

NOTE:
Please read all instructions
carefully before using this
product

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**Model
NSP-122**

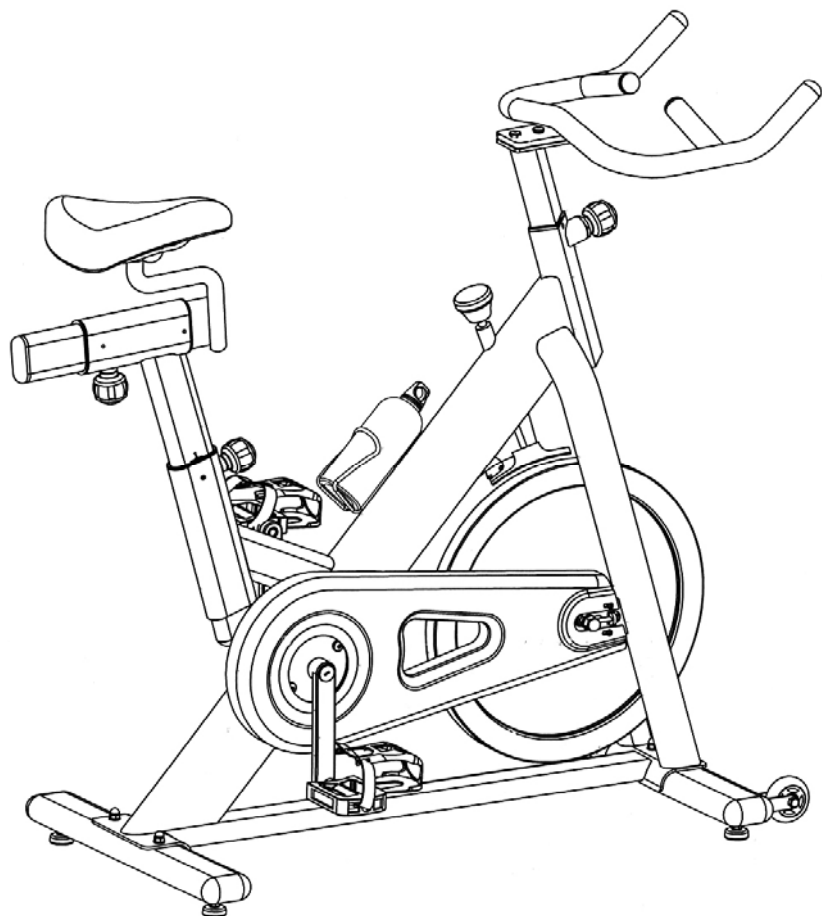
**Retain This
Manual for
Reference**

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**ASSEMBLY &
OWNER'S
MANUAL**

MARCY®

SPINNER BIKE NSP-122



IMPEX® INC.

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info@impex-fitness.com**

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BEFORE YOU BEGIN

Thank you for selecting the MARCY SPINNER BIKE NSP-122 by IMPEX[®] INC. For your safety and benefit, read this manual carefully before using the bike. 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.impex-fitness.com

info@impex-fitness.com

IMPORTANT SAFETY NOTICE

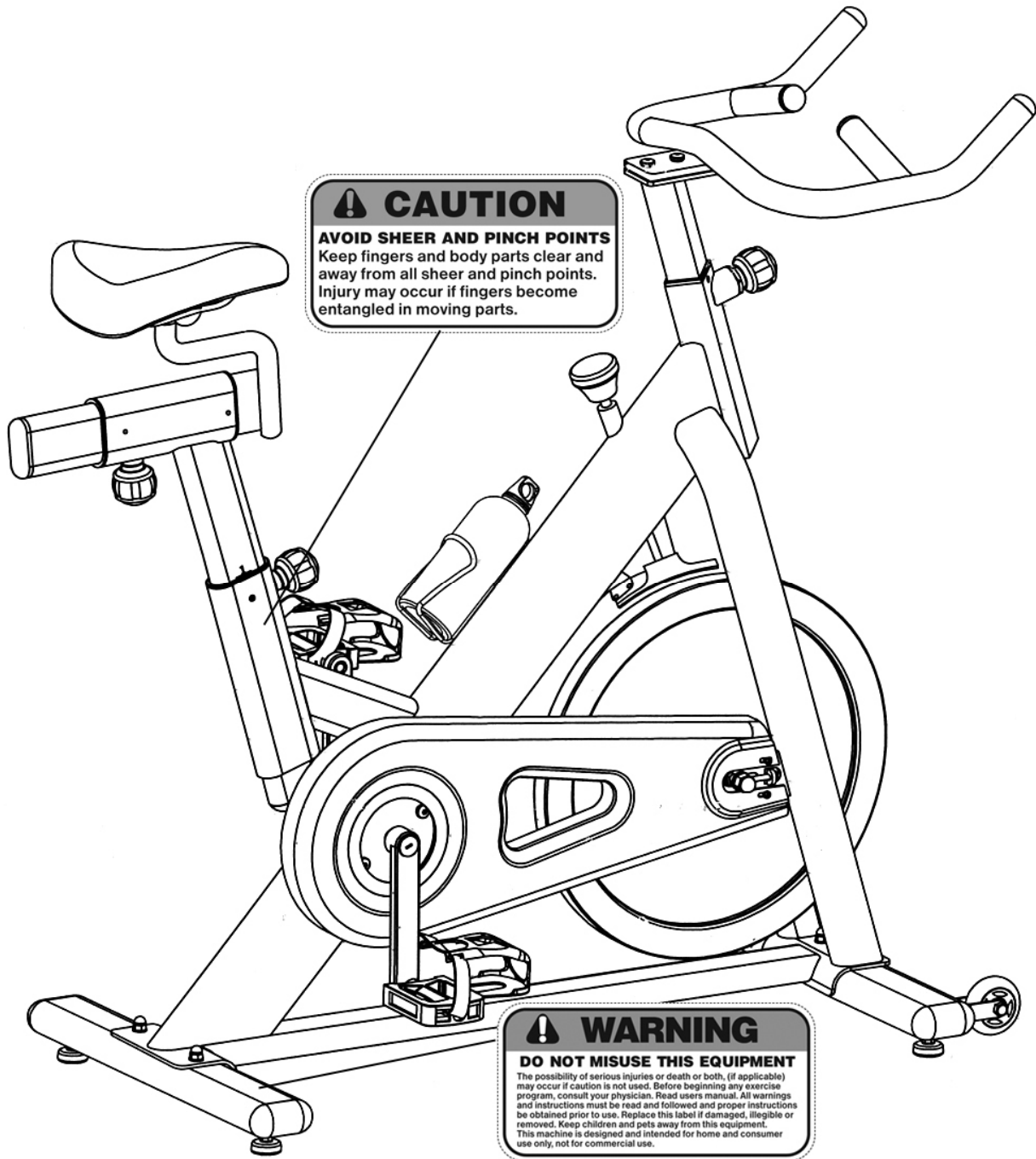
PRECAUTIONS

This exercise bike is built for optimal 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 bike. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise 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 bike 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 bike 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 bike 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 it 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.**

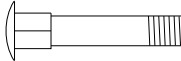

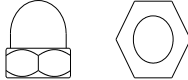
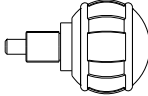
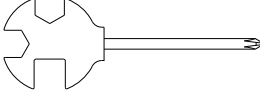

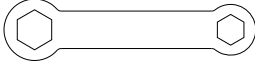
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

WARNING LABEL PLACEMENT



The Warning Labels and Caution Label shown here have been placed on the Rear Stabilizer and 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

No.	Description	Identifier	Q'ty
3	M8 x 2" Carriage Bolt		4
5	Ø 5/8" Flat Washer		4
6	M8 Acorn Nut		4
7	Spring Lock Knob		3
	Crosshead spanner		1
	Allen Wrench 6#		1
	Spanner		1

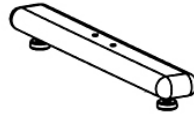
COMPONENTS FOR ASSEMBLY



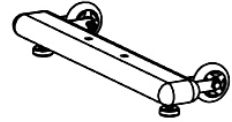
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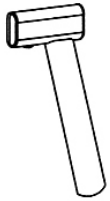
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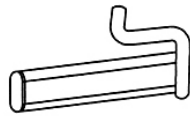
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NO.15



NO.10



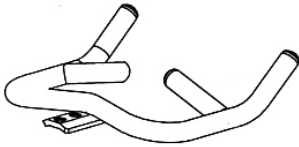
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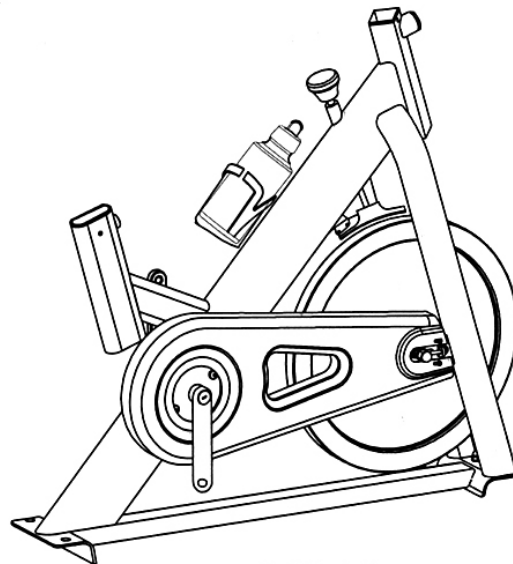
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NO.17



NO.18



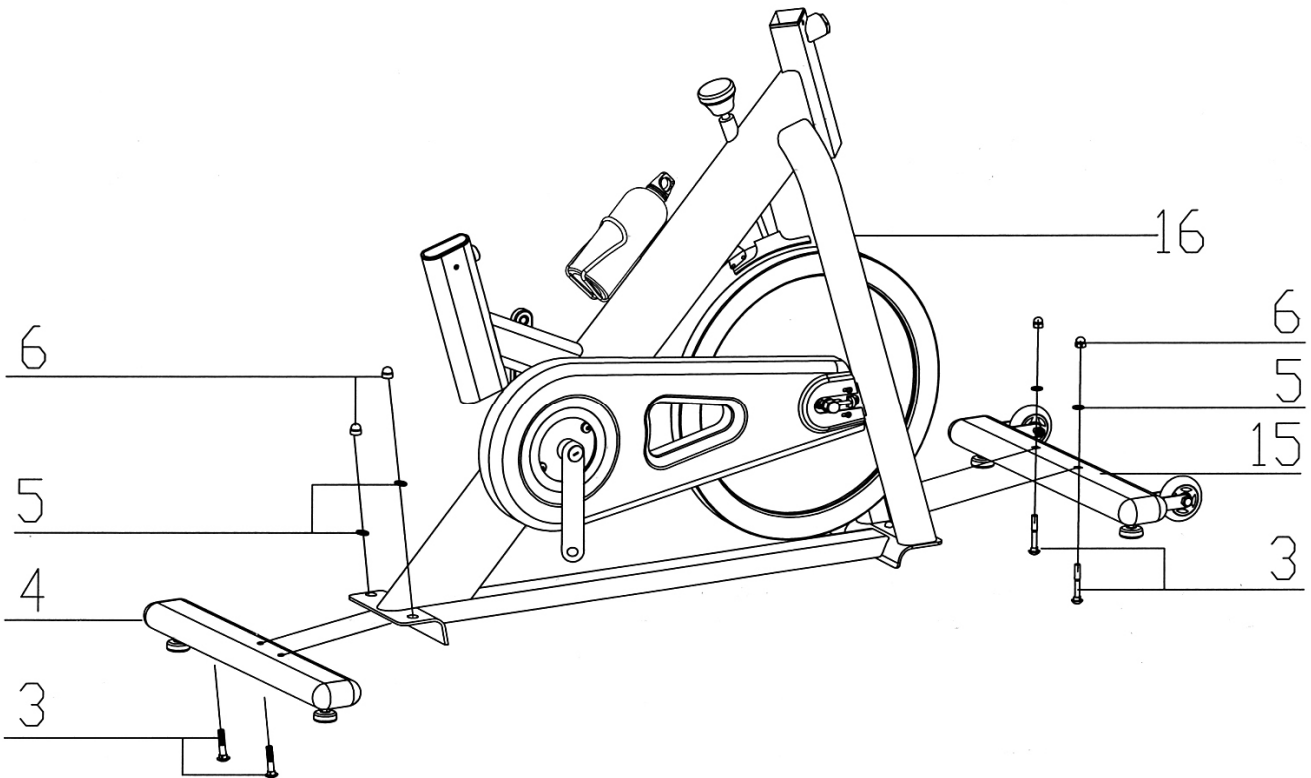
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ASSEMBLY INSTRUCTION

- **Tools Required For Assembling the Bike:** Spanners, and Allen Wrench provided by manufacturer.
- **NOTE:** It is strongly recommended that two or more people assemble this bike to avoid possible injury.

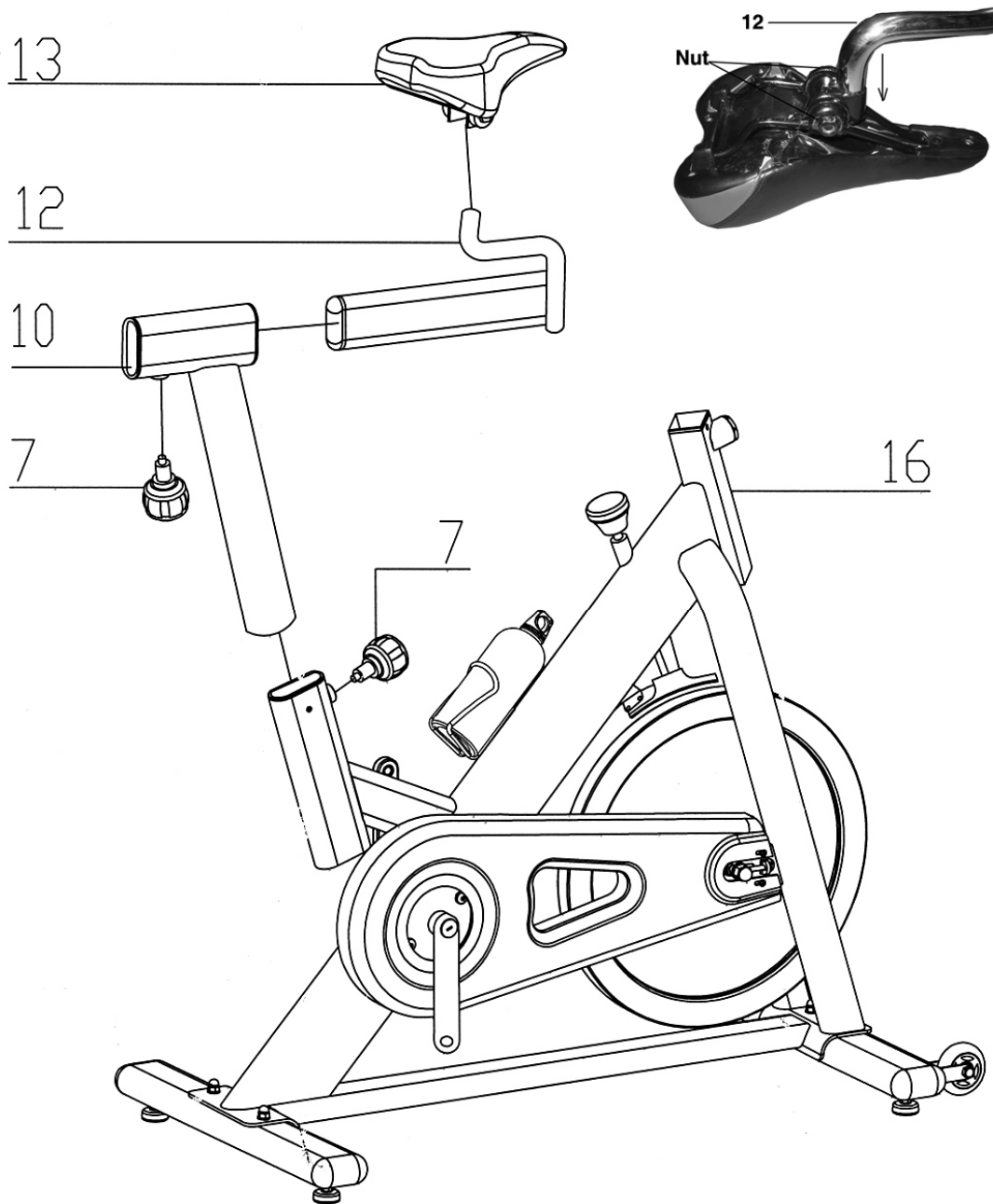
STEP-1

- A.) Attach the Front Stabilizer (#15) to the Main Frame (#16). Secure it with two M8 x 2" Carriage Bolts (#3), two Ø 5/8" Flat Washers (#5), and two M8 Acorn Nuts (#6).
- B.) Attach the Rear Stabilizer (#4) to the Main Frame (#1). Secure it with two M8 x 2" Carriage Bolts (#3), two Ø 5/8" Flat Washers (#5), and two M8 Acorn Nuts (#6).



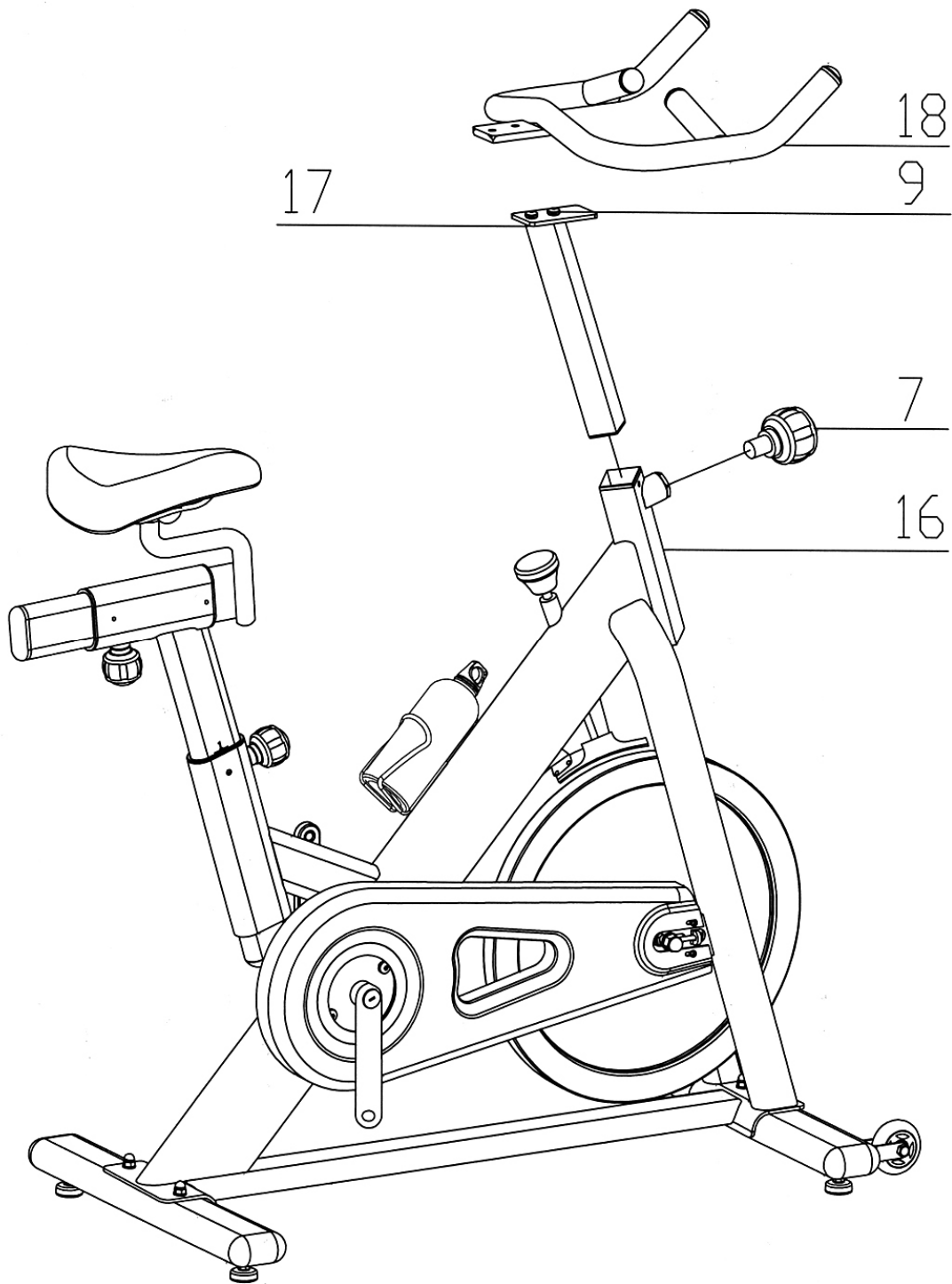
STEP 2

- A.) Insert the Seat Post (#10) into the opening on Main Frame. Use the Lock Knob (#7) to hold the Seat Post at selected height.
- B.) Flip over the Seat Pad (#13). Insert the tube on the Seat Support (#12) into the open slot and securely fasten two Nuts to secure the Seat Pad to the tube.
- C.) Insert the Seat Support (#12) through the open slot on Seat Post. Use the Seat Lock Knob (#7) to hold the Seat at selected position.



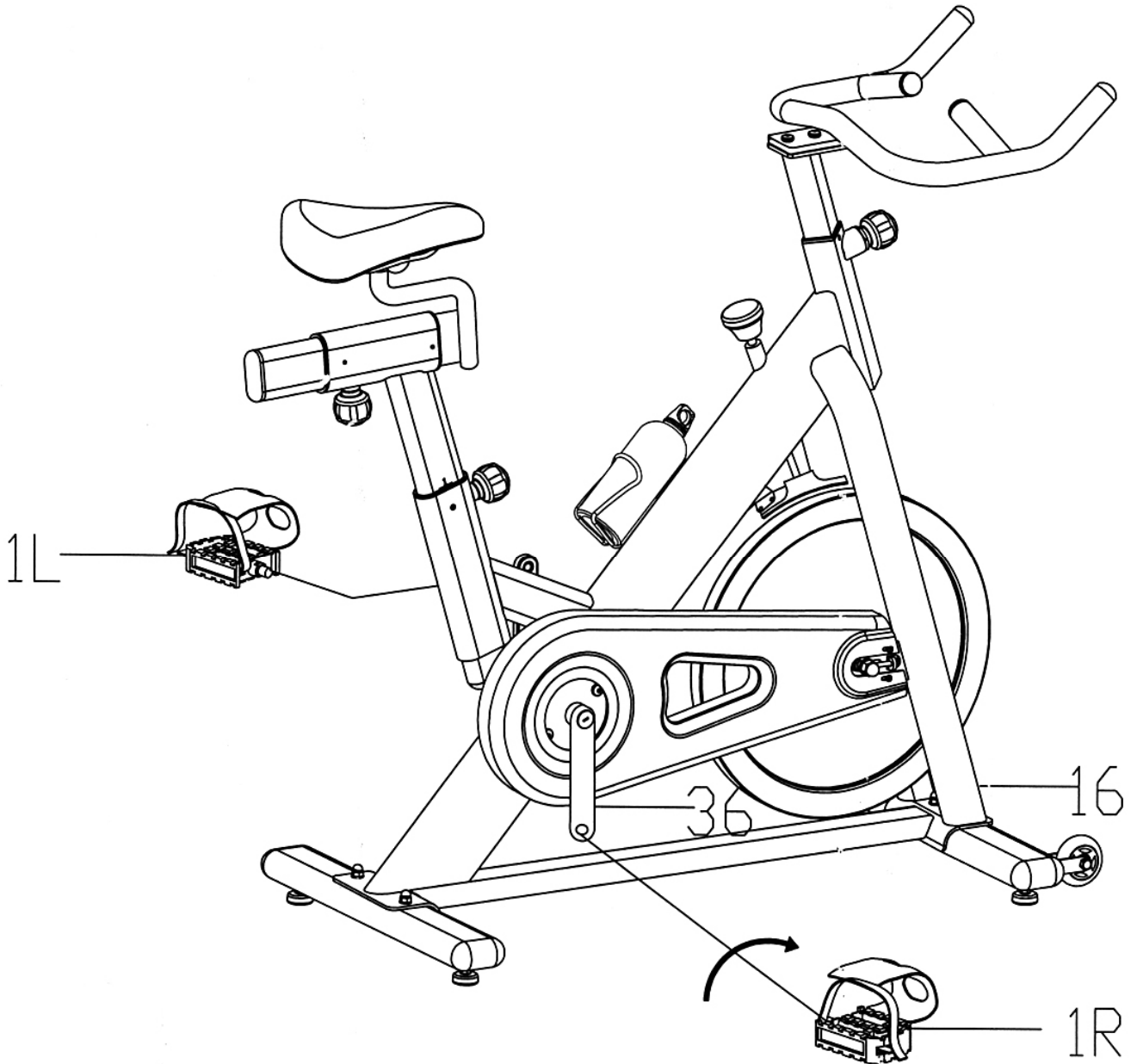
STEP-3

- A.) Insert the Handle Post (#17) into front opening on Main Frame (#16). Use the Handle Post Lock Knob to hold the Handle Post at selected height.
- B.) Remove the two M10 x 1" Allen Bolts (#9) from the Handle Post. Attach the Handle (#18) to Handle Post. Secure the Handle to Handle Post with two M10 x 1" Allen Bolts (#9).

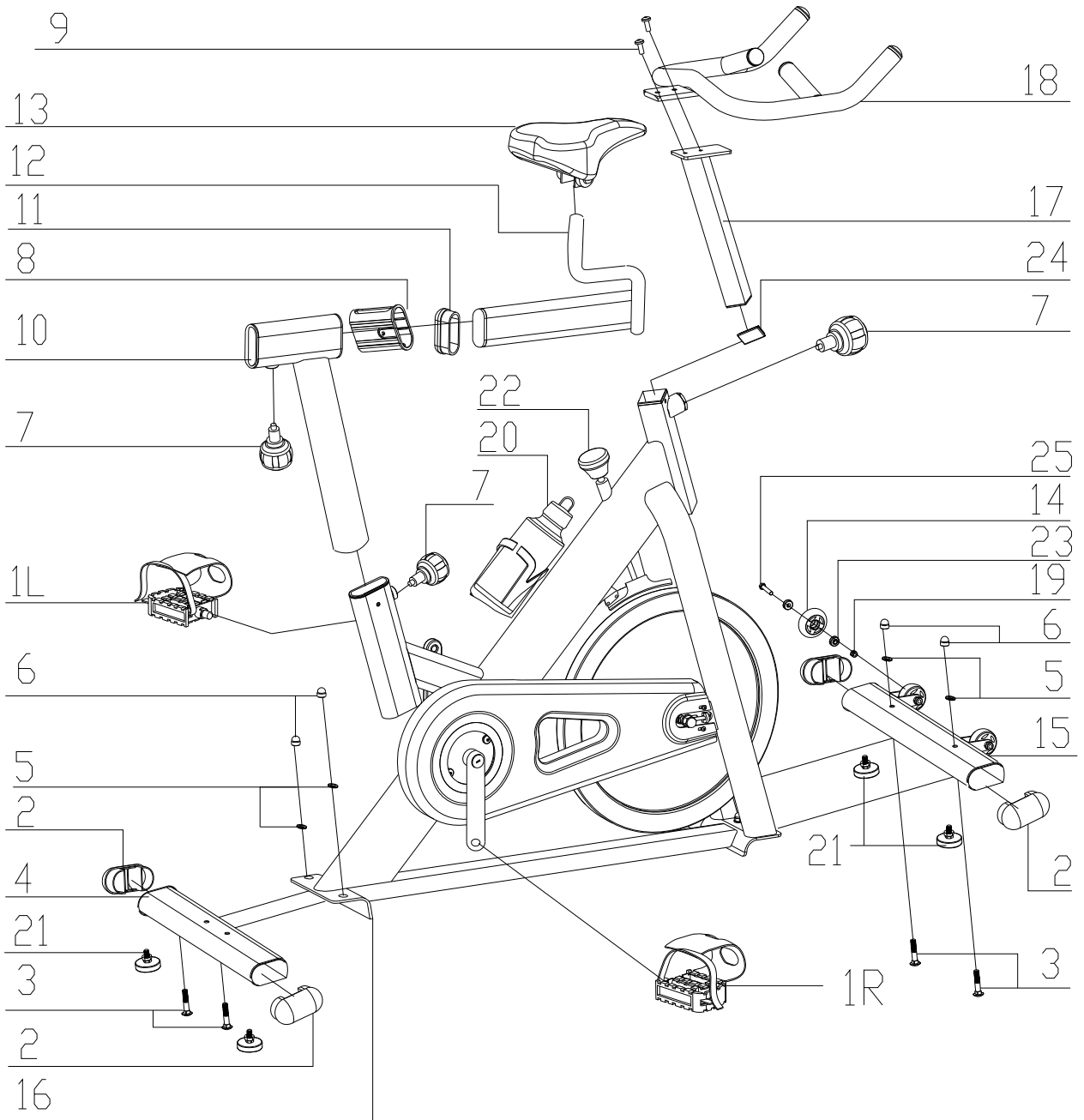


STEP-4

- A.) Firmly thread the right Pedal (#1R) clockwise onto the right crank on Main Frame.
- B.) Firmly thread the left Pedal (#1L) counterclockwise onto the left crank on Main Frame.



EXPLODED DIAGRAM



NSP-122 PARTS LIST

PART NO.	DESCRIPTION	SPEC.	QUANTITY
1	Pedal (L/R)		2
2	Stabilizer End Cap		4
3	Carriage Bolt	M8 x 2"	4
4	Rear Stabilizer		1
5	Flat Washer	Ø 5/8"	4
6	Acorn Nut	M8	4
7	Lock Knob		3
8	Sleeve		1
9	Allen Bolt	M10 x 1"	2
10	Seat Post		1
11	Sliding Seat Support End Cap		1
12	Sliding Seat Support		1
13	Seat Pad		1
14	Roller Wheel		2
15	Front Stabilizer		1
16	Main Frame		1
17	Handle Post		1
18	Handle		1
19	Lock Nut	M8	4
20	Water Bottle		1
21	Stabilizer Lever		4
22	Brake Knob		1
23	Roller Wheel Bearing		4
24	Handle Post End Cap		1
25	Hex Bolt	M8 x 1 5/8"	2

CARE, MAINTENANCE AND STORAGE

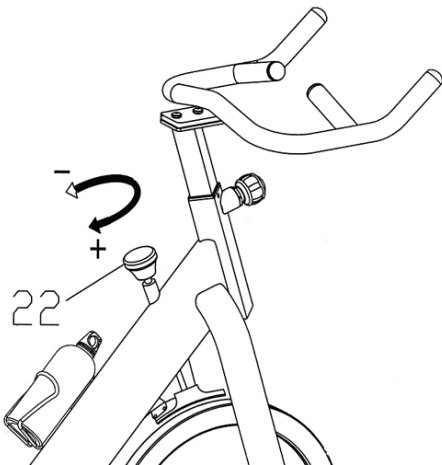
1. Inspect and tighten all parts each time you use the bike. Replace any worn parts immediately.
2. The bike can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the bike IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The Bike shall be placed at least 24 inches away from the wall or/and any other object such as furniture to provide safe access to and passage around the bike.
5. To avoid possible injury, the help of two or more people are needed when moving the bike 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 300 lbs.**
8. **Assembled Dimension: 50" x 21.5" x 47"**

OPERATING NOTES

Seat and Handle Adjustment

1. The Seat Height ranges from 35" to 43" in 9 positions with approximately 1" increment.
2. The Handle Height ranges from 42" to 47" in 6 positions with approximately 1" increment.
3. Loosen and pull out the Lock Knob (#7). Slide the Seat Post/ Handle Post to the desired height and lock at the position by fastening the Lock Knob
4. Loosen and pull out the Seat Lock Knob (#7). Slide the Seat Support to the desired position and lock at the position by fastening the Seat Lock Knob.

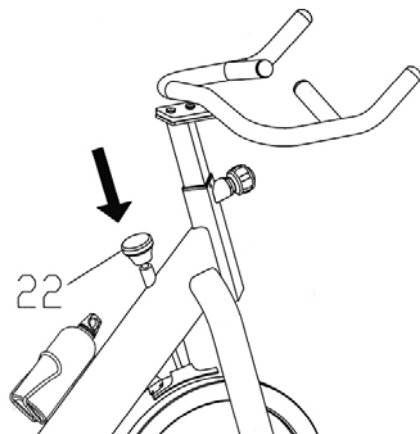
Tension Adjustment



Use the Tension/Brake Knob on Main Frame to adjust the resistance for exercises.

Turn the Knob clockwise to increase the resistance and counterclockwise to decrease the tension.

Stopping the Exercise



1. Press down the Tension/Brake Knob on Main Frame to stop the fly wheel. **ONLY** when the flywheel has stopped, will it be safe to remove feet from pedals.
2. **DO NOT** stop pedaling: doing so could result in serious injury.
3. **DO NOT** attempt to stop the Fly Wheel by hands, feet or any other device not indicated in this instruction.

TRANSPORT

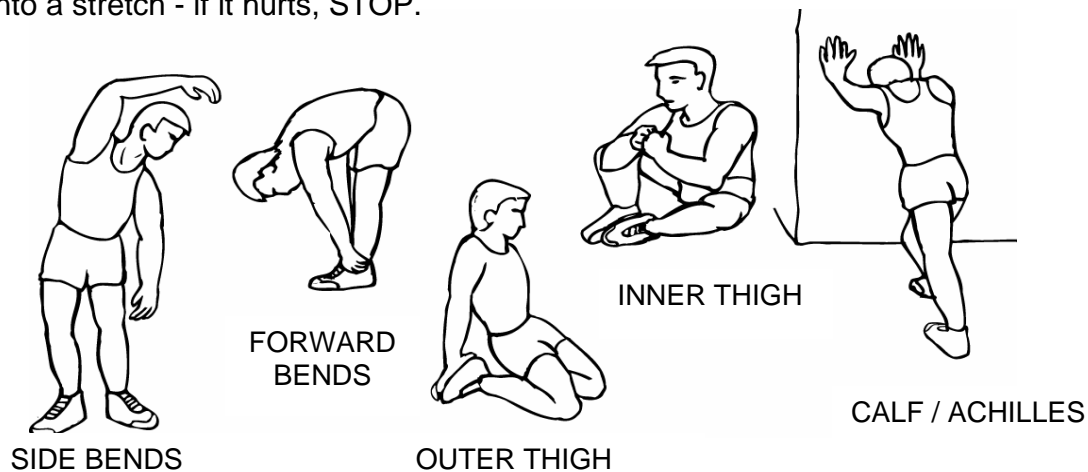
The Bike has a pair Roller Wheels on Front Stabilizer. To move, carefully tilt the cycle forward, and then roll.

EXERCISE GUIDELINES

Using your **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.

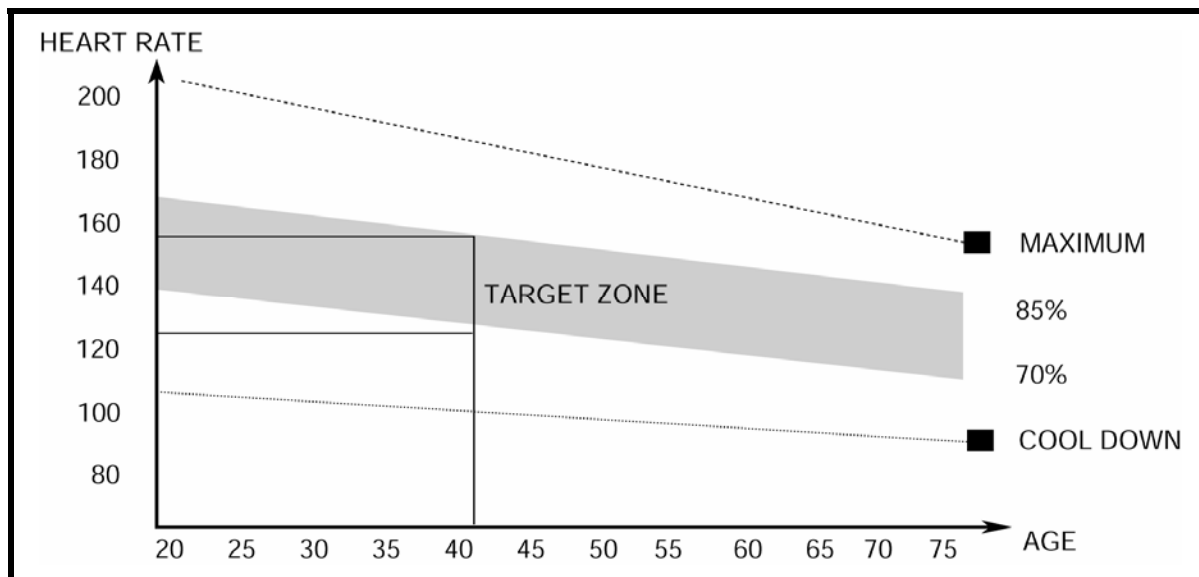
1. The Warm Up Phase

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 **MAGNETIC 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.impex-fitness.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.

info@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