

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

Table of Contents  
Safety Notice  
Hardware Pack  
Assembly Instruction  
Parts List  
Warranty  
Ordering Parts

**Model  
NS-5795Y**

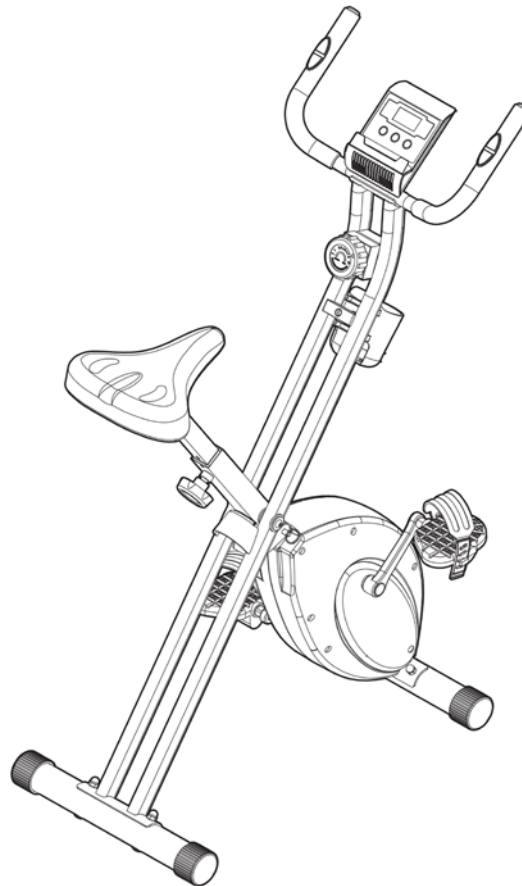
Retain This  
Manual for  
Reference

180517

**OWNER'S  
MANUAL**

# MARCY®

## ULTRASPORT Foldable Bike NS-5795Y



**IMPEX® INC.**

2801 S. Towne Ave, Pomona, CA 91766

Tel: (800) 999-8899

[www.marcypro.com](http://www.marcypro.com)

[support@impex-fitness.com](mailto:support@impex-fitness.com)

## TABLE OF CONTENTS

BEFORE YOU BEGIN.....	1
IMPORTANT SAFETY NOTICES.....	2
WARNING LABEL PLACEMENT.....	3
PRE-ASSEMBLY CHECK LIST, HARDWARE PACK.....	4
ASSEMBLY INSTRUCTIONS.....	5
EXPLODED DIAGRAM.....	11
PARTS LIST.....	12
COMPUTER.....	13
EXERCISE INSTRUCTIONS.....	14
WARRANTY.....	16
ORDERING PARTS.....	16

---

## BEFORE YOU BEGIN

Thank you for selecting the MARCY® ULTRASPORT NS-5795Y 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](http://www.marcypro.com)**

**[support@impex-fitness.com](mailto:support@impex-fitness.com)**

## IMPORTANT SAFETY NOTICE

### PRECAUTIONS

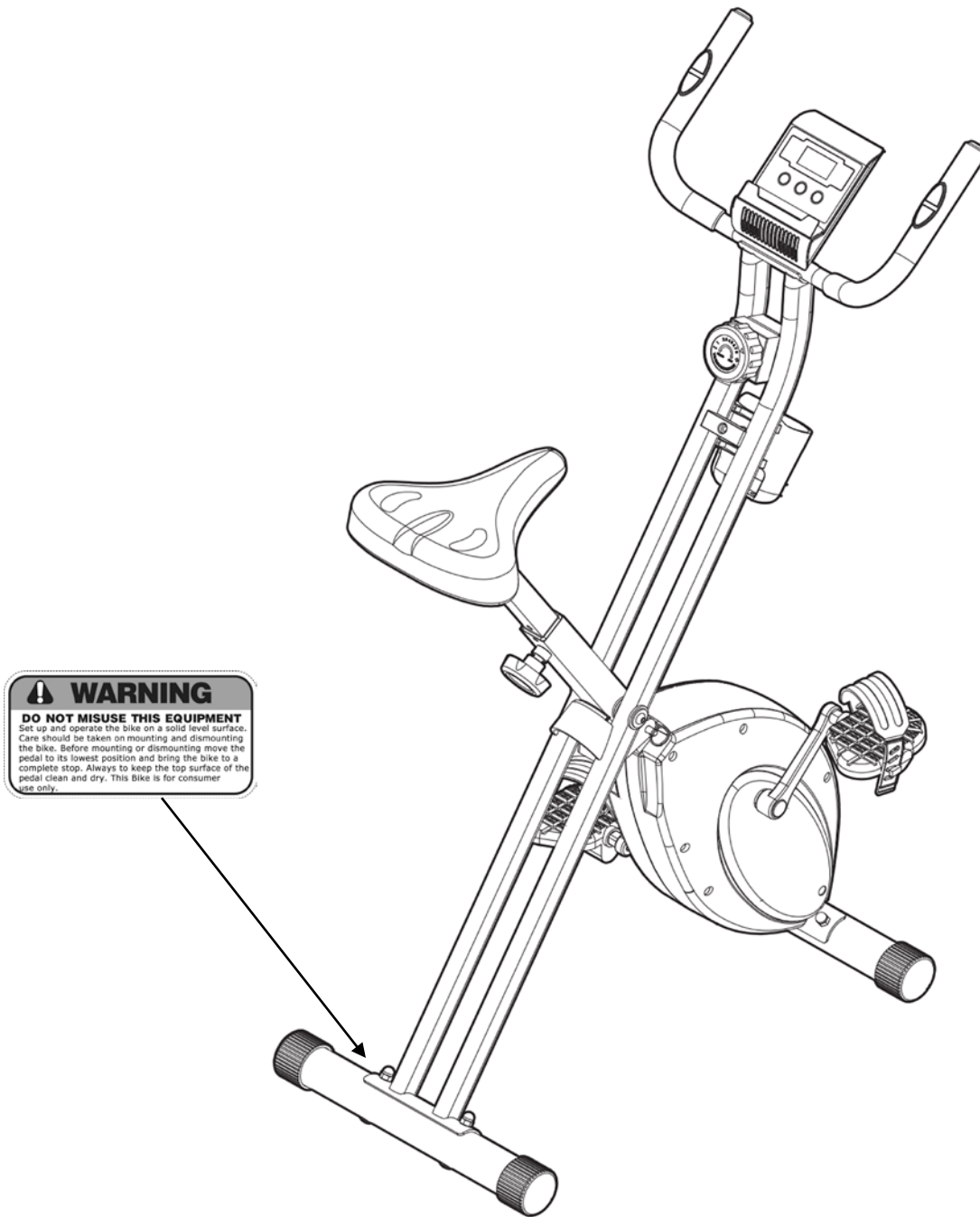
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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 250 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 for consumer and home 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.**

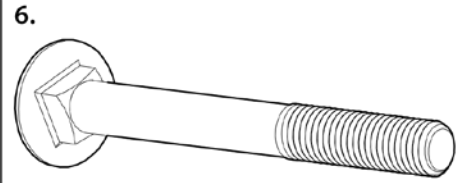
**SAVE THESE INSTRUCTIONS.**

## 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.

# HARDWARE



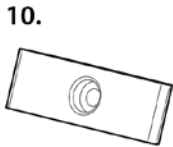
6. (M8x65L) Carriage bolt x 4pcs



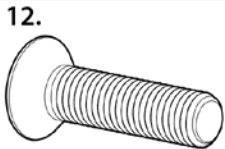
7. (ø8,3) Curved washer x 6 pcs



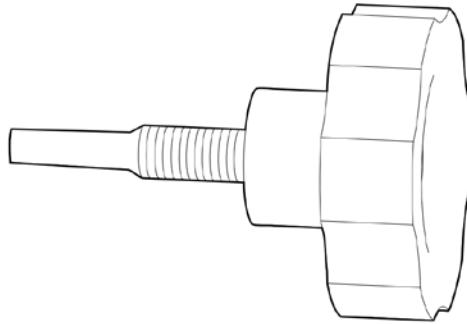
8. (M8) Domed nut x 4pcs



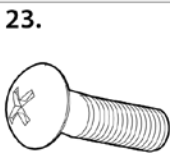
10. Fixed plate x 1pc



12. (M8x35L) Allen bolt x 2pcs



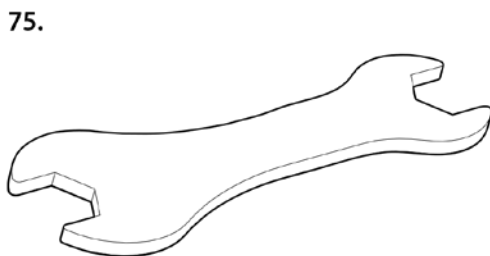
15. (M12) Lock knob x 1pc



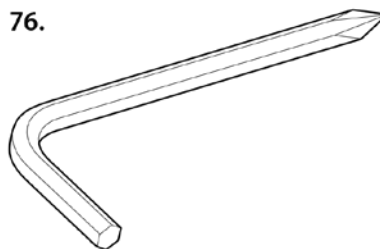
23. (M5x45L) Cross screw x 1pc



24. Spring x 1pc

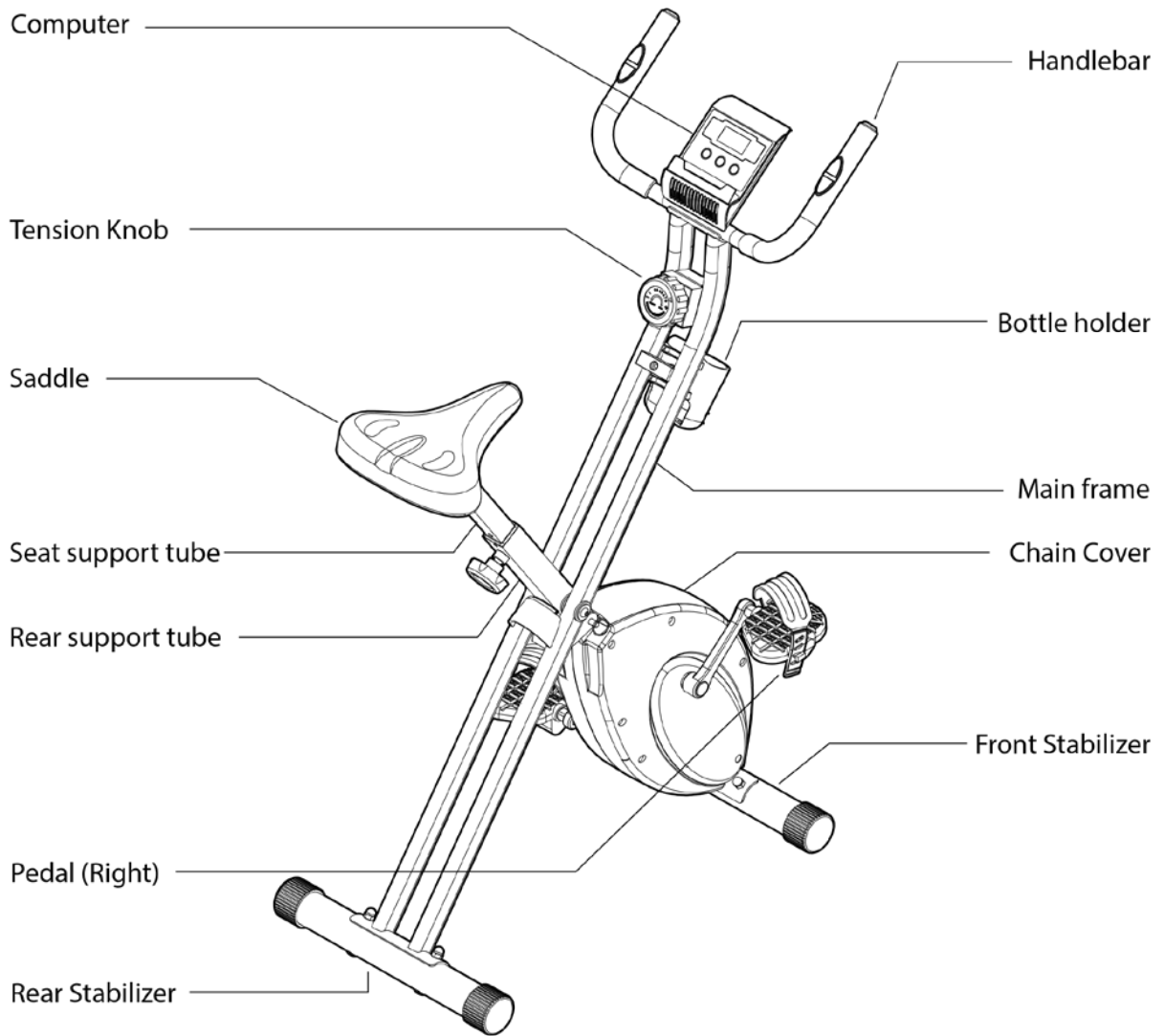


75. (S13-15) Allen wrench x 1pc



76. Allen key x 1pc

# BEFORE YOU BEGIN

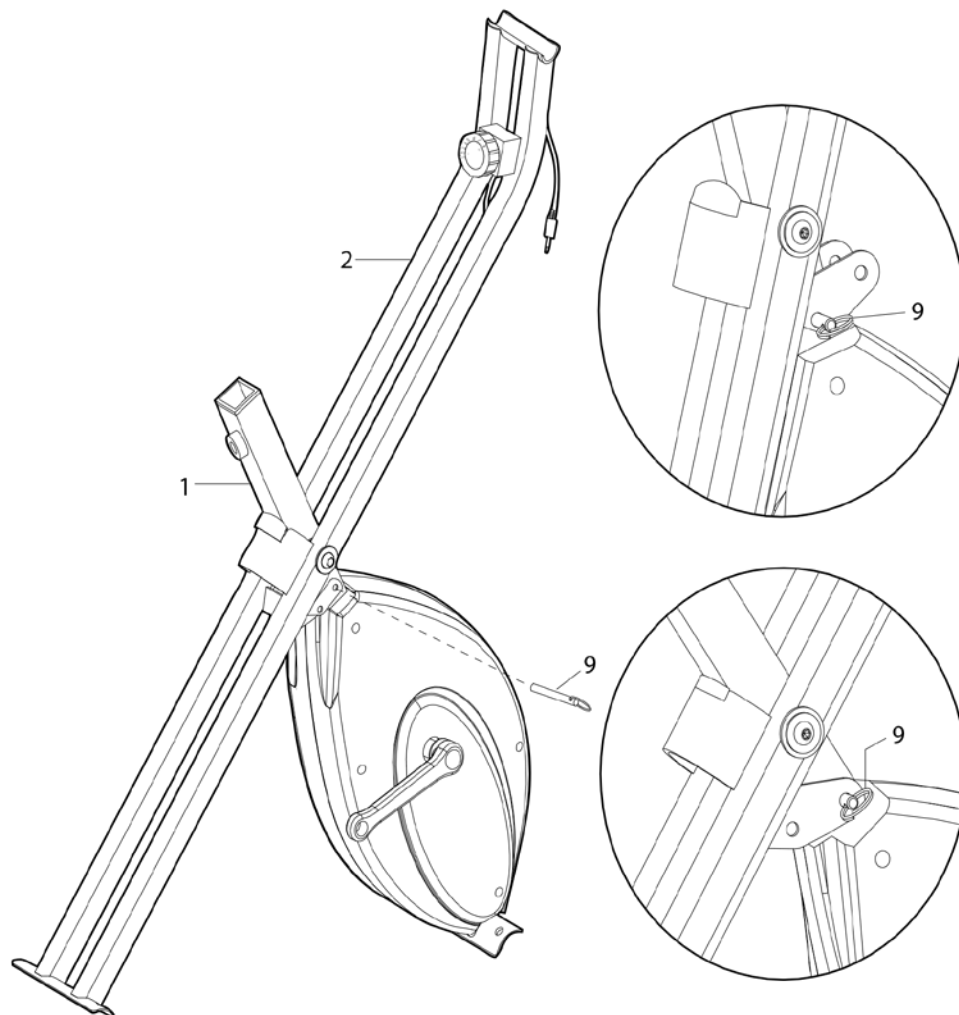


## ASSEMBLY INSTRUCTION

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

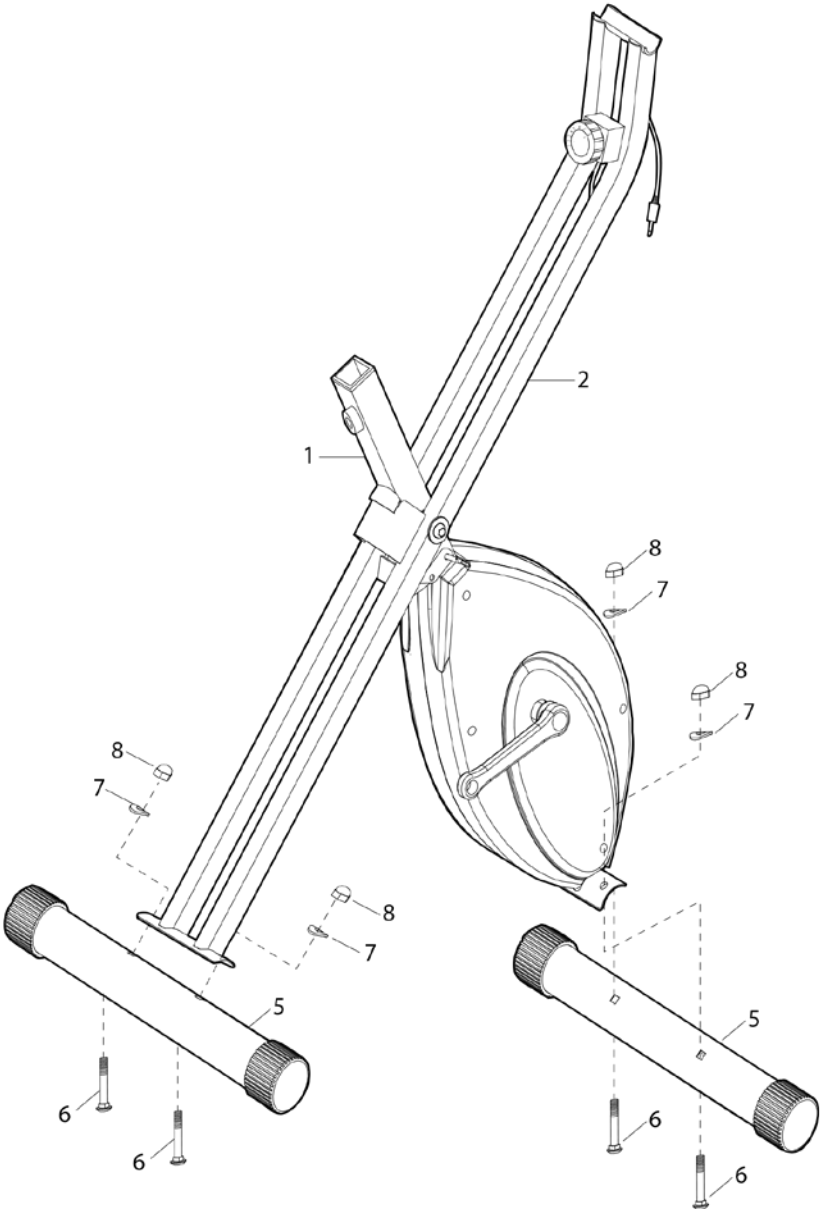
### Step 1

- Pull out the lock pin (9) from the main frame (1) and unfold the bike.
- Insert the lock pin (9) to the main frame.



**Step 2**

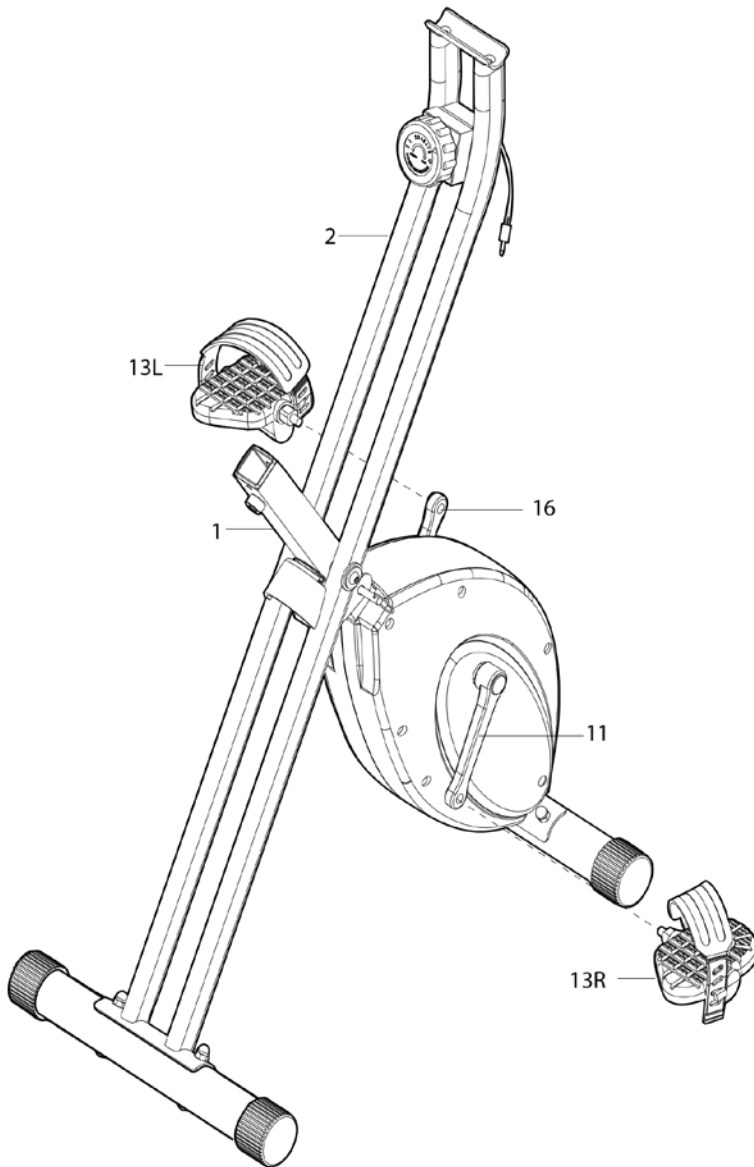
- Attach the front & rear stabilizer (5) to the main frame (1), tighten with four carriage bolts (6), four curve washers (7) and four domed nuts (8).



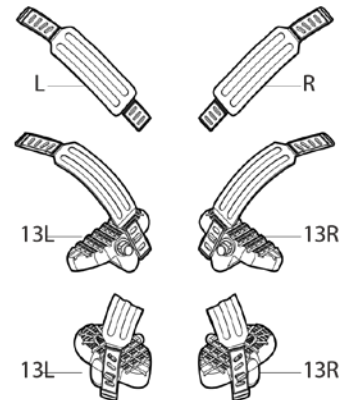


### Step 3

- The left and right pedal (13L) & (13R) are marked "L" and "R".
- The left crank (16) is on the left hand side of the cycle as you sit on it.  
The right crank (11) is on the right hand side of the cycle as you sit on it.
- The left pedal (13L) should be threaded on counter-clockwise and the right pedal (13R) on clockwise.
- Attach left pedal (13L) and right pedal (13R) to left crank (16) and right crank (11).

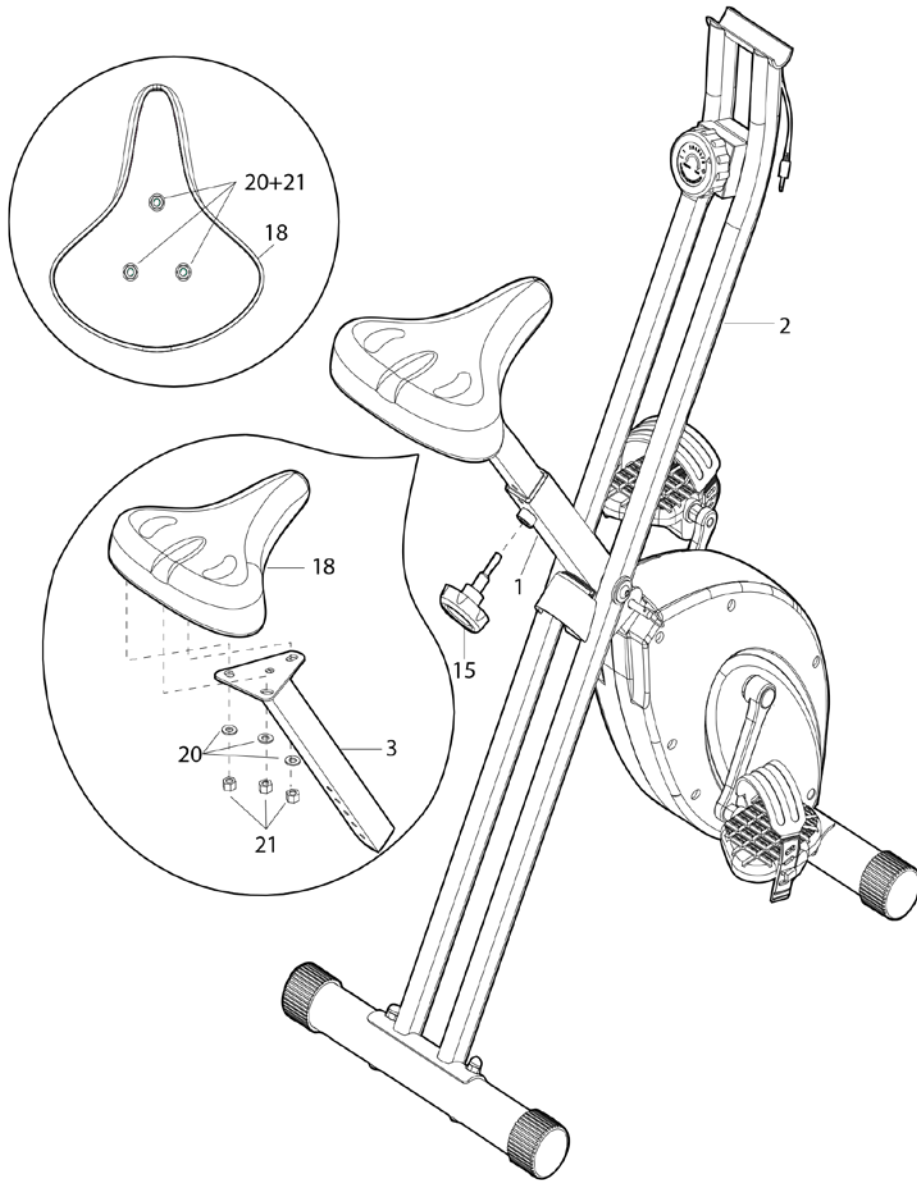


Attach the left and right safe belt to left pedal (13L) and right pedal (13R).



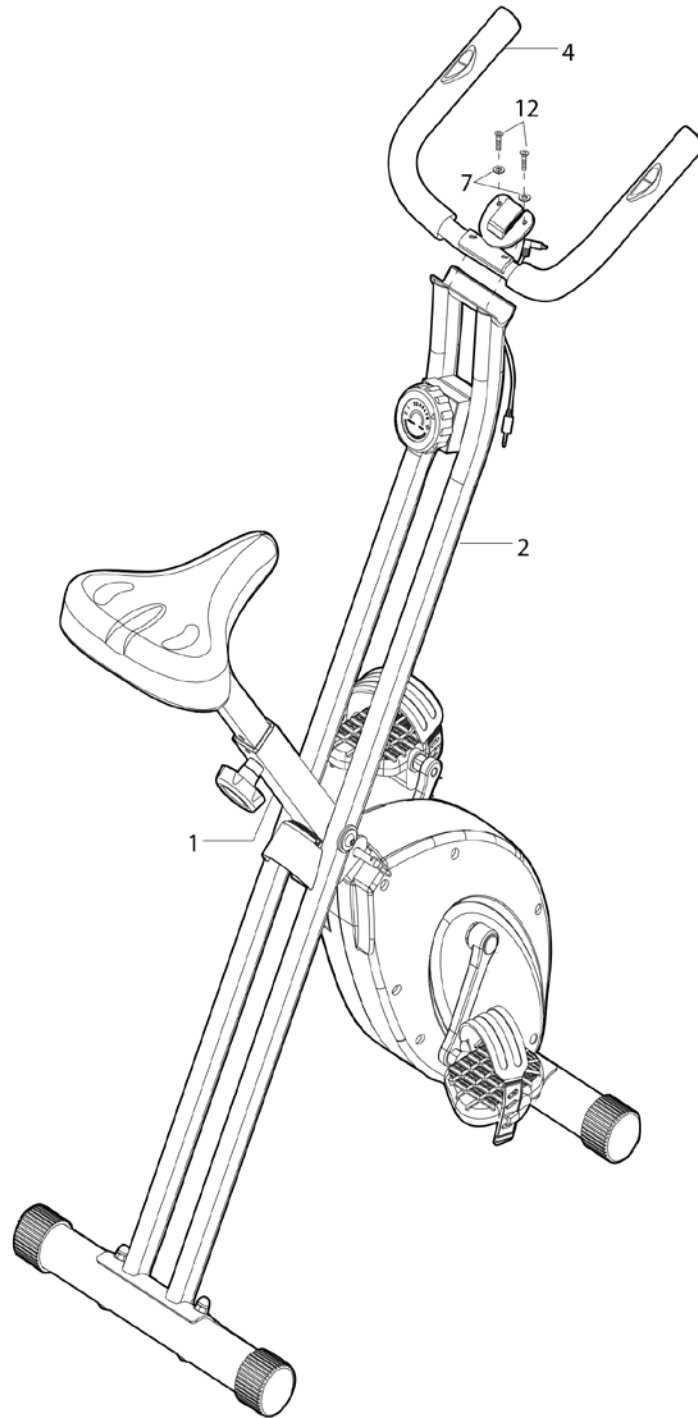
**Step 4**

- Attach the seat (18) to the seat support tube (3), Secure using three flat washers (20) and three nylon nuts (21) which pre-assemble on the seat (18).
- Insert the seat support tube (3) to the main frame (1) and fasten with a lock knob (15).



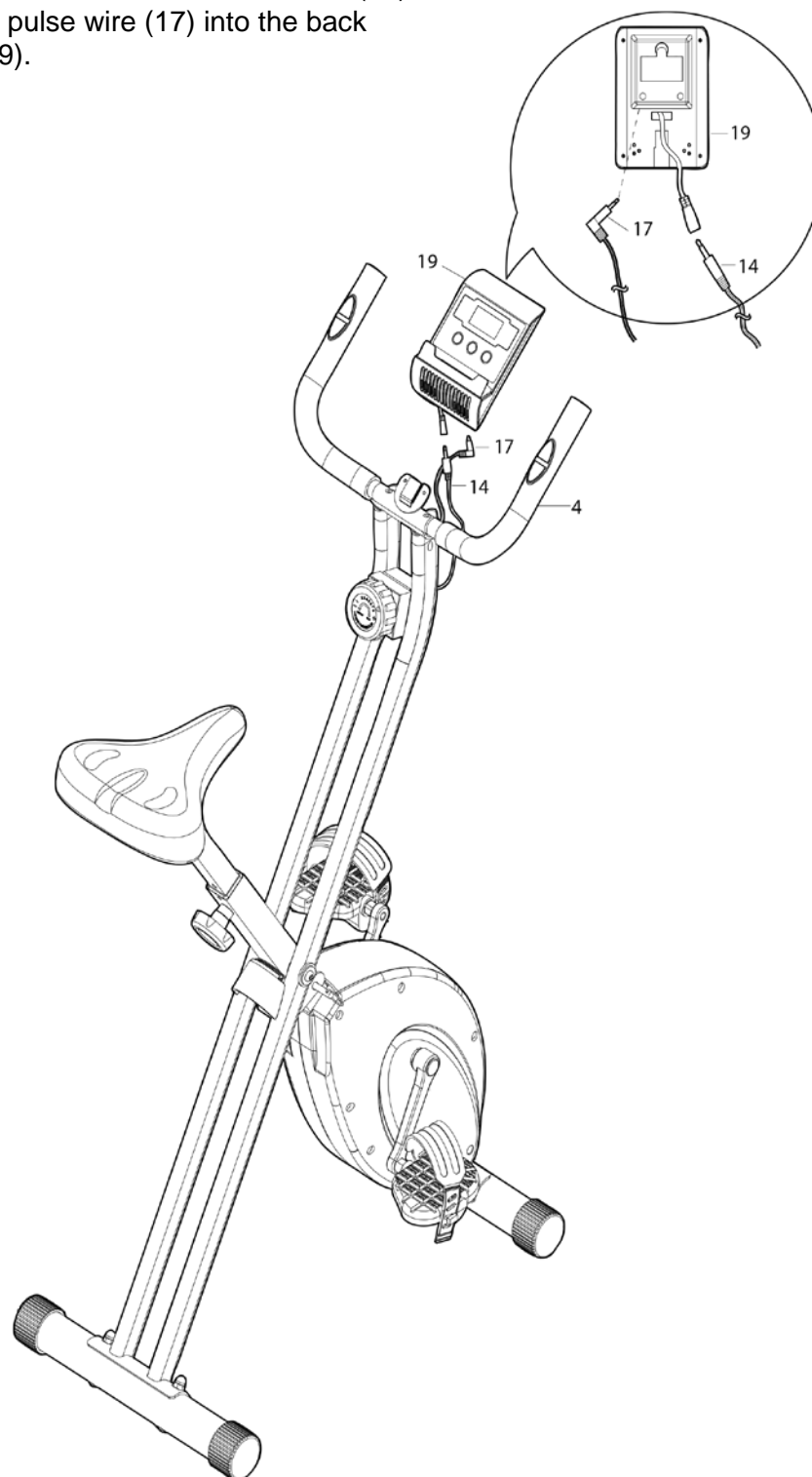
**Step 5**

- Attach the handlebar tube (4) to the rear support tube (2), tighten with two Allen bolts (12) and two curved washers(7).



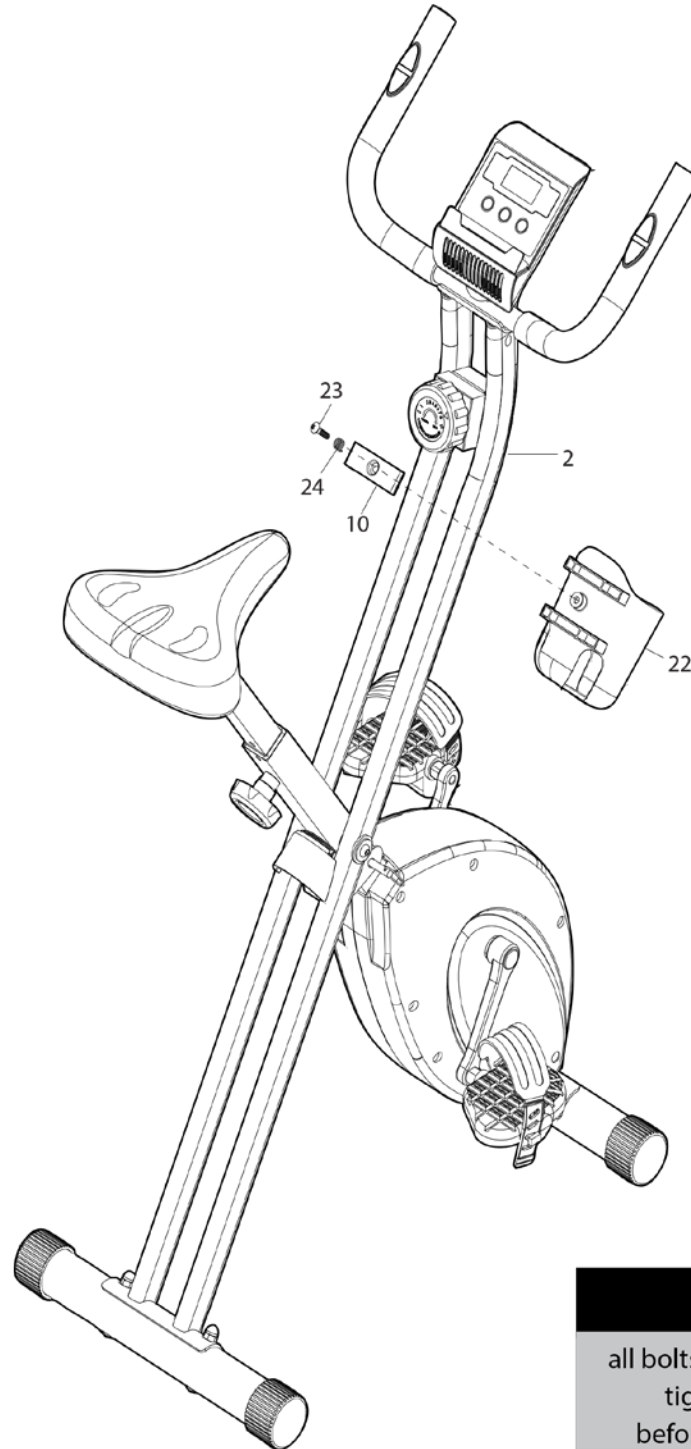
## Step 6

- Insert the computer into handlebar tube (4).
- Connect the upper sensor wire from console (19).
- Insert the handle pulse wire (17) into the back of the console (19).



### Step 7

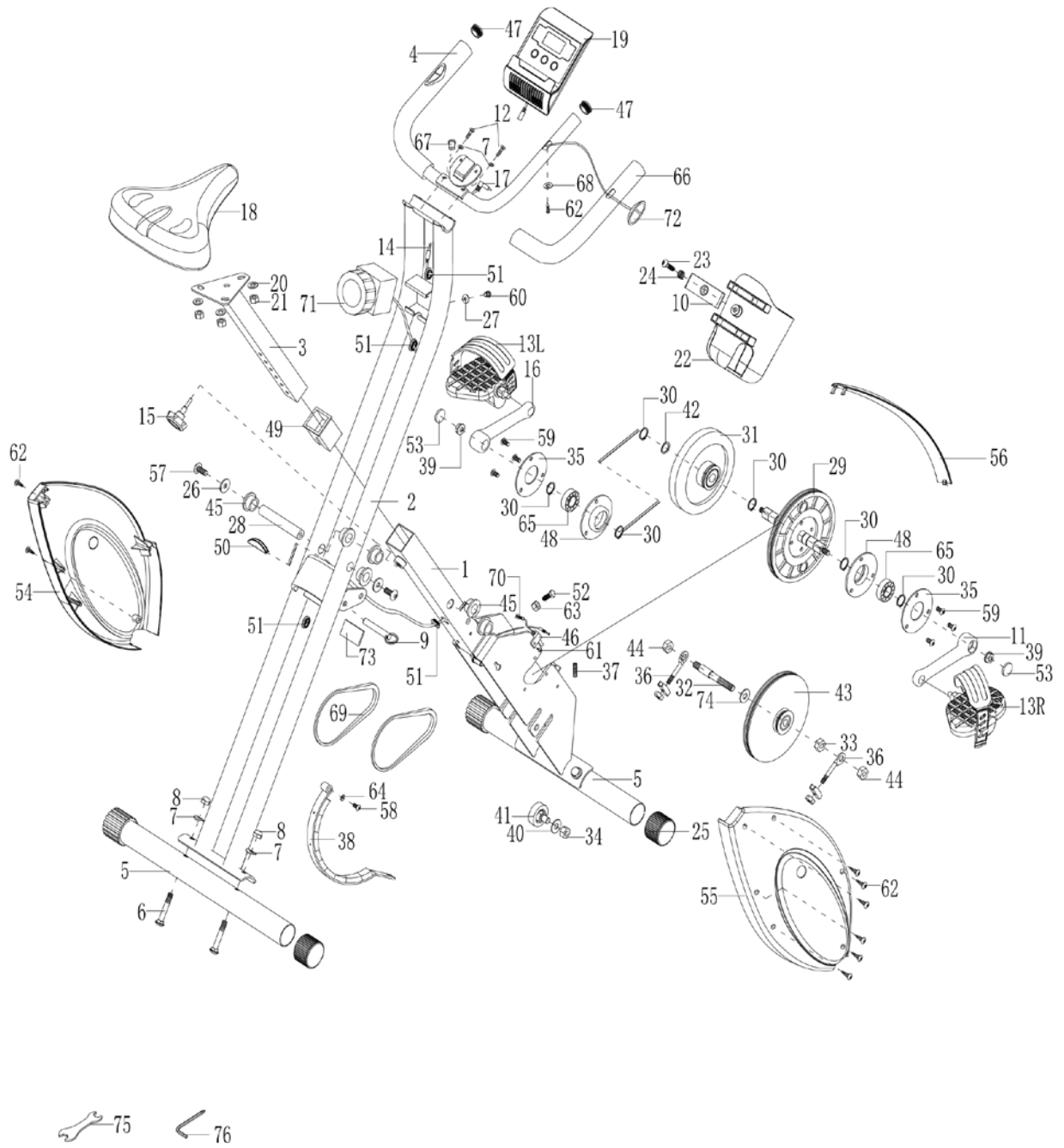
- Attach the bottle holder (22) to the rear support tube (2) with one cross screw (23), one spring (24) and one fixed plate (10).



### Recheck

all bolts, nuts and pedals are  
tightened securely  
before use the machine

# EXPLODED VIEW



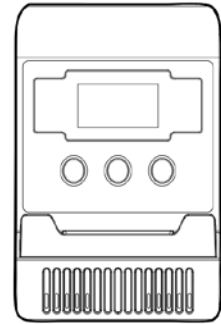
## PARTS LIST

PART NO.	DESCRIPTION	QTY	PART NO.	DESCRIPTION	QTY
1	Main Frame	1	39	Flange nut (M10)	2
2	Rear support tube	1	40	Flat washer (ø10.3)	1
3	Seat support tube	1	41	Idler wheel sets	1
4	Handlebar tube	1	42	Wave spring washer	1
5	Front / Rear stabilizer	2	43	Belt pulley 2	1
6	Carriage bolt (M8)	4	44	Hex head nut (M10)	2
7	Curved washer (ø8.3)	6	45	Bushing	6
8	Domed nut (M8)	4	46	Sensor bracket	1
9	Lock pin (ø8)	1	47	Round inner end cap	2
10	Fixed plate	1	48	Bearing bracket	2
11	Crank (R)	1	49	Bushing	1
12	Allen bolt (M8)	2	50	Cushion rubber	1
13L	Pedal (L)	1	51	Oval grommet	4
13R	Pedal (R)	1	52	Hex head bolt (M6)	1
14	Upper sensor wire	1	53	Crank end cap	2
15	Lock knob (M12)	1	54	Chain cover (L)	1
16	Crank (L)	1	55	Chain cover (R)	1
17	Handle pulse wire	1	56	Front cover	1
18	Seat	1	57	Allen bolt (M8)	2
19	Console	1	58	Cross screw (M5)	1
20	Flat washer (ø8.3)	3	59	Cross screw (M6)	6
21	Nylon nut (M8)	3	60	Cross screw (M5)	1
22	Bottle holder	1	61	Cross screw (M4)	1
23	Cross screw (M5)	1	62	Self-tapping screw	10
24	Spring	1	63	Hex head nut (M6)	1
25	End cap for front / rear stabilizer	4	64	Plastic washer	1
26	Flat washer (ø8.3)	2	65	Bearing	2
27	Flat washer (ø5.2)	1	66	Foam grip for handlebar	2
28	Axle for main frame	1	67	Grommet	1
29	Belt pulley	1	68	Flat washer (ø4.5)	2
30	Circlip	6	69	Belt	2
31	Flywheel	1	70	Lower sensor wire	1
32	Axle	1	71	Tension controller	1
33	Step nut (M10)	1	72	Handle pulse sensor	2
34	Nylon nut (M10)	1	73	EVA pad	1
35	Support plate	2	74	Plastic washer	1
36	Adjusting sets	2	75	Allen wrench	1
37	Spring	1	76	Allen key	1
38	Magnetic assembly	1			

# EXERCISE MONITOR

## FUNCTIONAL BUTTONS

<b>MODE</b>	Push down for selecting functions.
<b>SET</b>	To set the values of time, distance, calories and pulse when not in scan mode.
<b>RESET</b>	Push down for resetting time, distance and calories.



## FUNCTION AND OPERATIONS

<b>SCAN</b>	Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions: Time, Speed, Distance, Calorie, ODO and Pulse. Each display will be hold 6 seconds.
<b>TIME</b>	(1) Count the total time from exercise start to end. (2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time.
<b>SPEED</b>	Display current speed.
<b>DIST</b>	(1) Count the distance from exercise start to end. (2) Press "MODE" button until "DIST" appears. Press "SET" button to set exercise distance.
<b>CALORIES</b>	(1) Count the total calories from exercise start to end. (2) Press "MODE" button until "CAL" appears. Press "SET" button to set exercise calories.
<b>ODO</b>	Monitor will display the total accumulated distance.
<b>PULSE</b>	Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds. <i>Remark:</i> <i>During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual 18 pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.</i>



**NOTE**

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will be auto-powered on when starting to exercise push button w/signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 6 seconds.

**SPECIFICATIONS**

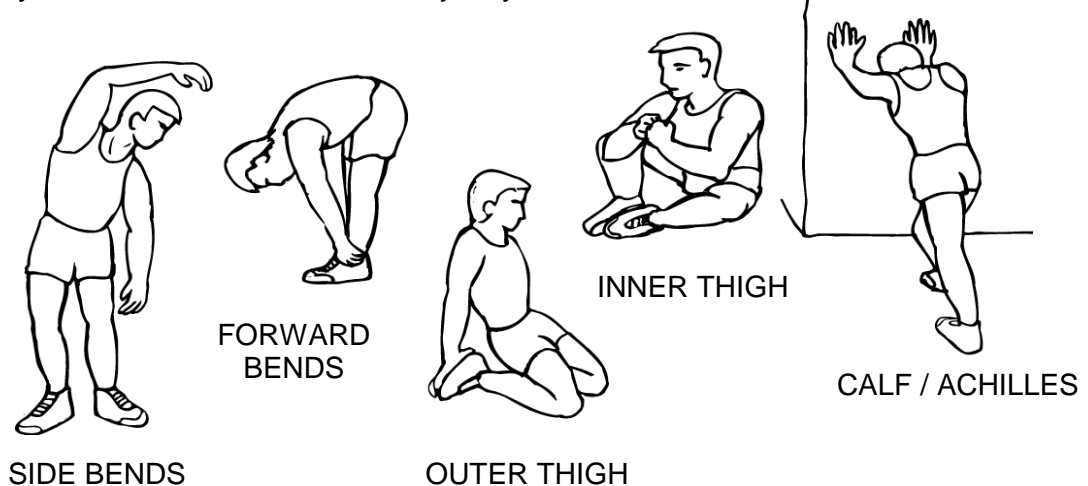
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	00:00 ~ 99:59
	CURRENT SPEED	The maximum signal can be pickup is 99.9M/H
	TRIP DISTANCE	0.00~99.99M or 0.00~9999M
	CALORIES	0.0~999.9kCAL
	ODO	0.00~99.99M or 0.00~9999M
	PULSE RATE	40~240BPM
BATTERY TYPE	2pcs of SIZE – AAA or UM –4	
OPERATING TEMPERATURE	0°C ~ +40°C	
STORAGE TEMPERATURE	-10°C ~ +60°C	

## 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.

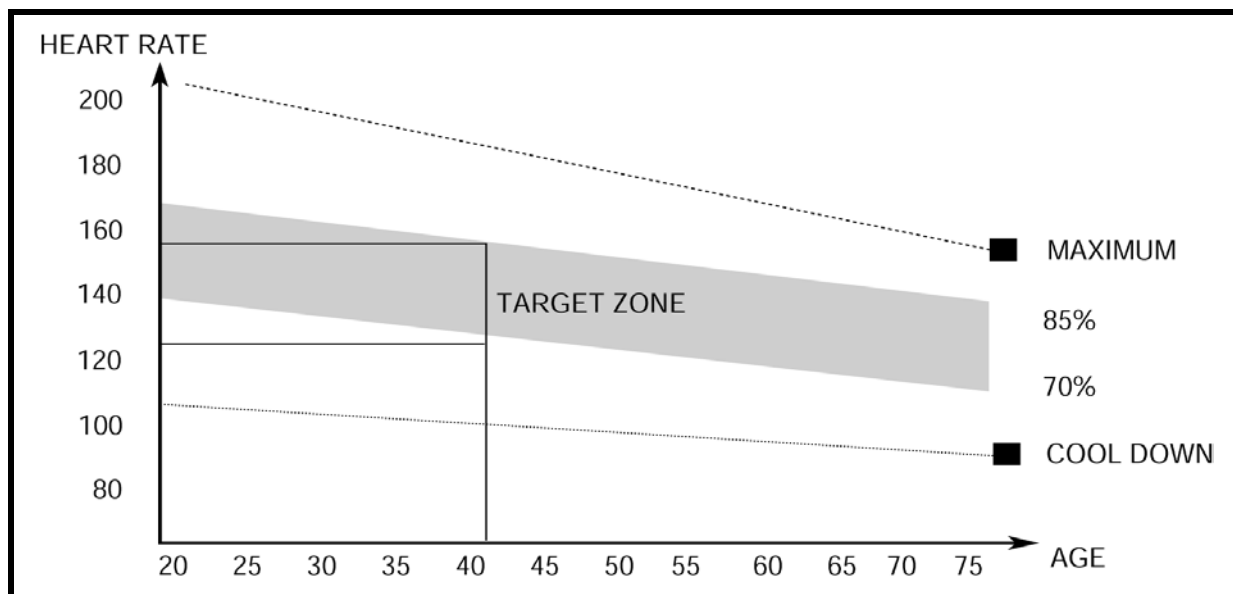
### 1. The Warm Up Phase

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.**

### 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. Pull out the Safety-pin, fold up the Main Frame from X position, insert back the Safety-pin to lock the Main Frame in fold up position to transport.
10. Store the bike in dry and cool storage area when not in use.

# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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](http://www.marcypro.com)

**IMPEX<sup>®</sup> 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](mailto: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