

NOTE:
Please read all instructions
carefully before using this
product

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**Model
NS-653**

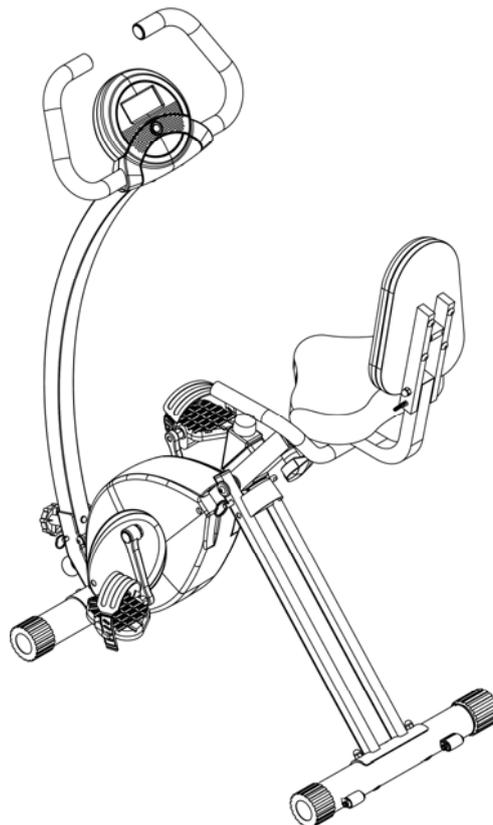
Retain This
Manual for
Reference

190509

**OWNER'S
MANUAL**

IMPEX

MARCY[®] FOLDABLE RECUMBENT BIKE NS-653



IMPEX[®] INC.

2801 S. Towne Ave, Pomona, CA 91766
Tel: (800) 999-8899

www.marcypro.com
support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the MARCY® NS-653 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.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.marcypro.com

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

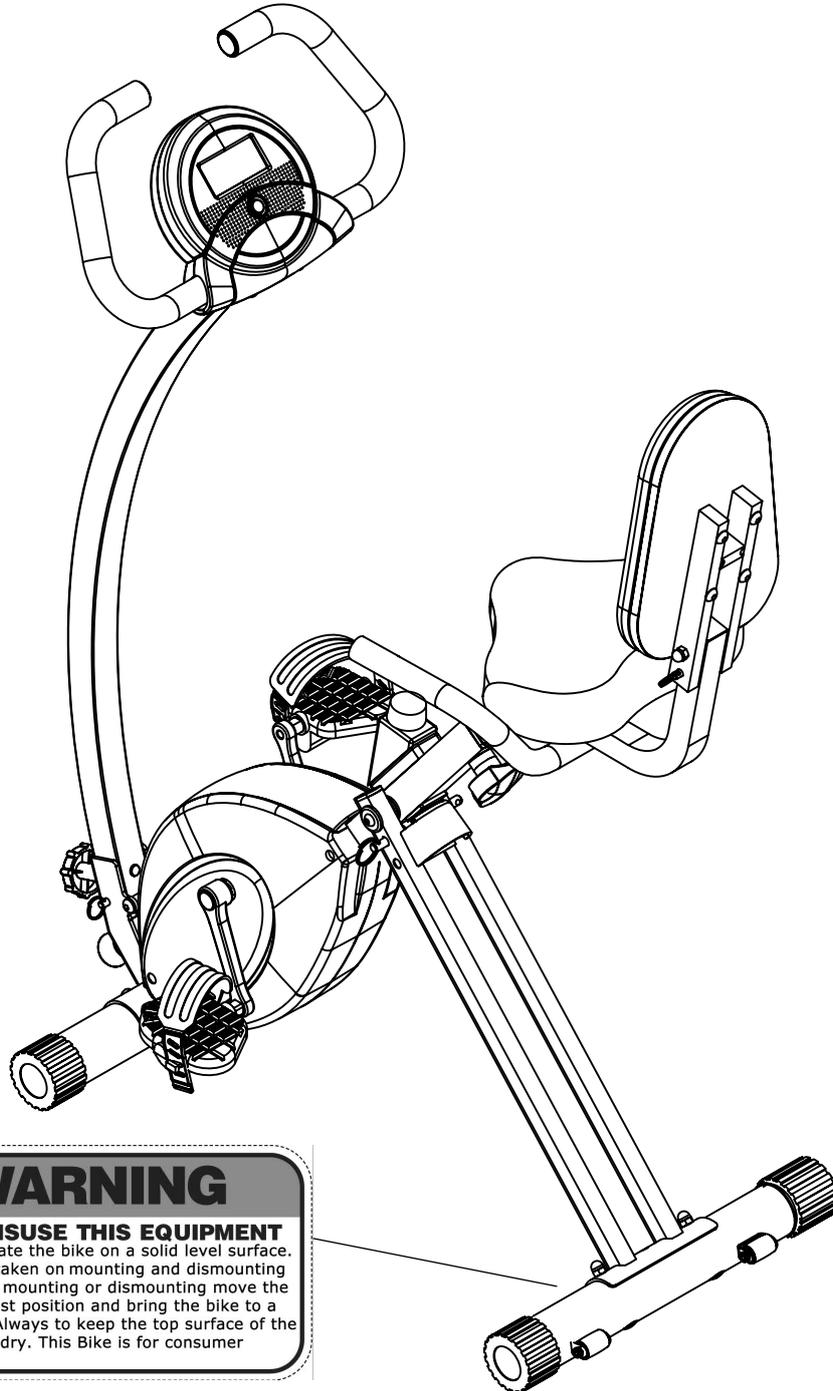
This exercise bike is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise bike. Be sure to read the entire manual before you assemble or operate your bike. In particular, note the following safety precautions:

1. **Keep children and pets away from the bike at all times. DO NOT leave children unattended in the same room with the bike.**
2. Only one person at a time should use the bike.
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 bike 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 bike. Running or aerobic shoes are also required when using the bike.
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 bike.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the bike to exercise, always do stretching exercises to properly warm up.
11. Never operate the bike 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: BE FORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AG E OF 35 OR PERS ONS WITH PRE-EXISTING HE ALTH PROBLEMS. RE AD ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPE X INC. ASSUM ES NO RESPONSIBILITY F OR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

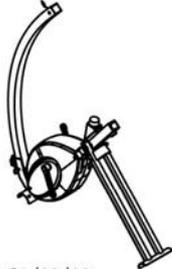
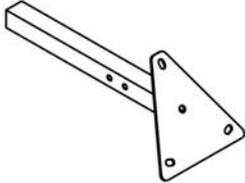
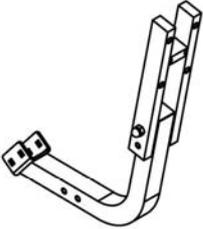
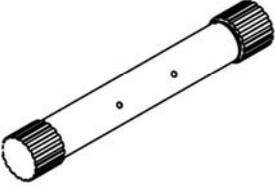
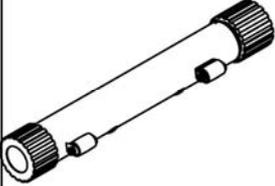
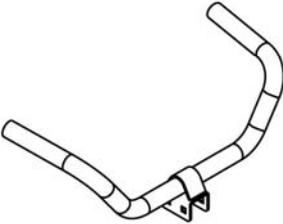
SAVE THESE INSTRUCTIONS.

WARNING LABEL REPLACEMENT

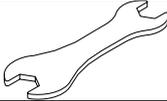


The Warning Label shown here has been placed on the rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

PRE-ASSEMBLY CHECK LIST

 <p>NO.01/02/03</p>	 <p>NO.04</p>	 <p>NO.05/06</p>	 <p>NO.07</p>
 <p>NO.08</p>	 <p>NO.09</p>	 <p>NO.15</p>	 <p>NO.20</p>
 <p>NO.30</p>	 <p>NO.31</p>	 <p>NO.17</p>	

HARDWARE PACK

No.	Description	Identifier	Q'ty
10	Carriage Bolt M8 x 2 1/2"		4
11	Carriage Bolt M8 x 2"		4
12	Allen Bolt M8 x 1 3/4"		4
14	Allen Bolt M8 x 5/8"		5
16	Washer Ø 3/8" x Ø 1"		4
18	Curved Washer Ø 3/8" x Ø 7/8"		6
19	Washer Ø 3/8" x Ø 3/4"		3
21	Lock Washer		4
22	Nylon Nut M8		2
23	Domed Nut M8		6
27	Lock Pin Ø 3/8" x 4 3/8"		1
28	Lock Pin Ø 1/4" x 3 3/8"		1
34	Adjustment Knob		1
	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.

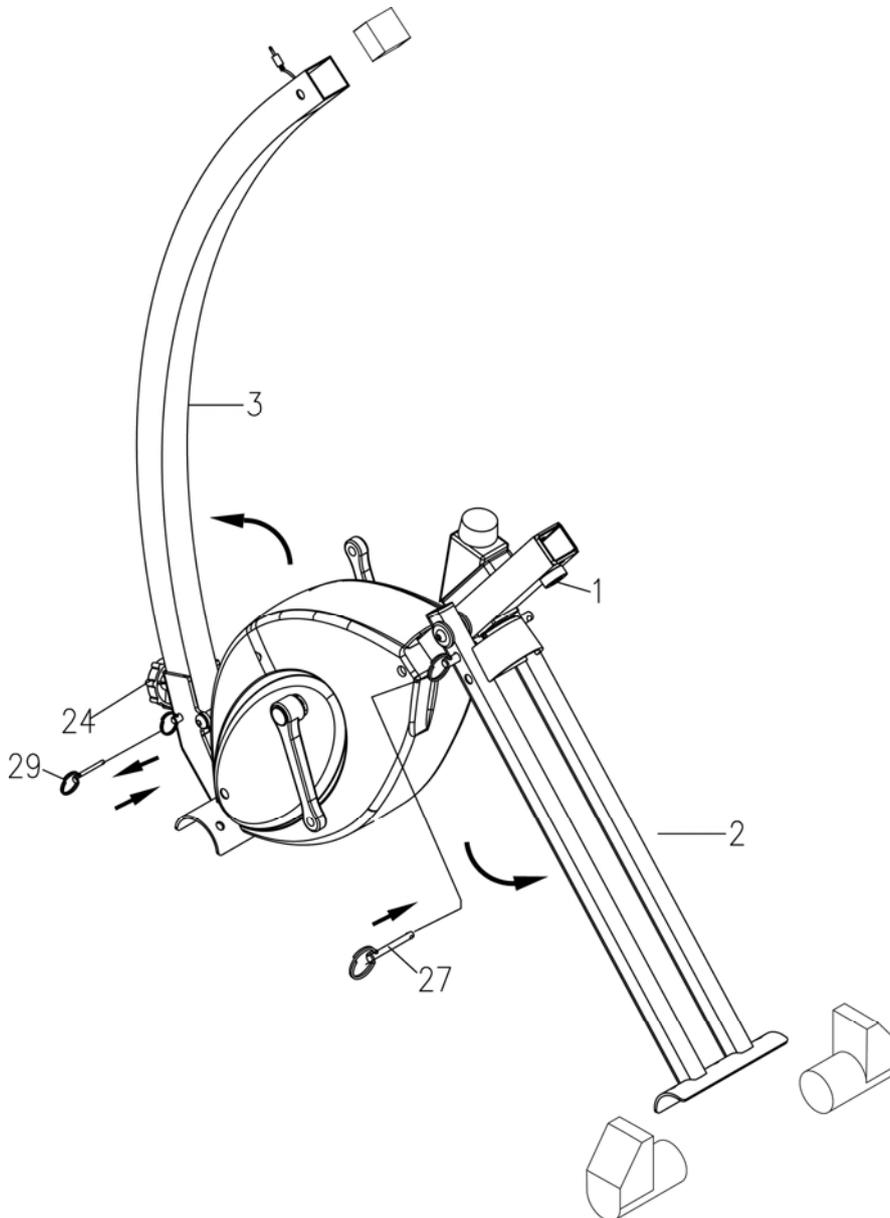
ASSEMBLY INSTRUCTION

NOTE: It is strongly recommended that two or more people assemble this bike to avoid possible injury. Tools required assembling this bike: Allen Wrench and Crossing Wrench packed in Hardware Pack.

STEP 1 (See Diagram1)

- A.) Remove the plastic protection caps from end of Rear Support (#2), remove protection cap on top of Front Post (#3).
- B.) Pull out the Front Post Lock Pin (#29). Loosen the Lock Knob (#24) on Front Post (#3); pull Front Post forward, and fasten the Lock Knob (#24). Insert back Front Post Lock Pin (#29).
- C.) Pull and extend the Rear Support (#2). Insert the Rear Support Lock Pin (#27) into the upper hole to firmly lock Rear Support in position.

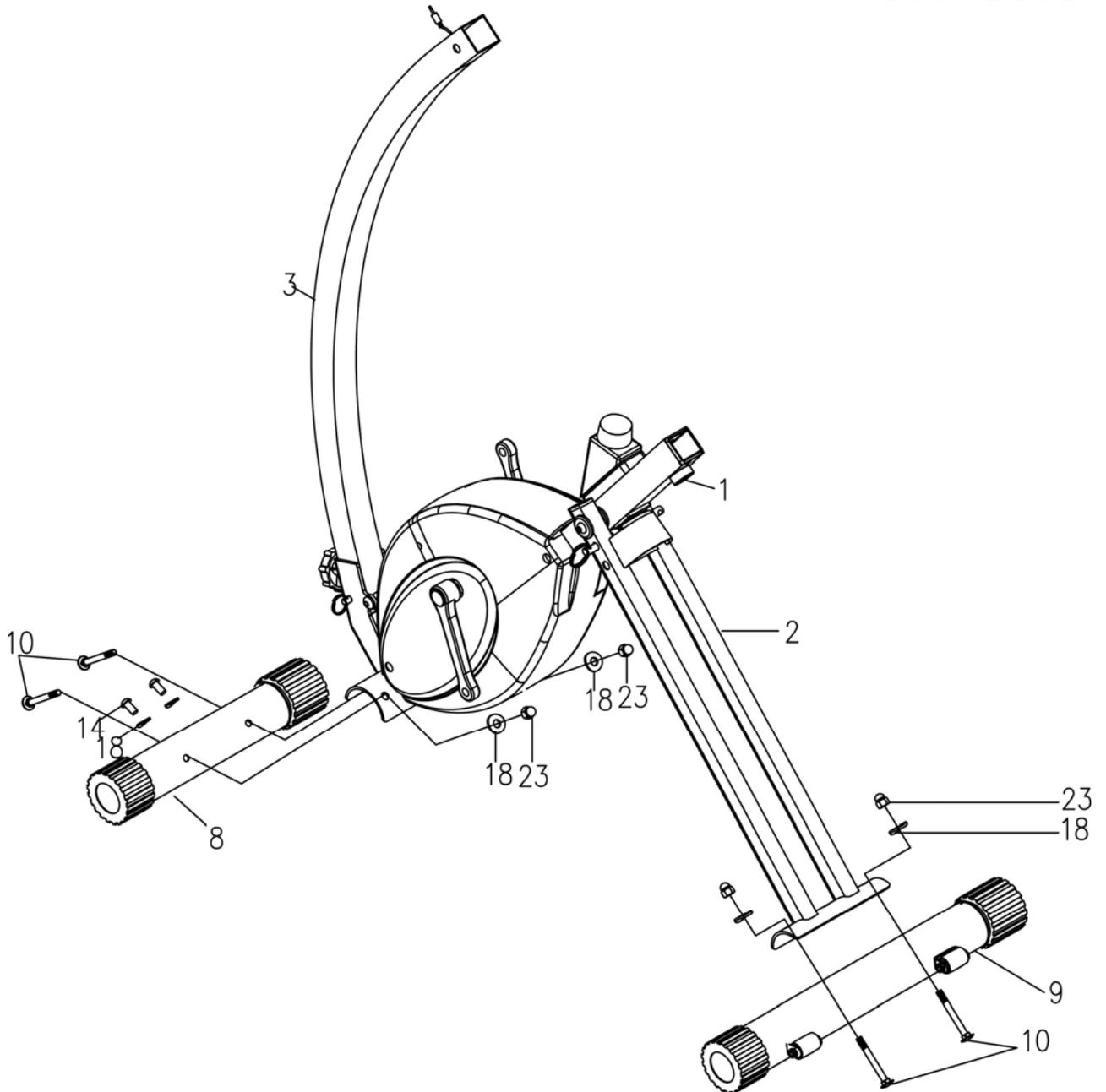
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) Attach the Front Stabilizer (#8) to the bracket on bottom of Main Frame (#1). Secure it with two M8 x 2 1/2" Carriage Bolt (#10), two $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{7}{8}$ " Curved Washers (#18), two Domed Nuts (#23), two M8 x 5/8" Allen Bolts (#14), and two $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{7}{8}$ " Curved Washers (#18).
- B.) Attach the Rear Stabilizer (#9) to the bracket on bottom of Rear Support (#2), Secure it with two M8 x 2 1/2" Carriage Bolt (#10), two $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{7}{8}$ " Curved Washers (#18), and two Domed Nuts (#23).

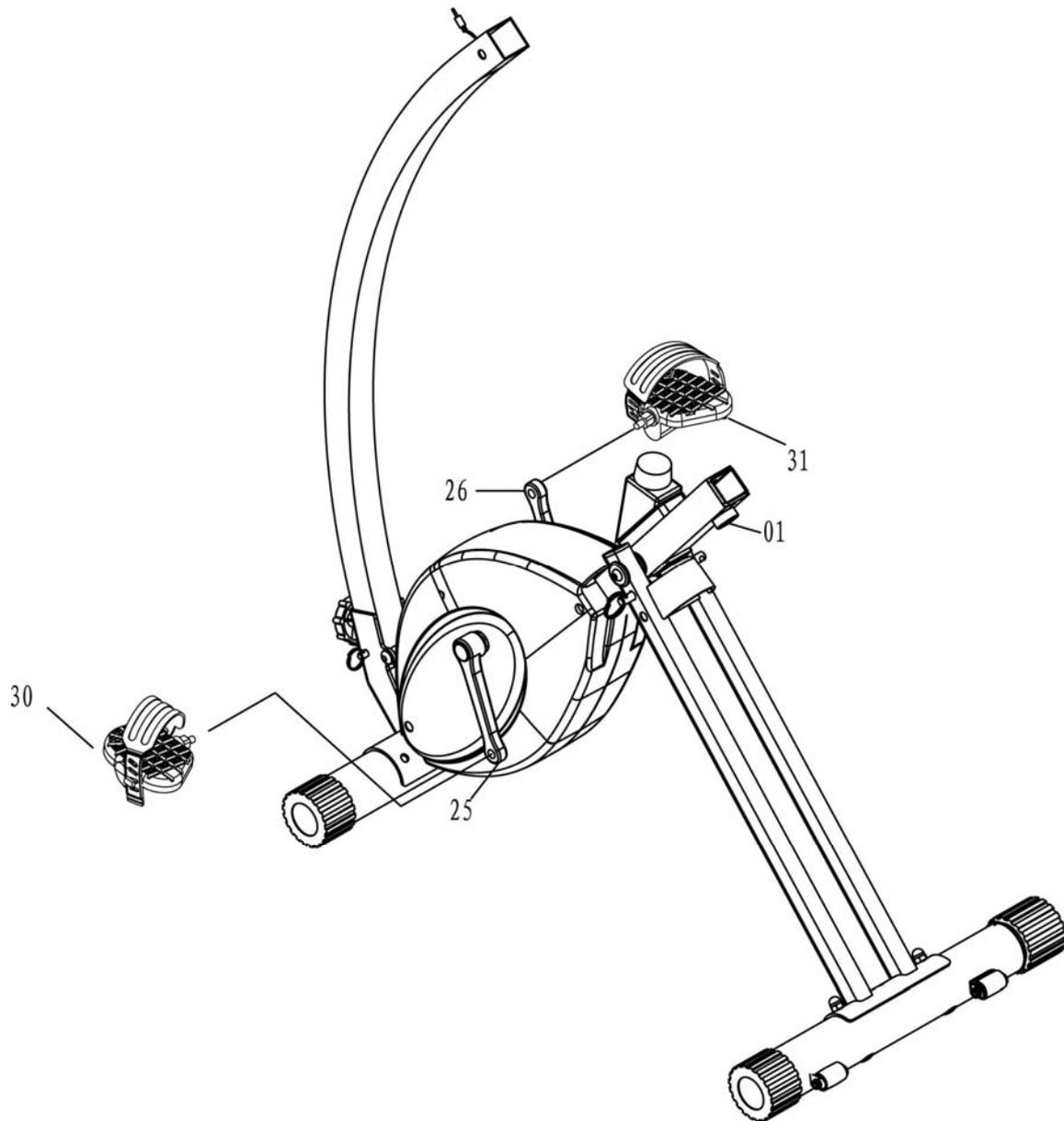
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Firmly thread the Left Pedal (#30) counter clockwise onto Left Crank (#25).
- B.) Firmly thread the Right Pedal (#31) clockwise onto Right Crank (#26).

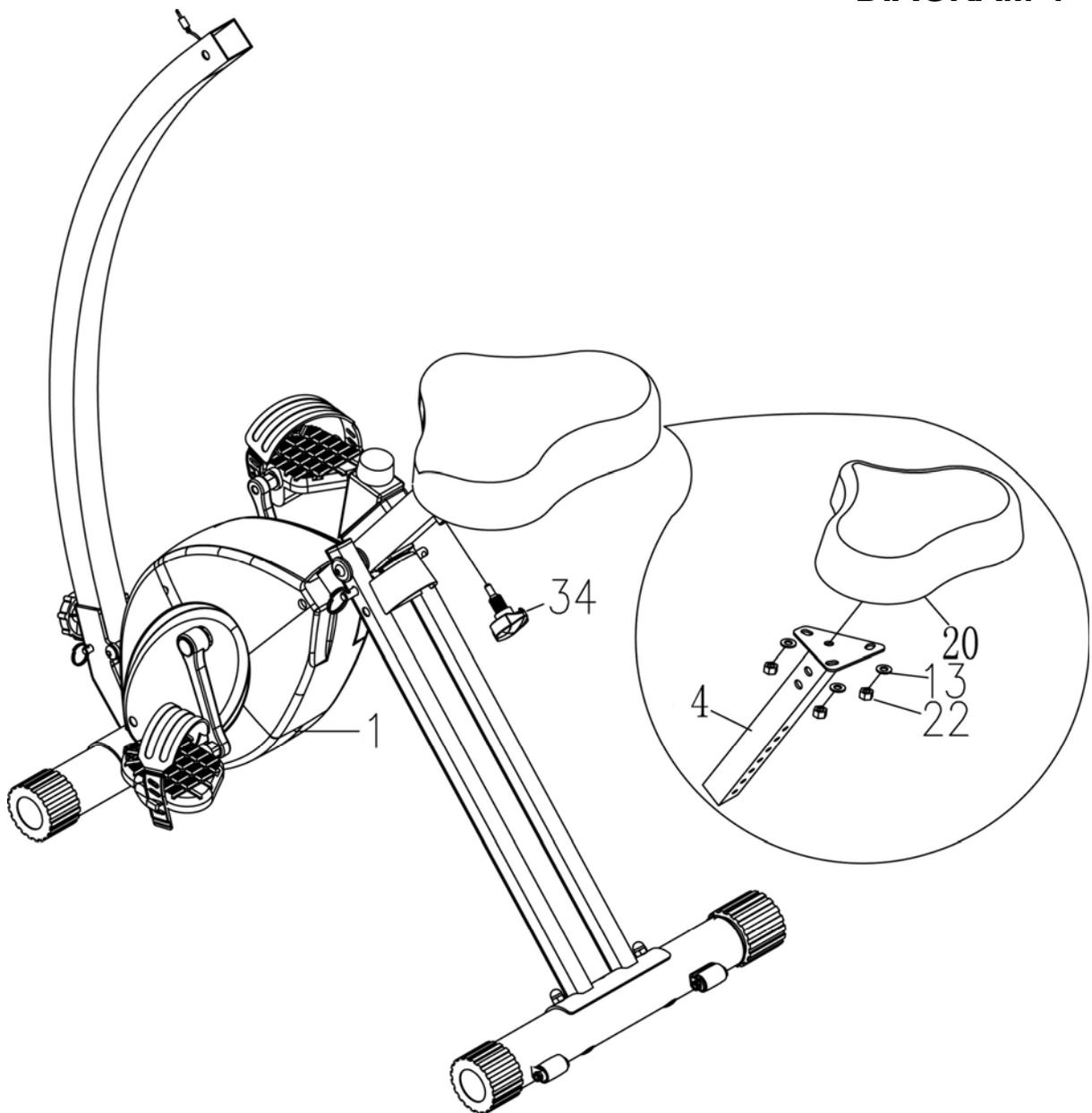
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Remove the three M8 Nylon Nuts (#22) and three Flat Washers (#13) under the Seat Pad (#20).
- B.) Insert the bolts under the Seat Pad (#20) onto the Seat Post (#4). Secure it with the three Nylon Nuts (#22) and three $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{5}{8}$ " Flat Washers (#13).
- C.) Insert the Seat Post (#4) into the opening on Main Frame (#1). Use the Adjustment Knob (#34) to lock the Seat Pad at selected height.

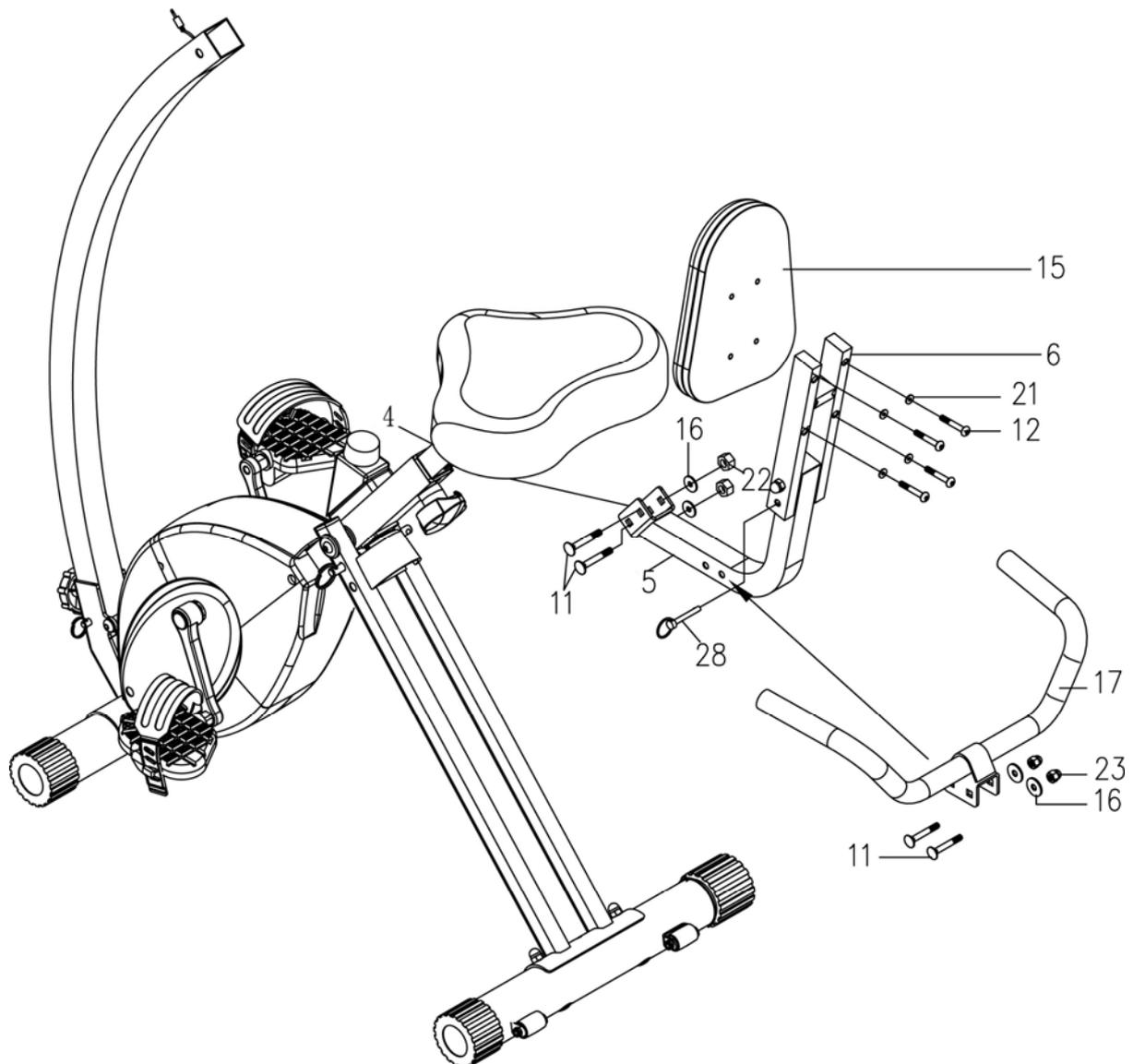
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach Seat Support (#5) to Seat Post (#4). Secure it with two M8 x 2" Carriage Bolts (#11) and two $\text{\O} \frac{3}{8}$ " x $\text{\O} 1$ " Flat Washer (#16) and two M8 Nylon Nuts (#22).
- B.) Attach the Backrest Handle (#17) to the Seat Support. Secure it with two M8 x 2" Carriage Bolts (#11), two $\text{\O} \frac{3}{8}$ " x $\text{\O} 1$ " Flat Washers (#16), and two Domed Nuts (#23).
- C.) Attach Backrest Board (#15) to Backrest Support (#6). Secure it with four M8 x $1 \frac{3}{4}$ " Allen Bolts (#12) and four Lock Washers (#21).
- D.) Insert the Backrest Board Lock Pin (#28) to lock the Backrest Board when in use.

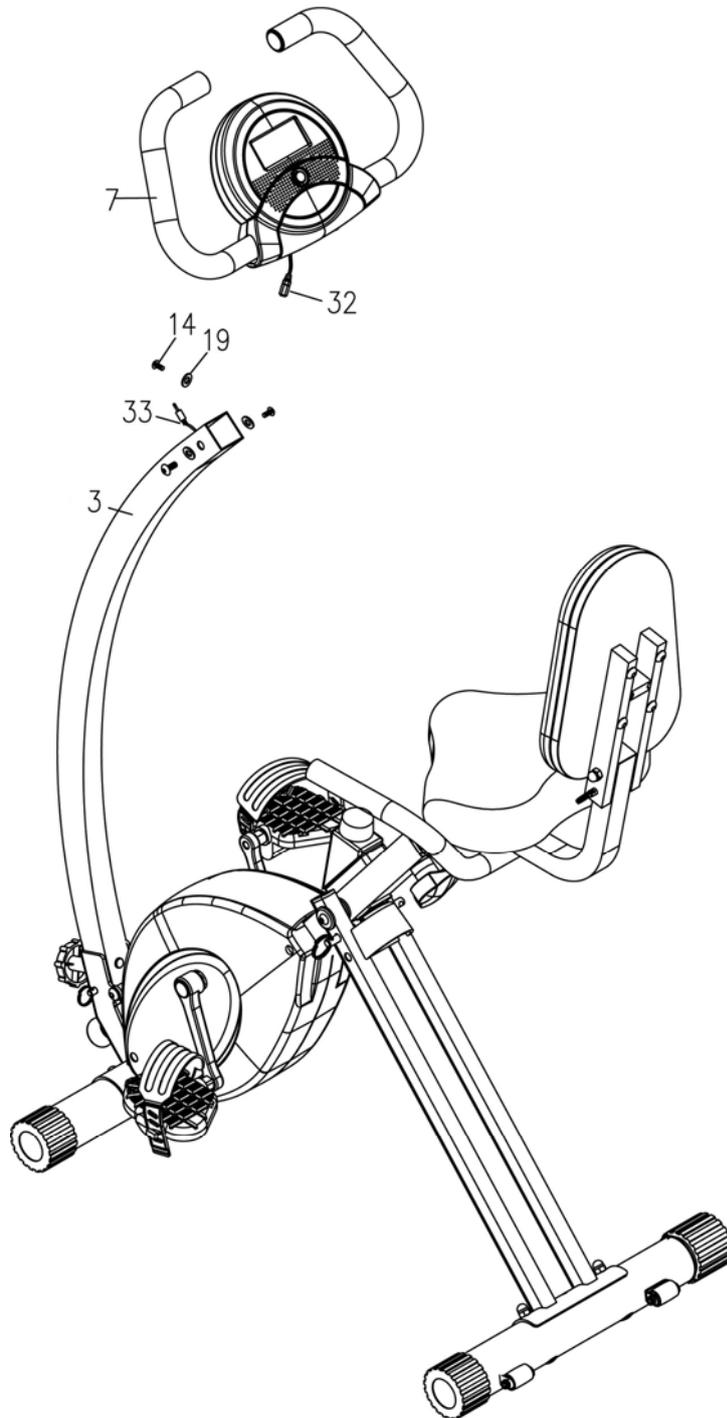
DIAGRAM 5



STEP 6 (See Diagram 6)

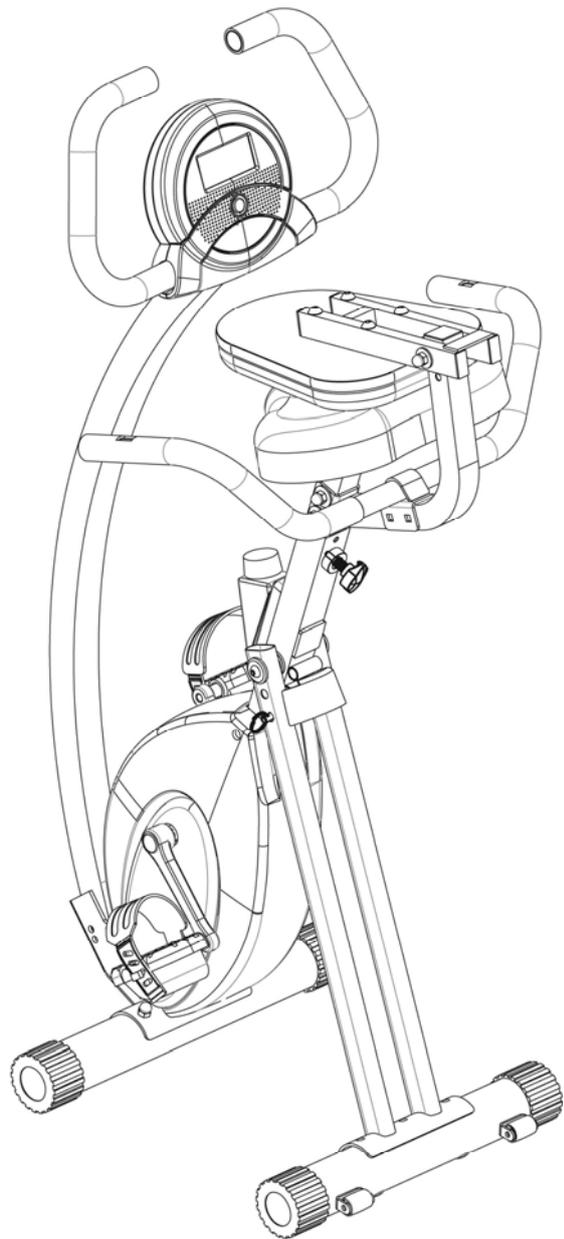
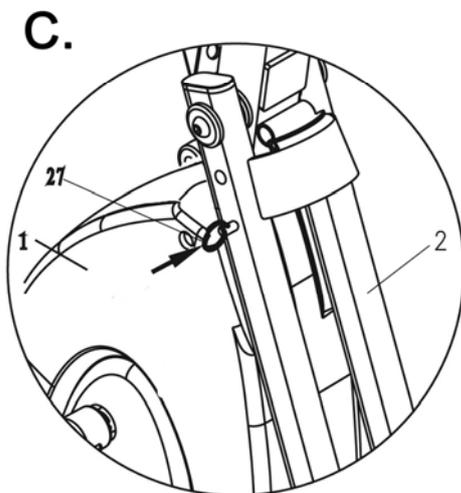
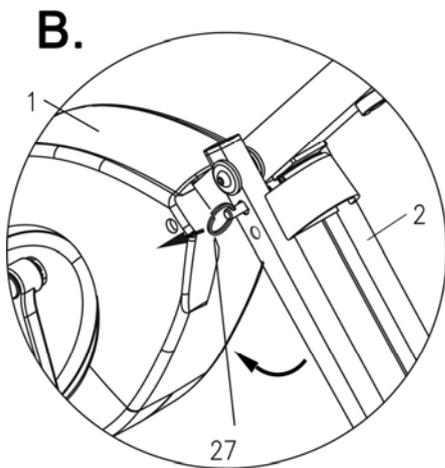
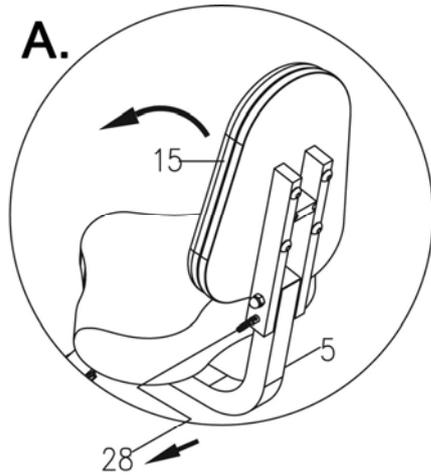
- A.) Attach Handle Bar (#7) to Front Post (#3). Secure it with three M8 x $\frac{5}{8}$ " Allen Bolts (#14) and three $\text{\O} \frac{3}{8}$ " x $\text{\O} \frac{3}{4}$ " Washers (#19).
- B.) Connect the Computer wire (#32) to Middle Sensor Wire (#33).

DIAGRAM 6

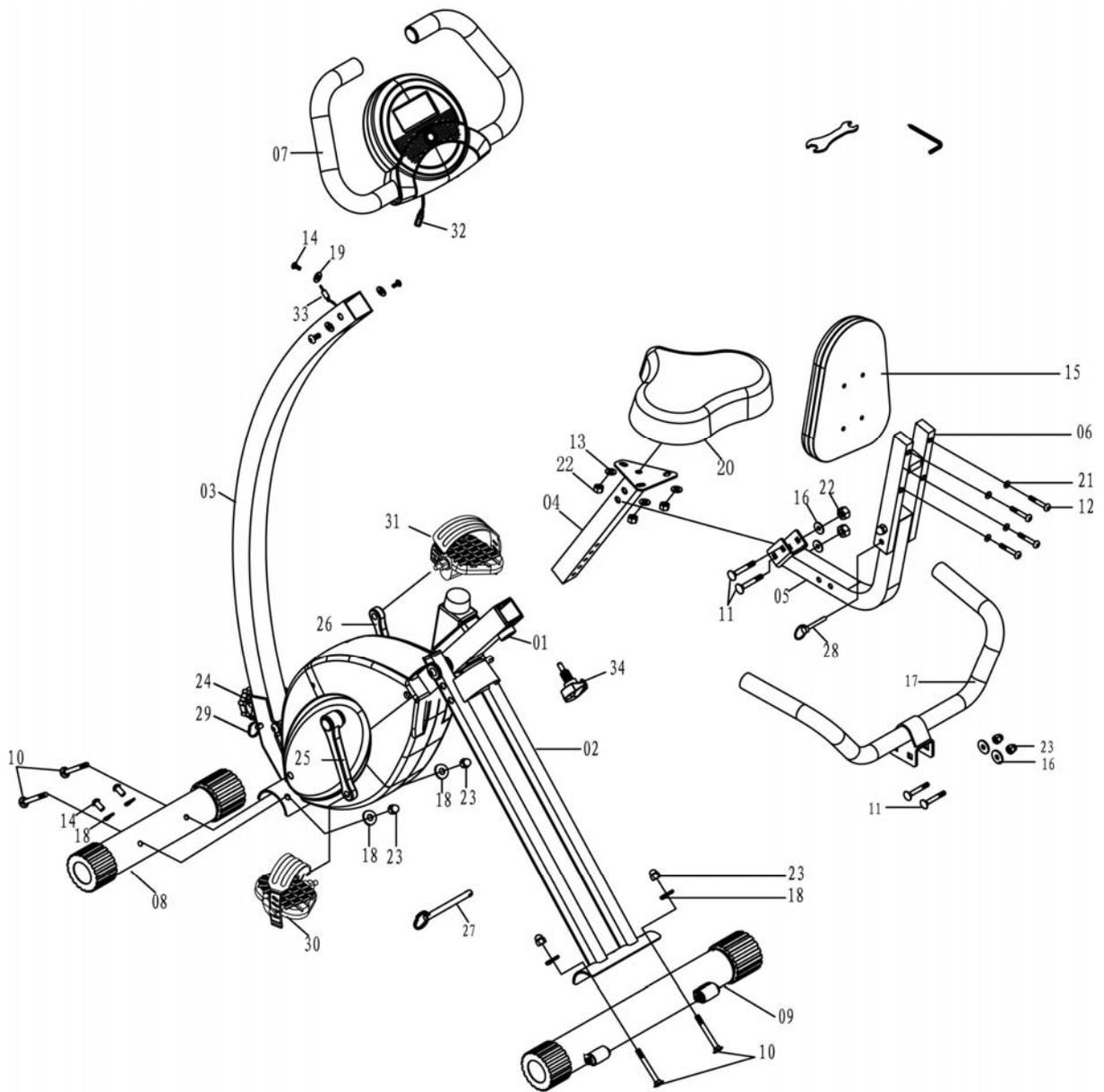


FOLD THE BIKE

- A.) Pull out Backrest Board Lock Pin (#28). Fold down the Backrest Board (#15). Insert and store the Lock Pin back to the hole.
- B.) Pull out the Rear Support Lock Pin (#27). Pull the Rear Support (#2) toward the Main Frame (#1).
- C.) Insert the Rear Support Lock Pin (#27) to lower hole to lock the Rear Support in fold position.



EXPLODED DIAGRAM



NS-653 PARTS LIST

PART NO.	DESCRIPTION SPEC.		QUANTITY
1	Main Frame		1
2	Rear Support		1
3	Front Post		1
4	Seat Post		1
5	Seat Support		1
6	Backrest Support		1
7	Handle Bar		1
8	Front Stabilizer		1
9	Rear Stabilizer		1
10	Carriage Bolt	M8 x 2 1/2"	4
11	Carriage Bolt	M8 x 2"	4
12	Allen Bolt	M8 x 1 3/4"	4
13	Flat Washer	Ø 3/8" x Ø 5/8"	3
14	Allen Bolt	M8 x 5/8"	5
15	Backrest Board		1
16	Flat Washer	Ø 3/8" x Ø 1"	4
17	Backrest Handle		1
18	Curved Washer	Ø 3/8" x Ø 7/8"	6
19	Washer	Ø 3/8" x Ø 3/4"	3
20	Seat Pad		1
21	Lock Washer		4
22	Nylon Nut	M8	5
23	Domed Nut	M8	6
24	Lock Knob		1
25	Left Crank		1
26	Right Crank		1
27	Rear Support Lock Pin	Ø 3/8" x 4 3/8"	1
28	Backrest Board Lock Pin	Ø 1/4" x 3 3/8"	1
29	Front Post Lock Pin	Ø 1/4" x 2 1/2"	1
30	Left Pedal		1
31	Right Pedal		1
32	Computer Wire		1
33	Middle Sensor Wire		1
34	Adjustment Knob		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 5 minutes to save energy.

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

The below data will display while pedaling.

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 999.9 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. Always purchase the correct size and grade of battery most suitable for the intended use.
2. Replace all batteries of a set at the same time.
3. Clean the battery contacts and also those of the device prior to battery installation.
4. Ensure the batteries are installed correctly with regard to polarity (+ and -).
5. Remove batteries from equipment when not in use for extended periods of time.
6. Remove used batteries promptly.
7. The Computer requires two 1.5V (AAA) batteries. Batteries are not included in packaging.
8. If the display is not clear or only partial segments appeared, remove the batteries and wait for 15 seconds before re-install them.
9. The battery life is approx. 3 months under normal usage.
10. 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.

CARE AND MAINTENANCE

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. To avoid possible injury, the help of two or more people are needed when moving the bike around.
5. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
6. **The Maximum user weight on bike is 220 lbs**
7. **Assembled Dimension: 39" x 22 ¼" x 48"**
Folded Dimension: 25" x 22 ¼" x 47"

OPERATING NOTES

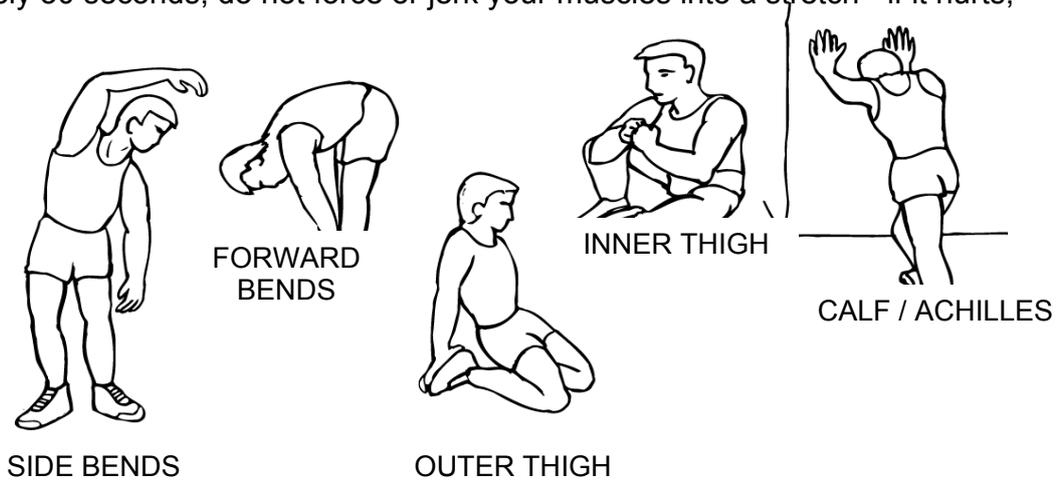
1. Set up and operate the bike on a solid level surface.
2. Inspect and tighten all parts each time before using the bike. Replace any worn parts immediately. Use parts only from manufacturer to maintain/repair the bike.
3. Inspect and test all features and functions before using the bike.
4. Review all warning notices before using the bike.
5. Electronic warning notices may be obtained by contacting customer support (support@impex-fitness.com).
6. Allow minimum 20" of clear spaces in all directions to operate the bike.
7. Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the bike to a complete stop.
8. Do not attempt to stop the spinning pedal by feet abruptly. Gradually reduce the speed of spinning pedal until it is completely stopped.
9. Use Tension Adjustment Knob in front of Seat Post to adjust pedaling resistance. Switch Knob to "+" direction to increase tension, switch Knob to "-" direction to decrease tension.
10. **Ensure all Lock Pins are completely inserted through the holes before exercising with the bike.**
11. Seat height can be adjusted to four different heights from 30 ½" to 32 ½" with ½" for each increment.
12. There are two roller wheels on Rear Stabilizer. Lift up the Front and transport.

EXERCISE INSTRUCTIONS

Using your **FOLDABLE 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.

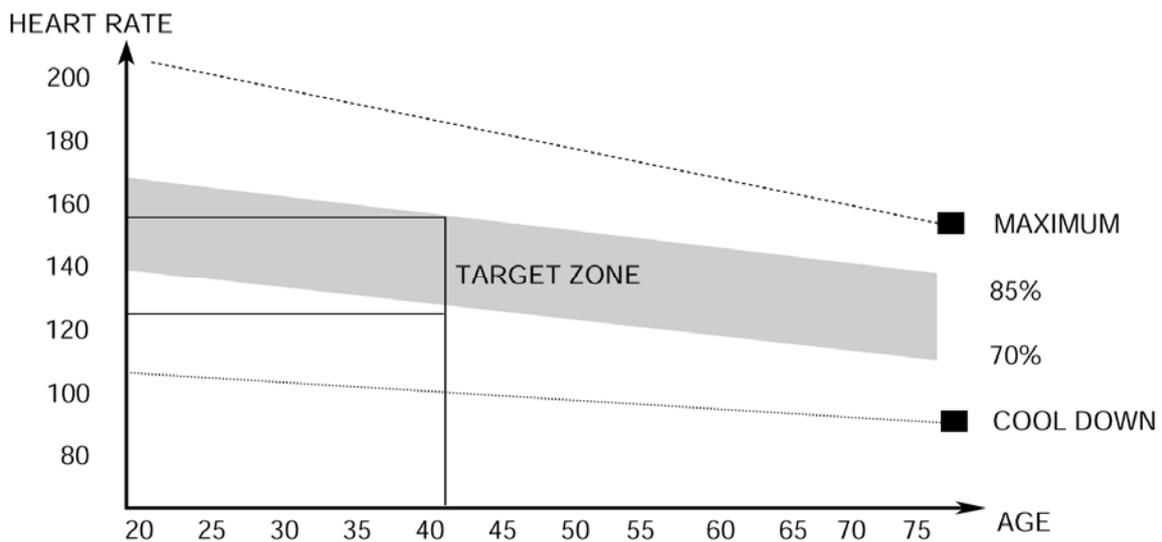
1. The Warm Up Phase

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 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 **FOLDABLE 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.marcypro.com

IMPEX[®] INC.
2801 S. Towne Ave, Pomona
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