

NOTE:
Please read all
instructions carefully
before using this product

Table of Contents

Safety Notice

Important Assembly
Information

Care and Maintenance

Parts List

Warranty

Ordering Parts

Model
ME-1019R

Retain This
Manual for
Reference

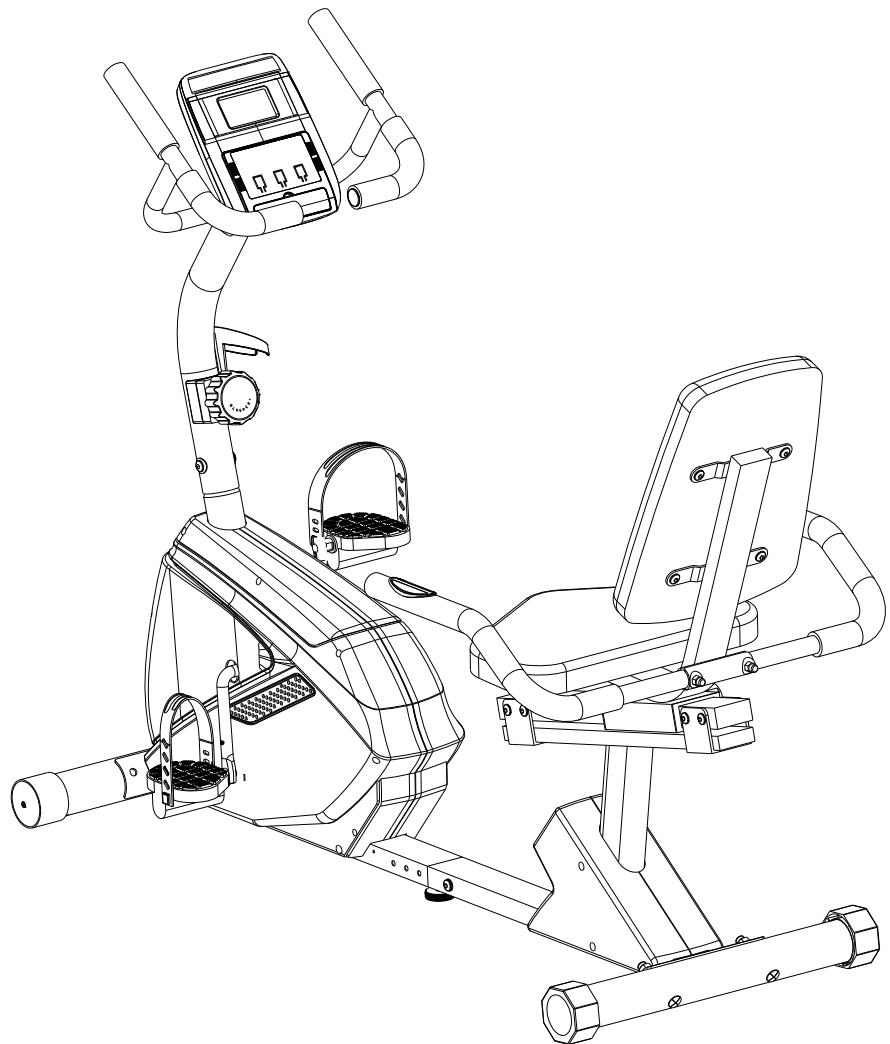
180501

**OWNER'S
MANUAL**

MARCY®

MAGNETIC RECUMBENT BIKE

ME-1019R



IMPORTANT: Please read this manual before commencing
assembly of this product.

IMPEX® INC.

2801 S. Towne Ave, Pomona, CA 91766

Tel: 800- 999-8899

www.marcypro.com

support@impex-fitness.com

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICES	2
CARE AND MAINTENANCE	2
WARNING LABEL PLACEMENT	3
HARDWARE PACK	4
COMPONENTS	5
ASSEMBLY INSTRUCTIONS	6
EXPLODED DIAGRAM	12
PARTS LIST	14
COMPUTER INSTRUCTIONS	15
EXERCISE GUIDELINES	16
WARRANTY	18
ORDERING PARTS	18

BEFORE YOU BEGIN

Thank you for selecting MARCY MAGNETIC RECUMBENT BIKE ME-1019R by IMPEX® INC. For your safety and benefit, read this manual carefully before using the equipment. As a manufacturer, we are committed to providing you with 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.

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

This exercise equipment 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 equipment. In particular, note the following safety precautions:

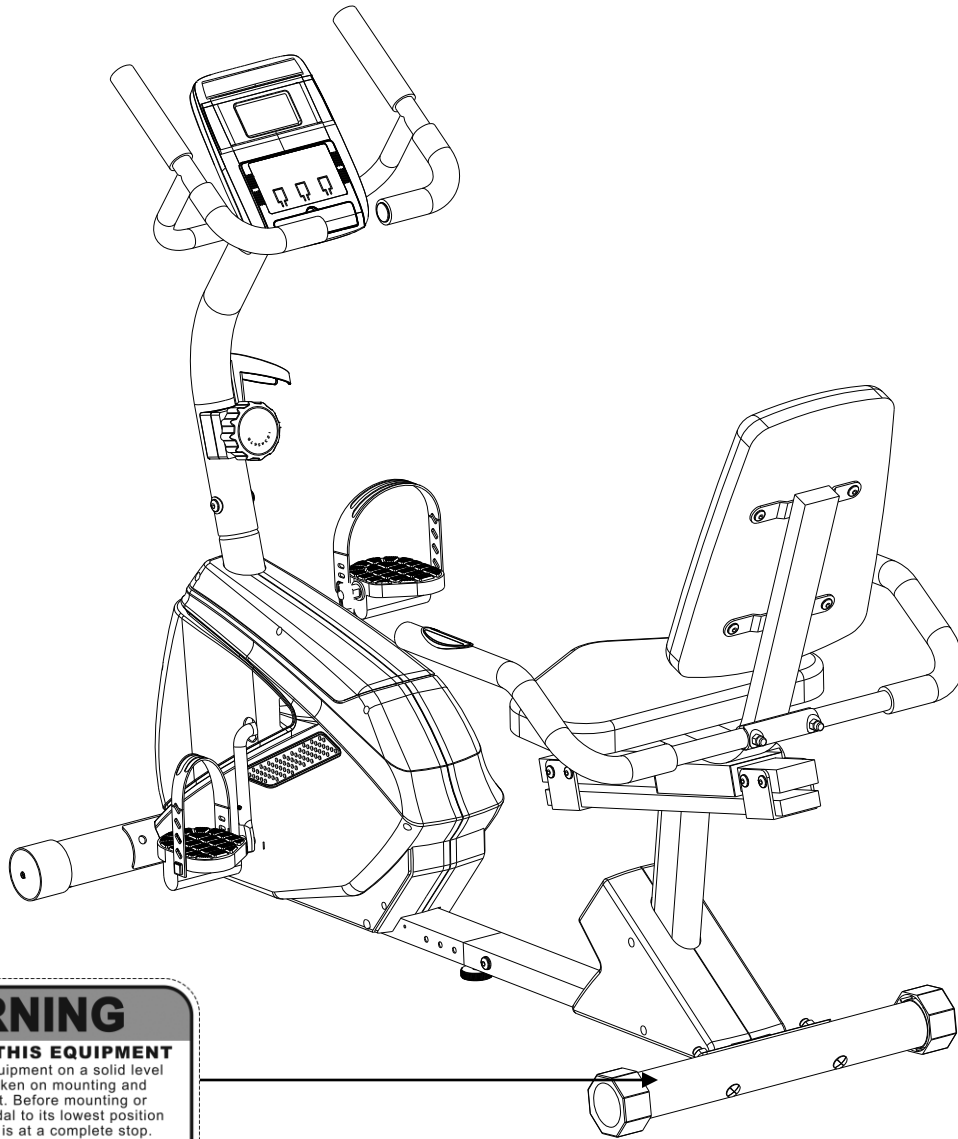
- 1. Read the warning notice and instruction prior to assembling and using the equipment.**
- 2. This equipment is not intended for children under 12 years of age.**
- 3. This equipment can be only used by hands or feet. Do not stand with full weight on the pedals.**
4. Do not leave children unattended with the equipment.
- 5. This equipment is intended for indoor use and for consumer use only.**
6. Position the equipment on a clear, leveled surface. Make sure the surface is free of objects that may cause tipping. Keep objects which could interfere with the user away.
7. Inspect before use. Keep frame padding in place. Never use the equipment if it is not functioning properly.
8. Always wear appropriate workout clothing when exercising.
9. Do not use the equipment when it is wet.
10. Use the equipment only with mature, knowledgeable supervision.
11. Do not use the equipment while under influence of alcohol or drugs.
12. While keeping the head erect, focus eyes on the equipment toward the perimeter.
13. Before exercising, always do stretching exercises to properly warm up.
14. If the user experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.

Care and Maintenance

1. For equipment information, contact the manufacturer.
2. Periodically inspect all parts to ensure all parts are functioning properly.
3. Replace any worn and/or damaged parts immediately.
4. Always keep the top surface of the pedals clean and dry.
5. Use mild household spray cleaners and/or a damp rag to wipe clean. Do not use harsh cleaning chemicals.
6. Sand rusted areas on tubular members and repaint using a non-lead-based paint meeting the requirements of Title 16 CFR Part 1303.
7. Disposal Instructions – The equipment can be safely disassembled and disposed.. Call your local recycle agency regarding details of recycling.
8. Assembled dimensions: 57"x25"x45"
9. Maximum User Weight Capacity: 250 lbs.

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 THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.

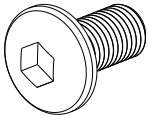


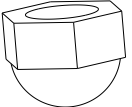






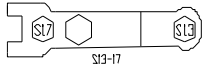
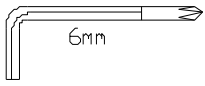
WARNING LABEL PLACEMENT



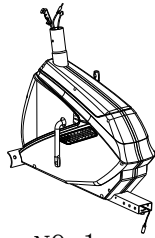
The warning labels shown here have been placed on the Base Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacements. Apply the labels in the location shown.

HARDWARE PACK

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

No.	Description	Q'ty	Identifier
8	Allen screw M8x $\frac{5}{8}$ "	30	
9	Curved washer $\Phi\frac{3}{4}$ "	10	
13	Carriage bolt M10x3"	4	
19	Domed nut M10	4	
20	Leveling knob	1	
24	Quick release knob	1	
27	Flat washer	6	
31	Carriage bolt M10x1 $\frac{1}{2}$ "	2	
33	Domed nut M8	2	
66	Curved washer $\Phi\frac{3}{4}$ "	4	
	Crossing wrench	1	
	Allen key L6	1	

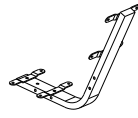
COMPONENTS FOR ASSEMBLY



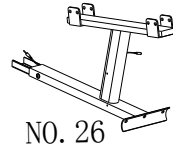
NO. 1



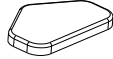
NO. 4



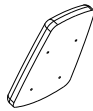
NO. 25



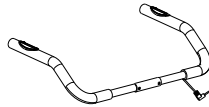
NO. 26



NO. 32



NO. 28



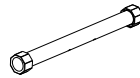
NO. 22



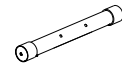
NO. 2



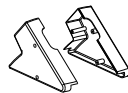
NO. 17L/17R



NO. 30



NO. 14



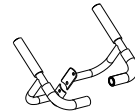
NO. 71L/71R



NO. 68



NO. 72



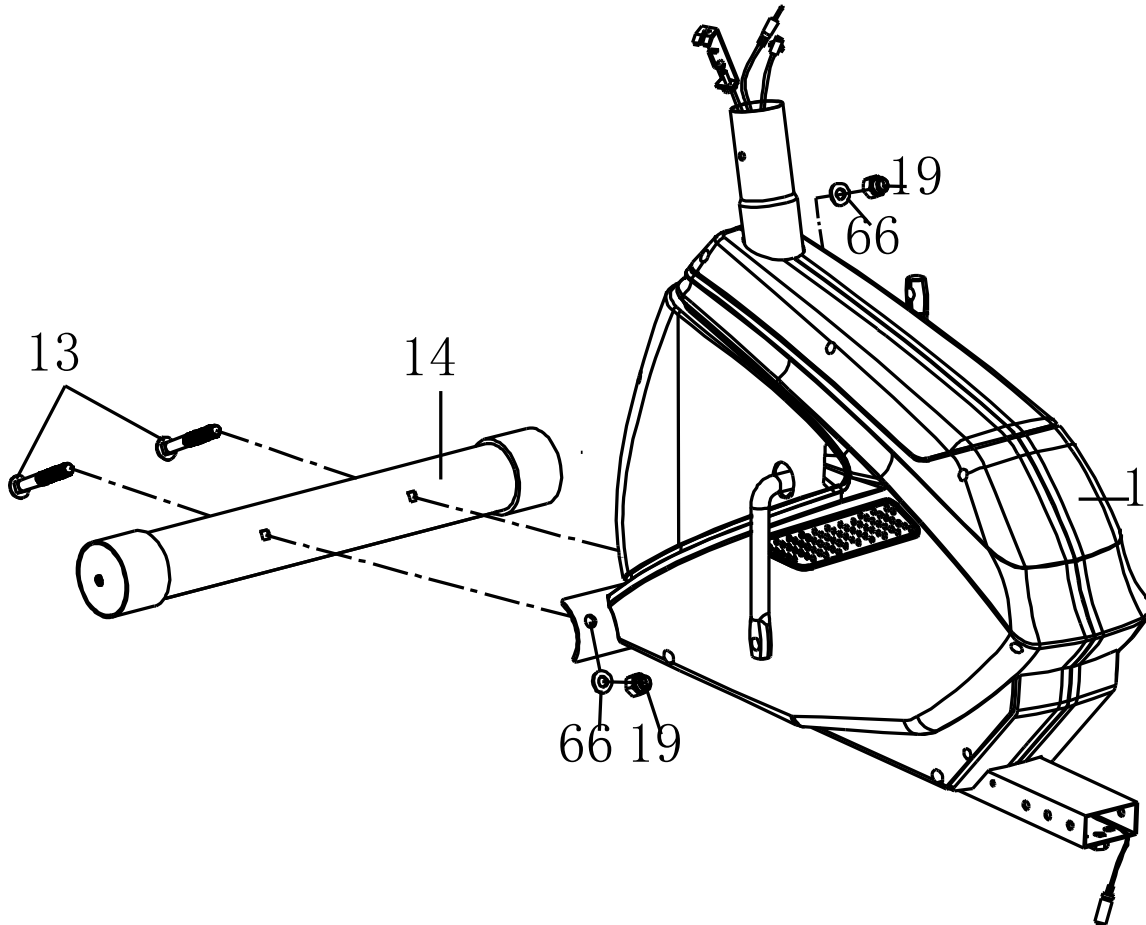
NO. 74L/74R

PART NO.	DESCRIPTION	Q'TY
1	Main frame	1
2	Computer	1
25	Seat support tube	1
26	Sliding frame	1
14	Front Stabilizer	1
30	Rear Stabilizer	1
4	Front post	1
17	Pedal L/R	1/1
28	Back Cushion	1
32	Seat Cushion	1
22	Handlebar	1
71	Decorative cover L/R	1/1
68	Sliding tube	1
72	Bottle holder	1
74	Stationary handlebar L/R	1/1

ASSEMBLY INSTRUCTION

STEP 1

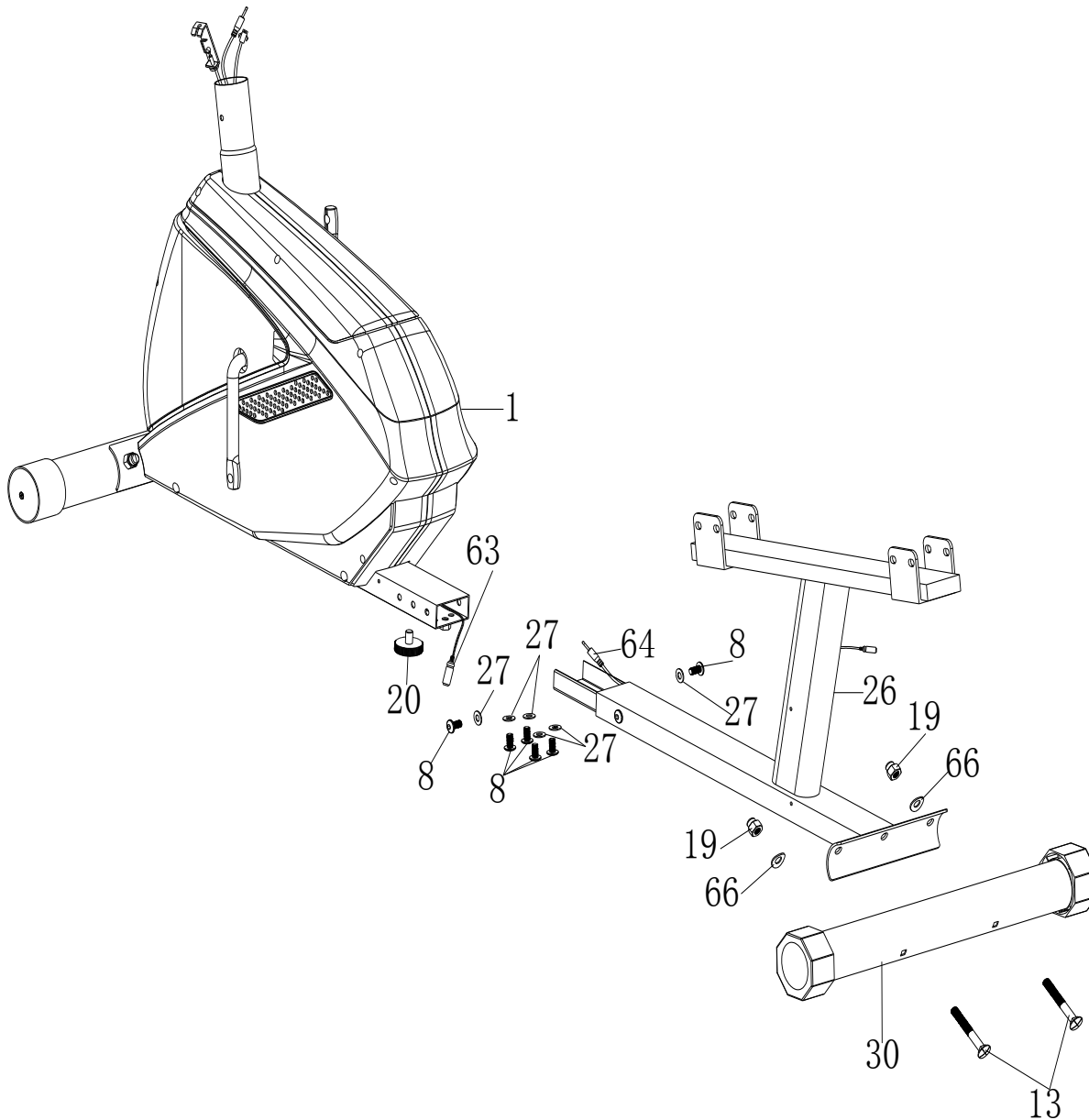
1. Attach the front stabilizer (#14) to the main frame (#1), securing with two carriage bolts (#13), two curved washers (#66) and two domed nuts (#19).



STEP 2

1. Connect middle extension pulse wire (#63) to the rear extension pulse wire (#64). Attach sliding frame (#26) to main frame (#1), and tighten with six Allen bolts (#8) and flat washers (#27). Attach the leveling knob (#20) to the bottom of main frame (#1).
2. Attach the rear stabilizer (#30) to the sliding frame (#26) and tighten with two carriage bolts (#13), curved washers (#66) and domed nuts (#19).

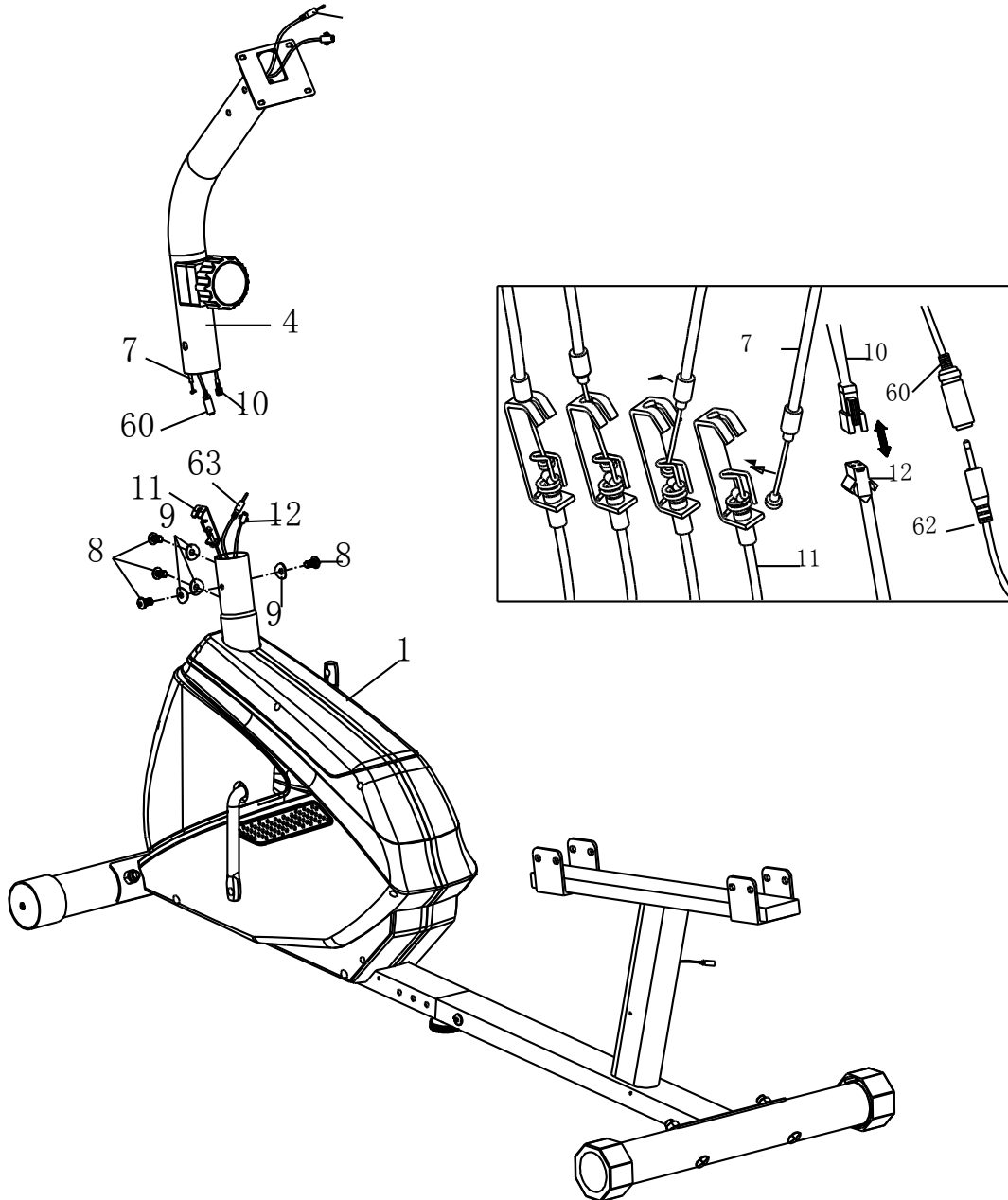
Tip: Avoid pinching the Extension Wires



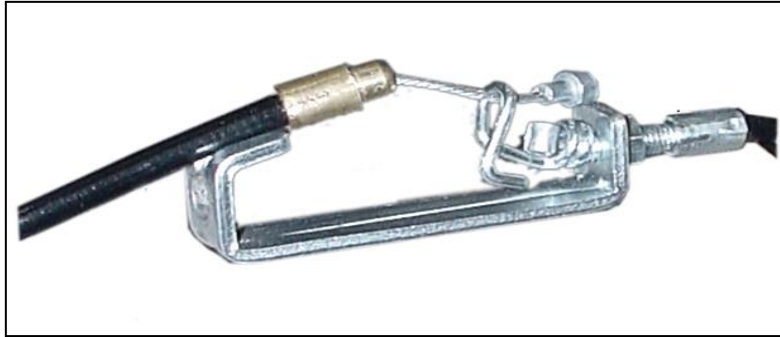
STEP 3

1. Connect the upper extension sensor wire (#10) to the lower sensor wire (#12).
2. Connect the front extension hand pulse wire (#60) to the middle extension hand pulse wire (#63).
3. Connect the tension control cable (#7) to the extension tension cable (#11).
4. Attach front post (#4) to the main frame (#1). Secure using four curved washers (#9) and four Allen bolts # (8).

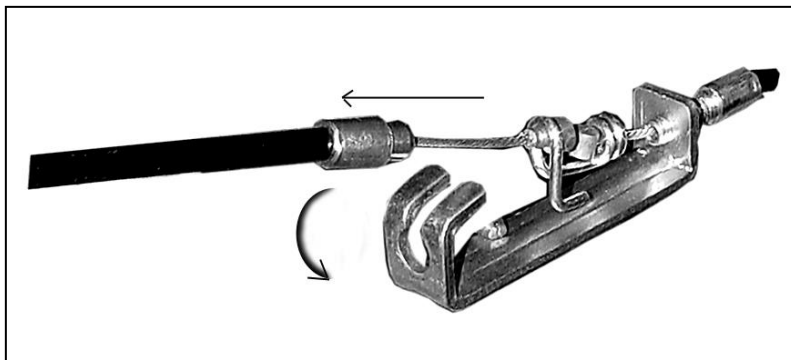
Tip: Avoid pinching the Extension Wires and hand pulse wires



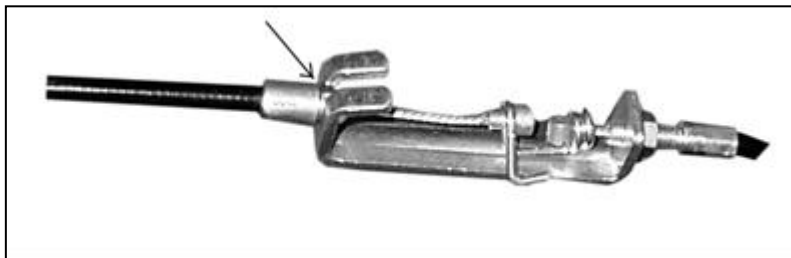
HOW TO CONNECT TENSION CONNECTOR



Slide the Cable wire from the extension sensor wire Connector in between the opening on the wire holder on sensor wire Connector.



Pull the extension sensor wire Connector backward and slide the wire through the slot on the bracket.

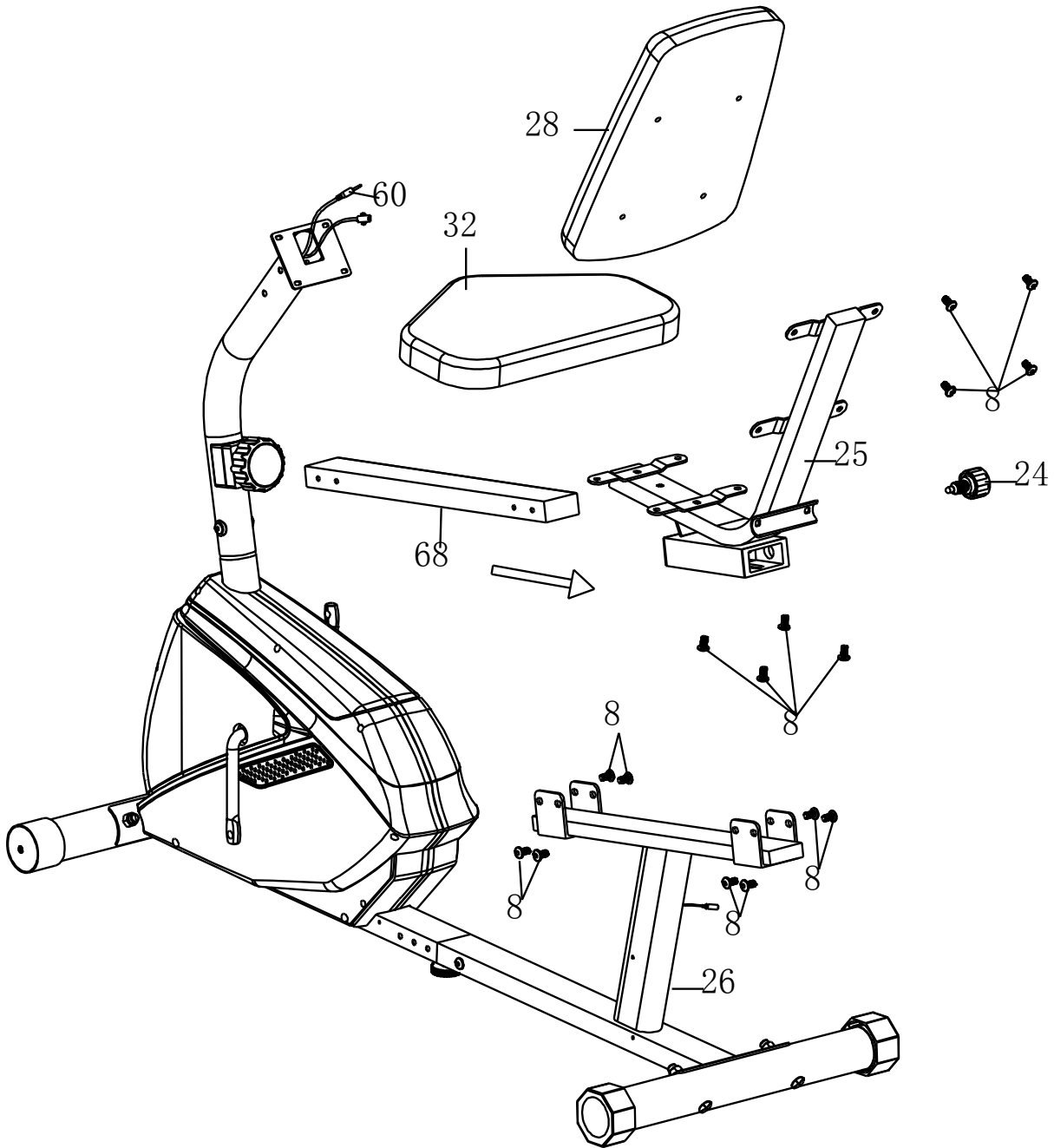


Drop down the Connector so the fitting sits firmly on top of the bracket.

NOTE: In order to hold the Front Post while connecting the cables and wires, extra help may be needed

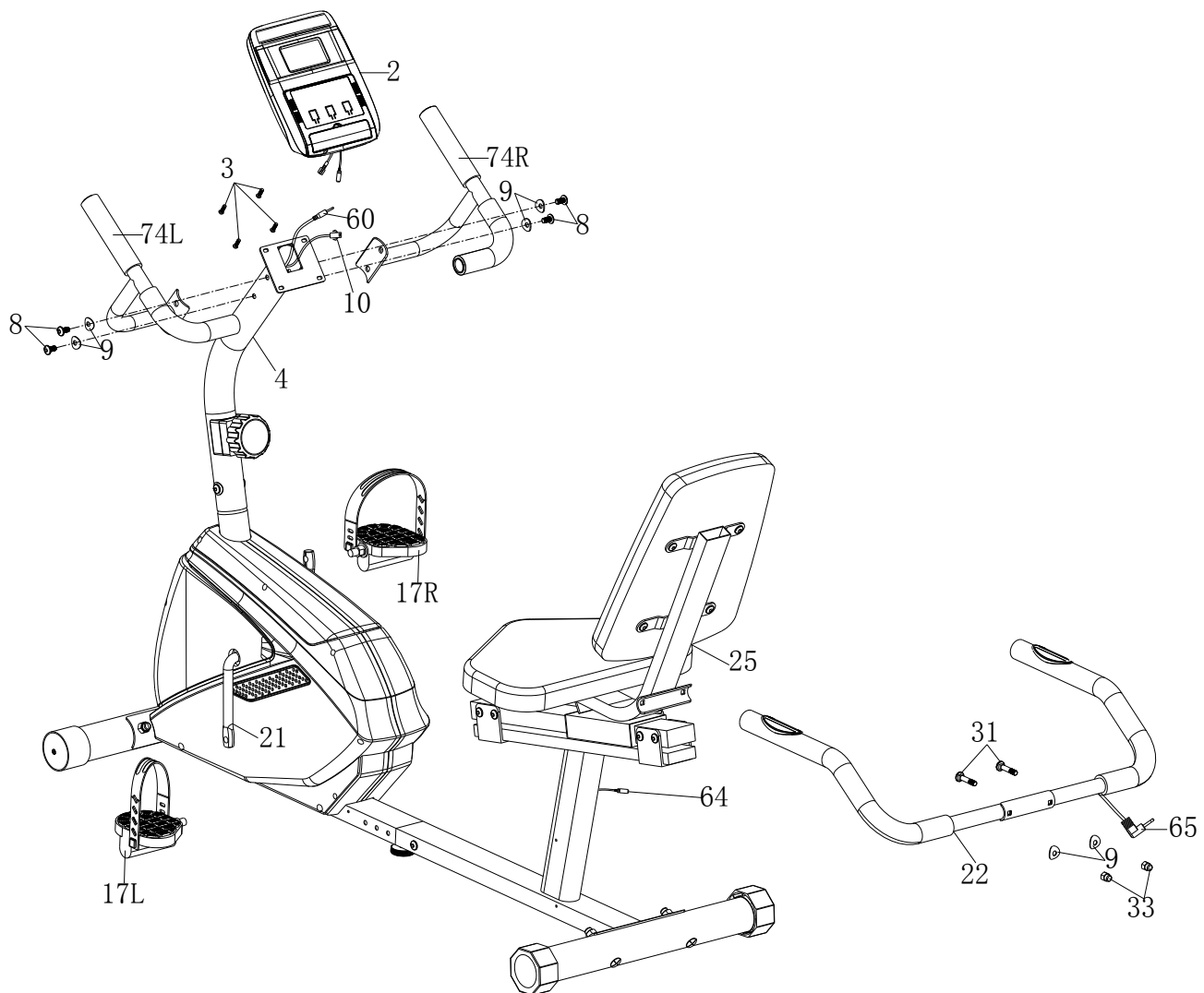
STEP 4

1. Insert the sliding tube (#68) into seat support bracket (#25). Line up the holes and secure sliding tube (#68) with quick release knob (#24).
2. Attach seat pad (#32) to the seat support bracket (#25). Secure using four Allen bolts (#8).
3. Attach the sliding tube (#68) to the sliding frame (#26). Secure using eight Allen bolts (#8).
4. Attach backrest pad (#28) to the seat support bracket (#25). Secure using four Allen bolts (#8).



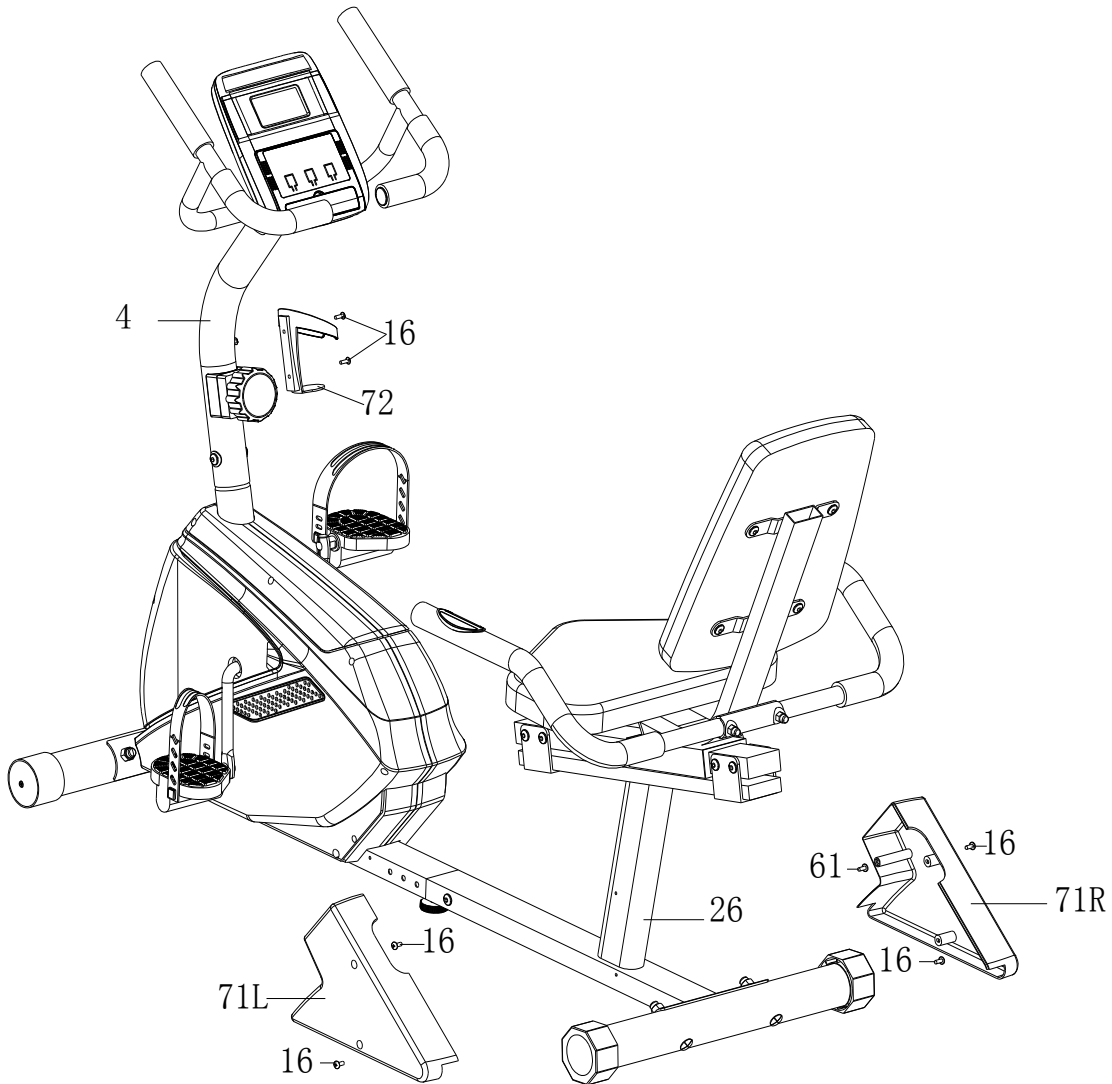
STEP 5

1. Attach the rear handlebar (#22) to the seat support bracket (#25). Secure using two carriage bolts (31), two curved washers (#9) and two domed nuts (#33).
2. Connect the rear extension hand pulse wire (#64) to the hand pulse wire (#65) on the rear handlebar.
Tip: Avoid pinching the pulse Wires
3. Attach the left stationary handlebar (#74L) to the front post (#4). Secure using two curved washers (#9) and two Allen bolts (#8). Repeat for the right stationary handlebar (#74R).
4. Connect the front extension hand pulse wire (#60) to the pulse wire from the computer (#2)
5. Connect the upper extension sensor wire (#10) to the wire from the computer (#2).
Tip: Avoid pinching the Extension Wires and pulse wires
6. Attach the computer (#2) to the top bracket of front post (#4). Secure using four screws (#3) which are pre-assembled on the back of computer.
7. Thread the Left Pedal (#17L) counterclockwise into the Crank (#21).
8. Thread the Right Pedal (#17R) clockwise into the Crank (#21) on the other side.

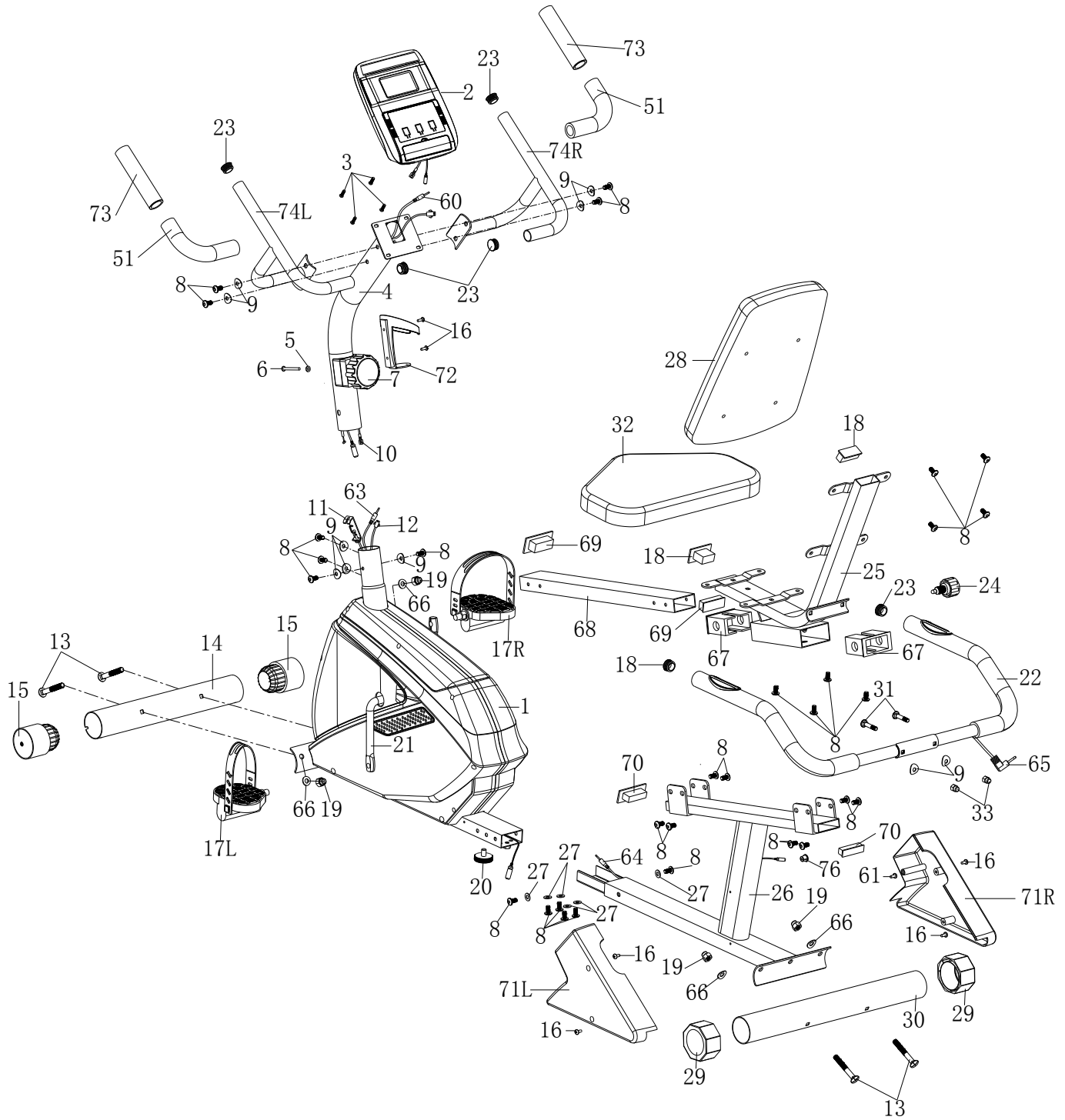


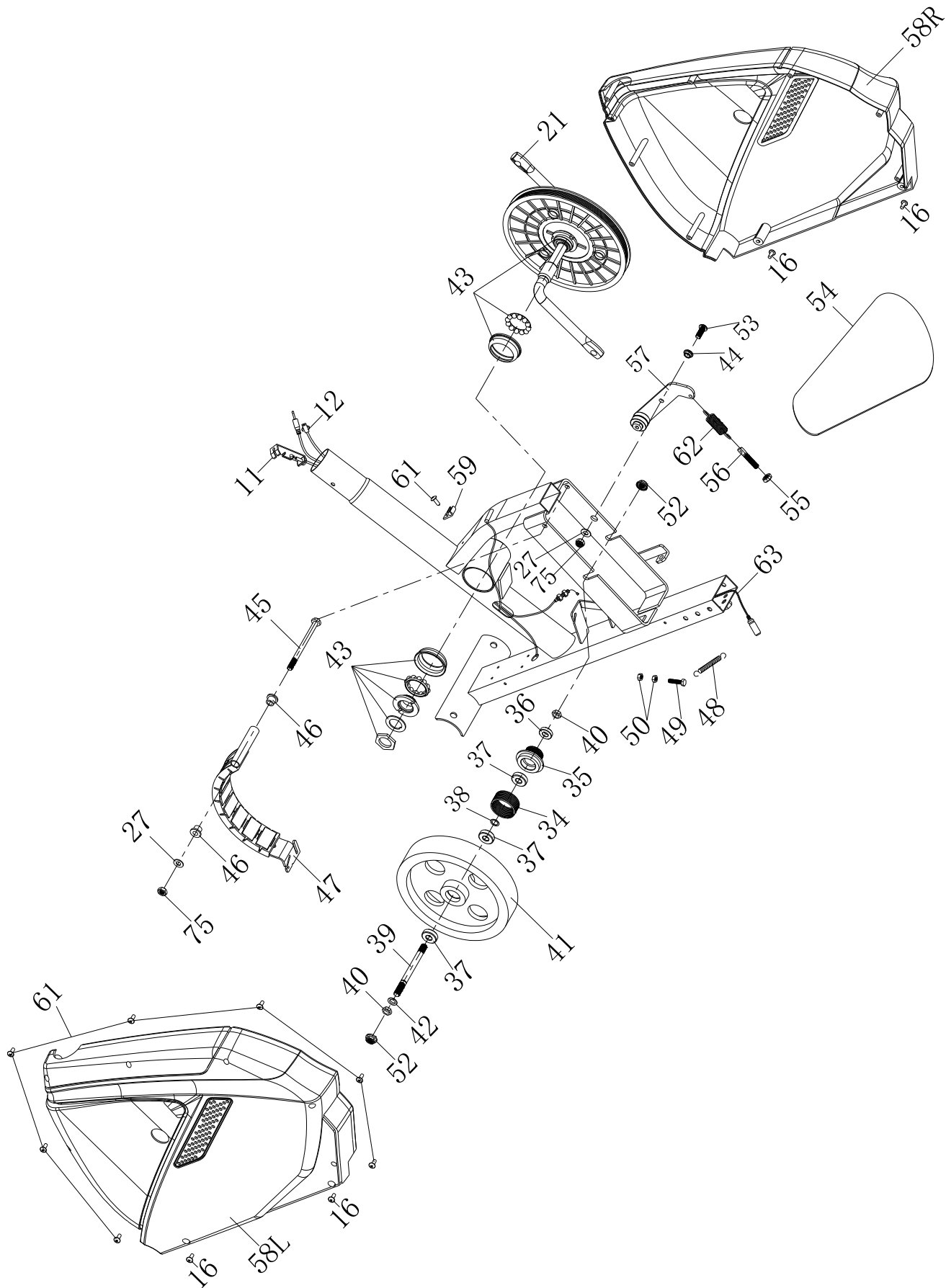
STEP 6

1. Attach bottle holder (#72) to the front post (#4). Secure using two self-tapping screws (#16).
2. Attach decorative cover L/R (#71L/R) to the sliding frame (#26). Secure using four self-tapping screws (#16) and one self-tapping screw (#61).



EXPLODED DIAGRAM





ME-1019R PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	39	Axle for flywheel	1
2	Computer	1	40	Nut M10	2
3	Philips Screw M5x $\frac{3}{8}$ "	4	41	Flywheel	1
4	Front Post	1	42	Bowl shaped spacer	1
5	Flat washer $\Phi\frac{3}{8}$ "	1	43	BB parts	1
6	Screw M5x1 $\frac{1}{2}$ "	1	44	Spacer	1
7	Tension control knob w/cable	1	45	Allen bolt M8x4"	1
8	Allen bolt M8x $\frac{5}{8}$ "	30	46	Spacer for magnetic assembly	2
9	Curved washer $\Phi\frac{3}{4}$ "	10	47	Magnetic assembly	1
10	Upper computer sensor wire	1	48	Spring for magnetic assembly	1
11	Lower tension cable	1	49	Hex bolt M6x1"	1
12	Lower computer sensor wire	1	50	Nut M6	2
13	Carriage bolt M10x3"	4	51	Lower foam grip for stationary handlebar	2
14	Front stabilizer	1	52	Flange nut	2
15	End cap for front stabilizer	2	53	Allen bolt M8x $\frac{3}{4}$ "	1
16	Self-tapping screw ST5*16	10	54	Belt	1
17	Pedal L/R	1/1	55	Nut M8	1
18	Rear Handlebar End cap	2	56	Hex bolt M8x1 $\frac{3}{4}$ "	1
19	Domed nut M10	4	57	Idler assembly	1
20	Leveling knob	1	58	Chain cover L/r	1/1
21	Crank	1	59	Sensor bracket	1
22	Handlebar	1	60	Front extension pulse wire	1
23	Handlebar end cap	6	61	Self-tapping screw ST5*15	9
24	Quick release knob	1	62	Spring for idler	1
25	Seat support	1	63	Middle extension pulse wire	1
26	Sliding frame	1	64	Rear extension pulse wire	1
27	Washer $\Phi\frac{3}{8}$ "	6	65	Hand pulse wire	1
28	Backrest pad	1	66	Curved washer $\Phi\frac{3}{4}$ "	4
29	End cap for rear stabilizer	2	67	Spacer	2
30	Rear stabilizer	1	68	Sliding tube	1
31	Carriage bolt M10x1 $\frac{1}{2}$ "	2	69	Sliding tube End cap	2
32	Seat pad	1	70	Sliding frame End cap	2
33	Domed nut M8	2	71	Decorative cover L/R	1/1
34	Spring cultch	1	72	Bottle holder	1
35	Little belt pulley	1	73	Upper foam grip for stationary handlebar	2

36	Bearing	1
37	Bearing	3
38	Copper washer	1

74	Stationary handlebar L/R	1/1
75	Aircraft nut M8	2
76	Grommet	1

COMPUTER



FUNCTIONAL BUTTONS:

MODE - Push down for selecting functions.

SET - To set the time, distance, calories and hand pulse.

RESET - For resetting time, distance, calories and hand pulse.

FUNCTION AND OPERATIONS:

1. **SCAN:** Press "MODE" button until "SCAN" appears, monitor will cycle through all the 6 functions: Time, speed, distance, calorie ODO and pulse. Each function will display for 6 seconds.
2. **TIME:** (1) Count the total time of exercise from start to end.
(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "set" is zero, the computer will sound an alarm for 15 seconds.
3. **SPEED:** Display current speed.
4. **DIST:** (1) Count the distance of exercise from start to end.
(2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance. When the "set" is zero, the computer will sound an alarm for 15 seconds.
5. **CALORIES:** (1) Count the total calories of exercise from start to end.
(2) Press "MODE" button until "CAL" appears. Press "SET" button to set exercise calories. When the "set" is zero, the computer will sound an alarm for 15 seconds.
6. **ODO :** Monitor will display the total accumulated distance.
7. **PULSE:** Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place the palms of your hands on both contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds.
Note: During the pulse measurement, the measured value may be higher than the actual pulse rate during the first 2~3 seconds, then will return to normal level. The PULSE Function value cannot be regarded as the basis of medical treatment.

Press "MODE" button until "PULSE" appears. Press "SET" button to set exercise pulse. The setting values of 40-240 RPM , the computer will sound alarm when heart rate is below the SET value.

NOTE:

- 1. If the display is faint or does not show any digits, please replace the batteries.
- 2. The monitor will automatically shut off after 4 minutes of inactivity.

SPECIFICATIONS:

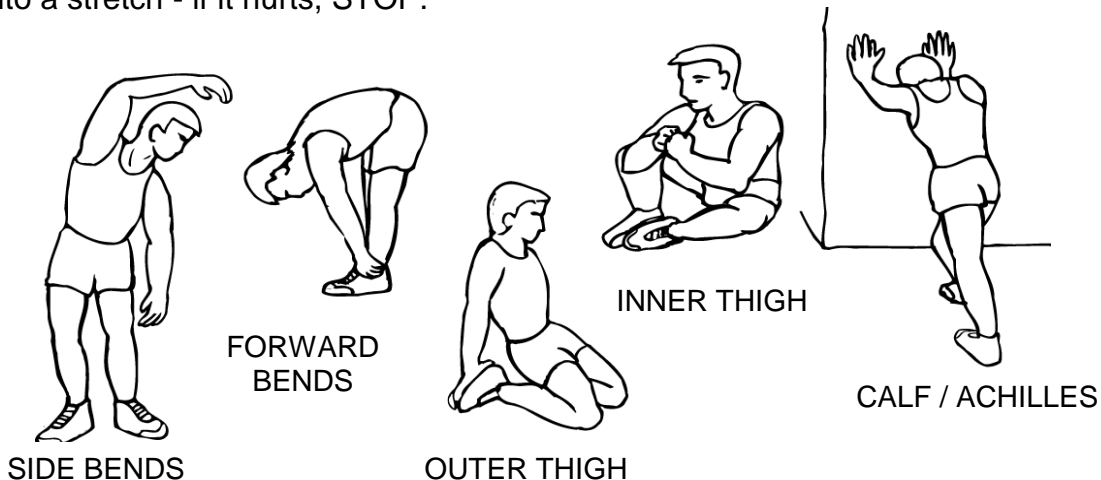
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	00:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9M/H
	TRIP DISTANCE	0.00~99.99M or 0.00~9999M
	CALORIES	0.1~999.9kCAL
	ODO	0.1~999.9M or 1 ~ 9999M
	PULSE RATE	40~240BPM
BATTERY TYPE		2pcs of SIZE –AA or UM –3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

EXERCISE GUIDELINES

Using your **Magnetic Recumbent 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.

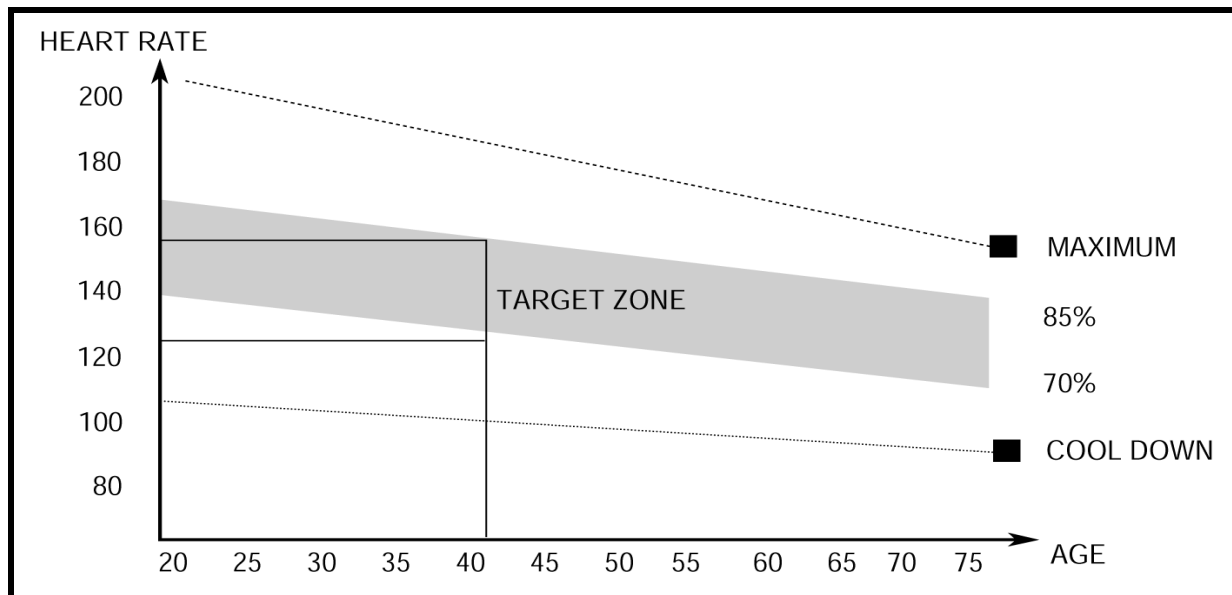
1. The Warm Up Phase

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 Upright 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, 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