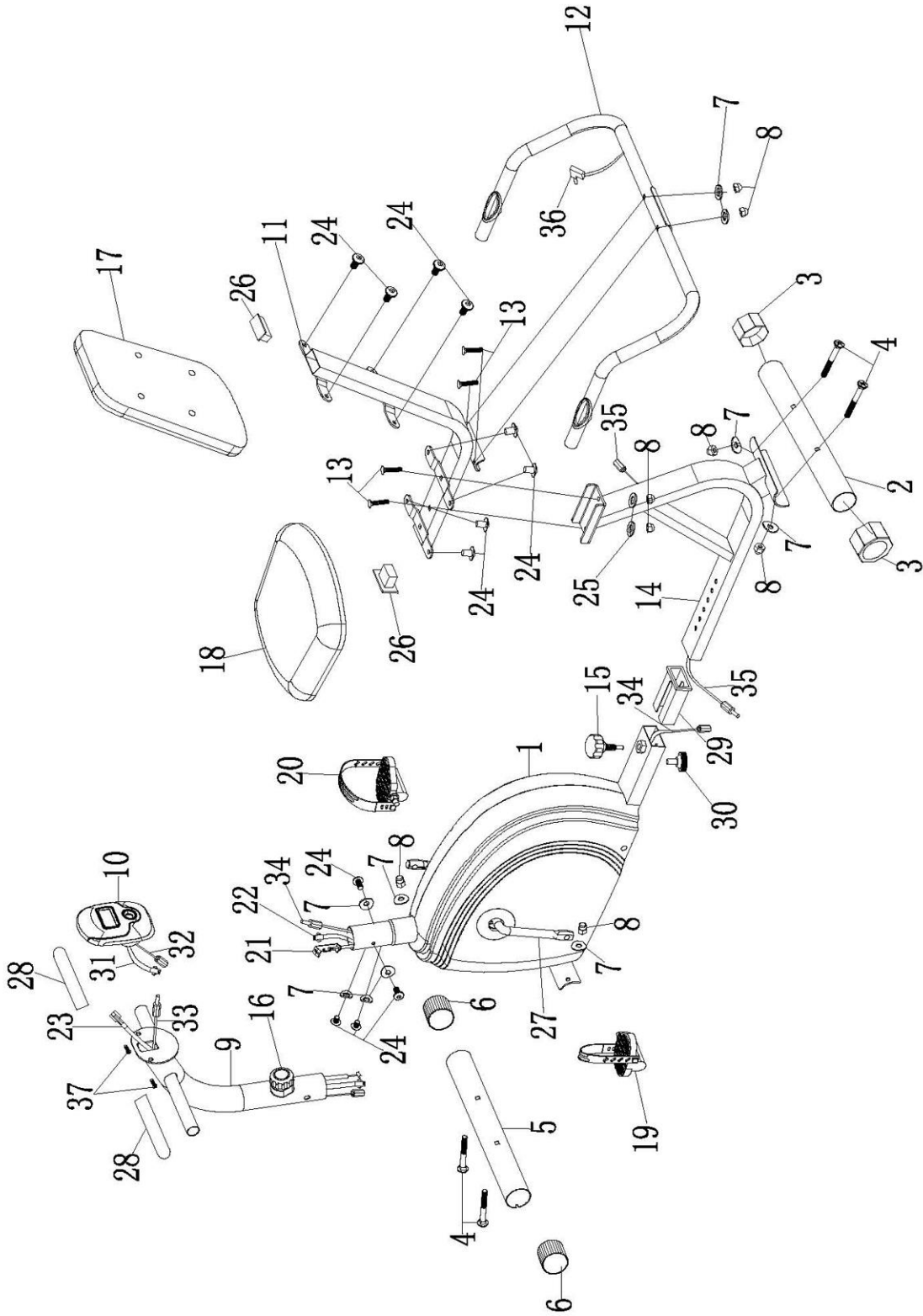
STEP 5

- A.) Attach the Handle (#12) to Seat Support (#11). Secure it with two M8 x 1 5/8" Carriage Bolts (#13), two Ø 5/8" Curved Washers (#7), and two M8 Acorn Nuts (#8).
- B.) Connect the Lower Sensor Wire (#36) from the Handle to the Middle Sensor Wire (#35) from the Sliding Frame.
- C.) Thread the left Pedal (#19) counterclockwise into the left Crank (#27).
- D.) Thread the Right Pedal (#20) clockwise into the Crank on the other side.

DIAGRAM 5



NS-908RP EXPLODED DIAGRAM



NS-908RP PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main Frame		1
2	Rear Stabilizer		1
3	Rear Stabilizer End Cap		2
4	Carriage Bolt	M8 x 2 3/8"	4
5	Front Stabilizer		1
6	Front Stabilizer End Cap		2
7	Curved Washer	Ø 5/8"	10
8	Acorn Nut	M8	8
9	Front Post		1
10	Computer		1
11	Seat Support		1
12	Handle		1
13	Carriage Bolt	M8 x 1 5/8"	4
14	Sliding Frame		1
15	Quick Release Knob		1
16	Tension Knob/Upper Tension Cable		1
17	Backrest Board		1
18	Seat Pad		1
19	Left Pedal		1
20	Right Pedal		1
21	Lower Tension Cable		1
22	Lower Computer Wire		1
23	Middle Computer Wire		1
24	Allen Bolt	M8 x 5/8"	12
25	Washer	Ø 5/8"	2
26	Seat Support End Cap		2
27	Crank		1
28	Foam Grip		2
29	Bushing		2
30	Leverage Knob		1
31	Upper Computer Wire		1
32	Upper Sensor Wire		1
33	Middle Sensor Wire/Front Post		1
34	Middle Sensor Wire/Main Frame		1
35	Middle Sensor Wire/Sliding Frame		1
36	Lower Sensor Wire		1
37	Philips Screw	M5 x 3/8"	2

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 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: 49.25" x 25.5" x 36.25"**

OPERATING NOTES

ADJUSTMENT

1. Use the Tension Knob on Front Post to adjust the resistance for exercise.
2. The seat can be adjusted for 6 different positions ranges 23" to 28" from Backrest Board to both Pedals while positioned in the middle.
3. Loosen and pull out the Lock Knob. Slide the Sliding Frame to selected scale marked on the Frame, then release the Lock Knob and securely fasten the Knob to lock the Sliding Frame.
4. The seat adjustment is in approximately 1" increment.

TRANSPORT

The Bike has a pair of Roller Caps on Front Stabilizer.

To move, carefully raise the Handle and Rear Stabilizer up from floor, and roll.

COMPUTER



FUNCTIONAL BUTTON:

MODE/RESET – Push down to select functions.

-Push down to reset time, distance and calories for 3 seconds.

1. **SCAN:** Press MODE button until “▼” appears at SCAN position, monitor will rotate through the following functions: time, speed, distance and calorie, each display will be hold 4 seconds.
2. **TIME :** Count the total time from exercise start to end.
3. **SPEED:** Display current speed.
4. **DIST:** Count the distance from exercise start to end.
5. **CALORIES:** Count the total calories from exercise start to end.
6. **ODO :** monitor will display the total accumulated distance.
7. **Pulse:** Display the heart pulse per minute during exercises.
 - a. Consult your physician to determine your normal resting heart rate Pulse Value. The default value is 72.

SPECIFICATIONS:

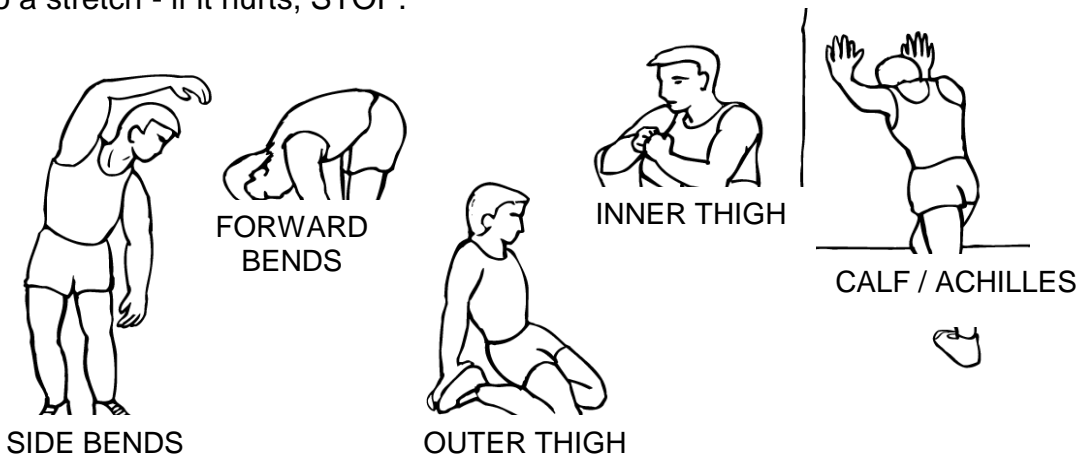
FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9 Miles/H
	TRIP DISTANCE	0.00~99.99 Miles
	CALORIES	0.1~999 CAL
	ODO	0~9999 Miles
	Pulse Rate	40~206 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –3
OPERATING TEMPERATURE		32°F ~ +102°F
STORAGE TEMPERATURE		14°F ~ +140°F

EXERCISE GUIDELINES

Using your **MAGNETIC RECUMBENT 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.

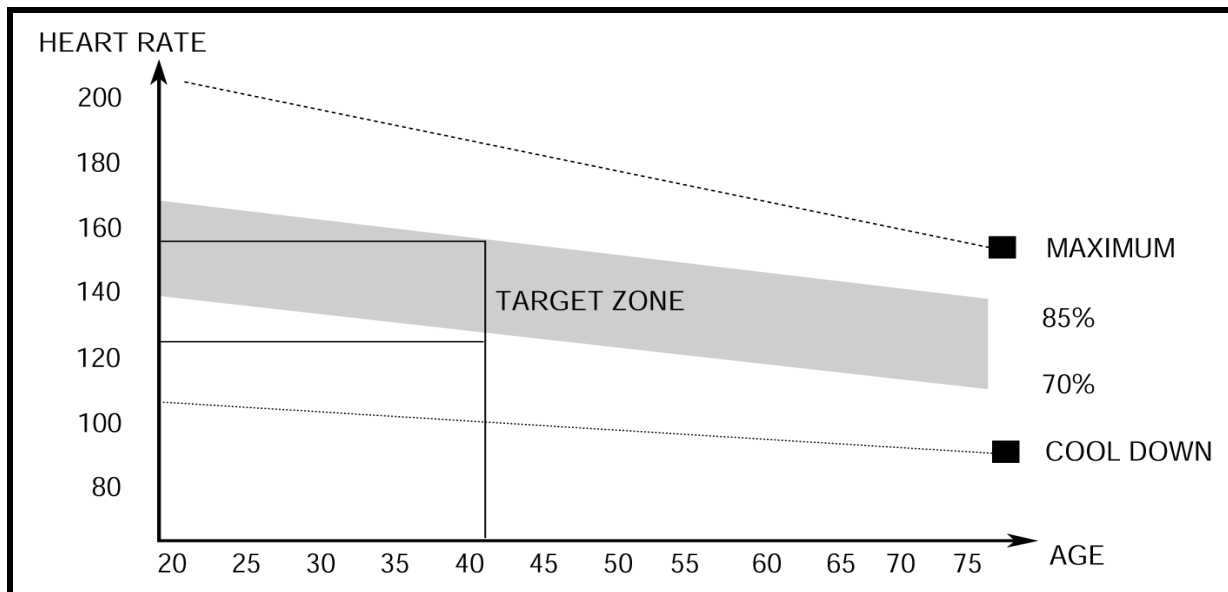
1. The Warm Up Phase

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 RECUMBENT 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.impex-fitness.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