

NOTE:  
Please read all instructions  
carefully before using this  
product

Table of Contents

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model  
PL-01012RP

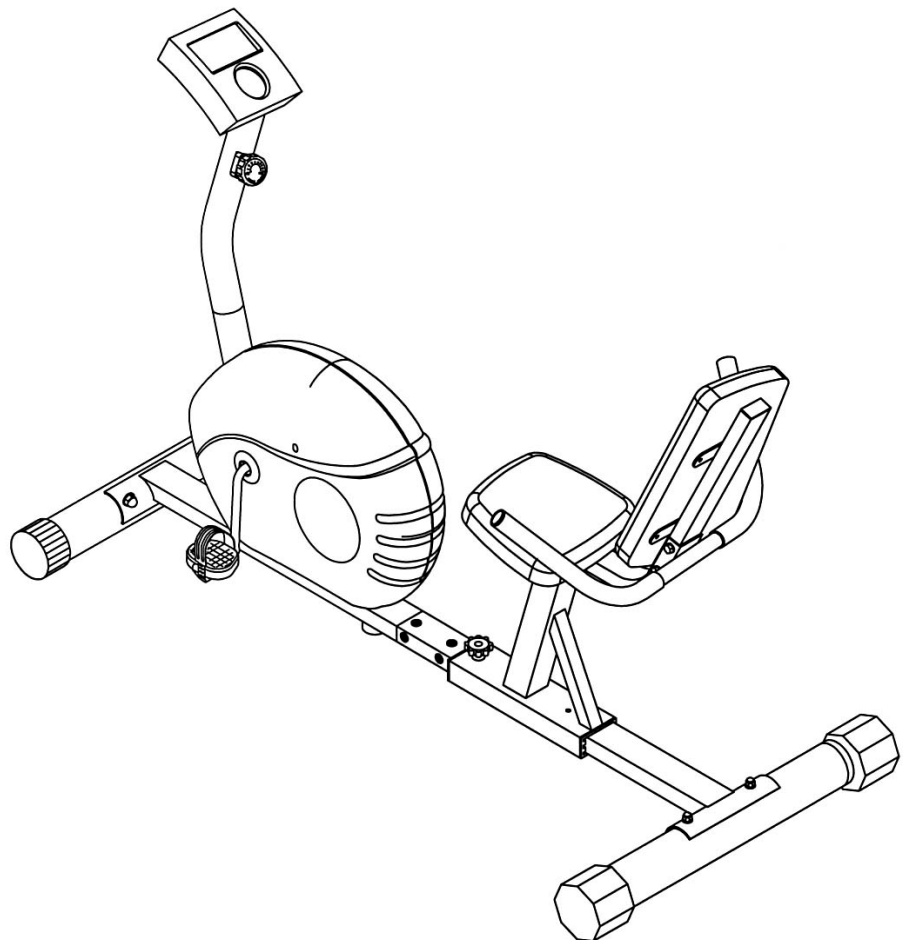
Retain This  
Manual for  
Reference

08-29-02

OWNER'S  
MANUAL

**IMPEx**  
FITNESS PRODUCTS

## MARCY RECUMBENT BIKE PL-01012RP



### IMPEx FITNESS PRODUCTS

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## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
HARDWARE IDENTIFIER.....	3
ASSEMBLY INSTRUCTIONS.....	4
EXPLODED DIAGRAM.....	9
PARTS LIST.....	10
COMPUTER.....	11
WARRANTY.....	13
ORDERING PARTS.....	13

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY Recumbent Bike PL-01012RP 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)**

**[info@impex-fitness.com](mailto:info@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. 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 only for consumer use only.

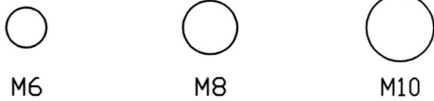
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**SAVE THESE INSTRUCTIONS.**

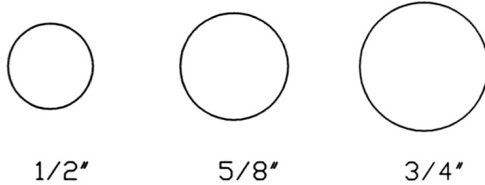
# HARDWARE IDENTIFIER

PLACE WASHER, END OF BOLT, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

## MILLIMETERS



## INCHES



## REPLACEMENT PARTS

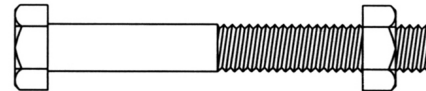
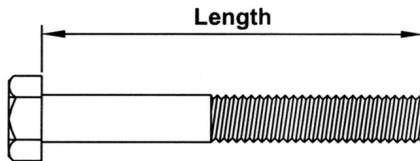
Thank you for purchasing IMPEX Product. Although we go to great effort to ensure the quality of our products, occasionally errors or omissions occur. Should you find either a defective or missing part in this product, please contact us for a replacement at the telephone number.

QUESTION ?

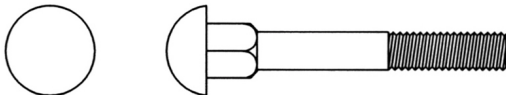


**1-800-999-8899**

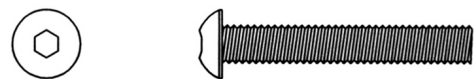
**NOTE:** When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

# ASSEMBLY INSTRUCTION

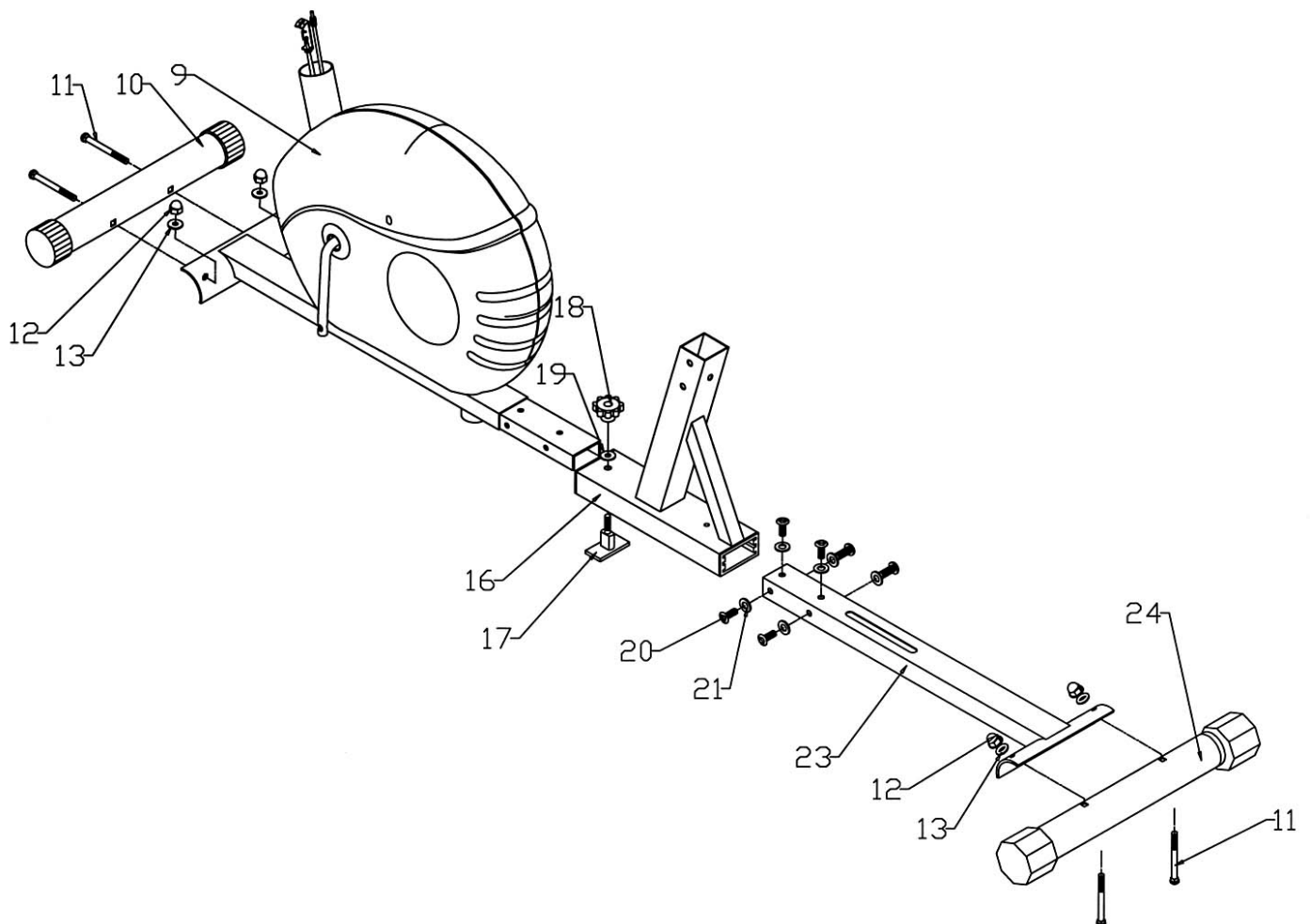
**Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches**

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

## STEP 1 (See Diagram1)

- A.) Attach the Front Stabilizer (#10) to the Main Frame (#9). Secure it with two M10 x 3 1/8" Carriage Bolts (#11),  $\varnothing$  1" Bent Washers (#13), and M10 Acorn Nuts (#12).
- B.) Slide the Seat Post (#16) onto the Rear Base (#23). Insert the Seat Adjustment Bolt (#17) from the bottom through the open slot to hold the desired Seat position and secure with a  $\varnothing$  7/8" Washer (#19) and Seat Adjustment Knob (#18).
- C.) Attach the Rear Base (#23) to the Main Frame (#9). Secure it with six M8x 5/8" Allen Bolts (#20) and  $\varnothing$  5/8" Washers (#21).
- D.) Attach the Rear Stabilizer (#24) to the Rear Base (#23). Secure it with two M10 x 3 1/8" Carriage Bolts (#11),  $\varnothing$  1" Bent Washers (#13), and M10 Acorn Nuts (#12).
- E.) Turn the End Caps on the Rear Base (#23) to adjust the stability of the Bases.

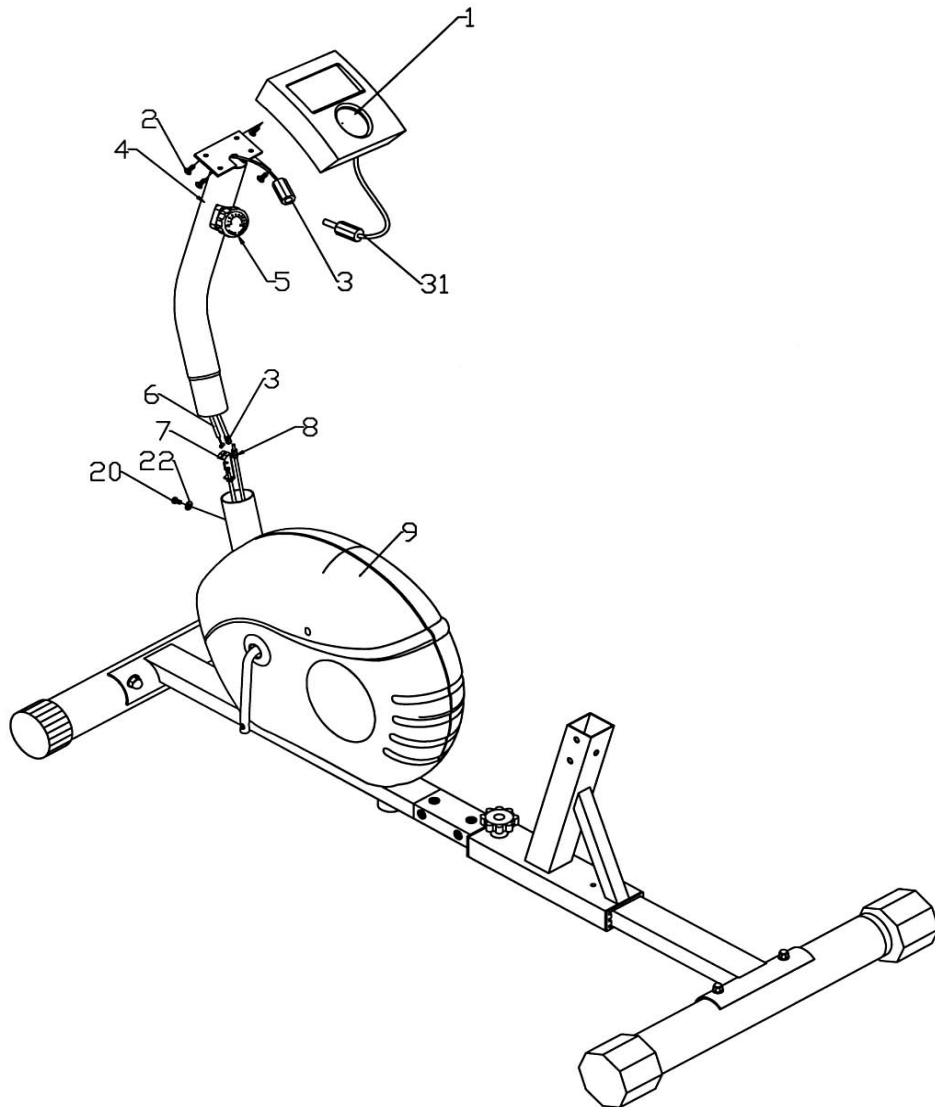
**Diagram 1**



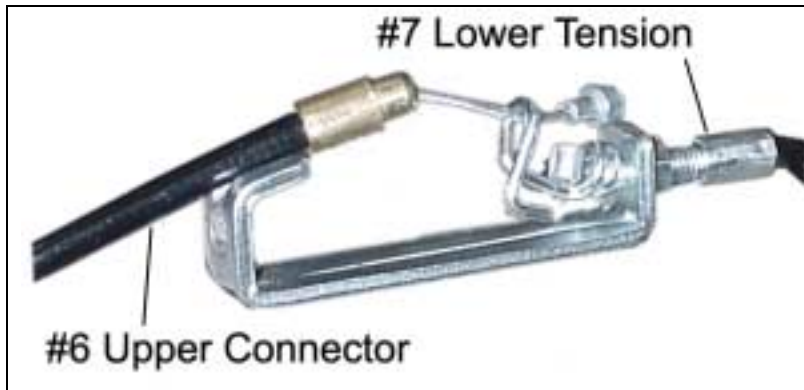
## STEP 2 (See Diagram 2)

- A.) Connect the Upper Tension Connector (#6) from the Computer Post (#4) to the Lower Tension Connector (#7) from the Main Frame (#9). Slide the cable wire from the Upper Tension Connector (#6) in between the opening on the wire holder on the Lower Connector (#7). Pull the Upper Tension Connector upward and slide the wire through the slot on the bracket then drop it down so the fitting sits firmly on the bracket (See How To Connect Tension Connector on next page).
- B.) Connect the Upper Sensor Wire Connector (#3) from the Computer Post to the Lower Sensor Wire Connector (#8) from the Main Frame.
- C.) Hide all the wires inside the post. Slide the Computer Post (#4) into the Main Frame (#9). Secure it with one M8 x 5/8" Allen Bolt (#20) and  $\varnothing$  7/8" Washer (#22).
- D.) Connect the Computer Sensor Wire (#31) to the Upper Sensor Wire Connector (#3). Hide the wires inside the post. Attach the Computer (#1) to the Computer Post. Secure it with four M5 x 3/8" Philips Screws (#2).

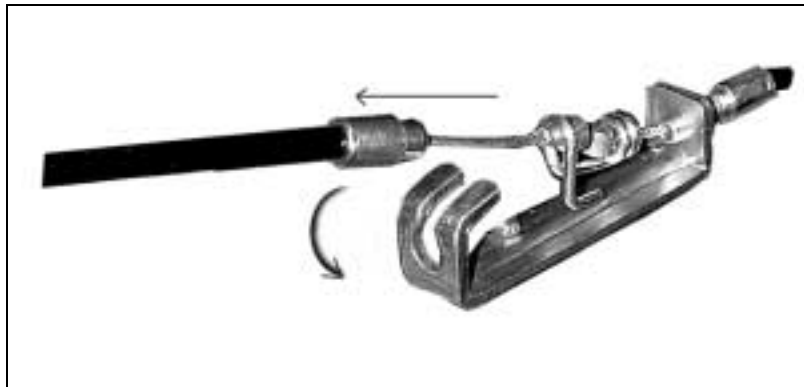
**DIAGRAM 2**



# HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the Upper Tension Connector in between the opening on the wire holder on the Lower Tension Connector.



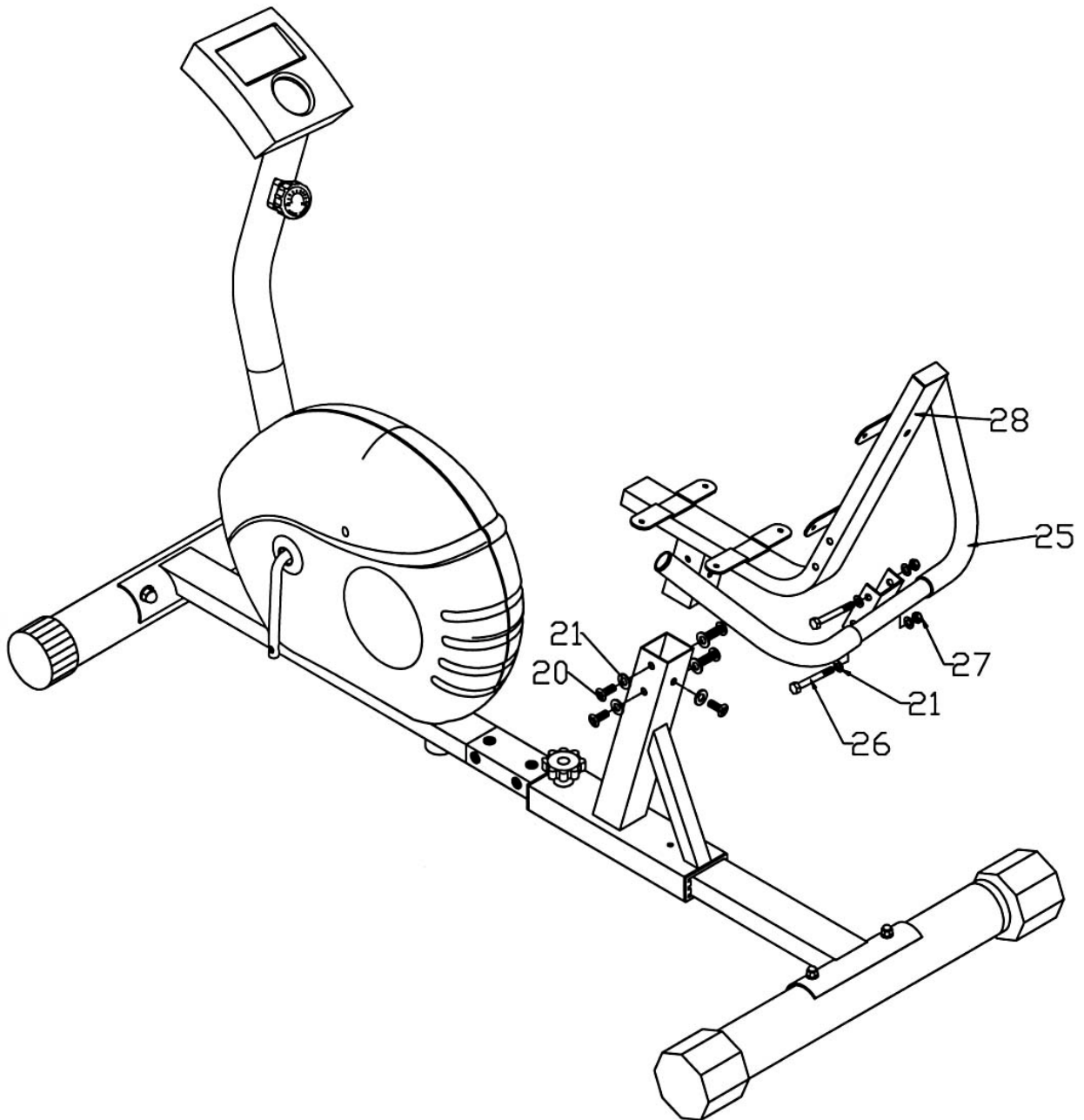
Pull the Upper Tension Connector upward and slide the wire through the slot on the bracket.



Drop down the Connector so the fitting sits firmly on top of the bracket.

- A.) Attach the Seat Support (#28) to the Seat Post (#16). Secure it with five M8 x 5/8" Allen Bolts (#20) and  $\varnothing$  5/8" Washers (#21).
- B.) Attach the Handlebar (#25) to the Seat Support (#28). Secure it with two M8 x 2 3/4" Hex Bolts (#26), four  $\varnothing$  5/8" Washers (#21) and two M8 Nylon Nuts (#27).

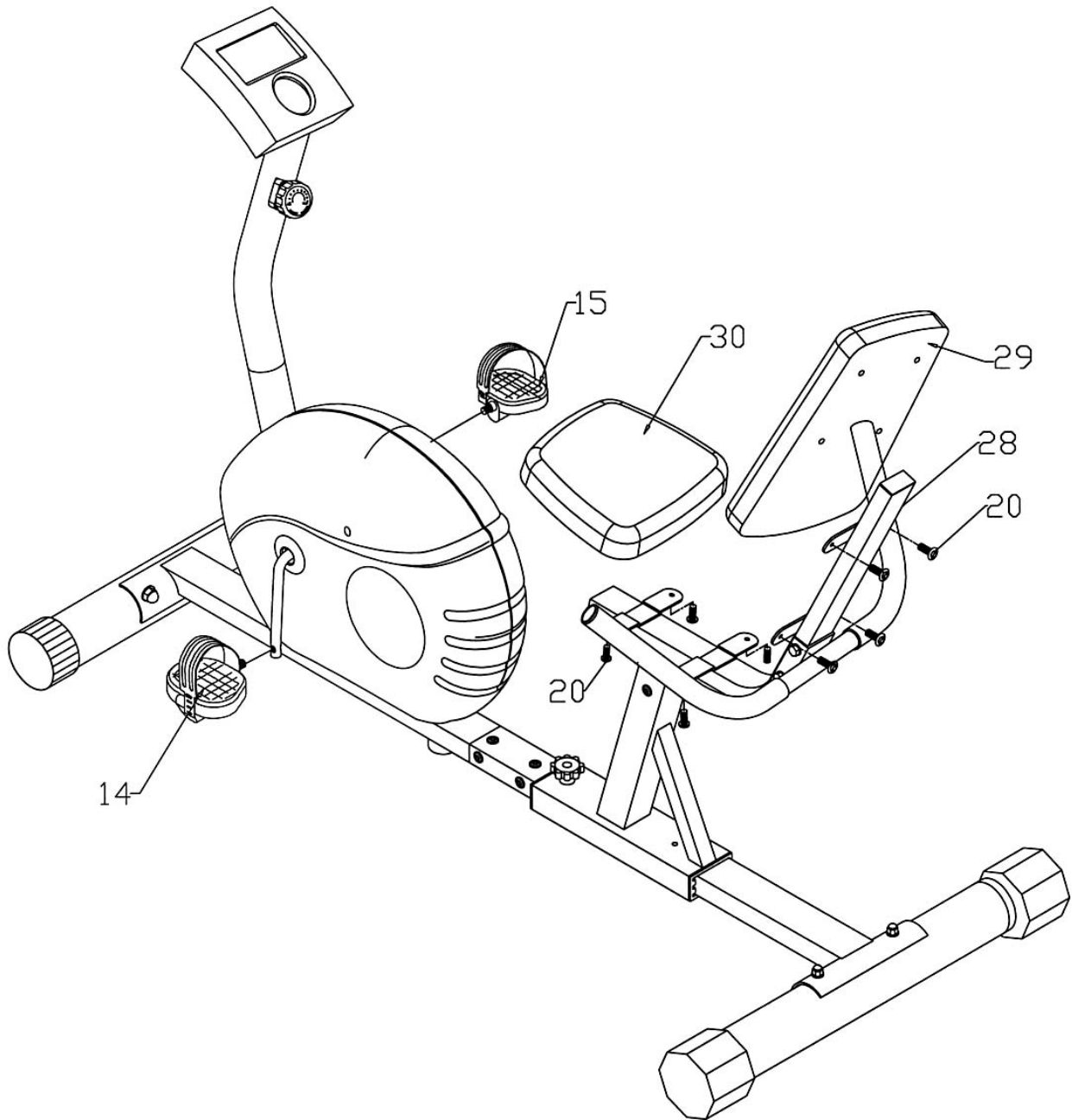
**DIAGRAM 3**



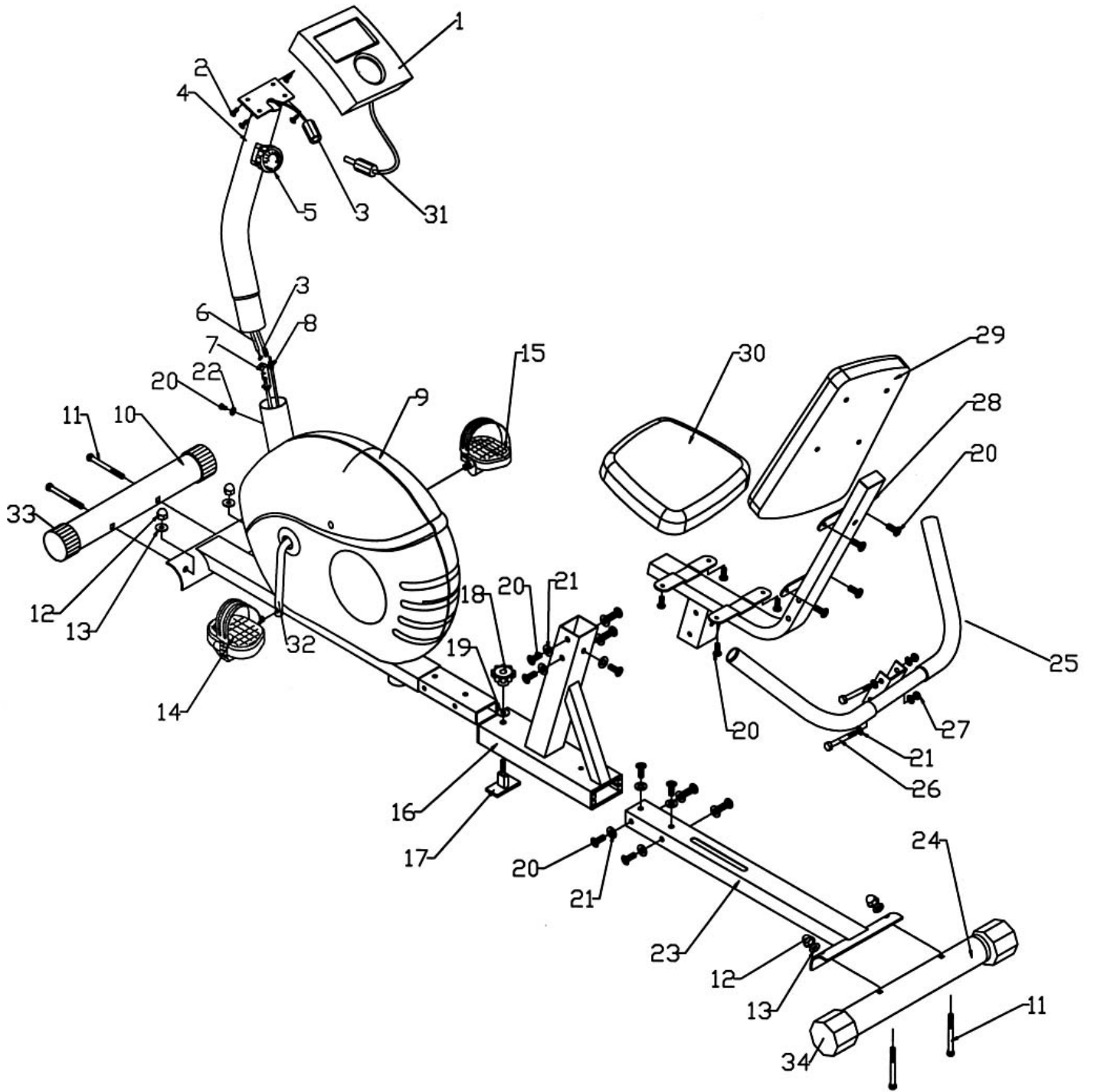


- A.) Attach the Backrest Board (#29) to the Seat Support (#28). Secure it with four M8 x 5/8" Allen Bolts (#20).
- B.) Place the Seat Pad (#30) onto the Seat Support (#28). Secure it with two M8 x 5/8" Allen Bolts (#20).
- C.) Thread the Left & Right Pedals (#14) & (#15) onto the Crank (#32).

## DIAGRAM 4



# EXPLODED DIAGRAM



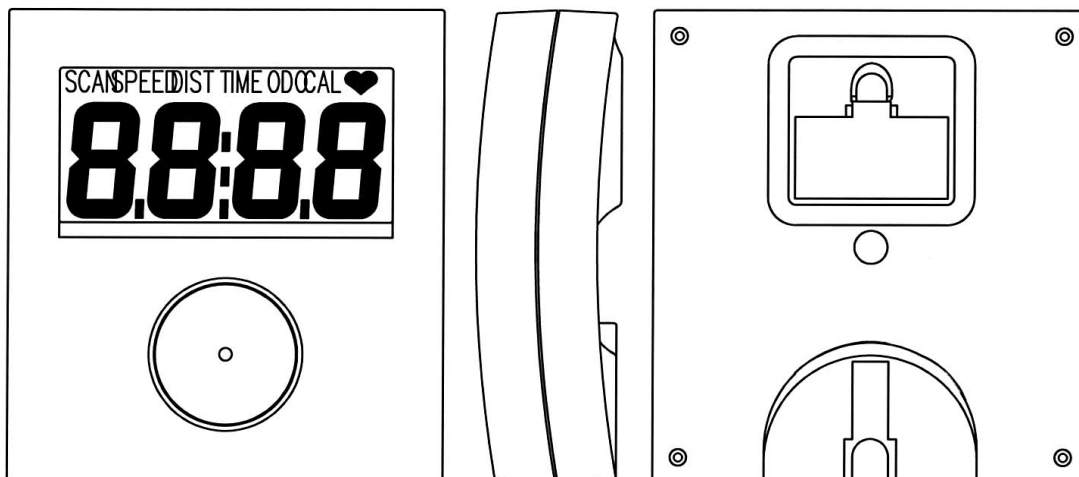
## PARTS LIST

<u>KEY NO.</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
1	Computer	1
2	M5 x 3/8" Philips Screw	4
3	Upper Sensor Wire Connector	1
4	Computer Post	1
5	Tension Adjustment Knob	1
6	Upper Tension Connector	1
7	Lower Tension Connector	1
8	Lower Sensor Wire Connector	1
9	Main Frame	1
10	Front Stabilizer	1
11	M10 x 3 1/8" Carriage Bolt	4
12	M10 Acorn Nut	4
13	Ø 1" Bent Washer	4
14	Left Pedal	1
15	Right Pedal	1
16	Seat Post	1
17	Seat Adjustment Bolt	1
18	Seat Adjustment Knob	1
19	Ø 7/8" Washer	1
20	M8 x 5/8" Allen Bolt	20
21	Ø 5/8" Washer	15
22	Ø 7/8" Bent Washer	1
23	Rear Base	1
24	Rear Stabilizer	1
25	Handlebar	1
26	M8 x 2 3/4" Hex Bolt	2
27	M8 Nylon Nut	2
28	Seat Support	1
29	Backrest Board	1
30	Seat Pad	1
31	Computer Sensor Wire	1
32	Crank	1
33	Front Roller Cap	2
34	Rear Stabilizer End Cap	2

## 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 **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 or/and any other object such as furniture to provide safe access to and passage around the bike.
5. To avoid possible injury, the help of two or more people are needed when moving the bike around.

## COMPUTER



### FUNCTION MARK

- |           |          |
|-----------|----------|
| 1. SCAN:  | SCAN     |
| 2. SPEED: | SPEED    |
| 3. DIST.: | DISTANCE |
| 4. TIME:  | TIME     |
| 5. ODO:   | ODOMETER |
| 6. CAL.:  | CALORIE  |

#### **Note:**

**This computer is equipped with an auto on/off function.**

**The computer will turn on automatically if exercise is in motion.**

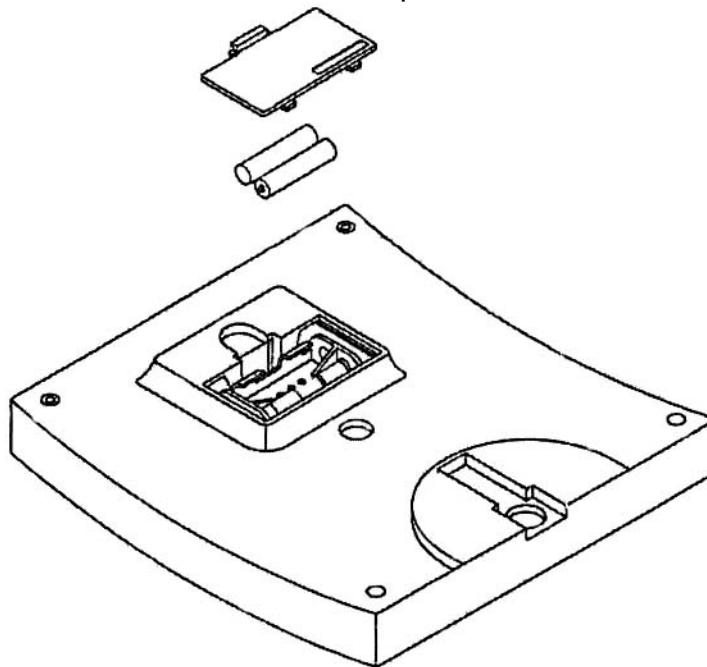
**If exercise stopped for over 4 minutes, the computer will turn off automatically.**

# FUNCTIONS AND OPERATIONS

<u>Function &amp; Mode</u>	<u>Action</u>
Scan	Press the button until SCAN appears on the screen. Monitor will rotate through all functions – Time, Calorie, Speed, Odometer, and Distance. Each display will hold for 4 seconds.
Speed	Press the button until SPEED appears on screen. Monitor will display the current speed in Mile per Hour.
Distance	Press the button until DIST appears on screen. Monitor will display the distance has traveled.
Time	Press the button until TIME appears on screen. Monitor will display the accumulation of riding time.
Calorie	Press the button until CAL appears on screen. Monitor will display the calorie consumptions.
Reset	Press and hold the button for more than 2 seconds to reset all data to 0.

## HOW TO INSTALL BATTERY

1. Pull off the battery cover and place two SIZE-AA batteries into the battery compartment on the back of the computer (See Diagram below).
2. Make sure batteries are correctly positioned and springs are properly contacted with batteries.
3. Put the cover back. The Battery life is approx. 1 year under normal usage.
4. If the display is blurred or only partial appeared, remove the batteries and wait for 15 seconds then re-install the batteries.
5. Remove the batteries will erase all computer memories.



# **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 on products returned 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