

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

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**Model  
NSP-490**

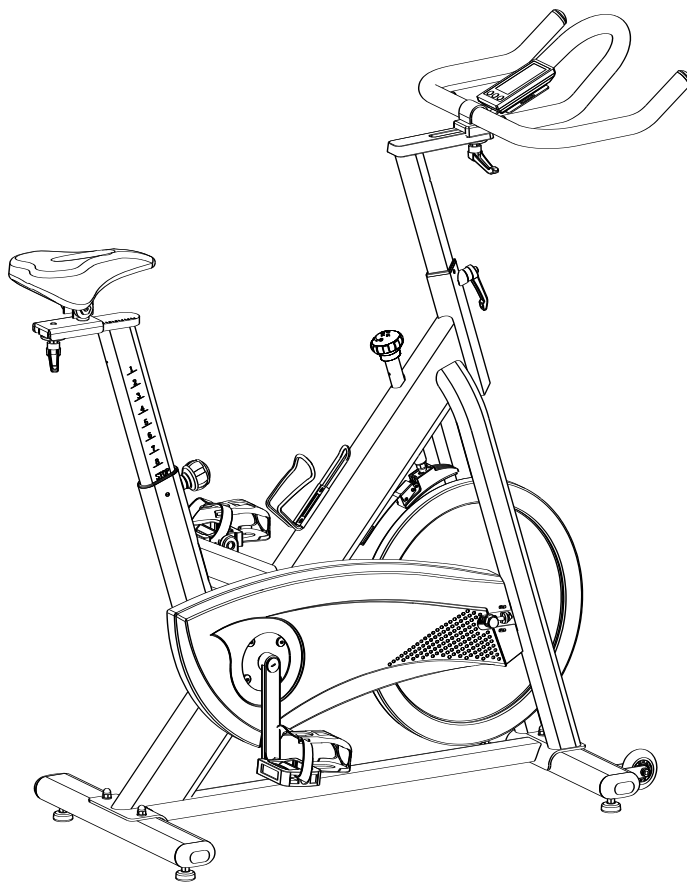
**Retain This  
Manual for  
Reference**

**180724**

**ASSEMBLY &  
OWNER'S  
MANUAL**

# MARCY®

## CLUB TRAINER NSP-490



**IMPEX® INC.**

2801 S. Towne Ave., Pomona, CA 91766  
Tel: (800) 999-8899 Fax: (626) 961-9966

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support@impex-fitness.com

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY CLUB TRAINER NSP-490 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.marcypro.com](http://www.marcypro.com)**

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

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

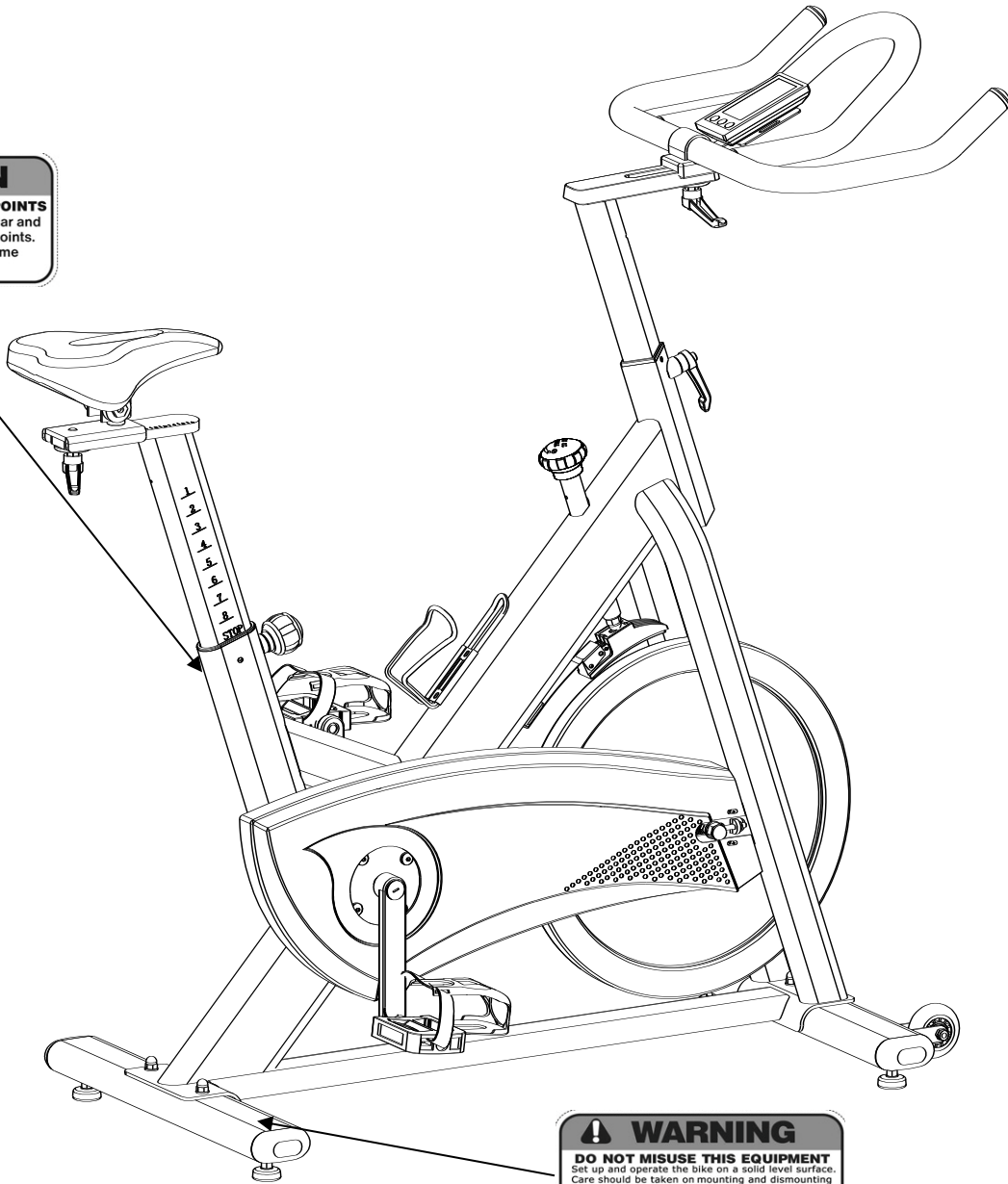
This exercise bike is built for optimal safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your bike. In particular, note the following safety precautions:

- 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

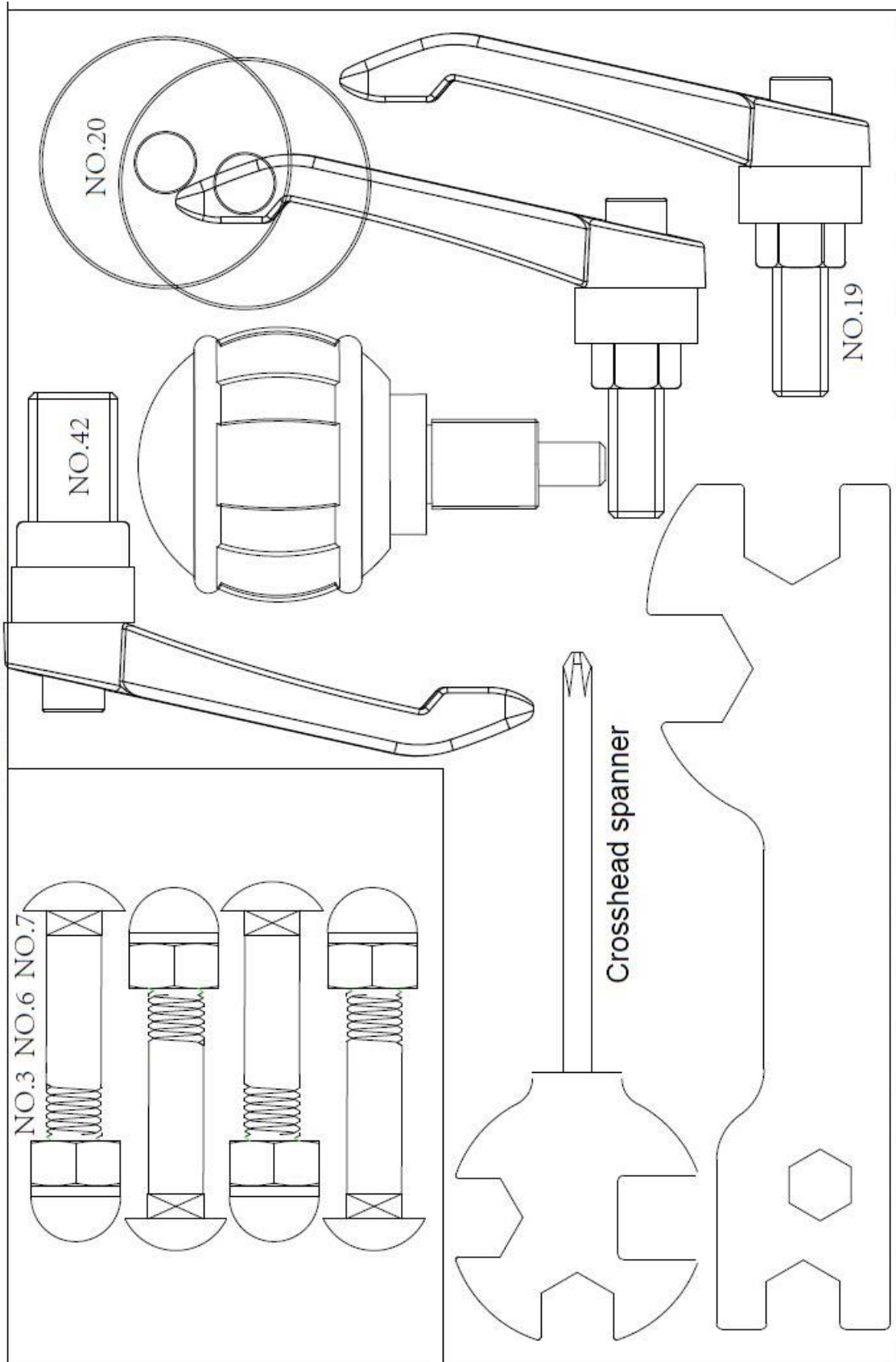
**CAUTION**  
**AVOID SHEER AND PINCH POINTS**  
Keep fingers and body parts clear and away from all shear and pinch points. Injury may occur if fingers become entangled in moving parts.



**WARNING**  
**DO NOT MISUSE THIS EQUIPMENT**  
Set up and operate the bike on a solid level surface. Care should be taken on mounting and dismounting the bike. Before mounting or dismounting move the pedal to its lowest position and bring the bike to a complete stop. Always to keep the top surface of the pedal clean and dry. This Bike is for consumer use only.

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



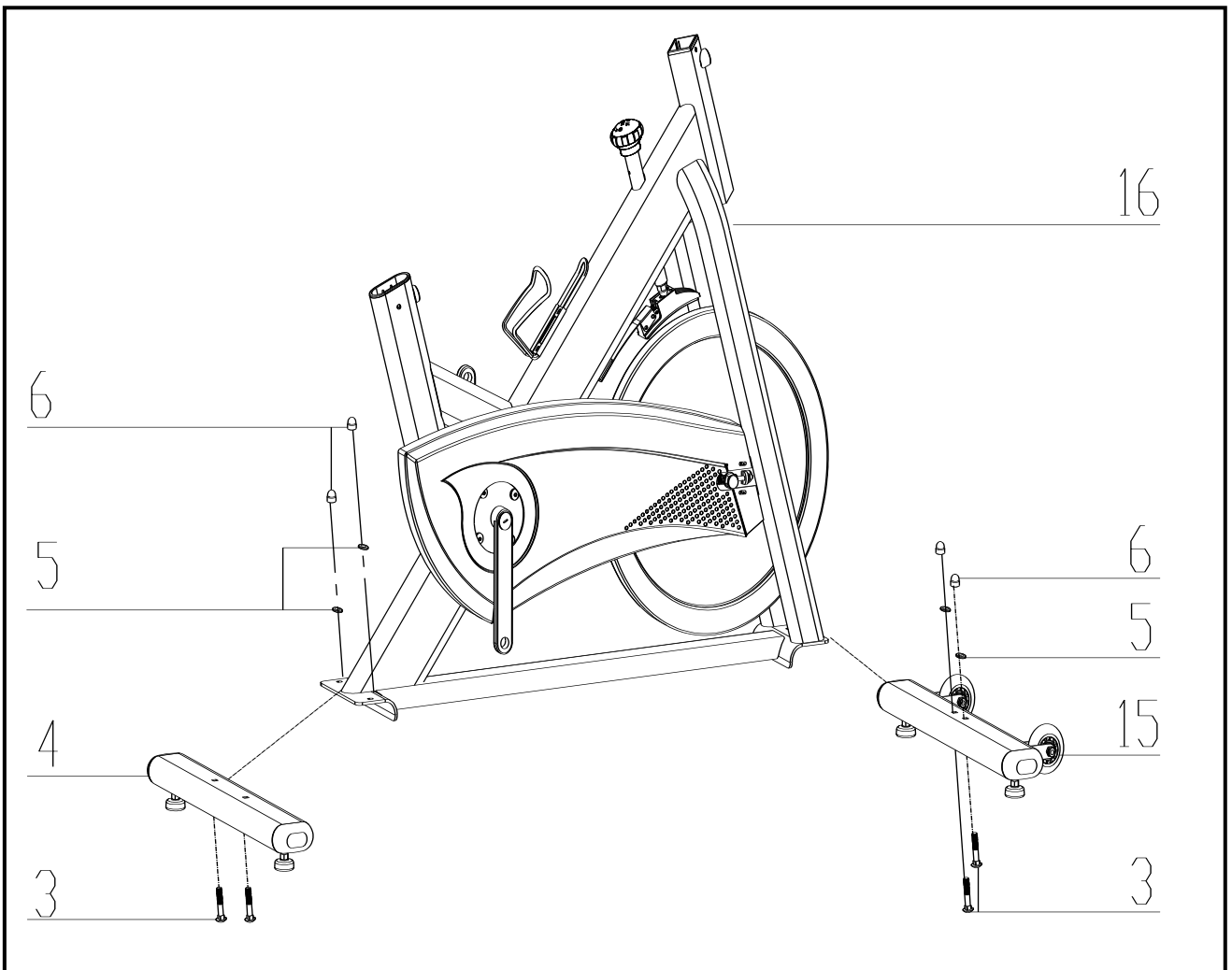
## ASSEMBLY INSTRUCTION

### 1. PREPARATION:

- Before assembling, make sure that you have enough space around the item.
- Tools Required for Assembling the Bike: Spanners, and Allen Wrench (included).
- **NOTE:** It is strongly recommended that two or more people assemble this bike to avoid possible injury.

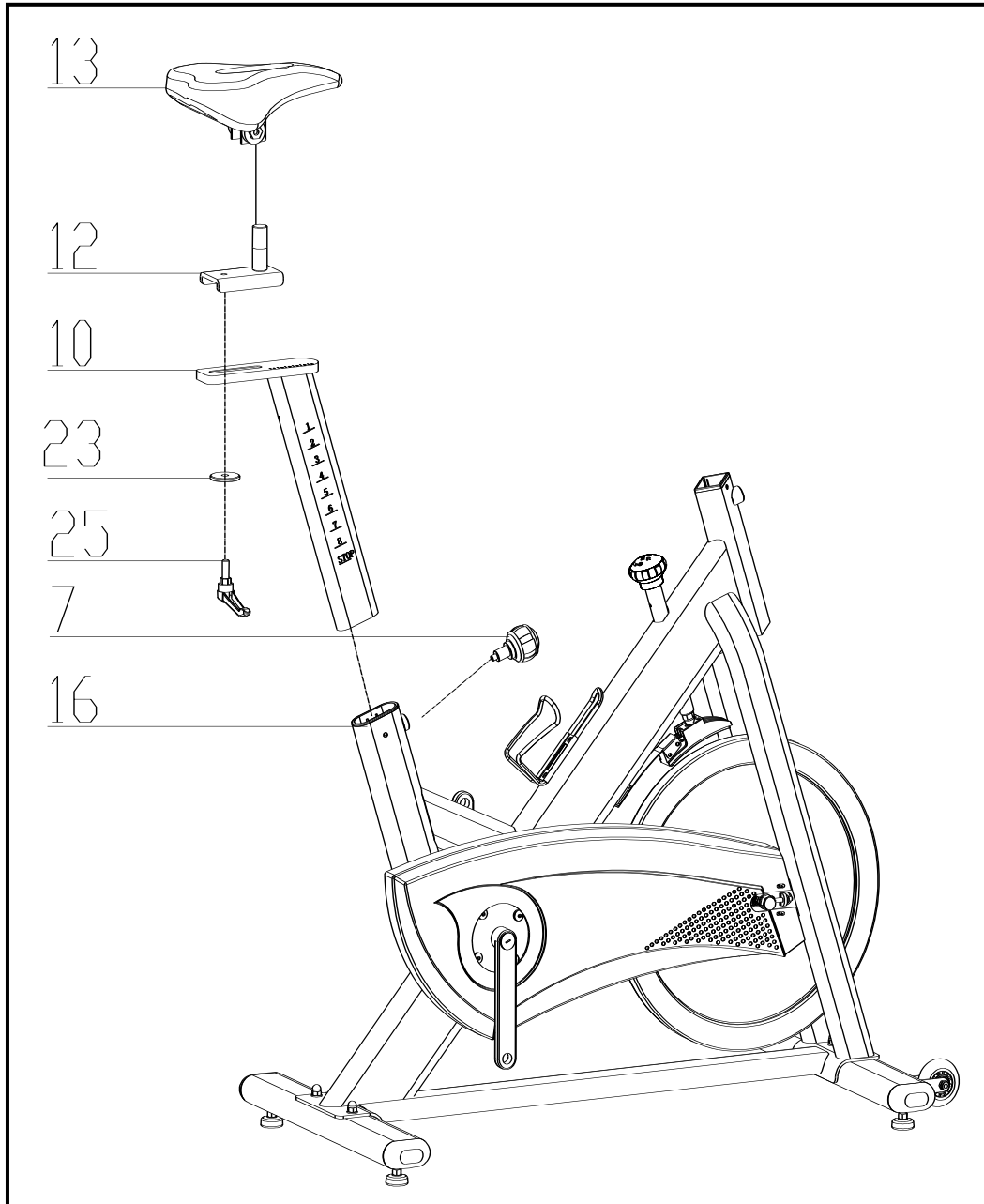
### STEP-1

- A.) Attach the Front Stabilizer (#15) to the Main Frame (#16) using two Ø8 Flat Washers (#5), M8 Domed Nuts (#6) and M8x2" Carriage bolts (#3).
- B.) Attach the Rear Stabilizer (#4) to the Main Frame (#16) using two Ø8 Flat Washers (#5), M8 Domed Nuts (#6) and M8x2" Carriage bolts (#3).



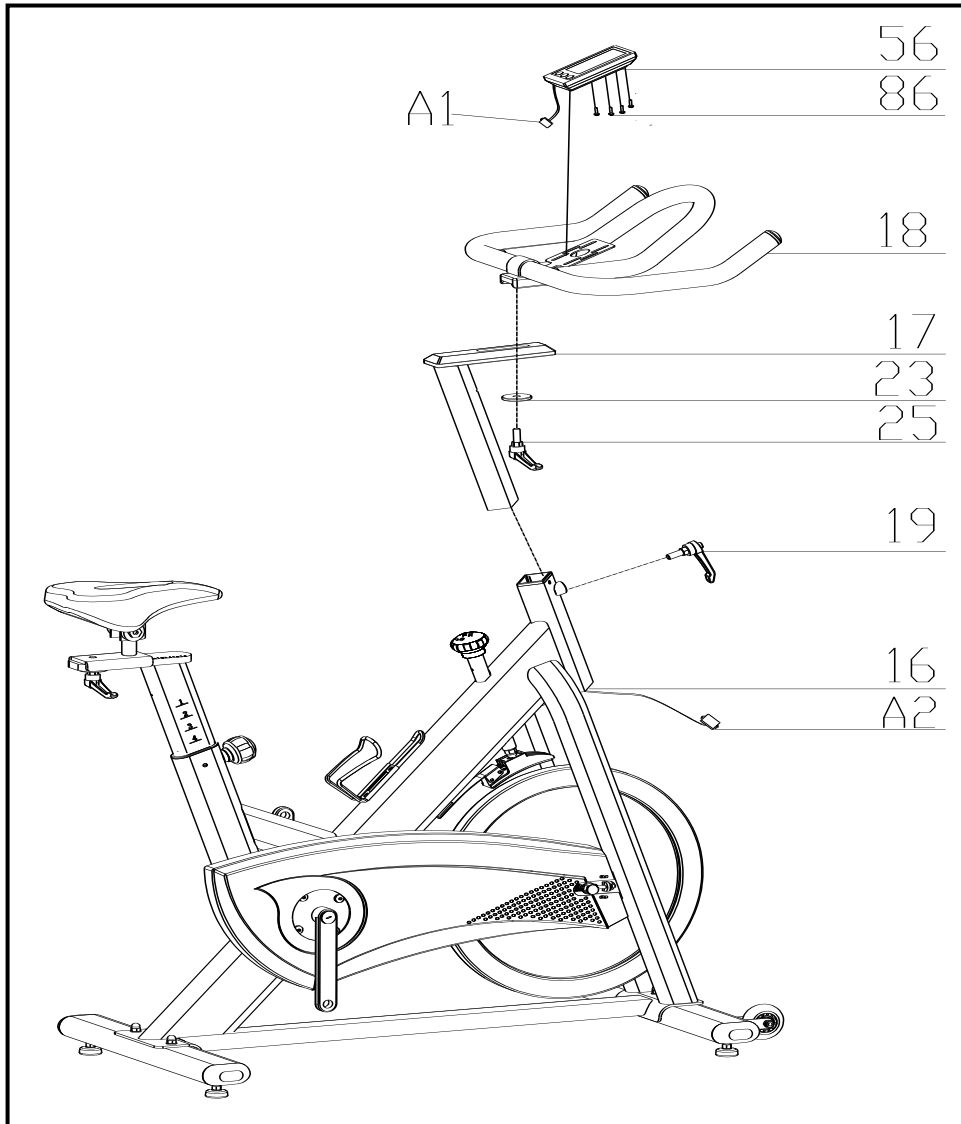
## STEP 2

- A.) Slide the Vertical Seat Post (#10) into the seat post housing on the main frame (#16). Then slide the Seat Post (#12) into the Vertical Seat Post (#10), then Secure using a flat washer (#23) and L Shape knob (#25). Secure the saddle in position with the Adjustment Knob (#7). The correct height for the seat can be adjusted after the bike is fully assembled.
- B.) Attach the Seat (#13) to the Seat Post (#12) as shown and tighten the nuts around the bolts under the seat.



### STEP-3

- A.) Slide the Handlebar Post (#17) into the handlebar post housing on the main frame (#16). To adjust the desired height, you will need to loosen the L-Shape Knob (#19) slightly and pull out on the knob. Select the desired height, release the knob, and tighten.
- B.) Attach the Handlebar (#18), Secure using a flat washer (#23) and L Shape knob (#25).



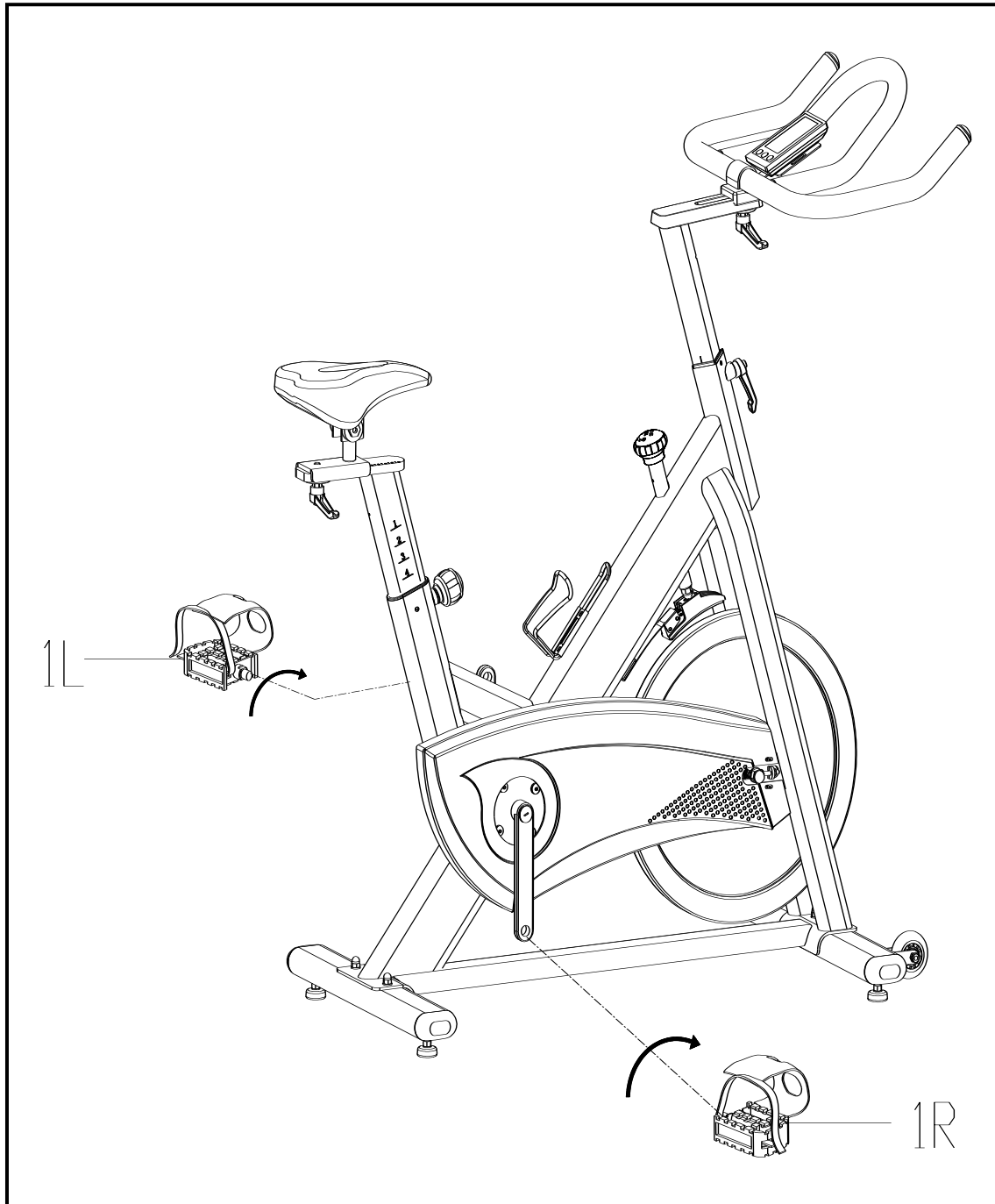
#### ATTENTION: YOU SHOULD ATTACH THE HANDLEBAR TO THE HANDLEBAR POST TIGHTLY

Attach the computer (#56) to the support tube of the main frame (#16) with 4 screws (#86), and connect the sensor wire (A1 to A2)



## STEP-4

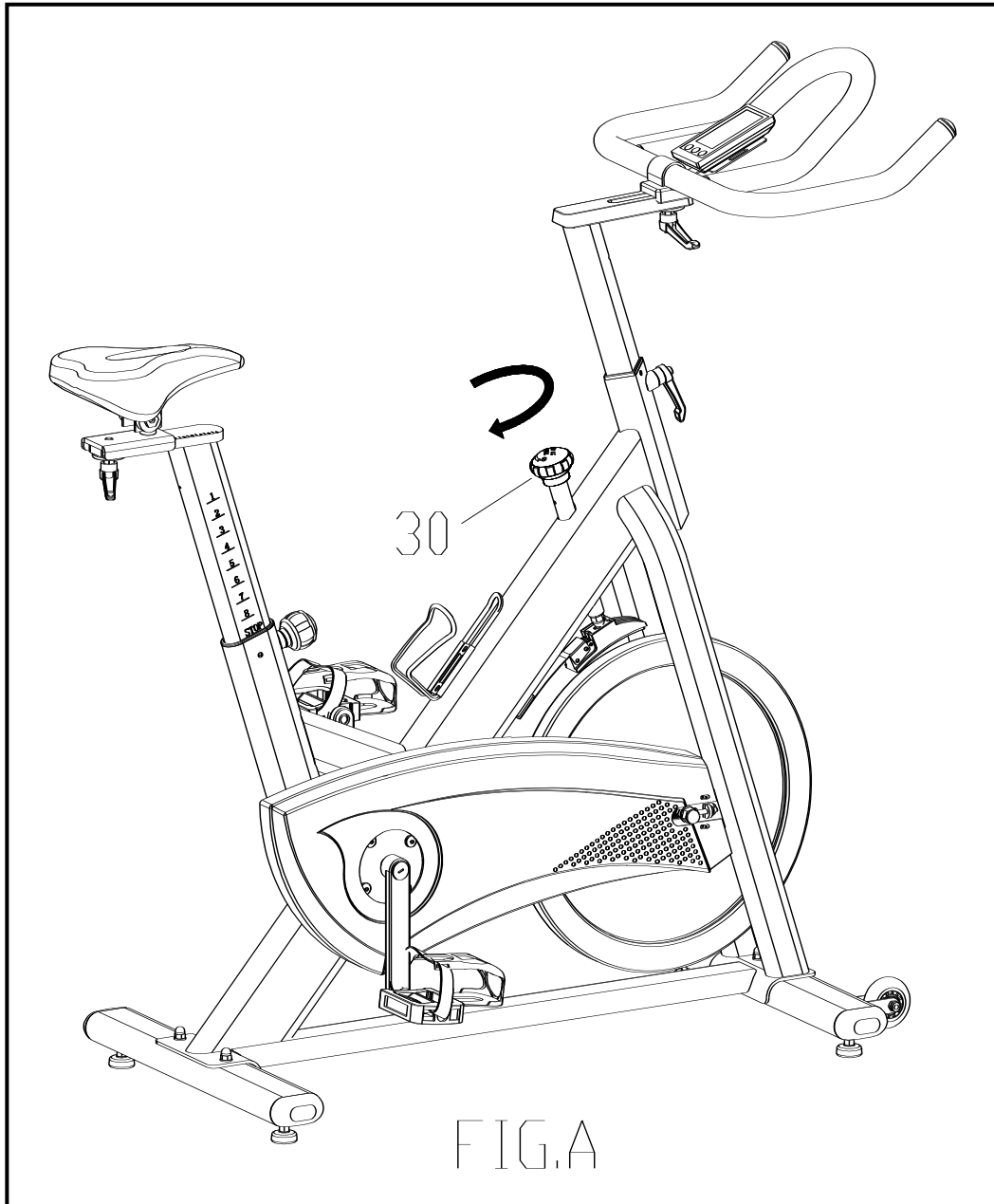
- A.) The Pedals (#1L & #1R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right-hand side of the cycle as you face the handlebar.
- B.) Note that the Right pedal should be threaded on clockwise and the Left pedal counter-clockwise



## STEP-5

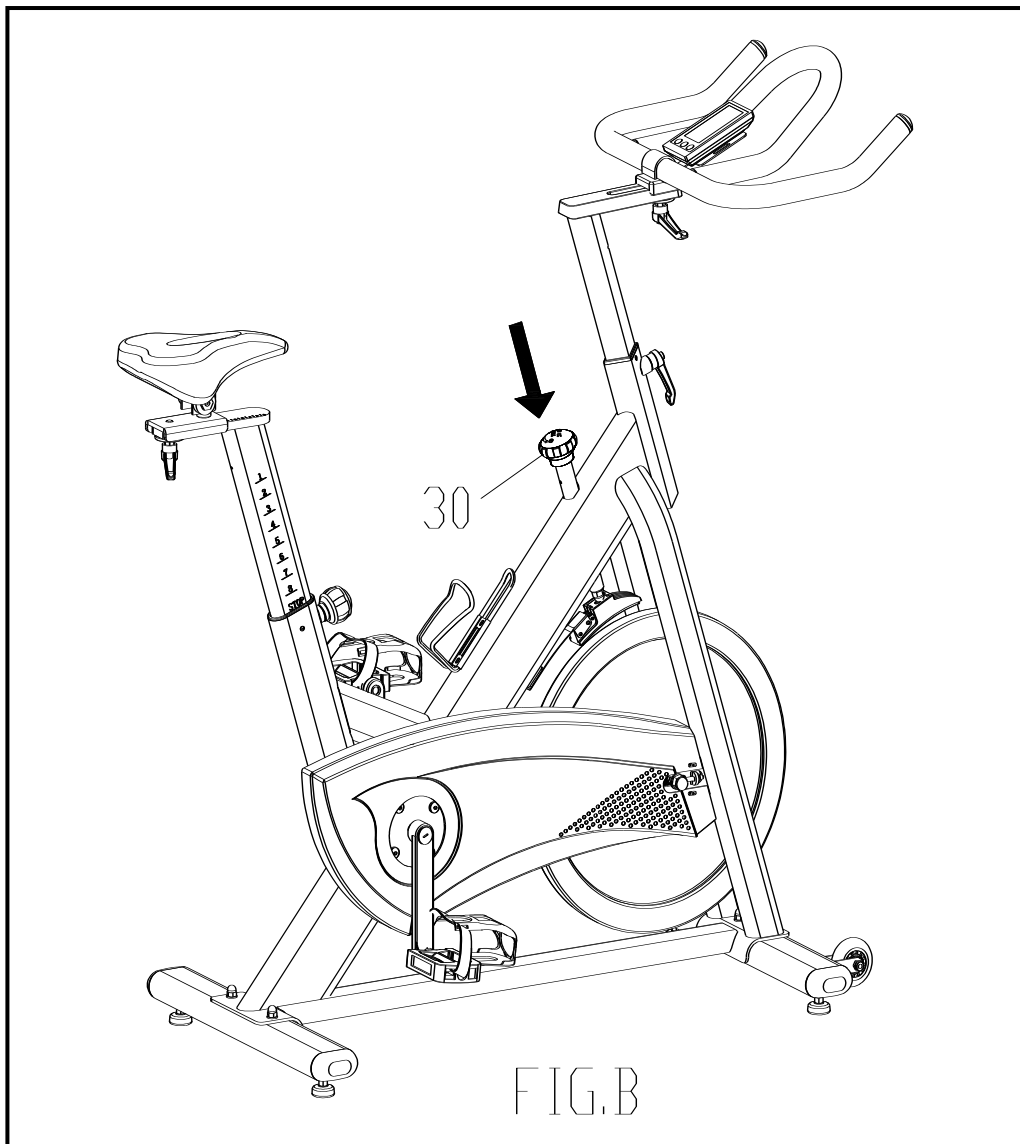
Adjusting the Tension: Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

- A.) To increase tension and increase resistance (requiring more strength to pedal), turn the *Tension Control Knob (#30)* to the *right*. The Tension Control Knob is also the brake.
- B.) To decrease tension and increase resistance (requiring less strength to pedal, turn the *Tension Control Knob (#30)* to the *left*.

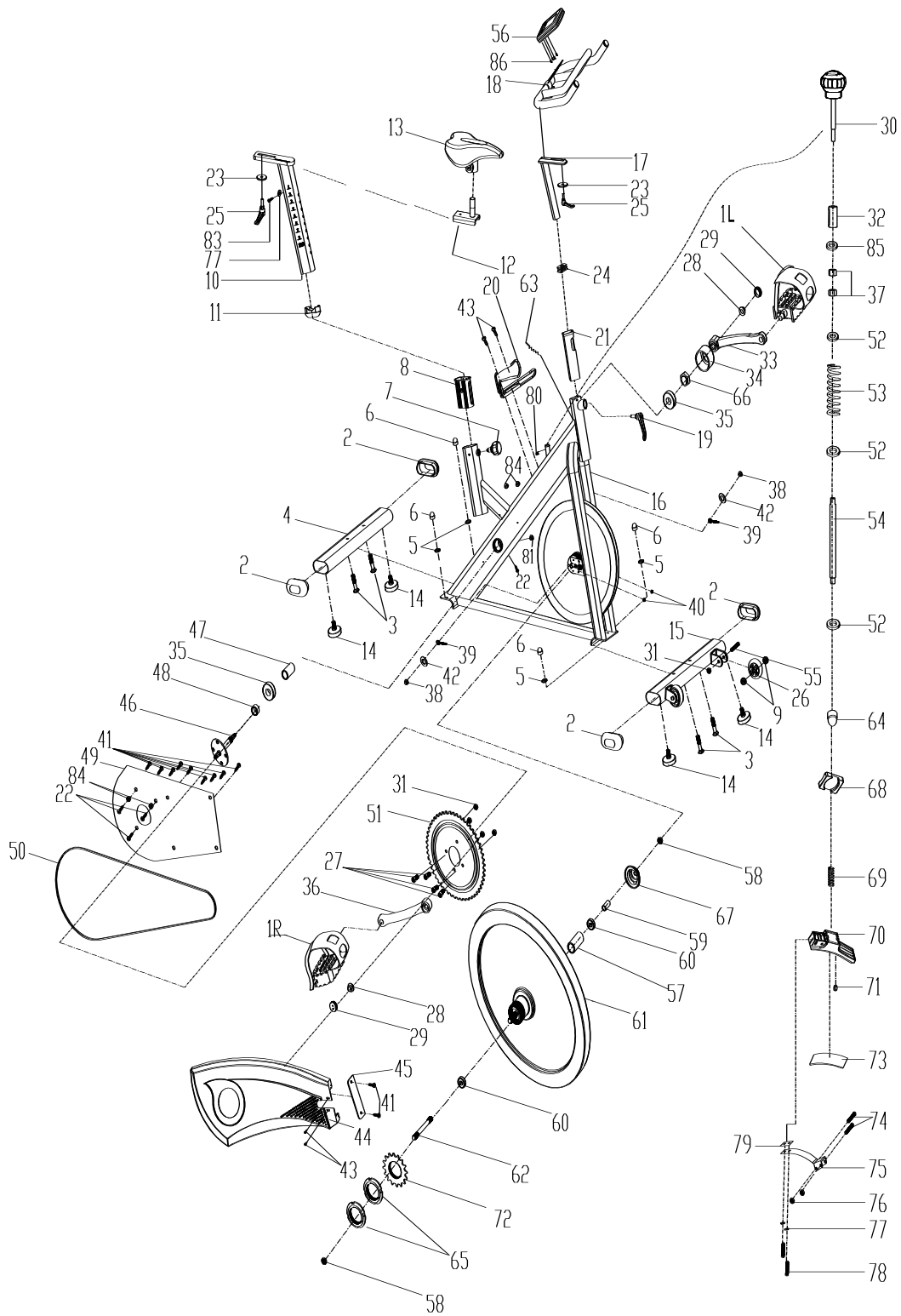


## STEP-6

- A.) The same knob that allows you to adjust the tension of the bike also doubles as the brake or Emergency Brake.
- B.) Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.
- B.) To use the Emergency Brake function, firmly press down on the *Emergency Brake & Brake Control Knob (#30)* to immediately stop the momentum of the flywheel.



# EXPLODED DIAGRAM



## NSP-490 PARTS LIST

| PART NO. | DESCRIPTION                | SIZE                                 | QUANTITY |
|----------|----------------------------|--------------------------------------|----------|
| 1L       | Pedal L                    |                                      | 1        |
| 1R       | Pedal R                    |                                      | 1        |
| 2        | Stabilizer End Cap         |                                      | 4        |
| 3        | Carriage Bolt              | M8X2"                                | 4        |
| 4        | Rear Stabilizer            |                                      | 1        |
| 5        | Flat Washer                |                                      | 4        |
| 6        | Domed Nut                  |                                      | 4        |
| 7        | Spring Adjustment Knob     |                                      | 1        |
| 8        | Plastic Sleeve             |                                      | 1        |
| 9        | Bearing                    |                                      | 4        |
| 10       | Vertical Seat post         |                                      | 1        |
| 11       | Vertical Seat Post End Cap |                                      | 1        |
| 12       | Seat Post                  |                                      | 1        |
| 13       | Seat                       |                                      | 1        |
| 14       | Stabilizer Feet            |                                      | 4        |
| 15       | Front Stabilizer           |                                      | 1        |
| 16       | Main Frame                 |                                      | 1        |
| 17       | Handlebar Post             |                                      | 1        |
| 18       | Handle Bar                 |                                      | 1        |
| 19       | L Shape Knob               |                                      | 1        |
| 20       | Bottle Holder              |                                      | 1        |
| 21       | Plastic Sleeve             |                                      | 1        |
| 22       | Screw                      | ST4.2x <sup>3</sup> / <sub>4</sub> " | 4        |
| 23       | Flat washer                |                                      | 2        |
| 24       | Handlebar Post End Cap     |                                      | 1        |
| 25       | L Shape Knob               |                                      | 2        |
| 26       | Wheel                      |                                      | 2        |
| 27       | Bolt                       | M8x <sup>1</sup> / <sub>2</sub> "    | 4        |
| 28       | Fixing Nut                 | M10                                  | 2        |
| 29       | Crank end cap              |                                      | 2        |
| 30       | Knob                       |                                      | 1        |
| 31       | Lock nut                   |                                      | 6        |
| 32       | Brake Assembly sleeve      |                                      | 1        |
| 33       | Left crank                 |                                      | 1        |
| 34       | Crank cover                |                                      | 1        |
| 35       | Bearing                    |                                      | 2        |
| 36       | Right crank                |                                      | 1        |
| 37       | Nut                        |                                      | 2        |
| 38       | Fixing nut 2               | M12                                  | 2        |
| 39       | Flywheel alignment bolt    |                                      | 2        |
| 40       | Nut                        |                                      | 2        |
| 41       | Screw                      | ST4.2x <sup>3</sup> / <sub>4</sub> " | 11       |
| 42       | Flat washer                |                                      | 2        |
| 43       | Screw                      | ST4.8x <sup>3</sup> / <sub>4</sub> " | 4        |
| 44       | Outer chain cover          |                                      | 1        |
| 45       | Little chain cover         |                                      | 1        |
| 46       | Axel                       |                                      | 1        |
| 47       | Long fixing tube           |                                      | 1        |
| 48       | Short fixing tube          |                                      | 1        |

|    |                   |            |   |
|----|-------------------|------------|---|
| 49 | Inner chain cover |            | 1 |
| 50 | Chain             |            | 1 |
| 51 | Chain wheel       |            | 1 |
| 52 | Washer            |            | 3 |
| 53 | Spring            |            | 1 |
| 54 | Screw rod         |            | 1 |
| 55 | Bolt              |            | 2 |
| 56 | Computer          |            | 1 |
| 57 | Fixing tube       |            | 1 |
| 58 | Fixing nut        |            | 2 |
| 59 | Fixing tube       |            | 1 |
| 60 | Bearing           | 6001ZZ     | 2 |
| 61 | Flywheel          | 18KG       | 1 |
| 62 | Flywheel shaft    |            | 1 |
| 63 | Sensor            |            | 1 |
| 64 | Domed nut         |            | 1 |
| 65 | Lock nut          |            | 2 |
| 66 | Fixing nut        | M20x3/16   | 1 |
| 67 | Flywheel cover    |            | 1 |
| 68 | Spring cover      |            | 1 |
| 69 | Spring            |            | 1 |
| 70 | Plastic frame     |            | 1 |
| 71 | Brake pad cap     |            | 1 |
| 72 | Chain wheel       |            | 1 |
| 73 | Felt Pad          |            | 1 |
| 74 | Bolt              | M5x1 1/8"  | 2 |
| 75 | Spring brake      |            | 1 |
| 76 | Lock nut          |            | 2 |
| 77 | Spring washer     |            | 3 |
| 78 | Bolt              | M5x3/8"    | 2 |
| 79 | Flat washer       |            | 1 |
| 80 | Bolt              | M6x1/4"    | 1 |
| 81 | End cap           |            | 1 |
| 82 | End cap           |            | 2 |
| 83 | Screw             | ST4.8x1/2" | 1 |
| 84 | Plastic ring      |            | 2 |
| 85 | Washer            |            | 1 |
| 86 | Bolt              | M5x3/8"    | 4 |

## 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 250 lbs.**
8. **Assembled Dimension: 50" x 21.5" x 47"**

## 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.

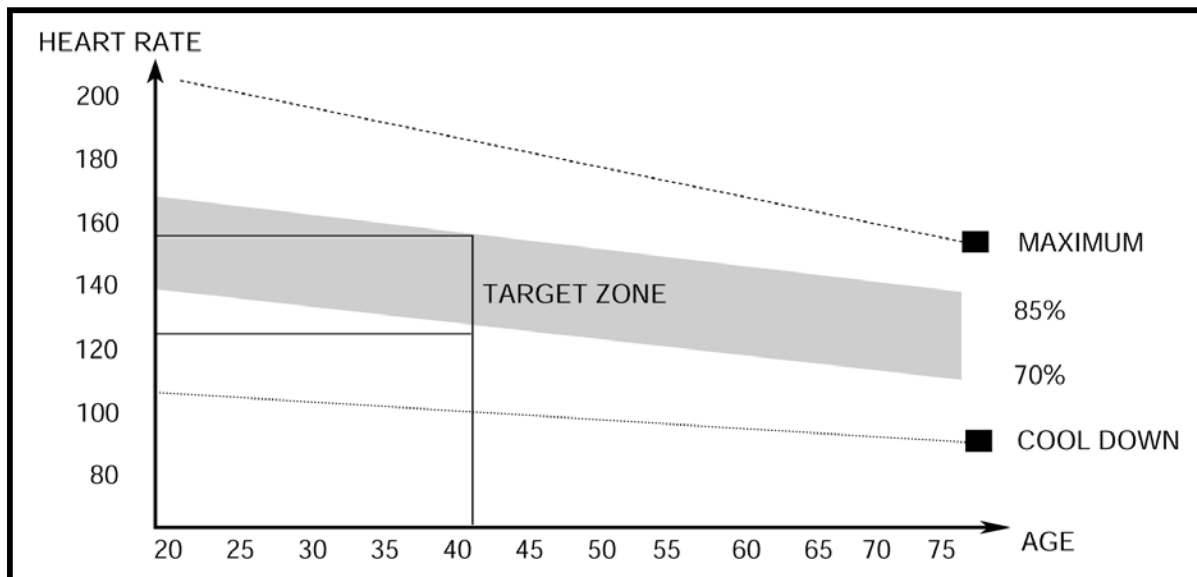
### 1. The Warm Up Phase

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 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 **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<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, 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 Purch