

Model
NS-0357-SKI

**OWNER'S &
ASSEMBLY
MANUAL**

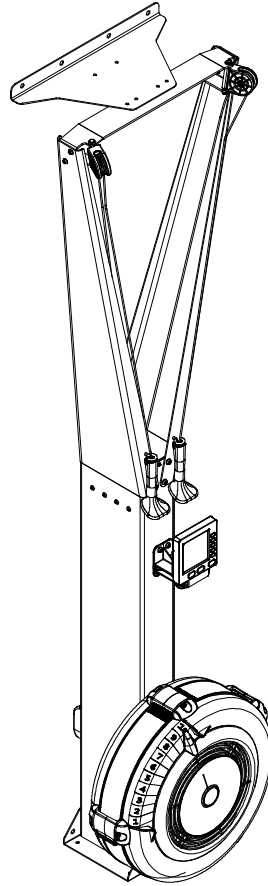
Retain This Manual
for Reference

NOTE:
Please read all
instructions carefully
before using this
product.

241219

MARCY®

Marcy Cross Country Ski Trainer NS-0357-SKI



IMPEX® INC.

2801 S. Towne Ave, Pomona, CA 91766

Tel: (800) 999-8899 Fax: (626) 961-9966

www.marcypro.com

support@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
WARNING LABEL PLACEMENT.....	3
HARDWARE PACK.....	4
COMPONENTS FOR ASSEMBLY.....	5
ASSEMBLY INSTRUCTIONS.....	6
EXPLODED DIAGRAM.....	12
PARTS LIST	13
CARE, MAINTENANCE, AND STORAGE.....	15
COMPUTER.....	16
EXERCISE GUIDELINES.....	21
WARRANTY.....	23
ORDERING PARTS.....	23

BEFORE YOU BEGIN

Thank you for selecting the MARCY Cross Country Ski Trainer NS-0357-SKI 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 NOTICES

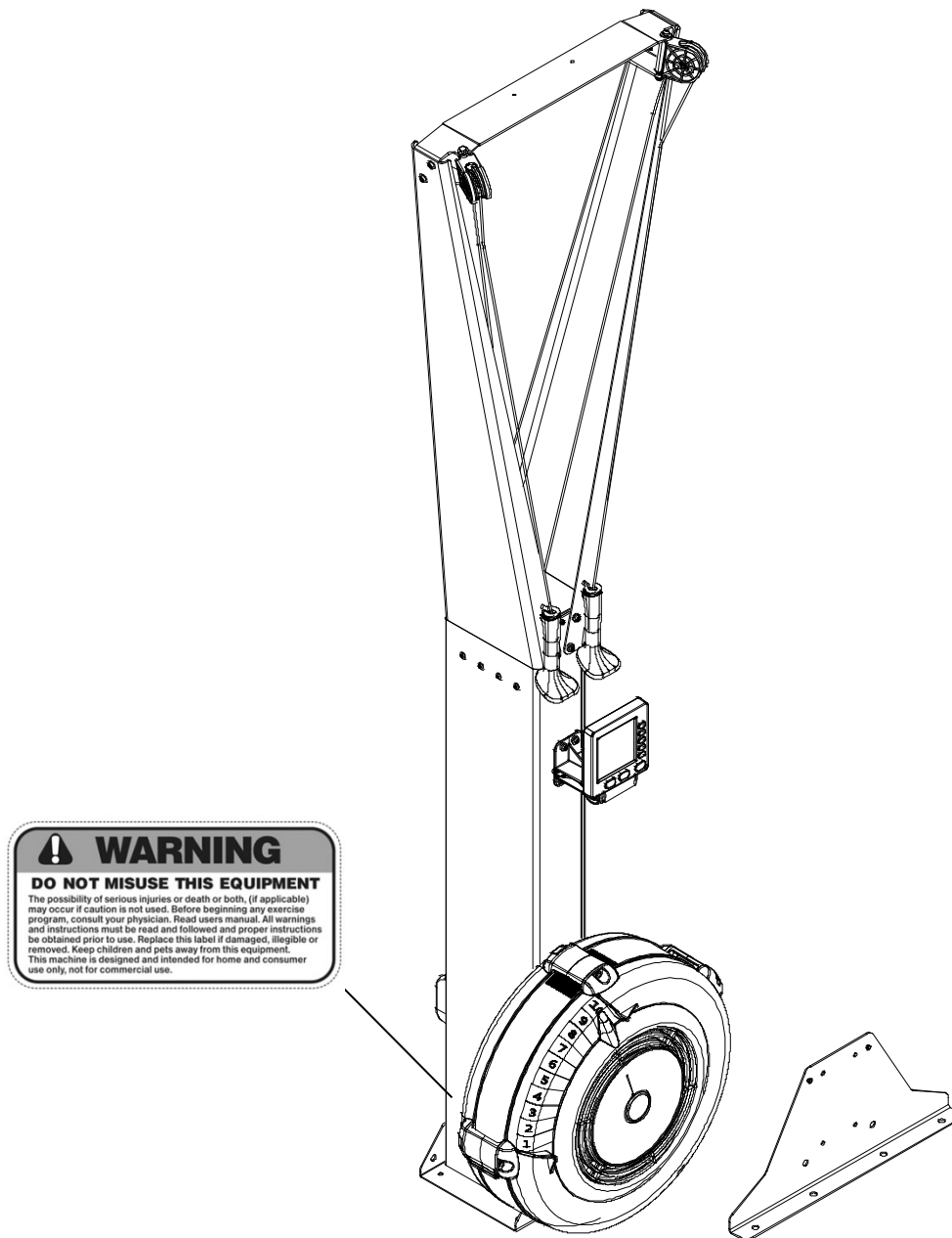
PRECAUTIONS

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, level 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. Read all warnings posted on the machine.
13. Inspect the machine for worn or loose components prior to use.
Tighten/replace any loose or worn components prior to use.
14. Care should be taken in mounting or dismounting the rower.
- 15. This exercise equipment is for consumer and home use only, not for commercial usage.**

▲ 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.

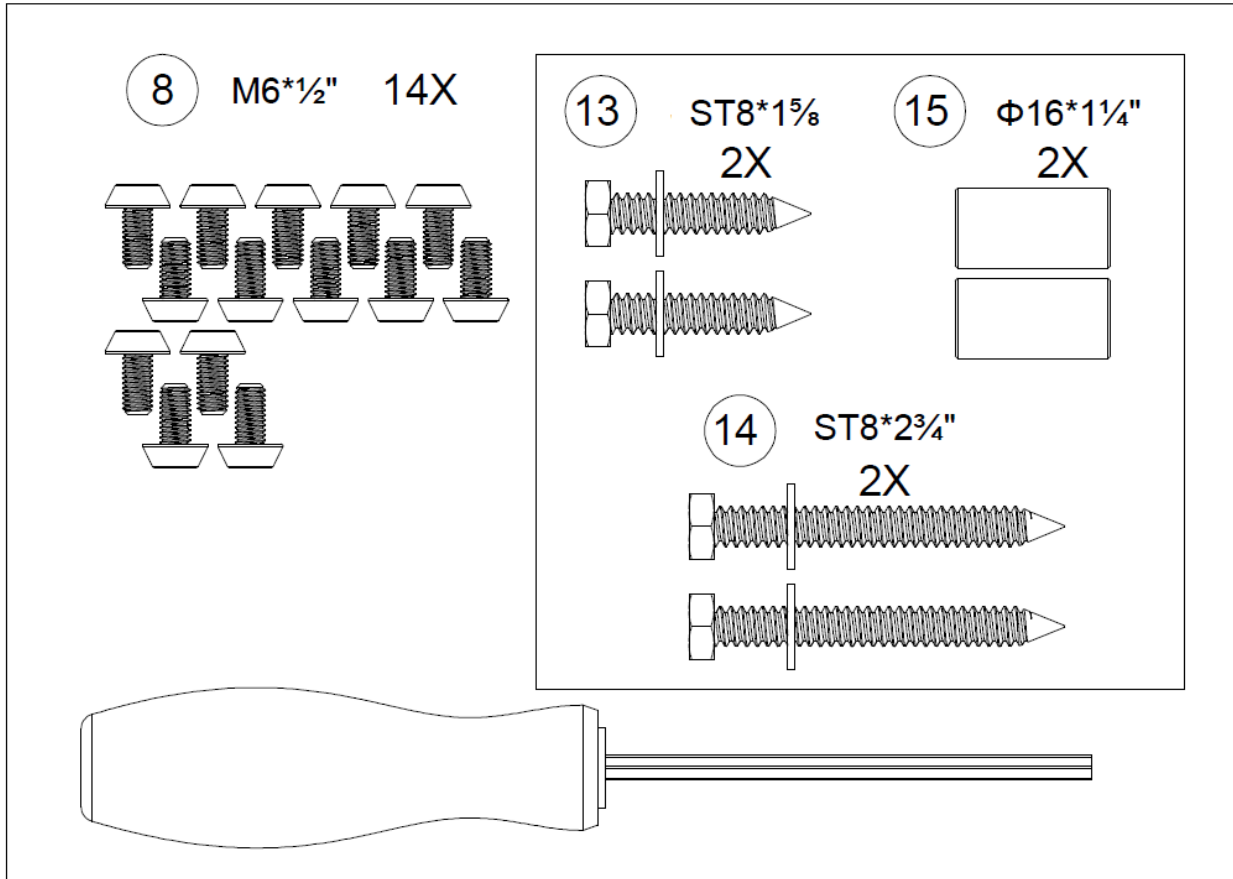
WARNING LABEL PLACEMENT



The Warning Labels shown here has been placed on the Main frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

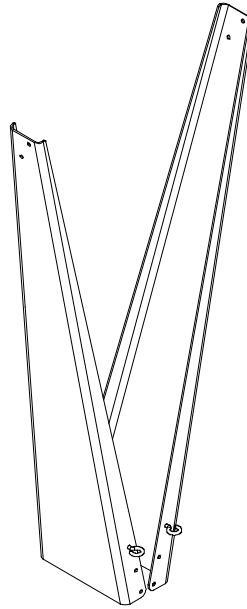
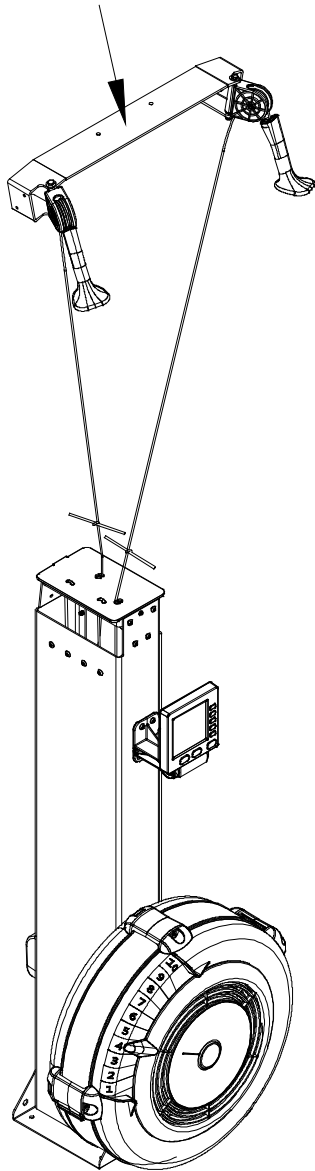
HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

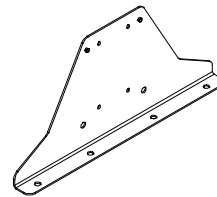


COMPONENTS FOR ASSEMBLY

NO:3



NO:2L/R



NO:1

NO:4

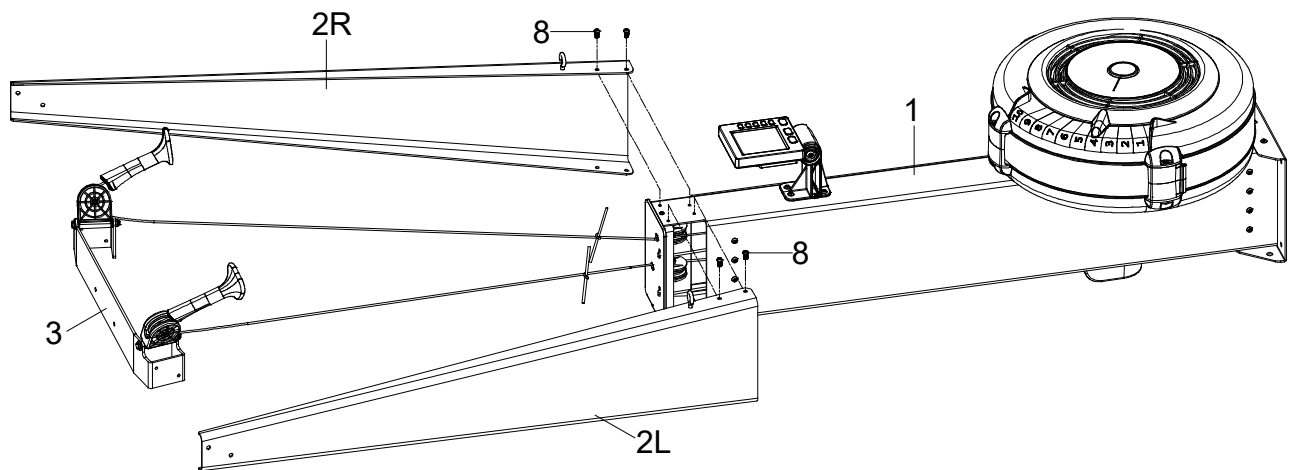
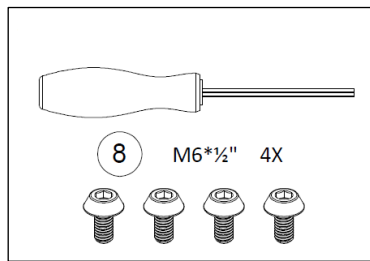
ASSEMBLY INSTRUCTIONS

- Tools required for assembling the machine: one Hex Screwdriver provided by manufacturer.
- **NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP-1

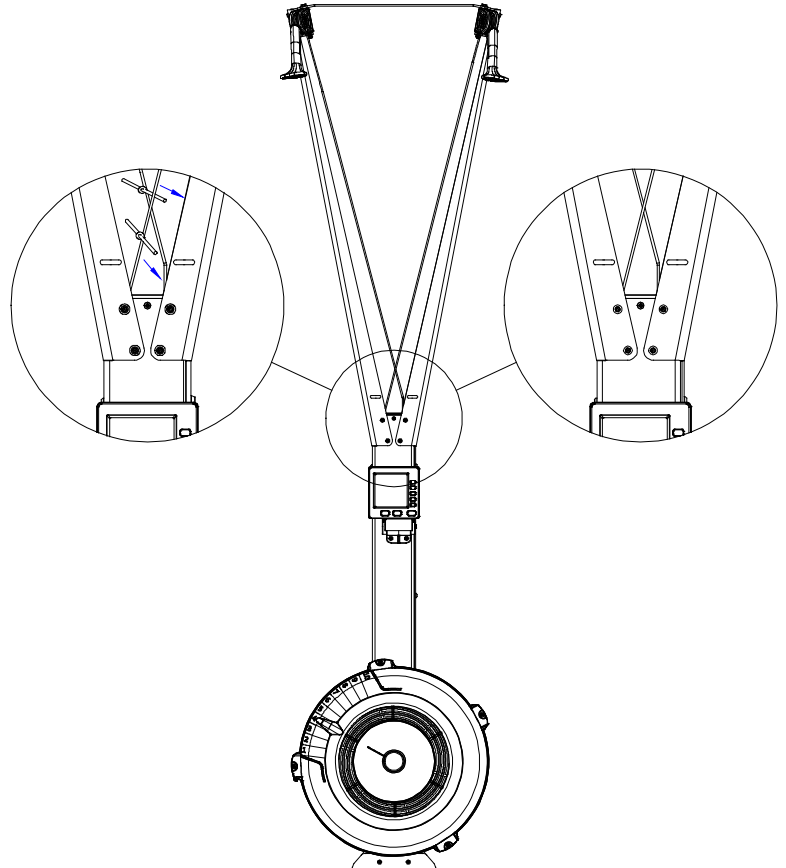
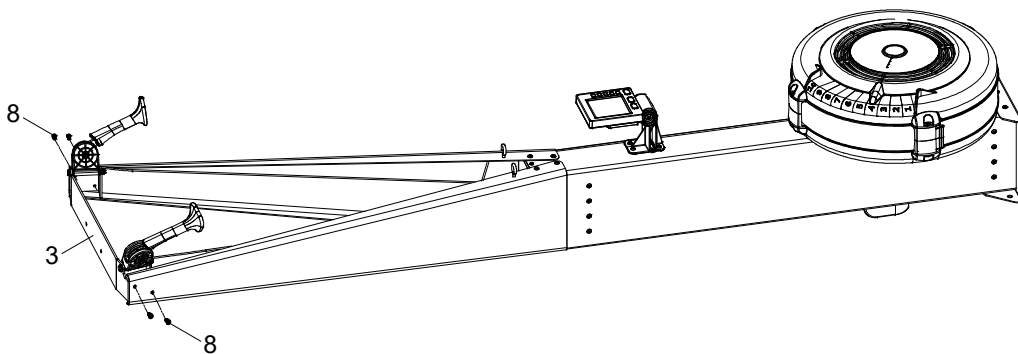
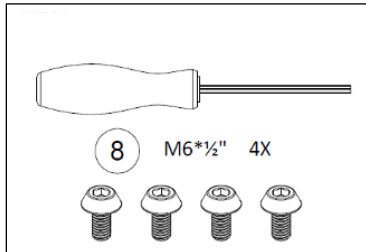
- A.) Turn the Fan wheel and Computer face upward.
- B.) Tighten the Arm L/R (#2) to the Main frame (#1) with 4 Allen Screws (#8).

NOTE: Please do not tighten the 4 Allen Screws (#8) until STEP-3.



STEP-2

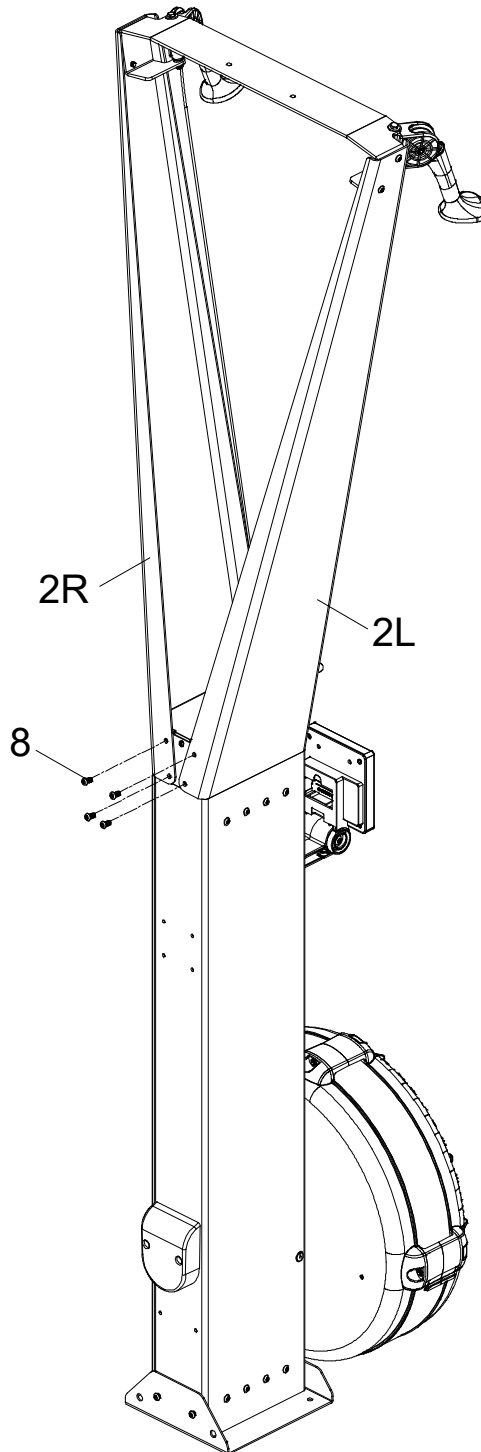
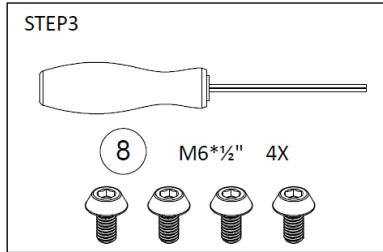
- A.) Install the Bracket-Top-With-Wheel (#3) to the Arm L/R (#2) with 4 Allen Screws (#8).
B.) After installation is complete, please remove the white plastic rod.



STEP-3

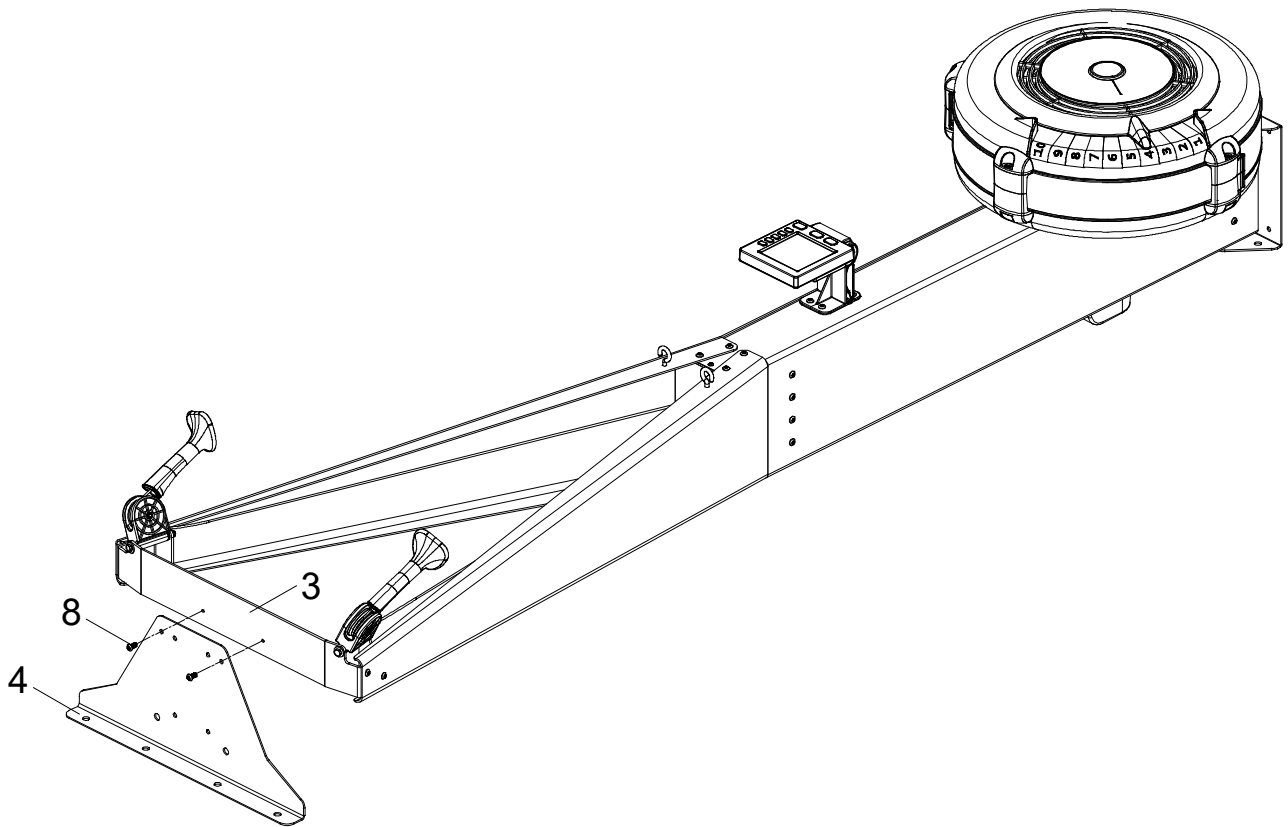
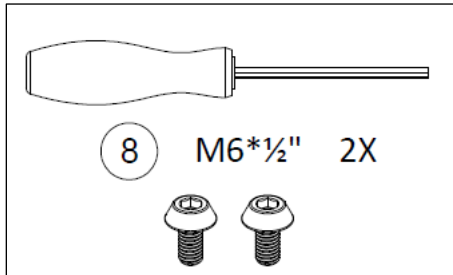
A.) Tighten the backside of Arm L/R(#2) with 4 Allen Screws (#8).

NOTE: Please tighten the 8 Allen Screws (#8) (STEP-1+STEP-3)



STEP-4

A.) Install the Mounting Bracket (#4) to the Bracket Top With Wheel (#3) with 2 Allen Screws (#8).

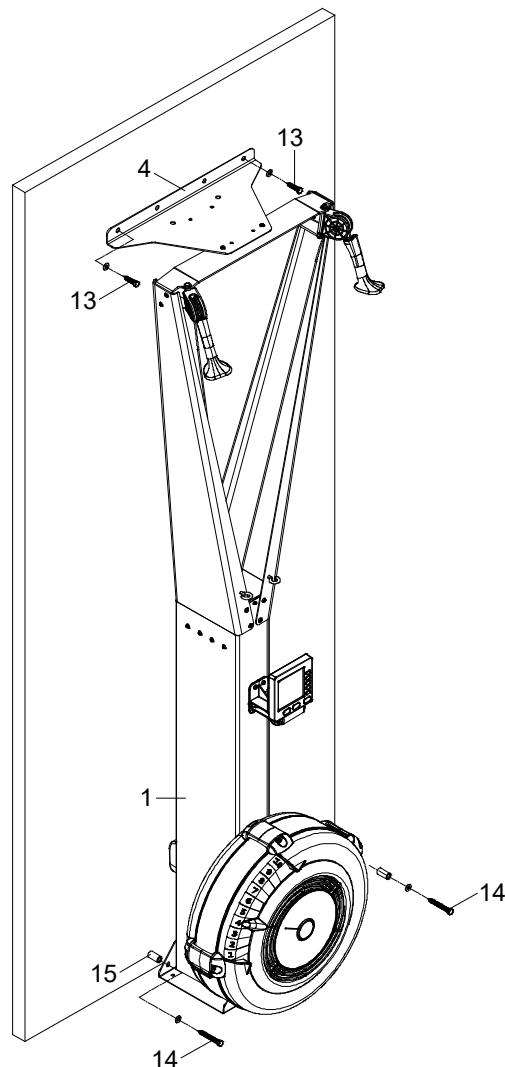
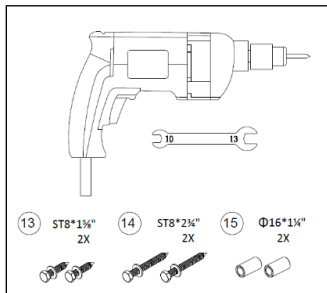


STEP-5

- A.) Place the Ski Trainer against the wall. The two outer holes on the Mounting bracket (4) should align with the wall.
- B.) Hold the Ski Trainer up against the wall. The two outside holes on the Mounting bracket (#4) should be lined up with the wall studs. Mark each hole location. Also mark each hole location where the Ski Trainer bottom bracket lines up with the wall (left and right side).
- C.) Starting at the Mounting bracket (#4). Add a washer to a Self-tapping screw (#13) and screw into each hole into the wall stud until tight.
- D.) Place a Bushing (#15) behind each mounting hole on the Ski Trainer bottom bracket. Add a washer onto a Self-tapping screw (#14) and screw into each mounting hole until tight.

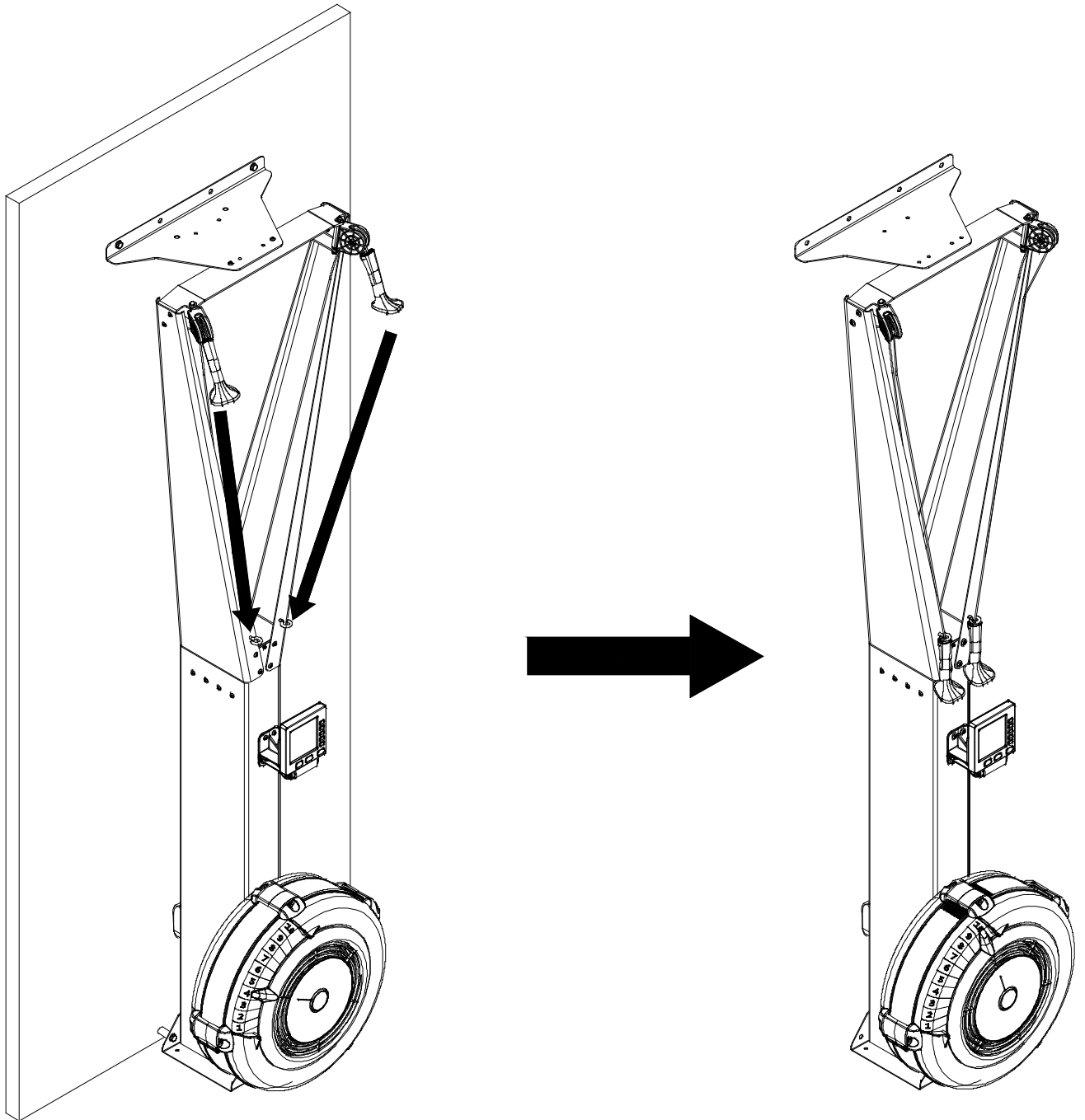
NOTE: the drill is not included. For mounting to other types of wall construction (metal, concrete, etc.), please consult with a building professional for safe and secure installation.

BE SURE YOU ARE DRILLING INTO SOLID MATERIAL (i.e. WALL STUD) AND THAT THE SKI TRAINER IS FIRMLY ATTACHED TO THE WALL. INSUFFICIENT ATTACHMENT MAY LEAD TO INJURY!

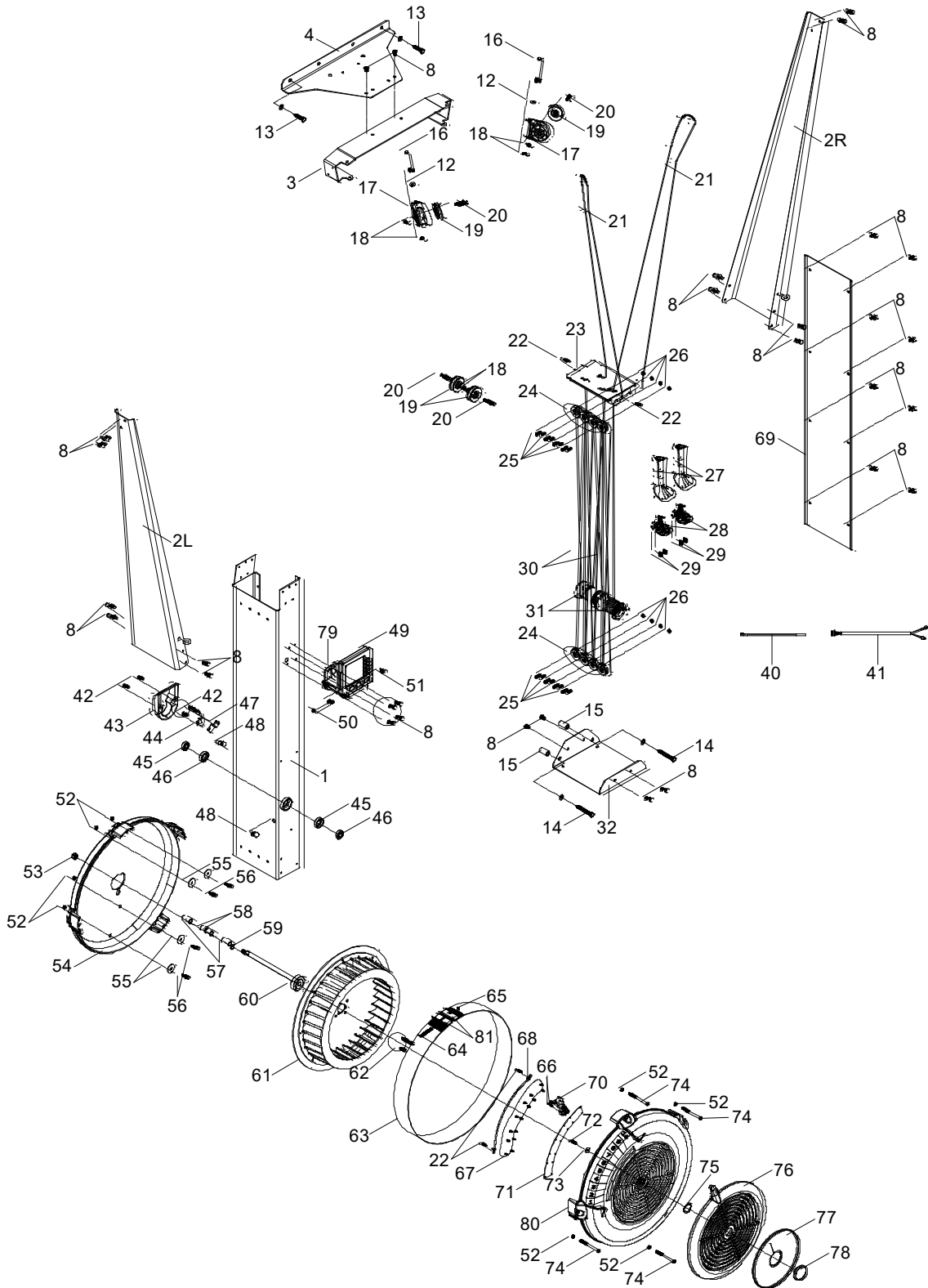


STEP-6

A.) Pull the Overmolded handle down and place it in the holder.



EXPLODED DIAGRAM



NS-0357-SKI PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Main frame		1
2	Arm(L/R)		1/1
3	Bracket top with wheel		1
4	Mounting bracket		1
8	Allen screw	M6*1/2"	30
12	Flat washer	φ6.5*φ17	10
13	Self-tapping screw	ST8*1 ⁵ / ₈ "	2
14	Self-tapping screw	ST8*2 ³ / ₄ "	2
15	Bushing	Φ16*1 ¹ / ₄ "	2
16	Hex screw	M6*3 ¹ / ₈	2
17	Roller bracket		2
18	Nylon nut	M6	6
19	Pull cord pulley		4
20	Allen screw	M6*1 ¹ / ₈ "	4
21	Pull cord		2
22	Self-tapping screw	ST4*1/2"	4
23	Shock cord bracket		1
24	Shock cord bracket roller		8
25	Allen screw	20*3/4"	8
26	Hex screw	1/4-20	8
27	Overmolded handle		2
28	Pull cord bracket		2
29	Self-tapping screw	ST3*5/8"	4
30	Shock cord		2
31	Pull cord roller		2
32	Bottom bracket		1
40	Sensor wire		1
41	Connecting wire		1
42	Screw	M5*3/8"	5
43	End cap		1
44	Sensor fixed bracket		1
45	Bearing 6001		2
46	Bearing cup		2
47	Sensor fixed plate		1
48	Grommet	Φ12	2
49	Computer		1
50	Allen screw	M8*3"	1
51	Nylon nut	M8	1
52	Hex nut	M6	8
53	Nylon nut	M10	1
54	Chain cover (L)		1
55	Flat washer	Φ6*Φ30	4
56	Allen screw	M6*5/8"	4
57	Spacer		2

58	Spacer		2
59	Wave washer	Φ12	1
60	Fan flywheel axle		1
61	Fan flywheel assembly		1
62	Screw	M5*5/8"	3
63	Outlet perf		1
64	Screw	M4*13/4"	1
65	Hex nut	M4	1
66	Self-tapping screw	ST3*5/8"	2
67	Self-tapping screw	ST3*1/4"	14
68	Limiter		1
69	Right side panel		1
70	Tension adjustment bracket		1
71	Control board		1
72	Self-tapping screw	ST5*3/4"	1
73	Flat washer	Φ5.5*Φ17	1
74	Screw	M6*31/8"	4
75	Wave washer	Φ26	1
76	Flywheel damper		1
77	Damper Ring		1
78	Hub Cap		1
79	Front post		1
80	Chain cover (R)		1
81	Perf connector		1/1

CARE, MAINTENANCE AND STORAGE

1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine 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 Ski Trainer shall be placed at least 24 inches away from 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.
6. Disposal Instructions – The equipment can be safely disassembled and disposed without unreasonable hazards. Call your local recycle agency regarding details of recycling.
7. **The maximum user weight is 440 lbs.**

NS-0357-SKI Assembled Dimension (L x W x H): 20 1/2" x 16 1/8" x 83 1/2"

COMPUTER



FUNCTIONS OF THE COMPUTER:

FUNCTIONAL BUTTON:

- MODE** – Mode selection interface: Switch modes.
 - Function Setting Interface: Confirm the settings and switch to the next function.
 - Exercise Data Interface: Switching Function.
- ENTER** – Mode or function settings interface: Save the current settings and enter the next level of settings interface or start exercising.
- RESET** – In the function selection mode, press once to return to the upper level function.
 - In the setting mode, press once to clear the current setting value.
 - In pause mode, press once to return to the standby interface.
 - Press and hold the console for 2 seconds to reset, reset all data, and return to the standby interface.
- UP** – Press this button to increase the target value when setting it. In sport mode, a single click toggles the display of the "SPM" function.
- DOWN** – Press this button to decrease the target value when setting it. In sport mode, a single click toggles the display of the "PULSE" function.
- RECOVERY** – Press this button to test the user's pulse recovery ability. After a period of exercise, you still need to wear a Bluetooth heartbeat chest strap. When the console displays a pulse value, press and hold the "RESET" button to return to standby mode, and then press the "RECOVERY" button to activate/deactivate the pulse recovery function. The console will enter a 60 second countdown. After the countdown, the screen will display the user's pulse recovery status. The recovery state represented by the F-value is as follows:
 - F1:means OUTSTANDING
 - F2:means EXCELLENT
 - F3:means GOOD
 - F4:means FAIR
 - F5:means BELOW AVERAGE
 - F6:means POOR

FUNCTIONS:

1. **TIME:** Displays the user's exercise time.
2. **TIME/500M:** Displays the time required for the user to exercise 500m.
3. **AVE TIME/500M:** Displays the average time required for the user to exercise 500m.
4. **COUNT:** Display the number of counts from exercise start to end.
5. **TOTAL COUNT:** Displays the cumulative number of times the user has exercised for many times.
6. **DISTANCE:** Displays the distance the user exercises.
7. **DIST/30MIN:** Estimate the distance that can be achieved in 30 minutes of exercise based on the user's current exercise status.
8. **CALORIES:** Displays the calorie value consumed by the user during exercise.
9. **CALORIES/60MIN:** Estimate the calorie consumption for 60 minutes based on the user's current exercise status.
10. **WATT:** Displays the user's exercise power.
11. **AVE WATT:** Display the average power of the user's current exercise status.
12. **SPM:** Display the strokes per minute.
13. **PULSE:** Displays the user's heart rate (Bluetooth heart rate chest belt must be worn and paired). The measured value cannot be used as a medical basis. Bluetooth operational distance is 2 meters. Heart rate chest belt not included.

OPERATIONS:

1. STANDBY MODE:

The console has three exercise modes: MANUAL mode (Figure 1), INTERVAL mode (Figure 2), and TARGET mode (Figure 3). Wake up the console and enter standby mode. Press the MODE button to switch modes, and press the ENTER button to enter the selected exercise mode.

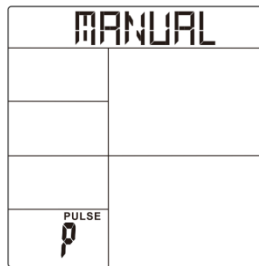


Figure 1

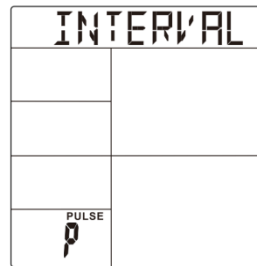


Figure 2



Figure 3

2. MANUAL MODE:

After selecting the MANUAL mode in standby mode, the first row of the display will show "MANUAL", and the exercise time will begin to accumulate. At this point, you can start exercising (Figure 4); If there is no exercise signal input for 6 consecutive seconds, the first row of the display will alternate between "STOP" and "MANUAL", and the time and exercise data will stop accumulating. After the exercise signal is restored, the time and exercise data will continue to accumulate.

The console function is displayed in three display interfaces. Press the MODE button to switch between the display interfaces.

Display interface 1 (TIME, COUNT, WATT, DIST, CAL, SPM) (Figure 4);

Display interface 2 (TIME/500M, TOTAL COUNT, AVE WATT, DIST/30MIN, CALORIES/60MIN, SPM) (Figure 5).

Display interface 3 (AVE TIME/500M, TOTAL COUNT, AVE WATT, DIST/30MIN, CALORIES/60MIN, SPM)(Figure 6).



Figure 4



Figure 5



Figure 6

3. INTERVAL MODE:

After selecting the INTERVAL mode in standby mode, press the MODE button to switch between two preset modes (INTERVAL 10/20, INTERVAL 20/10) and one custom mode (INTERVAL Custom). When switching modes, the names of the three modes will flash.

3.1 INTERVAL 10/20 MODE:



Figure 7



Figure 8



Figure 9



Figure 10

- A. After selecting the "INTERVAL" mode, press the "ENTER" button to confirm when the monitor flashes "10/20" (Figure 7). The monitor will display "READY" (Figure 8) and enter a 3-second countdown, accompanied by a beep sound.
- B. The READY 3-second countdown ends and you can start exercising. The console displays the normal function interface, and the monitor shows "WORK 01/08". The console enters the 10 second countdown (Figure 9).
- C. After the 10 second countdown ends, the display shows "REST 01/08" (Figure 10), and the console enters a 20 second countdown accompanied by a beep sound. Exercise data can continue to accumulate, and the display flashes "READY" for the last 3 seconds of the countdown.
- D. "B" and "C" continue to cycle until the display shows "WORK 08/08". After the exercise is completed, enter the end interface (Figure 11). The first row of the display shows "STOP", and the remaining functional areas display the cumulative exercise value of the entire exercise. The console beeps for 3 seconds.
- E. After exercising, if you press the "ENTER" button, you will restart the "INTERVAL 10/20" mode; If you press the "RESET" button, you will enter the standby interface and can choose other exercise modes.

3.2 INTERVAL 20/10 MODE:



Figure 11



Figure 12

- A. After selecting the "INTERVAL" mode, press the "ENTER" button to confirm when the monitor flashes "20/10" (Figure 12). The monitor will display "READY" and enter a 3-second countdown, accompanied by a beep sound.
- B. The READY 3-second countdown ends and you can start exercising. The console displays the normal function interface, and the monitor shows "WORK 01/08". The console enters the 20 second countdown.
- C. After the 20 second countdown ends, the display shows "REST 01/08", and the console enters a 10 second countdown accompanied by a beep sound. Exercise data can continue to accumulate, and the display flashes "READY" for the last 3 seconds of the countdown.

- D. "B "and" C "continue to cycle until the display shows" WORK 08/08 ". After the exercise is completed, enter the end interface. The first row of the display shows" STOP ", and the remaining functional areas display the cumulative exercise value of the entire exercise. The console beeps for 3 seconds.
- E. After exercising, if you press the "ENTER" button, you will restart the "INTERVAL 20/10" mode; If you press the "RESET" button, you will enter the standby interface and can choose other exercise modes.

3.3 INTERVAL CUSTOM MODE:

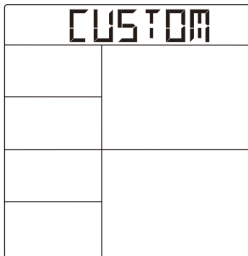


Figure 13

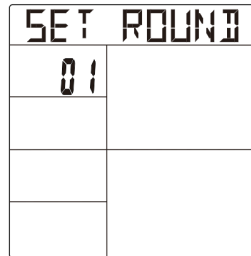


Figure 14

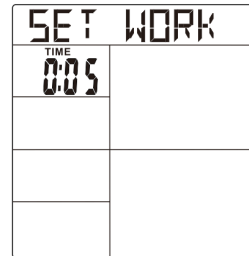


Figure 15



Figure 16

- A. After selecting the "INTERVAL" mode, press the "ENTER" button to confirm when the monitor flashes "CUSTOM" (Figure 13). After the display shows "SET ROUND", press the "UP" or "DOWN" button to set the interval alternation frequency (Figure 14). After the setting is complete, press the "MODE" button, and the display will show "SET WORK" (Figure 15). Press the "UP" or "DOWN" button to set the "WORK" time. After the setting is complete, continue to press the "MODE" button, and the display will show "SET REST" (Figure 16). Press the "UP" or "DOWN" button to set the "REST" time. After the setting is complete, press the "ENTER" button to start the "INTERVAL CUSTOM" mode. The display will show "READY" and enter a 3-second countdown, accompanied by a beep sound.

4. TARGET MODE:

In standby mode, select the "TARGET" mode and press the "ENTER" button to enter. The first row of the monitor will display "TARGET" and other functions will be displayed normally (Figure 17). Press the "MODE" button to enter the settings interface. The first row of the monitor will display "SET" (Figure 18) and the time function will start flashing. Press the "UP" and "DOWN" button to set the target time. After setting is complete, press the "MODE" button to switch to the next function setting (which can be set to TIME, COUNT, DIST, CAL, PULSE). After setting is complete, press the "MODE" button to exit the settings interface. The first row of the monitor will display "TARGET" again. Click the "ENTER" button to start exercising.

When a set target value is counted back to zero, the console will beep for 3 seconds, and you can continue exercising at this time; When the pulse reaches the set target value, the console will beep for 3 seconds and stop exercising, with "STOP" and "TARGET" alternately displayed

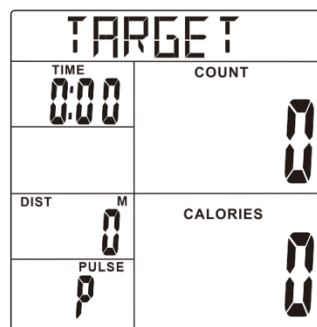


Figure 17

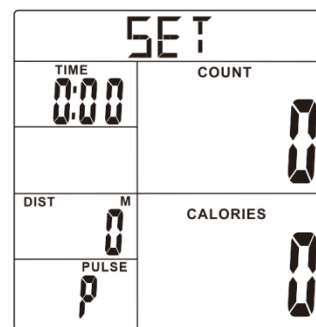


Figure 18

5. SPECIFICATIONS:

		DISPLAY RANGE:	SETRANGE:
FUNCTION	TIME	0:00~99:59	Target mode: 0:00~99:00 (1:00) Interval mode:0:05~10:00 (0:01)
	TIME/500M	0:00~99:59	----
	AVE TIME/500M	0:00~99:59	----
	COUNT	0~99999TIMES	0~99990 TIMES (10 TIMES)
	TOTAL COUNT	0~99999TIMES	----
	DISTANCE	0~9999 METERS	0~9990 METERS (10 METERS)
	DIST/30MIN	0~9999 METERS	----
	CALORIES	0~9999 CAL	0~9990 CAL (10CAL)
	CALORIES/60MIN	0~9999 CAL	----
	WATT	0~999W	----
	AVE WATT	0~999W	----
	SPM	0~999 TIMES/MIN	----
PULSE	40~240 BPM	100~220 BPM (1BPM)	
BATTERY TYPE		2pcs of D batteries	
OPERATING TEMPERATURE		0°C ~ +40°C	
STORAGE TEMPERATURE		-10°C ~ +60°C	

NOTE:

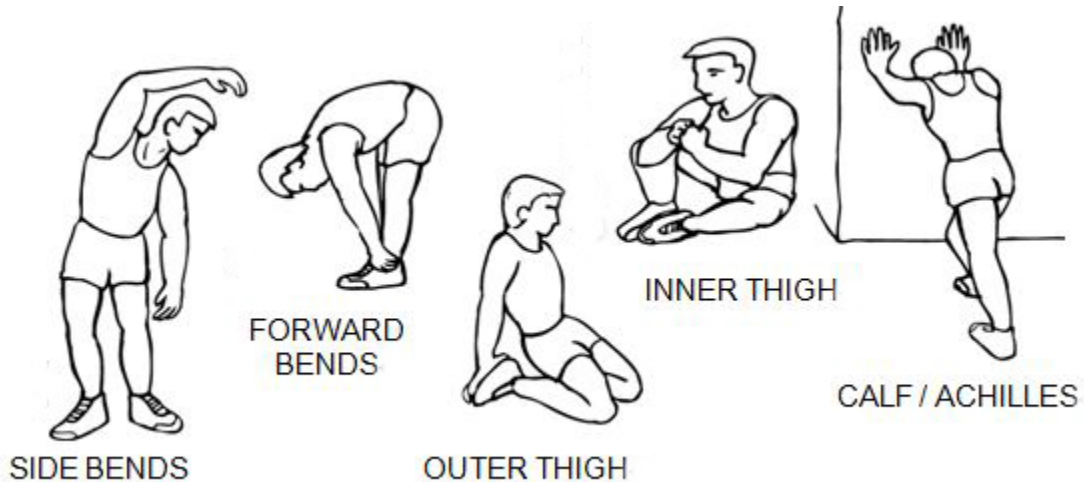
1. If the display is faint or shows no figures, replace the batteries.
2. The monitor will automatically shut off if there is no exercise or operation of buttons in 2 minutes.
3. The monitor will auto power on when starting to exercise or push any button to begin.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.
5. Press any button to turn on the computer backlight, and the backlight will automatically turn off and enter the energy-saving mode after 8 seconds if no button is pressed or exercise is completed. Press any button to wake the backlight.
- 6. When the batteries are removed, all the functional values will reset to zero.**
- 7. For optimal performance, the manufacturer recommends the use of Generic 2 alkaline D batteries with an expiration date of 5-8 years from the current year. High output/high drain and rechargeable batteries often produce too much initial surge and may not activate the computer correctly.**

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.

EXERCISE GUIDELINES

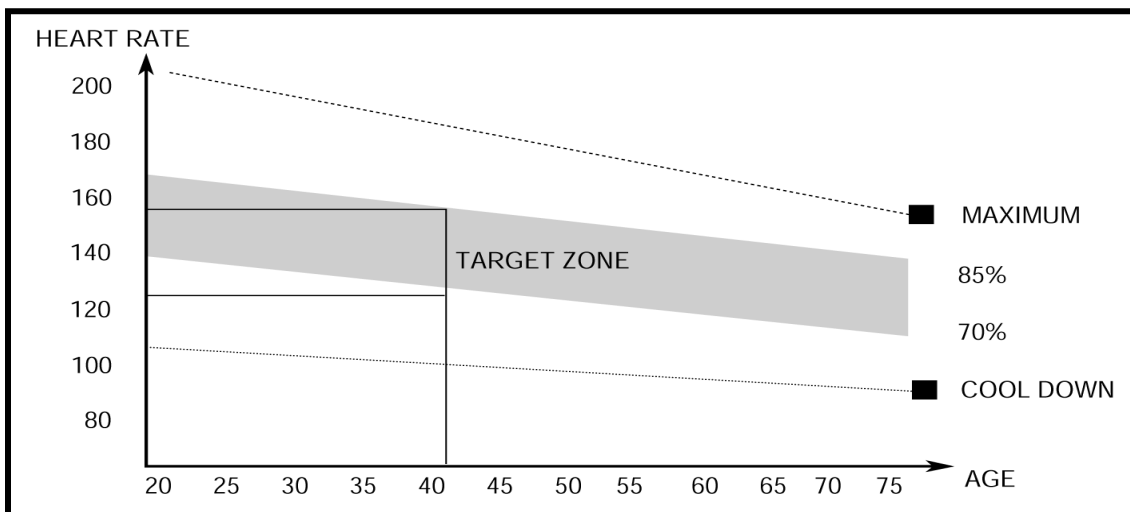
1. The Warm Up Phase

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 **Ski** 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.marcyporo.com

IMPEX[®] INC.
2801 S. Towne Ave.
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