

NOTE:
Please read all instructions
carefully before using this
product

Safety Notice

Hardware Identifier

Assembly Instruction

Parts List

Warranty

Ordering Parts

Model
PL 10510

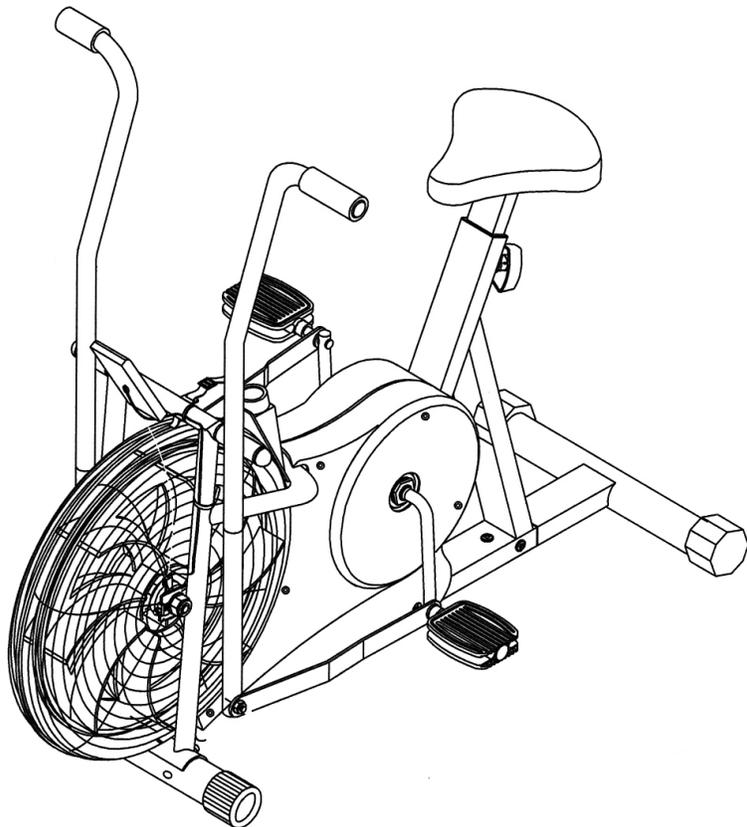
Retain This
Manual for
Reference

06-12-02

OWNER'S
MANUAL

IMPEX
FITNESS PRODUCTS

MARCY BODY CYCLE PL-10510



IMPEX FITNESS PRODUCTS

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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BEFORE YOU BEGIN

Thank you for selecting the MARCY Body Cycle Fan Bike PL-10510 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

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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 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.

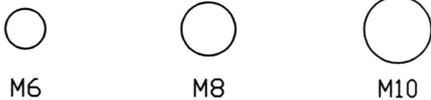
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

SAVE THESE INSTRUCTIONS.

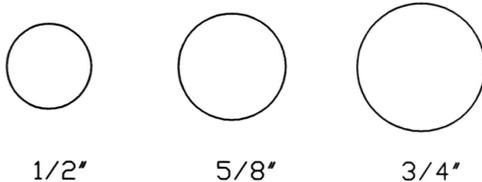
HARDWARE IDENTIFIER

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

MILLIMETERS



INCHES



REPLACEMENT PARTS

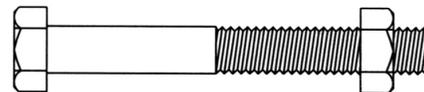
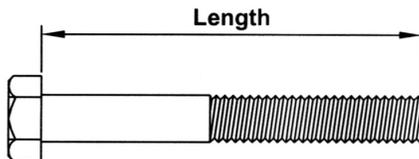
Thank you for purchasing IMPEX product. Although we go to great effort to ensure the quality of our products, Occasionally errors or omissions occur. Should you find either a defective or missing part in this product, Please contact us for a replacement at the telephone number.

QUESTION ?

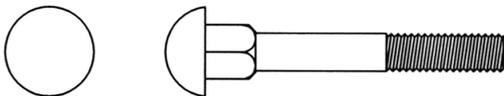


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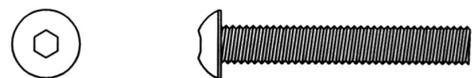
NOTE: When installing a Aircraft Nut (also called Nylon or Lock Nut), Please use two adjustable wrenches to tighten down the Nut. Hold down the Bolt with one wrench, and use the other wrench to turn the Nut clockwise.



HEX HEAD BOLT



CARRIAGE BOLT



ALLEN BOLT



AIRCRAFT NUT



FLAT WASHER

ASSEMBLY INSTRUCTION

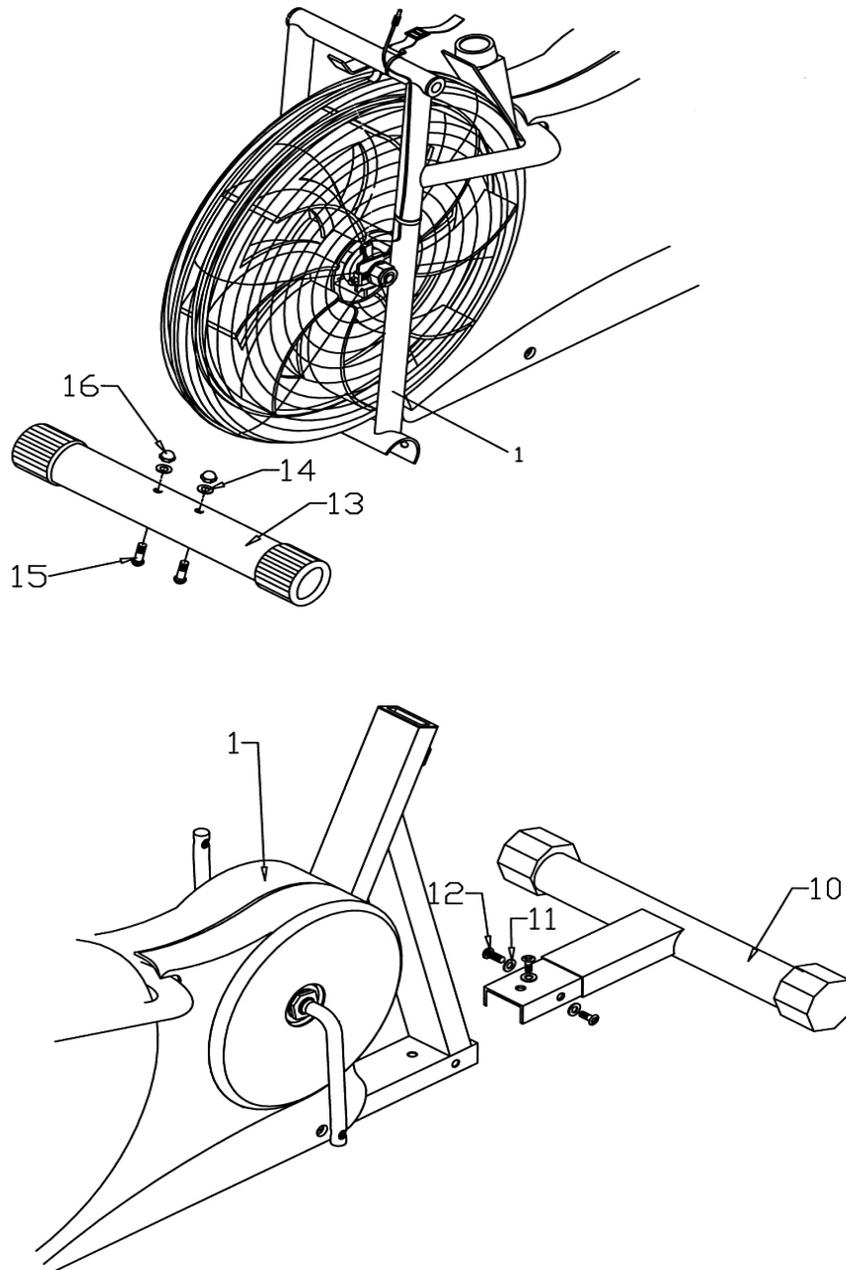
Tools Required Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches

NOTE: It is strongly recommended this machine be assembled by two or more people to avoid possible injury.

STEP 1 (See Diagram1)

- A.) Attach the Front Stabilizer (#13) to the Main Frame (#1). Secure it with two M8 x 2 1/2" Carriage Bolts (#15), Ø 5/8" Bent Washers (#14), and M8 Acorn Nuts (#16).
- B.) Insert the Rear Stabilizer (#10) into the rear bottom of Main Frame (#1). Secure it with three M8 x 5/8" Allen Bolts (#12) and Ø 5/8" Washers (#11).

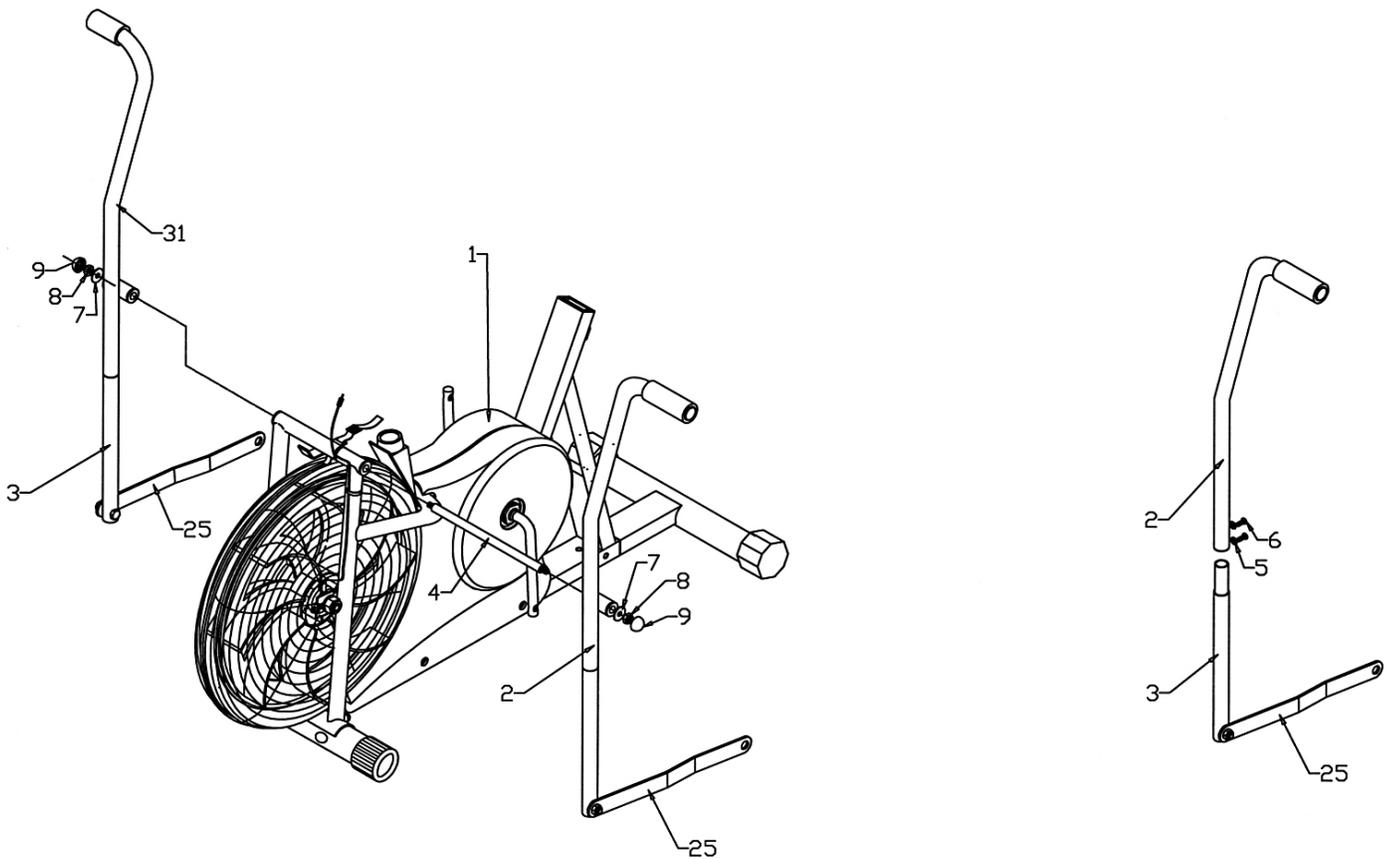
Diagram 1



STEP 2 (See Diagram 2)

- A.) Insert the Axle (# 4) into the Pivot on the Main Frame (#1). Attach the Left and Right Handlebars (#2) & (#31) onto the Axle from both sides. Secure the Axle with two \varnothing 7/8" Washers (#7) and M8 Nylon Nuts (#8). Close both ends with two plastic Axle End Caps (#9).
- B.) Insert the Lower Handlebar (#3) into the Left Handlebar (#2). Secure it with two M6 x 5/8" Allen Bolts (#6) and \varnothing 1/2" Washers (#5). Repeat same procedure to install the other side.

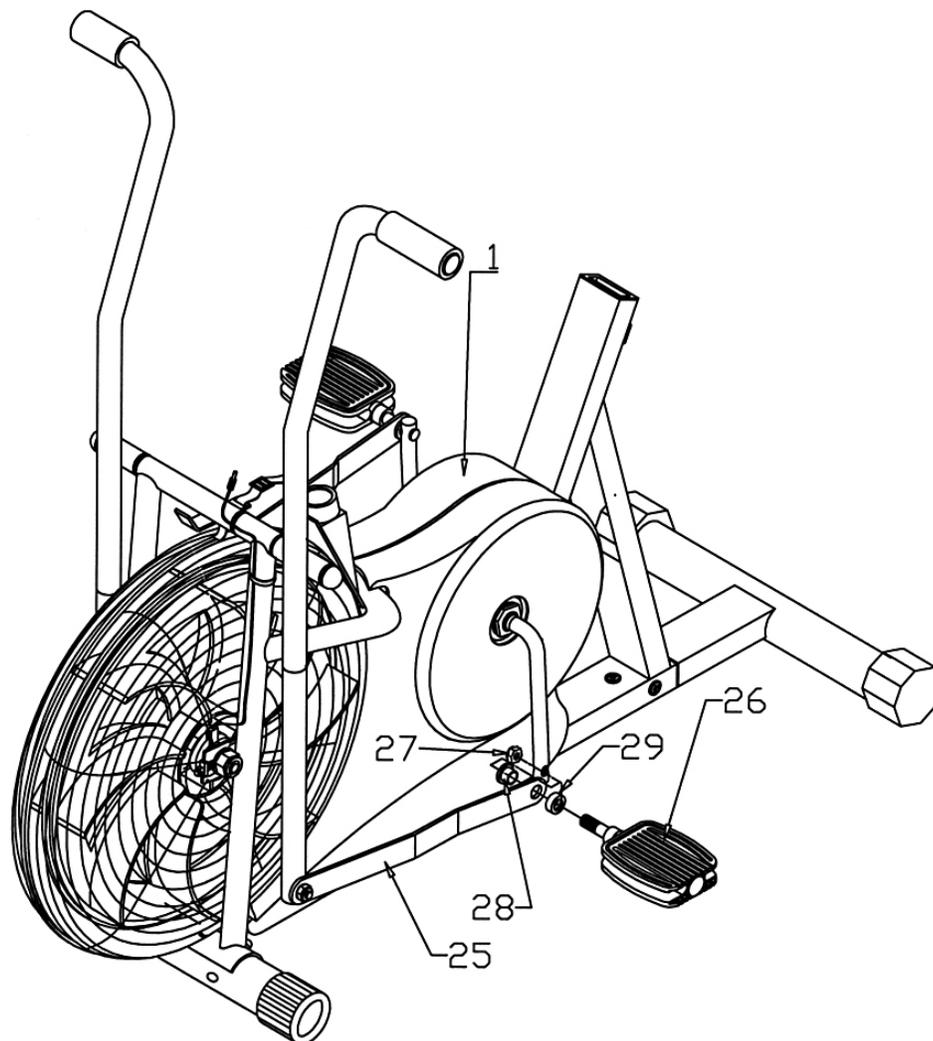
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Insert a Bushing (#28) into the hole on the Connecting Rod (#25). Attach the Rod to the Crank and align the hole. Attach a Spacer (#29) to the Bushing. Then thread the Left Pedal (#26) through the Rod into the Crank. Secure the Pedal with a $\text{Ø}1/2$ " Nylon Nut (#27).
- B.) Repeat the above procedure to install the other side.

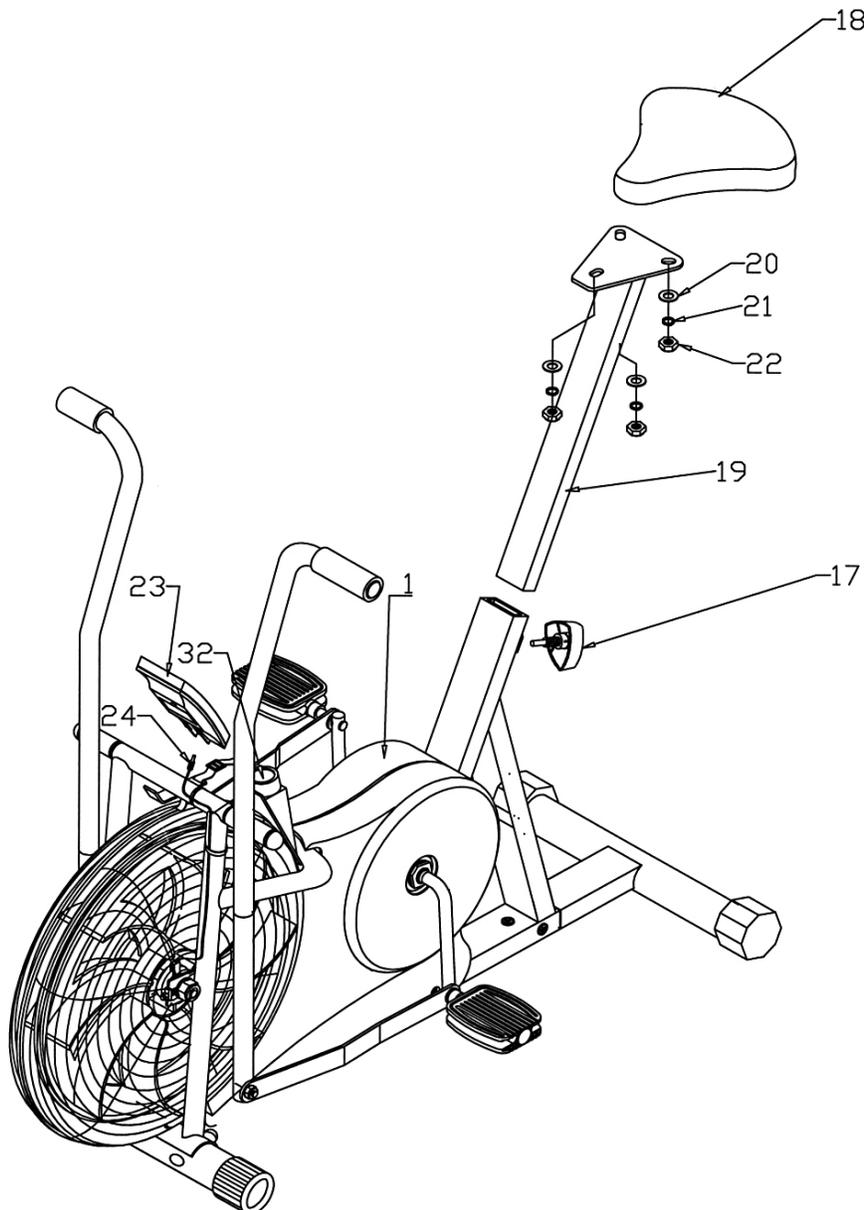
DIAGRAM 3



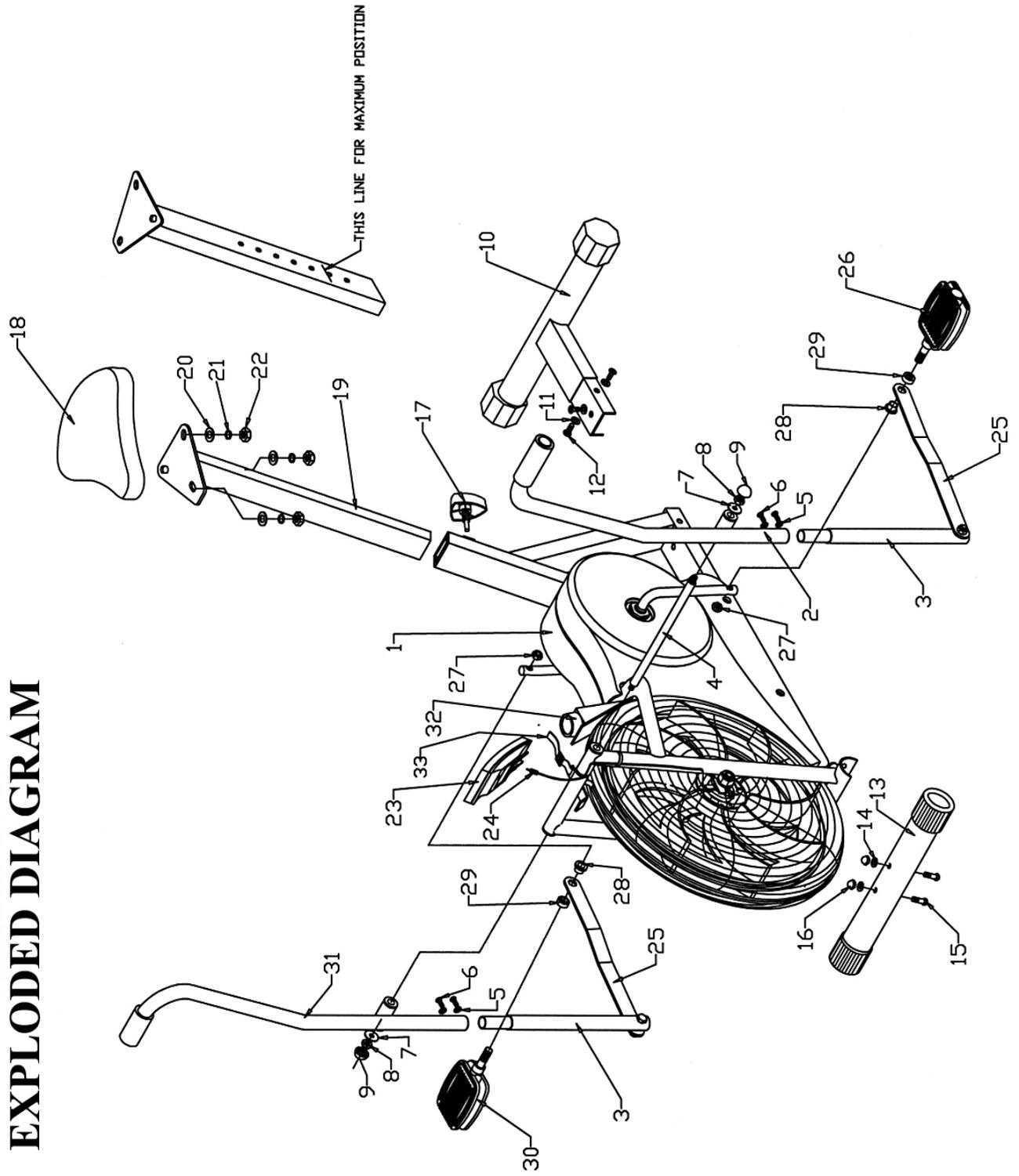
STEP 4 (See Diagram 4)

- A.) Attach the Seat (#18) to the Seat Post (#19). Secure it with three Flat Washers (#20), Spring Washers (#21) and M8 Nylon Nuts (#22).
- B.) Insert the Seat Post (#19) into the opening on the Main Frame (#1). Select the Seat height and secure it with a Lock Knob (#17).
- C.) Attach the Computer (#23) onto the computer holder on the Main Frame. Plug the Computer Sensor Wire (#24) into the back of the Computer.
- D.) Use the Resistant Adjustment Knob (#32) to adjust the resistance of the Fan Bike.
- E.) After completing the assembly of the bike, inspect the bike both visually and functionally. Make sure there is no loose part and all the nuts and bolts are tightened. Then try the bike at slow pace to make sure everything is working properly. Do not use the bike and call our customer service specialist if anything is abnormal.
- F.) Carefully review all warnings affixed to the bike and in the manual before using the bike.

DIAGRAM 4

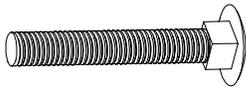


EXPLODED DIAGRAM

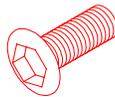


PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Main Frame	1
2	Left Handlebar	1
3	Lower Handlebar	2
4	Axle	1
5	Ø ½" Washer	4
6	M6 x 5/8" Allen Bolt	4
7	Ø 7/8" Washer	2
8	M8 Nylon Nut	2
9	Axle End Cap	2
10	Rear Stabilizer	1
11	Ø 5/8" Washer	3
12	M8 x 5/8" Allen Bolt	3
13	Front Stabilizer	1
14	Ø 5/8" Bent Washer	2
15	M8 x 2 ½" Carriage Bolt	2
16	M8 Acorn Nut	2
17	Lock Knob	1
18	Seat	1
19	Seat Post	1
20	Flat Washer	3
21	Ø ½" Spring Washer	3
22	M8 Nylon Nut	3
23	Computer	1
24	Computer Sensor Wire	1
25	Connecting Rod	2
26	Left Pedal	1
27	Ø ½" Nylon Nut	2
28	Bushing	2
29	Spacer	2
30	Right Pedal	1
31	Right Handler	1
32	Resistant Adjustment Knob	1
33	Resistant Belt	1



15 M8 x 2 ½" Carriage Bolt



12 M8 x 5/8" Allen Bolt



#6 M6 x 5/8" Allen Bolt



#7 Ø 7/8" Washer



#11 Ø 5/8" Washer



#20 Flat Washer



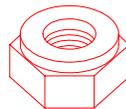
#14 Ø 5/8" Bent Washer



#5 Ø 1/4" Washer



#8 M8 Nylon Nut



#27 Ø ½" Nylon Nut



#17 Lock Knob

COMPUTER

Press “MODE” on Computer to select each function.

Functions:

- **Scan:** Automatically scan through each mode in sequence every 6 seconds.
 - **Speed:** Shows the current speed up to 99.9 ML/H.
 - **Distance:** Accumulates pedaled distance up to 99.99 ML from zero.
 - **Time:** Accumulates total time up to 99:59.
 - **Calories:** Accumulates calories consumption during exercise; max value is 9999 cal.
1. The computer will automatically shut off after 4 minutes when not in use.
 2. To start the computer press “Mode” or start pedaling.
 3. The Computer uses (2) AA batteries.
 4. To reset the computer, press and hold down “MODE”.

Note:

This data is a rough guide for comparison of different exercise sessions and cannot be used in medical treatment.

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. Lubricate the chain every six months with WD-40 or light oil.
4. Store the bike INDOOR. Excess moisture and water would cause rust on the frame.
5. 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.
6. To avoid possible injury, the help of two or more people are needed when moving the bike 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 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**

**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

When ordering replacement parts, always give the following information.

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