

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
NS-908UP

Retain This  
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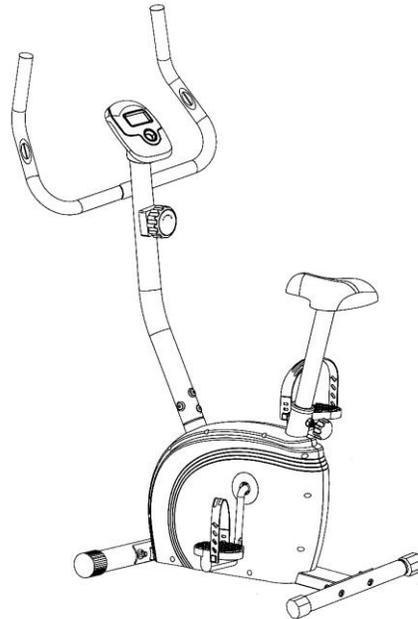
**150206**

OWNER'S  
MANUAL

# IMPEX

## MARCY®

### Magnetic-Resistance Upright Bike/Hand Pulse NS-908UP



**IMPEX® INC.**

2801 S. Towne Ave., Pomona, CA 91766  
Tel: (800) 999-8899 Fax: (626) 961-9966  
[www.impex-fitness.com](http://www.impex-fitness.com)  
[support@impex-fitness.com](mailto:support@impex-fitness.com)

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY® NS-908UP Magnetic Upright Bike with Hand Pulse 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.impex-fitness.com**

**support@impex-fitness.com**

## **IMPORANT SAFETY NOTICE**

### **PRECAUTIONS**

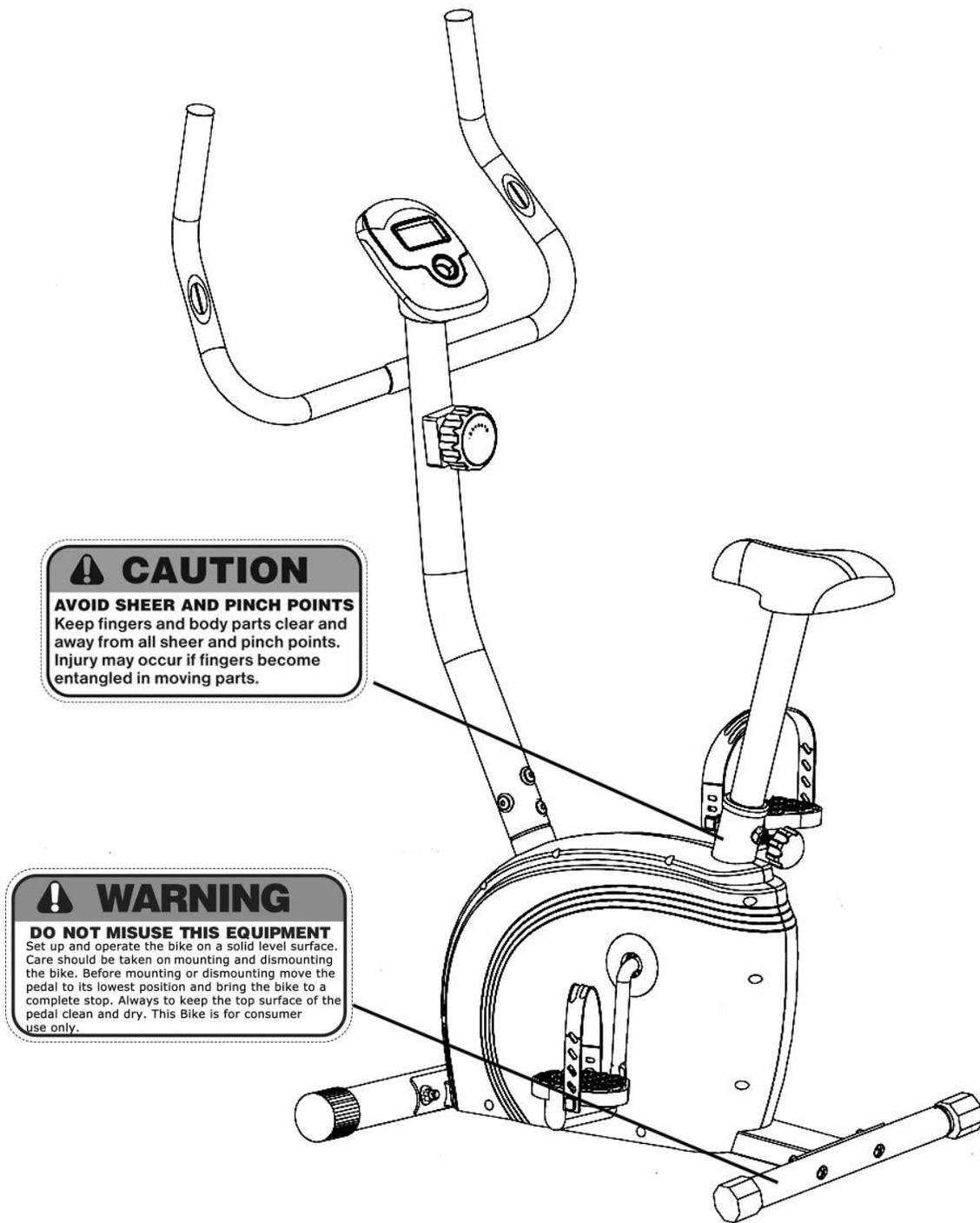
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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 300 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.**

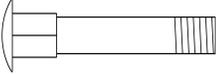
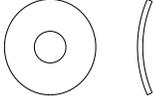
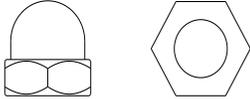
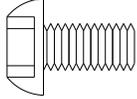
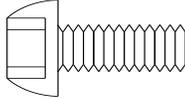
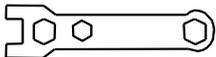
**SAVE THESE INSTRUCTIONS.**

## **WARNING LABEL PLACEMENT**



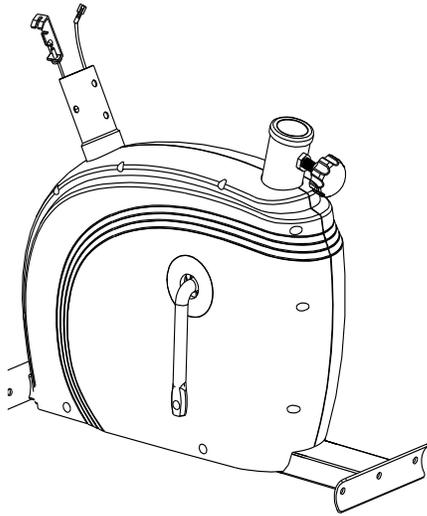
The Warning Label shown here has been placed on the Rear Stabilizer. If the label is missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the label in location shown.

## HARDWARE PACK

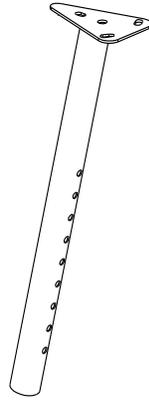
No.	Description	Identifier	Q'ty
6	Carriage Bolt M8 x 2 3/8"		4
7	Curved Washer Ø 5/8"		8
8	Acorn Nut M8		4
17	Allen Bolt M8 x 5/8"		4
28	Allen Bolt M8 x 1 1/8"		2
	Allen Wrench		1
	Crossing Wrench		1

**You need above hardware to assemble this machine. Before start to assemble, please check the hardware pack to make sure they are all included.**

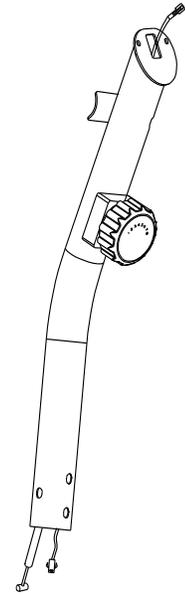
**PRE-ASSEMBLY CHECK LIST**



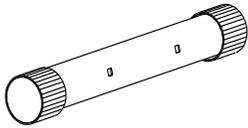
NO. 1



NO. 15



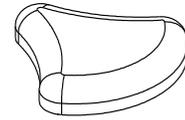
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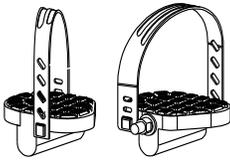
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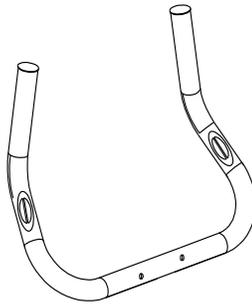
NO. 18



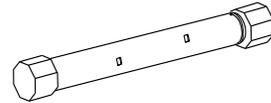
NO. 16



NO. 9/10



NO. 19



NO. 2

**ASSEMBLY INSTRUCTION**

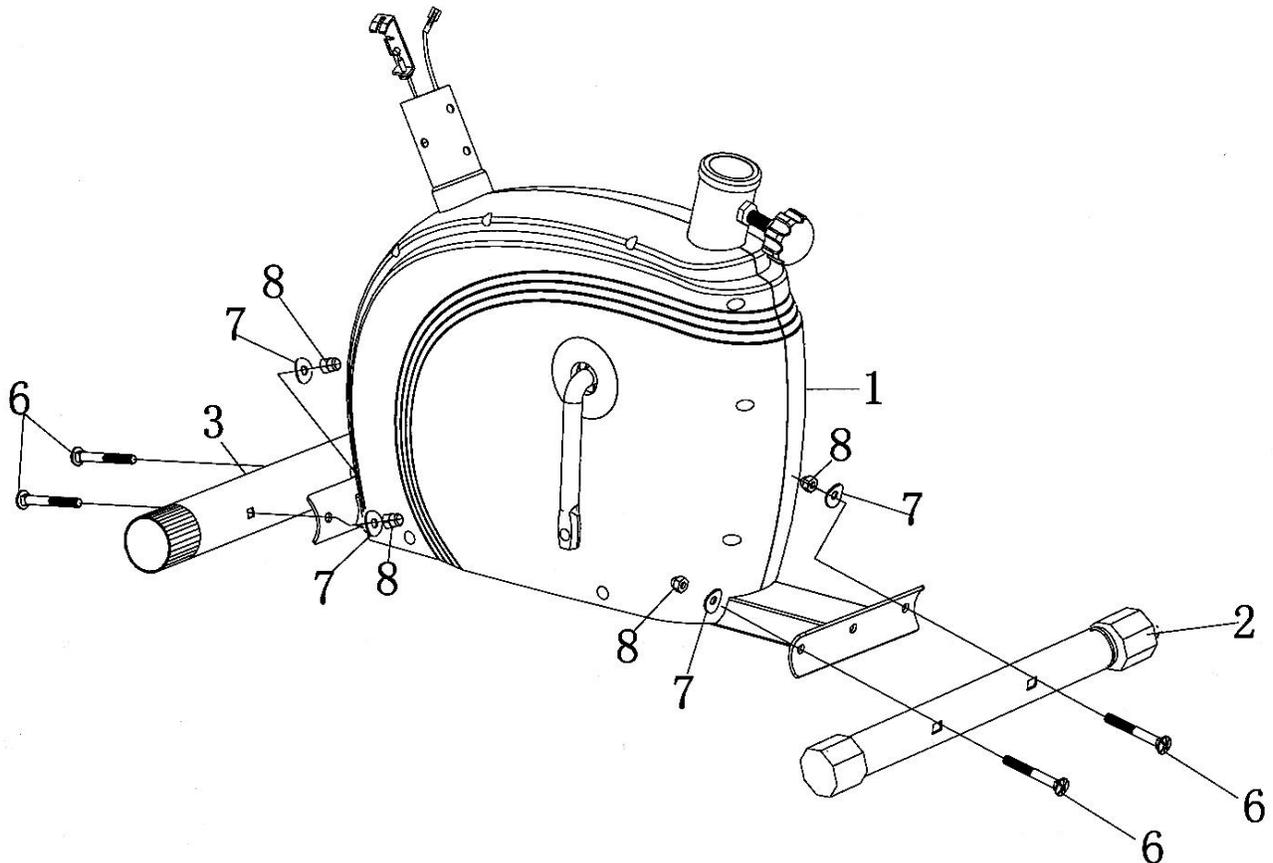
**NOTE:** It is strongly recommended that two or more people assemble this machine to avoid possible injury.

**Tools required for assembling the machine:** Adjustable Wrench and Allen Wrench.

**STEP 1 (See Diagram1)**

- A.) Attach the Front Stabilizer (#3) to the Main Frame (#1). Secure them together with two M8 x 2 3/8" Carriage Bolts (#6), two Ø 5/8" Curved Washers (#7), and two M8 Acorn Nuts (#8).
- B.) Attach the Rear Stabilizer (#2) to Main Frame. Secure them together with two M8 x 2 3/8" Carriage Bolts (#6), two Ø 5/8" Curved Washers (#7), and two M8 Acorn Nuts (#8).

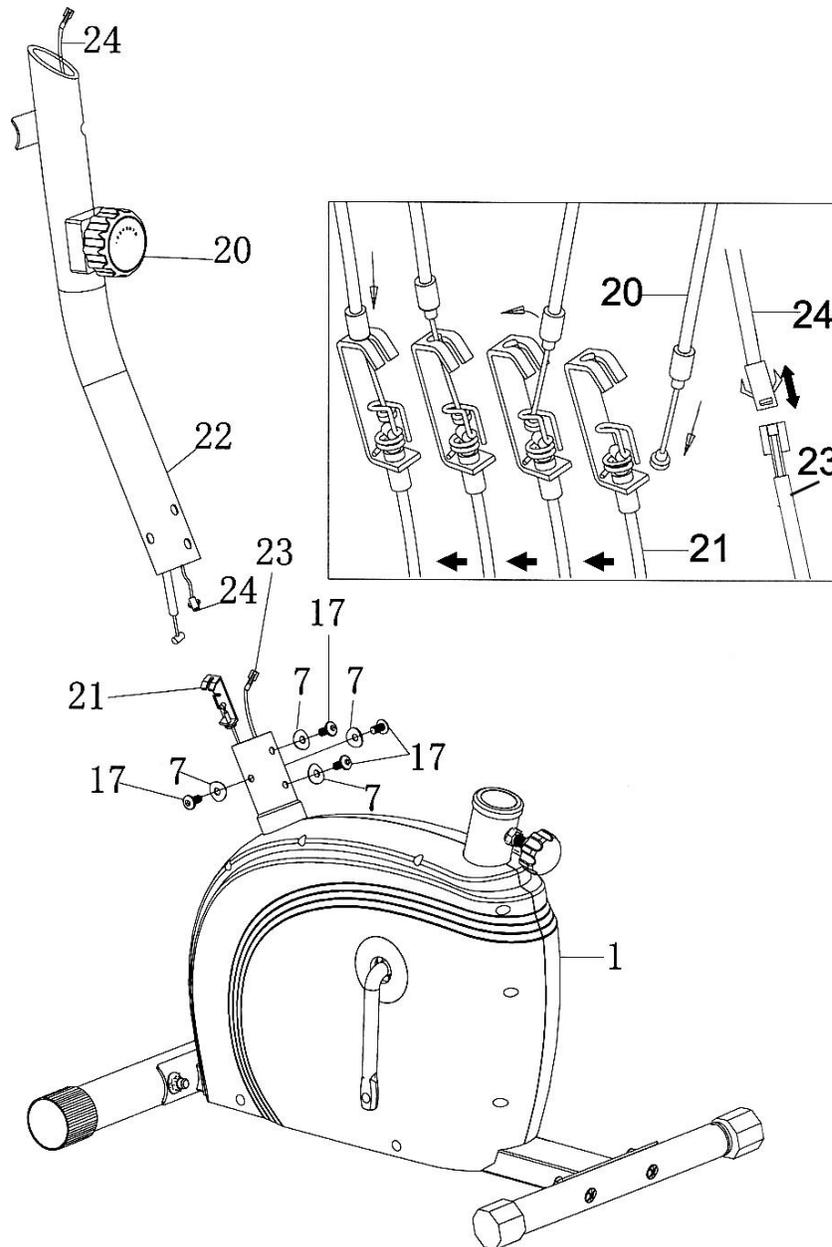
**DIAGRAM 1**



## **STEP 2 (See Diagram 2)**

- A.) **Note: In order to connect the cables and wires, extra help may be needed to hold the Front Post (#22).**
- B.) Connect Upper Computer Wire (#24) to lower computer wire (#23).
- C.) Pull the tension connector from the Upper Tension Cable (#20) and slide in between the opening on the connector holder on the Lower Tension Cable (#21) from the Main Frame (#1). Pull the Upper Tension Cable upward and slide the wire through the slot on the bracket.
- D.) Drop down the Upper Tension Cable so the fitting sits firmly on top of the bracket.
- E.) Secure the Front Post to the Main Frame with four M8 x 5/8" Allen Bolts (#17) and four Ø 5/8" Curved Washers (#7).

## **DIAGRAM 2**

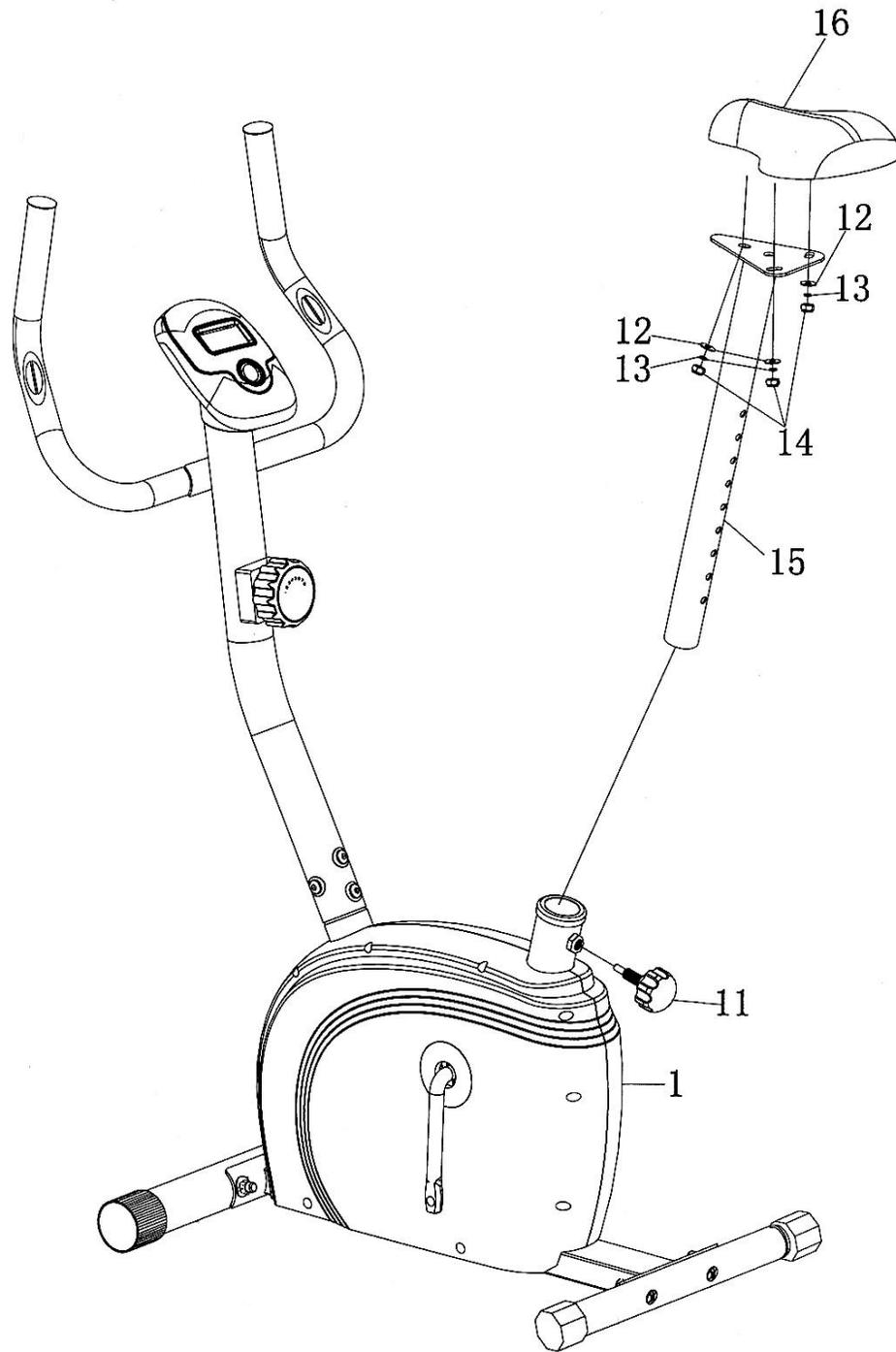


**STEP 3 (See Diagram 3)**

- A.) Attach the Handlebar (#19) to the Front Post (#22). Secure them together with two M8 x 1 1/8" Allen Bolts (#28).
- B.) Insert Pulse Sensor Wires (#25) through Grommet (#26) on Front Post and pull the Pulse Sensor Wire out of Front Post. Connect Upper Computer Wire from Computer (#18) to the Upper Computer Wire (#24).
- C.) Attach the Computer (18) to the Front Post (#22) with two M5 x 3/8" Philips Screws which are pre-assembled on Computer .

**DIAGRAM 3**

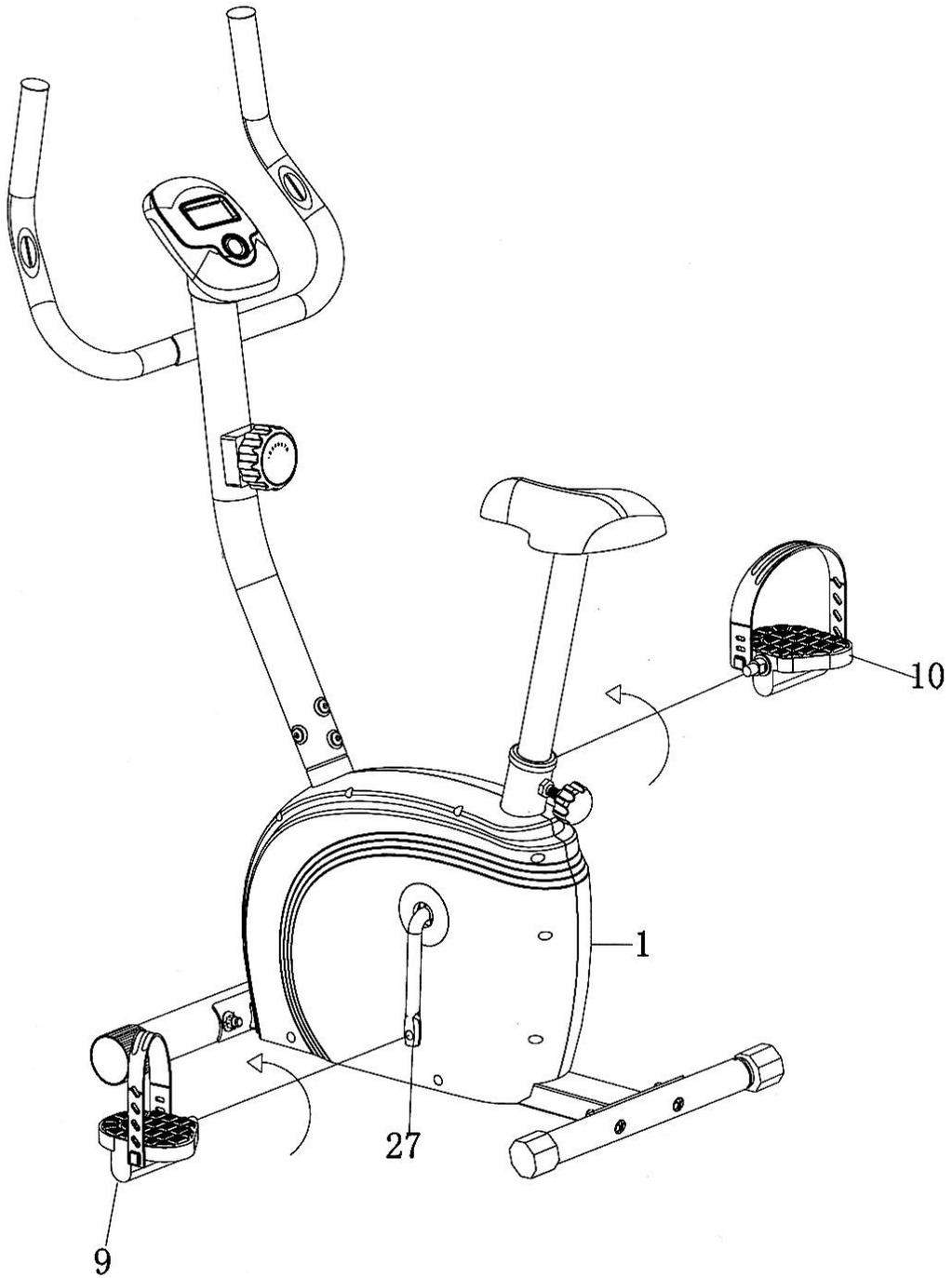




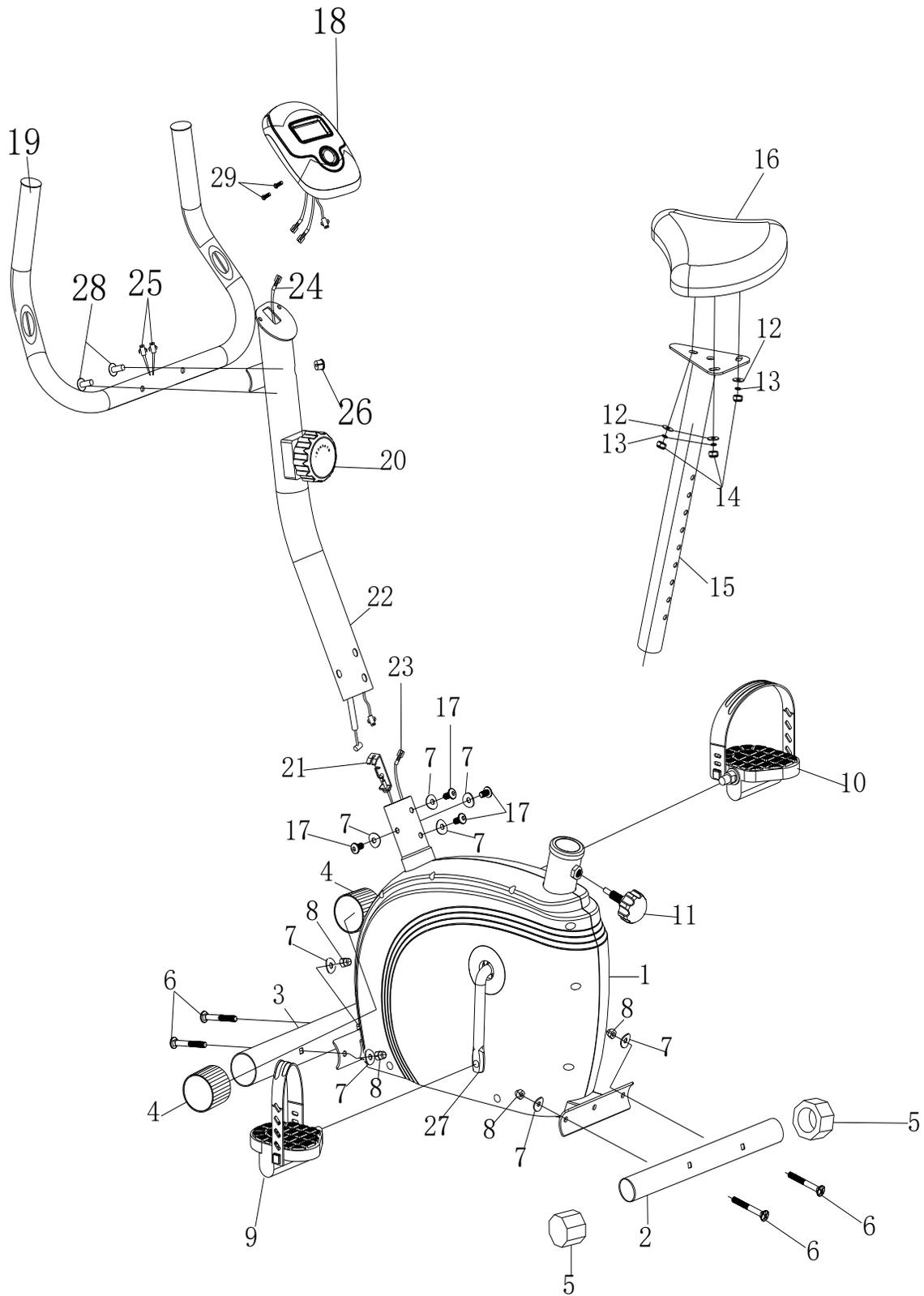
**STEP 5 (See Diagram 5)**

- A.) Thread the Left Pedal (#9) counterclockwise into the Crank (#27).
- B.) Thread the Right Pedal (#10) clockwise into the Crank on the other side.

**DIAGRAM 5**



**NS-908UP EXPLODED DIAGRAM**



**NS-908UP PARTS LIST**

<b>PART NO.</b>	<b>DESCRIPTION</b>	<b>SPEC.</b>	<b>QUANTITY</b>
1	Main Frame		1
2	Rear Stabilizer		1
3	Front Stabilizer		1
4	Front Stabilizer End Cap		2
5	Rear Stabilizer End Cap		2
6	Carriage Bolt	M8 x 2 3/8"	4
7	Curved Washer	Ø 5/8"	8
8	Acorn Nut	M8	4
9	Left Pedal		1
10	Right Pedal		1
11	Quick Release Knob		1
12	Washer	Ø 5/8"	3
13	Lock Washer	Ø 5/8"	3
14	Nylon Nut	M8	4
15	Seat Post		1
16	Seat Pad		1
17	Allen Bolt	M8 x 5/8"	4
18	Computer		2
19	Handlebar		1
20	Upper Tension Cable/Tension Knob		1
21	Lower Tension Cable		1
22	Front Post		1
23	Lower Computer Wire		1
24	Upper Computer Wire		1
25	Pulse Sensor Wire		2
26	Grommet		1
27	Crank		1
28	Allen Bolt	M8 x 1 1/8"	2
29	Philips Screws	M5 x 3/8"	2

## **NS-908UP COMPUTER**



**FUNCTIONAL BUTTON:**

**MODE/RESET – Push down to select functions.**

**-Push down to reset time, distance and calories for 3 seconds.**

1. **SCAN:** Press MODE button until “▼” appears at SCAN position, monitor will rotate through the following functions: time, speed, distance and calorie, each display will be hold 4 seconds.
2. **TIME :** Count the total time from exercise start to end.
3. **SPEED:** Display current speed.
4. **DIST:** Count the distance from exercise start to end.
5. **CALORIES:** Count the total calories from exercise start to end.
6. **ODO :** monitor will display the total accumulated distance.
7. **Pulse:** Display the heart pulse per minute during exercises.
  - a. Consult your physician to determine your normal resting heart rate Pulse Value. The default value is 72.

**SPECIFICATIONS:**

FUNCTION	AUTO SCAN	Every 4 seconds
	TIME	00:00~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 99.9 Miles/H
	TRIP DISTANCE	0.00~99.99 Miles
	CALORIES	0.1~999 CAL
	ODO	0~9999 Miles
	Pulse Rate	40~206 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –3
OPERATING TEMPERATURE		32°F ~ +102°F
STORAGE TEMPERATURE		14°F ~ +140°F

**CARE, MAINTENANCE AND STORAGE**

1. Inspect and tighten all parts each time you use the machine. 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 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: 33.5" x 18.5" x 47"**

## **OPERATING NOTES**

### **ADJUSTMENT**

1. Use the Tension Knob on Front Post to adjust the resistance for exercise.
2. The seat can be adjusted for 9 different height ranges 26" to 36". Use the Quick Release Knob to hold the Seat at selected height.
3. The seat adjustment is in approximately 1 1/8" increment.

### **TRANSPORT**

The Bike has a pair of Roller Caps on Front Stabilizer.

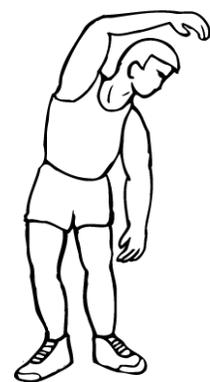
To move, carefully raise the Handle and Rear Stabilizer up from floor, and roll.

## EXERCISE INSTRUCTIONS

Using your **MAGNETIC UPRIGHT** 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.



SIDE BENDS



FORWARD BENDS



OUTER THIGH



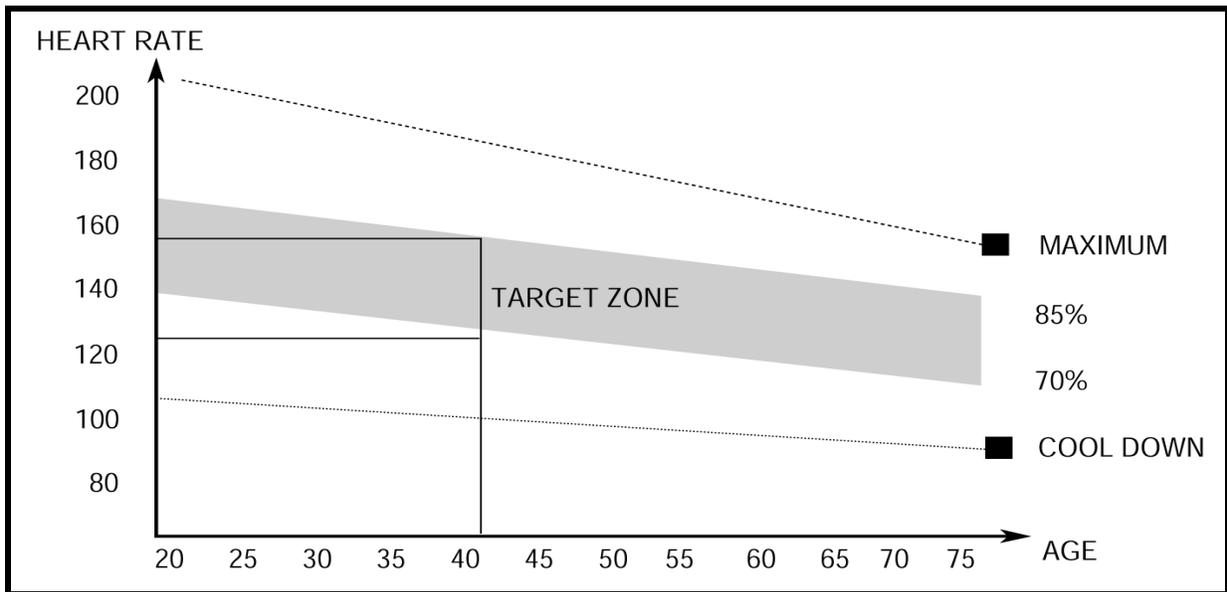
INNER THIGH



CALF / ACHILLES

### 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 target 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** 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](http://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.

**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