

BEFORE YOU BEGIN

Thank you for selecting the MARCY® Magnetic Upright Bike ME-708 by IMPEX® INC. 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.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

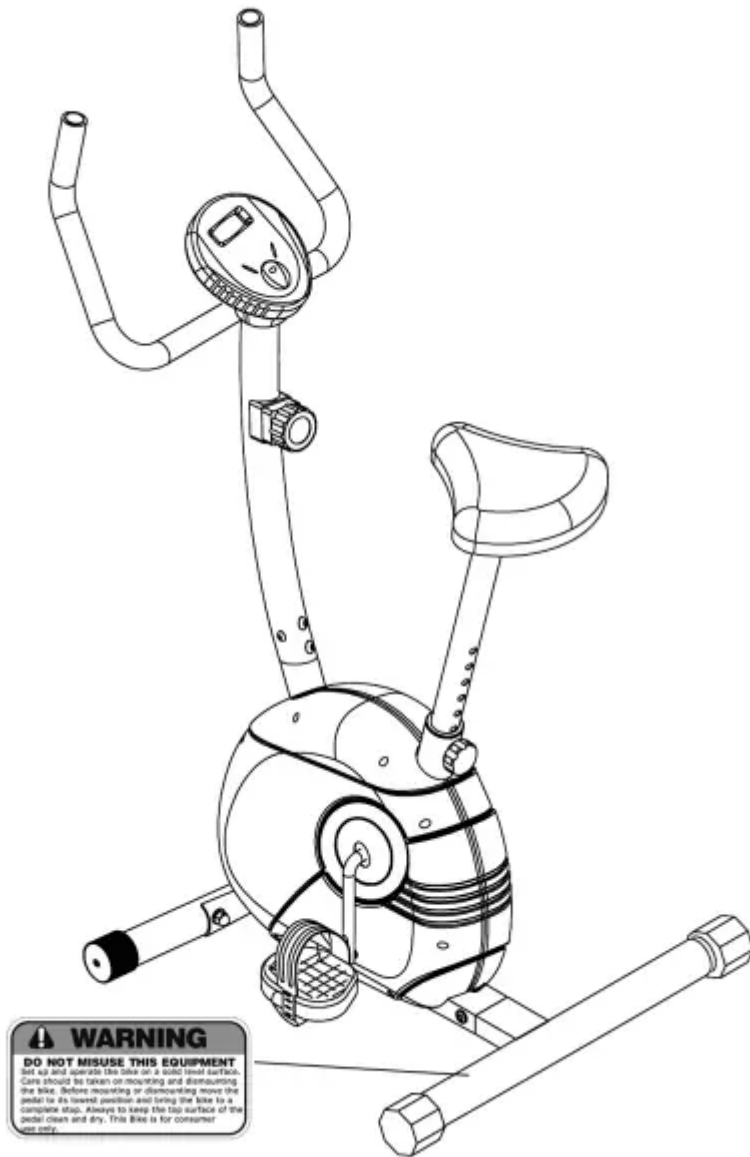
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 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 exercise bike 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 exercise bike.
16. 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.






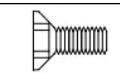


WARNING LABEL PLACEMENT



The Warning Label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

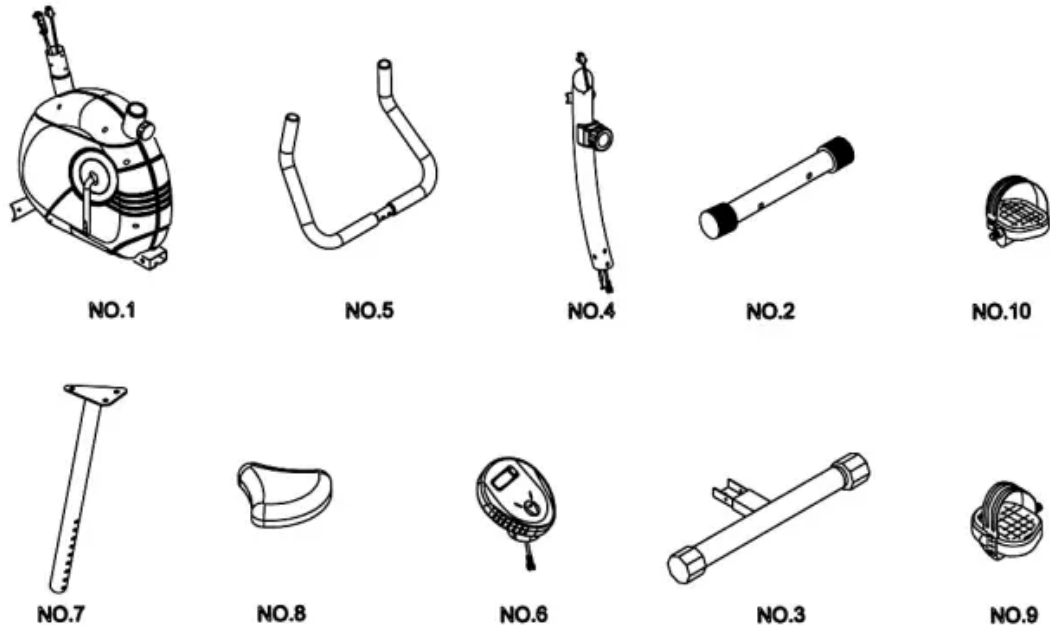
HARDWARE PACK

	No.	Description	Identifier	Q'ty
12	Ø 5/8" Washer		2	

15	M8 x 2 1/2" Carriage Bolt		2
16	Ø 7/8" Curved Washer		6
17	M8 Acorn Nut		2
18	M8 x 5/8" Allen Bolt		8
19	Ø 1" Flat Washer		2
26	M8 x 1 1/8" Screw		2
	#5 Allen Wrench		1
	Crossing Wrench		1

Above hardware are all you need to assemble this machine. Before you start to assemble, please check the hardware pack to make sure they are included.

PRE-ASSEMBLY CHECK LIST



PART NO. DESCRIPTION Q'TY

01	Main Frame	1
02	Front Stabilizer	1
03	Rear Stabilizer	1
04	Front Post	1
05	Handlebar	1
06	Computer	1
07	Seat Post	1
08	Seat	1
09	Left Pedal	1

ASSEMBLY INSTRUCTION

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

STEP 1 (See Diagram1)

A.) Do not tighten Nuts and Bolts until instructed to do so.

B.) Attach the Front Stabilizer (#2) to the Main Frame (#1). Secure it with two M8 x 2 1/2" Carriage Bolts (#15), two Ø7/8" Curved Washers (#16), and two M8 Acorn Nuts (#17).

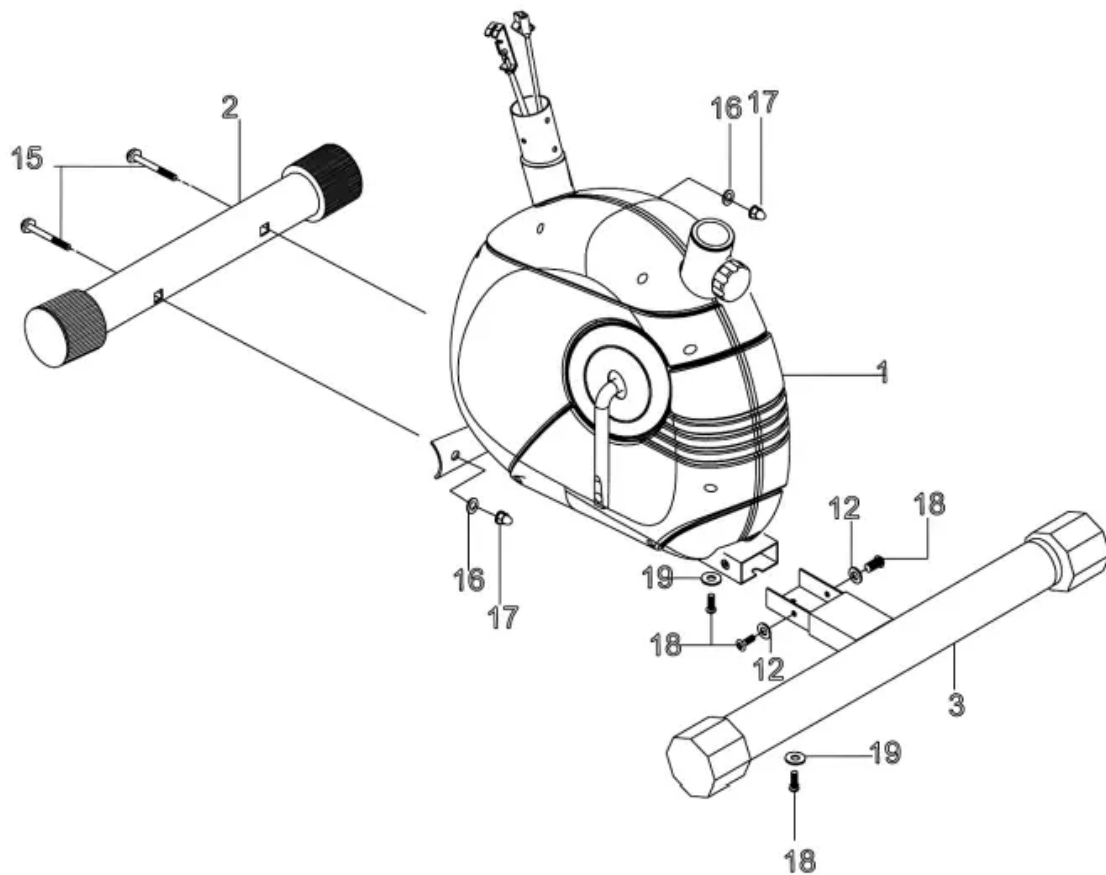
10	Right Pedal	1
	User Manual	1

C.) Attach the Rear Stabilizer (#3) to the Main Frame. Secure it with two M8 x 5/8" Allen Bolts (#18) and two Ø 1" Flat Washers (#19) from bottom. Secure it with two M8 x 5/8"

Allen Bolts (#18) and two Ø 5/8" Washers (#12) from sides.

D.) **Securely tighten all Nuts and Bolts.**

DIAGRAM 1



STEP 2 (See Diagram 2)

A.) **Note: In order to hold the Front Post (#4) while connecting the cables and wires, extra help may be needed.**

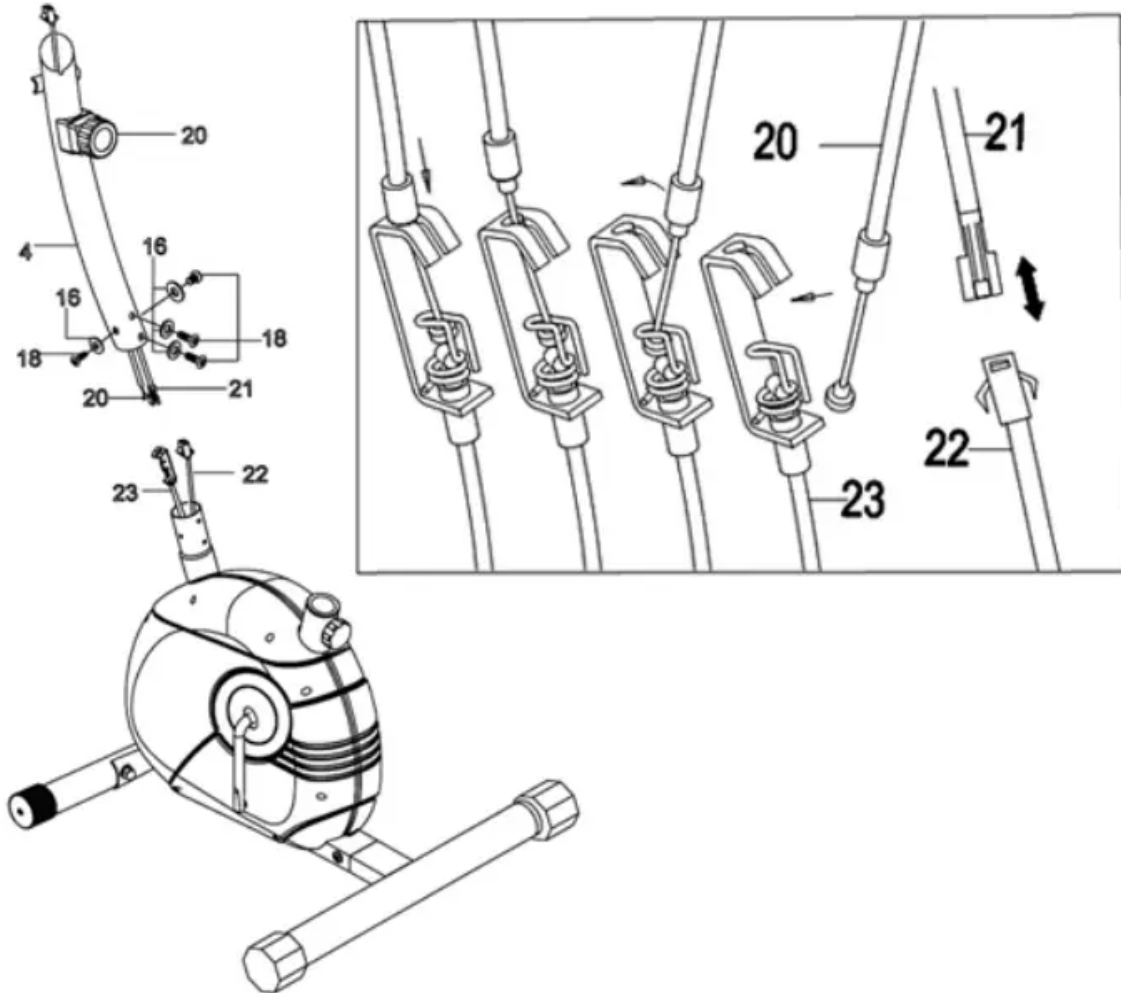
B.) Attach the Front Post (#4) to the Main Frame (#1). Connect the Middle Computer Wire (#21) from the bottom of Front Post to the Lower Computer Wire (#22) from the main Fame.

C.) Pull the tension connector from the Upper Tension Cable (#20) and slide in between the opening on the connector holder on the Lower Tension Cable (#23). Pull the Upper Tension Cable upward and slide the wire through the slot on the bracket.

D.) Drop down the Upper Tension Cable so the fitting sits firmly on top of the bracket.

E.) Secure the Front Post to the Main Frame with four M8 x 5/8" Allen Bolts (#18) and four Ø 7/8" Curved Washers (#16).

DIAGRAM 2



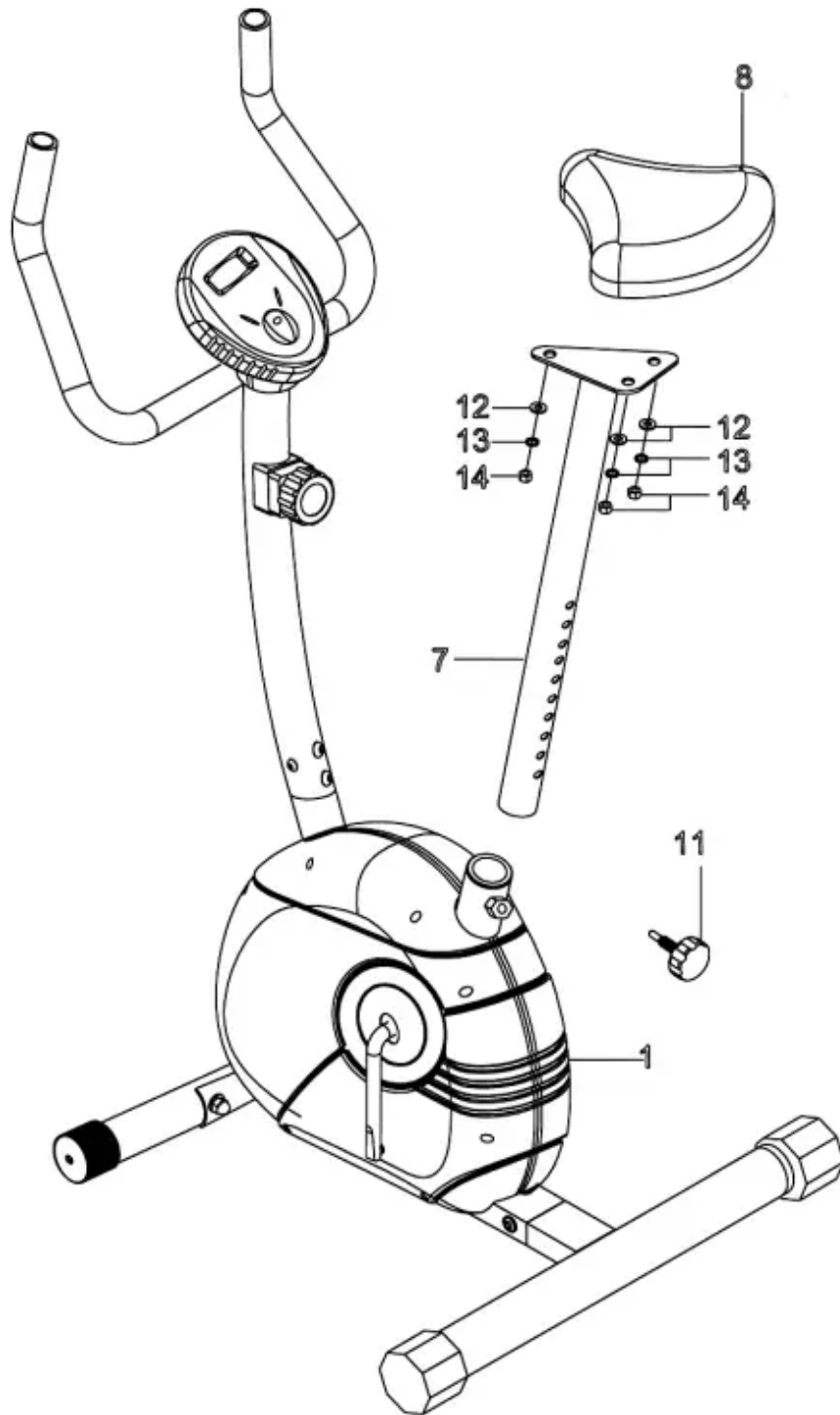
STEP 3 (See Diagram 3)

A.) Attach the Handle (#5) to the Front Post (#4). Secure it with two M8 x 1 1/8" Screws (#26).

B.) Connect Upper Computer Wire (#28) to the Middle Computer Wire (#21).

C.) Insert the Computer (#6) into the opening on Front Post.

DIAGRAM 3



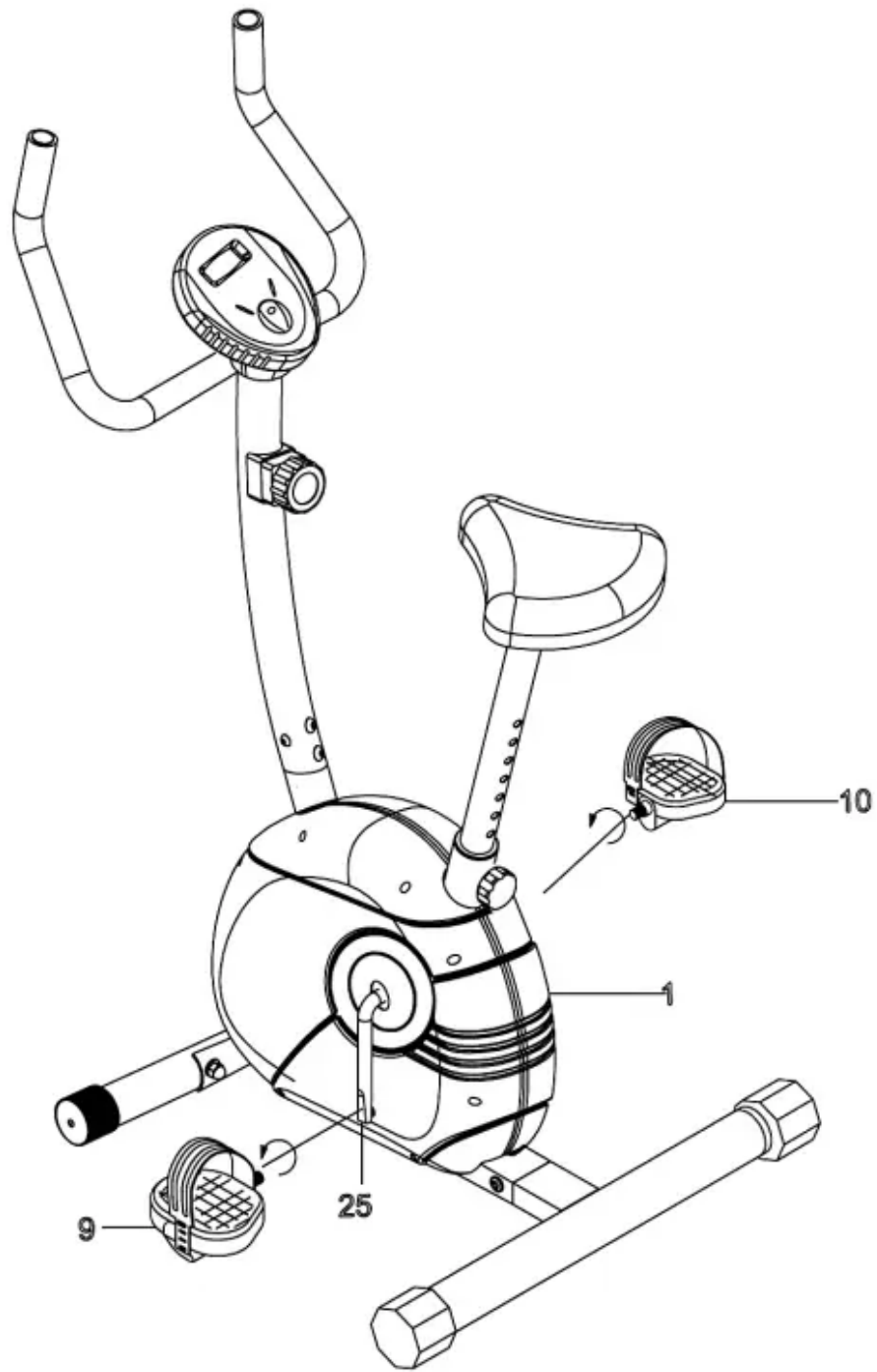
STEP 5 (See Diagram 5)

A.) Thread the Left Pedal (#9) counterclockwise into the Crank (#25).

B.) Thread the Right Pedal (#10) clockwise into the Crank on the other side.

DIAGRAM 5

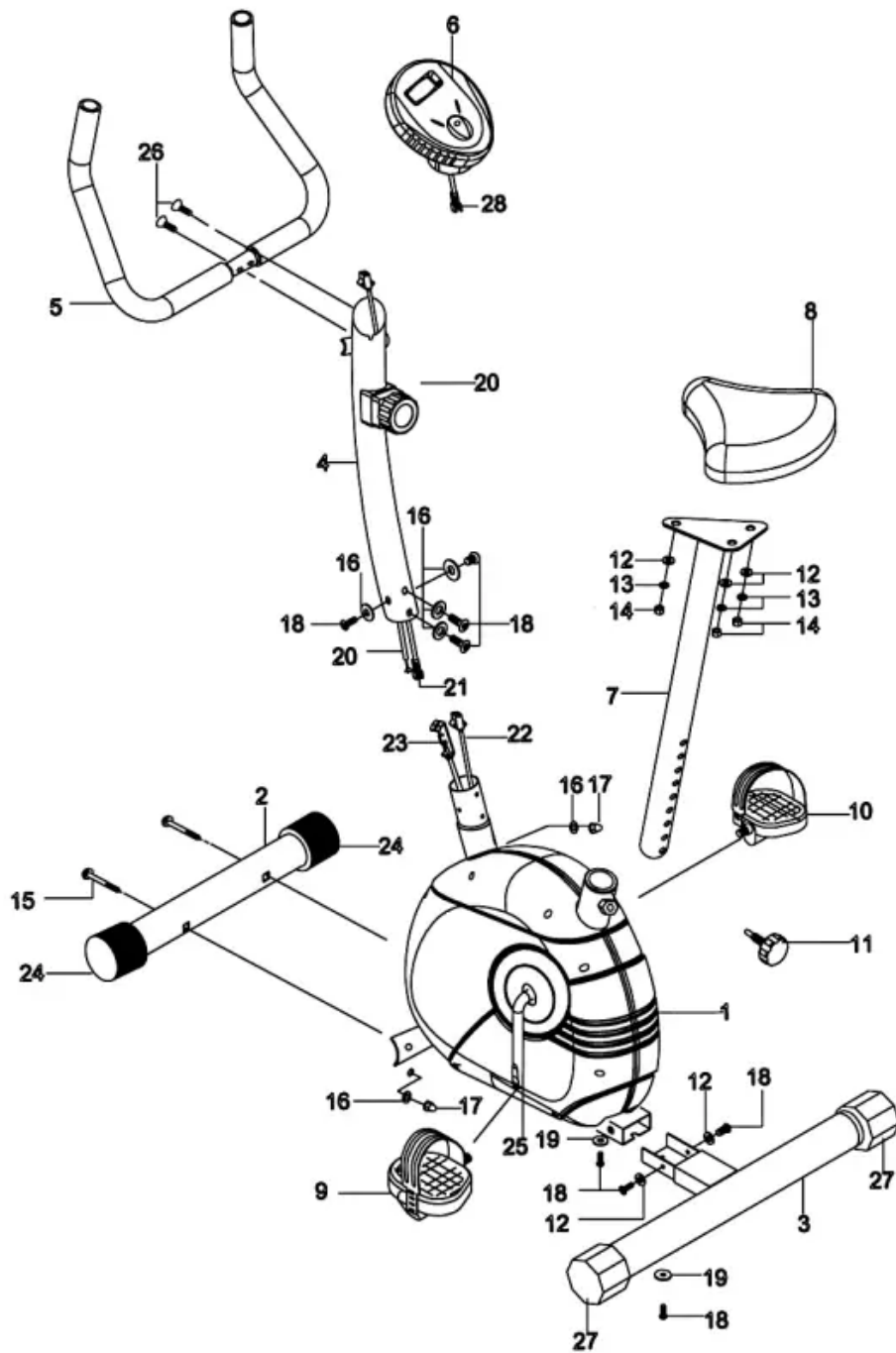




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EXPLODED DIAGRAM





PARTS LIST

KEY NO. - DESCRIPTION- QUANTITY

- 1. Main Frame 1
- 2. Front Stabilizer 1
- 3. Rear Stabilizer 1
- 4. Front Post 1
- 5. Handle 1

6. Computer 1
7. Seat Post 1
8. Seat 1
9. Left Pedal 1
10. Right Pedal 1
11. Lock Knob 1
12. Ø 5/8" Washer 7
13. Ø 3/8" Lock Washer 3
14. M8 Aircraft Nut 4
15. M8 x 2 1/2" Carriage Bolt 2
16. Ø 7/8" Curved Washer 6
17. M8 Acorn Nut 2
18. M8 x 5/8" Allen Bolt 8
19. Ø 1" Flat Washer 2
20. Upper Tension Cable 1
21. Middle Computer Wire 1
22. Lower Computer Wire 1
23. Lower Tension Cable 1
24. Front Stabilizer End Cap 2
25. Crank 1
26. M8 x 1 1/8" Screw 2
27. Rear Stabilizer End Cap 2
28. Upper Computer Wire 1

COMPUTER



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 8 minutes to save energy.

Press "MODE" key, will automatically scan Time, Speed, Distance, Calories, and ODO for every 4 seconds.

DISPLAY:

Time Display the elapsed time. Max value is up to 99:59

Speed Display the current speed in miles per hour.

Distance Display the distance traveled in Miles. Max value is 99.99 miles.

Calories Display the calorie consumption in cal.

(ODO) Odometer Display the accumulation of distance from previous and current exercises. Max value is 9999 miles.

REPLACE BATTERY:

1. Remove the battery cover on the back of the computer.
2. Replace two 1.5V (AAA) batteries.
3. Make sure the batteries are installed correctly and the polarities are correct.
4. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
5. The battery life is approx. 3 months under normal usage.
6. **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.

Maintenance and Storage

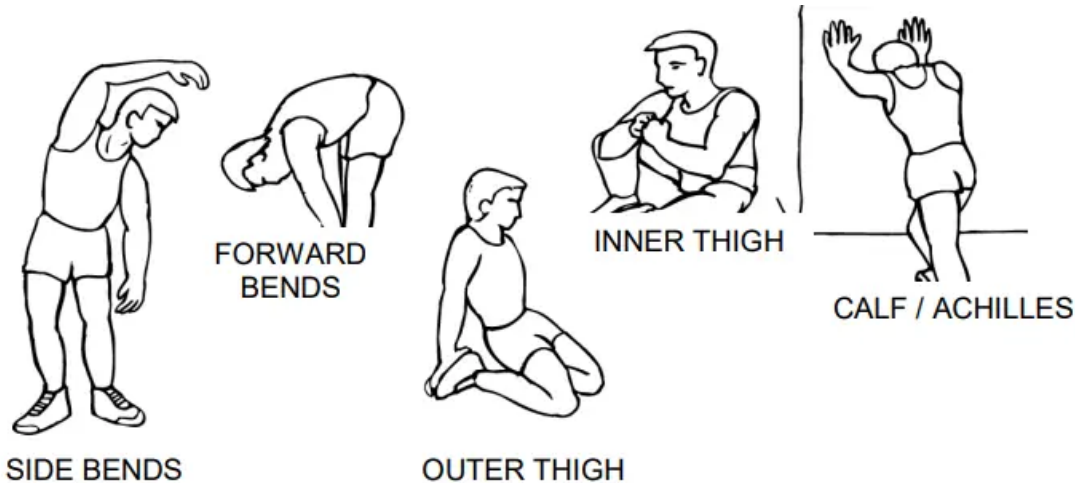
1. **Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.**
2. **The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.**
3. **Store the machine IN-DOOR. Excess moisture and water would cause rust on the frame.**
4.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

EXERCISE INSTRUCTIONS

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.

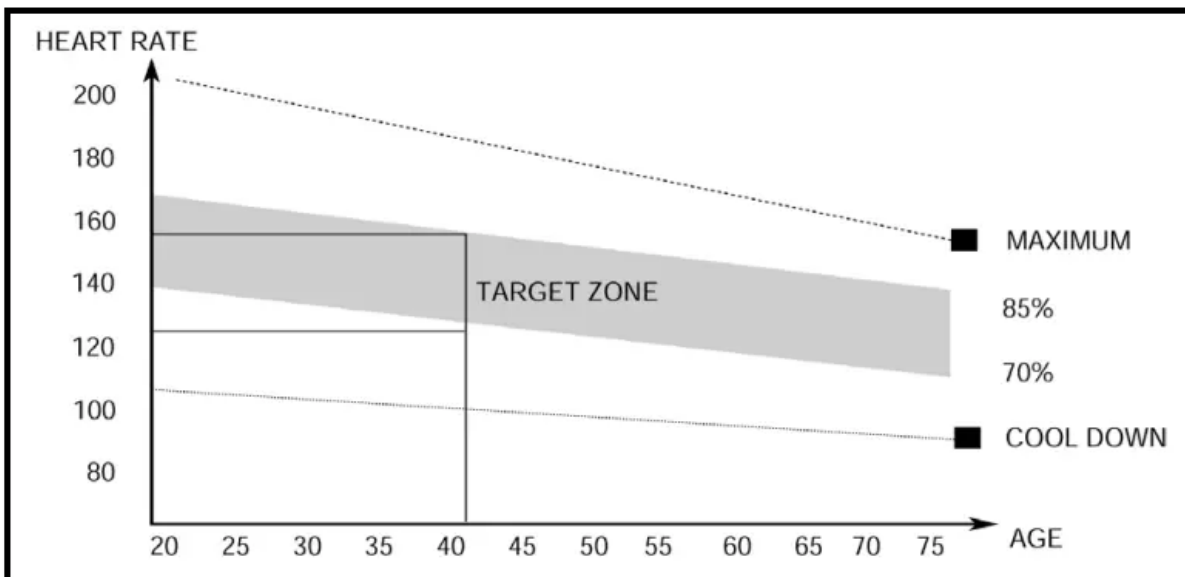
1. The Warm Up Phase

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.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.