

NOTE:  
Please read all instructions  
carefully before using this  
product

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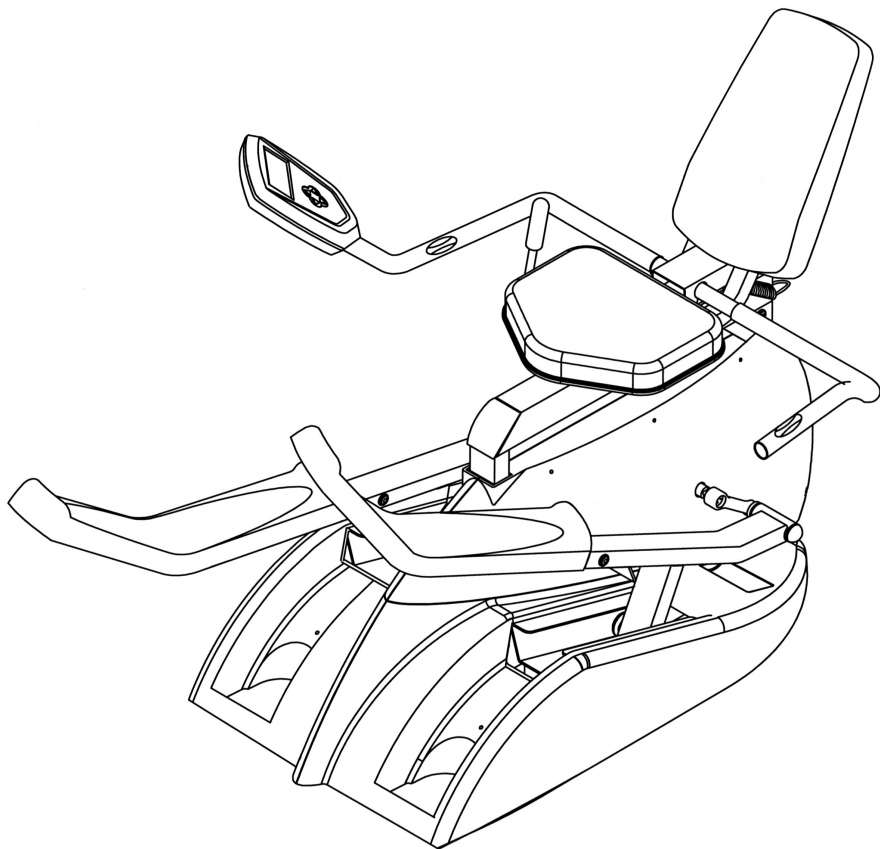
Retain This  
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05-27-03

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

# MARCY Elliptical Recumbent ZON



## **IMPEx FITNESS PRODUCTS**

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Elliptical Recumbent ZON by IMPEX FITNESS PRODUCTS. For your safety and benefit, read this manual carefully before using the machine. 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](http://www.impex-fitness.com)**

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# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

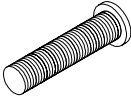
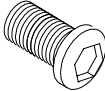




This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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. The Maximum Weight Capacity is 300 lbs.
13. Read all warnings posted on the exercise bike.
14. Inspect the machine for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
15. Care should be taken in mounting or dismounting the machine.
16. This exercise machine is for consumer 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.**

# HARDWARE PACK

Part#	Description	Identifier
#14	M6 x 1 3/8" Philips Screw (Qty 4)	
#15	M8 x 3/8" Allen Bolt (Qty 4)	
#16	M6 x 5/8" Philips Screw (Qty 4)	
#17	M8 x 5/8" Allen Bolt (Qty 12)	
#18	Ø 5/8" Washer (Qty 16)	
	Allen Wrench (Qty 1)	

# ASSEMBLY INSTRUCTION

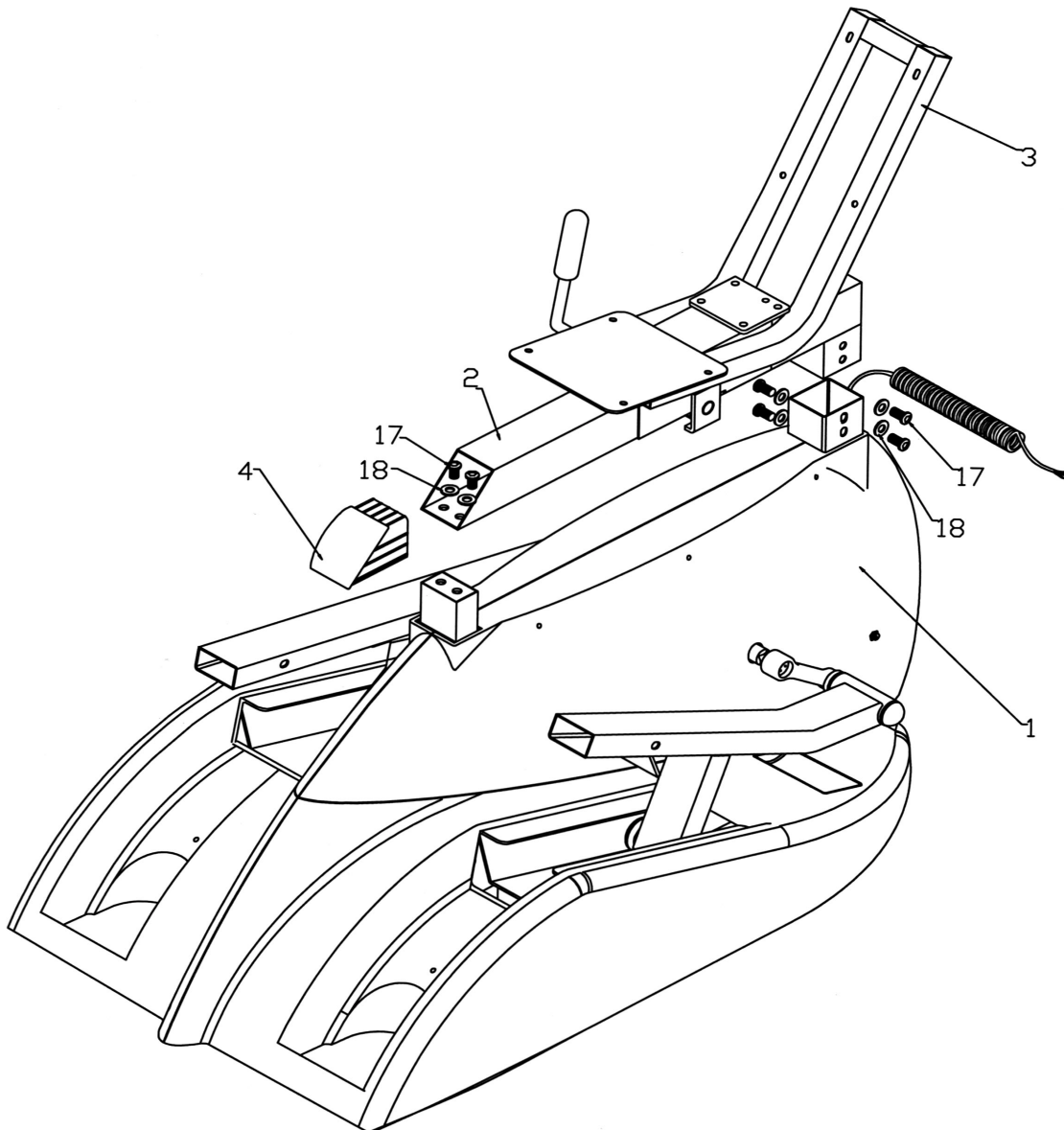
**Tools Required Assembling the Machine:**  
Philips Head Screwdriver and Allen Wrench.

**NOTE:** It is strongly recommended two or more people assembling this machine to avoid possible injury.

## STEP 1 (See Diagram1)

- A.) Slide the Seat Support (#3) onto the Chromed Sliding Track (#2).
- B.) Place the Sliding Track (#2) onto the Main Frame (#1). Secure it with six M8 x 5/8" Allen Bolts (#17) and  $\varnothing$  5/8" Washers (#18).
- C.) Close the front of the Sliding Track with the Front Cap (#4)

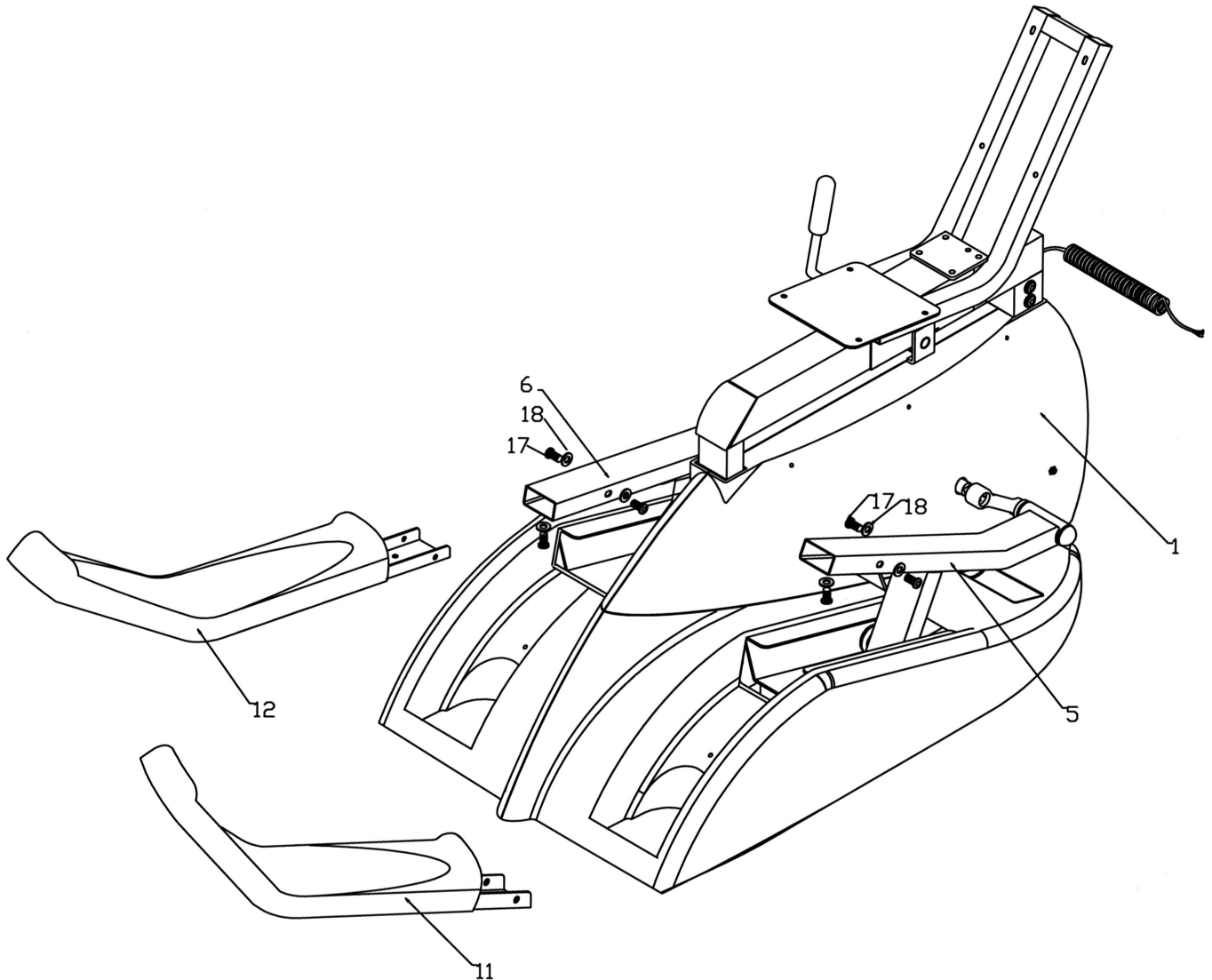
**Diagram 1**



## STEP 2 (See Diagram 2)

- A.) Attach the Left Pedal (#11) to the Left Pedal Support (#5). Secure it with three M8 x 5/8" Allen Bolts (#17) and  $\text{\O} 5/8$ " Washers (#18).
- B.) Repeat Procedure A above to install the Right Pedal (#12) to the Right Pedal Support (#6).

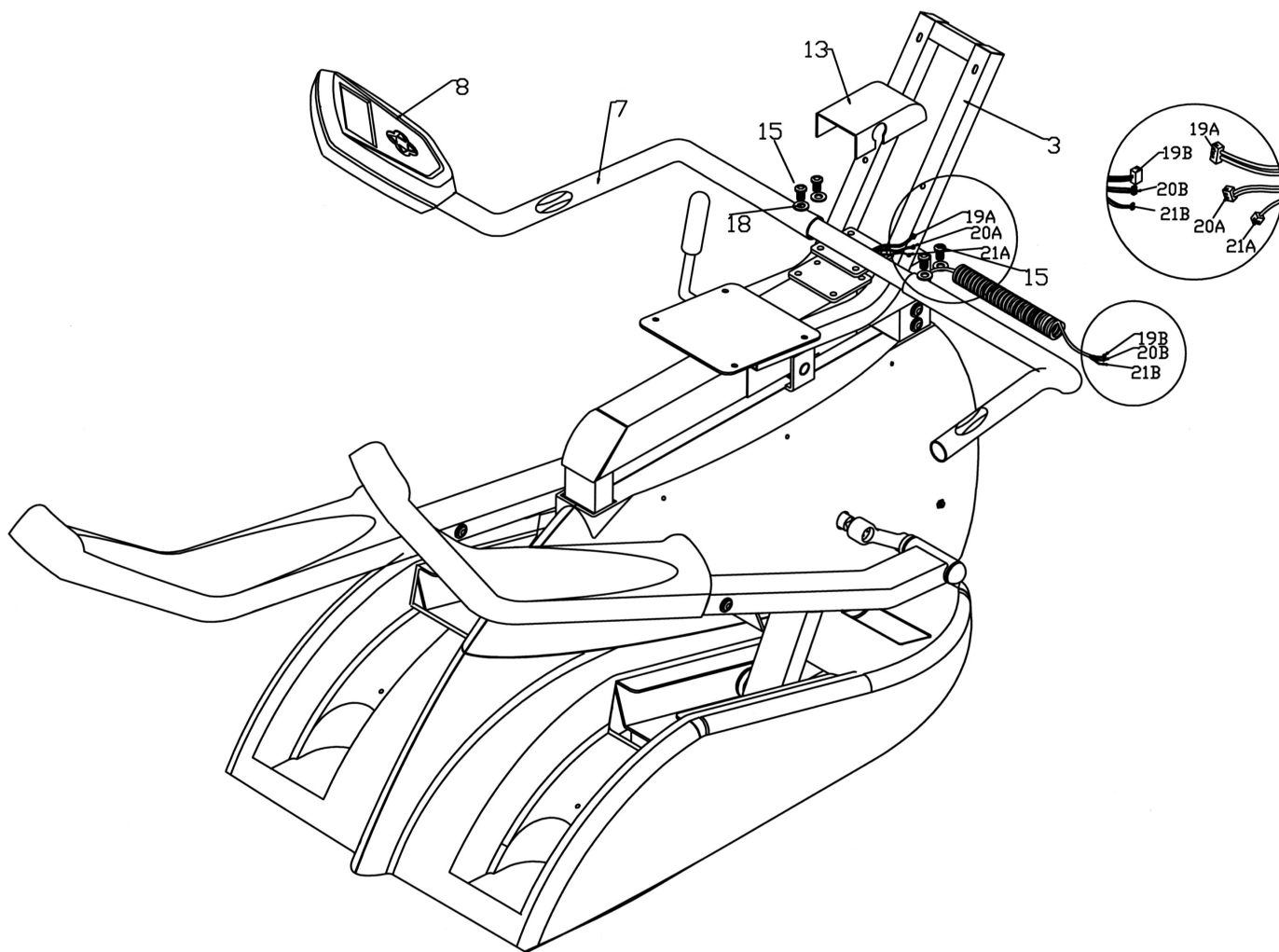
### DIAGRAM 2



**STEP 3 (See Diagram 3)**

- A.) Attach the Handlebar (#7) to the Seat Support (#3). Secure it with four M8 x 3/8" Allen Bolts (#15) and Ø 5/8" Washers (#18).
- B.) Connect Motor Wire (#19), Power Wire (#20) and Sensor Wire (#21) from Handlebar to the Main Frame.
- C.) Cover the wire connections with a Plastic Handlebar Cover (#13).

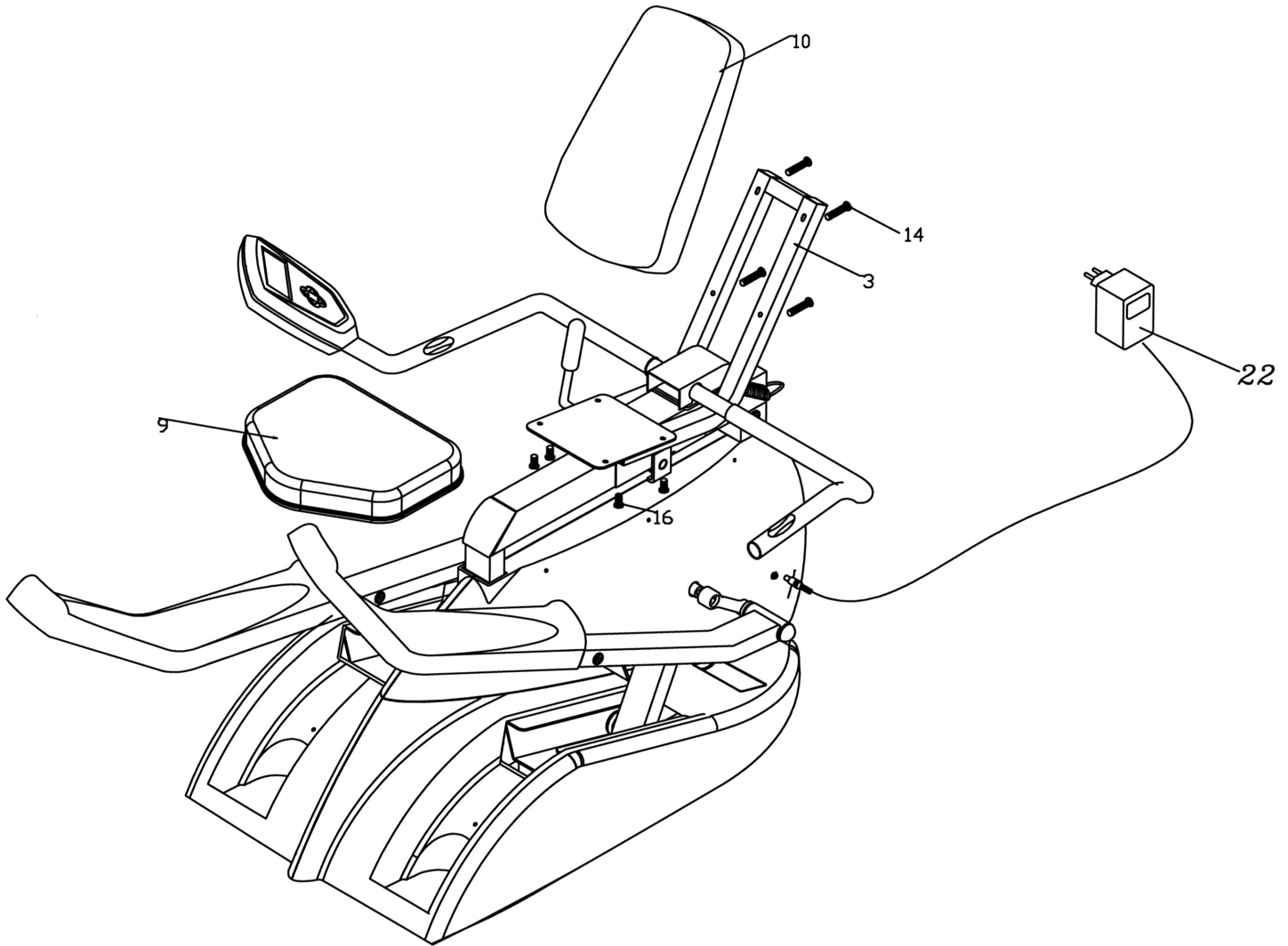
**DIAGRAM 3**



**STEP 4 (See Diagram 4)**

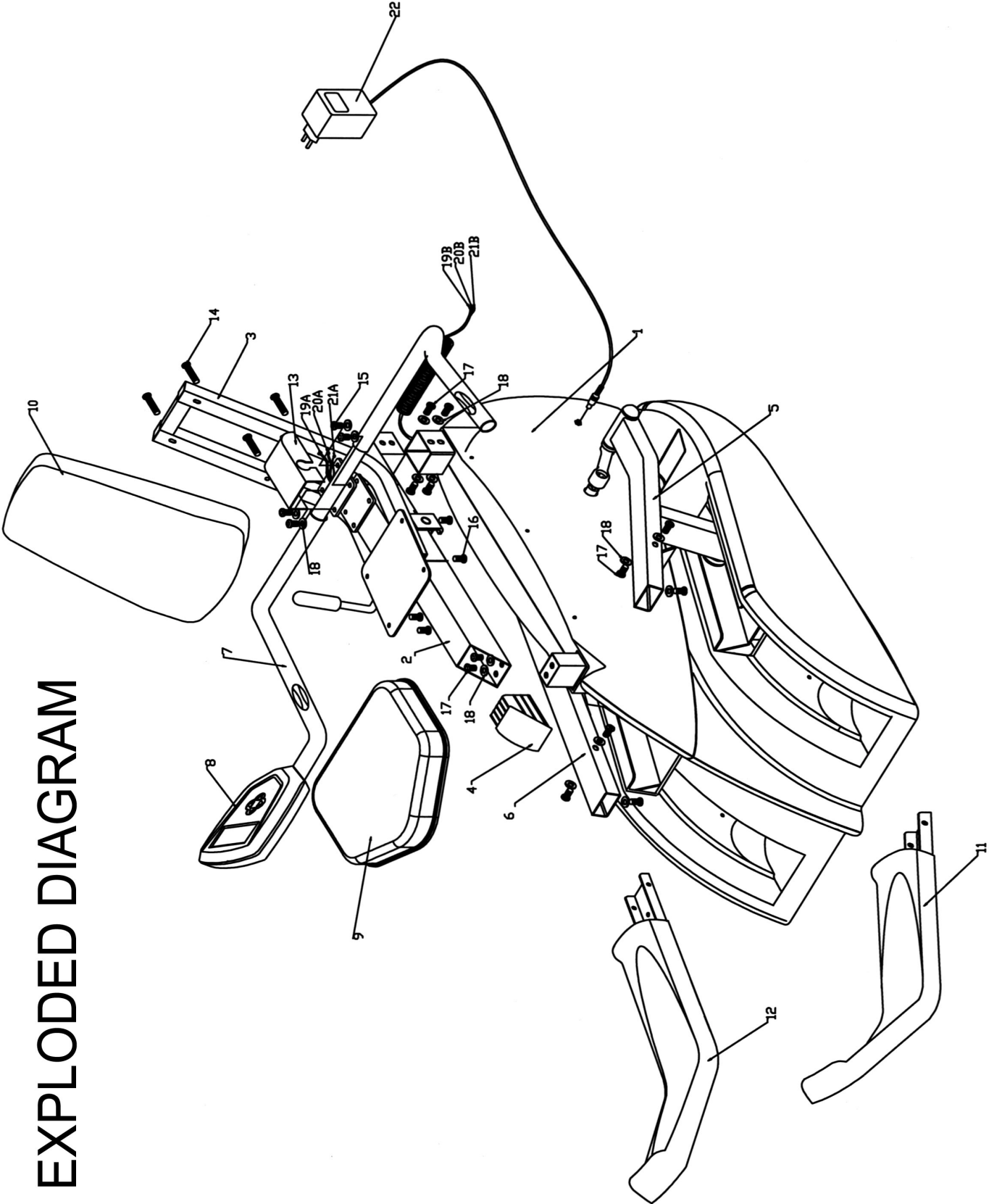
- A.) Place the Seat (#9) onto the Seat Support (#3). Secure it with four M6 x 5/8" Philips Screws (#16).
- B.) Attach the Backrest Board (#10) to the Seat Support. Secure it with four M6 x 1 3/8" Philips Screws (#14).
- C.) Plug the Power Adaptor (#22) to the Main Frame (#1).

**DIAGRAM 4**





# EXPLODED DIAGRAM



## PARTS LIST

<b>KEY NO.</b>	<b>DESCRIPTION</b>	<b>QUANTITY</b>
1	Main Frame	1
2	Chromed Sliding Track	1
3	Seat Support	1
4	Front Cap	1
5	Left Pedal Support	1
6	Right Pedal Support	1
7	Handlebar	1
8	Computer	1
9	Seat	1
10	Backrest Board	1
11	Left Pedal	1
12	Right Pedal	1
13	Handlebar Cover	1
14	M6 x 1 3/8" Philips Screw	4
15	M8 x 3/8" Allen Bolt	4
16	M6 x 5/8" Philips Screw	4
17	M8 x 5/8" Allen Bolt	12
18	Ø 5/8" Washer	16
19 (A, B)	Motor Wire	2
20 (A, B)	Power Wire	2
21 (A, B)	Sensor Wire	2
22	Power Adaptor	1

## **COMPUTER**



### **FUNCTION KEY:**

**ST/SP:** Press this key to START or STOP computer. Press and hold down this key for 2 seconds, the Computer will reset all values to zero and reset to initial mode.

**ENTER/MODE:** Use this key to select the mode of TIME, DISTANCE, CALORIES, and PULSE. Use UP/DOWN to increase or decrease the numbers, then press this key to accept the data.

**UP:**

1. Increase the input value.
2. Increase the resistance level.
3. Select exercise program from Manual to Program 6.

**DOWN:**

1. Decrease the input value.
2. Decrease the resistance level.
3. Select exercise program from Manual to Program 6.

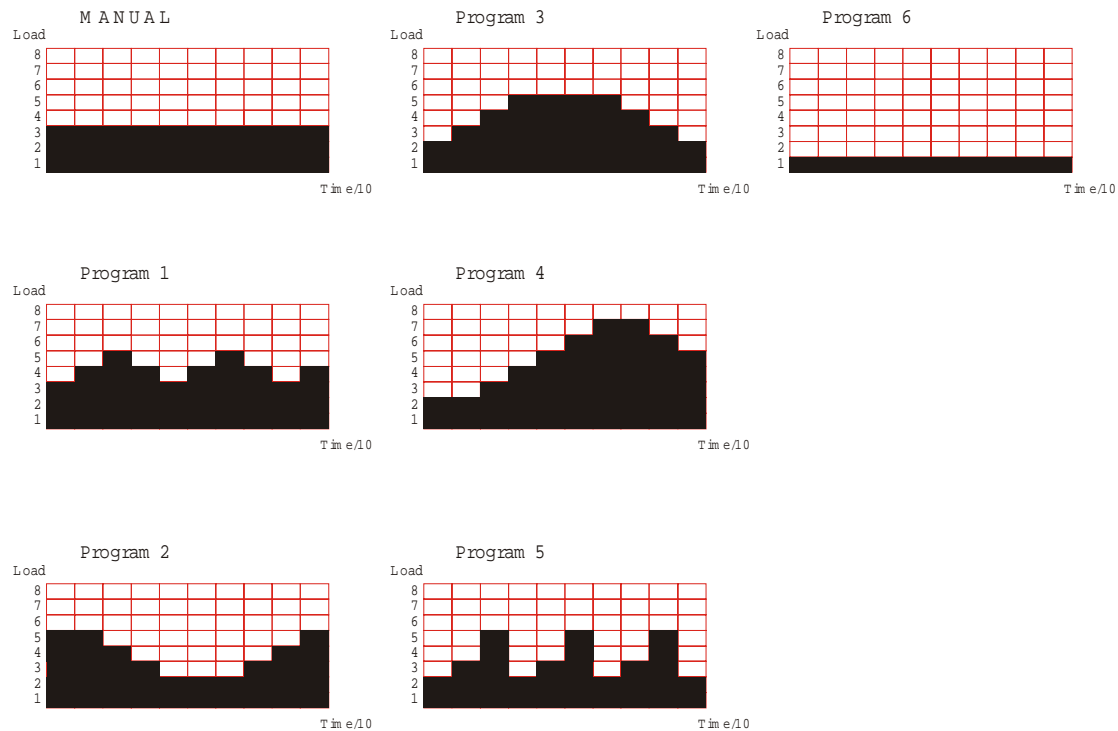
### **AUTO START / STOP**

The Computer can be turned on automatically by pressing any of the four keys or by simply pedaling the machine. When exercise stops, the monitor will automatically turn off (after 4 minutes) to save energy. All data will be lost.

# Operating the Computer

## 1. Select exercise program

After turning on the computer, use UP/DOWN key to select exercise program from Manual to Program 6. The default is Manual. Press Enter to confirm the selection.



## 2. Set value of Time, Distance, Calories and Pulse

After selecting the Program, the window will change to the “Time” function. Use the UP/Down key to enter value. By pre-setting a value in the computer, the function will count down from the preset value back to Zero. When the value reaches Zero, the alarm will go off. For example, you want to work out for 10 minutes. Press the Enter key so the Time starts flashing. Press Up key until 10:00 shows up. Press Enter. You can repeat the same procedure to enter Distance, Calorie and Pulse. If you don't pre-set a value in the computer, the computer will simply count up from zero.

By pre-setting a Maximum Pulse value in the computer, the computer will beep to remind you that you have reached your maximum heart rate. This will help you to maintain the heart rate if you are doing a “Target Heart Rate Training.” (Please consult your physician or personal trainer for Target Heart Rate Training.)

## 3. Select exercise resistance level

Use the UP/DOWN key to select resistance level (1 – 8) before or during exercise. The resistance level is displayed on the left side of the monitor screen. The resistance level will automatically adjust according to the program you chose, except MANUAL program which you will have to adjust using the UP/DOWN key. For programs 1 through 5, the computer will automatically divide the profiles by your preset Time. For example, if you pre-set 30 minutes in the Time function, the computer will divide the profile by 10, thus each profile is 3 minutes.

Program 6 is a unique program which allows the computer to adjust the workout resistance according to your pre-set heart rate. If your heart rate is greater than your target heart rate, the computer will decrease the workout resistance automatically. If your heart rate is less than your target heart rate, the computer will increase the resistance level to help you achieve higher heart rate.

#### **4. Start exercising**

Press ST/SP key to start exercise.

During exercise, press ENTER/MODE key to select the display mode of SCAN, TIME, DISTANCE, SPEED, CALORIES, and PULSE. The computer will display the current value of each mode.

In the SCAN mode, the computer will automatically display value of each mode for 5 seconds interval.

#### **Note:**

**Please note all values on this computer are approximate and for comparison purpose only. DO NOT use these values for any medical or rehabilitation purposes.**

## **EXERCISE PROGRAM**

The amount of exercise required to produce significant physiological benefits can be dispersed by Intensity, Frequency, Duration, and Motivation.

#### **A. Intensity:**

Intensity, the level of exertion must exceed mild demands while avoiding to the cause breathlessness and fatigue. The proper level of exertion can be determined by using the pulse rate (heart rate) as a guide. For effective Cardiovascular Fitness, the heart rate must be maintained at a level between 70% and 85%, which is the Target Training Zone, of the maximum heart rate. During the first few weeks of the exercise session, the user's heart rate should be kept near the low end of the target training zone, (approximately 70%). Over the course of a few months, gradually increase the heart rate until it reaches the high end of the training zone. As the user's condition improves, a greater workload will be required in order to raise the heart rate to the training zone. Note: It is strongly recommended for the individuals of older ages or with low levels of fitness to start their exercise program at a low intensity (60% - 70% of maximum heart rate reserve) and the progression to a higher intensity will take longer than younger fit individuals.

#### **B. Frequency:**

Most experts agree sensible eating habits and regular aerobic exercise, three to five times a week, is the key to weight control and fitness. Exercise at least twice a week to maintain the present body condition. For the average adult a minimum of three days per week is necessary to develop aerobic capacity and show significant changes in body weight and fat. The ideal however, is to exercise five times a week.

### **C. Duration:**

Each workout should consist of warm up, training zone exercise and cool down. Warm up should be one important part of every workout. Prepare the body for strenuous exercise by increasing circulation to deliver more oxygen to the muscles, and raising body temperature. Five to ten minutes of stretching can provide a good warm up. After warm up, begin exercise with low intensity for a few minutes. Then increase the intensity to the training zone for a period of fifteen to thirty minutes. To aid circulation and help prevent soreness, finish the workout with five to ten minutes of stretching or light exercise.

### **D. Motivation:**

Stay Motivated! The key to a successful program is Regular Exercise. A regular time and place should be established. And the performance should be recorded.

### **E. Heart Rate Range:**

Establish your target heart rate range. Subtract your age from the number 220. Then take the result and multiply by 75% (0.75). The resulting figure is your Minimum Target Heart Rate. To establish your maximum target heart rate, subtract your age from the number 220, and multiply the result by 85% (0.85). While exercising, try to keep your heart rate within the range to achieve best result.

## **Maintenance and Storage**

- 1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.**
- 2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.**
- 3. Lubricate the joints every six months with WD-40 or light oil.**
- 4. Store the machine IN-DOOR. Excess moisture and water would cause rust on the frame.**
- 5. The machine 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.**
- 6. To avoid possible injury, the help of two or more people are needed when moving the machine around.**

# **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](http://www.impex-fitness.com)

**IMPEX INC.**  
**14777 Don Julian**  
**City of Industry, CA 91746**

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

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase