

NOTE:
Please read all instructions
carefully before using this
product

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AMZ-587R

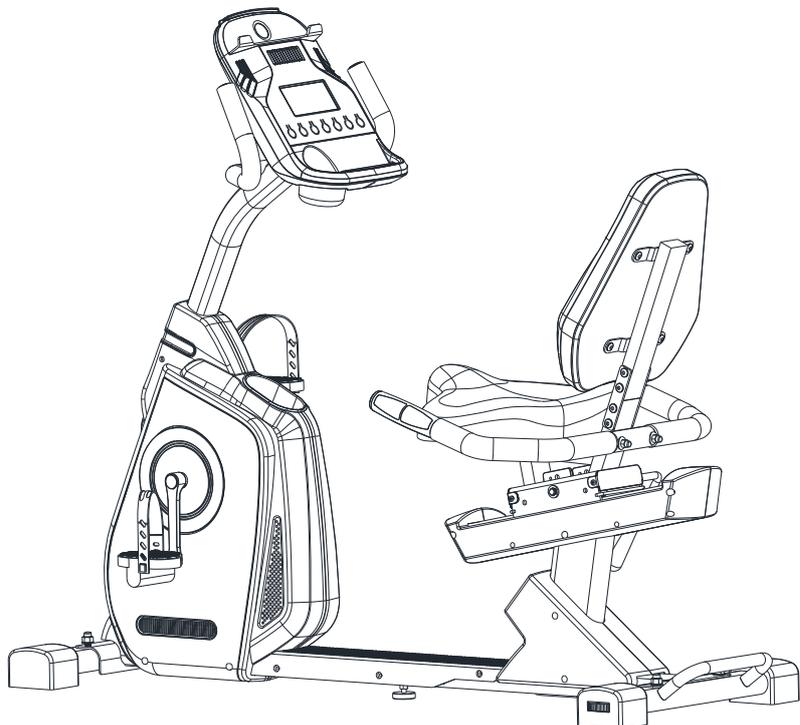
Retain This
Manual for
Reference

190626

ASSEMBLY &
OWNER'S
MANUAL

CIRCUIT FITNESS

Magnetic Resistance Recumbent Bike AMZ-587R



IMPEX® INC.

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support@impex-fitness.com

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BEFORE YOU BEGIN

Thank you for selecting the CIRCUIT FITNESS Magnetic Resistance Recumbent Bike AMZ-587R 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

support@impex-fitness.com

IMPORTANT SAFETY NOTICE

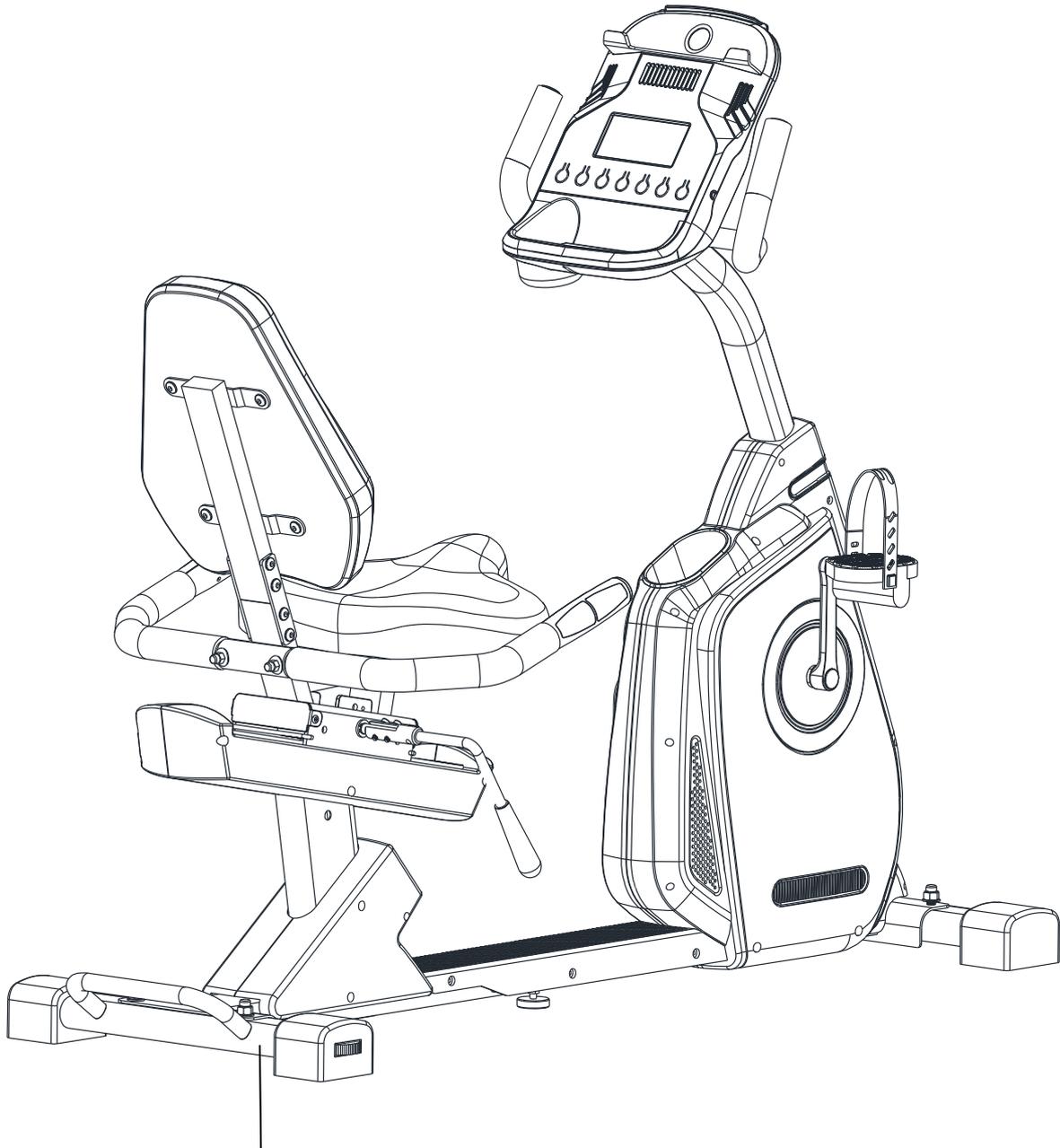
PRECAUTIONS

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. 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

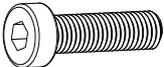
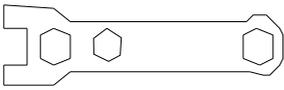


⚠ WARNING
DO NOT MISUSE THIS EQUIPMENT
Set up and operate the bike on a solid level surface. Care should be taken on mounting and dismounting the bike. Before mounting or dismounting move the pedal to its lowest position and bring the bike to a complete stop. Always to keep the top surface of the pedal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

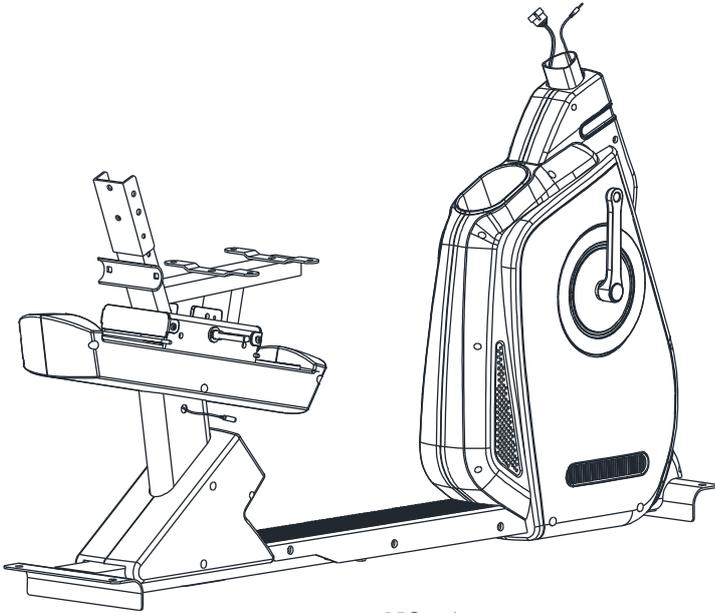
The Warning Labels shown here has been placed on the Rear Stabilizer.
If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE PACK

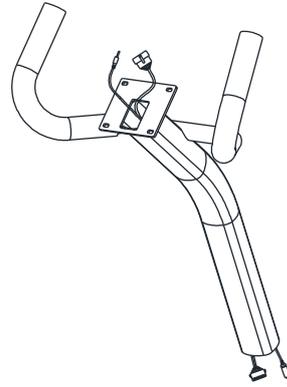
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	DESCRIPTION	Qty	Drawings
4	M10 x 2 $\frac{1}{8}$ " Carriage Bolt	4	
5	Flat Washer	4	
6	Hex Nut M10	4	
21	Allen bolt M8 x 1"	2	
22	Curved washer	4	
23	M5 x 1" Round head bolt	2	
24	Stopper	1	
26	Allen Bolt M8 x 5/8"	16	
27	M8 x 2" Carriage Bolt	2	
28	Hex nut M8	2	
	Allen key L4	1	
	Allen key L6	1	
	Box Wrench	1	

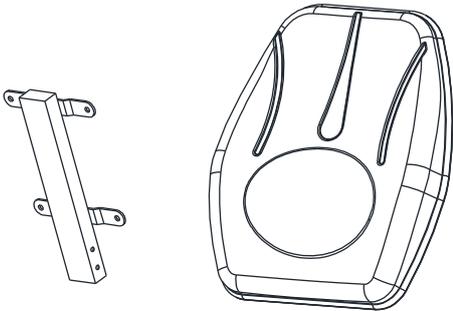
COMPONENTS FOR ASSEMBLY



NO. 1

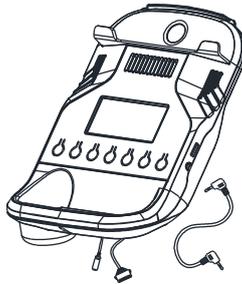


NO. 7



NO. 15

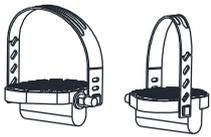
NO. 14



NO. 8



NO. 2/3



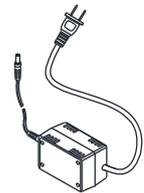
NO. 10/11



NO. 13



NO. 16



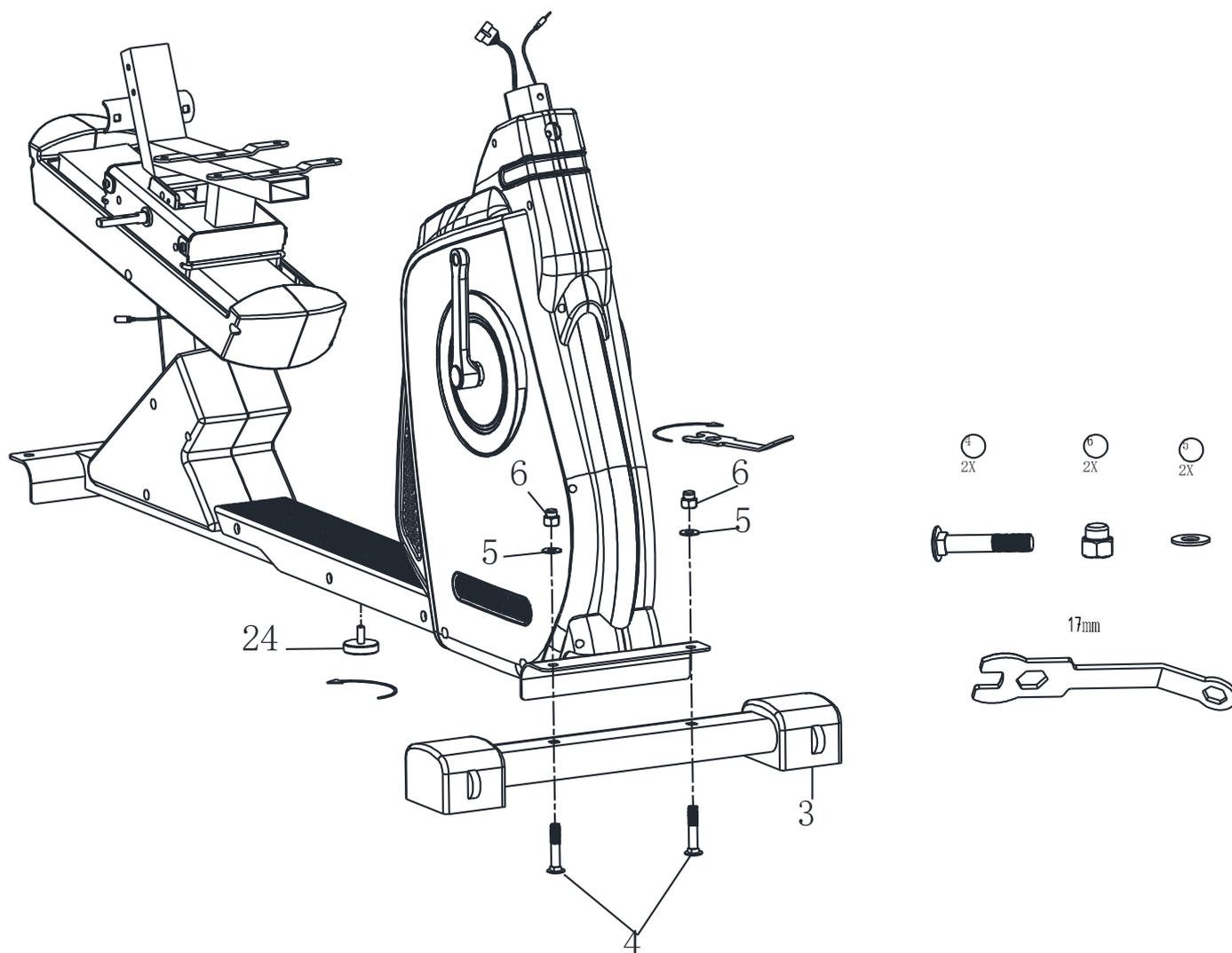
NO. 30

ASSEMBLY INSTRUCTION

- **Tools Required for Assembling the Machine: One Crossing Wrench and Allen Wrench, provided by manufacturer.**
- **NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.**

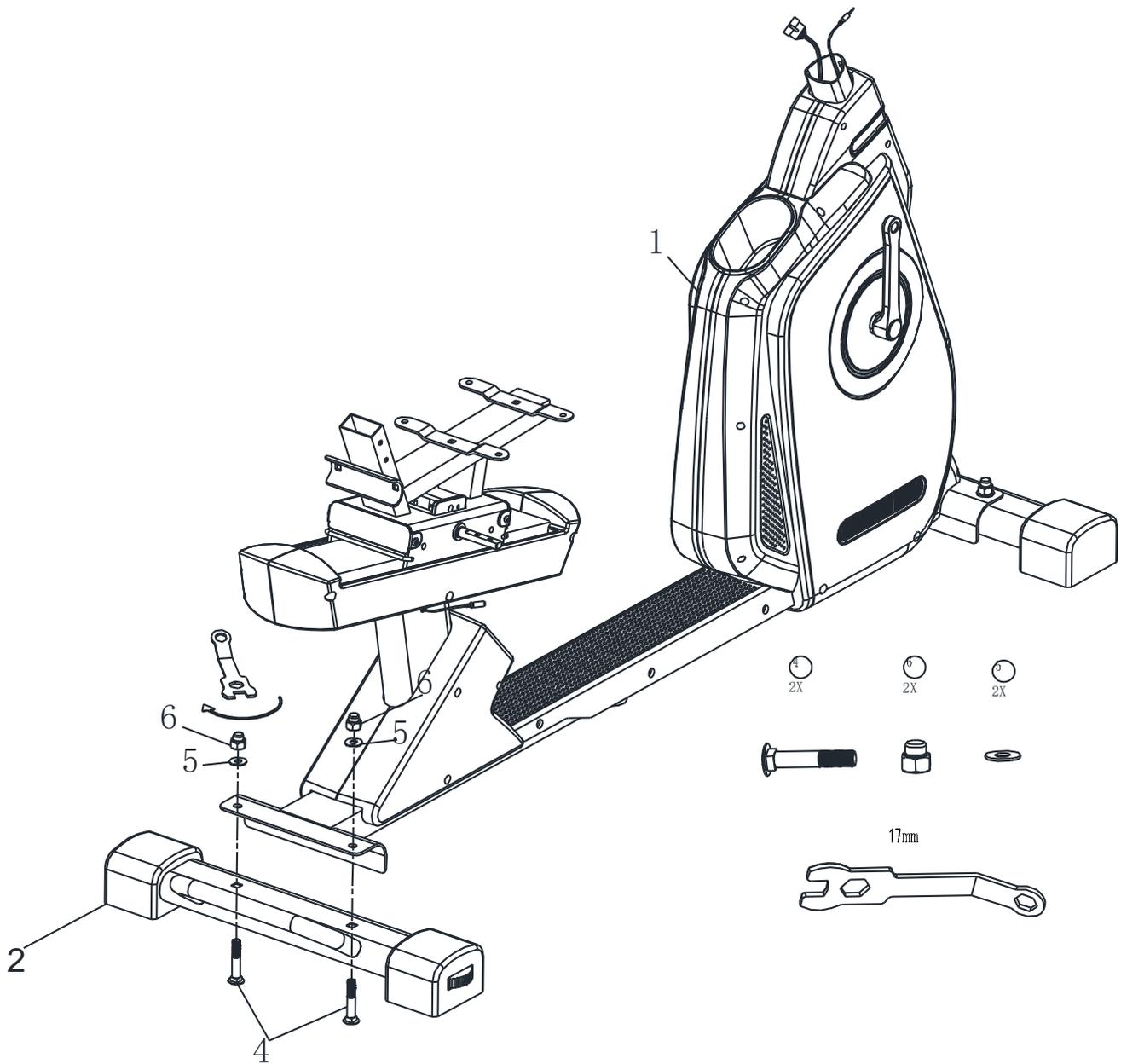
STEP 1

1. Attach the Front Stabilizer (#3) with Carriage Bolts (#4), Flat Washers (#5) and Hex Nuts (#6) to the Main Frame (#1).
2. Thread the Stopper (#24) into the Sliding Frame from the bottom.



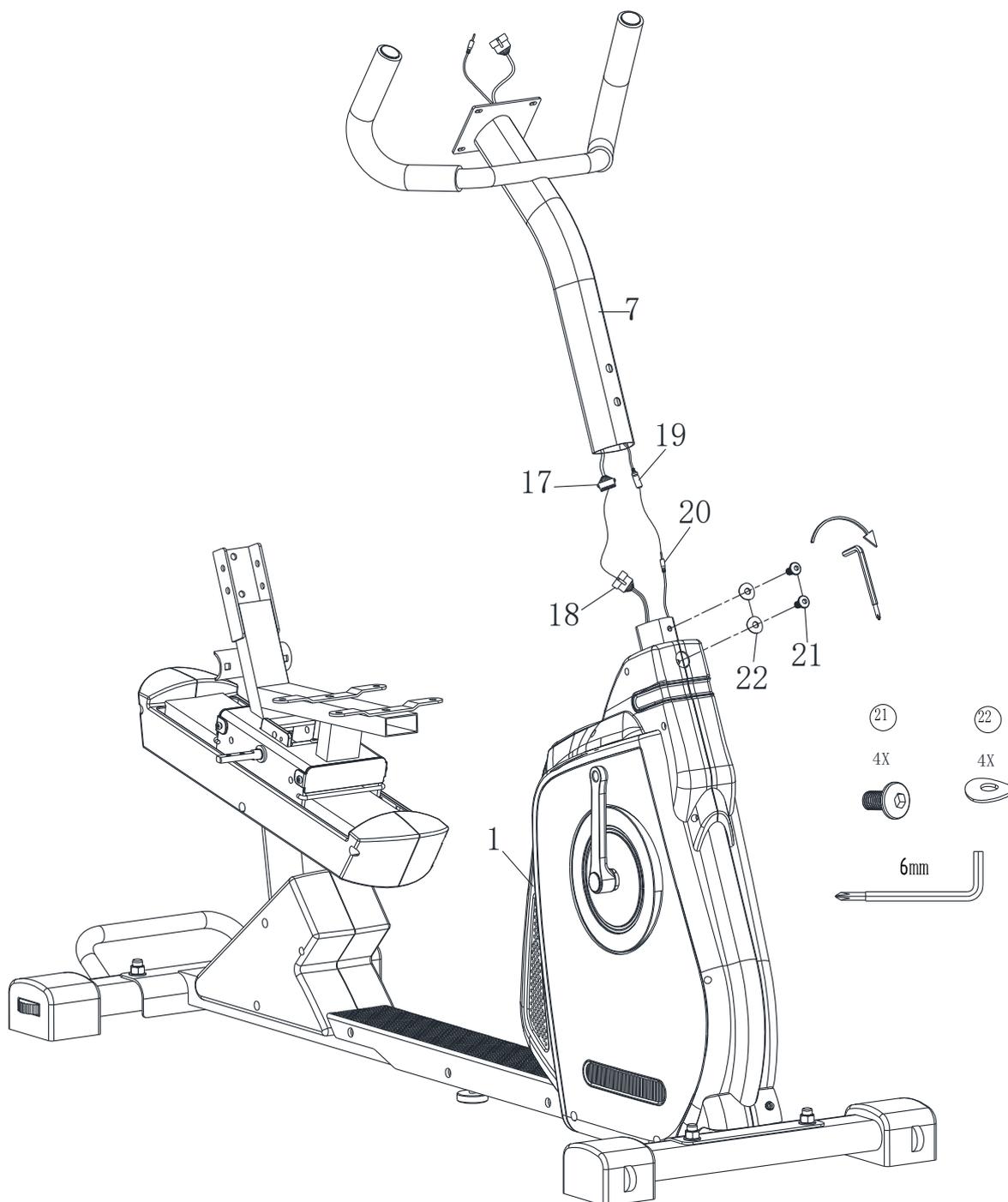
STEP 2

Attach the Rear Stabilizer (#2) with Carriage Bolts (#4), Flat Washers (#5) and Hex Nuts (#6) to the Main Frame.



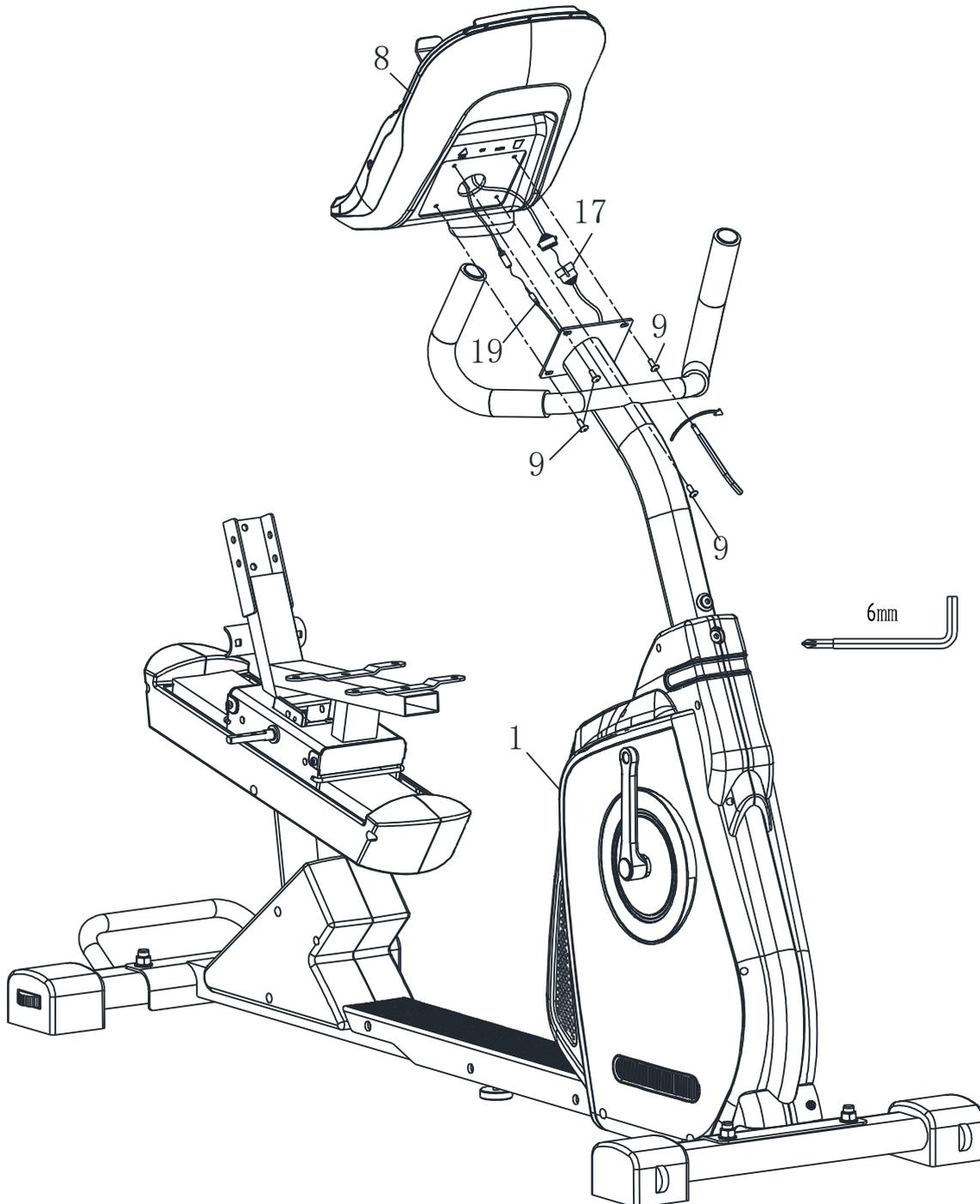
STEP 3

1. Connect Middle computer wire (#17) to the Lower computer wire (#18).
2. Connect Front extension hand pulse wire (#19) with Middle extension hand pulse wire (#20).
3. Attach the Front Post (#7) to the Main Frame, secure with Allen Bolts (#21) and Curved washers (#22).



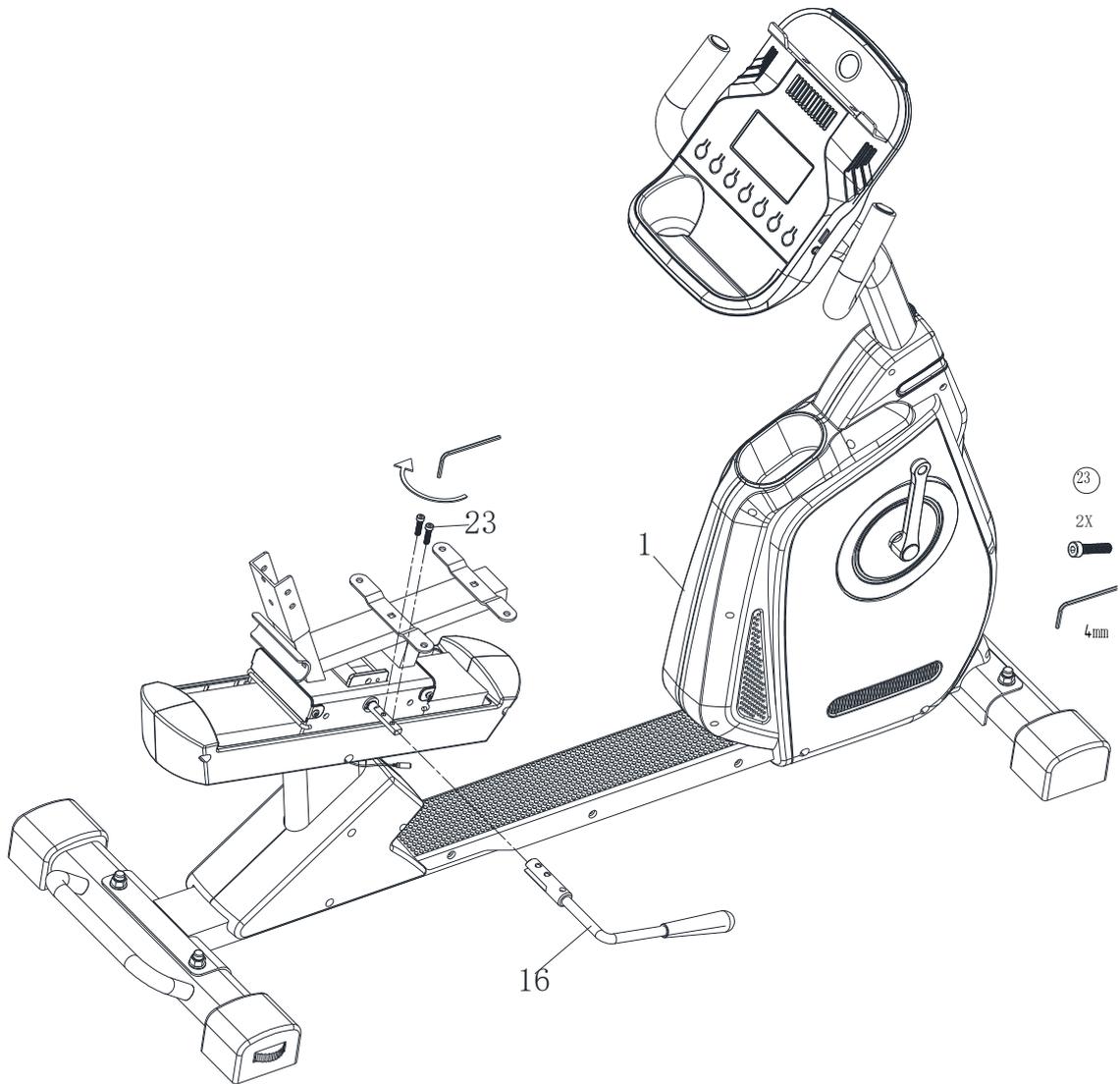
STEP 4

1. Connect the hand pulse wire (#19) to the computer, and computer wire (#17) to the computer.
2. Secure the computer (#8) to the Front post with Screws (pre-assembled on the Computer) (#9).



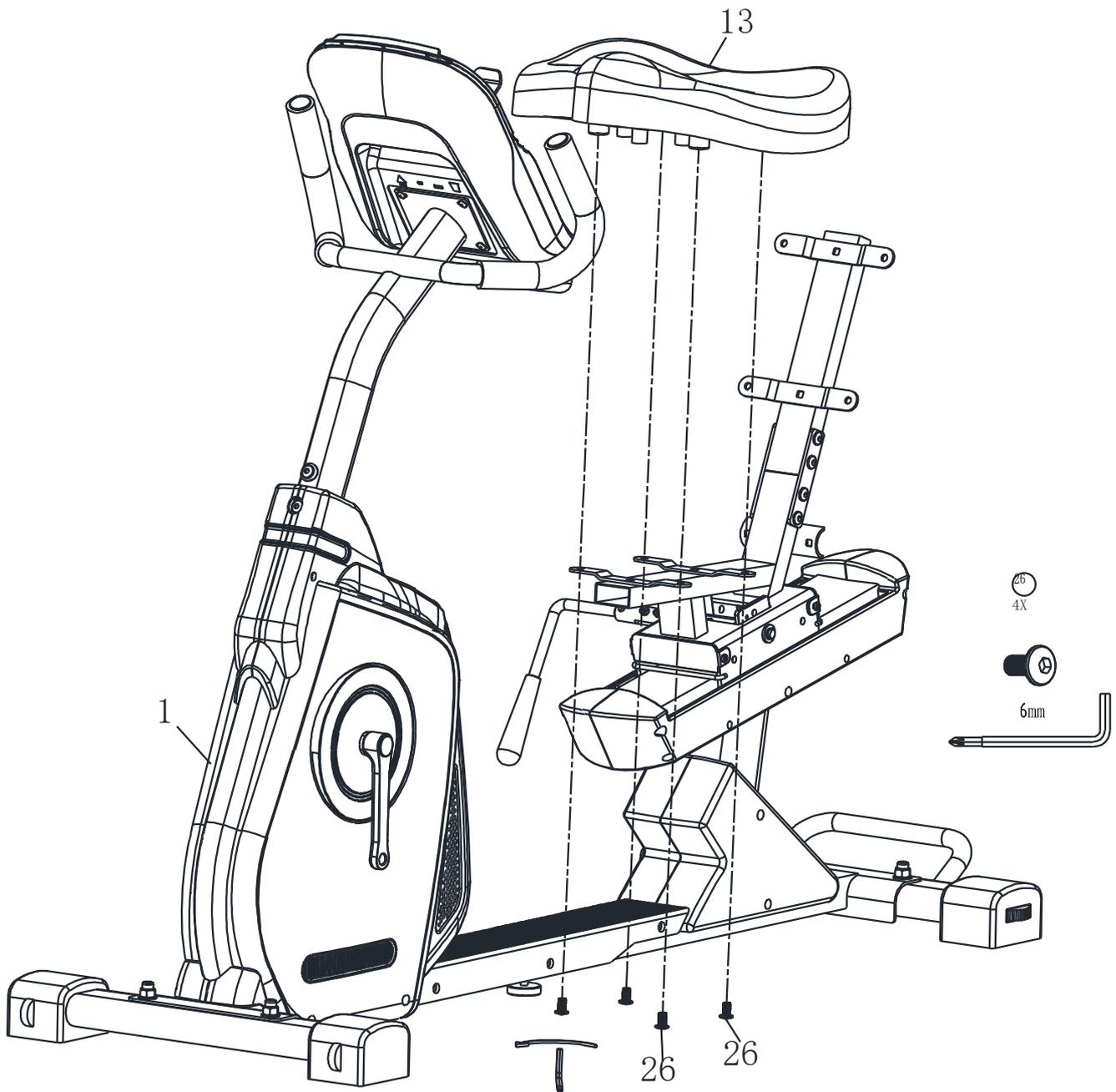
STEP 5

Secure the Quick Release handle (#16) with Round Bolts (#23) to the Rear Sliding Frame.



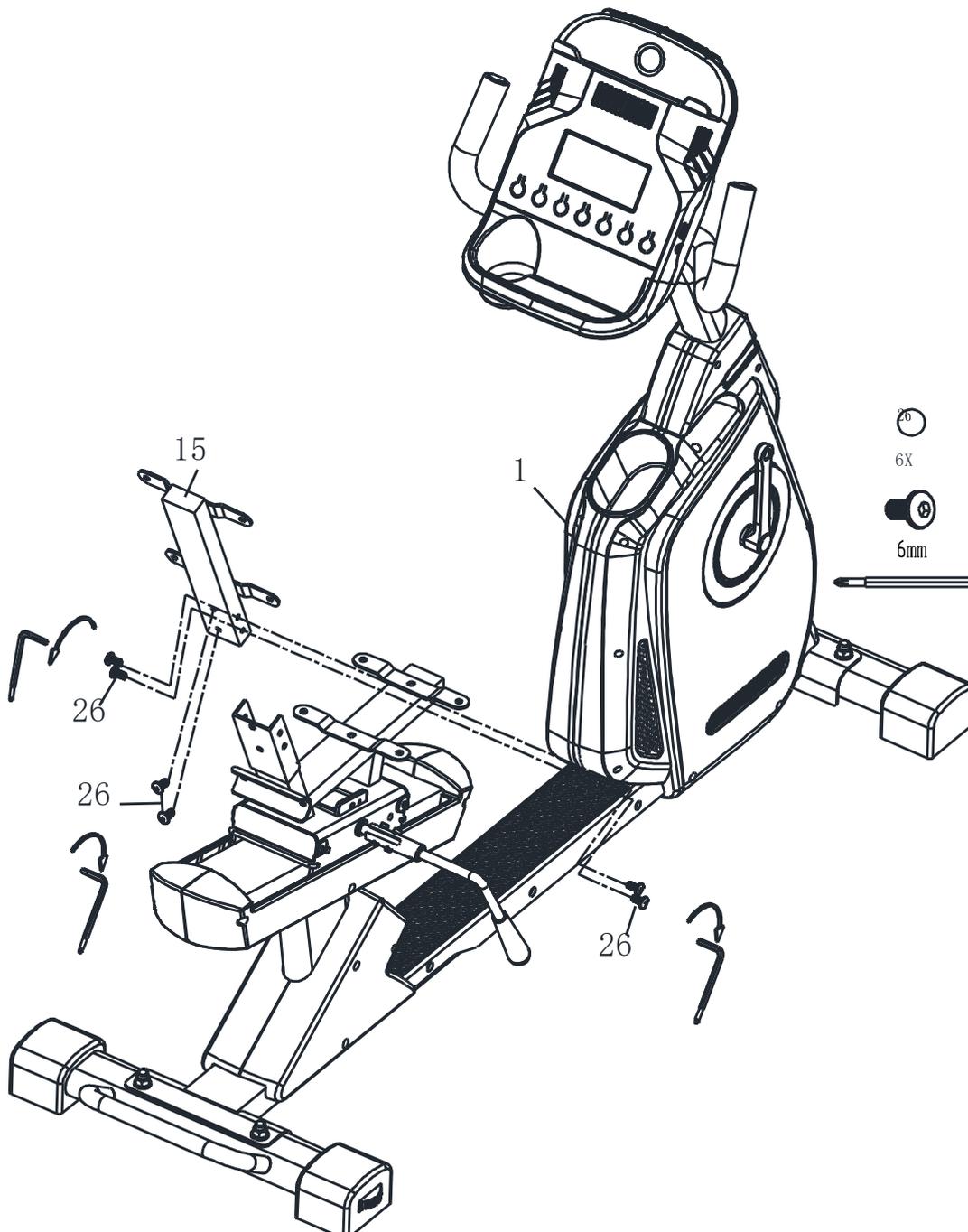
STEP 6

Secure the Seat Pad (#13) to the Main Frame with Allen Bolts (#26).



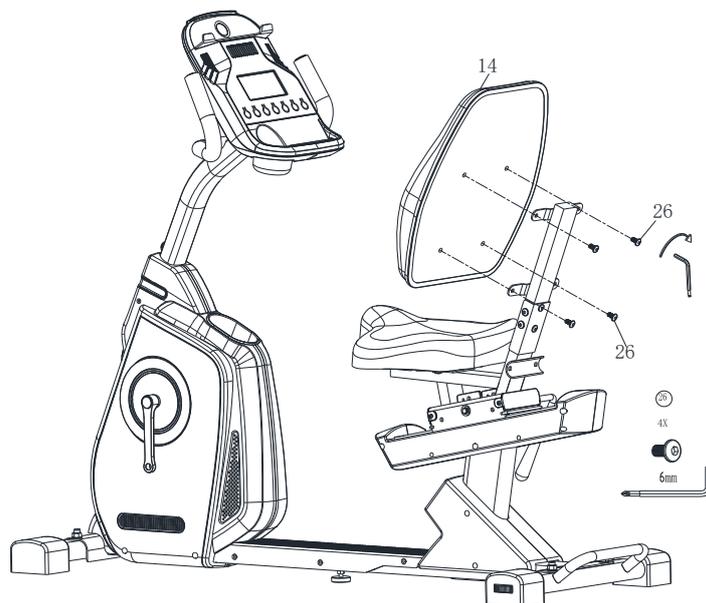
STEP 7

Insert the Backrest Support(#15) to the Rear Sliding Frame, secure with Allen Bolt (#26).



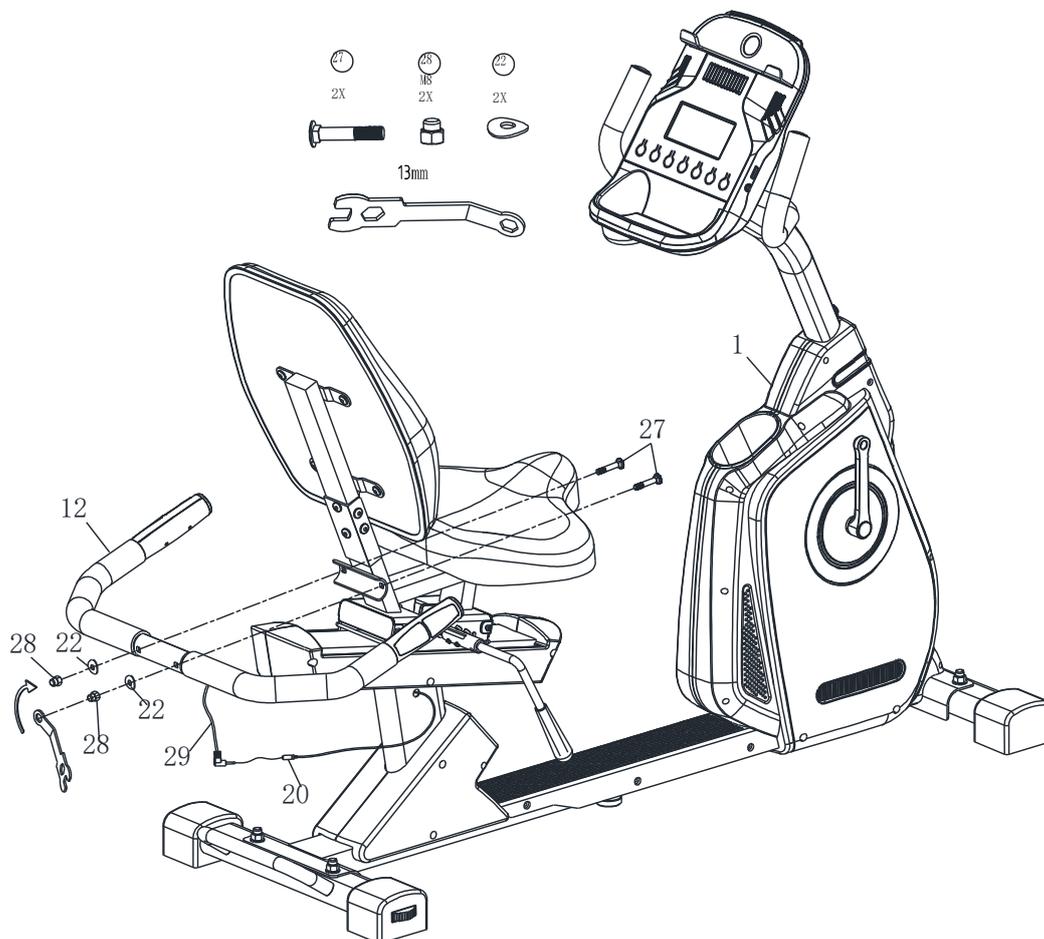
STEP 8

Attach the Backrest board (#14) to the Back Support with Allen Bolts (#26).



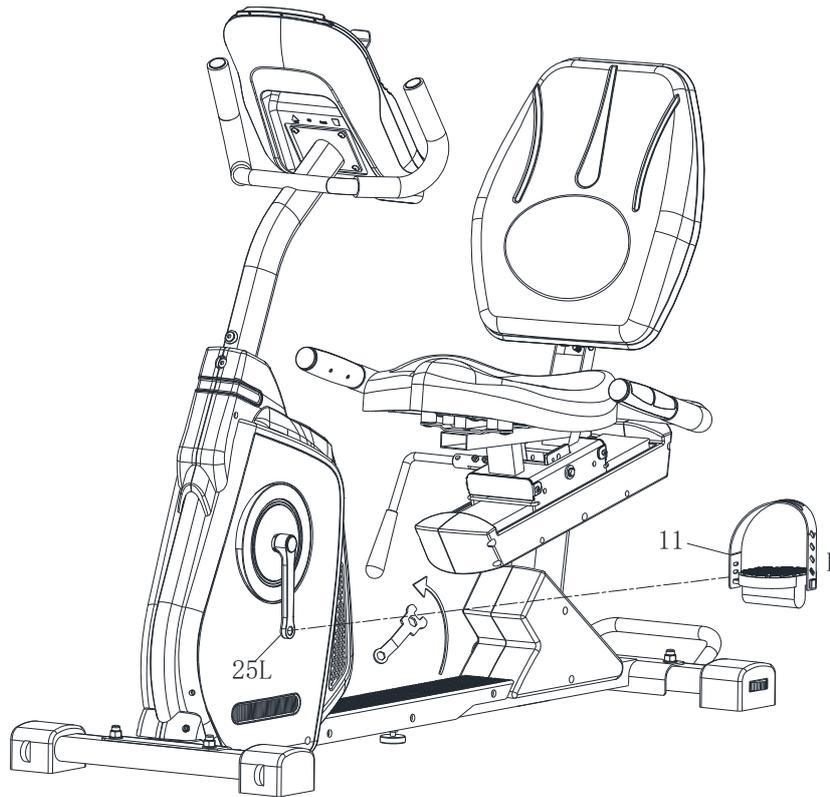
STEP 9

1. Secure the Handlebar (#12) to the back of the Seat with Curved washers (#22) and Hex Nuts (#28).
2. Connect Hand pulse wire (#20) to the Hand pulse wire (#29) on the Handlebar (#29).



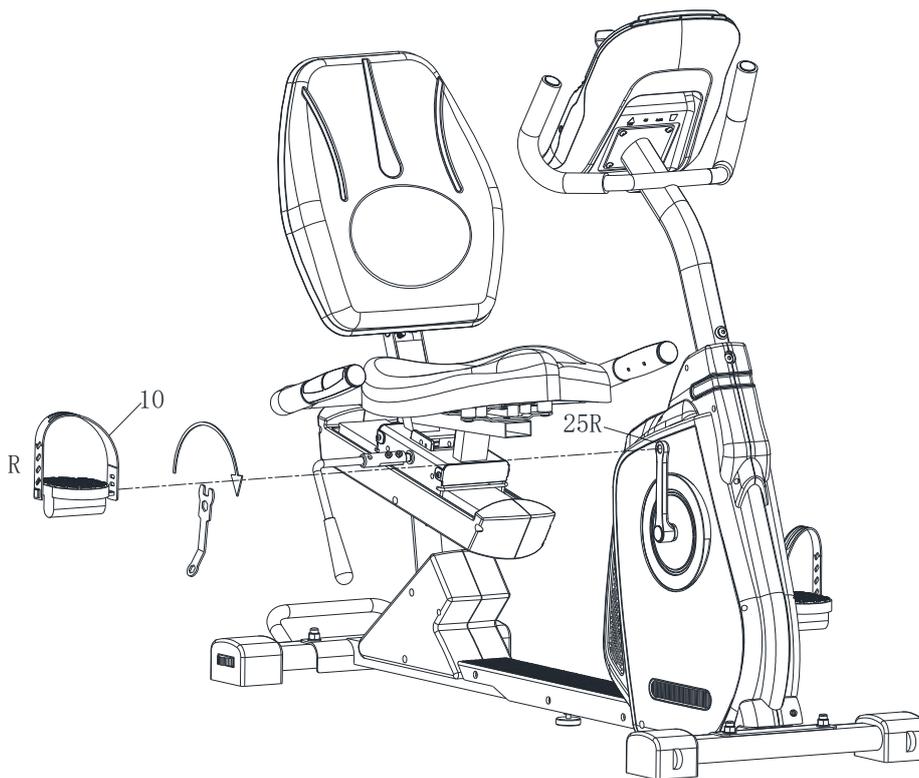
STEP 10

Thread the Left Pedal (#11) to the Left Crank(#25L)



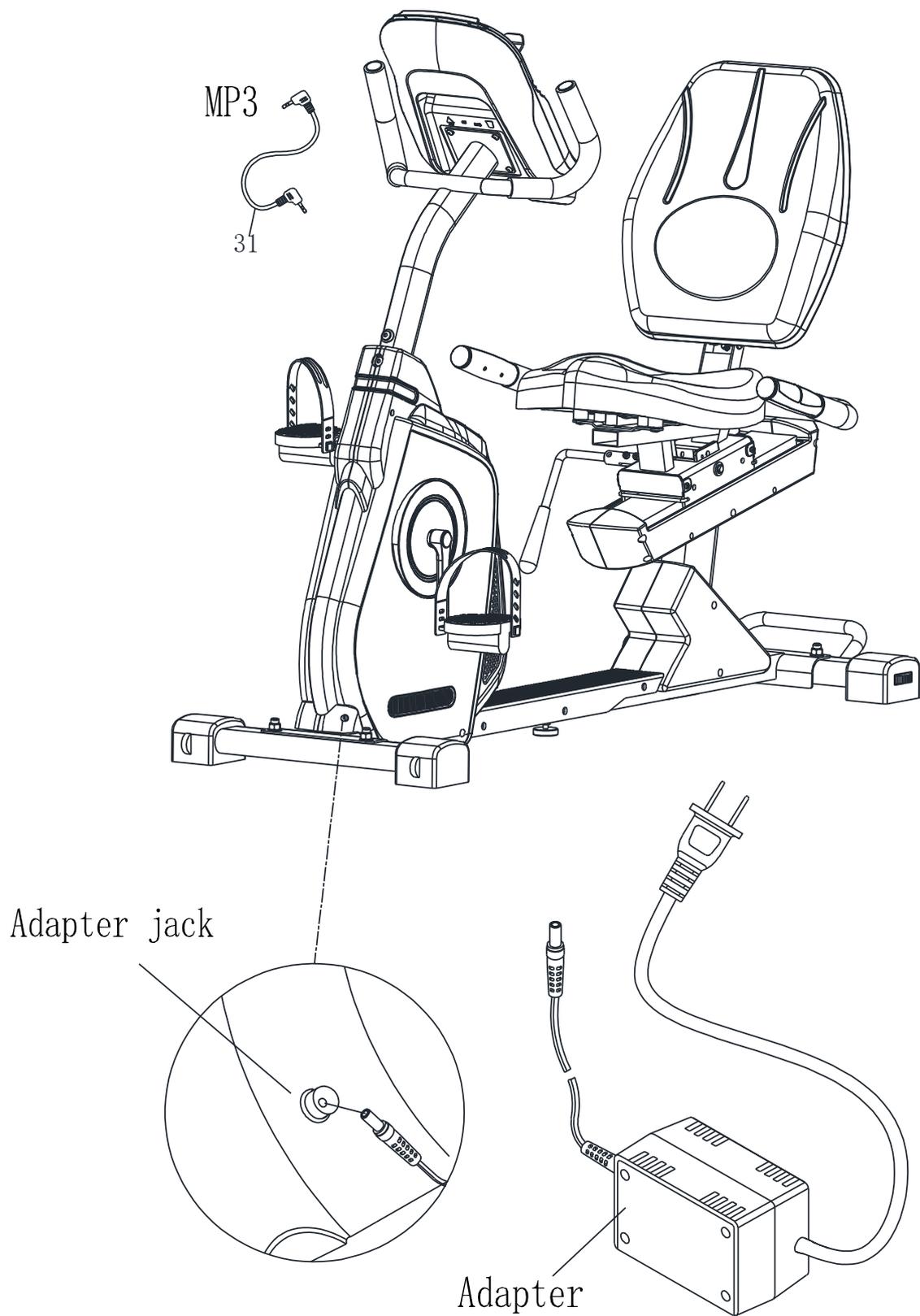
STEP 11

Thread the Right Pedal (#10) to the Right Crank (#25R)



STEP 12

Insert the Adapter to the inlet in the Chain Cover, and the Auxiliary Line to the computer.



AMZ-587R PARTS LIST

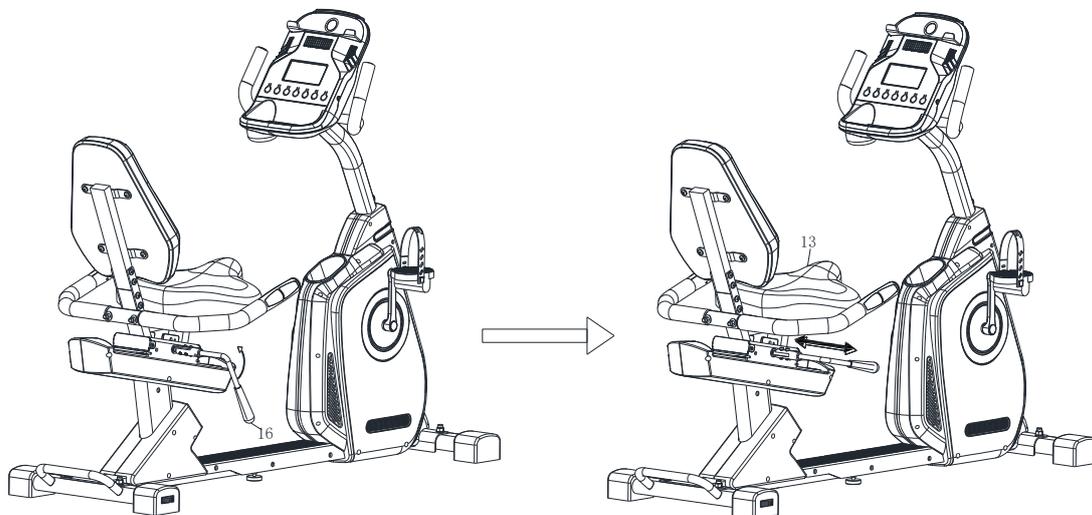
ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Carriage Bolt M10 x 2 $\frac{1}{8}$ "	4
5	Flat Washer	4
6	Hex Nut M10	4
7	Front Post	1
8	Computer	4
9	Screw for computer	4
10	Pedal (Right)	1
11	Pedal (Left)	1
12	Handlebar	1
13	Seat Pad	1
14	Backrest Board	1
15	Backrest Support	1
16	Quick release handle	1
17	Middle computer wire	1
18	Lower computer wire	1
19	Front extension hand pulse wire	1
20	Middle extension hand pulse wire	1
21	Allen bolt M8 x 1"	2
22	Curved washer	4
23	Round Bolt M5 x 1"	2
24	Stopper	1
25	Crank	2
26	Allen Bolt M8 x $\frac{5}{8}$ "	16
27	Carriage Bolt M8 x 2"	2
28	Hex Nut M8	2
29	Hand Pulse Wire	1
30	Adapter	1/1
31	Auxiliary Line	1

CARE, MAINTENANCE AND STORAGE

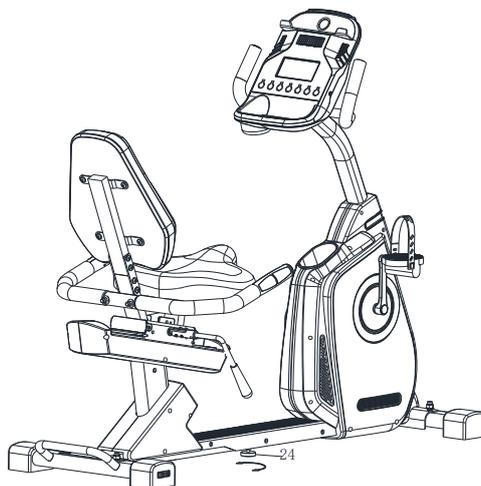
1. Inspect and tighten all parts each time you use the machine. Replace any worn parts immediately.
2. This machine can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.
3. Store the rower IN-DOOR. Excess moisture and water would cause rust on the frame.
4. The rower 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 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 300 lbs.**
8. **Assembled Dimension (L x W x H): 55" x 24.8" x 48.5"**

OPERATING NOTES

1. Adjustment of the Seat position. Pull up on the Quick Release Handle to adjust forward/backward. Push down to lock the seat into position.



2. Thread the Stopper (#24) to ensure the bike is level.



COMPUTER



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
TIME	Count up – With no preset target (time), Time will count up from 00:00 to maximum 99:59 with each increment being 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 second between 00:00 to 99:00.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range 0~15~999
DISTANCE	Accumulates total distance from 0.00 up to 99.99 Miles. The user may preset target distance by using UP/DOWN button. Each preset increment or decrement is 0.1 mile between 0.00 to 99.90.
CALORIES	Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a only for reference for comparison of different exercise sessions and SHOULD NOT be used in medical treatment.)
PULSE	User may set up target pulse from 0 - 30 to 230; and computer buzzer will beep when actual heart rate is over the target value during workout.
WATTS	Display current workout watts. Display range 0~999.
MANUAL	Manual mode workout.
BEGINNER	4 PROGRAM selection.
ADVANCE	4 PROGRAM selection.
SPORTY	4 PROGRAM selection.
CARDIO	Target HR training mode.
WATT PROGRAM	WATT constant training mode.
USB Port	Power only, does not provide data transfer. Use to charge your mobile devices.

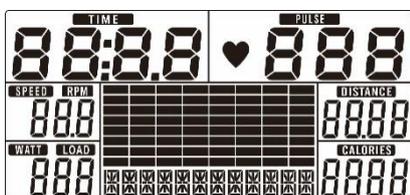
KEY FUNCTION

ITEM	DESCRIPTION
Up Arrow	Increase resistance level Setting selection.
Down Arrow	Decrease resistance level Setting selection.
Mode / Enter	Confirm setting or selection.
Reset	Press and hold for 2 seconds, computer will reboot and start from user setting. Exit to main menu during preset workout value or stop mode.
Start/ Stop	Start or Stop workout.
Recovery	Test heart rate recovery status.
Body fat	In stop mode, press it for body fat measurement.

OPERATION:

POWER ON

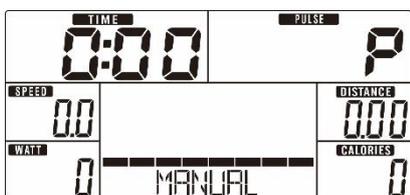
Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



Drawing 1

WORKOUT SELECTION

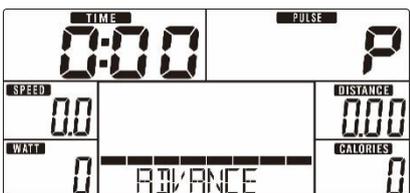
Use UP or DOWN Arrow to select workout: Manual (Drawing 2) → Beginner (Drawing 3) → Advance (Drawing 4) → Sporty (Drawing 5) → Cardio (Drawing 6) → Watt (Drawing 7)



Drawing 2



Drawing 3



Drawing 4



Drawing 5



Drawing 6

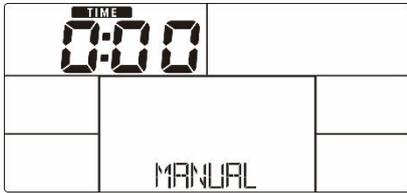


Drawing 7

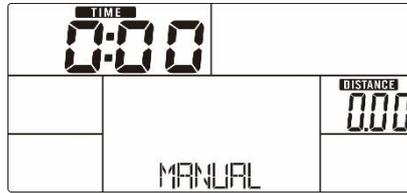
Manual Mode

Press START in main menu may start workout in manual mode.

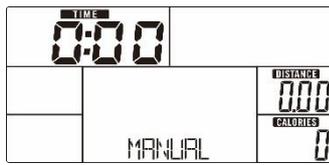
1. Use UP or DOWN Arrow to select workout program, choose Manual and press MODE / ENTER.
2. Use UP or DOWN Arrow to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN Arrow to adjust load level. Load level is displayed in WATT window. If no adjustment is made for 3 seconds, it will switch to display WATT (Drawing 12).
4. Press START/STOP keys to pause workout. Press RESET to exit to main menu.



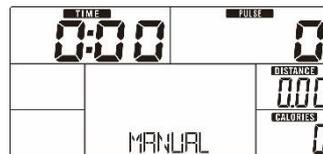
Drawing 8



Drawing 9



Drawing 10



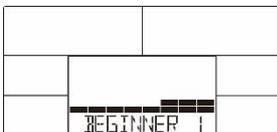
Drawing 11



Drawing 12

Beginner Mode

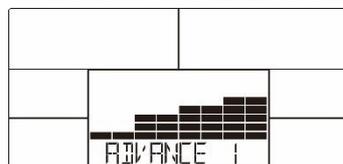
1. Use UP or DOWN Arrow to select workout program, choose Beginner mode and press MODE / ENTER.
2. Use UP or DOWN Arrow to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER.
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to exit to main menu.



Drawing 13

Advance Mode

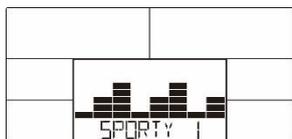
1. Use UP or DOWN Arrow to select workout program, choose Advance mode and press MODE / ENTER.
2. Use UP or DOWN Arrow to select Advance program 1~4 (Drawing 14) and press MODE / ENTER.
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to exit to main menu.



Drawing 14

Sporty Mode

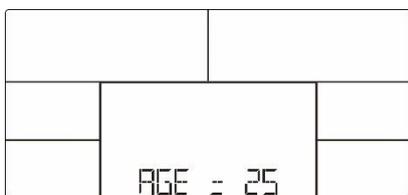
1. Use UP or DOWN Arrow to select workout program, choose Sporty mode and press MODE / ENTER.
2. Use UP or DOWN Arrow to select Sporty program 1~4 (Drawing 15) and press MODE / ENTER.
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust load level.
5. Press START/STOP key to pause workout. Use RESET to exit to main menu.



Drawing 15

Cardio Mode

1. Use UP or DOWN Arrow to select workout program, choose H.R.C. and press MODE / ENTER.
2. Use UP or DOWN Arrow to set Age (Drawing 16).
3. Use UP or DOWN Arrow to select 55%.75%.90% or TAG (TARGET H.R.) (default: 100).
4. Use UP or DOWN Arrow to set workout TIME.
5. Press START/STOP key to start or stop workout. Use RESET to exit to main menu.



Drawing 16



Drawing 17

Watt Mode

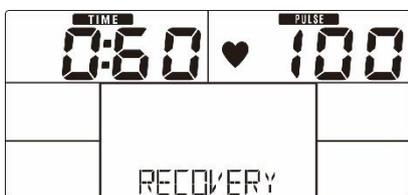
1. Use UP or DOWN Arrow to select workout program, choose WATT and press MODE / ENTER.
2. Use UP or DOWN Arrow to set WATT target. (default: 120, Drawing 18)
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust Watt level.
5. Press START/STOP key to pause workout. Use RESET to exit to main menu.



Drawing 18

RECOVERY

After exercising for a period, keep holding on hand grips or wearing chest strap and press RECOVERY key. All function display will stop except "TIME" starts counting down from 00:60 to 00:00 (Drawing 19). Screen will display your heart rate recovery status with the F1, F2... to F6. F1 is the best, F6 is the worst (Drawing 20). User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)



Drawing 19



Drawing 20

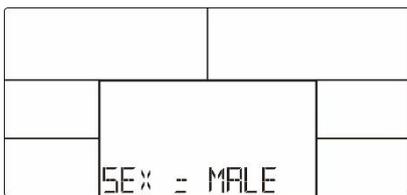
BODY FAT

1. In STOP mode, press the BODY FAT key to start body fat measurement.
2. Console will remind to input user GENDER (Drawing 21), AGE, HEIGHT, WEIGHT, then begin to measure.
3. During measuring, users have to hold both hands on the hand grips. And the LCD will display “= ” “= = ” (Drawing 22)for 8 seconds until computer finish measuring.
4. LCD will display BODY FAT advice symbol, BODY FAT percentage (Drawing 23), BMI (Drawing 24) for 30 seconds.
5. Error message:

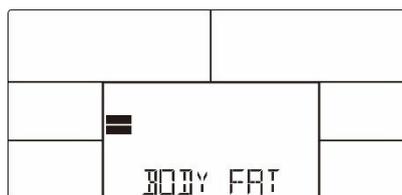
*The LCD displays “= = ” “= = ” (Drawing 25) – means not hand the grip or wear chest strap correctly.

E-1 – There is no heart rate signal input detected.

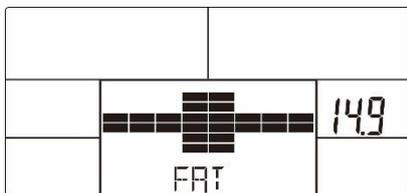
*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



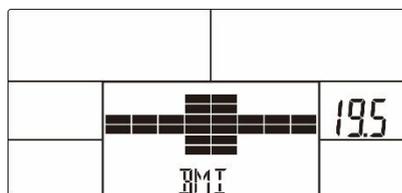
Drawing 21



Drawing 22



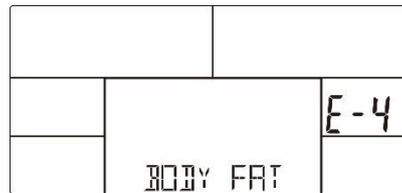
Drawing 23



Drawing 24



Drawing 25



Drawing 26

Noted:

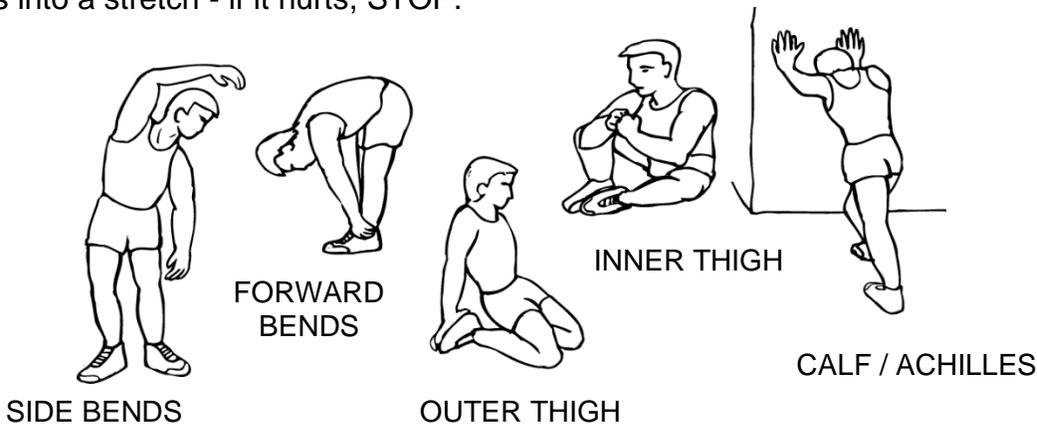
1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

EXERCISE GUIDELINES

Using your **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.

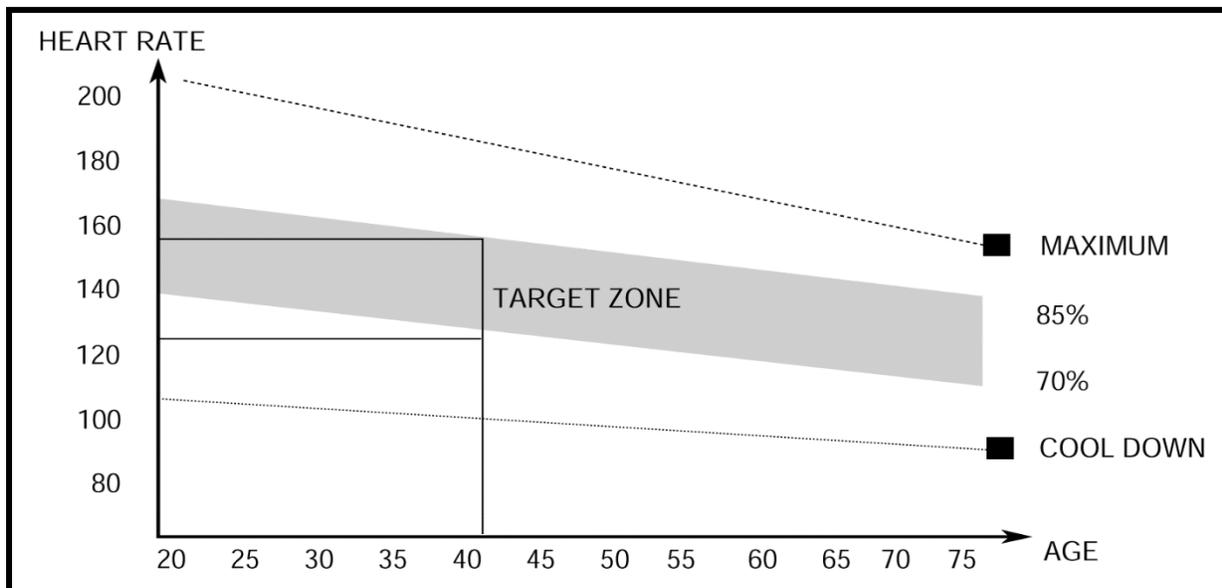
1. The Warm Up Phase

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 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.

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