

NOTE:  
Please read all  
instructions carefully  
before using this product

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Model  
AMZ-594U

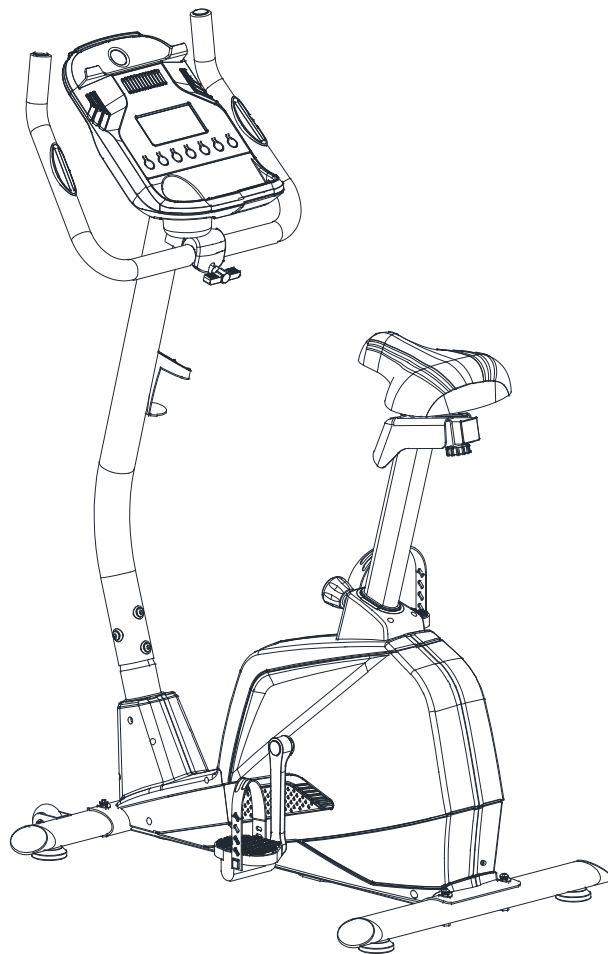
Retain This  
Manual for  
Reference

190701

**ASSEMBLY &  
OWNER'S  
MANUAL**

# **CIRCUIT FITNESS**

## **Magnetic Resistance Upright Bike AMZ-594U**



**IMPEX® INC.**

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

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

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

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## BEFORE YOU BEGIN

Thank you for selecting the CIRCUIT FITNESS Magnetic Resistance Upright Bike 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

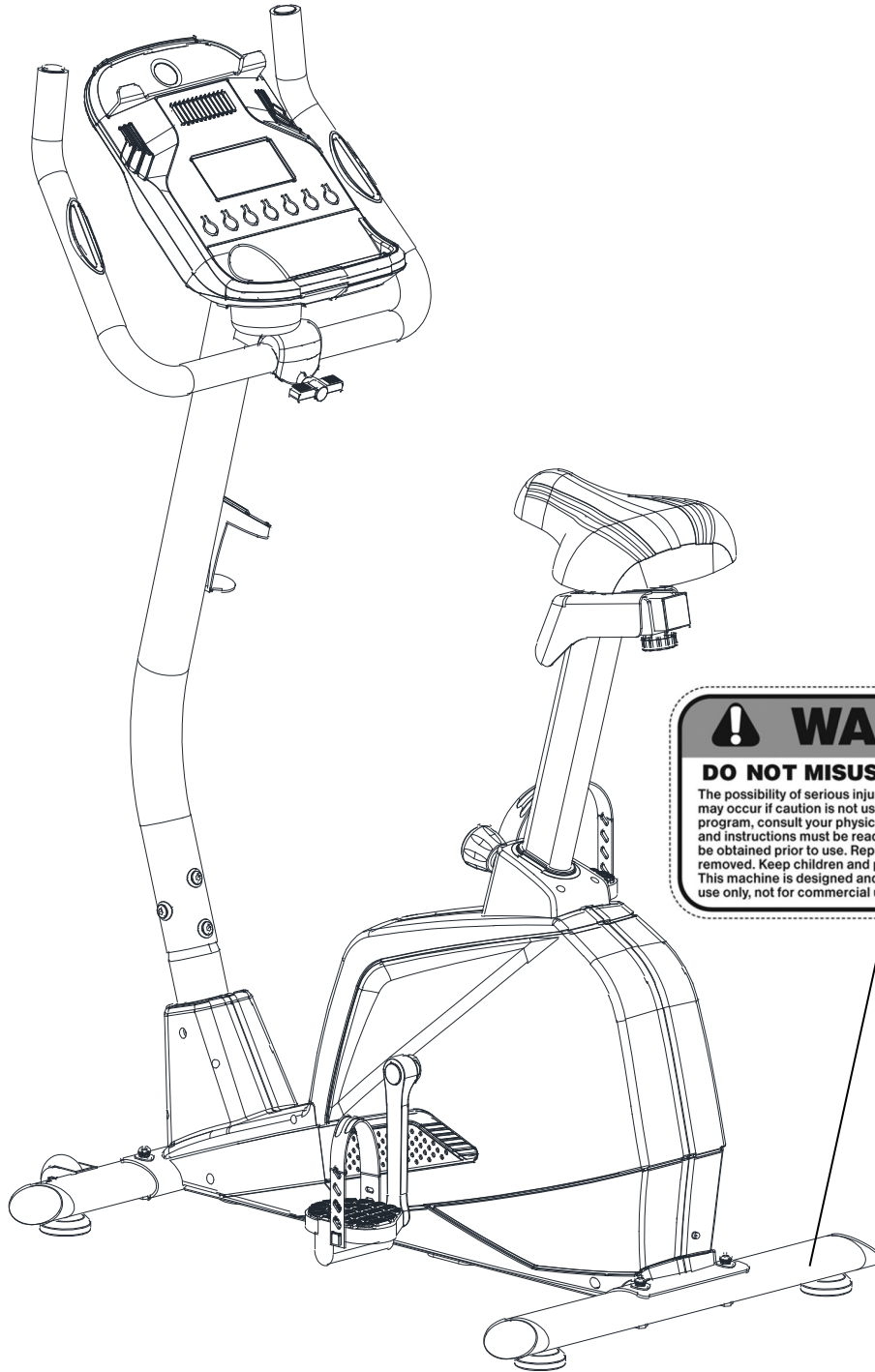
### **PRECAUTIONS**

This exercise 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.**

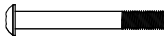



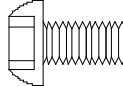


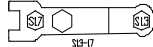
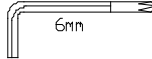
## WARNING LABEL PLACEMENT



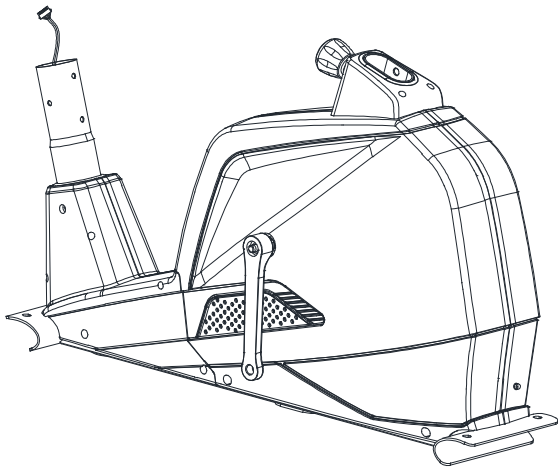
The Warning Labels shown here has been placed on the Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

## HARDWARE PACK

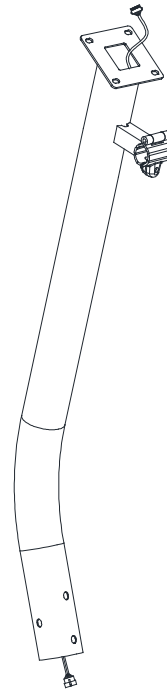
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.

NO.	Description	Qty	Drawings
6	Allen Bolt M8*2 1/8	4	
7	Curved Washer Φ8xΦ3/4	8	
8	Spring washer	4	
11	Quick Release Knob	1	
17	Allen Bolt M8x 5/8"	4	
27	Locking Knob	1	
28	Recovery Cover	1	
	Allen wrench	1	
	Allen key 6mm	1	

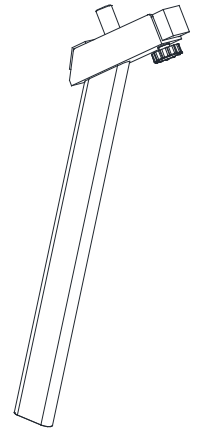
## COMPONENTS FOR ASSEMBLY



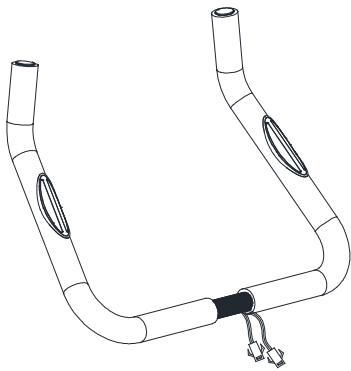
NO. 1



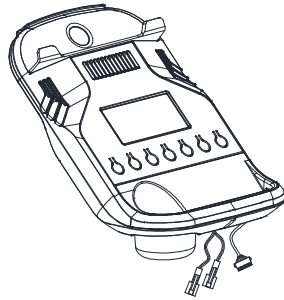
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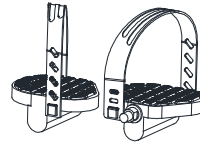
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NO. 19



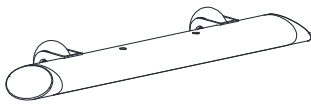
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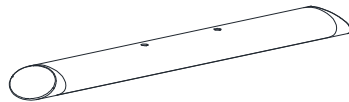
NO. 9/10



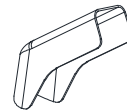
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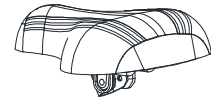
NO. 3



NO. 2



NO. 31



NO. 16

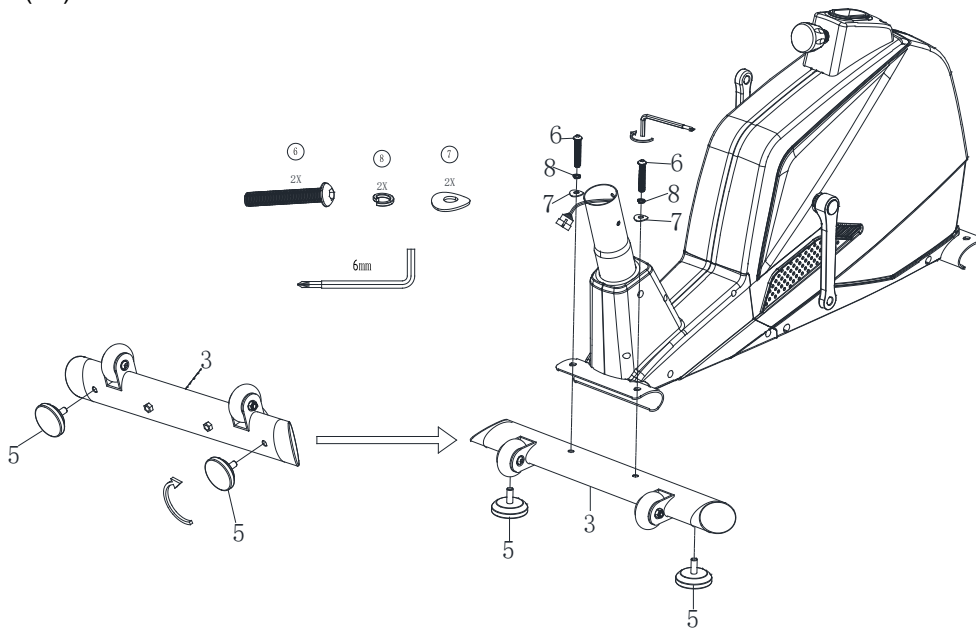
## ASSEMBLY INSTRUCTION

- **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.

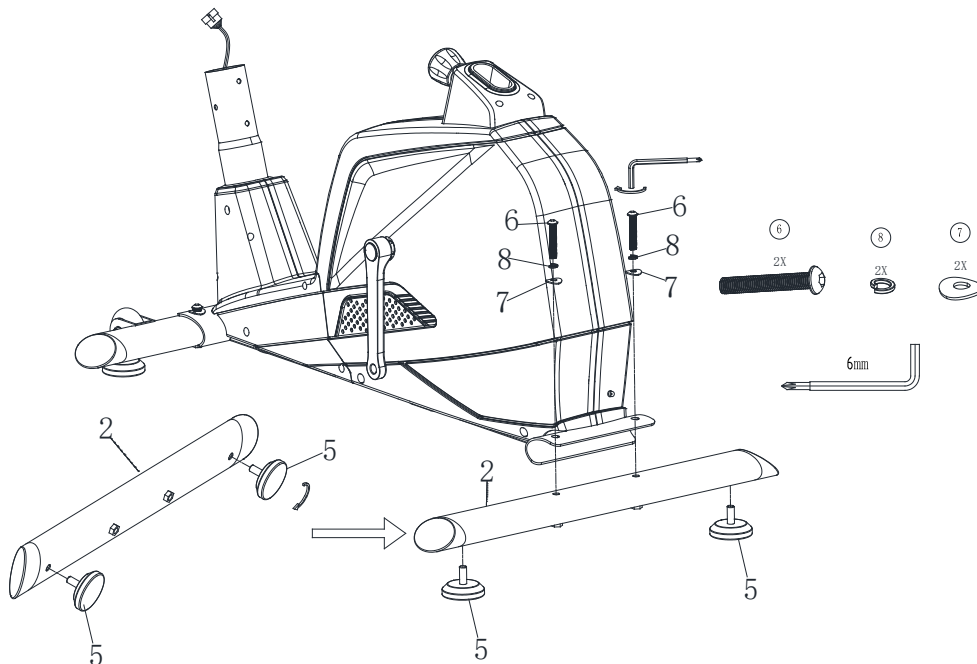
### STEP-1

1. Thread the Stopper (#5) to the Front Stabilizer (#3).
2. Attach the Front Stabilizer (#3) to the main frame with two Allen bolts (#6), Curved washers (#7), Locking Washers (#8).



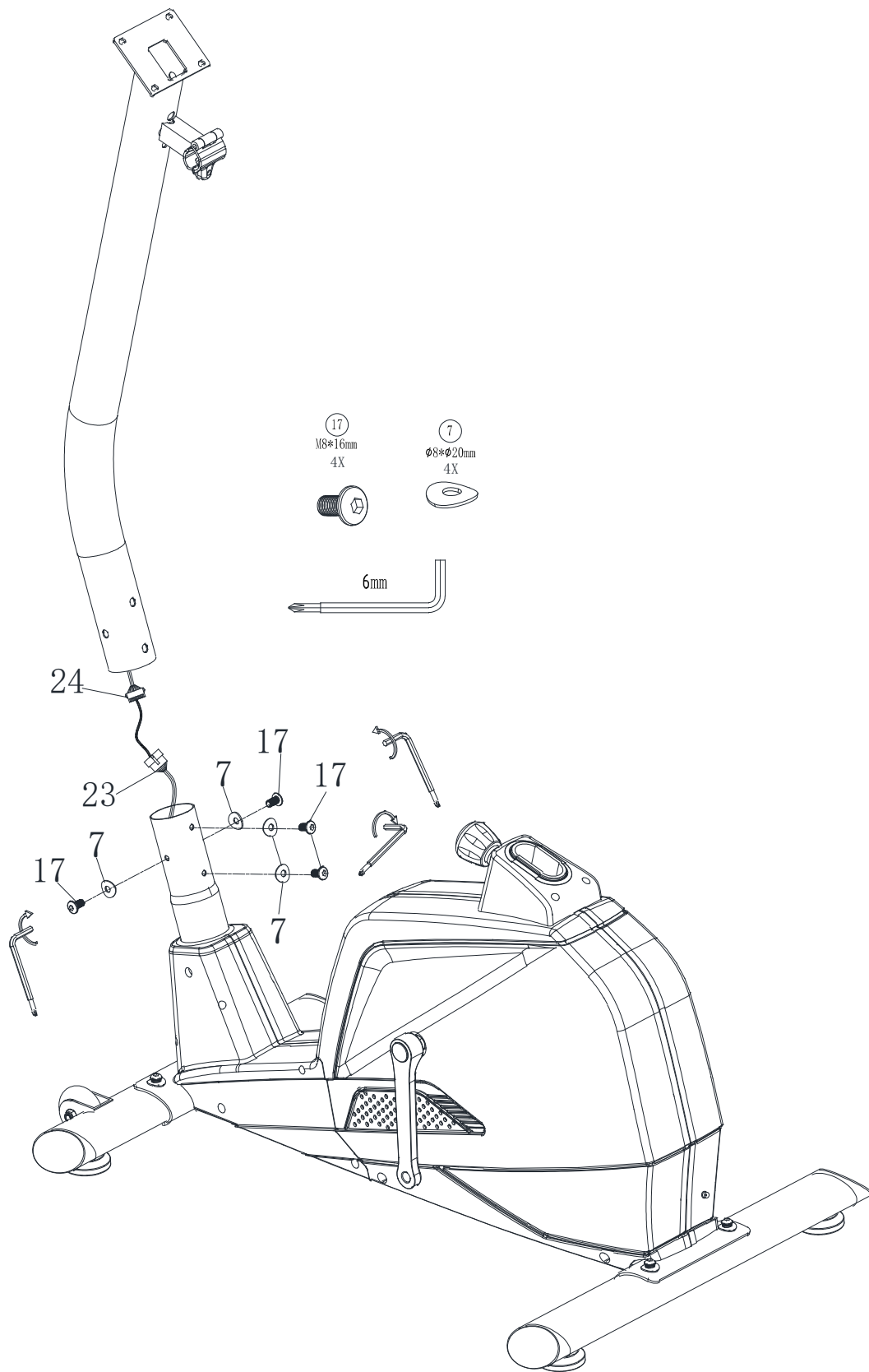
### STEP-2

1. Thread the Stopper (#5) to the Rear Stabilizer (#2).
2. Attach the Rear Stabilizer (#2) to the main frame with two Allen bolts (#6), Curved washers (#7), Locking Washers (#8).



### STEP-3

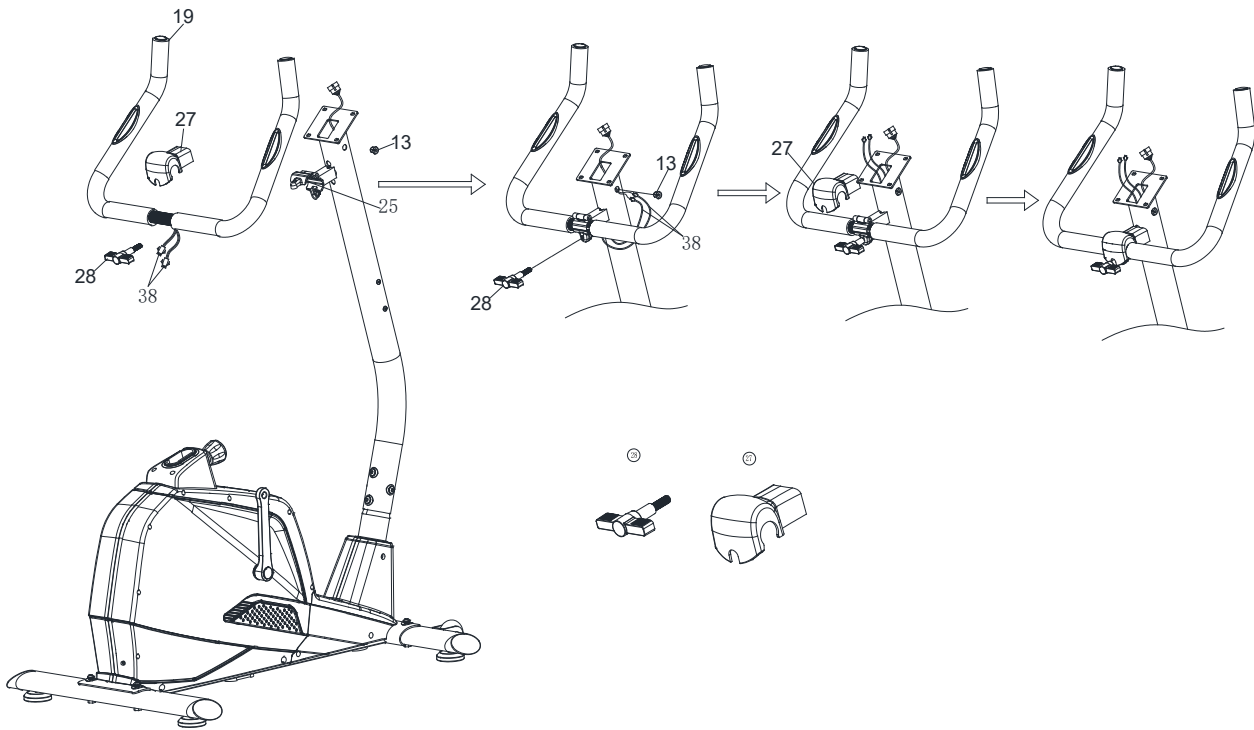
1. Connect Lower sensor wire (#23) to Upper sensor wire (#24).
2. Insert the Front Post (#22) into the main frame, secure with Allen bolts (#17) and Curved washers (#7).



## STEP-4

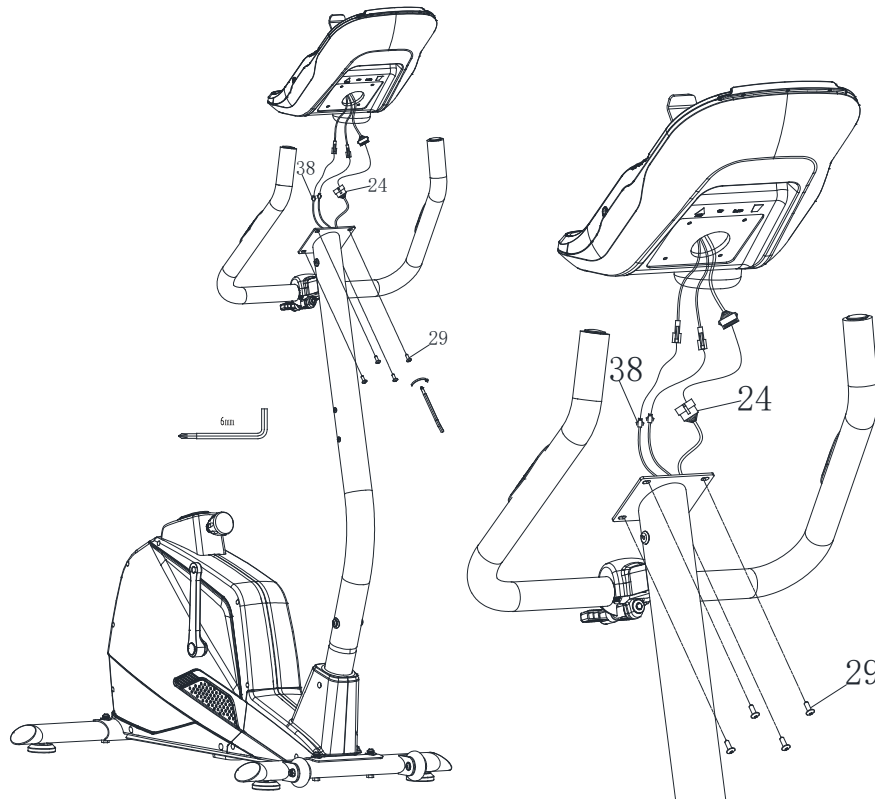
1. Attach the Handlebar (#19) to the Clamp (#25) of the Front Post (#22).
2. Secure the Handlebar with Locking Knob(#28).
3. Insert the Hand pulse sensor wire (#38) into the hole on the Front Post (#22), and use the Grommet (#13) to close up the hole.
4. Attach the Recovery cover (#27) to the Handle Bar (#19).





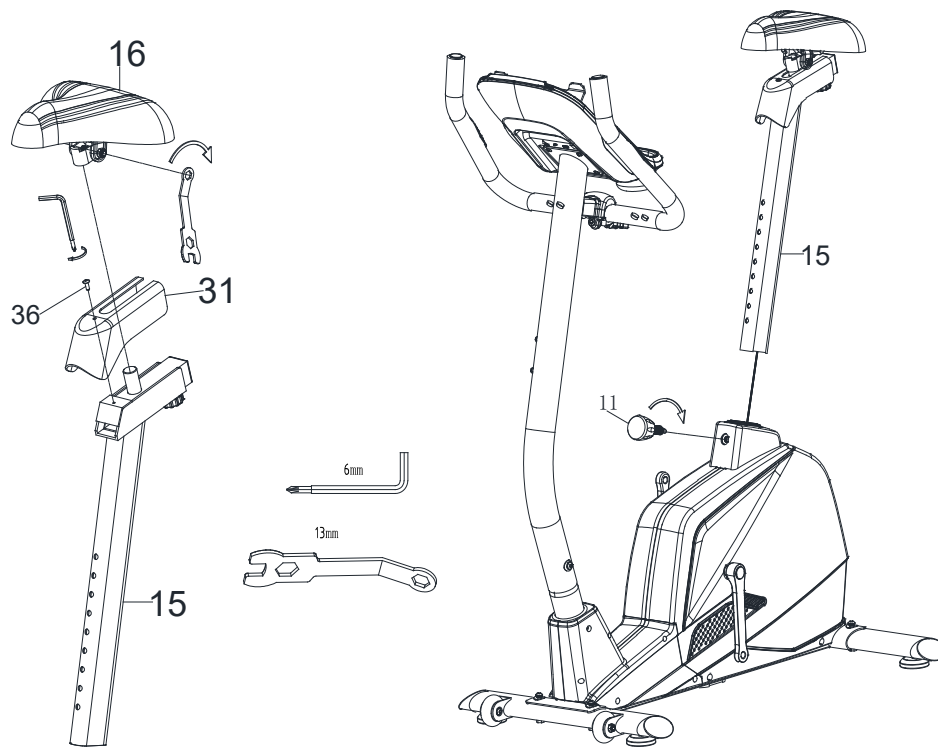
### STEP-5

1. Connect the Upper sensor wire (#24) and Hand pulse sensor wire (#38) to the Computer (#18).
2. Attached the Computer to the Front Post with the 4 screws (#29) that are pre-assembled on the computer.



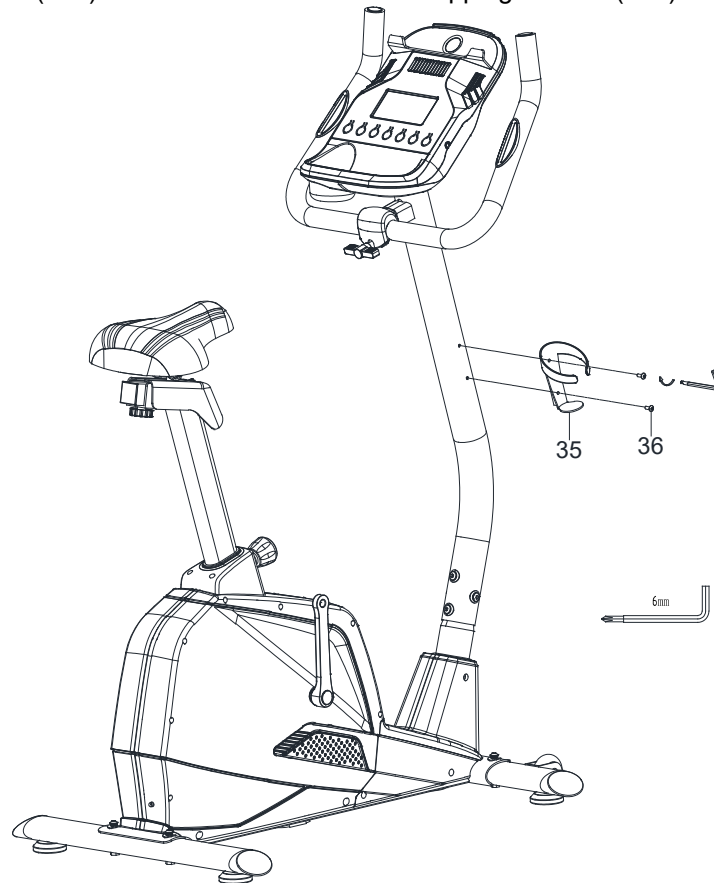
### STEP-6

1. Secure the Seat Post Cover (#31) to the Seat Post (#15) with Self-tapping Screw (#36).
2. Insert the Seat Pad (#16) to the front of the Seat Post and secure the bolt from two sides.
3. Insert the Seat Post (#15) to the opening on the Main Frame (#1). Thread the Quick Release Knob (#11) through the hole on Seat Post (#15) to securely lock it at desired height. When adjusting the seat, do not go above the "MAX Line" indicator on the seat support.



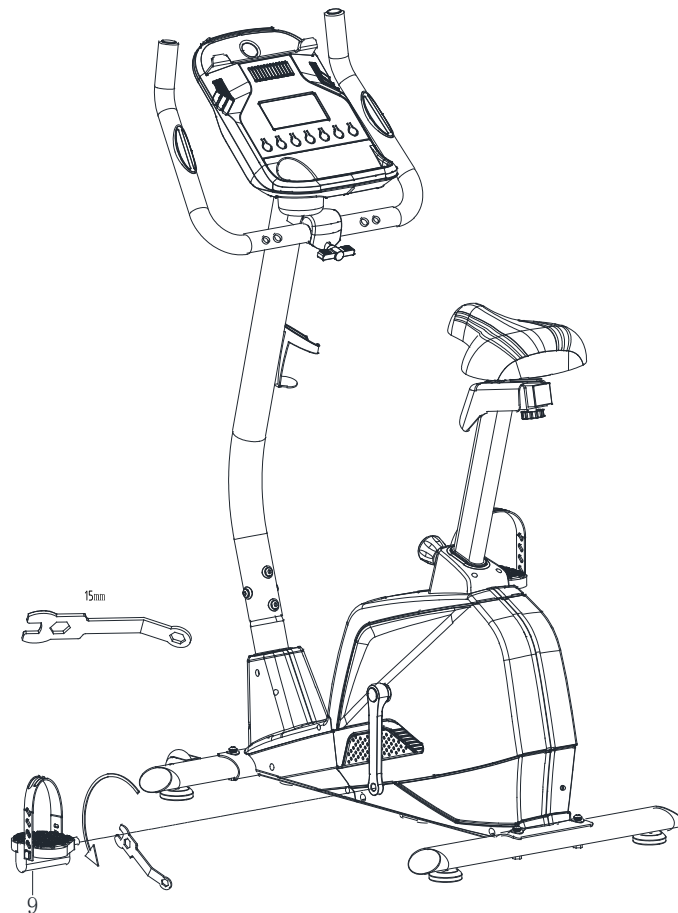
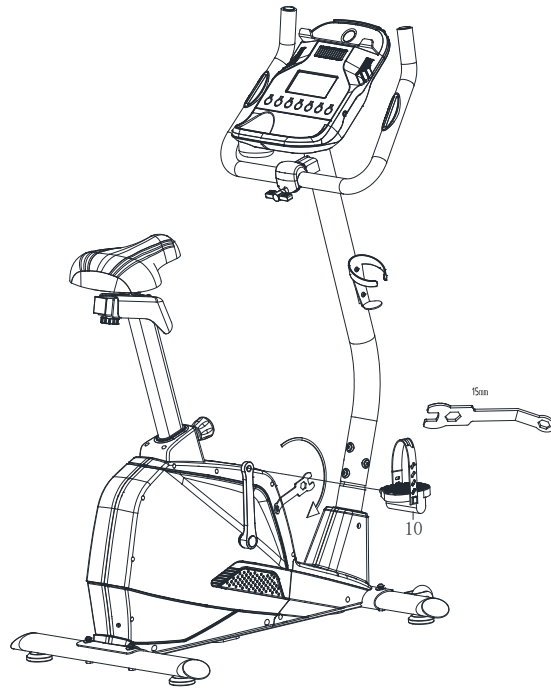
### STEP-7

1. Secure the Bottle holder (#35) to the Front Post with Self-Tapping Screws (#36).



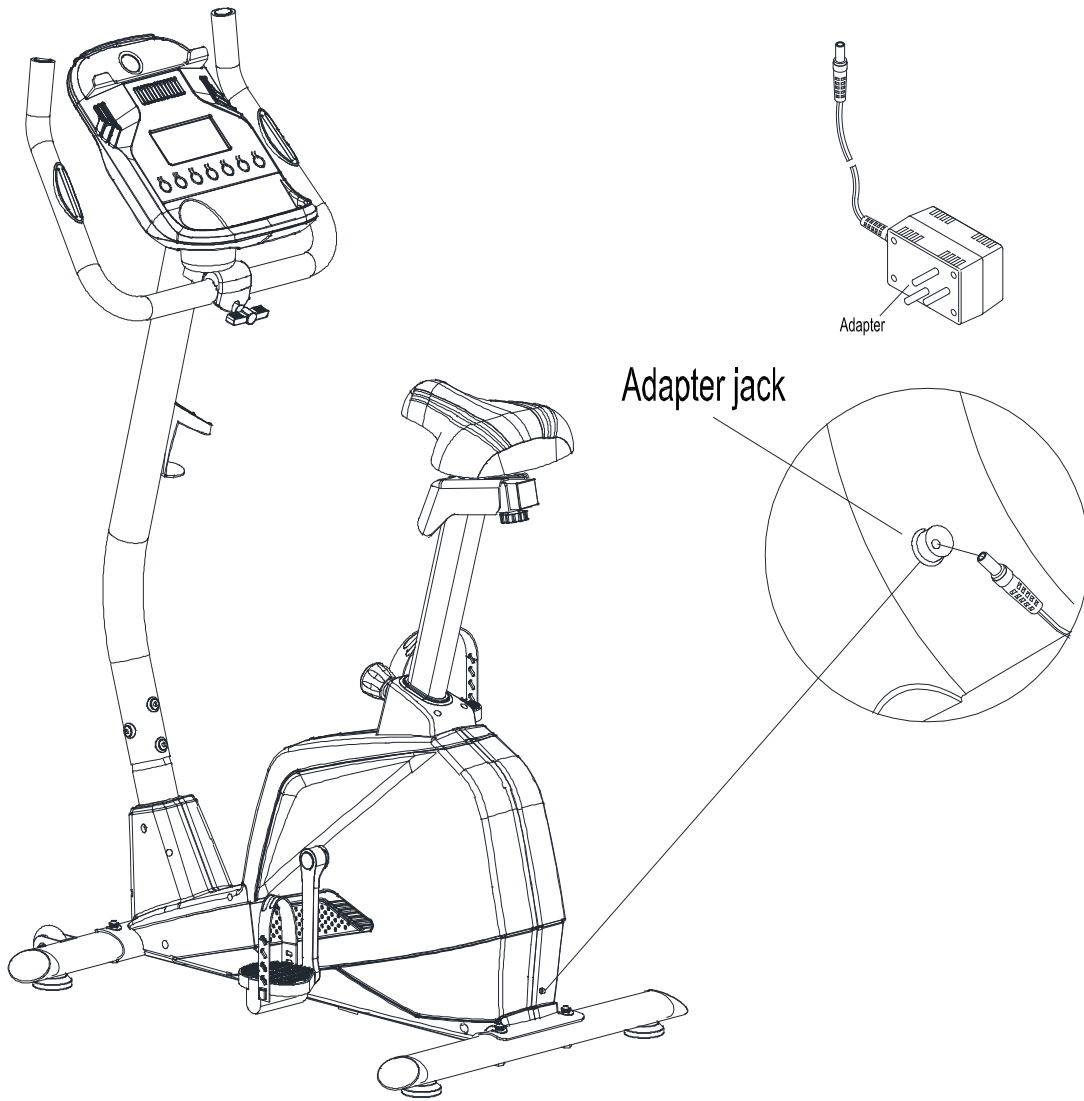
### STEP-8

1. Thread the Right Pedal (#10) clockwise into the Crank.
2. Thread the Left Pedal (#9) counterclockwise into the crank on the other side.

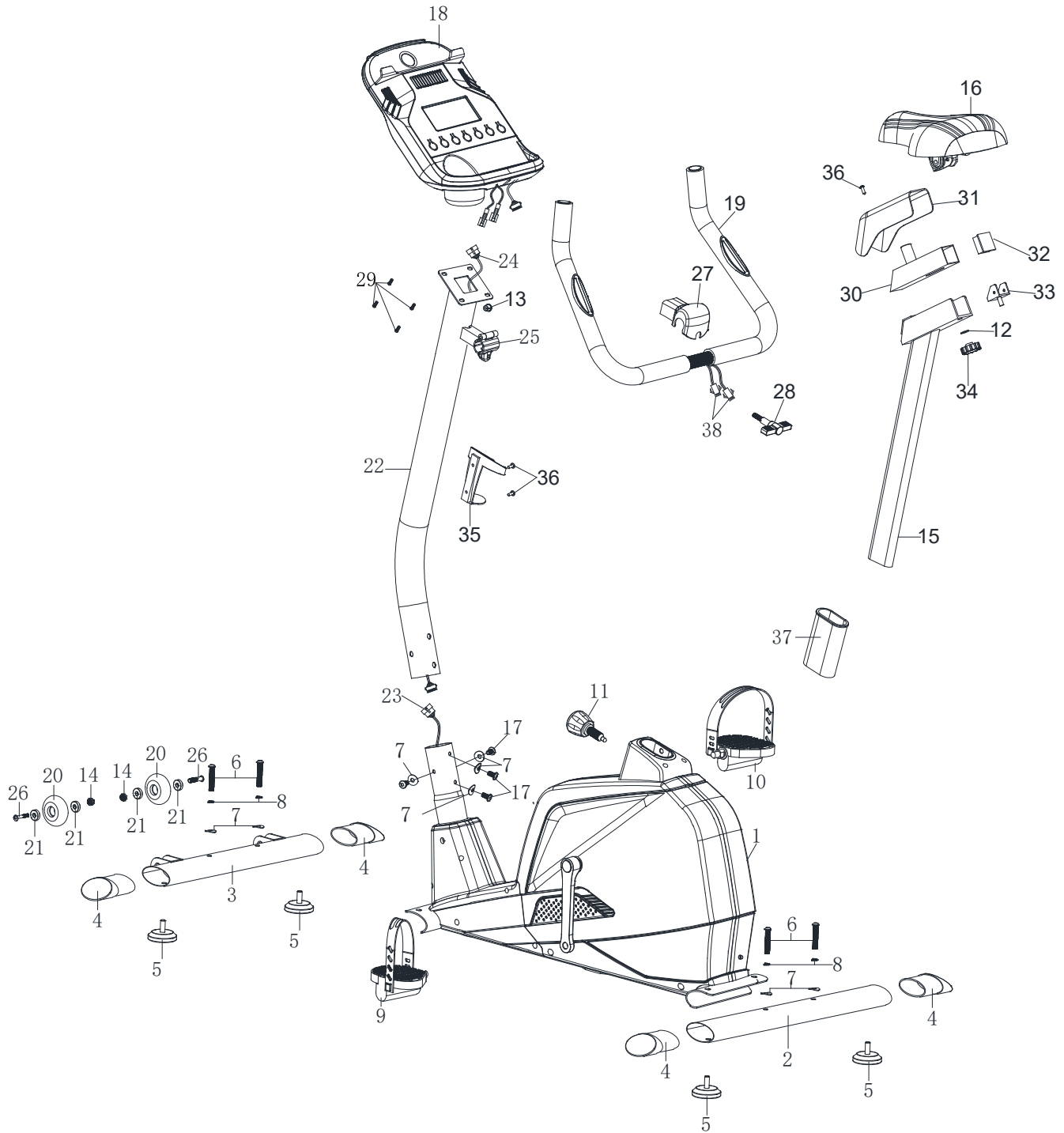


## STEP-9

Insert the Adapter to the inlet in the Chain Cover.



**EXPLODED DIAGRAM**



## AMZ-594U PARTS LIST

NO.	Description	Qty
1	Main frame	1
2	Rear stabilizer	1
3	Front stabilizer	1
4	End cap for stabilizer	4
5	Stopper	4
6	Allen Bolt M8 x 2 $\frac{1}{8}$ "	4
7	Curved Washer	8
8	Locking Washer	4
9	Pedal (L)	1
10	Pedal (R)	11
11	Quick Release Knob	1
12	Washer	1
13	Spacer	1
14	Aircraft Nut M8	2
15	Seat Support	1
16	Seat Pad	1
17	Allen Bolt M8 x $\frac{5}{8}$ "	4
18	Computer	1
19	Handlebar	1
20	Rolling wheel	2
21	Bearing	4
22	Front Post	1
23	Lower sensor wire	1
24	Upper sensor wire	1
25	Clamp	1
26	Allen Bolt M8 x 1 $\frac{5}{8}$ "	2
27	Recovery cover	1
28	Locking Knob	1
29	Screw M5 x $\frac{1}{2}$ "	4
30	Slide Frame	1
31	Seat Post Cover	1
32	End Cap of the Seat Post	1
33	Adjusting U-Type Tube	1
34	Knob	1
35	Bottle holder	1
36	Self-tapping Screw ST5* $\frac{3}{4}$	3
37	Sleeve tube of seat post	1
38	Hand pulse sensor wire of handlebar	2

## 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): 37.4” x 21.65” x53.94”**

## OPERATING NOTES

### TRANSPORT

1. To Transport the bike, tilt the bike forward so the transport wheels on the front stabilizer is engaged on the floor. Push or pull to a desired location.

## COMPUTER



#### DISPLAY FUNCTIONS

ITEM	DESCRIPTION
<b>TIME</b>	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.
<b>SPEED</b>	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
<b>RPM</b>	Displays the Rotation Per Minute. Display range 0~15~999
<b>DISTANCE</b>	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.
<b>CALORIES</b>	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.)
<b>PULSE</b>	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.
<b>WATTS</b>	Display current workout watts. Display range 0~999.
<b>MANUAL</b>	Manual mode workout.
<b>BEGINNER</b>	4 PROGRAM selection.
<b>ADVANCE</b>	4 PROGRAM selection.
<b>SPORTY</b>	4 PROGRAM selection.
<b>CARDIO</b>	Target HR training mode.
<b>WATT PROGRAM</b>	WATT constant training mode.

#### KEY FUNCTION

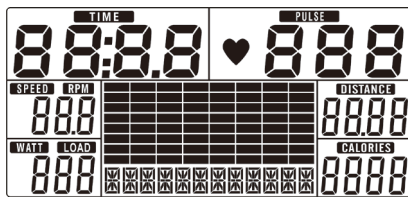
ITEM	DESCRIPTION
<b>Up Arrow</b>	Increase resistance level Setting selection.
<b>Down Arrow</b>	Decrease resistance level Setting selection.
<b>Mode / Enter</b>	Confirm setting or selection.
<b>Reset</b>	Press and hold for 2 seconds, computer will reboot and start from user setting. Exit to main menu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

#### OPERATION:

POWER ON



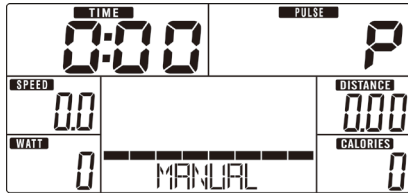
Plug in power supply, computer will power on and display all segments on LCD for 2 seconds (Drawing 1).



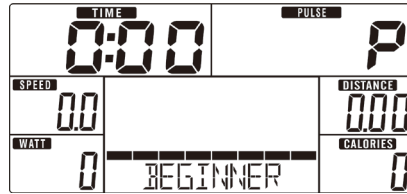
Drawing 1

**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.

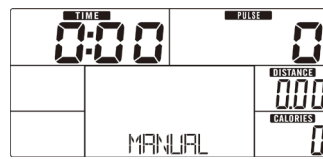
1. Use UP or DOWN Arrow to select workout program, choose Manual and press MODE / ENTER.
2. Use UP or DOWN Arrow to set TIME (Drawing 8), DISTANCE (Drawing 9), CALORIES (Drawing 10), PULSE (Drawing 11) and press MODE / ENTER to confirm.
3. Press START/STOP keys to start workout. Use UP or DOWN Arrow 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.



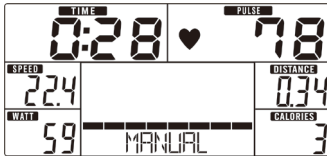
Drawing 8



Drawing 9



Drawing 10



Drawing 11

Drawing 12

**Beginner Mode**

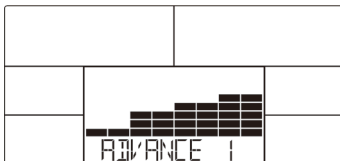
1. Use UP or DOWN Arrow to select workout program, choose Beginner mode and press MODE / ENTER.
2. Use UP or DOWN Arrow to select Beginner program 1~4 (Drawing 13) and press MODE / ENTER.
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust load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



Drawing 13

**Advance Mode**

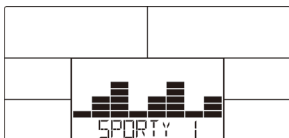
1. Use UP or DOWN Arrow to select workout program, choose Advance mode and press MODE / ENTER.
2. Use UP or DOWN Arrow to select Advance program 1~4 (Drawing 14) and press MODE / ENTER.
3. Use UP or DOWN Arrow to set TIME.
4. Press START/STOP key to start workout. Use UP or DOWN Arrow to adjust load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

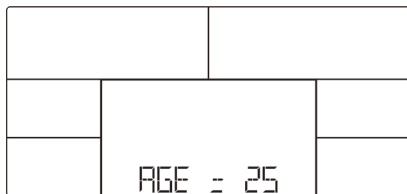


Drawing 15

**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

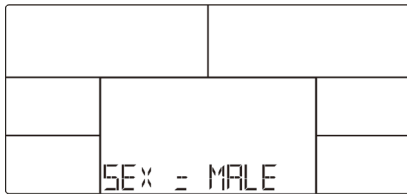
**BODY FAT**

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:

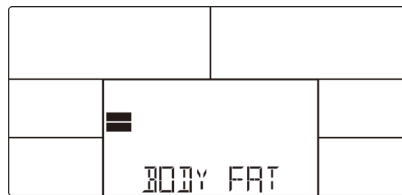
\*The LCD displays "= = =" (Drawing 25) – means not hand the grip or wear chest strap correctly.

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

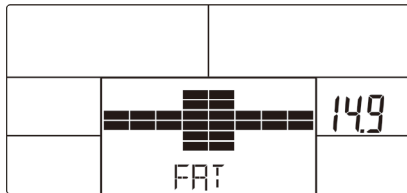
\*E-4 – Occurs when FAT% is below 5 or exceeds 50 and BMI result is below 5 or exceeds 50 (Drawing 26).



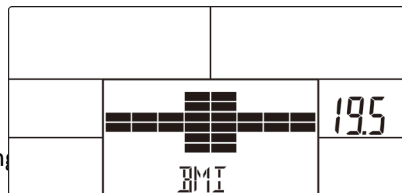
Drawing 21



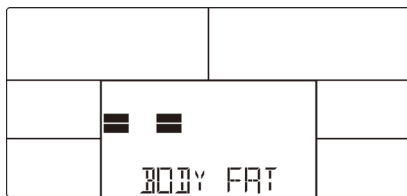
Drawing 22



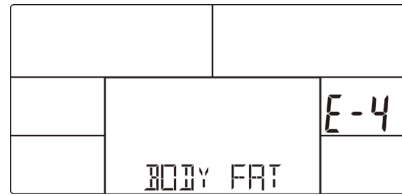
Drawing 23



Drawing 24



Drawing 25



**Noted:**

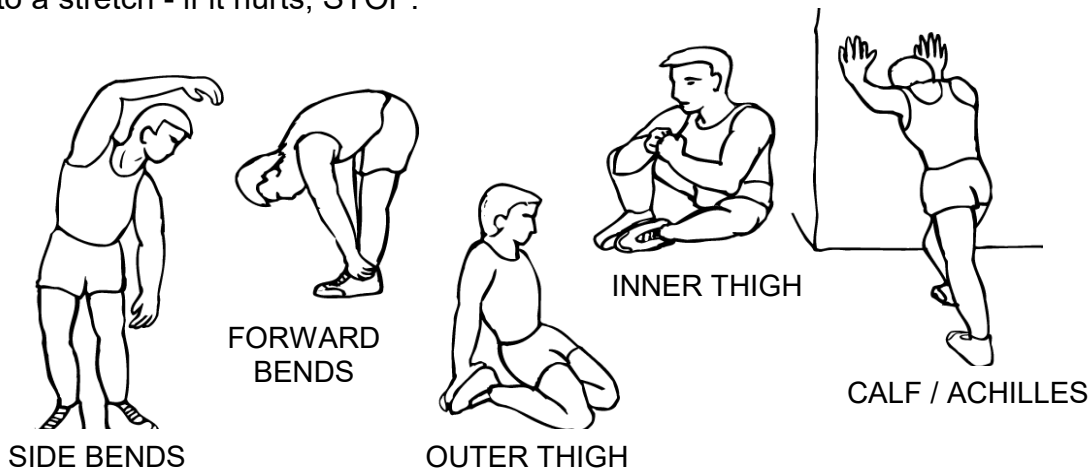
1. After 4 minutes without pedaling or pulse input, console will enter into power saving mode. Press any key may wake the console up.
2. When computer act abnormal, please plug out the adaptor and plug in again.

**EXERCISE GUIDELINES**

Using your **MAGNETIC ROWER** 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.

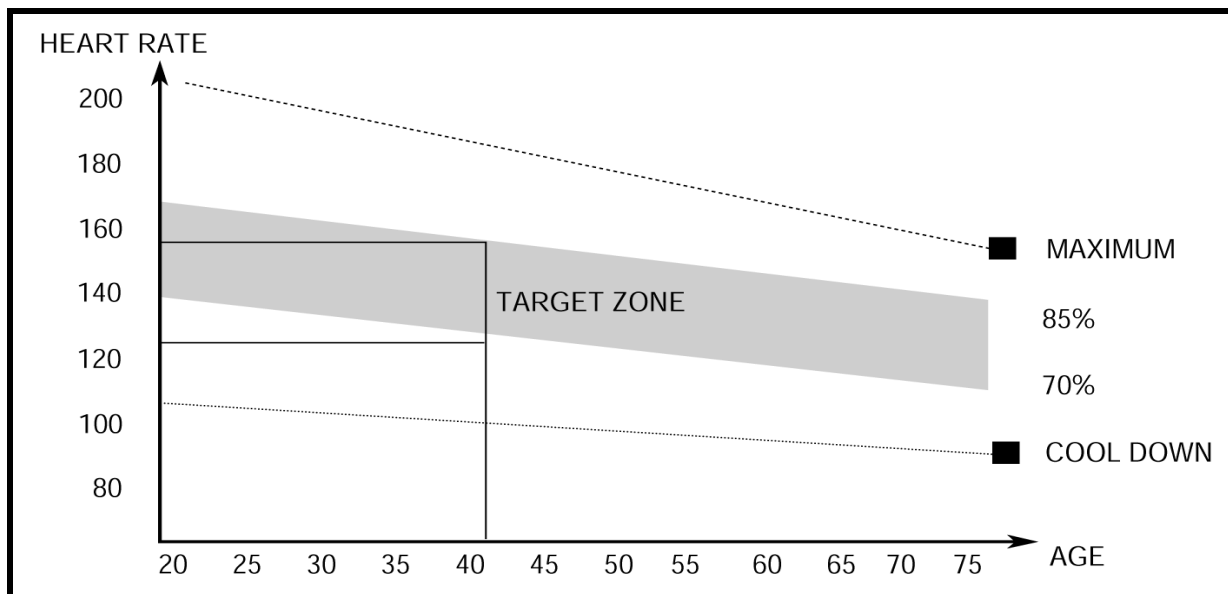
### 1. The Warm Up Phase

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 ROWER** 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.  
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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